

Health Care Volunteer Opportunities



Introduction

When you volunteer, you give part of yourself—your time, energy, skills and feelings. Through volunteering you can:

- increase social awareness
- learn through service
- enjoy better health
- gain self-confidence
- discover your strengths and talents
- build a sense of independence
- expand your social circle

And volunteering gets you ready for the workforce. By volunteering you:

- develop skills
- gain work experience
- explore career options
- develop a job-finding network

With a strong résumé and new skills, you'll find it easier to strut your stuff to prospective employers, fill out university or college application forms, apply for scholarships, or take on more challenging volunteer positions in the community.

That's the thing about volunteering. You get as much out of it as you put into it! And often, you get a whole lot more.

Challenge yourself! Get involved!

Table of Contents

Introduction	2
Alternative Healthcare Access Campaign	4
Children's Hospital & Regional Medical Center.....	5
Crisis Clinic of Seattle/King County	6
Harborview Medical Center	8
Hepatitis Education Project.....	9
Leukemia & Lymphoma Society.....	10
Lifelong Aids Alliance.....	11
Multifaith Works	12
Northwest Hospital & Medical Center.....	13
Northwest Kidney Centers	15
Overlake Hospital	17
Puget Sound Blood Center.....	18
Sea Mar Community Health Centers	20
Virginia Mason	22
University of Washington Medical Center	23



Alternative Healthcare Access Campaign

www.ahacseattle.org/volunteer.html

AHAC is looking for all types of volunteers, from alternative healthcare practitioners and site volunteers to assist them, to volunteers to work on fundraising, grant writing, locating supply donations, community outreach, volunteer coordination, updating this website, and more. If you have any questions about volunteering, please do not hesitate to email us at ahacseattle@gmail.com.

Mission Statement

To increase the accessibility of quality alternative healthcare for homeless and low-income people. We do this by:

- Coordinating & developing direct service programs providing alternative healthcare options.
- Providing information & support to practitioners, activists, members of the homeless & low-income communities, and others who share our mission of increasing access to alternative care.
- Tracking and compiling research on the efficacy and cost-effectiveness of alternative health care advocates for appropriate healthcare public policy.

Our Philosophy

Access to quality healthcare is a right, not a privilege, and it should not be denied or limited because of economic status. Holistic healthcare practices such as acupuncture & oriental medicine, naturopathy, massage therapy, clinical nutrition, botanical medicine, midwifery, and homeopathy are important options in modern healthcare and should be available to all. Homeless and low-income people have the right to participate in the creation of public policies and programs that affect their access to healthcare.



Children's Hospital & Regional Medical Center

<http://waystohelp.seattlechildrens.org/volunteer/default.asp>

Volunteering at Children's

Volunteers have always been at the heart of Children's. The volunteering tradition began at Children's in 1917 when University of Washington student volunteers brought enthusiasm and vigor to the wards.

Over the past nine decades, volunteers have guided our development, raised funds to keep the hospital's doors open, sewn clothing for the patients to wear, rocked babies, played therapeutic games with the children, and advocated on behalf of the hospital and the healthcare needs of children and their families in the Northwest. In 2005, more than 1,300 individuals continued this legacy of service in more than 90 departments, contributing over 127,000 hours of service.

Interested in volunteering? Find out more:

[Volunteer opportunities](#)

[Volunteer requirements](#)

[Frequently asked questions](#)

Volunteer Office hours

Monday to Thursday: 9 a.m. - 8 p.m.

Friday: 9 a.m. - 6 p.m.

Saturday: 9 a.m. - 5 p.m.

Sunday: Closed

Contact Us

Phone: (206) 987-2155

Crisis Clinic of Seattle/King County

www.crisisclinic.org/volunteer.html

Teen Link operates a help line for youth every evening from 6:00-10:00 PM. Calls are answered by teen volunteers, ages 14 to 20, who have completed extensive training and are professionally supervised. The Teen Link help line provides youth with a confidential, safe place to vent anger, express fears and anxieties, and seek comfort and support. Our volunteers offer caring, skilled assistance to their peers, helping them talk through their concerns and explore their options.

Teen Link staff and volunteers also give youth suicide prevention presentations to middle school and high school students throughout Seattle and King County. Each year we speak to more than 5,000 youth, ages 12-19, about recognizing the signs of suicide and how to find help. It is our goal to spread the message that suicide is preventable!

To learn more, download the [Teen Link brochure](#).



Evergreen Hospital

http://www.evergreenhealthcare.org/top_nav/support/auxvolunteers/opportunities.htm

Volunteer Opportunities

Our volunteers are an invaluable and welcomed complement to the care we provide, and an indispensable part of Evergreen Healthcare. As our hospital continues to grow, so does our need for additional volunteers. We have openings for teens and adults. Those who wish to lend their time and talents may consider volunteering in the following areas:

Hospital Volunteers

We have [open positions](#) in dozens of locations throughout the hospital. Call 425.899.1990 or 425.899.1994 if you can lend your time and talents to help in any of the following positions. We ask for a minimum six-month commitment of four hours a week.

EVENT VOLUNTEERS

The Evergreen Healthcare Foundation needs volunteers to share their time, talents and energy on a variety of fund raising activities. Call 425.899.1900 for information on how you can help.

HOSPICE VOLUNTEERS

Evergreen Hospice volunteers help terminally ill patients and their families throughout King and Snohomish counties. Volunteers are needed for patient and family companionship, respite and animal assisted therapy and bereavement support. Help is also needed with our inpatient center and clerical support.

Volunteers must be 18 years of age. Anyone experiencing a major loss should wait a full year before beginning this process. [Click here](#) for more information or to obtain an application packet, or contact our volunteer coordinator at 425.899.1040.

TEEN PROGRAM

Teen volunteers learn valuable skills while earning community service credit for school. For more information, call the Volunteer Office at 425.899.1994.



Harborview Medical Center

325 Ninth Avenue - Seattle, WA 206-744-3000

Volunteers are important members of the Harborview team. Each year, more than 500 people volunteer throughout the hospital in areas such as the Emergency Department and UW Medicine Burn Center at Harborview, which expose them to the real-life activities of a busy regional medical center.

Volunteer Services Opportunities

Download or print [Volunteer Application](#) (PDF)

Learn more about our many volunteer opportunities.

[Emergency Department](#)

[Inpatient care areas](#)

[Patient Relations/ICU Liaisons](#)

[Gifts at Harborview](#)

[Pediatric literacy](#)

[Recreational therapy](#)

[Book cart](#)

[Seasonal projects](#)

[School/service opportunities](#)

[Patient Family Resource Center](#)

[Harborview Community Service League](#)

Harborview also sponsors a 9-week summer volunteer opportunity for teens - see Harborview's website for information and an application.



Hepatitis Education Project

www.hepeducation.org/drop-in-center.html

The mission of the Hepatitis Education Project is to help raise awareness among patients, medical personnel and the public of the facts concerning hepatitis patients and the resources available to help those who live with the disease.

The Hepatitis Education Project is a non-profit corporation chartered in the state of Washington to provide educational materials and support groups for hepatitis patients and their families. We publish six newsletters per year and sponsor a number of support groups throughout the Pacific Northwest region. We also maintain contact with other national and regional organizations concerned with hepatitis and we work to encourage the formation of support groups in all parts of the country. We share materials with those organizations and with anyone who has any interest in this topic.

Our volunteers answer phone calls, send out information, perform general office duties and assist clients in finding information at the Resource Center.

Skills: A desire to help others; compassion, good listening skills, patience, knowledge of hepatitis C is helpful, but not necessary as training will be provided.

The Leukemia & Lymphoma Society is a non-profit organization dedicated to funding blood cancer research and patient support services. It is our mission to cure leukemia, lymphoma, Hodgkin's Disease and myeloma, and improve the quality of life of patients and their families. Volunteers are an important part of that mission, and every hour you donate goes toward saving a life.

How can I donate my time to help support The Leukemia & Lymphoma Society's mission?

No amount of time is too small to make a difference in the life of someone with cancer! The list below provides a general overview of our volunteer program. For more information on how you can get involved, please contact the Volunteer Coordinator at 206.628.0777 or email Beth.Rosapepe@LLS.org

- Volunteer in the office: Volunteer once a week, once a month, or once in a while! Office volunteers assist Society staff with stuffing envelopes, data entry, assembling packets, making photocopies, and prepping materials for upcoming events.
- Volunteer at events: With fundraising events year-round, there are plenty of opportunities to get involved! Volunteer positions vary by event.
- Internships: Unpaid internships are offered several times a year to qualified candidates. Interns must commit to 3-6 months working with the Society depending on the internship.
- Sign me up to volunteer!



Lifelong Aids Alliance

www.lifelongaidsalliance.org/volunteer

Volunteer

At Lifelong, we are proud to have more than 800 dedicated volunteers helping us prevent the spread of HIV and supporting the needs of people living with HIV/AIDS in Seattle/King County.



Our volunteers enhance people's quality of life and allow us to provide cost-effective and high-quality services. Whether you are looking for one-time or ongoing volunteer opportunities, Lifelong has a variety of volunteer needs to accommodate students, groups and individuals. *Join us today!*

To get started, visit our [Volunteer Programs](#) section to view the many volunteer opportunities at Lifelong and fill out a [Volunteer Application](#) online. After we process your application, we will contact you regarding volunteer trainings and assignments.

Volunteer Benefits

- 25% discount at the Lifelong Thrift Store.
- Invitations to Mama's Dish, Lifelong's complementary monthly congregate meal.
- Complimentary HIV/AIDS education.
- Complimentary lunch for individuals volunteering in the Chicken Soup Brigade kitchen and food warehouse.
- Many of our volunteer opportunities can accommodate children for family volunteering.
- Invitation to participate in Lifelong's annual Spring Volunteer Appreciation Celebration.
- Service Awards for volunteer contributions of 100 hours or more during the fiscal year.
- Service-Learning Credit for volunteers enrolled in college and high school programs.
- Recognition on Lifelong's website as a community partner for corporate and community groups (with logo and link to organizational website if desired)



Multifaith Works

www.multifaith.org/Volunteer/volunteer.html

Shanti

Seattle Shanti's unique network of volunteers offers one-to-one emotional support to people living with HIV/AIDS or other life-threatening illnesses, their loved ones, or those grieving a loss. By providing active, non-judgmental listening and a comforting, sustaining relationship, Shanti volunteers help empower clients to identify and meet their own needs. Please contact us at 206.324.1520 x3 or shanti@multifaith.org for more information.

AIDS Care Teams

[Multifaith Works AIDS Care Teams](#) consist of seven to fifteen volunteers from one or more congregations who join together to support "CarePartner(s)"; one person or household living with AIDS. CareTeams offer people of all faiths a way to live their faith teachings. CareTeam activities may include such things as: cooking and sharing a meal, social outings, offering friendship and emotional support, birthday parties, light housekeeping, transportation or phone calls. Please contact the AIDS CareTeam program at 206.324.1520 x226 or careteams@multifaith.org for more information.

Multifaith Housing Program Volunteer Group Projects

[Volunteer service group projects](#) are a fun and rewarding way to bring together volunteers for a one-time day of service with Multifaith Works. Projects take place in [Multifaith Housing Program Houses](#), that consists of five homes throughout Seattle for people who are living with AIDS. We also operate one home, [Ariel MS House](#), for people living with multiple sclerosis. Projects may include: light cleaning, gardening, general maintenance, cookie baking, and offering friendship and non-judgmental emotional support. For further information, please contact Multifaith Works at 206.324.1520 x236 or brian@multifaith.org.

Moving Volunteers

Moving volunteers are always needed to help pick up and deliver donations to the Multifaith Works Housing Program houses! In addition, clients in all of our programs often need assistance moving into and out of their housing. We maintain a list of both volunteers with truck or vans and people with muscles who are on call.

Office and Special Event Volunteers

Multifaith Works needs office volunteers to help with photocopying, bulk mailing and other office support. At our newsletter mailing parties, volunteers enjoy food and each others' company while they work. We also need special event volunteers to staff booths and help at events. In addition, we invite volunteer consultants in areas such as Board of Directors development, effective communication training, computers, and graphic design.





Northwest Hospital & Medical Center

<http://www.nwhospital.org/jobs/volunteers.asp>

Volunteer Opportunities

Northwest Hospital & Medical Center is a not-for-profit facility that opened in 1960 to serve north King and south Snohomish counties. It provides outstanding emergency, medical, and surgical care, as well as meets specialized health care needs. It has established preeminent programs in cardiology including an open heart treatment program. Northwest Hospital is a national leader in the successful treatment of brain cancer, breast cancer and prostate cancer. It is affiliated with more than 500 primary care providers and specialists.

Why Volunteer?

Have you ever had to wait for a loved one to have surgery? Then you know how special it is to have a volunteer keep you company in the waiting room. Have you ever been a patient waiting on a gurney for an x-ray? Then you know how special it is to have a volunteer wait with you.

Who Can Volunteer?

People of all ages (15 years or older) are encouraged to volunteer at Northwest Hospital & Medical Center. We ask that volunteers be willing to work 3-4 hours per week for at least three months. While most volunteers work during the business day from 8:00 a.m. to 5:00 p.m., Monday through Friday, some volunteers choose to work evenings or weekends.

How Do I Become a Volunteer?

To become a volunteer, contact the Volunteer Office at 206-368-1822 to schedule an interview with the Volunteer Coordinator. At that appointment you will be asked to complete a volunteer application and a request form for a Washington State Patrol Criminal Background Check. A second interview with the prospective department supervisor may also be scheduled. Once an acceptable match is made, the new volunteer is scheduled to attend training.

Why is an Interview Important?

Volunteering at Northwest Hospital & Medical Center requires a good match between the individual's interests and talents and the work available to volunteers at the hospital. While a match is usually a simple process, occasionally it is not possible. The interview helps the prospective volunteer learn about specific volunteer opportunities available at Northwest Hospital.

Will I Receive Training?

All new volunteers must attend a volunteer orientation class. This will help familiarize new volunteers with the policies and procedures that govern volunteers at Northwest Hospital & Medical Center. In addition, volunteers receive specialized training within their specific department. Volunteers always have support from nearby staff.

Are There Volunteer Opportunities?

Every day, everywhere in the hospital, volunteers add new meaning to the caring concept found at Northwest. More than 250 active volunteers of all ages perform a variety of tasks. Volunteers work in the hospital's gift shop, bring the library cart to patients' rooms, escort discharged patients to their cars, and provide comfort to families of surgery patients. In fact, volunteers can be found in almost every department of the hospital.

What Are the Benefits of Being a Northwest Hospital Volunteer?

Tangible benefits include a free beverage and a discount on meals in the hospital cafeteria before or after your shift. It is the intangible benefits that keep volunteers coming back — the satisfaction of helping sick or injured neighbors, the social contact with others, and maintaining and learning new skills, to name a few.

Volunteer Services

Northwest Hospital & Medical Center

1550 N. 115th Street

Seattle, WA 98133-9733

206-368-1822

Questions about volunteering at Northwest Hospital? Email barnold@nwhea.org.



Northwest Kidney Centers

www.nwkidney.org/nkc/howYouCanHelp/volunteer/index.html

Volunteering is a terrific way to contribute your skills, time and energy!

The Northwest Kidney Centers sponsors many events every year, including the popular Kidney Health Fest for African American Families and the Family Health & Kidney EXPO.

These events offer free health screenings and public education about kidney related issues. NKC also participates as an exhibitor in community outreach events, including the Diabetes Expo, Latina Health Fair, Pista sa Nayon, Hispanic Seafair, and the Chinatown-International District Summer Festival, among others.

To make these events successful, we need hundreds of volunteers!

Event volunteer jobs include: registration, greeting, set-up, take down, talking to the public about kidney disease and more.

Occasionally, volunteer opportunities are available in our administrative offices and community dialysis centers.

VOLUNTEER PROGRAM AREAS

Administrative - office work such as answering phones, filing, photocopying, processing donations, data entry, bulk mailings and other projects in non-clinical departments.

Car Buddies - transportation of patients to or from dialysis on a temporary, urgent-need basis; volunteer drivers use own vehicles and must have current, personal auto insurance.

Community Dialysis Centers - any of a number of tasks to support staff such as stocking shelves, ordering supplies, answering phones, data entry, making new charts or creating dialysis kits; patient support activities such as reading to patients, socializing and playing card games with patients at the dialysis chair, making phone calls and getting ice, blankets or food, as appropriate.

Events- assistance with seating or serving guests at fundraising or recognition events such as The Italian Club Annual Dinner; program planning assistance for events such as Annual Kidney Patient Conference.

Health and Community Fairs - assistance with health fairs and community events such as packing van with supplies, driving van to location, staffing booth, answering questions and

handing out health education brochures to the public, providing set-up and take down of display and materials.

Internet Laptop Training- personalized one-on-one instruction for patients at the dialysis chair regarding accessing the Internet, email, and enhancing or building computer skills.

Speakers Bureau - public speaking engagements in schools, colleges, universities, workplaces, Rotary groups, and other civic groups on topics such as kidney function, kidney and related diseases, dialysis, organ and tissue donation and transplantation.

Together for Life - community education program to increase awareness about issues related to and need for organ and tissue donation; presented to churches, synagogues, schools and workplaces; one-hour scripted program includes personal testimonials of real-life experiences with organ donation.

We look forward to working with you to promote kidney awareness in our region!



Overlake Hospital

<http://www.overlakehospital.org/about/howyoucanhelp/volunteer/teen.aspx>

Teen Opportunities

The Junior Volunteer Program at Overlake Hospital provides girls and boys, aged 14 to 18 (or still enrolled in high school) with an opportunity to explore the educational and vocational components of an acute care facility.

Junior Volunteers learn social and team skills in this well-supervised volunteer experience.

Junior Volunteers make a commitment to a minimum of six months of service of one after-school shift each week.

The waiting list time for the Junior Volunteer Program varies from 12 to 24 months.

When space in the program becomes available, an application is completed and an interview with the program specialist is scheduled.

Hospital orientation and training follow acceptance into the program.

To get involved, please call Heidi Eakins at 425-688-5369.



Puget Sound Blood Center

www.psbcc.org/volunteers/index.htm

As a Puget Sound Blood Center volunteer, you are joining an organization with over 600 full-time employees and about 2000 active volunteers. Through our blood center locations and community blood drives, approximately 800 donors give blood every weekday. Last year, more than 70,000 patients were helped with over 200,000 donations of blood given by volunteer donors. By volunteering your time, you are part of the life-saving link that delivers blood to patients in need. Take pride in knowing that your time is as vital to us as a blood donation. You will be contributing to your community in a very special way.

Who are Puget Sound Blood Center volunteers?

Our volunteers are links in a lifesaving chain of services that gets blood to local patients in need. Without volunteers, that connection wouldn't exist and patients would suffer. So, volunteers - from every walk of life - are as vital to the community as blood donations.

What is required of a volunteer?

- provide quality service to donors at all times
- most volunteers schedule from two to four shifts a month with specific or flexible schedules
- complete Blood Center volunteer orientation and training

What are the benefits?

- opportunity to save lives
- gain work experience
- develop skills
- earn community service hours
- invitations to special tours and events
- the feeling you get from doing something great for your community

Primary volunteer positions

Administrative assistance

Provide vital support to the internal operations of the Blood Center.

- at donor centers
- regular recurring shifts and on-call shifts available

Bone marrow screener

Screen applications of those wanting to join the National Marrow Donor Program Registry.

- at bone marrow recruitment events throughout the region

- regular recurring shifts and on-call shifts available

Donor monitor

Monitor donors for post-donation reaction while serving refreshments and maintaining positive customer relations. Help donors schedule their next appointment.

- at our donor centers and on mobile blood drives
- regular recurring shifts and on-call shifts available

Donor registration

Greet donors and register them via computer. Assist donors with self-registration where applicable.

- at donor centers and mobile blood drives
- regular recurring shifts and on-call shifts available

Transportation

Transport blood and supplies from the donor centers and the labs. Occasionally escort blood on the ferry system.

- special qualifications apply
- regular recurring shifts

Volunteer caller

Call donors to remind them of their appointments and to inform them of upcoming mobile blood drives in their neighborhoods.

- at donor centers or from home
- regular recurring shifts and on-call shifts available

Volunteers must complete a short application and those under age 18 must submit a permission form signed by their parents. There may be additional requirements depending on the volunteer position you are applying for.

How do I apply?

- Complete an application available online at psbc.org
- Call 1-800-398-7888, ext. 5093
- Complete and return the attached postcard
- Email us at schedule@psbc.org



Sea Mar Community Health Centers

www.seamar.org/volunteers/index.htm

Sea Mar is a great place for students to gain experience in the medical field, learn about community health, and help an underrepresented and under-served population. Community health centers play a very unique role in our healthcare system by helping those who do not have health insurance and may be unable to access care due to language and cultural barriers.

Sea Mar provides great assistance to the Latino population by offering all of its services in both Spanish and English and provides primary care to anyone in need.

Volunteer Positions (see website for complete descriptions):

Thank you for your interest in volunteering with Sea Mar Community Health Centers. We ask volunteers to make, at minimum, a **3 month** commitment of **4 hours** per week. However, we do offer some positions that are more flexible. Here is a guide to the positions we have available. Please note that position openings change on a regular basis.

Immunization Tracking Assistant
Dental Assistant Trainee
Medical Records/Front Office Clerk
New Patient Interviewer
Activities Assistant
ROR Waiting Room Readers
Teaching Assistant

Volunteer Opportunities

Volunteers are a vital part of the Swedish Family, providing additional support and care to our patients and families. There are 30 different areas in the hospital where volunteers offer their services from the Information Desk and the Gift Gallery to serving as hosts and hostesses on the patient care floors and in the surgery waiting area.

Volunteers add an extra touch to a patient's hospital stay, communication and supporting the needs of the family. Both the adult and junior programs have an orientation that serves as a foundation on which to build the required skills for becoming a volunteer.



The Adult Volunteer Program

The adult volunteer program runs year round with a commitment of at least four hours per week. The junior volunteer program is also 12 months of the year, with an emphasis on the summer program, and offers an introduction to careers in the medical field.

How to Volunteer

Call 303-788-6560 for more information on our program or to receive an application and dates for upcoming orientation meetings



Virginia Mason



<https://www.virginiamason.org/body.cfm?id=1124>

Volunteer Services

Virginia Mason is proud of the many volunteers who give of their time to help others. Throughout its history, volunteers have been an important part of Virginia Mason.

Often, you will find yourself using skills and interests that you already have. That may include volunteering in patient services, clerical services, family services, the gift shop, assisting in regional clinics or working on special projects.

If you are interested in volunteering at Virginia Mason, please download the [Volunteer Information Packet and Application](#) (requires the free [Adobe Acrobat Reader](#)).

For more information on how you can help by becoming a volunteer, visit the [Virginia Mason Foundation](#).

University of Washington Medical Center

<http://www.uwmedicine.org/Facilities/UWMedicalCenter/CommunityAndNews/Volunteer/teen.htm>

Teen Program

Teens play a major role in the volunteer program at UW Medical Center. High School and Middle School students, 14 and older, come from all over the greater Seattle area to participate in our volunteer program. Teens give of their time all year long, volunteering after school, on weekends, and/or during the summer months.

What can teens do to help at UW Medical Center?

Teens volunteer as escorts, transporting patients, specimens, and paperwork throughout the medical center.

What are the benefits of volunteering?

The benefits of volunteering are many:

Gain experience in a university hospital setting

Work with healthcare professionals

Assist in providing services to patients

Gain experience working as part of a team

Develop leadership skills

Complete community service requirements

Use volunteer experience on college and scholarship applications and when seeking future employment.

Volunteer hours that do not conflict with your school schedule (after school, on weekends, or during the summer).

Accessible by many bus routes.

How much time do I have to commit? Teens must work at least four hours per week for at least three months during the school year or during summer vacation.

Where can I help? Most teen volunteers work at University of Washington Medical Center located at 1959 N. E. Pacific St. in Seattle. A few teens also work at UW Medical Center at Roosevelt, located at 4245 Roosevelt Way N. E. in Seattle.

How do I get more information? Contact Volunteer Services at 206-598-4218 to sign up for an information meeting or to speak with one of our staff.

Other Links of Interest

[Volunteer Opportunities](#)

[How Do I Get Started?](#)

[The Service League](#)

[College Connection](#)