Organization	Description	Roles	Time Frame	Contact Info
American Red Cross- United Valley Chapter	The Disaster Action Team helps individuals who have been victims of fire and other disaster.	Volunteers will be trained to provide critical services to the victims of disaster.	ongoing	Eric Gagnon, 874-1192 ext 115, eric.gagnon@redcross.org
Androscoggin Home Care and Hospice	Androscoggin Home Care & Hospice provides a continuum of care that is developed through our three main programs: Home Care, Hospice, and Supportive Care.	Visiting Volunteers- visit with patients at home. Hospice Volunteers- visit with patients nearing the end of life.	ongoing	Kathy Baillargeon, 777-7740 kathy.baillargeon@ahch.org
Beacon Hospice	Beacon Hospice is a CHAP- certified Hospice, founded in 1995. The organization focuses on providing individual, patient and family specific, end of life care.	Volunteers support patients and families during the hospice care process. Direct Care volunteers visit patients and their family members (weekly/biweekly patient specific visits to local nursing homes, Orchard Park, Edgewood, Sandy River, and Pinewood). Specific Requirements: Training provided, background check, health statement, TB statement Indirect volunteers provide numerous supports to the patient and family unit - as quilting, gardening, cooking, etc.	ongoing Time frame is set by volunteer. Training provided when volunteer available.	Kelly Herlihy, 207-621-1212, kherlihy@beaconhospice.com
Carrabassett Valley Public Library	lifelong learning by providing	Volunteers needed to assist with the overall maintenance of the library, whether it be shelving books, processing books, office help, or help with special programs.	ongoing	Andrea DeBiase, 237-3535

Community Concepts	Since 1965, Community Concepts, Inc. has offered a variety of housing, economic development and social services for the communities of Androscoggin, Franklin and Oxford counties of Maine.	Volunteer drivers provide transportation to citizens of Androscoggin, Franklin and Oxford Counties. They provide rides to medical appointments, child development programs and other critical destinations. They offer a vital service to the community, enhancing the quality of life for those who have no other means of transportation. Mileage reimbursement offered.	ongoing	Glenn Gordon, 333-6428, ggordon@community- concepts.org
Care and Share Food Closet	Under the umbrella of Farmington Area Ecumenical Ministry, the Care and Share Food Closet gives food to those in our seven town area who meet Maine Eligibility for poverty.	 Packing groceries and distributing to clients as they come to our agency for food. Unloading food from delivery truck. 	 Daily Monday through Friday 12-2 pm. The fourth Thursday each month. 	Leiza@pinkporchparty.com
Community Concepts Big Brothers Big Sisters	BBBS recruits for high school, college and adult volunteers to mentor youth within the community. Youth, between the ages of 8-14, are referred by parents, school personnel and outside agencies. All volunteers are screened, interviewed and trained appropriately under Big Brothers Big Sisters of America standards.	 High School and College students needed to mentor Little Brothers and Sisters for one hour a week, during afterschool program. Volunteer site leads are needed to oversee afterschool programs and matches within the programs. 	Throughout the school year.	Kristen Gilley at 333-6404, kgilley@community- concepts.org
Double B Equine Rescue	Double B Equine Rescue is small in size, big on care and concern for any horse that comes through their gate. The rescue is nestled in the foothills of Western Maine on Route 148 in Industry. The rescue sits on 22 acres of forest and pastured land.	Volunteers needed to rake and clean area. Depending on experience, help may also be needed working directly with the horses.	ongoing	Brenda Green, 778-6479

Edgewood Rehabilitation and Living Center	Edgewood is a 55 bed skilled short term and long term care facility providing nursing, therapy, and around the clock health care services	Volunteers are needed to assist with patient/resident activities. One to one visits for those who have no family, assist with cooking, crafts, bingo, reading, and occassional small group outings.	ongoing	Shelley Seavey sseavey@ncahcf.com 778-3386
Farmington Area Trailbuilders	Farmington Area Trailbuilders work with Titcomb Mt. building recreational trails.	Volunteers are needed to assist in trail maintence. Farmignton Area Trailbuilders meets once a week 6pm Tuesday evenings in the Titcomb parking lot.	sping/summer/fall	Nicholas Citriglia, citriglia8@gmail.com
Farmington Public Library	Serves the Farmington community with books and other resources	Perform various cleaning tasks inside the facility as well as shelving books. The library hosts many special events in the evening, and volunteers may be needed to assist with set up and take down on the days of those events.	ongoing	778-4312
Franklin County Animal Shelter	As a non-profit organization, the Franklin County Animal Shelter provides temporary care and shelter to stray, homeless, and abandoned animals.	The Franklin County Animal Shelter relies on volunteers to keep their animals well cared for. Volunteers can perform a wide range of tasks including dog walking, cleaning, and outdoor maintenance. Foster homes are also needed.	ongoing	Erin Miner coordinator.fcas@gmail.com 207-778-5704
Franklin County Chamber of Commerce	The chamber is committed to promoting all of Franklin County and needs help to keep the visitor centers open daily.	Volunteers are needed for greeting visitors to the Franklin County Chamber of Commerce Visitor's Center in Farmington and the Information Center in Carrabassett Valley. Duties include answering the telephone, greeting visitors, and general office work.	ongoing	Contact Penny Meservier, 778- 4215 director@franklincountymain e.org

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Girl Scouts of Maine, Franklin County Branch	With over 16,000 girl and adult members, Girl Scouts of Maine is the statewide organization dedicated solely to girls. In partnership with committed adults, we provide a wide variety of enriching activities that give girls the knowledge, skills, attitudes, and values that make them leaders right now and for the rest of their lives.	Volunteers are needed to be special program leaders, and short tern (4-5 weeks) and long term troop leaders	ongoing	Elaine Taylor etaylor@gsmaine.org
Girl Talk/Teen Voices	These literature based mentoring programs which utilize mentoring partnerships by pairing girls in grades 5 through 8 with women role models within the MSAD # 58 communities, Kingfield, Strong, Phillips and Stratton, as well as MSAD #9 communities of Farmington and Wilton and student leaders at the University of Maine at Farmington.	Female mentors are needed to be positive role models spending time one on one with a young girls. Reading one book a month, engaging in monthly gatherings to discuss the book and engage in related activities have been rewarding for mentors and mentees alike.	Programs meet once a week on a monthly basis throughout the academic year at the local schools.	Kirsten Swan 778-7347, kswan@maine.edu.

High Peaks Alliance and Sandy River Land Trust	Work is in progress to build the Cornelia "Fly Rod" Crosby Trail. When completed, the trail will stretch from Strong to Oquossoc and will feature local cultural and historic points of interest.	Volunteer work includes moving branches, small rocks and brush, and digging hill- side and other construction work that will define the trail corridor.	Projects throughout the spring, summer, and fall months.	Doug Marble, 578-0306, fairandsquarefarm@gmail.co m or highpeaksallianceinfo@gmail. com
Jim Ditzler Memorial Library	The Jim Diztler Memorial Library is a public library located in New Sharon.	Volunteers are needed to help with the front desk during special readings. Additional help is needed with book organization and upkeep.	ongoing	Diana Oliver, 779-1128
LEAP, Inc.	LEAP, Inc. is a private non- profit organization devoted to supporting people with cognitive and intellectual disabilities to be actively involved in their home communities.	Volunteers needed to help maintain the Wellness trail and provide assistance with their Stone Soup Garden, whether it be fertilizing, raking, or planting seeds.	seasonal	Sarah Judd, (207) 860-4129 sjudd@leapcommunity.org
Literacy Volunteers of Franklin and Somerset Counties	Literacy Volunteers provides free reading/writing service to individuals with low level literacy skills. Trained volunteer tutors serve Franklin and Somerset Counties.	Literacy Volunteers tutors take a 13-hour workshop. They are then matched with a student in their area. This service is free, confidential, and on a one-to-one basis. Tutors and students meet at a place of their choice school tutors also needed for youth in a classroom setting.	on-going	Barbara Averill, (207) 778- 3460 x 2023 literacyvolunteersfs@gmail.co m
	The Treat Memorial Library Serves those living in the Livermore Falls community	The library is looking for volunteers to assist in many activities which keep the library running smoothly. Activities can range from organizing books, cleaning both the interior and the exterior of the facilities, and taking part in special events.	ongoing	Myra Rosenbaum, 897-3631
Maine General RSVP Veterand and Military Families Progam	Volunteers meet with the veterans and military family members at outreach events in their own communities. Training is provided. Basic computer skills are required.	 Providing transportation to the VA hospital using the DAV van. Assist veterans and their family's signup for benefits. Assist with the My HealtheVet website access. 	Throughout the year	Ruth Saint Amand-861-3428 ruth.stamand@mainegeneral.o rg

Maine Huts and Trails	Maine Huts & Trails is a nonprofit organization whose mission is to create and operate a world-class system of backcountry trails and eco- lodges for people-powered recreation to enhance the economy, communities and environment of Maine's Western Mountain region for the benefit of current and future generations.	Maine Huts & Trails is seeking volunteer hut caretakers during self-service season. Caretakers live at the huts for a period of two to twelve weeks, with room and board provided. This is a unique opportunity to live rent-free and off-the-grid, with a recreational playground at your fingertips! Kayaking, canoeing, biking, hiking, and camping are right out your door. Caretakers welcome visitors, and must be attentive to the cleanliness and maintenance of the hut. The caretaker will ideally be an outgoing person who enjoys sustainable living and outdoor recreation and appreciates the Maine outdoors. https://mainehuts.wufoo.com/forms/z16k4j 180vg3r4a/	ongoing	Sue Davis at (207) 491-2509 or email at sdavis@mainehuts.org.
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Maine Huts and Trails	Maine Huts & Trails is a nonprofit organization whose mission is to create and operate a world-class system of backcountry trails and eco- lodges for people-powered recreation to enhance the economy, communities and environment of Maine's Western Mountain region for the benefit of current and future generations.	Trail Work Weekend for MH&T June 3-5, 2016 Stratton Brook Hut Come join us! We're hosting our first-ever trail-work weekend at Stratton Brook Hut June 3-5, 2016, to open up a new connector trail from Stratton Brook's Newton's Revenge Trail to the Bigelow Preserve. You provide the work, we'll provide food and beds! Arrive Friday afternoon June 3rd by 5 pm for dinner at 6. And come ready for teamwork fun after dinner. No experience is necessary—just a good back and enjoyment of the work. MH&T provides tools (bring your own if you have a favorite), training and supervision. Bring work gloves!	June 3 - 5, 2016	Sue Davis at (207) 491-2509 or email at sdavis@mainehuts.org.
Mt. Blue School District	Mount Blue School District includes Casscade Brook, Mallet, Cushing, and Cape Cod Hill Elementary Schools, Mount Blue and Academy Hill Middle Schools, and the Mount Blue Campus which includes the High School, Foster Technology Center, and Adult Education.	The school district engages volunteers to provide students with mentors, help in the classroom, and many others. This is a very firm commitment.	Throughout the school year.	Erica Emery, 778-3707 eemery@mtbluersd.org
Phillips Public Library	The public library in Phillips, Maine not only houses a traditional library but also has a thrift shop and a book sale space.	Immediate need for assistance with landscaping and outdoor maintenance. Volunteers also used for shelving books, and possible reading to children.	ongoing	Hedy Langdon 639-2665 hlangdon@phillips.lib.me.us

Orchard Park Rehabilitation and Living Center	short term and long term care facility	Volunteers are needed to assist with patient/resident activities. One to one visits for those who have no family, assist with cooking, crafts, bingo, reading, and accassional small group outings.	ongoing	Dorita Woodcock, 778-4416 dwoodcock@ncahcf.com
Pierce House	The Pierce House is a sixteen bed private, non-profit Assisted Living Facility that operates as a Level 4 Residential Care Facility, licensed by Maine Department of Health and Human Services (DHHS).	Volunteers are needed to provide companionship to residents through visits and help with special events throughout the year. Volunteers can also help during activities in the Facility.	ongoing	Darlene Mooar, 778-4745 darlene513@myfairpoint.net
Pinewood Terrace	Pinewood Terrace is a 30 bed assisted living facility located in Farmington.	Many activities and opportunities are available including: arts & crafts, group exercise classes, or playing games with the residents. Also, volunteers are needed to do one-on-one visits with residents who may not have regular visitors to spend time with.	ongoing	Brittnee Greenleaf at Medical Care Development, 458-8346 bgreenleaf@mcd.org
Rangeley Friends of the Arts	The RFA has been bringing performing and visual arts to the Rangeley region for 45 years. The purpose of this organization is to increase awareness, knowledge, education, appreciation, and support for the arts by making available varied programs of high artistic quality and by related activities.	Volunteers are needed for both short and long-term opportunities. Long-term roles include helping with grants and fundraising efforts as well as serving on a committee. Short-term opportunities include working at a production behind the scenes from May to July, planning the Annual Art Show in August, and helping to plan summer performances.	Check the website for a calendar of events at www.rangeleyarts.com	Sue Downes-Borko, 864-3951

Safe Voices	The Mission of Safe Voices is to support and empower those affected by domestic violence and engage the community in creating social change in Androscoggin, Franklin, and Oxford Counties.	2. Walk volunteers will help with set up and take down of the event. Help line volunteers also wanted. Significant training required		795-6744
	The SAPARS rape crisis center in Farmington serving Franklin County has worked for change by educating our community and supporting victim- survivors of rape, child sexual abuse and other forms of sexual violence.	Whether staffing the 24-hour helpline, helping out in the office and with special projects, or sharing your skills and talents, SAVES offers a variety of rewarding	ongoing	Stephanie LeBlond steph.leblond@sapars.org
SeniorsPlus	SeniorsPlus is the agency on aging that provides information resources and services for older adults and adults with disabilities in Franklin, Androscoggin and Oxford Counties.	 Meals on Wheels Driver Deliver meals one or two mornings a week or be on call. Lunchplus Cafe Helpers 1 day a week or more. 10:30-12:30. Kitchen Assistants Support our staff members by assisting with meal portioning and packaging 	ongoing	Heather Chandel, hchandel@seniorsplus.org

SeniorsPlus	SeniorsPlus is the agency on aging that provides information resources and services for older adults and adults with disabilities in Franklin, Androscoggin and Oxford Counties.	Volunteeer Medicare Advocate needed. Must like numbers, researach and solving challenges. You must want to make a difference in people's lives. Great opportunity for a teacher, insurance professional or banker. Will help Medicare beneficiaries navigate through Medicare enrollment, changing plans, and understanding the basics.	Training May 11, 18 and 25, 2016	Heather Chandel, hchandel@seniorsplus.org
Suarloaf Area Christian Ministry Valley Network	The cvalleynetwork.org website helps to support and assist an aging community of Sugarloafers to remain living and thriving in and around the Carrabassett Valley area, by providing a web-based network of resources and services available in the areas of health, transportation, community and social services.	Volunteers needed to help with basic computer training, transportation for older adults outside the valley area, and Good Morning Calls, a service to check-in daily with seniors who are homebound or living alone.	on-going	Call the Ministry office 237- 2304 loafministry@yahoo.com
Titcomb Mountain Ski Area	Titcomb Mountain offers both Alpine & Nordic skiing from December – March. The Mountain is run by the Farmington Ski Club which is comprised of Members dedicated to providing our community with the opportunity to enjoy outdoor recreation! Operations are managed primarily by volunteers and Ski Club members.	8,, , ,	Mid-Dec – Mid March	Megan Roberts, 778-9031 info@titcombmountain.com
Touch of Class Thrift Shops	Work First, Inc., a private non-profit organization dedicated to the employment support and training of individuals with developmental disabilities, manages three Thrift Shops in Farmington and Jay.	Volunteers needed to sort through donations and steam items at location on Route 4 towards Wal- Mart.	ongoing	Lynne Hall at 778-4492

Methodist Economic Ministry	UMEM's mission is to address economic injustice, and to maintain a compassionate, visible presence in the lives of the people of the region. UMEM currently operates a thrift shop, a housing ministry, a food bank, and a warming center.	Ongoing opportunities to volunteer in the thrift shop, housing ministry, food bank, and warming center. There are seasonal volunteer opportunities available as well.	ongoing	Tammie Gould, 678-2611 umem@tdstelme.net
Trek Across Maine: American Lung Association	Trek Across Maine is a three day, 180 mile bicycle tour from Sunday River Ski Resort to the sea in Belfast.	Overnight stop in Farmington at UMF. Volunteers needed for Route Marshals, Rest Stop Crew, Bike Chute, and Barricade Monitor.	June 17, 2016 at UMF	Contact Lyn Neiz at 624-0315 or register at goo.gl/SrDbXV or visit uwtva.org for more info.
United Way of the Tri-Valley Area TerraCycle	TerraCycle (www.terracycle.com) is a unique New Jersey company that upcycles and recycles products to benefit the environment and non-profit organizations. Products can be recycled at various locations at UMF and at the United Way at 232 Broadway in Farmington.	Volunteers are needed to help collect shampoo bottles, toothbrushes, #6 solo cups, cheese packaging and so much more. Visit uwtva.org for a complete list of products that can be recycled and turned into money for the community through the United Way!	ongoing	Luke Kellett, 778-7096, luke.kellett@maine.edu United Way Tri-Valley Area, 778-5048, info@uwtva.org
Washburn- Norlands Living History Center	A multi-faceted museum offering living experiences in the 19th century rural Maine life.	Volunteers and Interns needed to help with educational opportunities, marketing and development, collections management, adminsitrative/office support, with buildings and groundwork, and at special events.	Year-round opportunities.	Sheri Leahan, 897-4366, norlands@norlands.org
Western Maine Community Action	Western Maine Community Action (WMCA) is a social service agency that has been providing services for over 45 years to people living in the western mountain region of Maine. The organization is dedicated to the principle that poverty should not be a permanent condition of people's lives.	Program Clerk - Housing and Energy Staff seek highly motivated individual to assist with administrative functions, including data entry.	Ongoing	Danielle Flannery, WMCA. 645-3764.

Wastern Maine	Western Maine Community Action (WMCA) is a social service agency that has been providing services for over 45 years to people living in the western mountain region of Maine. The organization is dedicated to the principle that poverty should not be a permanent condition of people's lives.		First Wednesday of every month	For this project and more contact Erica at WMCA 645-3764, press 0
Western Maine Homeless Shelter	WMHO's mission is to provide Shelter to families/individuals in Western Maine.	-Shelter Attendants including, days, evenings, and overnight. -Meal Preparation for guests. -Laundry/Cleaning in Shelter area Transportation for Shelter guests.	ongoing	779-7609
Western Maine Transportation Services, Inc.	Western Maine Transportation Services is the public transportation provider for Androscoggin, Franklin, and Oxford Counties.	Volunteer drivers are needed to provide rides to those in need. Milage	ongoing	Call 1-800-393-9335 or visit www.wmtsbus.org for an application.
Area Food Pantries	See separate list available under GET HELP at uwtva.org			

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