*Ho’oulu ‘Aina (Kalihi Valley)
[For all levels]
Kokua Kalihi Valley Comprehensive Family Services (KKV) was formed by the Kalihi Valley community as a non-profit corporation in 1972, in response to the absence of accessible and appropriate health care services for the valley’s low-income, Asian and Pacific Island immigrant population.
We are pleased to offer opportunities for community gardening, reforestation, environmental education and the preservation of land-based cultural knowledge at Ho’oulu ‘Aina (the Kalihi Valley Nature Preserve). In this “welcoming place of refuge for people of all cultures,” healing the land heals us as well. Ho’oulu ‘Aina is flourishing under the enthusiasm and hard work of its staff and hundreds of community volunteers.
DUTIES: (choose one group) (1) Work in the garden – pull weeds/prepare garden for planting; (2) Help prepare lunch (for all volunteers); (3) Help with planting and clearing the forest (physical work).
Important: Waiver form

*Lyon Arboretum (Manoa Valley)
[For ALL levels]
[Scheduled volunteer work day on the first Saturday of each month]
Are you interested in plants and people? The Harold L. Lyon Arboretum offers a numerous volunteer opportunities in the areas of educational programming, conservation, propagation, garden maintenance, and more. You can have a fulfilling experience while helping to further our mission of education and to the broader community and supporting education service activities for a diverse audience.
Some of the great benefits of being a volunteer at Lyon Arboretum is serving your community and nature, working in a beautiful environment and the joy of working with and meeting people with similar interests.
DUTIES: Assist grounds staff with projects; maintaining gardens, trails, invasive species removal, etc.
Important: Waiver form

*Ka Papa Lo‘i o Kanewai (UH Hawaiian Studies)
[For all levels]
First Saturdays (each month) are open to anyone in the community looking for an opportunity to experience traditional farming methods, converse with Hawaiian Language speakers, talk story with practitioners, ku‘i ‘ai, ku‘i ka imu, and enjoy the day with family and friends.
DUTIES: (choose one group) (1) Assist in preparing the lo‘i (taro patch) for planting; (2) Assist staff with food preparation (peeling taro); (3) Do work in Manoa Stream.
Important: Waiver form

*Aloha Harvest
[200-level and higher]
Aloha Harvest is a non-profit organization that gathers quality, donated food and delivers it “free of charge” to social service agencies feeding the hungry in Hawai‘i. This innovative concept first proved successful in New York City with the 1982 City Harvest project. In 1999, the Hau‘oli Mau Loa Foundation asked founder, Helen ver Duin Palit, to study the feasibility of bringing the City Harvest concept to O‘ahu. Based on discussions with potential food donors, recipients, and community leaders, her study concluded that the island definitely needed a reliable link between businesses that wanted to donate good, perishable food and social service agencies with clients to feed. Thus, Aloha Harvest was established in November 1999 to fulfill this need.
DUTIES: Help label supplies (e.g. pans, cake boxes used to pick up food supplies); shred paperwork (as needed).
**Important**: Application form

*River of Life Mission [200-level and higher]*

The Mission is a faith-based 501(c)(3) non-profit organization feeding hundreds of hungry people daily who come from all walks of life. We receive no state or federal funds. Most of our income comes from contributions of individuals, churches and businesses. Some funding comes from private foundations or grants. We greatly appreciate the financial support and in-kind donations from our generous donors.

**DUTIES**: Assist with plating and serving food plates in the dining room; food preparation: cutting vegetables, making salads, cutting cakes/pies, etc.; clean-up of dining area.

**Important**: Must wear covered shoes and appropriate clothing

*Institute for Human Services (IHS) [200-level and higher]*

IHS remains the only 24-hour walk-in, emergency shelter on Oahu and continues to provide a full range of services to men, women, and families with children who are homeless or are in danger of becoming homeless. The agency operates two facilities in Honolulu. The Sumner Service Center, located at 350 Sumner Street, is capable of housing up to 200 men each night, while the Ka’ahal Service Center, located at 546 Ka’ahal Street, serves up to 100 single women in addition to 23-27 families, which can include as many as 60 children. The agency strives to be ADA compliant and makes reasonable accommodations for people with disabilities.

**DUTIES**: Assist with meal service

**Important**: Waiver form

*Prince Jonah Kuhio Elementary – ‘Reading is Fun’ Program [200-level and higher]*

(Message from principal) We want our students to be truly educated. We want them to be creative. We want them to feel and know the joy of the arts. We strongly believe that the arts are essential to a well-rounded, fully realized education which produces a well-rounded and fully realized human-being.

The arts and academics go hand-in-hand, as evidenced by the quality and volume of art works created by our students and the continuous academic growth reflected in our state test scores. In Spring 2012, Prince Kuhio students exceeded state benchmarks: Reading: 77% (72% state target) Math: 74% (64% state target). This is no easy task. Every year, our kindergarteners come with very minimal academic readiness skills. As they go through the curriculum that Prince Kuhio offers them, they grow academically and artfully.

Art is seen everywhere on our campus--from creative and lush landscaping, to walls lined with art throughout the school. The arts have a palpable presence felt by students and teachers.

**DUTIES**: You will do work similar to a tutor – read story books to the elementary school students; help the students with their pronunciation, reading comprehension and fluency.

**Important**: Application form/TB Clearance form

*American Heart Association [200-level and higher]*

The American Heart Association is hard at work to make an impact on your life by empowering you and your loved ones to live healthier lives and enjoy more peace of mind about heart disease and stroke, our No. 1 and No. 5 killers.

**DUTIES**: Assist with various office work, such as stuffing envelopes, ‘material’ preparation for outreach events; data-entry, making booklets, folding papers, gift bag packaging, translating, etc.
*Hale Ola Kino [Rehabilitation and Nursing Home Facility]
[200-level and higher]
Hale Ola Kino features progressive rehabilitative and long-term care programs, as well as respite services. Our highly trained, multi-disciplinary staff takes pride in meeting your specific needs. We believe in providing the type of environment and the necessary assistance that will result in the greatest level of independence and happiness.

**DUTIES:** Help with activities and share conversations, interests and hobbies with the residents. **Important:**

Training Information Handouts

*Leahi Hospital [Skilled Nursing Facility]
[200-level and higher]
Leahi Hospital has been providing quality care since 1901. The goal of Leahi Hospital is to provide quality individual care and services. Leahi Hospital is one of two facilities under Oahu Region within Hawaii Health Systems Corporation. Hawaii Health Systems Corporation is made up of thirteen medical facilities within the State of Hawaii and together, these facilities provide a safety net of medical care for the people of Hawaii.

Leahi Hospital is Medicare and Medicaid certified and has 164 beds: 155 nursing home beds, dually certified as Skilled Nursing Facility (SNF) and Intermediate Care Facility (ICF), 9 Acute/Tuberculosis beds. Individuals requiring long term care or short term restorative care are admitted to our nursing facility beds. Treatment and general care are provided by your physician and an interdisciplinary team of healthcare professionals. Individuals with or suspected of having Tuberculosis are admitted to our Tuberculosis unit.

**DUTIES:** Volunteers are needed to transport patients in wheelchairs to and from activities, help out with activities, and other related duties. Sample volunteer jobs available: activity helpers, playing ukulele or piano, help residents do crafts, play *Hanafuda* or *Mah Jong*.

*Manoa Cottage
[200-level and higher]
We pride ourselves on providing exceptional care administered by a team highly trained, professional and (most importantly) caring staff. Certified Nurse Aides provide 24/7 assistance with activities of daily living. Licensed nurses work with a team of health care professionals to attend to the medical needs of each individual resident. Our activities and events coordinators plan daily activities, special events and resident outings according to the wishes and abilities of the individual. Each day homemade meals are prepared from scratch, by our Chefs, according to the nutritional needs and desires of the resident. Manoa Cottage is a small locally owned and operated family company that takes great pride in the quality of care provided to our residents.

Manoa Cottage accepts residents with a wide range of care needs; from fully ambulatory (Assisted Living Level) to Intermediate Care (Nursing Home Level). We also encourage and support “aging in place” which allows our residents to remain at Manoa Cottage should their level of care increase. Our staff works hand in hand with the resident’s doctors, physical therapists, speech therapist, registered dietitians, hospice etc. to provide the best possible care to our residents.

**DUTIES:** Assist director with activities - exercise & games with the seniors; Share conversation with the residents.
*Hawaii Bicycling League
[200-level and higher]

Our Mission is to enable more people to ride bicycles for health, recreation, and transportation through advocacy, education, and events.

Each year we host several large events, like the Honolulu Century Ride and Haleiwa Metric Century. We also hold numerous smaller events such as Bike Month and Oahu Bike Count.

HBL receives grants from both the City & County of Honolulu as well as the Department of Transportation to hold educational workshops and presentations. These include the BikeEd program to teach 4th graders, workshops for all ages, and presentations on sharing the road with all users.

As Oahu’s oldest and largest cycling organization, Hawaii Bicycling League has a strong voice with local and state agencies. We advocate for positive changes that will help make Hawaii a cycling paradise and encourage more people to ride bicycles.

We would be nothing without our members and volunteers! Support from members new and old help make our vision possible. Countless volunteers make our events happen and broaden our reach substantially. With a small staff and big dreams, support from people like you make our organization move forward.

**DUTIES:** Assist with light office work, such as stuff envelopes, make phone calls, make membership kits, mailing member cards, organizing inventory, events planning, etc.

**SPECIAL EVENTS**

* Lung Force Walk (American Lung Association) NOV. 7 2015
[200/- 300/-400-level]

A LUNG FORCE Walk or Run/Walk is like no other charity event. With an inspiring signature song and music, we will celebrate the collective power of our breath. Our voices will soar as we rally our friends, neighbors and colleagues to stand together, and walk together, against lung cancer—and for lung health for all. Every day, we rely on our lungs to breathe, speak, sing, and laugh. At every LUNG FORCE Walk and Run/Walk, we’ll use our lungs to do all these things, and to power our bodies along a safe and scenic course. We’ll also raise funds for research, advocacy, education and awareness. The more money we raise and the harder we work, the more we can help improve the quality of life for people living with lung cancer and other lung diseases, discover more successful treatments—and save lives.

**DUTIES:** Various duties (set-up; cheerleading; pass out water to walkers; assist registration; clean-up, etc.)

**Important:** Must sign up online
[
http://action.lung.org/site/TR?pg=informational&sid=7050&fr_id=12550
]

*Honolulu Marathon DEC 13, 2015
[200-level and higher]

The Honolulu Marathon [26.2-mile (42.2 km)] is the third largest marathon in the US, attracting around 30,000 participants each second Sunday December. We are unique in that there is no limit on the number of participants and there is no cut off time, therefore attracting both fast runners as well as walkers.

**DUTIES:** Help as translators for medical staff at aid stations (Japanese speakers preferred).

**Important:** Sign up online [https://www.surveymonkey.com/r/HonoluluMarathonTranslators2015]