



## **Assistance Team Volunteer Guide**

*“Glorifying God by proclaiming the gospel of  
Jesus Christ through love, faith, prayer and service.”*

## Forward

In March 2020, Bethesda's Food Pantry, an agency of the Food Bank of Central & Eastern NC, closed as a result of the COVID19 pandemic. Due to major logistical obstacles, operational and procedural changes implemented by the Food Bank, new food storage requirements, and safety concerns, all of which are still in place today, we have been unable to reopen our pantry. We continue to remain in contact with the Food Bank, and have been reassured that the food needs of our community are being met by the pantries that have been able to remain open.

With that in mind, a group of Assistance Team volunteers decided to research and identify volunteer opportunities in our community. The information contained in this booklet, which is designed to be helpful but not overwhelming, is the result of our research. It represents only a sample of the many and varied volunteer opportunities that are available throughout Moore County.

To make it a little easier for you to find options that might be suited to your individual skills and interests, we have created four categories for the organizations we contacted:

- Food Assistance
- Housing & Family Support
- Health Care & Adult/Senior Care
- Educational Support

If you are seeking a way to make a difference to those in need in Moore County, we hope that you will find this information both useful and inspirational.

The Bethesda Assistance Team

Matthew 5:16

“Let your light shine before men,  
that they may see your good deeds  
and praise your Father in Heaven.”

# Community Volunteer Opportunities

## **Food Assistance:**

- Food Bank of Central & Eastern North Carolina
- Meals On Wheels of the Sandhills

## **Housing & Family Support:**

- Family Promise
- Friend to Friend
- Habitat for Humanity of the NC Sandhills
- Sandhills/Moore Coalition for Human Care

## **Health Care & Adult/Senior Care:**

- First Health Moore Regional Hospital
- First Health Hospice & Palliative Care
- Moore Free & Charitable Clinic
- Adult Care Facilities:
  - Gracious Living
  - Penick Village
  - Quail Haven
- Lay Care Givers (Bethesda)

## **Educational Support**

- C.A.R.E. Group, Inc. (Connecting Available Resources for Education)\*

\* Merger of Moore County Literacy Council & Moore Buddies Mentoring

## **Food Assistance**

### **Food Bank of Central & Eastern NC (FBCENC), Sandhills Branch**

The Sandhills Branch of the FBCENC currently supports approximately 15 partner agencies who distribute food throughout Moore County. Many of these agencies need additional volunteers to help with food distribution. Since each agency operates on specific days of the week/weekend and during certain times of day, please contact the Sandhills Branch at 910-692-5959 for information on volunteering for food distribution with a partner agency.

The Sandhills Branch also offers volunteer opportunities at their location, 195 Sandy Avenue, Southern Pines, including boxing food items for Back Pack Pals, Seniors boxes, as well as a variety of seasonal foods (produce, etc.), Capri Sun drinks, and sorting salvage from community food drives.

*For more information, go to [www.foodbankcenc.org](http://www.foodbankcenc.org), click on Sandhills Branch, then to volunteer registration process.*

### **Meals On Wheels of the Sandhills**

Meals on Wheels volunteers use their own vehicles to deliver hot lunch-time meals on weekdays to those who are homebound/in need throughout Aberdeen, Pinebluff, Pinehurst and Southern Pines. Volunteers pick up and deliver meals according to route sheets, then return containers to the kitchen, all of which takes about 1-2 hours. In addition to receiving a hot meal, the recipients enjoy treasured fellowship with caring volunteers.

*For more information call 910-692-0384, email [rklistrom@yahoo.com](mailto:rklistrom@yahoo.com), or visit [mealsonwheelsofthesandhills.com](http://mealsonwheelsofthesandhills.com)*

This summer, Meals on Wheels plans to be operating out of a new space which will include its own kitchen and will need volunteers or a team of volunteers to prepare and pack meals for delivery pick up at 11:30am, which typically takes 3-4 hours.

*If you are interested in joining a team from Bethesda to help in this effort, please contact the church office*

# **Housing & Family Support**

## **Family Promise of Moore County**

The mission of Family Promise is to provide shelter, food and opportunity to homeless women and their children. The Shelter Program provides temporary housing for mothers and their children as they move towards to their goal of independent living.

In 2016, Family Promise purchased a home located at 400 Saunders Boulevard in Aberdeen, with 5 bedrooms, 6.5 baths, kitchen facilities, living/play spaces, and Family Promise offices. The shelter is supported by volunteers from 15 area congregations (including Bethesda Presbyterian) and organizations. These volunteers perform a variety of duties including preparing an evening meal, spending time in fellowship with the families, and spending the night to ensure the comfort and safety of all.

*Contact Bethesda's Family Promise Coordinator, Brenda Huffman at [huffbl@hotmail.com](mailto:huffbl@hotmail.com)*

## **Friend To Friend**

The mission of Friend to Friend is “to help survivors of domestic violence, sexual assault, and human trafficking rebuild their lives.” Serenity House provides 24-hour staff oversight as well as a pet shelter, where clients heal and rebuild their lives with the help, assistance, and necessary support of Friend-to-Friend staff, coupled with a variety of optional programming sessions.

Group volunteers are needed to help with improvements at Serenity House. Also, they are focusing on Human Trafficking Education through community awareness.

*Visit [friendtofriend.me](http://friendtofriend.me), then click 'get involved', then 'volunteer.'*

## **Habitat for Humanity of the NC Sandhills**

**Construction:** building Habitat Houses.

Home construction occurs on Thursdays, Fridays and Saturdays from 8am-1pm. Construction managers/supervisors are on site at all times to assist volunteers with questions or teach a skill. Morning snacks and drinks throughout the day are provided.

*Volunteer Coordinator, Christy Brewster at 910-852-1366 or [volunteer@sandhillshabitat.org](mailto:volunteer@sandhillshabitat.org)*

**ReStore:** Habitat ReStore, Route 5, Aberdeen

Proceeds from retail sales of donated inventory items go towards funding for new homes for hard working families in Moore & Hoke Counties. Volunteer opportunities include cashiering, receiving, and specialized skills such as electronics, toy safety, rare books and more.

*Volunteer Coordinator, Krystal Allen at 910-852-1203 or [kallen@sandhillshabitat.org](mailto:kallen@sandhillshabitat.org)*

**Administration:** Habitat Staff Assistance

Volunteers assist with basic office duties such as thank you cards, filing, and marketing mailings.

*Contact Janet Lowry at [jlowry@sandhillshabitat.org](mailto:jlowry@sandhillshabitat.org)*

**Committees:** needed to accomplish goals, including Gala, Repairs & Construction, Family selection.

*Contact Stacy Lebak at [slebak@sandhillshabitat.org](mailto:slebak@sandhillshabitat.org)*

**Sandhills/Moore Coalition for Human Care**

The mission of the Coalition for Human Care is “to alleviate hunger and financial strains of struggling households in Moore County.” Support for the Coalition comes from 64 area churches, individuals and other civic groups throughout the area. Services provided include food, clothing through Coalition Resale Shops, financial assistance, and programs to assist families to become self-sufficient.

Volunteer opportunities include:

- Greeter - register clients
- Job Council
- Interview clients
- Help with clothing
- Driver - transport clients
- Food Pantry
- Resale Shops

*Contact [info@sandhillscoalition.org](mailto:info@sandhillscoalition.org) or 910-693-1600*

## **Health Care & Adult/Senior Care**

### **First Health Hospice & Palliative Care**

Volunteers are vital members of the Hospice patient care team, providing practical and emotional support for community members nearing the end of life. Volunteer roles are professional in nature, with initial and on-going training required, and include Patient Family (field), Patient Family (Hospice House), Office Volunteers/Administrative, and Running Errands. An average new volunteer spends from 12-20 hours in Orientation.

*Call First Health Hospice & Palliative Care Volunteers Services at 910-715-6000 or visit [www.firsthealth.org/specialties/hospice-and-palliative-care/volunteer-support](http://www.firsthealth.org/specialties/hospice-and-palliative-care/volunteer-support)*

### **First Health Moore Regional Hospital**

Volunteers play a vital role in First Health's care network by supplementing activities of paid staff. Volunteers participate in a placement interview and general orientation. Additional pre requisites, including some vaccines, are required. Volunteer positions are currently available in the following areas:

CAT Scan  
Golf Cart Driver

Escort Guide  
Outpatient Services  
Shuttle Van Driver

*Call Volunteer Services at 910-715-1266 or visit [www.firsthealth.org](http://www.firsthealth.org) , then search for volunteer services.*

### **Moore Free & Charitable Clinic**

The mission of the Clinic is “with compassion and respect, Moore Free & Charitable Clinic provides health care to the limited income, uninsured of Moore County.” A variety of volunteer opportunities are available in two key areas, Health Professionals and Administrative Volunteers.

*Visit [www.moorefreecare.org](http://www.moorefreecare.org) or call 910-246-5333*

## **Adult/Senior Care Facilities**

Numerous Adult/Senior Care facilities are located throughout Moore County, many of which seek volunteers to support patient/resident needs. Highlighted below are examples of three such facilities with volunteer programs, but they in no way represent the only volunteer opportunities available.

### Gracious Living, Southern Pines, primarily Independent Living for Seniors

Looking for volunteers for a variety of activities, including calling bingo, reading to residents, companionship and general support activities for residents.

*Call Activities Director, Jeannette, 910-692-3367*

### Penick Village, Southern Pines, 3 Levels of Care: Independent, Assisted Living, and Skilled Nursing

Offers volunteers a wide variety of opportunities, including musical enrichment, Bible studies, craft workshops, reading to residents, companionship, etc. Volunteers' skills and interests are matched with individual resident needs and skill levels required.

*Call Caressa, Life Enrichment Director, 910-692-0428; visit [www.penickvillage.org](http://www.penickvillage.org)*

### Quail Haven, Skilled Nursing - Pinehurst, 910-295-2294

Looking for volunteers for a variety of activities, including one-on-one time with residents, piano playing, singing, and miscellaneous support activities.

*Call Amy Kirk, Skilled Nursing, 910-420-0574*

## **Lay Care Givers, Bethesda Presbyterian Church**

Bethesda members volunteer to provide on-going companionship, moral/spiritual support, help with daily activities/care, transportation, reading, visitations, etc., to Bethesda's homebound or those members needing special support for any reason. As liaisons with our members who can no longer participate in church activities in person, volunteers strengthen individual relationships while creating strong spiritual bonds through frequent contacts and caring personal interaction.

*Contact the Church Administrator, Bethesda Presbyterian 910-944-1319*

# Educational Support

## C.A.R.E. , Group, Inc.

The C.A.R.E. Group, Inc. (Connecting Available Resources for Education) is the merger organization of **Moore Buddies Mentoring and the Moore County Literacy Council**. They work together to provide “one-to-one mentoring to at-risk youth; one-to-one tutoring for low literacy and English language learners; citizenship preparation; and help to parents and caregivers learning the importance of reading to their children from birth on.”

They are currently seeking volunteers for their programs which include:

- In-School or Community Mentors
- In-School Tutors
- Adult Basic Education or English as a Second Language
- Motherread/Fatheread Assistants
- Summer Reading Station Attendants

### *Contact Information :*

*Jackie Cornell, Chief Operating Officer, The C.A.R.E. Group, Inc.  
575 SE Broad Street, Suite 10  
Southern Pines, NC  
910-692-5954; [www.thecaregroupinc.org](http://www.thecaregroupinc.org)*

*Erin West, In-School Mentoring & Tutoring Programs Coordinator  
[erin@moorebuddiesmentoring.com](mailto:erin@moorebuddiesmentoring.com); 910-692-5954*

*Katie Wilson, Community Mentoring Program Coordinator  
[katie@moorebuddiesmentoring.com](mailto:katie@moorebuddiesmentoring.com); 910-692-5954*

*Judith Douglas, Adult ESL/ABE Literacy Programs Coordinator  
[judith@mcliteracy.org](mailto:judith@mcliteracy.org); 910-692-5954*

*Nancy Bryant, Motherread & Summer Reading Stations Program  
Coordinator [nancy@mcliteracy.org](mailto:nancy@mcliteracy.org); 910-692-5954*

# NOTES

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## Staff

### Interim Pastor

Stephen P. “Gutty” Guttridge      gutty8506@gmail.com      phone: 944-1319  
484-318-0578

### Administrator

Julie Formanski      bethesdapres@ncrrbiz.com      phone: 944-1319  
414-940-7698

### Music Director & Organist

Earlene McLamb      velmc49@yahoo.com      phone: 281-3231

Grounds   Matt Harris

Custodian   King Chavis

Office hours: Monday-Thursday, 9:00 am–3:00 pm  
Friday, 9:00 am–12 noon

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