



Give the gift of yourself!

If you've felt that maybe you have something to contribute to others, but haven't quite found where it is that you can make a great difference—we may have the perfect solution. You can become a volunteer spending time with people who have intellectual and developmental disabilities (I/DD).

The Arc and New Horizons Rehabilitation (NHR) are two regional non-profit organizations whose purpose is to respond to the needs of people who have I/DD. Our aim is to help build community and to provide meaningful opportunities by offering programs that promote learning, engagement, skill-building and enjoyable daily options.

Want to share your gifts, skills or talents?

If you have the gifts of time and a kind heart you can help make a difference by participating in many different ways:

- ♥ Reading Club
- ♥ Music Club
- ♥ Organic Gardening Club
- ♥ Technology Club
- ♥ Arts & Crafts Club
- ♥ Fitness & Wellness Club
- ♥ Volunteer Activity Club
- ♥ Kitchen Club
- ♥ Summer Day Camp volunteer
- ♥ Group music therapy volunteer

Activities will take place in areas supervised by and with the help of our trained staff. Club activities will take place weekdays between 8:00 a.m. and 2:30 p.m.

You can experience the gift of service without leaving the community!

People who have I/DD often find themselves isolated from friends and others after they leave high school, particularly if they are unable to work in a conventional environment. Their community can become smaller and days void of purposeful activities.

While some service opportunities may require travel out of the region or country, this opportunity exists right here... in this community! It's available year-round and will cost you nothing but yourself to participate.

Activities will take place in multiple locations, at both NHR locations in Penntown and Batesville, and in the wider community.

What's involved for you to get started?

Two in-service dates will be offered in early 2015 at NHR in Penntown.

At this training you will be offered guidance on how to interact with individuals who often have difficulty communicating or physical limitations.

We will also introduce our various clubs and volunteer opportunities. Attendees will be able to share ideas toward developing successful and fun programs.

Participants may volunteer in multiple fields.

At the end, you will be rewarded with new friends in a community that is open to everyone!



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For more information, please complete our online volunteer form at dearborncountycastle.org (from our "Help the Arc" link), email us at volunteer@dearborncountycastle.org or call 812-623-0229.

Expanding in the region, The Arc of Dearborn County is open to all people in Dearborn, Franklin, Ripley and Ohio counties.

This opportunity is open to all ages, individuals under age 18 with parental or guardian permission.



Thank you for exploring volunteer opportunities with The Arc and New Horizons Rehabilitation (NHR). Our mission is a direct result of like-minded individuals working together for the greater good. Your time and effort will help this legacy continue. As you explore this list we hope you'll find a volunteer project that is a good fit for your team and their availability or interests. We invite students and youth who may require service learning hours to participate for the great friendship and mentoring opportunities that we offer.

Volunteer Opportunities

Seasonal Activities

Gift wrap crafts (make bows, gift	Valentine's Day craft	Derby Party
Fall/Spring/Summer sports	Independence Day celebration	New Year's celebration
Serve Thanksgiving dinner	St. Patrick's Day activities	Christmas crafts
Wheelchair wash	Summer water play	Cinco De Mayo activities
Carnival/Festival games	Mardi Gras parade/activities	Gardening with children/adults

Team Building Activities

Host a scavenger hunt	Track & Field games	Play board games
Puzzles, riddles, brainteasers	Play card games: Uno, Old Maid, etc.	Exercise, walking, or yoga with children and/or adults
Plan a bake sale	Obstacle course challenges	Tea Parties

Sport-Themed Activities

Play or teach corn hole, volleyball or bowling	Play or teach basketball, football or soccer	Teach cheer or dance (e.g., The Sparkle Effect @ thesparkleeffect.org)
Flag football	Play or teach kickball or wiffleball	Play or teach t-ball to youth
Play "Horse"	Host track and field games	Start/coach a sports league
Red's spirit day activities	Colts or Bengals spirit day activities	IU or Purdue spirit day activities

Educational Activities

Knitting/crochet/needlepoint/quilting	Adult health and wellness sessions (manicures, hair grooming, healthy choices, etc.)	Mentor adults or children in problem solving/stress management
Teach money concepts	Be a math or reading tutor	Computer training/tutoring
Give cooking lessons	Music lessons, Art lessons, Computer-aided Art	Teach theater history/host a play
Foreign culture education	Teach a new language	American Sign Language lessons
Journalism mentor/lessons	Teach Stranger Danger education	Photography lessons
Basic gardening	Arts/crafts with children and adults	Puppetry lessons

In-Direct (or *behind the scenes*) Service Opportunities

Photography of events	Uploading images to social media, other digital imagery work	Play a musical instrument during the lunch hour or at other event
Dietary Volunteers—special occasion/holiday meal prep or serve	Activity room / program aide (i.e., with group music therapy, art or other)	Carpentry projects (e.g. building raised beds for gardening) or other assembly/building projects
Clerical support	Be a pen-pal to an adult or child	Grant writing or research
Serve on a committee	Seasonal help with mulching,	Decorate common areas with

Entertainment Events

“Floatin’ with Friends” (root beer or other floats) or “Flap Jacks with Friends” (pancake breakfast party)	Host your drill team, karate, cheer or dance practice for our clients to watch and learn	Informative presentation on visits to different countries or national parks, or about different cultures
Live theater performance	Perform a magic show	Do a cooking demonstration
Attend dances sponsored by The Arc	Host a pet talent show	Organize a variety show
Lead an exercise class	Organize a fashion show	Lead an adaptive yoga class
Tea Parties (for young children, both typical and with special needs)	Bring your choir or dance group to visit NHR during daytime hours	Host a movie event
Storytelling	Outdoor picnic with games	Current Events/History Makers

Be a Virtual Volunteer - *you can support our mission without leaving the office!*

<i>Office Potluck Lunch:</i> Fundraise for The Arc requesting \$ donation for ticket to potluck lunch	<i>\$1 Denim Day:</i> Employees can dress casual in jeans if they donate a dollar to The Arc.
<i>Construct a Personal Care Tower:</i> Encourage team-mates to collect boxes of tissues or other personal care items to donate to NHR’s programs. Set a height challenge and keep stacking until your goal is achieved. This could also be used to help collect other personal care items needed such as personal wipes, paper towels, toilet paper.	<i>Battery Battalion:</i> Assistive technology and devices at NHR are often in need of new batteries to allow adults to play, learn and communicate. All sizes are appreciated or check with the program manager for more specific needs.
<i>Become a Special Event Corporate Supporter:</i> Contact The Arc or NHR to learn which special event is the right match for you.	<i>Wish List Drive:</i> Share The Arc’s (or NHR’s) wish list of needed items and organize collection.
<i>Be a Birthday Angel:</i> Make handmade birthday cards and send to NHR for a special delivery to an adult with special needs on their birthday.	Create mini-bouquets using silk flowers and coffee/tea mugs. Optional: <i>Leave the office</i> to deliver the MUGGABLES to NHR “seniors” along with a hug.

These are by no means the only ways you may volunteer and we welcome your creative ideas. While most will occur during week day hours, many evening and some weekend activities are available, as well.

Contact us: volunteer@dearborncountycastle.org or by phone at 812-623-0229. Visit us at dearborncountycastle.org and “Like” us on Facebook under **The Arc of Dearborn County**. Connect with friends at www.meetup.org.

