



Hawaii Pre-Health Career Corps Monthly Newsletter

December 2017



Aloha Corps Members,

Happy December! Check out the events and opportunities happening this semester.

New PHCC Workshops on Hawai'i Island

We are excited to have JD Domizio onboard as our Hawai'i Island Student Services Coordinator. JD is planning some wonderful workshops in Hilo, including upcoming HIPAA training and AED/Chest-compression only CPR trainings. See the "Hawaii Island" section below to learn more.

PHCC Oahu Volunteer Event: He'eia Estuary Restoration on January 3rd

Sign-ups for the first Oahu Corps volunteer event of 2018 will open next **Monday, December 4th at 6 pm!**

Earn a [Corps Credit](#) at this event, which is scheduled for **Wednesday January 3rd (during winter break)**. We will be ringing in the new year with a special community service project where we will restore natural habitats for native Hawaiian aquatic species and birds. In addition, we will go on a private tour of the He'eia Fish pond. This will be a great opportunity to make friends with other Corps members while giving back to the community.

When: Wednesday, January 3rd 2018; 9 am – 12 pm

Where: He'eia State Park [46-465 Kamehameha Hwy. Kaneohe](#)

Check your email for more info

UH Manoa High School Direct Entry to Nursing Applications Open

Attention Senior High School students! The program offers direct entry to nursing for high school graduates who are dedicated to completing their Bachelor of Science in nursing degree in four years. Students can have confidence that they have been admitted to the nursing program while they complete their prerequisite classes in a cohort based learning model. Students enter the program in the fall of their freshman year. With the BS degree, the student is prepared to proceed to graduate education and pursue career development. [Applications are open](#) and the **deadline is January 5, 2018.**

Teen Health Camps

January 20th, 2018: Maui

February 10th, 2018: Kauai

February 17th, 2018: Molokai

The goal of Teen Health Camp is to expose students to the countless possibilities in the health field and to introduce them to professionals within that field. During this one-day event, students will participate in different workshops such as suturing and public health outbreak, as well as afternoon activities, and a question and answer section with current university students.

To register and for more information, please email Priscilla Mapelli, Director, C.A.N.O.E/Evaluation & Research Specialist at pmapelli@hawaii.edu

Hawai'i Island

A message from the Hawai'i Island Student Services Coordinator, JD Domizio:

Mahalo Nui Loa to all of you for joining our new Hawai'i Island Pre-Health Career Corps Program! The Hilo Medical Center Foundation is proud to be the new Area Health Education Center (AHEC) for Hawai'i Island. We are very excited to bring students together from across Hawai'i Island to learn more about careers in Healthcare and get hands-on learning experience in a variety of medical fields. We understand that it is the Holiday season and there is a lot going on between the school-year ending and time off with your families. Therefore, we are only having a handful of events this month. If you have any interest in participating in the upcoming workshops, please contact our office by phone **(808) 932- 3636** or email jdomizio@hhsc.org to reserve your spot today. Beginning in January, we will be launching a full workshop schedule that will provide you with an opportunity to learn about a variety of careers in healthcare!



HIPAA Certification Training (First come, first serve- Limited space available)

Presented by JD Domizio- Student Services Coordinator

In order to participate in any healthcare shadowing opportunities, all students must be HIPAA Certified (Health Insurance Portability and Accountability Act of 1996) is United States legislation that provides data privacy and security provisions for safeguarding medical information. The Hawai'i Island Pre-Health Career Corps is offering our first HIPAA Certification course, which will help make you a better candidate for shadowing opportunities both inside and outside of the PHCC Program.

Date: Wednesday, January 3rd, 2018

Time: 10AM- Noon

Location: Hilo Medical Center Foundation Conference Room

1190 Waiuanue Avenue, Hilo, HI 96720



AED- Be a LifeSaver – Chest-Compression Only CPR Training

The Be a Lifesaver Hawai'i Program was created to raise awareness surrounding sudden cardiac arrest on Hawai'i island and to train the community in by-stander chest-compression-only CPR in an effort to increase survival rates on Hawai'i island. Take advantage of this opportunity to join our Hawai'i Island Army of Lifesavers by learning chest-compression-only CPR and about AED (Automated External Defibrillator) Devices.

Date: Wednesday, December 27th

Time 10AM-Noon

Location: Hilo Medical Center



Hilo Job Fair

Amazing Collection of potential employment Opportunities here in Hilo! Come on down to learn more about the variety of jobs that are available in Hilo, many of which are entry level jobs in the healthcare field!

Date: Sunday, December 10th, 2017

Time: 12 Noon-3 PM

Location: Prince Kuhio Plaza (Mall)



Volunteer at Hilo Medical Center

Students who would like to have Long-Term Volunteer opportunities at Hilo Medical Center may apply! In-Hospital volunteer work can not only give you an inside look at how the Hilo Medical Center functions, but will also have some extensive volunteer experience to put on your resume for College and future employment. Remember, Hilo Medical Center is the Second Largest Employer on Hawai'i Island and volunteering is a great way to get your foot in the door.

Volunteers are an essential part of the hospital, performing a variety of services to help patients, visitors and staff. Being a volunteer is an experience full of personal rewards and positive interaction. For a volunteer application, contact our volunteer office at: (808) 932-3165 or the Pre-Health Career Corps at (808) 932- 3636

Must be 16 years old and able to commit to 6 months of service or 50 hours.

(Normal processing takes about 2-3 weeks!)

Volunteer Program Process:

- Complete a Volunteer Application
- \$45 Processing Fee (includes State & Federal Criminal Background checks and picture ID Badge)
- Health Requirements
- Mandatory Orientation

There are a wide variety of opportunities at Hilo Medical Center:

- **Transporter**...assist with discharges and various errands.
- **Nurse's Aide/Ward Clerk Aide** ...assist with discharges, distribute meals to patients, fill water pitchers, etc.
- **Long Term Care Recreation Aide** ...socialize and exercise with residents.
- **General Clerical** ...answer phones, file, light typing, copy & staple, assemble packets, errands, etc.
- **Pharmacy Aide** ...label products, file, run errands and update inventory.
- **Physical Therapy Aide:** assist physical therapists with patients.
- **Seamstress:** sew and mend.
- **Laundry Aide** ...fold small pieces of laundry.
- **Gardener** ...water plants, pull weeds and assist with landscaping projects.
- **Dietician Aide** ...assist with modification of select menus and light clerical duties.
- **Wheelchair Maintenance** ...repair and service wheelchairs.

Kona Community Hospital Auxiliary

The Kona Community Hospital Auxiliary provides the volunteer support base for service, fund-raising and friend-raising for Kona Community Hospital. Membership in the Auxiliary is open to women and men eighteen years or older (with some exceptions) of all backgrounds and abilities, who are interested in providing services to patients which the staff would not normally provide. Volunteers help the staff in Administration or departments such as Oncology or Radiology; provide patient services such as Carts with Heart or Falling Star; volunteer in the gift shop or help with the weekly bake sale at the cafeteria. Auxiliary volunteers assist in fundraising activities such as Relay for Life or KCH Foundation events; they also participate in many community parades and activities, representing the Auxiliary and Kona Community Hospital. Each year, the Auxiliary provides a number of nursing scholarships and continuing education funds for KCH nurses. The Auxiliary also may fund special requests from various hospital departments for un-budgeted necessities. The Auxiliary provides a communication link between the community and the Kona Community Hospital. Community inputs through the Auxiliary are welcomed and warmly received by the administration and staff.

We welcome your interest and invite your active participation. If you would like more information about joining us, please contact **Nella Silverman - 808-238-0351** CONTACT US AT KCHAuxiliary@hotmail.com

County of Hawai'i Student Internships & Volunteer Opportunities

Student Internships

The County of Hawai'i embraces the concept of providing learning experiences through student internships to develop a future workforce. Our goal is to provide meaningful student internship opportunities to high school and college/university students attending U.S. accredited colleges/universities. Many departments serve as student internship worksites.

High School Students

Huiana Internship Program

Various County departments serve as worksites for Huiana high school student interns on an unpaid basis. Internship arrangements for these high school students are made with the County through the Huiana program coordinator. The Huiana Internship Program focuses on Hawai'i Island youth as the labor force of the future. With the strategy to develop the workplace skills of our island high school students, the internship program places high school students in 60-hour internships that are tied to their career pathway interests. By connecting school-based learning with work-based learning, the program does the following: helps students focus in on career interests, teaches job readiness and workplace excellence skills, enables students to reflect on and develop their work ethic, fosters relevance in education, and in some cases, students can earn high school credit.

Interested high school students can contact **HIWEDO (Hawai'i Island Workforce and Economic Development Ohana, Inc.) located at 58 Kinoole Street, Suite 101 in Hilo, via**

E-mail at huiana@hiwedohawaii.org or call (808) 959-6200 for more information regarding the Huiana internship program.

Volunteer Opportunities

The County has various programs where an individual may volunteer their time and skills. If you are interested in any existing program, contact the sponsoring department listed below for more information.

Why volunteer?

- Be civic-minded
- Get engaged
- Provide community service
- Give back to our island community
- Remain active and productive

Existing Programs:

Office of Aging: Volunteers are needed to help those with ongoing health conditions gain practical skills for living a healthy life. If you are interested, call the Office of Aging at (808) 961-8600 for more information.

Hawai'i County Office of the Prosecuting Attorney (HCPA): Volunteers give their time and talent to assist the office staff in various capacities. **Persons must be eighteen years or older.** Call the Hilo office at (808) 961-0466 and ask for the volunteer coordinator to schedule an appointment.

Volunteer Fire Fighters: The Hawai'i Fire Department sponsors the Volunteer Fire Fighter Program with volunteer stations located throughout the island. To learn more about this program, visit their website at <http://www.hvfca.net> or call the Volunteer Training Section at (808) 964-3311.

Water Supply: Call the Human Resources Program Manager at (808) 961-8050 to discuss available volunteer opportunities in a variety of Water Supply functions.

Oahu

Volunteer Garden Day at the Nursing Mala 'Ai Ho'ola

Saturday, December 9, 2017

8am – 12pm

Location: 45-720 Kaahala Road Hale A'o Kaneohe HI 96744

Pop Up Cultural, Educational, Service Learning & Community Volunteer Event

We welcome students who need to fulfill service learning hours, friends/family with free time and want to Malama 'aina (care for and nurture the land) and in the process will learn about gardening.

Here's what volunteers can expect:

- Enjoy fun activities for keiki
- Share in the joy of malama 'aina, planting and harvesting

- Learn modern and traditional gardening practices
- Work with others interested in promoting good health

Please register so that we can provide enough refreshments for everyone at the event.

Click on the following link to register: <https://www.eventbrite.com/e/volunteer-garden-day-at-the-nursing-mala-ai-hoola-tickets-36593287508?aff=es2>

For more information please call (808) 235-7328.

In Sickness & In Health: 7 Insights on Breast Cancer

Presented by:

Jacqueline I. Lee, MD

Breast cancer is the most common cancer among women worldwide. Come hear Dr. Lee give her greatest insights on breast cancer and what you can do to prevent it.

This seminar is free and open to the public. Light, healthy refreshments will be served.

Space is limited and registration is required.

Location

Wellness Center Auditorium

Harry and Jeanette Weinberg Medical Plaza and Wellness Center
(building in front left of Castle Medical Center)

Kailua

Date and Time

Thursday, Dec. 14, 6–7:30 p.m.

Cost

FREE

Please call (808) 263-5400 for more information.

Wahiawa General Hospital Volunteer

Wahiawa General Hospital Volunteers are people who make a difference because of the role they play in meeting patients' needs or providing essential services and lending support to our hospital staff. Volunteers set an example for all of us . . . they work for the satisfaction of helping others. As a volunteer at Wahiawa General Hospital, you will enjoy many rewards. You will feel a sense of accomplishment, learn new skills, meet new people, make new friends, develop self-confidence and make a valuable contribution to your community.

Volunteers have the opportunity to match their skills and interests with meaningful assignments. There are many areas in which volunteer help is needed and scheduling is flexible. (Please refer to the sample listings below.)

- v Administration
- v Diagnostic Imaging
- v Dietary
- v Facilities
- v Housekeeping
- v Medical Records
- v Patient Financial Services
- v Nursing Education
- v Rehabilitation Services
- v Volunteer Services

Must be **at least 14 years old** to join the Volunteer Services Program and must be in good physical and mental health

For more information and to apply click on the following link: <http://www.wahiawageneral.org/volunteer-opportunities>

Pearl City Nursing Home Volunteer

Volunteering can be worthwhile and challenging. It provides the opportunity to learn new skills and discover new interests. The minimum eligible age to volunteer is **14 years old**, and parent/guardian consent is required for those under 18 years old. For more information, please contact the Activities Coordinator at (808) 687-3280 directly, or via our main line at (808) 453-1919.

Castle Medical Center Volunteer

Adventist Health Castle volunteers provide a wide range of services in both our patient and non-patient areas. In addition to serving others, many volunteers enjoy the numerous opportunities for socializing with each other. For those men and women on the Windward side who want to make a difference in other people's lives, Adventist Health Castle invites you to be an active member of its volunteer service.

By lending a hand, heart, and smile, volunteers often help hospital staff bring about some of the miracles that occur in the hospital from the birth of a baby to the "rebirth" of a stroke patient through rehabilitation.

To be a volunteer at Adventist Health Castle, you need to meet a **few minimum requirements**. You must:

- Be **16 years of age or older**
- Commit to a minimum of six months of service, or to a period as a summer volunteer
- Be able to volunteer for one four-hour shift per week (but you cannot volunteer for more than twelve hours per week)
- Have a **current 2-Step TB test** (two separate TB tests done within the last year) or a chest X-ray (when appropriate)
- Have medical clearance from a physician (a form will be provided)
- Wear full-length **white slacks, jeans, or scrub pants**; and wear covered shoes and socks of any color.

Please be advised that we conduct criminal background and sex offender checks on all volunteers.

Individuals who are recovering from alcohol/chemical dependency or any behavioral disorder will be eligible to participate in the volunteer program after at least one year of continuous recovery. You apply to be a volunteer at Adventist Health Castle by completing our on-line volunteer application form. Please [click here](#), and then follow the instructions.

Kokua Kalihi Valley Volunteer

Kokua Kalihi Valley's success depends upon our ability to maintain deep roots in Kalihi Valley. We know that this community is rich with cultural knowledge, wisdom, and diverse talents, and we aim to uplift these gifts through our hiring practices. As a result, many of our employees and volunteers come directly from the community we serve. Kokua Kalihi Valley is an equal opportunity employer. If you are interested in volunteering, or if you have any questions regarding volunteer opportunities, please email volunteer@kkv.net

Waikiki Health Center Volunteer

Your support makes a big difference for our patients and clients! Together we can make our community healthy and strong. Put your skills to work and make a difference in our neighbors' lives. From painting to preparing meals for homeless youth to friendly visits with Waikiki seniors, we can use your help! Get started by completing our [volunteer registration form](#). This is a one-time form required to volunteer.

Questions? Contact our Volunteer Coordinator at (808) 791-9355 or volunteer@waikikihc.org.

Rehabilitation Hospital of the Pacific (REHAB) Volunteer

REHAB's remarkable volunteers are welcomed members of the team. Whether volunteering in a patient- or non-patient-related setting, every volunteer's contribution is appreciated and we are always grateful when REHAB is chosen.

Our volunteers (individual or group) embrace REHAB's values of honesty, engagement, aloha, resilience and teamwork. They have been described as:

- Caring and Compassionate
- Friendly, Willing to Help
- Dependable, Responsible and Flexible
- *Can do* Attitude

Opportunities to Help:

- Clerical/General Office
- Gift Shop
- Creative Arts Program
- Information Desk/Greeter
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Recreation Therapy
- Patient Transport
- Nursing
- Meal Time Assistance
- Cardiopulmonary Rehabilitation Program
- Lifestyle and Wellbeing Program

Requirements:

- Must be **at least 14 years of age, 17 in therapy clinics**
- Commitment of **at least 60 hours of service** expected
- [2-step TB testing required](#)

Benefits of REHAB Volunteering:

- *Feel good* feeling of helping others
- Meeting new people
- *Giving back* to the community
- Health care career exploration
- Fulfillment of professional educational requirements
- Meal allowance and parking

[Click HERE to apply!](#)

Phone: 808-566-3741

Hawaii Pacific Health Great Aloha Run Registration

Get your mind and feet ready for the 34th Annual Hawai'i Pacific Health Great Aloha Run on **February 19, 2018!** Invite your friends and family to join you and make it an 'OHANA affair! The 8.15-mile, relatively flat course, starts on Nimitz Hwy fronting Aloha Tower in downtown Honolulu, winds its way along the historic harbor, down Nimitz Hwy, Kamehameha Hwy and on to the Aloha Stadium. Only GAR finisher's receive a Finisher T-shirt. Shirt distribution is at Aloha Stadium. Size selection is final. There are no refunds or other substitute T-shirts if you, for whatever reason, are unable to complete the race. Finisher T-shirts are not awarded to Stroller Babies. To register click on the following link: <http://www.greataloharun.com/registration/>

Several underage tobacco prevention projects are currently seeking volunteers!

Interested teens must be:

- **15 to 20 years old**
- Have a valid government issued picture ID (i.e. Driver's License or Permit, State ID, Passport, Military ID)
- Have attention to detail
- Able to complete required paperwork
- Attend required training sessions
- Willing to attend court, under project staff supervision
- Able to hold a high level of confidentiality and integrity

Incentives include:

- Transportation to and from job site
- Project-paid travel to neighbor islands
- Meal/snack and movie ticket or \$50 gift card, depending on project
- End of project-year prizes based on total volunteer hours
- Letters of recommendation/reference
- Volunteer hours
- Excellent source on resume

If interested, contact **Nik (npb@hawaii.edu)** or **Sasha (sashatak@hawaii.edu)** for more information.

UH Manoa Experience Day

Saturday, March 3, 2018

10am – 1pm

UH Manoa Campus; 2465 Campus Road Honolulu HI 96822

OPEN TO THE PUBLIC - Our FREE campus-wide open house brings thousands of prospective students and families to the beautiful University of Hawai'i at Mānoa campus.

Come, discover the Mānoa Experience!

- Meet with engaging faculty, staff, & students from over 180 Academic Programs & Student Services
- Experience demonstrations, hands-on activities, & displays
- Go on various tours highlighting our campus, residence halls, & learning facilities
- Visit the Office of Admissions - check your application status or pay your tuition deposit
- Watch performances by student groups
- Win free prizes & giveaways
- Get your UH gear at our University Bookstore
- Have photo booth fun - Rainbow Warrior style
- And much more!

Registration opens in December: <http://manoa.hawaii.edu/admissions/experience/index.html>

The Hapalua – Hawaii's Half Marathon

The start of the Hapalua is by The Duke Kahanamoku statue in Waikiki and finishes in Kapiolani Park.

Date: **Sunday April 8, 2018; 6am**

Start: **Waikiki Beach, Honolulu**

Finish: **Kapiolani Park, Honolulu**

Distance: **13.1 miles – Half Marathon**

No Time Limit

There is no time limit for the Hapalua. Just like our sister event, the Honolulu Marathon, we welcome walkers and the fastest runners alike!

What's Included

The registration fee for the Hapalua includes:

- Entry into the Hapalua – Hawaii's Half Marathon, including water and fluid replacement stations; Medical support at the start, finish and along the course
- Entertainment along the course
- Participant dri-tech shirt
- Race day athlete tracking
- Race timing chip
- Hapalua commemorative Finisher medal
- Finisher Malasadas plus more

To **register** for the Hapalua, please click on the following link:

<https://app.realbuzzregistrations.com/events/honolulu/the-hapalua-2018/login/>

For more information about the Hapalua, please click on the following link: <http://thehapalua.com/>

Kauai

Kauai Habitat for Humanity Volunteer

Volunteers are an integral component of our work. They have built over 500,000 homes around the world with Habitat for Humanity. On Kaua'i, individual volunteers and volunteer groups have helped build over [100 affordable homes](#) and repaired over 20 substandard homes. Volunteer labor, along with donated materials and private contributions, enables Kaua'i Habitat for Humanity to keep costs low and continue building homes that are truly affordable for needy families.

Enthusiasm, compassion and commitment! Together, we can build simple, decent, affordable homes for families in need on Kaua'i.

Register! Registration is easy as 1 – 2 – 3!

1. Complete the [Volunteer Registration Form](#) (you will also be asked to sign a [Waiver of Liability](#) on your orientation day).
2. Contact our Volunteer Coordinator at volunteer@kauaihabitat.org or at (808) 335-0296 x114 for a schedule.
3. Come ready to work! Closed-toe shoes are required.

Kauai Hospice Volunteer

Volunteers are the hearts and hands of our services and vital to every one of Kaua'i Hospice's programs. Currently, we have nearly 800 volunteers who assist with patient and family care, respite care, bereavement support, office work, public education, special events and fundraising projects. At least 75 of these volunteers are active year-round.

- **Patient Visitor Volunteer** – Provides companionship, respite, chores, errands and light physical care for patients and families
- **Bereavement Volunteer** – Provides continued support to Kaua'i Hospice families through telephone calls and/or visits. May assist with bereavement support groups, memorial services, and children's bereavement activities.
- **Office Volunteer** – Provides filing, computer data entry, typing, telephone, and bulk mailing support
- **Community Volunteer** – Educates the community about Kaua'i Hospice and our services. Assists marketing & development staff at special educational or fundraising events such as community outreach presentations or benefit fundraisers such as the Concert in the Sky and Tour of Homes
- **Professional Volunteer** – Provides leadership to the organizations as a member of the Kaua'i Hospice Board of Directors or other professional services such as notary, massage therapy, reiki, and healing touch
- **Internships and Practicum** – Available intermittently for nursing, social work, and continuing pastoral education students

For more information click on the following link <http://kauaihospice.org/volunteer-training-and-support/>

YWCA of Kaua'i Volunteer

The YWCA of Kaua'i's volunteers play an important role in the agency's ability to serve the community. We welcome volunteers to assist with events, facility improvements and programs. Listed below are a few detailed volunteer opportunities. If you are interested in becoming a volunteer, please fill out our [YWCA VOLUNTEER APPLICATION](#) and email info@ywcakauai.org.

Board of Directors

The YWCA is grateful for the leadership and guidance from our Board. The women who comprise the board are diverse

and bring a variety of talents. If you are a woman who is interested in possibly being a Board member, contact Executive Director Renae Hamilton at (808) 245-5959.

Camp Sloggett

YWCA Kaua'i's Camp Sloggett, located within Kokee State Park, is a significantly underutilized asset that has the potential to become a significant source of unrestricted funding for our organization. The YWCA strives to keep Camp Sloggett a peaceful retreat. We appreciate the time and talents of volunteers when we perform our large annual maintenance at the camp.

Maui

Kula Hospital Auxiliary

Kula Hospital Auxiliary is a volunteer service for patients, residents and their families. It operates the Thrift Store, assists with improving the physical facilities and helps staff and residents with day to day operations. Dedicated volunteers provide cheer, care and comfort to all who cross their path. The Auxiliary's primary focus is to support the Hospital's mission and goals by promoting a positive image in the community, advocating for health and wellness through education and information and providing departmental support through volunteer staffing.

For additional information on joining or supporting the **Kula Hospital Auxiliary please call (808) 876-4400.**

Hospice Maui Volunteer

Interested in becoming a **Hospice Maui Volunteer**? Our training in October is full, and we are taking new applications and adding to our waitlist for our next training. Dates are TBD.

Year Round Volunteer Opportunities

- **Hospice Maui Gift Tags** – Island-wide we have donation boxes with our hand crafted gift tags for sale. These donation boxes help to raise hundreds of dollars for our patient services each year. Consider donating your time to this great project. We could use help painting and / or packaging these gift tags
- **Painting gift tags** – Consider gathering a group of friends to help us paint these gift tags. The sketched designs have been provided. You simply need to add color.
- **Packaging gift tags** – Bring a group of friends to assist us in packaging our gift tags. We will provide the materials, meeting room, and the coffee & tea.
- **Event Poster Distribution** – We often need help distributing and posting our fundraising event announcements and posters. This involves visiting local businesses and asking permission to hang our poster prominently in their windows and / or in their employee break rooms. See the events page for details.

For more information contact our Volunteer Coordinator, Sara Sparling. **Direct Line:** [446-8236](tel:446-8236) **Email:** hospice3@maui.net. Mahalo!

National Kidney Foundation Volunteer

The mission of the National Kidney Foundation is to prevent kidney and urinary tract diseases, improve the health and well-being of individuals and families affected by these diseases and increase the availability of all organs for transplantation. Volunteering with the National Kidney Foundation of Hawaii gives you a chance to be a part of that effort. There are an estimated 162,000 Hawaii residents currently living with Chronic Kidney Disease and another 100,000 at risk for developing it. More than 3000 Hawaii residents need life-sustaining dialysis treatments just to stay alive.

What Can I Do?...

The National Kidney Foundation of Hawaii needs people like you!

The NKF needs people of all ages and interests! Volunteer opportunities include:

- Special Events

- Kidney Screenings
- Advocacy Programs
- Office Volunteers
- And more

How Much Time You Give Is Up To You...

Whether you want to volunteer on a regular basis or just occasionally, there are a number of volunteer opportunities available to you. Any time you can give will be greatly appreciated and you'll feel great by helping to improve the lives of all individuals affected by kidney disease.

If you are interested in helping, **please call 589-5961** or click [here](#) for volunteer opportunities.

Maui office: **115 South Wakea Ave Suite A, Kahului, HI 96732. 808-986-1900**

Women Helping Women Maui Volunteer

1935 Main Street, Suite 202, Wailuku, Hawaii 96793

Help Us Help The Community By Donating Your Time

Are you interested in helping us on a regular basis? Are you available for a short time only? Would you like to help prepare for our next annual fundraiser?

Volunteers needed for:

Coordinating volunteers

Transporting donations

Receptionist in admin office

Cleaning shelter

Organizing donations

Helping out at ReVive

Putting help flyers in doctors' offices

Grant writing

Research

Contact us at volunteer@whwmaui.net or call **(808) 242-6600 extension 22.**

Molokai

Molokai Community Health Center Volunteer

If you are interested in volunteering or have questions regarding volunteer opportunities, email mchc@molokaichc.org.

Kalaupapa Volunteer

Kalaupapa has an active volunteer program. In 2014 alone, 245 volunteers gave over 13,000 hours of service. We provide each of our volunteers with opportunities give back to the community, gain work experiences, meet new people, and participate in resource stewardship. In return, volunteers make valuable contributions toward the park's mission to protect natural and cultural resources. Due to staffing, housing, and transportation limitations, we can only accommodate groups of 12 people or less. All volunteers must be age 16 or older in accordance with Kalaupapa settlement rules. ALL volunteer groups MUST comply with these rules. See

here: <https://www.nps.gov/kala/getinvolved/volunteer.htm>

Molokai Humane Society Volunteer

Volunteer Opportunities:

- Vet appointment scheduling and check in's
- Spay and Neuter program volunteers
- Event coordination and fundraising
- Clinic Beautification
- Website Updates
- Foster an animal

For more information, contact Molokai Humane Society at their **clinic location: 3104 Maunaloa Highway Ho'olehua HI 96729; Office number: 808.558.0000**; Email: molokaihumanesociety@gmail.com

Lanai

Lanai Culture and Heritage Center Volunteer

The vision and mission of the Lānaʻi Culture & Heritage Center (Lānaʻi CHC) includes, but is not limited to the collection, preservations and display artifacts of traditional, cultural, historical and artistic value to the people and island of Lānaʻi—representative of Lānaʻi's Hawaiian culture, ranching era, diverse populations who built the pineapple plantation and community on the island, and natural history.

Our programs seek to educate and cultivate interest and knowledge in the history, folklore, culture, customs and practices of Lānaʻi. Identify and recommend cultural and natural landscapes and archaeological sites of historical importance and interest to Lānaʻi for preservation, and to determine levels of access and interpretation. Study and promote awareness of the unique environment and ecosystems of Lānaʻi. Develop programs to ensure preservation of the island's endemic and indigenous life forms.

Our goal is to provide long-time island families, youth, new residents, visitors, business interests and all interested parties with a sense of place and cultural attachment to the unique cultural and natural histories of Lānaʻi. See here:

<https://www.lanaichc.org/volunteers.html>

Lanai Nursing Homes Volunteer

Opportunities here, but nothing with a site: <http://local-nursing-homes.com/nursing-homes-volunteer/hawaii/lanai-city/125023-lanai-community-hospital>

Other Opportunities

Hawaii Pacific Health Volunteer

Volunteering at Kapiolani, Pali Momi, Straub and Wilcox provides many rewarding benefits, including making a difference in the community, gaining valuable experience and meeting a variety of people.

We're looking for individuals with:

- A positive attitude
- Open mindedness and flexibility
- Maturity and respect for others
- Genuine desire to help others
- Sincere interest in the facilities

Volunteers must also be **at least 16 years old** and commit to working a **regular weekly schedule for three to six months**. Many volunteers work directly with patients, assisting staff in transporting, visiting or reading to patients. The information desk, patient care units and gift shop are just a few of the areas where volunteers can provide assistance. As a volunteer, you become a member of our health care team. Because our patient's health and safety is of utmost importance, our volunteers go through a screening and orientation process similar to that of our hospital staff. Volunteer screening and orientation takes about three to four weeks from the time we receive your completed application.

- To volunteer at Kapiolani, Pali Momi or Straub, please fill out the following:
 - [Adult application](#)
 - [High school application](#)
- To volunteer at Wilcox on Kauai, please fill out the following:
 - [Adult application](#)
 - High school applicants accepted at a later date.

For general questions, please call Volunteer Services on Oahu at: 1-808-983-6333.
On Kauai, please call 1-808-245-1100.

Kaiser Permanente Volunteer

We are looking for responsible student and adult volunteers with a passion for community service to join our health care teams.

Whether you want to give back to the community, need to complete service hours, or simply enjoy meeting new people and making new friends, our volunteer program offers many opportunities to fit your talents, skills, and our organization's needs. The most important requirement is a strong commitment to help others in a service-related environment.

Kaiser Permanente is one of the largest health care organizations in the state of Hawaii with a rich heritage and a commitment to provide high quality health and life care. Our volunteers are a vital part of our mission to improve the health of our community.

Minimum requirements:

- **16 years of age** at the time of application
- pass **interview, health, and background screening**
- commit to volunteer **four hours per day, one day per week, for at least 80 hours**

[Click here to apply online](#). Once you fill out the application, complete the following forms and email to hi.kp.volunteer@kp.org.

- For **adults**, fill out the [adult volunteer acknowledgement/commitment form \(PDF\)](#).
- For **students**, fill out the [Service Learning Agreement form \(PDF\)](#) and have your health care provider complete the [health requirements form \(PDF\)](#). This must be completed and brought to the interview.
- For **adults and students**, return 2 [volunteer recommendation forms \(PDF\)](#).

For more information, email hi.kp.volunteer@kp.org or call our **Volunteer Services department at 808-432-8138**.

Have a great Winter Break!

Mahalo,
Monique, JD and Jolene
PHCC Staff