

VOLUNTEER OPPORTUNITIES TO SUPPORT COVID-19 RESPONSE

Goal of this document: The PGHAC COVID19 Volunteer Resources document was created to help combat the feelings of helplessness that may arise during the ongoing pandemic. Research has shown volunteering can decrease mortality and improve self-rated health, mental health, life satisfaction, social interaction, healthy behaviors and coping ability ¹. Volunteering can build confidence, self-esteem, resilience and a sense of purpose. ² Studies have also found volunteering can contribute towards feelings of empowerment in volunteers. ³ This document lists volunteer opportunities throughout the county to help with the COVID19 response.

VOLUNTEER OPPORTUNITY	ORGANIZATION	WHAT IS IT?	WEBSITE
BLOOD DONATION	Red Cross	Donate blood	www.redcrossblood.org
CONNECT WITH NEIGHBORS	Nextdoor	Website/app that lets neighbors connect with one another to exchange information, goods and services. Potential way to volunteer to pick up groceries and/or medicine for neighbors	https://nextdoor.com/join/
DELIVERY ASSISTANCE (FOOD/MEDICAL)	Meals on Wheels	Deliver food to senior neighbors	https://www.mealsonwheelsamerica.org/americaletsdolunch

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	Rotary International	Deliver needed groceries and medicine to vulnerable people at risk of fatally contracting COVID19. Volunteers can help with logistics, the call center or pick-up/delivery. Rotarians and non-Rotarians are welcome and invited to support this effort.	https://docs.google.com/forms/d/e/1FAIpQLSdpDbkahaTdlrn3iIoYdltf27LdPCgMB3Qn2OMID_jeO48Q2A/viewform
	Hyattsville Aging in Place (HAP)	Pick up groceries and supplies and/or provide friendly check-in calls to Hyattsville residents over 60 years old who need assistance.	https://hyattsvilleaginginplace.org/get-involved/ Call: 301-887-3101
DONATIONS (BREAST PUMPS)	Rapidly Deployable Breast Pump Ventilator to Combat Coronavirus	Four engineers are working to repurpose traditional breast pumps turning them into “intermittent positive pressure ventilation” devices that safely replicate the job of a ventilator. Currently only accepting Spectra pumps. They hope to expand to other brands as well, best to contact them.	Email: breastpumpvent@gmail.com
DONATIONS (FOOD, BABY SUPPLIES, HYGEINE PRODUCTS, GLOVES, MASKS)	PG County	Office of Community Relations is collecting donations such as non-perishable food items, baby supplies, hygiene products and personal protective equipment.	https://www.princegeorgescountymd.gov/FormCenter/Health-13/COVID19-Donations-138?utm_medium=email&utm_source=govdelivery

Prince George's County

HEALTHCARE ACTION COALITION



DONATIONS (FOOD DONATION/ RESCUE)

Food Rescue US-
DC

Rescue excess food and get it to the organizations who need it. For restaurants, cafes, caterers, event spaces, offices and any other businesses who may find themselves with excess food to donate. Food Rescue US-DC can rescue the food and make sure it gets to the right place.

If you have food to donate or would like to volunteer to rescue food you can:

- Email kate@foodrescue.us
- Sign up via <https://foodrescue.us/>

In addition to needing food donations, also need healthy volunteers with large vehicles.

DONATIONS (MONETARY OR IN- KIND)

Volunteers of
America

As we all continue navigating life in a pandemic, VOA is still helping those hardest-hit—low-income seniors, veterans, families escaping domestic violence, and at-risk youth. Your donation will provide support for food and essentials, cleaning supplies, support to VOA healthcare workers and books/school supplies.

<https://www.voa.org/help-fight-covid>

Provide a warm holiday meal, gifts and cheer to a family in need by getting involved with the Adopt a Family Program.

To learn more about donating to or sponsoring a family, contact Christle Baker-Gill at cbaker-gill@voaches.org and visit this

Prince George's County

HEALTHCARE ACTION COALITION



			link https://www.voachesapeake.org/adopt-a-family .
	Maryland Family Resource, Inc.	Sponsor an adult or child, help a family in need this holiday season. 100% of your donation will go to holiday meals, clothes, toys and household supplies to combat COVID19 to our families in need.	https://www.gofundme.com/f/maryland-family-resourceholiday-support-fund?utm_medium=copy_link&utm_source=customer&utm_campaign=p_lico+share-sheet
DONATIONS (GRATITUDE, MEDICAL SUPPLIES & MONETARY)	MedStar Health	Show gratitude for caregivers by supporting MedStar Health's COVID19 response effort. Can make an online donation or share a message of gratitude for caregivers and healthcare workers who are serving those in need.	https://www.medstarhealth.org/mhs/phlanthropy/ways-to-make-a-gift-to-support-response-efforts/
	University of Maryland Capital Region Health	Make an online monetary donation, donate essential supplies for front line care providers and/or make and donate face masks.	https://www.umms.org/capital/coronavirus/how-you-can-help
DONATIONS (MONETARY TO AREA HOSPITALS)	Adventist Health Care	Monetary donation	https://ahc.thankyou4caring.org/COVIDFund https://www.mwph.org/giving/gift

Prince George's County

HEALTHCARE ACTION COALITION



	Mt. Washington Pediatric Hospital	Monetary donation to support MWPH COVID19 response fund or Employee Assistance Fund. Gift will support patients, employees, equipment, telemedicine and community health.	
DONATIONS (MONETARY DONATION FOR PURCHASING MEALS FOR RESIDENTS IN NEED)	The Greater Riverdale Cares Coalition	Help residents in need and local businesses. The Coalition is raising money to purchase bulk meals from locally owned restaurants (to help keep them in business) and then delivers this food to residents in need at no cost (ex: apartment complexes, supplement to PGCPs meal distribution).	Donate at the GoFundMe Page: https://www.gofundme.com/f/gofundmecomgreater-riverdale-cares
FOOD ASSISTANCE (FOOD BANK)	Capital Area Food Bank	Help feed those in need by packing at the food bank distribution center	https://volunteer.capitalareafoodbank.org/ Open slots: https://volunteer.capitalareafoodbank.org/calendar
FOOD ASSISTANCE (PHONE OPERATORS TO HELP NAVIGATE SNAP)	Maryland Hunger Solutions	Phone operators to help people navigate Supplemental Nutrition Assistance Program (SNAP) applications. This can be done from home.	If interested in volunteering as a SNAP navigator or learning more about the opportunity, contact JD Robinson JDRobinson@mdhungersolutions.org
MASKS	JoAnn Fabric	Sew masks to be used by healthcare professionals.	https://www.joann.com/make-to-give-response/

Prince George's County

HEALTHCARE ACTION COALITION



	Million Mask Challenge	Help to sew, organize or donate masks	https://millionmaskchallenge.com/sign-up-to-help/
	Route 1 Mask Match	Help with sewing masks, porch deliveries, mailings, outreach, supporting Facebook community, advising sewers and more.	https://www.route1maskmatch.org/
	Thomas Dernoga from PG County Council District 1	Thomas Dernoga from Prince George's County Council District 1 is coordinating volunteers for mask making efforts. Currently, there is high need for children's sizes.	Email councildistrict1@co.pg.md.us and specify you want to volunteer to make masks.
	University of Maryland, Baltimore	Sew Cloth Masks for the University of Maryland Medical Center	https://elm.umaryland.edu/announcements/Announcements-Content/Sew-Cloth-Masks-for-UMMC.php
MEDICAL RESERVE CORPS	Maryland Responds Medical Reserve Corps	Register as a first responder willing to provide services during a disaster or emergency	https://mdresponds.health.maryland.gov/

Prince George's County

HEALTHCARE ACTION COALITION



The Network and Workforce Development Subcommittee of the Prince George's Healthcare Action Coalition has compiled this list of volunteer opportunities from publicly available information on the internet and information submitted by members. You may send requests to post additional information to pghac@co.pg.md.us.

References:

1. Casiday, R. et al. "Volunteering and health: what impact does it really have? Final Report to Volunteering England." (2008).
2. Gray D., Stevenson C. "How can "we" help? Exploring the role of shared social identity in the experiences and benefits of volunteering". J Community Appl Soc Psychol. 2020;30: 341-535. <https://doi.org/10.1002/casp.2448>
3. Cohen A. Welfare Clients' Volunteering as a Means of Empowerment. *Nonprofit and Voluntary Sector Quarterly*. 2009;38(3):522-534. doi:[10.1177/0899764008320196](https://doi.org/10.1177/0899764008320196)