

VOLUNTEER OPPORTUNITIES

There's a growing body of research showing that volunteering is associated with better physical and mental health outcomes," says Eric S. Kim, a research fellow at the Harvard T.H. Chan School of Public Health. The well-known advantages of greater social connectivity likely play a large role, says Kim. In fact, a 2016 report in Psychosomatic Medicine found that people with a high sense of purpose in life had a lower risk of having a heart attack or stroke and of dying from any cause, compared with people who had a lower sense of purpose.

Corliss, J., (2016, June 3). The many ways volunteering is good for your heart. In Harvard Health Publications. Retrieved from <http://www.health.harvard.edu/>

Care Choir

The Care Choir provides a soothing presence and comfort to Hospice patients and families with short, peaceful serenades of a cappella songs. Care Choir is dispatched to care facilities in the Charleston-Mattoon area at the request of patients or family members. Lincolnland Hospice of Sarah Bush Lincoln coordinates the visits. If you would like to participate in Care Choir, please contact the Academy of Lifelong Learning at Eastern Illinois University, 217-581-5114 or academy@eiu.edu.

The Douglas-Hart Nature Center

2204 Dewitt Ave. East, Mattoon – The Nature Center is home to over 70 acres of restored Illinois habitats, about 2 miles of hiking trails, and a visitor center housing live animals, toys, books, and displays. Our vital team of Weekend Host Volunteers staff the visitor center for three hours at-a-time on Saturdays and Sundays. Volunteers enjoy greeting visitors, answering the phone, and watching the birds & wildlife during their shift. If you are interested in becoming a Weekend Host, or would like to do a one-time trial shift to see what it is like, please contact the Nature Center at 217-235-4644.

The Habitat for Humanity ReStore

520 W. Lincoln— The ReStore sells donated items to support the mission of providing decent, affordable housing to qualified residents of Coles County. Volunteer help is needed for sorting, organizing, and cleaning. Academy members and friends are encouraged to help any time that suits your schedule. Contact the store at 217-348-7066 for additional information.

Tarble Arts Center

The Tarble Arts Center is a major cultural arts resource serving east central Illinois. Volunteers are needed to welcome, count, assist visitors, and help monitor the galleries for 2-hour shifts (10–noon; noon–2; 2–4) Tuesday through Friday. For more information, please contact Sally Bock at 217-581-2787 or email skbock@eiu.edu.