

Business Name	Address	City, State	Zip	Email	Phone	Times Needed	Volunteer Roles	How to get involved	Notes/specialties
Mentors & Meals	160 LEXINGTON STREET	Versailles, KY	40383	Lisa@mentors-meals.org	859-552-6873	Fall: Monday - Thursday, 3-5:30 for Kitchen Crew 3:45-5:45 p.m. for Tutoring help (can volunteer as many or as few days per week or per month as you would like)	Tutors for Middle School age students, Monday-Thursday Food prep and service, Tuesdays or Thursdays	Contact lisa@mentors-meals.org or mckenna@mentors-meals.org or call/text 859-552-6873	We love mentors of all ages, from high school to senior adults. All adults are asked to have or to fill out background check. Kitchen volunteers must have Food Handlers certificate. High School and College mentors receive volunteer hours for Clubs or Academic Honors programs.
Bluegrass Care Navigators	643 Teton Trail	Frankfort, KY	40506	jhubbard@bgcarenav.org	502-223-1744	Varies per request, event or preference	Opportunities to help patients include: Supportive Visits - offer friendship, companionship, and support to hospice patients by being a friendly visitor to their residence. Respite Care - provide caregivers a break by staying with a patient for a short time. Transportation - transport patients to medical appointments or on errands. Practical Support - help patients and families by doing simple household chores like cooking, cleaning, mowing the yard, gardening, or shoveling snow. 11th Hour - be present at the bedside of a hospice patient who is actively dying. Professional Volunteers - share your professional talents with patients and families. This could include hairstylists/barbers, musicians, attorneys, massage therapists, and pet therapy volunteers. Care Calls - Make phone calls weekly to patients to check for supply needs before the weekend. Bereavement Support - To family members, through companionship, support groups, check-in calls and bereavement camps. Opportunities to help the organization include: Administrative/Clerical Assistance - mailings, computer work, filing, answering the phone, and other clerical duties. Fundraising/Special Events - plan events and fundraise to support hospice patients and their families, share information at health fairs and distribute brochures.	Complete an online application at https://www.bgcarenav.org/more-about-us/volunteer	Volunteers give as little or as much time as they wish. Some volunteers donate several hours each week while others commit to a few hours each month or work one event annually. You are in control of when and how you volunteer, with no minimums or requirements. Each hospice office provides training, free of charge, with the typical training lasting three hours.