**Volunteer Opportunities**

**Working with animals**

There are two zoos in Orange County and both offer volunteer opportunities.  I’ve listed the websites below.

OC Zoo - <http://ocparks.com/zoo/>

Santa Ana Zoo - <http://www.santaanazoo.org/index.htm>

Other Orange County volunteer opportunities include -

Tucker Wildlife Sanctuary - <http://www.tuckerwildlife.org/index.php?option=com_content&view=featured&Itemid=169>

Seal Beach National Wildlife Refuge - <http://www.fws.gov/sandiegorefuges/seal.htm>

Pacific Marine Mammal Center - <http://www.pacificmmc.org/>

Another option is the Long Beach Aquarium of the Pacific - <http://www.aquariumofpacific.org/>

**Working with Patients and doing research**

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| You need to accumulate up to 2-3000 patient contact hours to earn more points on your application to nursing, PA, med school, etc.These are some good ideas on how to do that. NOTE: Some schools (especially PA schools) require PAID job experience working with patients. |  |  |  |
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I am involved in the Clinical Care Extender internship with Cope Health Solutions. It is offered at a few of the hospitals in the LA, OC and Riverside counties. It is a 200 hour commitment and you get hands-on patient care experience equivalent to a CNA level of practice...

Hope that is helpful!

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| **Erica Shappie** |

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Clinical Care Extender Internship program with Cope Health Solutions.

<http://www.copehealthsolutions.org/clinical-internships/clinical-care-extender>

<http://www.copehealthsolutions.org/clinical-internships/cce-application>

* [Citrus Valley Health Partners](http://www.copehealthsolutions.org/node/255/popup) – West Covina, Covina, Glendora
* [Glendale Adventist Medical Center](http://www.copehealthsolutions.org/node/257/popup) – Glendale
* [Hoag Memorial Hospital Presbyterian](http://www.copehealthsolutions.org/node/258/popup) – Newport Beach, Irvine
* [Riverside Community Hospital](http://www.copehealthsolutions.org/node/259/popup) – Riverside
* [St. Francis Medical Center](http://www.copehealthsolutions.org/node/260/popup) – Los Angeles
* [St. John’s Regional Medical Center](http://www.copehealthsolutions.org/node/261/popup)– Oxnard, Camarillo
* [St. Mary Medical Center](http://www.copehealthsolutions.org/node/262/popup) – Long Beach

You commit to 4 hours a week for a year. You can rotate through various departments such as the ER, orthosurge, pediatrics, etc. I did this program several years ago so I'm not sure to what extent they have evolved. Hours were accumulated at Inter-Community Campus Hospital and Queen of the Valley Hospital in West Covina. You help out the nurses (often), CNAs (often), PAs, and sometimes doctors (more rare).

Activities include: stocking supplies, translating (if bilingual), taking vital signs such as BP, pulse, O2, helping out the CNAs by changing diapers of patients or holding open patients legs for catheder placement, transfering patients to other departments, and sending specimens to labs. This gives you the opportunity to network and gain patient-contact hours. I spent 6 months in the ER and 3 months in Orthosurge. I personally met a PA (6 years ago from this internship) who is now helping me with applying to PA schools! So opportunities for networking are plentiful as long as the volunteer is persistent and takes inititative. CPR certification is a must, and you attend all-day training that take a few days to complete.

SAN DIEGO:  UCSD Student-Run Free Clinic Project

  <http://meded.ucsd.edu/freeclinic/>
You commit to ~4 hours a week for a year. Positions vary, but some include translating, filling prescriptions and assisting people with filling out forms, or working in an office. I haven't done this. If interested, you can join their Yahoo group and they send out emails of positions that are available.

Hope this helps.

Tanya Chavez

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Hello,

Here is link to the program at the hospital where I work.

<http://www.pvhmc.org/Volunteer-Program/Introduction.asp>

Thank you,

Jean Leger

Coordinator, Contract Billing Department

Pomona Valley Hospital Medical Center

Phone (909) 630-7674

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County of Orange Internships - <http://ocgov.com/gov/volunteer/internships/college>

County of Orange Volunteer Opportunities - <http://ocgov.com/gov/volunteer/opportunities>

VolunteerMatch – [www.volunteermatch.org](http://www.volunteermatch.org/)

OneOC (formerly Volunteer Center Orange County) – [www.oneoc.org](http://www.oneoc.org/)

In addition, each Monday the OC Register includes dozens of volunteer opportunities in its Faith & Values Section.

Other counties may post volunteer & internship opportunities to their websites as the County of Orange does, and nonprofits and clinics that serve impoverished communities such as the Lestonnac Clinic (<http://www.lestonnacfreeclinic.org/>) may also post to their websites.

One final suggestion is college career/internship centers.  The County of Orange posts many opportunities through the campus centers.

Janeanne Dawson

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Orange County Register has a two page spread on volunteer opportunities .
Look on their website

Bill Horwitz

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Great list of volunteer opportunities:

<http://www.bio.uci.edu/wp-content/uploads/2012/12/Undergrads_resources_Volunteer-Clinic-List1.pdf>

Monica Kim

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  I don't know if this is something you want to post up because it is linked with Mariners church where I attend. There are four church campuses and between them there are opportunities to take day trips to Tiajuana, Mexico almost every Saturday. I have been twice this month and thinking about my third trip. They often run medical clinics in the area. Last weekend we treated around two hundred patients. You don't need any medical experience to be involved we can always use more help. A cautionary note I have as a recently accepted PA student is that although volunteer opportunities always look good many schools REQUIRE PAID patient care experience. If any students have any questions related to the trips, PA applications, or life in general haha please feel free to pass on my email address or telephone number.

Hope this helps,
Francesca Longobardo
949-226-1054

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**Saddleback Memorial Medical Center**

**Julia Lieberman**

**Director, Volunteer Services**

**Laguna Hills****(949) 452-3728**

**San Clemente****(949) 489-4927**

I volunteer as a compassionate listener in San Clemente and I thoroughly enjoy it!  I know that they are always looking for volunteers at both campuses.  They would like you to commit to a minimum of 100 hours and know that some Saddleback nursing students have participated.

**Amada Senior Care**

**Attn:  Heidi**

**24361 El Toro Road - Suite 205**

**Laguna Hills, CA**

**(949) 528-3500**

I just applied and was hired as a "caregiver".  Shifts vary depending on your availability.  Have used Amada with family members and was very impressed with Amada and the people they sent out.  Went through a phone interview, a personal interview and have my orientationtomorrow.

Regards, Andrea McCulloch

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I did the Hoag CCE internship and it definitely helped me get into PA school, but I also volunteered at A.S.F (AIDS Services Foundation), in Irvine.  I talked about my experience there in my personal statement and interview and they seemed to like that I had a range of volunteer hours.  Anyways, there are several positions: front desk, pantry (putting food orders together for clients), and also you can be trained to administer HIV tests and  how to deliver the results to patients.  It was a great opportunity and the people are really wonderful.  There number is : 949-809-5700.  The contact was Caroline Spivak, but I believe she has a different poison within the organization, so I think there is a new director of volunteers.  I hope this finds you well. I am ending my second semester of PA school, it's been very strenuous, yet rewarding. Thanks again for everything!!

Brett Larson

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I found a forum that discusses different volunteer opportunities for pre-med and nursing students. Students could call and find out to get more information and make sure the hours could be counted towards their applications.

<http://allnurses.com/california-state-nursing/southern-california-hospital-385001.html>

It mentioned Palomar Medical Center in Excondido (<http://www.palomarhealth.org/ContentPage.aspx?nd=26>), and
<http://copehealthsolutions.org/hwt/cce.html>, and Saddleback memorial direct patient care. COPE Regional Directors (213) 542-2247

Hope this helps,

Tina Marissa

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Here is a link for UC Irvine Medical Center volunteer application

<http://www.ucirvinehealth.org/volunteer/>

Volunteer Coordinator: Barbara Arbour

I have been volunteering there since 2011. Tasks include patient discharge, specimen delivery, out patient sample delivery, info booth, play music instrument for patients, administration assistant, dispatch assistant. Volunteers also have the opportunity to transfer to other departments, such as Nursing, Emergency, and so on, for more patient experience.

Hope it helps!

Tiffany S

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I am currently volunteering at Share our selves. It is a non-profit organization, that provide great opportunities. They have a medical facility, dental, dispensary for medicines and other necessity for the needy. If you would like more info check out there website or speak to Julie Larson. Most students that volunteer at SOS end up in the Grad school they pursue. So I have been told. I hope this helps. :]

[http://www.shareourselves.org](http://www.shareourselves.org/)

jlarson@[shareourselves.org](http://shareourselves.org/)

Diane Tran

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Mission Hospital has volunteer opportunities for students

Contact Alicia C. Hoover

27700 Medical Center Road

Mission Viejo, CA 92691

949-364-1400

Alicia.Hoover@stjoe.org

Brenda Ramirez

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I volunteered at the community clinic in Laguna Beach. It was a great experience and when I needed a letter they were really helpful!
Hope this helps
Sara Cox

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Rio-San Clemente: Rehabilitation Institute of Southern California

The contact person is Susan Ciska, RN  (949) 498-7671The hours available for students are: Mon, Tues, Thurs, or Fri. 8:00am to 2:30pm

They usually accept 2 students per day.

Jose Aiza

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Saddleback Memorial Hospital in Laguna Hills has a volunteer program that I participated in for a few years. They have several volunteer opportunities, including clerical support and helping out in the emergency room and other nursing units.

Here is the volunteer website where students can inquire and apply online: <http://www.memorialcare.org/saddleback/volunteers/volunteers.cfm>

Here is the list of volunteer opportunities and a description of each position:

<http://www.memorialcare.org/saddleback/volunteers/pdf/volunteer-opportunities.pdf>

I hope this helps!

Stacey Mah

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The two closest fits within County of San Bernardino departments would be Arrowhead Regional MedicalCenter (<https://www.arrowheadmedcenter.org/>) and Public Health (<http://www.sbcounty.gov/dph/publichealth/>).  I don't have a direct contact, but perhaps something may be posted on their websites.
Lee Egland

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Check the internship section of the Orange County website (<http://media.ocgov.com/gov/volunteer/internships/college/default.asp>) and also the Lestonnac Clinic website (<http://www.lestonnacfreeclinic.org/>).

Hope this helps.

**Jane Dawson, Manager, Volunteer/Intern Resources**

**County of Orange – Human Resource Services**

**Phone:****(714) 834-7440**

**Email:**  Jane.Dawson@ocgov.com

**Volunteer Website:**  [www.ocgov.com/volunteer/](http://www.ocgov.com/volunteer/)

**Internship Website:**  [www.ocgov.com/internship/](http://www.ocgov.com/internship/)

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Orange Coast Memorial application:

<http://www.memorialcare.org/orange_coast/foundation/get-involved.cfm>

UCI Medical Center application:

<http://www.ucirvinehealth.org/volunteer/college-students/>

St Jude Medical Center application:

<http://www.stjudemedicalcenter.org/St-Jude-Memorial-Foundation/Volunteering.aspx>

These are the volunteer programs that I have been looking into inside the orange county area.

Ryan Pearlman

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Seasons Hospice Volunteers makes an impact in the lives of our hospice patients and their caregivers. As a Volunteer, you can serve in a variety of ways through providing companionship, caregiver relief, and more. Volunteers share their time at their own availability in our patients' homes or facilities of residence. Volunteer by sitting with our patients, sharing life stories, listening to music, making pet team visits, and more...the world is your oyster in how you can serve!

The time you give is of value to the patient, their caregivers and to the staff at Seasons Hospice. The reward is great and we provide ongoing education to our Volunteers. Don’t let this opportunity go by to be able to give during a patient’s final phase in life.

Requirements of Direct Patient Care Volunteers: background check, drug screen, physical, 2 TB tests (all provided by Seasons), volunteer training, self competencies to complete at home, documents to sign.

Contact: Alice Chu, Volunteer Coordinator (714) 740-3520 or achu@seasons.org
site:[http://www.seasons.org](http://www.seasons.org/%22%20%5Ct%20%22_blank)

**California Locations**

Los Angeles

866-278-7500

Orange

877-508-0644

San Bernardino

855-803-1136

San Diego

877-643-0401

All my best
Monique Wood

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From: **Peter Bryant** <pjbryant@uci.edu>

What contaminants are polluting our watersheds and estuaries? How serious is the contamination and what can we do about it?

Come to our research workshop on water pollution in California estuaries including Upper Newport Bay and find out.

The workshop, entitled “Water Contaminants and Pollution in the Newport Bay Watershed”, was organized by NBC Vice-President Peter Fuhrer and is presented by The Research Committee of the Newport Bay Conservancy ([www.newportbay.org](http://www.newportbay.org/)). The purpose of the workshop is to expose the types, extent and fate of contaminants that are entering our watersheds.

The speakers all are top-notch researchers who have been responsible for scientific studies in various marine or aquatic environments, not necessarily in Newport Bay. Steve Bay, head of toxicology at the Southern California Coastal Water Research Project (SCCWRP), will talk about the impacts of contaminants on water and sediment quality in Southern California coastal waters; Robert Hamersley, Assistant Professor of Environmental Microbiology at Soka University, will discuss his studies on how wetlands contribute to the transformation of urban water contaminants in the Upper Newport Bay; Sunny Jiang, Professor of Civil and Environmental Engineering and Ecology and Evolutionary Biology at UCI, will describe her work on bacteria and viruses in NewportBay; and Martha Sutula, head of the Biogeochemistry Department at SCCWRP, will talk about the effects of macroalgal blooms on Southern California estuaries.

The workshop will be on May 22, 2013 from 6 to 9:30 pm at the Back Bay Science Center, Upper Newport Bay Ecological Reserve, Newport Beach, CA. (NOTE: even though this workshop is over, there are people in this message that are good to contact for research opportunities).

**Save your space by registering on line at  [www.NewportBay.org](http://www.newportbay.org/%22%20%5Ct%20%22_blank)  or at the front desk at the Peter and Mary Muth Interpretive Center!**

Thanks!
Research Committee, Newport Bay Conservancy

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Sunrise Senior Living, the activity/volunteer coordinator's name is Justine Rosa and her number is 909-398-4688 located in in **the city of Claremont**.  The Upland Rehabilitation & Care Center's volunteer cooridinator's number is 909-708-9252 and her name is Juliene Bubek. They are looking for new volunteers all the time so please send whoever is interested in your classes.

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The VA Long Beach is also a great place to put in time volunteering.

Don Patton

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I found this website to be very helpful with finding potential optometric assistant positions:[https://www.scco.edu/index.php/practice\_career/staff-listings](https://www.scco.edu/index.php/practice_career/staff-listings%22%20%5Ct%20%22_blank).

Southern California College of Optometry (SCCO) is one of the two optometry schools located in SoCal and they always have listings posted.

**Franklin Bui**

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PAID JOBS working with patients

**Careline Home Care Services, Inc.**
**Phone:****(949) 215-9130**
Fax: (949) 305-9752
23591 El Toro Road, Suite 265
Lake Forest, CA 92630

Visiting Angels

23046 Avenida De La Carlota Suite 600 Laguna Hills CA 92653

**Call 949-240-2403**

Comfort keepers

* **Buena Park    :****(714) 521-1337**
* **Mission Viejo :****(949) 716-883****2**

**Livhome Newport Beach**

tel:949-794-9470

<http://www.indeed.com/m/jobs?q=Caregiver&l=Orange+Countpy%2C+CA>

<http://www.caregiverlist.com/California/SeniorCaregivingJobs/cities.aspx>

Also click the link above, you can check for different caregiving agencies that will accept part time/ full time work with patients depending on your availability. Not only that you'll gain experience in working directly with a patient but you'll also have some job.

Marj Parga

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