



"Volunteering at Craig Hospital is one of the most rewarding opportunities. Not only do you get to hear some incredibly inspiring stories from patients and their families, but I've never met one staff member at Craig that won't put a smile on your face. When you volunteer here, you know you're helping make a difference for people that are going through one of the worst experiences imaginable and that alone makes it worth every minute of my time!"

- Callie Morris
Senior Marketing Specialist
JE Dunn Construction



2025 VOLUNTEER OPPORTUNITIES



VOLUNTEER OPPORTUNITIES

PATIENT WELCOME BAGS

Thank you for welcoming patients to the Craig family!

What does assembling patient welcome bags entail?

Volunteers are asked to assemble 50-200 bags, depending on the need.

What are the bag contents?

Spinal Cord Injury bags include: Propel powder packet, Vaseline, toiletry bag with shampoo, conditioner, body wash and lotion, notebook and pen, PopThirst, laundry bag, laundry soap, and resource guide.

Brain Injury bags include: Propel powder packet, Vaseline, toiletry bag with shampoo, conditioner, body wash and lotion, playing cards, PopThirst, laundry bag, laundry soap, and resource guide.

Who provides the bags and content?

The Craig Foundation will provide the bags and the contents unless the volunteer group is interested in purchasing [the contents](#). Please contact us to coordinate details.

How should I address the cards if I don't have patient names?

Here are a couple of ideas:

- To a very special person
- Dear friend
- Hey there!

How do patients know who assembled the bags?

Feel free to include signed cards with well wishes and uplifting messages that include your name/company name. Here are some examples:

- Never forget how amazing YOU are
- I hope you have a great day today
- You shine brighter than the sun
- ¡Te deseamos mucho amor y felicidad en este día!
- De mi corazón al tuyo

What kind of messages should not be included in the cards?

Other than signing your first name and/or company name, please do not include any personal information or religious comments such as "God Bless" or "I'm praying for you." We ask you not to write "Get well," "Feel better," or other health-related comments.

Where should assembled bags be delivered?

Bags should be delivered directly to the Craig Foundation (880 E. Hampden Ave, Englewood, CO 80113). Please contact us for delivery details.

How will the bags be distributed to patients?

The Craig Foundation team distributes bags weekly. Unfortunately, volunteers may not help distribute the bags.

How do I sign up?

Please contact Monica Lopez, Philanthropy Specialist, at 303-789-8650 or mlopez@craighospital.org.



VOLUNTEER OPPORTUNITIES

TIE-BLANKETS FOR PATIENTS

Create cozy, no-sew fleece blankets to provide warmth and comfort for Craig Hospital patients!

What does creating blankets for patients entail?

Volunteers will follow a simple, no-sew technique to make fleece tie-blankets. This is a great individual or group activity that requires minimal supplies and no sewing experience.

Instructions:

We recommend blankets measuring 72" x 72" (2 yards x 2 yards), including a 6" fringe on each side.

Below are two links with additional details:

- [DIY No Sew Fleece Blanket Tutorial - YouTube](#)
- [How to Make a Tie Blanket with Fleece \(thesprucecrafts.com\)](https://thesprucecrafts.com)

What type of fleece should be used?

All fleece patterns and colors are welcome except for those with health related or religious themes

How many blankets are needed?

Volunteers are asked to provide at least 5 blankets. There is no maximum!

Where should the blankets be delivered/mailed?

Blankets should be delivered directly to the Craig Foundation (880 E. Hampden Ave, Englewood, CO 80113) or mailed to the Craig Foundation: Attn: Caroline Craven (3425 S. Clarkson St. Englewood, CO 80113).

How will blankets be distributed to patients?

The Craig Hospital team will distribute the blankets. Unfortunately, volunteers may not help with distribution.

How do I sign up?

Please contact Caroline Craven at 303-789-8578 or ccraven@craighospital.org.



VOLUNTEER OPPORTUNITIES

FAMILY NIGHT

A Great Way to Volunteer, Get Involved, and Give Back!

On our monthly Family Night, families and patients are invited to a volunteer-served family-style meal. This gathering serves as a “night out” where patients and their families eat and socialize with one another. Family Night provides a much needed opportunity for Craig patients and their families to relax and interact with other families staying in Craig Hospital’s Patient and Family Housing Apartments.

Who can help with Family Night?

Family Night is run by volunteers. Corporate teams, service organizations, or a group of close friends are a great fit for this volunteer opportunity. Anyone 16 years of age or older may volunteer for Family Night. The Craig Hospital Foundation recommends that your group consists of 4-8 individuals.

When does Family Night occur?

Family Night occurs Tuesday-Thursday, with the exception of the fourth Thursday of each month. Contact us for available dates. Volunteers are expected to arrive at Craig’s Patient and Family

Housing Apartments by 5 p.m. (4:30 p.m. if they would like to tour Craig) to prepare their meal and setup. Dinner will be served at 6 p.m. Volunteers will be done around 7:30 p.m.

What does helping with Family Night entail?

Family Night volunteers are asked to **provide food for approximately 60 guests (this includes extra portions for volunteers)**. They should arrive at Craig Hospital’s Patient and Family Housing Apartments with their food items on their assigned day. Meals must be professionally catered, as Craig Hospital Patient and Family Housing does not have a commercial kitchen. A small kitchen is available for storing and reheating food only. Volunteers are encouraged to bring decorations or to pick a theme for their Family Night. Please note, we will ask everyone to sign a media release.

How do I sign up for a dinner?

To volunteer for Family Night please contact Sydney Zeman, Event Specialist, at 303-789-8868 or szeman@craighospital.org.



VOLUNTEER OPPORTUNITIES

FAMILY HOUSING SNACK SPONSOR

Thank you for keeping Craig families fueled and loved!

What does sponsoring Craig Hospital's Family Housing evening snacks entail?

Volunteers are asked to purchase snacks to be offered Tuesday–Friday afternoons in our Family Housing buildings.

When should they be delivered?

Snacks should be delivered directly to Family Housing (3427 S. Emerson Street, Englewood, CO 80113). Please contact us for available dates, times, and delivery details.

What types of snacks?

Pretzels, fruit snacks, granola bars, popcorn, chips, cookies, protein bars, dried fruit, Goldfish, etc! An assortment of snacks is great! We kindly ask that you don't provide anything that needs to be refrigerated or heated.

How many snacks are needed?

80 snacks per evening with snacks being offered Tuesday–Friday. If you want to provide enough snacks for every evening for one week that would be 320 pre-packaged snacks.

What about beverages?

You may bring beverages, but keep in mind that we are not able to refrigerate or heat them.

How do I let family members know who the snacks are from?

Feel free to include cards with well wishes. Some donors might also be interested in putting stickers on the snack bags. We will have your name and/or company displayed on signs next to the snacks so everyone knows who the snacks are from.

How do I sign up?

Please contact Sydney Zeman, Event Specialist, at 303-789-8868 or szeman@craighospital.org.



VOLUNTEER OPPORTUNITIES

BIRTHDAY BAGS FOR PATIENTS

Thank you for celebrating our patients on their birthdays!

What does providing birthday bags for patients entail?

Volunteers are asked to provide 5-50 bags, depending on the need.

What size bags are best?

We kindly ask that bags are no larger than medium-sized gift bags measuring around 8.25" wide x 10.75" high x 4.25" deep.

What should be included in the bags?

Here are some suggestions:

- Birthday cards with uplifting messages
- Happy birthday gel clings w/suction cups
- Happy b-day banners w/Command Strips
- Party Hats
- B-day stickers
- One-size-fits-all socks
- Rubber bracelets or beaded necklaces
- Gift cards to the Craig Hospital gift shop
- Balloons
- Battery-operated lights or candles

What should not be included in the bags?

- Anything edible
- Anything perishable
- Anything sharp
- Silly string
- Bubbles
- Candles and matches
- Party horns, blowers, or items that make noise

Can we include birthday cards?

Absolutely! If the cards are handmade, we kindly ask that décor is not excessive to the point of falling off and doesn't rub off when touched.

How should I address the cards if I don't have patient names?

Here are a couple of ideas:

- To a very special person, happy birthday!
- Hey there!

What kind of messages should be included in the cards?

Feel free to include birthday wishes and uplifting messages. Here are some examples:

- Stay strong
- Never forget how amazing YOU are
- I hope you have a great day today
- You shine brighter than the sun
- ¡Feliz cumpleaños!
- ¡Te deseamos mucho amor y felicidad en este día!
- De mi corazón al tuyo

What kind of messages should not be included in the cards?

Other than signing your first name and/or company name, please do not include any personal information or religious comments such as "God Bless" or "I'm praying for you." We ask you not to write "Get well," "Feel Better," or other health-related comments.

How do I let patients know who the bags are from?

Feel free to include signed birthday cards. Some donors might also be interested in putting stickers on the bags letting patients know who the bags are from.

Where should they be delivered/mailed?

Bags should be delivered directly to the Craig Foundation (880 E. Hampden Ave, Englewood, CO 80113) or mailed to the Craig Foundation: Attn: Caroline Craven (3425 S. Clarkson St. Englewood, CO 80113).

How will bags be distributed to patients?

The Clinical Care Management team distributes bags regularly. Unfortunately, volunteers may not distribute the birthday bags to patients.

How do I sign up?

Please contact Caroline Craven at 303-789-8578 or ccraven@craighospital.org.



VOLUNTEER OPPORTUNITIES

REETING CARDS FOR PATIENTS

Thank you for bringing joy to Craig patients!

What does providing cards for patients entail?

Volunteers are asked to provide 10-100 cards, depending on the need. Please let us know if you need supplies.

Can cards be handmade?

Absolutely! We kindly ask that décor is not excessive to the point of falling off and doesn't rub off when touched.

Do you accept holiday and birthday cards?

Yes! We gladly accept cards for birthdays and the following holidays and season:

- Halloween/Happy Fall
- Thanksgiving
- Christmas*
- Hanukkah
- Kwanzaa
- New Years
- Happy Holidays
- Valentine's Day
- St. Patrick's Day
- Easter/Happy Spring*
- July 4th/Happy Summer

*If providing Christmas and Easter cards, we also recommend you provide a few cards with other holiday messages for patients that celebrate different holidays.

When do you need the holiday cards?

The deadline is two weeks prior to the holiday. There is no concern for receiving cards too early, only too late.

What kind of messages should be included?

Anything positive and cheerful such as:

- Stay strong
- Never forget how amazing YOU are
- I hope you have a great day today
- You shine brighter than the sun
- ¡Feliz cumpleaños!
- ¡Te deseamos mucho amor y felicidad en este día!
- De mi corazón al tuyo

What kind of messages should not be included?

Other than signing your first name and/or company name, please do not include any personal information or religious comments such as "God Bless" or "I'm praying for you." We ask you not to write "Get well," "Feel better" or other health-related comments.

How should I address the cards and/or envelopes if I don't have patient names?

Here are some ideas:

- To a very special person, happy birthday!
- Hey there!
- Draw a picture or use stickers to decorate envelopes

Do you accept cards for family members staying in Family Housing?

Of course! We kindly ask for 10-80 (depending on the need) cards with uplifting messages. Please don't include personal information, religious, or health-related comments.

Where should the cards be delivered?

Cards should be delivered to Craig Hospital, please contact us for details. You may also mail them to Craig Hospital: Attn: Abby Copilevitz (3425 S. Clarkson St. Englewood, CO 80113).

How will cards be distributed to patients and their family members?

The Craig Hospital team distributes cards regularly. Unfortunately, volunteers may not help distribute the cards.

How do I sign up?

Please contact Sydney Zeman, Event Specialist, at 303-789-8868 or szeman@craighospital.org.



VOLUNTEER OPPORTUNITIES

PAPER CHAINS FOR PATIENTS

Thank you for providing positive messages of love and kindness!

What does creating a paper chain for patients entail?

Volunteers are asked to provide 1-5 chains, depending on the need.

What size chains are best?

We recommend 10-15 links per chain.

What kind of messages should be included on the chains?

Feel free to include uplifting messages, song lyrics, or quotes. Here are some examples:

- You're loved!
- Stay strong!
- "Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine." - Roy T. Bennett

What kind of messages should not be included on the chains?

Please do not include any personal information or religious comments such as "God Bless" or "I'm praying for you." We ask you not to write "Get well," "Feel Better," or other health-related comments.

How do I let patients know who the chains are from?

On the last chain, autograph your creation with your first name/s and/or company name.

Where should the chains be delivered?

Chains should be delivered to Craig Hospital, please contact us for details. You may also mail them to Craig Hospital (we recommend shipping them in boxes!): Attn: Abby Copilevitz (3425 S. Clarkson St. Englewood, CO 80113).

How will the chains be distributed to patients?

The Craig Hospital team distributes chains regularly. Unfortunately, volunteers may not help distribute the chains.

How do I sign up?

Please contact Sydney Zeman, Event Specialist, at 303-789-8868 or szeman@craighospital.org.



VOLUNTEER OPPORTUNITIES

A Great Way to Volunteer, Get Involved, and Give Back!

When should they be delivered?





VOLUNTEER OPPORTUNITIES

OTF LUNCH SPONSOR

Thank you for providing positive messages of love and kindness!

Options for providing lunch:

1. **Donate \$150** to [Operation TBI Freedom](#), and OTF will handle all of the arrangements.
2. **Mail a \$150 gift card**, and OTF will handle all of the arrangements. Electronic gift cards are not preferred.
3. **Order the food and beverages** from one of the suggested restaurants and deliver it to OTF.

\$150 is calculated based on the estimated participation. If actual attendance result in excess funds, they will be directly allocated to support the OTF program.

What does providing lunch entail?

Volunteers are asked to purchase lunch for our educational sessions and support groups. There are 2 monthly opportunities taking place every 2nd and 4th Thursday, except for in November and December. Volunteers (max. of 6 people) are highly encouraged by our veterans to attend the sessions.

What types of foods are best and how much is needed?

We kindly request 30 portions. Vegetarian and gluten-free options, as well as dessert, are greatly appreciated but not required. Most volunteers have the meal catered by Jersey Mike's Subs or Joey's New York Pizza. Napkins, plates, and serving utensils (if needed) are welcomed.

Can I provide beverages?

Please! We recommend providing soda, flavored water, or water bottles for 30 people.

How do I let veterans know who lunch is from?

If you are unable to attend, feel free to include a personalized card or note with well wishes. Please do not include any religious references.

Where and when should food be delivered?

Lunch should be delivered directly to our OTF headquarters in Colorado Springs between 10:30-11 am for the sessions from 12-1 pm. Please contact us for available dates and delivery details.

How do I sign up?

Please contact Caroline Craven at 303-789-8578 or ccraven@craighospital.org.



VOLUNTEER OPPORTUNITIES

PEER MENTOR DINNER

A Great Way to Volunteer, Engage, and Make a Positive Impact!

What is a Peer Mentor Dinner?

Inpatients, outpatients, and former Craig patients are warmly welcome to connect with one another over a meal generously provided by volunteers!

Menu Planning:

We kindly recommend providing 120-150 portions, depending on the need. We can provide a more accurate number closer to the dinner based on the patient census. Please note that taco bars and sandwiches, and delicate handheld foods are not recommended, as they can be challenging for some patients to handle. Vegetarian and gluten-free options, as well as dessert, are greatly appreciated but not required. Most groups prefer to have the meal catered. Chick-fil-A, Chipotle and Qdoba burrito bowls, or pizza and salad, have been popular options!

Supplies:

Some catered meals will come with napkins, silverware, and serving utensils. If not, we're able to help supply those for the dinner.

Beverages:

We recommend providing soda, flavored water, and water bottles. We will provide coolers and ice.

Theme & Décor:

Festive décor is welcome if the dinner falls close to a holiday!

When does Peer Mentor Dinner occur?

We are able to hold dinners on Thursdays or lunches on Saturdays. Contact us for available dates.

Time:

Volunteers are asked to arrive by 4:30 p.m. If you or your team haven't seen the hospital, we can have you come early or schedule another time for a tour. Dinner will be served at 5 p.m., lasting until about 6:30 p.m. and should be cleaned up by 7 p.m.

Attire:

Casual with closed-toe shoes.

Volunteer Responsibilities:

Set up; serve food and beverages; clean up. We recommend 4-8 volunteers if possible, or we are happy to utilize our hospital volunteers with a minimum of 2 weeks' notice. Please note, we will ask everyone to sign a media release.

Do you accept gift cards instead?

Absolutely! They can be sent electronically or by mail.

How do I sign up?

Please contact peermentors@craighospital.org.