

Working with Adults/Seniors

Our Lady of Mercy Life Center
2 Mercycare Lane, Guilderland

Age: 16 and up Deronda Daniels 464-8165

Assist at the nursing home with games, outdoor functions, mail delivery, occupational therapy, physical therapy and personal visits. Year round volunteer opportunities. Interview and medical form required.

Senior Services of Bethlehem
Delaware Ave, Delmar

Age: 16 and up Joyce Becker 439-4955 x1169

Responsible and mature students to help on senior van (carry groceries, assist senior) and accompany groups for two picnics in August. Volunteer in conjunction with Participation in Government program at BCHS. Parental permission required.

Good Samaritan Nursing Home
125 Rockefeller Road, Delmar

Age: 16 and up Norrine Cooke 439-8116 x252

Looking for responsible volunteers, willing to help out with room visits, parties, mail delivery, coffee hour and games. Orientation, interview and medical form required.

Delmar Place
Delaware Ave, Delmar

Age: 6th grade and up Activities Director 434-4663

Duties include assisting in the activities department—playing games with residents, providing companionship, helping with basic chores, facilitating activities and parties.



Why Volunteer?

- ◆ You meet new people
- ◆ You learn new skills
- ◆ You can make a difference
- ◆ It's fun
- ◆ It feels good

Things to think about before calling to volunteer:

- ◆ Talk to your family about where you might want to volunteer.
- ◆ Think about how much time you have available (don't forget about vacations and activities you are scheduled to do).
- ◆ Look for opportunities that are appealing to you and fit your interests.
- ◆ Call as soon as possible because some programs fill up.

When you call:

- ◆ Make a list of any questions you want to ask.
- ◆ Be prepared to answer questions about yourself.
- ◆ Mention that you learned about the position through this Student Guide.

2011 Student Guide to Volunteer Opportunities



This brochure brought to you by:
Youth Employment Service
Town of Bethlehem
439-4955 x1608
YES@townofbethlehem.org

Working with Children

Bethlehem Parks & Recreation
Elm Avenue Park and BC schools

Age: Grade 8 and up Jason Gallo 439-4955 x1604

JGallo@townofbethlehem.org

Assist trained counselors in a variety of programs including: track and field, basketball, soccer, bowling, arts and crafts, tennis, lacrosse and day camps. Applications are available at the park office or on-line at www.townofbethlehem.org under the Parks and Recreation Department.

Bethlehem PreSchool, Inc
Route 9W, Glenmont

Age: Grade 6 and up Mary Morrill 463-8091

Work with children ages 1 through 5, assisting teachers, reading stories, playing games and doing projects. Two mornings or afternoons per week. Call to attend orientation meeting.

Bethlehem Public Library

Age: Grade 6 and up Tori Russo 439-9314 x3034

If you are entering 6th – 12th grade in the fall and can give at least 6 hours of your time this summer, then train as a Youth Services Library Volunteer. Choose from the following job tasks: desk assistant, program assistant, story reader, Reader's Theater, or book buddy.

Download an application online (available in May) or register at the Children's desk. There is a mandatory training session. Parental permission required.

Center for the Disabled

Clover Patch Camp, Glenville

Age: 16 and up Laura Taylor 384-3081

Assist clients, swim aide, food preparation, meal aide, gardening, music, drama, theater and sports. No minimum number of hours.

Community Action

Food Pantries
32 Essex St, Albany

Age: 16 and up David Cleveland 458-1167 x11

There are a variety of volunteer opportunities listed on their website—www.foodpantries.net. Volunteer needs include working at one of the 52 food pantries in Albany/Rensselaer County, one of the soup kitchens, or special events that occur regularly throughout the year.

Community Caregivers and Family
2021 Western Avenue Suite 104, Albany

Under 18 need parent supervision Chris Damon 456-2898

Teens and their families are encouraged to be matched with a client and help them with chores, shopping, light housekeeping. Flexible scheduling. 45 minute orientations are offered twice a month.

Hunger Action Network
275 State Street, Albany

Age: 12 and up Deb Catozzi 434-7371 x3

Weed, water and harvest community garden to supply food to emergency food programs in the summer. Year round clerical work available.

Office Work

Epilepsy Foundation of Northeastern NY
3 Washington Square, Albany

Age: 15 and up Darcy Below or Susan Kaczynski
456-7501

Assist with large mailings, typing and special projects.

To Life!
410 Kenwood Avenue, Delmar

Age: 16 and up Kathy Liguori 439-5975

Clerical duties, telephone work and occasional attendance at health fairs and fundraisers for breast cancer support organizations.

Medical

St. Peter's Hospital
315 South Manning Blvd, Albany

Age: 14 and up Amanda Weller 525-1002 or 535-1515

Volunteer in selected areas of the hospital—nursing units, flower delivery, office gift shop, gift cart, daycare. Interview, health form and orientation required. Minimum of 50 hours a year required.

Albany Medical Center Hospital
43 New Scotland Ave, Albany

Age: 14 and up Kelly Monroe or Kim Read
262-3491

Choose from a variety of opportunities: daycare, ambulatory surgery, nursing units and transportation. Minimum of 40 summer hours required. Call for application in February/March. First 100 students who apply will be accepted—fills up quickly.

American Red Cross
33 Everett Road, Albany

Age: 15 and up Sheelah Aulet 458-8111 x5103

Various opportunities including health and safety instructors, community preparedness program instructors—teach skills to youngsters from preschool through age 9. Help during blood drives distributing snacks. Training will be provided. For more information see www.volunteermatch.org.

Working with Animals

Mohawk and Hudson River Humane Society
3 Oakland Avenue, Menands

Ages: 14 and up Jennifer Harburda 434-8128 x212

Volunteer opportunities include working with cats, small animals and dogs depending on your age. Orientation and training required as well as parental permission. For more details see www.mohawkhumane.org.

Albany Therapeutic Riding Center
182 Martin Road, Voorheesville

Age: 14 and up Christine Lehman 765-2764

Side-walkers and leaders needed for horseback riding for differently-abled adults and children. Help with feeding. Weekends.