

# United Way of Pioneer Valley Young Leaders

## Harnessing the Power of the *Next* generation

### Current Volunteer Opportunities

*as of April 18, 2008*

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**Be a Mentor** Adult and youth mentoring opportunities are available to Young Leaders membership through Mass Mentoring Partnership. Mass Mentoring empowers and supports existing mentoring programs and new statewide efforts through training, technical assistance, resource development, and public awareness outreach.

#### **Other area volunteer opportunities:**

The following is a list of volunteer opportunities for **April 2008**.

#### **All Out Adventures, Inc.**

A nonprofit based in Easthampton, is seeking volunteers for our winter outdoor recreation programs in the Pioneer Valley. We run year-round adaptive outdoor recreation programs for people with disabilities and their family and friends. Volunteers learn and apply their outdoor leadership skills at programs, assisting our trained program staff in providing positive encouragement and physical support to participants with physical, cognitive, and other disabilities in winter activities such as x-country skiing, snowshoeing, kick sledding, ice skating and sled skating (both indoor and outdoor).

#### **Best Buddies: Try making a new friend**

Best Buddies is a non-profit organization dedicated to providing one-to-one friendships for people with intellectual disabilities. We are currently seeking volunteers who would like to share their time with a new friend. Average time commitment is estimated at 5-6 hours per month. Spend time with your new found friend in any situation. Go to the movies, go hiking, and go out to eat. It is a proven fact that things are more FUN with friends. This is your chance to make a new friend and make a difference in people's lives. We would love to hear from you! Contact us today!

#### **Community Enterprises**

Become a Volunteer Companion to an adult with a mental health or developmental disability. Share mutual interests such as sports, the outdoors, movies, shopping, going out to eat, arts and crafts or other interests. Assist with transportation to appointments. Build a friendship and share your time together. Very flexible times, weekdays, evenings, weekend times available. Ongoing training and supports will be provided.

#### **Faith in Action**

Faith in Action services the frail elderly in their homes. Visitors do little things that a relative or neighbor would do, if only there was one. The need for volunteers is ongoing.

#### **Food Bank of Western Mass.**

##### **Agency Services Volunteer Opportunity**

The Food Bank of Western Massachusetts is currently seeking a part-time volunteer to work with our Agency Services program in the up coming year assisting in setting up capacity building trainings, customer service and administrative work. The volunteer position is also an excellent opportunity to gain an understanding of the fine work of people and organizations in our community. This position is located in Hatfield.

##### **Food Sourcing Assistant Volunteer Opportunity**

The Food Bank of Western Massachusetts is currently seeking a part-time volunteer to work with Food Sourcing doing Administrative work, computer tasks, research and special projects. Help to ensure that The Food Bank has a wide variety of foods available for our member agencies! This position is located in Hatfield

##### **Programs Assistant Volunteer Opportunity**

The Food Bank of Western Massachusetts is currently seeking a part-time volunteer to work with our Director of Programs in the up coming year assisting in administrative work and special projects. The volunteer position is also an

excellent opportunity to gain an understanding of the programs of The Food Bank along with the fine work of people and organizations in our community. This position is located in Hatfield.

#### **Donated Food Sorting Volunteer Opportunity**

The Food Bank of Western Massachusetts is currently seeking a part-time volunteer to work with our Food Distribution department in the up coming year sorting donated food and produce. The volunteer position is also an excellent opportunity for individuals to do hands on work towards are mission while doing physical activity. This position is located in Hatfield.

#### **Food Pantry Assistant**

Help unload trucks, pack food in bags, and help bring in donations, sort food, and help consumers carry food.

#### **Girls Incorporated of Holyoke**

Inspires all girls to be strong, smart and bold by providing them the opportunity to develop and achieve their full potential. We reach over 1,000 girls annually through programs that are cutting edge, research driven, and proven to be effective.

School Age Programs – Ages 5-12

Youth Development Programs – Ages 11-18

Mentoring Programs - Ages 11-18

At Girls, Inc. we have a number of volunteer opportunities that include:

- Working with the girls (tutoring and/or leading workshops/classes)
- Becoming a Mentor
- Technology Support (website design/updates, database creation)
- Volunteer to serve on the Board of Directors and/or on a Committee

We are always willing to work with a volunteer to find the right match!

#### **Holyoke Soldiers' Home**

Is looking for volunteer card game and pool game players.

“Pick-up” card games on Tuesdays & Saturdays 1:00 pm in the Soldiers' Home Canteen. Pitch, Rummy, Cribbage, Spades & any other card games of interest 1:1 Friendly visitors always welcome.

#### **Holyoke Tutor/Mentor Program**

New Year's resolutions take many forms. For some adults they include studying basic reading, writing, math and English as a step towards reaching their personal and employment goals. The Holyoke Tutor/Mentor Program trains volunteers to tutor in Adult Basic Education (ABE) and ESL classes, and volunteers are needed now. No previous teaching skills are necessary. Classes are held daytimes and evenings; tutors are placed in classes that meet their schedule and interests. The next 12-hour tutor training will be offered in February. The training is free of charge, but an interview is required ahead of time.

#### **60 VOLUNTEERS NEEDED NOW TO PLAY WITH HOMELESS CHILDREN!!**

Horizons for Homeless Children is seeking 60 volunteers to interact and play with children living in 17 family, teen parent, and domestic violence shelters in Western Massachusetts. A commitment of 2 hours a week for 6 months is required. We offer daytime and evening shifts, so there is likely to be one that fits your schedule. It is a rewarding and fun experience for everyone involved. The next trainings sessions will be in June in Holyoke or Springfield area, for Playspaces and shelters in Springfield, Holyoke, Adams, Northampton, Orange/Athol, Greenfield, and Pittsfield.

#### **Longmeadow Adult Center - Meals on Wheels Delivery**

If you are looking for a rewarding volunteer opportunity performing a vital service for our community, we have the position for you. The Longmeadow Adult Center is looking for volunteers to deliver Meals on Wheels to home-bound town residents. The hours would be 10:30 a.m. – 12:30 p.m., one day per month.

#### **Longmeadow Adult Center - Drivers Needed**

Help area seniors maintain their quality of life and stay in their own homes by volunteering at the Longmeadow Adult Center. We are looking for volunteers to drive senior town residents to their doctor's appointments in the Springfield area. The schedules are flexible and you choose the trips that are convenient for you.

### **Volunteer Drivers for Medical Transportation**

MAB Community Services (formerly Mass. Association for the Blind) needs drivers to help transport consumers who need sighted guides to medical appointments.

### **Share your vision with a neighbor**

Volunteer to help blind and visually impaired neighbors with simple tasks:

- Reading the mail
- Writing a letter
- Assist with the bill writing
- Go with them grocery shopping
- Drive to doctor appointments

MAB Community Services (Formerly the Massachusetts Association for the Blind) HAS MOVED TO: **267 High Street, Holyoke, MA 01040**

### **Massachusetts Justice Project**

**Volunteers for Justice:** Massachusetts Justice Project is looking for volunteers to serve as lay (Non-lawyers) housing advocates on behalf of tenants facing eviction in Springfield Housing Court. Volunteers will receive comprehensive training and continued supervision by an experienced attorney.

### **Salvation Army of Holyoke**

Is looking for someone who is artistically gifted (not musical) to do a classroom art (craft) project or projects for the youth that participate in our Bridging the Gap program. BTG happens Mon, Wed & Fri from 3 to 6 PM here at the Holyoke Salvation Army - 271 Appleton Street.

### **Shriners Hospital** is looking for Dispatchers to volunteer in our transportation Department.

Duties would include answering phones, confirming patient transportation pickups and scheduling drivers according to time and destination. Good communication, organizational and phone skills are a must. The hours are from 12-4 either on a set day or an on call basis.

### **Special Olympics Massachusetts**

Volunteer Equipment & Logistics Coordinator

10-15 hours per week working out of our West Springfield, MA office

Description: Organize and inventory medals, sports equipment and volunteer shirts; prepare orders of new supplies; research sources of possible in-kind donations and track all such donations; help loading and unloading equipment trucks before and after competitions.

### **Springfield Partners for Community Action**

Volunteers needed!

Help low-income families file income tax returns.

We need:

- Tax preparers
- Greeters
- Translators
- Site Coordinators

IRS will train and certify all tax preparers. Come and fill out a registration form or download one online at [springfieldpartnersinc.com](http://springfieldpartnersinc.com). Training starts in December 2007.

### **Springfield School Volunteers**

Chemistry & Math Tutors Needed!

Springfield School Volunteers is seeking Chemistry and Math volunteers for grades kindergarten through 12 in the Springfield Public Schools. The ideal candidates will be able to volunteer for one hour a week.

### **Volunteer Opportunities in Step Up Springfield**

## Mentoring of High School Students - Central and Putnam

The high school experience is a challenging one for many students in Springfield, and for some it is a struggle to continue. Dropout rates have been alarming for a few years. Mentors have been proven over time to be a great help. A consistent mentor/student relationship has a strong positive effect on the student, creating a sense of hope in the youngster's life. The commitment is one hour/week for the school year.

### **Top Floor Learning, Inc.**

Literacy volunteers: Top Floor Learning is seeking adult volunteer tutors for their Adult Reading/Writing program and English as a Second Language Program held on the third floor at the Palmer Public Library.

Volunteers must be high school graduates with good reading, writing, and speaking skills. All necessary materials and training will be supplied.

### **Stavros Center for Independent Living**

VOLUNTEER SURROGATES NEEDED - Stavros is seeking compassionate volunteers to help disabled people manage their Personal Assistance Services Program a few hours a month. Your help enables a disabled person to remain living independently in their home, rather than face institutionalization. Training and a mileage stipend provided. Stavros offices are located in Springfield, Amherst and Greenfield.

### **YWCA**

Teen Transitional Living and Youth Build Programs

Help our teens take their first step towards a better future. Become a math or literacy tutor and guide 1-3 teens as they prepare for their GED

exam. Be willing to commit to 1 hour a week Mon.-Thurs. between 3:30-6pm.

Supervised Visitation Volunteers

YWCA Western Massachusetts Visitation Program seeks volunteers at YWCA Visitation sites in Springfield and Northampton to assist site Coordinators in supervising visits between non-custodial parents and their child or children in a safe and neutral setting. Volunteers will have the opportunity to work with families through intakes, visits, and addressing co-parenting skills. Volunteers need a basic knowledge of family dynamics. Site coordinator will provide on-going training to volunteers.

Safe Plan Volunteers

YWCA Western Massachusetts seeks volunteers to assist YWCA Safe Plan advocates in providing crisis intervention information, referrals, legal advocacy, and safety planning to domestic violence victims seeking protective order through Hampshire or Hampden Probate Courts. Safe Plan volunteers needed Monday- Friday. On going, volunteer training provided by Safe Plan Coordinator.

**To coordinate these volunteer opportunities with the respective agencies please contact Young Leaders chairperson [Kimberlynn Cartelli](mailto:kcartelli@fathers-sons.com) at [kcartelli@fathers-sons.com](mailto:kcartelli@fathers-sons.com) or contact [Edward Latour](mailto:elatour@uwpv.org) at [elatour@uwpv.org](mailto:elatour@uwpv.org)**

**If you wish to get involved by serving on a local board of directors or to learn more about United Way of Pioneer Valley's Young Leaders contact [Edward Latour](mailto:elatour@uwpv.org) at (413) 693-0234 or [elatour@uwpv.org](mailto:elatour@uwpv.org).**