

VALLEY STREAM STUDENT VOLUNTEER OPPORTUNITIES

2019-2020

THE GUIDANCE AND COUNSELING DEPARTMENT
VALLEY STREAM CENTRAL HIGH SCHOOL DISTRICT
VALLEY STREAM, NEW YORK

www.vschs.org

VALLEY STREAM CENTRAL HIGH SCHOOL DISTRICT
One Kent Road, Valley Stream, New York 11580

www.vschs.org

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2019-2020

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Volunteering is a gift you give yourself. It takes you to new places and provides you with new experiences. What makes YOU a great volunteer?

ARE YOU...

- dependable?
- punctual?
- easy to talk to?
- in good health with strong moral character?
- willing to accept supervision and responsibility?
- able to see that well-educated children are our generation's greatest resource?

If you agreed to all of the above, **CONGRATULATIONS!** You are just what we are looking for!

AND when thinking long-term..

**Volunteering can help you be more attractive to colleges!
(PSST.. Important!)**

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If you have any questions about volunteer opportunities, pay your school counselor a visit for more information!

VOLUNTEER RESOURCES

Envision Valley Stream

Address: P.O. Box 1454, Valley Stream, NY 11582

Phone: (516) 792-1246

Website: www.EnvisionValleyStream.org **Email:** EnvisionValleyStream@gmail.com

Age Requirement - 15 years old or 5 years old with parent supervision.

Envision Valley Stream believes volunteer opportunities provide the community a way to give back, come together, make friends, and learn more about our community as a whole. Be a part of the future of Valley Stream and donate your time at a community cleanup or one of the many other volunteer opportunities throughout the year.

Long Island Volunteer Center

Outreach Coordinator: Patricia Sands

Phone: (516) 922-6846

Hempstead Headquarters

Address: 58 Hilton Avenue, Hempstead, NY 11550-2122

Contact Name: Diana O'Neill, Executive Director **Phone:** (516) 564-5482

Email: longislandvc@aol.com or disastervolunteer@longislandvolunteercenter.org

Website: www.longislandvolunteercenter.org

Long Island Volunteer Center is an all-volunteer agency working to provide, support, promote and advocate for volunteer service on Long Island. It was designated a New York State Regional Volunteer Center in September 2011.

This agency is a great resource for anyone looking for volunteer opportunities. Students provide information about their interests, geographical preferences and time availability and the agency will match them with an appropriate volunteer opportunity.

MENTORING

American Red Cross

Address: 195 Willis Avenue, Mineola, NY 11501

Contact Name: Deborah Gibbons

Phone: (516) 747-3500 Ext. 212

Email: Deborah.gibbons@redcross.org

Website: www.nyredcross.org

The Youth Program's Red Cross Clubs provides young adults between the ages of **15 and 18** with the opportunity to serve their community and develop valuable leadership skills. Projects and activities are planned by the individual clubs and include fundraising and relief efforts when they arise. The Youth Volunteer Instructor Program allows volunteers age 16 and older to become fully certified Red Cross Health and Safety instructors who are qualified to teach lifesaving classes. Applications for the instructor program are accepted in the fall and spring.

Catholic Charities – Diocese of Rockville Centre

Address: Thomas F. Casey Administrative Center, 90 Cherry Lane, Hicksville, NY 11801

Contact Name: Mary Ellen

Phone: (516) 733-7044

Website: www.catholiccharities.cc

Email: volunteers@catholiccharities.cc

Volunteers at Catholic Charities are a diverse group. They are schoolchildren, college students and interns, parents volunteering with their children, retirees, skilled laborers, and business professionals. Volunteer opportunities include light clerical work, group volunteering, making friendly phone calls to homebound seniors and as babysitters if over age 16.

Friendly Visitor

Friendly Visitors assist and comfort the seniors in the parish community. Friendly Visitors help with small chores, pick up items at the store, play cards, and basically provide companionship to seniors who are isolated and unable to get around. Training and supervision is provided for volunteers, as well as opportunities for spiritual nourishment.

Youth Tutor

Volunteer tutors help young people living in our Teaching Family Homes. The youth in these residences need companionship, mentoring, and tutoring to meet the challenge of school.

Mentors

Mentors are needed for the residential program for children. Mentors will work with one or two children on a long term basis, listening, helping with homework, and assisting with recreational activities. A commitment of one year is required.

Group Volunteering

Catholic Charities welcomes volunteers from high schools and youth ministries to assist as a group for various activities including Adopt-a-Residence.

Adopt-a-Residence

Groups may visit residences for the developmentally disabled a few times a month to share recreational activities and help plan special events. Groups may get together to help plan barbecues, dinners, or special outings for the residents. They may help teach computer skills, share with residents their musical or artistic talents or spend a quiet afternoon playing board games or reading.

Family and Children's Association

Address: 100 East Old Country Road, Mineola, NY 11501

Phone: (516) 746-0350 ext. 372 (Human Resources)

Email: VolunteerServices@familyandchildrens.org

Website: www.familyandchildrens.org

Age: 18+ and up

Volunteer opportunities at Family and Children's Association are varied and diverse. Whether working assisting children in the daycare nursery, mentoring adolescents or helping senior citizens, volunteers are an important link in the network of services that help FCA take care of people's needs.

Leadership Training Institute

Address: 50 Clinton Street, Suite 607, Hempstead, NY 11550

Contact Name: Aster Mehreteab **Phone:** (516) 483-3400

Website: www.ltiny.org

Age: 16 years and older

This unique agency is dedicated to education and human services for vulnerable children, youth and adults. The institute, founded by volunteers, continues to offer meaningful opportunities for specialists, interns, mentors, tutors, and others. All ages may volunteer in LTI's educational, employment, residential, and social service projects and programs.

ANIMALS

Golden Paw Society

Address: 260 Broadway, Huntington Station, NY 11746

Phone: (631) 729-1307 **Email:** goldenpawsociety@gmail.com

Website: www.goldenpawsociety.org

Age Requirement: 12 years and older (under 18 requires parental accompaniment)

The Golden Paw Society is an exclusively charitable all volunteer run organization (501c3 tax-exempt) dedicated to the rescue of cats who have been in municipal shelters for an extended period of time and/or who exhibit a dire need of removal from the shelter setting. No matter how old, sick or 'difficult' a cat may be, each cat deserves to be loved, cared for and given a second chance, and the Golden Paw Society strives to provide a second chance to those cats who need us most.

Last Hope Animal Rescue and Rehabilitation

Address: P.O. Box 7025, Wantagh, NY 11793

Phone: (631) 425-1884 **Email:** info@lasthopeanimalrescue.org

Website: www.lasthopeanimalrescue.org

Age: Under age 18 must be accompanied by an adult.

Last Hope needs volunteers to create posters, assist at fundraising events and work at adoption days. Volunteers are also needed to clean cages, walk dogs, socialize with cats and show animals to public at the Wantagh location as well as at select pet store locations on Long Island. If you love animals, this is the place for you!

Little Shelter – Animal Rescue Volunteer

Address: 33 Warner Road, Huntington, NY 11743

Phone: (631) 368-8770 ext. 204 **Email:** volunteers@littleshelter.com

Website: www.littleshelter.com

Age: 18 +

Little Shelter is looking for hard working, dedicated and reliable animal lovers to work hands on with the animals, perform clerical duties, and assist with fundraising and at special events.

Volunteers are also needed to distribute food to needy pets, educate children on pet responsibility and other duties.

CHILDREN AND YOUTH

American Cancer Society – Camp Adventure

Address: 6800 Jericho Turnpike, Suite 200 West, Syosset, NY 11791

Contact Name: Elisa Brundige **Phone:** (516) 921-6082

Website: www.cancer.org

Age: 18 and up with experience working with children

Camp Adventure is a one week overnight camp in August for children with cancer and their siblings, ages 6-18. Volunteers needed for kitchen, sports, swim, nature, arts and crafts and counselor duties. Applications due by the end of June.

Sparkle Empowerment Program for Girls

Address: PO Box 743., Valley Stream, NY 11582

Contact Name: Kimberly Thomas, Executive Director **Website:** www.sparkleepfg.org

Age: For Girls ages 7-12 **E-Mail:** sparkleclubinfo@gmail.com

Sparkle empowers middle and high school aged girls by exposing them to community service, college readiness, self-esteem workshops, life skills, philanthropy and more all while having fun.

The Book Fairies

Tuesdays-Thursdays 10AM-3PM

Address: 70 N Main St., Freeport, NY 11520

Phone: (516) 557-6645 **Website:** www.thebookfairies.org

E-Mail: info@thebookfairies.org

The Book Fairies collects reading materials for people in need throughout metropolitan New York. The reading materials foster literacy and academic success, provide a respite from personal struggles, and nurture a love of reading across age groups. Learn how you can help.

The W.A.N.T.E.D. Project

*Because you are **W**orthy, **A**ccountable, **N**amed, **T**hankful, **E**mpowered, and **D**etermined!*

Address: 130 South Central Ave., Valley Stream, NY 11580

Contact Name: Rev. Kymberley Clemons-Jones, Founder

Age: For Boys ages 12-18

E-Mail: thewantedproject.mentoring@gmail.com

E-Mail: revkcjones@aol.com

The WANTED Project is a seven-week program for young men ages 12-18 to learn coping strategies for the danger they face daily, such as fellow youth violence, policy targeting, poor decision-making and other unforeseen circumstances that can cause young men harm.

AHRC NASSAU

RECREATION PROGRAM VOLUNTEER OPPORTUNITIES

Contact: Jerri Walker

Phone: 516-293-2016 ext. 5281

Email: jwalker@AHRC.org

Website: www.ahrc.org

The AHRC Recreation Program runs September through June
Bowling and Yoga are the only activities that run during the summer months

Bowling Coach: (*Evenings & Weekends*) – ***Applicants must be 16+ yrs old***

Assist each bowler to prepare for the activity; enter the names of the bowlers into the computer; take attendance; keep score; collect the money from each bowler; pay the alley; see that all participants leave safely.

Rec. Night Counselor: (*Tuesday & Wednesday nights*) – ***Applicants must be 16+ yrs old***

Welcome guests; see that participants choose an activity to enjoy; facilitate an activity (basketball, arts & crafts, bingo). Recreation staff will then decide how to proceed. Monitor the participants in their area to ensure that they are following along; maintain a closet with supplies and end that activity on time; see that all participants leave safely.

Yoga Assistant: (*Monday, Tuesday & Wednesday nights*) – ***Applicants must be 16+*** Assist in teaching participating adults the technique of Yoga. Beginner and advanced levels are taught each night this activity is offered.

Walking Club Assistant: (*Saturday & Sunday afternoons*) – ***Applicants must be 16+***

Assist the club coach with setting up for the walk. Help the individuals participating in the activity to stay focused and motivated to walk the entire mile-long trail.

Dance Chaperone: (*Friday nights & Sundays afternoons*) – ***Applicants must be 16+***

Set up the hall; welcome the guests; take attendance; monitor the adults for appropriate behavior (no arguing, messing up the bathrooms, etc.). Ensure that everyone is enjoying the music and visiting with their peers; distribute snacks; help the guests exit in an orderly manner; ensure that everyone leaves safely; help clean up any mess and get the hall back in order.

Special Olympics Training Club: (*Seasonal*) – ***Applicants must be 16+ yrs old***

Assist certified Special Olympics Coaches with training the *AHRC Starz* athletes in the areas of basketball, softball & track-n-field. We ask that volunteers commit to the entire season if interested.

Volunteers who are interested in Activity Enhancement make the minimum of a one-month commitment or attend all scheduled activities occurring in a specific week/month/season. Similarly, volunteers are expected to arrive on time and stay the entire length of the scheduled activity.

A Recreation Program brochure is available including dates/times/locations of each scheduled activity Please inquire if interested.

AHRC NASSAU AGENCY-WIDE VOLUNTEER OPPORTUNITIES

Contact: Jerri Walker

Phone: 516-293-2016 ext. 5281

Email: jwalker@AHRC.org

Website: www.ahrc.org

Adult Recreation Program: (Evenings & Weekends) – Applicants must be 16+yrs old

Work alongside individuals who participate in the Recreation Program. Assist with arts and crafts, musical, social and recreational activities.

Adult Day Habilitation Program: (School Hours) – Applicants must be 16+ yrs old

Engage individuals in skill building activities in a classroom-like setting to help enhance their personal life skills. – (Throughout Nassau County)

Children’s Saturday Respite Program: (Saturdays 10am-2pm) – Applicants must be 18+ yrs old

Share your hobbies, talents, interests and/or skills with the children who attend the weekend recreation program.

Adult Residential Group Homes: (Evenings & Weekends) – Applicants must be 16+ yrs old

Share your hobbies, talents, interests and/or skills with adults in a residential setting. Locations are throughout Nassau County. Opportunities are also available to socialize with adults during leisure time activities and community outings.

Adult Supported Vocational Training Centers: (School Hours) – Applicants must be 16+ yrs old

Assist adults with light piece work assembly and packaging in a sheltered vocational setting. - (Freeport)

Office Clerical Assistance: (9 am – 5 pm) – Applicants must be 18+ yrs old

Assist various departments with clerical work including mailings, copies, filing, etc. Locations would be in Administrative offices in both Brookville and Plainview (based on need at time of application)

Special Events Assistant: (Seasonal) – Applicants must be 16+ yrs old

Assist AHRC staff to facilitate special events that occur throughout the year. Events include the Spring & Fall Festivals, Walkathon, Holiday parties, Thanksgiving Food Drive, Multicultural Awareness/Diversity Day, AHRC Membership Luncheon, etc.

Public Sponsored Events: *(School Hours) – Nassau County Schools*

AHRC welcomes businesses, religious organizations, schools and college groups to host an activity or event for a group of individuals receiving services within an AHRC program. (i.e., Plays, Parties, BBQ).

Guardianship / Advocacy: *(Anytime) – Applicants must be 21+ yrs old*

Share birthdays, holidays and special occasions with an individual who has no other family members. Join our Guardianship Committee that advocates on behalf of these individuals. Long term commitment required.

Student Internships: *(Anytime) – Applicants must be 18+ yrs old*

Student Internship opportunities are available. Be sure to inquire about opportunities in this area. *(Throughout Nassau County)*

Fundraising: *(Anytime) – Applicants must be 16+ yrs old*

Assist the Volunteer Program with the raising of funds to feed less fortunate people during Thanksgiving. Individuals, schools and corporations also needed to sponsor a family for the Adopt-a-Family initiative during the December holidays.

Big Brothers Big Sisters of Long Island

Address: 70 Acorn Lane, Levittown, NY 11756

Phone: (516) 731-7880 ext: 212

Website: www.bbbsli.org

Age: Must be 18+ years old and must commit to one year

Big Brothers, Big Sisters needs mentors to make a positive impact on a child's life. As a "Big" you will spend a few times per month with your "little" engaging in activities such as trips to the library, movies, sporting events or volunteering together. A "Big" is not a babysitter but someone who helps the child realize their full potential by being a friend, supporter and positive influence.

Camp Anchor

Address: Lido Beach Town Park, 630 Lido Blvd., Lido Beach, NY 11561

Phone: (516) 431-6946

Website: www.campanchor.org

Age: 14+ years and older

Positions are limited. Contact the office the first day after New Year's for the summer program and the first business day after Labor Day for the fall program.

Camp A.N.C.H.O.R. (Answering the Needs of Citizens with Handicaps through Organized Recreation) is a year-round recreation program dedicated to children and adults with special needs who reside in the Town of Hempstead. The Fall/Winter/Spring Programs provide activities after school and on Saturdays in a variety of locations. A six week summer day camp is located in Lido Beach. Camp A.N.C.H.O.R. volunteers are expected to be involved as a friend, an example, a guardian and a helper. Without the assistance of fine young men

and women, Camp A.N.C.H.O.R. would not be able to function smoothly and efficiently. Youth who range in age from 14 to 16, give up their summer in order to make a difference in the life of a child with special needs. Many return year after year, with most going on to become staff members. Most of the current A.N.C.H.O.R. staff were once volunteers. With the assistance of these outstanding men and women, A.N.C.H.O.R. is able to maintain a favorable staff to camper ratio. Volunteers are very important to the A.N.C.H.O.R. program and must be reliable and responsible. If you are interested in becoming a volunteer for the Fall/Winter/Spring program please contact the Anchor office.

Henry Waldinger Memorial Library

Address: 60 Verona Place, Valley Stream, NY 11580

Contact name: Mamie End, Director **Phone:** (516) 825-6422

Email: hwmlcontact@hotmail.com **Website:** <http://nassaulibrary.org/valleyst>

Age: 13+

Volunteer applications are available at the reference desk of the Library. Applicants must also pass a library skills assessment.

Applications are accepted for Summer, Fall and Winter. Call for more information.

Listed below are a sampling of opportunities that may be available:

- **Clerical work** - involves word processing, folding flyers, preparing mailings. etc. Limited number of volunteer opportunities
- **Crafts** - preparing craft materials. Limited number of volunteer opportunities
- **Children's Programming** - assisting in specific children's programs as needed. Limited number of volunteer opportunities
- **Computer Tutoring** - one-to-one computer tutoring on the Internet, MS Word, email, Facebook, iPod, etc. Limited number of volunteer opportunities for those who demonstrate computer skills.
- **Shelving** - putting books and magazines in alpha and chrono order.
- **Book Buddies** - involves reading and working with one or two younger children on an individual basis.

Hempstead Boys and Girls Club

Address: 40 Washington Street, Hempstead, NY 11550

Contact name: Jennifer Canas **Phone:** 516-292-3447 ext: 310

Email: jcanas@hbgclub.com **Website:** www.hbgclub.com

Minimum age: 16 +

The Boys and Girls Club has a variety of activities ranging from sports to movies to cooking. Volunteers may assist with the day's scheduled activities, tutor struggling students, assist with homework or be a reading partner. They act as mentors to the members as well. All new volunteers must complete a total of 8 hours of online training.

John Theissen Children's Foundation

Address: 1881 Wantagh Avenue, Wantagh, NY 11793

Contact Name: John

Phone: (516) 679-5098

Email: john@jtcf.org

Website: www.jtcf.org

Age Range: Any age as long as they have transportation

The foundation is always looking for new, energetic volunteers. Volunteers will assist in tasks from office work to hospital visits. They may also work at fundraising events, distributing flyers or collecting toys at the annual toy drive in December. Volunteers may also organize a toy or school supply drive at their school or in their community.

Make-A-Wish Foundation

Address: 1111 Marcus Avenue, Suite #LL22, Lake Success, NY 11042

Contact name: Sarah Jacobs **Phone:** (516) 944-6212 ext: 130

Website: www.metrony.wish.org

Age: 15 although program is best for juniors and seniors

Help make wishes come true for children within your local community when you volunteer with the Make-A-Wish Foundation. By committing as little as a few hours per month you can make a difference in the life of a child and give them hope, strength and joy. Students may volunteer year-round. Opportunities exist for Administrative Internships in the Lake Success office, Kids for Wish Kids Fundraising program or Countdown Cards (which allows volunteers to work on craft projects at home) just to name a few.

Nassau County Police Explorers

Address: Valley Stream, NY

Email: info@nclee.org **Phone:** (516) 573-7360

Website: www.nclee.org

Age: Boys and girls who have completed the 8th grade and are between the ages of 14-21

What is a Law Enforcement Exploring?

Law Enforcement Explorer posts help youth to gain insight into a variety of programs that offer hands-on career activities. The program is designed for young adults who are interested in finding out what challenges are involved in a career in Law Enforcement.

Who can be a Law Enforcement Explorer?

Law Enforcement Exploring is a worksite-based program for young men and women who have completed the eighth grade and are 14 years of age, or are 15 years of age but have not yet reached their 21st birthday.

What will the program do for me?

For young men and women who are interested in careers in the field of law enforcement, Exploring can offer experiential learning with lots of fun-filled, hands-on activities that promote the growth and development of adolescent youth.

Why should I become Law Enforcement Explorer?

As an Explorer, young adults have the opportunity to learn and train with the Nassau County Police Department. Explorers can broaden their understanding and firsthand knowledge of the challenges and job skills that make up their community's police service.

In addition to gaining a working knowledge of police work, the participants have the opportunity to give of themselves to their community. We participate in a number of community service projects and events throughout the year. Explorers who participate in these community service projects and events receive community service credit and are eligible to receive community service awards.

Ronald McDonald House of Long Island

Address: 267-07 76th Ave, Queens, NY 11040 **Phone:** (516) 775-5683

Contact Name: Jennifer Nicholson **Email:** jnicholson@rmhlongisland.org

Website: www.rmhlongisland.org

Minimum age: Call for more information

Located on the campus of the Cohen Children's Medical Center of New York (formerly Schneider Children's Hospital), the Ronald McDonald House of Long Island accommodates families in a warm and supportive environment. Since opening in 1986, approximately 30,000 families from the United States and more than 80 countries around the world have been served. Many of the families are from Long Island and other parts of the Metropolitan area.

Valley Stream District 13 Summer Recreation Program

Address: Business Office, 585 Corona Avenue, Valley Stream, NY 11580

Contact name: Denise DeMeo **Phone:** (516) 568-6120

Website: www.valleystream13.com

Age: Volunteers must be entering the 10th grade

This program will **only** run if the school district budget passes in May. Check the website for more information in late May-early June or call for an application.

Valley Stream Junior Fire Department

Address: 49 Rockaway Parkway, Valley Stream, NY

Contact name: Mike Field **Phone:** (516) 865-2913

Age: Boys and Girls ages 12 to 18 years old

The Valley Stream Junior Fire Department provides students with an opportunity to prepare to become firefighters through fire education, parades, competitions, trips and social events.

Meetings are held the first and third Friday of the month at 7:30pm at the Valley Stream Fire Headquarters located at 49 Rockaway Parkway in Valley Stream. Call for more information.

Valley Stream Youth Council

Address: P.O. Box 446, Valley Stream, NY 11582

Contact name: Ken Heino **Phone:** (516) 318-4317

Website: www.vsvny.org (click on Youth Council)

Age: Grades 7 thru 12

The Valley Stream Youth Council is a community service organization that welcomes all 7th through 12th grade students who are interested in bettering the community of Valley Stream. In addition to community service projects this group provides opportunities for leadership development, recreational and social activities as well as a forum for youth to express their ideas.

Meetings: 7:00pm on the first Thursday of the month at Fireman's Field or Hendrickson Park Community Center

Village of Valley Stream – Barrett Park Summer Program

Address: Jadwin Street and Cochran Place, Valley Stream, NY 11580

Contact Name: Allison Walsh **Phone:** (516) 592-5127 or (516) 825-4200 x127

Email: vshr@vsvny.org

Age: Volunteer opportunity is **ONLY** for 15yr olds. (Older students may apply for employment)

The Barrett Park Summer program is looking for students interested in volunteering as camp counselors. The program starts in early July and runs for 6 weeks to early August. Camp begins at 8:30a.m. and ends at 12:30p.m., Monday through Friday. Campers range in age from children entering Kindergarten up to children entering 6th grade. (Approx. 4 to 12 yrs old)

United Way of Long Island

Address: 819 Grand Blvd, Deer Park, NY 11729. **Phone:** (631) 940-4700

Age: Boys and Girls ages 12 to 18 years old

United Way of Long Island advances the common good, creating opportunities for a better life for all by focusing on the three key building blocks of education, financial stability and health. United Way recruit people and organizations that bring the passion, expertise and resources needed to get things done. LIVE UNITED® is a call to action for everyone to become part of the change. United Way of Long Island is part of a worldwide network spanning across 41 countries and territories, partnering with over 1,200 local organizations throughout the US.

ELDERLY

Charles Monica Senior Village

Address: 100 Hicks St., Valley Stream, NY 11580

Contact: Lucille Moran, Executive Director

Email: l Moranvalleydream@gmail.com

Phone: (516) 825-0077

Ages: 12+

Charles Monica Senior Village offers senior care options for elderly adults here in Valley Stream. Seeking volunteers to spend time with residents- (socializing, creating bonds, participate in activities, etc.) Whether you have a passion you'd like to bring to Charles Monica Senior Village or a skill that can be used to benefit the lives of the seniors, they would love to hear from you!

“Meals On Wheels” – Visiting Nurse Association of L.I.

Address: 100 Garden City Plaza, Suite 100, Garden City, NY 11530

Contact: Debbie Jackson, Office Coordinator

Email: mow.vol@vnali.org

Phone: (516) 739-1292

Website: www.vnali.org

Volunteers for “Meals on Wheels” will deliver food to individuals whose physical, emotional, mental or social conditions restrict their ability to obtain or prepare meals for themselves. Volunteers are required to have a valid driver's license and a registered and insured car. If you are able to contribute at least 2 hours per week, contact the office coordinator.

Sunrise Senior Living of North Lynbrook

Address: 53 Franklin Ave, Lynbrook, NY 11563

Website: www.sunriseseniorliving.com **Phone:** (516) 596-2377

An award-winning community, recognized with a Silver National Quality Award by AHCA/NCAL, Sunrise of North Lynbrook provides assisted living, Alzheimer's and memory care, and much more. With a 24-hour nursing staff on call seven days a week, residents at Sunrise are provided with utmost care and compassion while maintaining the freedoms of independent living.

HEALTH

“Have a Heart” Children’s Cancer Society

Address: 164 Main Street, Huntington, NY 11743

Contact: Sunny

Phone: (631) 470-1198

Email: info@haveaheartcharity.org

Website: www.haveaheartcharity.org

Immediate volunteer opportunities available! Help needed with Special Fundraising events, Children’s events, Fundraising at Malls & Supermarkets, and much more! Students in grades 9-12 are eligible to volunteer. There are also opportunities for students to organize fundraising events. Students should call to ask about Nassau County events.

“1 in 9” Hewlett House

Address: 86 East Rockaway Road, Hewlett, NY 11557

Contact: Sandy Valencia

Phone: (516) 374-3190

Email: info@1in9.org

Age: 15 +

Hewlett House is a community learning resource center that provides cancer patients and their families a free, warm and welcoming place to obtain resources and education. Hewlett House is a safe place to come together and receive support from others who are going through similar experiences. Volunteer opportunities are available updating brochures, checking facts, library work, gardening and making cards for patients. Assistance with office work, filing and answering phones is also needed.

Child Abuse Prevention Services

Address: P.O. Box 176, Roslyn, NY 11576

Contact Name: Debbie Brandwein

Phone: (516) 621-0552 Ext. 104

Email: dbrandwein@capsli.org

Website: www.capsli.org

Age: 9th through 12th grade

Volunteers are needed within the office for data entry work and other office duties. Students may also participate in fundraising projects.

Long Island Crisis Center

Address: 2740 Martin Avenue, Bellmore, NY 11710

Phone: (516) 826-0244

Website: www.longislandcrisiscenter.org **Age:** Minimum 18 years old

Students interested in volunteering should go to the Long Island Crisis Center website and call to schedule an interview. There is a minimum age requirement of 18, and a minimum commitment of at least 6 months at 3 hours per week. The hours are flexible. Volunteer duties include assisting crisis intervention counselors, serving as a representative at health fairs, clerical duties and answering business calls. Student volunteers also have the opportunity to be trained as a crisis counselor.

Franklin Hospital Medical Center – North Shore LIJ

Address: 900 Franklin Avenue, Valley Stream NY 11580

Contact: Myra Cohen **Phone:** (516) 256-6144(5) **email:** MKCohen@nshs.edu

Website: www.northshorelij.com **Age:** minimum 16 years old

Franklin Hospital Medical Center, a member of the North Shore Long Island Jewish Health System offers patients a comprehensive array of programs and services. The hospital is looking for volunteers to help in a variety of ways. Opportunities include bringing a smile to a lonely patient, delivering flowers from loved ones or making a sick child a little less afraid. Duties may also include transporting patients to their rooms, clerical work and recreation. Hospital volunteers have a positive and lasting impact on patients. The minimum age to volunteer is 16 years old and you must be willing to devote a minimum number of hours per week. Volunteers are required to attend an orientation and obtain a physical. To join Franklin Hospital's family of volunteers please call 516-256-6144 or 6145 to make an appointment.

South Nassau Communities Hospital

Address: One Healthy Way, Oceanside, NY 11572

Phone: (516) 632-3928

Website: www.southnassau.org

No experience necessary. All you need is a little spare time and a kind heart.

Hospital Volunteers (Age Requirement – 18+ years old)

Donate a few hours each week visiting patients or assisting in the administrative or clinical departments. You may volunteer for the Listeners Program in the Patient Library, Craft Cart or "Talking Books". Volunteering can be fun as well as rewarding and the opportunities are plentiful. The Hospital holds an annual appreciation luncheon to recognize volunteers with special pin awards as they accrue hours.

Junior Volunteers (Age Requirement – 14 to 17 years old)

Junior high and high school students may volunteer after school, on weekends or during spring and summer breaks. Not only will you have an excellent opportunity to help others, but you will be given a firsthand look at the health care field for those who may be considering this as a career.

Winthrop-University Hospital

Address: 259 First Street, Mineola NY 11501

Phone: 516-663-2391

Age: 14 and older (14-18 require working papers)

Winthrop offers a variety of rewarding and meaningful volunteer opportunities. Creative placement and flexible scheduling allow each volunteer an opportunity to pursue his or her special interest by putting to use their skills and talents. Long and short term assignments are available seven days a week. Anyone 14 and older may volunteer as long as they are willing to devote their time and energy to the hospital. Students age 14 to 18 must have working papers and meet the health and immunization requirements of Winthrop Hospital. A volunteer orientation is also required. As a Winthrop volunteer you will discover the challenge and joy that comes from helping others. If you would like more information on the volunteer program please call the Volunteer Office at 516-663-2391 between 8:30a.m. and 4:30p.m., Monday through Friday. An appointment will be made for an interview with the Director of Volunteer Services.

MUSEUMS AND CULTURE

Friends of Long Island-Old Bethpage Restoration

Address: Old Bethpage Restoration, Round Swamp Road, Old Bethpage, NY 11814

Contact: Judy Pockriss

Phone: (516) 572-8416

Email: jpockriss@nassaucountyny.gov

Age: 14 years and older, working papers required if under 18

Volunteers needed at least once a week to be costumed interpreters and guides in each of the buildings at the Restoration Village. Examples of daily activities are working in the General Store, helping on the farm, quilting, baking and cooking in an open hearth and greeting visitors.

Long Island Children's Museum (LICM)

Address: 11 Davis Avenue, Garden City, NY 11530

Contact: Julia Pirozzi **Phone:** (516)224-5853 **Email:** jpirozzi@licm.org

Age: 14 + with working papers and 2 references

Volunteers must commit to at least one shift per week for the summer. The museum is open Monday through Saturday, 10:00am to 5:00pm. Opportunities are listed below:

Assistant Educator: Assist museum educators with camp groups by demonstrating exhibits and helping with hands-on exploration. Interact with children and families and answer questions. Assist in implementation of museum programs, including workshops and special events.

Greeter/Ticket Attendant: Greet visitors at museum entrance while ensuring correct admission tickets are held as well as provide direction and accurate information to visitors. Also ensure that all adults are accompanied by children, have a visitor's pass or are accompanied by a museum employee.

Green Teen: The Green Teen program engages students from neighboring high schools to develop and teach interactive nature and environmental education programs for Museum visitors. This eight week summer program utilizes the service learning model combining meaningful community service with a deeper level of instruction to produce an enriched learning experience for the teens. Participants in the Green Teen program receive substantial training in outdoor nature and environmental education, as well as inquiry based learning and teaching methods. Green Teens must commit to two 5 hour shifts per week.

Science Museum of Long Island

Address: 1526 N. Plandome Rd, Manhasset, NY 11030 **Phone:** (516) 627-9400

E-Mail: info@smlt.org **Website:** www.smlt.org

Age: Contact for more information

The Science Museum of Long Island strives to stimulate and nurture children's natural interest in science and help them to discover the power of science through the fun of science. By presenting educational programs, conducting field explorations, and participating in research, SMLI elevates the level of scientific literacy and provide science education through hands-on learning and research.

ENVIRONMENTAL

Habitat for Humanity

Address: 121 Habitat Street, Americus, GA 31709

Local Branch:

Nassau County NY, HFH

1421 Northern Blvd

Manhasset, NY 11030-3003

Phone: (516) 627-6047

Email: hfhnc@hfhnc.org

Website: www.hfhnc.org

Everyone is encouraged to volunteer as help is always needed for office work as well as on construction sites. To volunteer complete and submit the information and skills form available on the website. Follow up with a phone call if you do not hear back in one month.

Volunteers must be 18 years old for the construction sites however children between 16 and 18 may assist with landscaping and interior painting. If you are under 16 years old you may become involved by preparing or buying simple but nutritional lunches to bring to the construction sites. This is a great activity for a school or community group. To donate lunch contact Carol Grassi at lunches@hfhnc.org. Building usually takes place two days a week on Saturdays and either Tuesday or Wednesday.

Younger volunteers are also needed to do office work or put together packets for mailings. Some other projects for younger volunteers include making Welcome Baskets for new homeowners, landscaping after the home is built or coordinating a fundraising event.

Also visit www.habitat.org/youthprograms for more ideas how students of all ages may help out.

Friends of The Bay

Address: 2 Townsend Square, Oyster Bay, NY 11771

Phone: (516) 922-6666

E-Mail: info@friendsofthebay.org **Website:** www.friendsofthebay.org

Age: All ages

Friends of the Bay conducts water quality monitoring in Oyster Bay and Cold Spring Harbor, sponsors community events on the water and beach and works with citizens and local government for wetland restoration and habitat protection. Volunteers would engage in activities such as beach cleanup and preservation, clerical and administrative work, or even organized from school.

Operation Splash

Address: 202 Woodcleft Ave., Nautical Mile, Freeport, NY 11520

Contact: Devorah Crupar, Director of Educational Programs

Phone: (516) 779-1312 **Email:** devorahcrupar@aol.com

Age: 15+

Operation Splash is an all-volunteer organization that educates the public and brings volunteers by boat to beaches and wetlands to remove trash and preserve the area's natural ecosystems.

SOCIAL SERVICES

I.N.N. (Interfaith Nutrition Network)

Address: 211 Fulton Avenue, Hempstead, NY 11550

Contact: Toni Ebron, Volunteer Project Manager **Phone:** (516) 486-8506 ext. 206

Website: www.the-inn.org **Email:** info@the-inn.org

Ages: 16+ years and older may volunteer during meal times (12 – 15 year olds** can volunteer *after* 2:30 PM if accompanied by an adult)

The Interfaith Nutrition Network helps the hungry and homeless throughout Long Island. Volunteer duties may include: serving meals, sorting and making up care packages, clerical assistance, clothes sorting, tutoring and child care. A complete list of volunteer locations is available on the website.

Leadership opportunities are available on the Youth Advisory Board for students in grades 9 – 12. Positions are chosen in September. Please call Emily Wilensky at (516) 486-8506 ext. 138 for more information or if you would like to organize a drive. There are also youth project ideas available on the website.

Island Harvest

Address: 199 Second Street, Mineola, NY 11501

Contact: Joan Flynn **Phone:** 516-294-8528 ext. 21

Email: joan@islandharvest.org **Website:** www.islandharvest.org

Coin Harvest is a way to get your school involved. You can make a difference right here on Long Island with volunteer opportunities you can do with your school club.

Turkey and Trimmings Collection Campaign (TTCC): During the holiday season, each November and December, volunteers are needed to help at Supermarket Food Collections and other events. Help is also needed to sort the donated turkeys and canned and packaged food.

National Association of Letter Carriers' Food Drive (NALC): This event is held each May and hundreds of volunteers are needed to sort and pack non-perishable food items that are collected by Letter Carriers. Each year, food is sorted, packed and delivered to community-based, non-profit organizations throughout Long Island.

Special Events: Help at food shows, community fairs, and large food drives. Event days and times vary. Join the e-mail list to be advised of special events.

Plan a Food Raiser or Fundraiser: Have a food collection or organize a fundraiser at your school or club. Call Island Harvest for our food drive kit or to talk about your ideas for raising funds or food! Some ideas to get you started:

- Have a food drive with a theme at your school or in your neighborhood – themes like Sandwich Fixings, Kid's Stuff, Bringing Up Baby or Holiday Trimmings are good ways to get participants excited!
- Organize a Food Collection at an existing event: Charge "admission" of a few cans of food at events like plays, sporting events, block party. Or organize your own event!
- Involve local businesses by asking them to give customers a discount or free item when they bring in food or money to donate to Island Harvest.
- Do a Supermarket Food Collection. Ask your local store manager, if your group can hand out flyers asking shoppers to purchase an extra can or bag of food. Collect the food as shoppers leave the store.
- Raise Money selling baked goodies, bottles of water, flowers, or snacks and donate the proceeds to Island Harvest.
- Host a fundraising event like an Ice Cream Social, Nacho Party or Snack Bar – ask families to contribute a few dollars per person to support Island Harvest.

Long Island Cares- Harry Chapin Food Bank

Address: 10 Davids Dr., Hauppauge, NY 11788 Phone: (631) 582-3663

E-Mail: licvolunteer@licares.org **Website:** www.licares.org

Age: Ages 9 and over

Founded by the late Harry Chapin, Long Island Cares brings together all available resources for the benefit of the hungry and food insecure on Long Island and, to the best of their ability, provides for the humanitarian needs of our community. LI Cares goals are to improve food security for families, sponsor programs that help families achieve self-sufficiency, as well as educating the public about the causes and consequences of hunger on Long Island. Long Island Cares supports nearly 600 food pantries, soup kitchens, and emergency shelters, some of which need the support of regular volunteers.

The Social Services Volunteers of Nassau County

Address: 60 Charles Lindbergh Boulevard, Uniondale, NY

Contact: Lynne Campbell **Phone:** 516-227-7415

Ages: 15+ years and older

Volunteers work in partnership with the Nassau County Department of Social Services to provide assistance for families and children, the elderly and people with disabilities. A variety of different volunteer opportunities are offered year round. Volunteers are needed to help with Toy Drives, Food Collections and Coat Drives as well as working in the Boutique and Children's Playroom. Translators are also needed. A minimum of one day per week is required but hours are flexible.

IN-SCHOOL VOLUNTEER ACTIVITIES

MEMORIAL JUNIOR HIGH SCHOOL

Activity: PALS (Peer Assisted Learning) Tutoring

Contact: Mrs. Mesa **When:** Wednesdays from 2:45 pm – 3:45 pm

PALS is a great way for students to get more involved in the school. PALS tutors are exceptional students who dedicate their time and energy to help others in need. It is something they should be very proud of. To become a PALS Tutor students must be in the 8th or 9th grade and have maintained a minimum of an 85 average in the subject(s) he/she would like to tutor in. Tutors must receive approval from their Counselor based on academic standing.

CENTRAL HIGH SCHOOL

Activity: School Store

Advisor: Ms. Parisi & Ms. Varian

Volunteers needed to work in the school store. Students can work during their study hall or free period. Please see Ms. Parisi for further details.

Activity: EnviroCENTRAL Club

Advisors: Ms. Guzzardo & Mrs. Prudente

The Environmental Club participates in the following events:

Fall - Fletcher Avenue Clean Up

The Environmental club hosts an annual fall clean up of Fletcher Avenue and side streets to promote a clean environment and positive behaviors. Under the supervision of teachers, students are divided into groups and given gloves, garbage bags, nifty nabbers and litter survey sheets. After reviewing our students' findings, a brainstorm session is held to discuss ways to promote a cleaner environment. Activity is held in early November.

Spring - Fletcher Avenue Clean Up

In honor of Earth Day, the Environmental club hosts an annual spring clean up of Fletcher Avenue and side streets to promote a clean environment and positive behaviors. Under the supervision of teachers, students are divided into groups and given gloves, garbage bags, nifty nabbers and litter survey sheets. After reviewing our students' findings, students discuss ways to promote a cleaner environment. Activity is held on Earth Day (April).

Central High School Recycling Initiative

Every Friday the Environmental Club volunteers to collect the week's worth of empty bottles and cans for district recycling. Students are assigned recycle bins throughout the school, empty out the bins, replace recycling bags and help store the bags for pick up. The club discusses how to promote recycling. This activity is held every Friday after the club meeting.

- Cleanup Valley Stream State Park with Envision Valley Stream Community Group
- Campaign for environmental causes
- Host Super Smash Brothers Video Game Tournament to raise funds for Jack's Pack, a foundation for rare children's cancers.
- Host Food Drive for the local food pantry.

Activity: Eagle Connection
Contact: (516) 872-7718

Advisor: Ms. Noreman
E-Mail: noremanr@vschsd.org

Eagle Connection is a tutoring program to help eighth and ninth grade students from Memorial achieve their academic and social goals. With the help of upper classman from Central High School, it provides younger students with academic support. The expectation of this program is to provide eighth and ninth grade students with both tutoring and mentoring who are not performing at their highest academic level and/or who could possibly benefit from mentoring. The upper classman consist of high school juniors and/or seniors who volunteer their time once a week for an hour to help other students with their studies. They meet with the younger students with the hopes of building a connection on both an academic and social level.

SOUTH HIGH SCHOOL

Activity: P.A.L. (Peer Assisted Learning) Advisor: Mrs. Maniscalco
Grades 7-12

P.A.L. provides academic assistance and support for students. Students who wish to be tutors can volunteer their services. Tutoring may be used to fulfill service requirements for honor societies. Meeting days and times vary according to the schedules of the pairs. Students will usually meet in the library. Please see Mrs. Maniscalco for more information on how to become a P.A.L. tutor.

Activity: Homework Helper

Advisor: Mrs. Maniscalco

The **Homework Helper** program is a program offered solely to 7th and 8th grade students, and it is designed to assist students with any and all questions related to

homework. Homework Helper is available every Monday, Tuesday, Wednesday, and Thursday beginning at 2:45PM and ending at 3:30PM. It is an opportunity for a student to be tutored in the subject areas of Math, Science, English, and Social Studies by National Honor Society students in grades 9-12 and/or students who have an exceptional understanding in a subject area and are recommended by their teachers. Homework Helper is a peer tutoring program that is supervised in connection with the student's Guidance Counselor and is designed to assist students with their homework in a fun and supportive environment.

NORTH HIGH SCHOOL

Activity: Senior High Student Council

Advisor: Karen Ehrlich

- **Annual Thanksgiving Food Drive**
- **Adopt a Family for Christmas**
 - Student Council funds used to buy gifts, wrap and deliver
- **Intergenerational Dinner in May**
 - Coordinated by the Student Council with food and workers provided by the five honor societies. They feed, entertain and socialize with approximately 200 seniors from our community

Activity: Homework Academy

Advisors: TBA

Homework Academy is a peer tutoring activity. Volunteers are students in grades 10-12 who work daily after school with students in junior high and act as tutors and mentors. Tutors are screened and interviewed by activity advisors.

Other in-school volunteer opportunities include peer tutoring through the honor societies. The advisors are as follows:

- **CTE Honor Society**
- **National Honor Society**
- **LOTE Honor Society**
- **Math Honor Society**
- **Science Honor Society**

In addition, the guidance department has guidance volunteers (coordinated through the guidance counselors) and students from the CTE department involved in the Education 101 class, volunteer and intern both at North and at Willow Road School during the day.

ADDITIONAL RESOURCES

www.volunteermatch.org - Volunteermatch's website is an all inclusive site for people interested in volunteering. The site has an in-depth search engine, which allows potential volunteers to search for opportunities. This all-inclusive site is a perfect one-stop for volunteers of all ages.

www.longisland.com/charities - The Long Island website is commonly used as the go-to guide for Long Island activities and events. Also included on the site is a list of over 300 different organizations located on Long Island that are in need of volunteers. Organizations are listed alphabetically if you are looking for a specific opportunity.

www.liveli.com - Long Island Volunteer Enterprise (LIVE) is a website that mobilizes teams of volunteers from corporate, academic, and not-for-profit communities to complete one day projects throughout Long Island. LIVE has matched volunteer teams with not-for-profit agencies who looking for assistance with varied projects for over 20 years.

NOTES

**Prepared by the District Guidance Office
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