

## *Working with Adults/Seniors*

Albany Stratton VA Medical Center  
113 Holland Ave, Albany

Age: 14+      Dom Dominguez 518-626-5507

Seeking responsible and mature volunteers interested in working with Veterans. Opportunities for youth volunteers include patient escort, clinic assistant, companion, greeter, and clothing room attendant. The Stratton VA Voluntary Services Office supports various VA programs and enhances their services through volunteer support. Parental permission is required. Please contact 626-5507 to schedule an interview.

Bethlehem Senior Services  
Delaware Ave, Delmar

Age: 16+      Peggy Osborne 518-439-4955 x1170

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, as well as school programs at RCS and Guilderland (must be Town of Bethlehem resident). Parental permission required.

## *Why Volunteer?*

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



## *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.

# 2020

## Student Guide to Volunteer Opportunities



This brochure brought to you by:

## Youth Employment Service

439-4955 x1608  
YES@townofbethlehem.org



## Medical

### St. Peter's Hospital

315 South Manning Blvd, Albany

Age: 16+ Amanda Weller 518-525-1002 or 518-525-1515

Volunteer in selected areas of the hospital—nursing units, flower delivery, office gift shop, daycare. Interview, health assessment and orientation required. Minimum of 50 hours a year required for high school students, 100 for college and older. Must be willing to make a commitment.

### American Red Cross, Eastern New York

33 Everett Road, Albany

No age restrictions! Lauren Whitman 518-694-5103  
[lauren.whitman@redcross.org](mailto:lauren.whitman@redcross.org)

When you volunteer with the American Red Cross, you're supporting one of the largest humanitarian organizations in the world and making a positive impact on your peers and in your community. You can also maximize your talent, learn new skills, improve your resume, and meet new people—all while making a meaningful difference in the lives of others. Our activity areas in need of volunteers include blood services, preparedness education, fundraising, disaster services and service to armed forces. Learn more and submit an application at [redcross.org](http://redcross.org), or call Volunteer Services at 518-694-5103.

## Community Action

### The Food Pantries

32 Essex St, Albany

Age: 18+ 518-458-1167 x113

There are a variety of volunteer opportunities listed on their website at [www.thefoodpantries.org](http://www.thefoodpantries.org). Volunteer needs include working at one of the 67 food pantries in Albany/Rensselaer/ Saratoga County, one of the soup kitchens, or special events that occur regularly throughout the year.

### Regional Food Bank of Northeastern NY

965 Albany-Shaker Road, Latham

No age requirement M.E. Mazur 518-786-3691 x234

Help sort and repack donated items ranging from non-perishable food items to housewares, cleaning supplies, toys, games, etc. Shifts available 7 days a week: weekdays, evening and weekends. Please visit [regionalfoodbank.net](http://regionalfoodbank.net) to explore volunteer opportunities and to register online for a shift!

[volunteers@regionalfoodbank.net](mailto:volunteers@regionalfoodbank.net)

## Working with Children

### Bethlehem Parks & Recreation

Elm Avenue Park and BC schools

Age: Emily Field 518-439-4955 x1601  
Grade 8+ [efield@townofbethlehem.org](mailto:efield@townofbethlehem.org)

Assist trained staff in a variety of programs including: basketball, arts and crafts, tennis, swim lessons, day camps and more. Applications are available at the park office or on-line at [www.townofbethlehem.org](http://www.townofbethlehem.org) under the Parks and Recreation Department. Applications must be in by May 1st.

### Bethlehem PreSchool, Inc

397 Route 9W, Glenmont

Age: Grade 6+ Mary Morrill 518-463-8091

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. Summers only.

### Bethlehem Public Library

451 Delaware Ave, Delmar

Age: Grade 6+ Tori Russo 518-439-9314 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 Public Services Library Volunteer. Volunteers assist with the summer reading program by working at the summer reading desk, assisting with library programs, and presenting storytimes. Applications will be available starting May 1 and accepted on a first come first served basis.

## Working with Animals

### Albany Therapeutic Riding Center

182 Martin Road Ext., Voorheesville

Age: 14+ Contact: Taylor Huntley  
[www.albanytherapeuticridingcenter.com](http://www.albanytherapeuticridingcenter.com)

Side-walkers and leaders needed for horseback riding for differently-abled adults and children. Help with feeding. ATRC will provide training for all volunteers.

### Kitten Angels

Locations in Glenmont, Delmar, Albany, Niskayuna

Age: 12+ Judie Janco 518-573-9906  
[adoptions@kittenangels.org](mailto:adoptions@kittenangels.org)

Fostering, assisting with healthcare and adoption clinics. Fundraising, hanging posters, staffing tables, promoting adoptions. Students can come as often as they would like. Parental permission is required. Brief orientation required.

## Office Work

### Epilepsy Foundation of Northeastern NY

3 Washington Square, Albany

Age: 15+ Darcy Below or Susan Kaczynski  
518-456-7501

Assist with large mailings & events (walk, bowlathon, gala)

### To Life!

410 Kenwood Avenue, Delmar  
110 Spring Street, Saratoga

Age: 16+ Eileen Bird 518-439-5975

Clerical duties and office work, telephone work and occasional attendance at health fairs and fundraisers for breast cancer support organizations. Yardwork and other opportunities available in the summer.