



# VOLUNTEER

Discover Purpose, Place, and Community

Fall 2018 Edition

# Welcome

**Welcome to the first edition of the NYC Senior Service Providers Volunteer Coalition Guide!**

More than 1.5 million adults age 60 and older live in New York City. It is our hope that this volunteer guide will help to strengthen and grow the volunteer community across the five boroughs. This guide was created with the goal of linking volunteers who want to serve older adults, and older New Yorkers who want to serve, with organizations that have volunteer opportunities.

Volunteering is a great way to make a big difference in the lives of others. Putting a skill, interest or hobby to great use, working alongside dedicated staff and volunteers, helps improve the lives of your fellow neighbors, making New York City a great place to live and grow older.

Make new friends in your neighborhood, or explore the farthest reaches of this city, all while giving of your time in service to others. The opportunities listed in this guide might be down the street from where you live, across town from where you work, or maybe where you go to school. No matter where you want to serve, or your motivation, we hope that in using this guide, you will find the right opportunity for you to make a difference.

This volunteer guide is organized geographically. Choose the borough where you want to serve, and you will find a list of organizations, along with their addresses and volunteer activities. Use the hyperlinks to visit their page and get more details on how you can contact the organization directly and get involved.

Thank you for your interest in serving, and for making a difference in the lives of older New Yorkers in your community!



## Mission & Vision

The NYC Senior Service Providers Volunteer Coalition is composed of citywide NYC nonprofit/community-based senior services providers, led by the NYC Department for the Aging, that collaborate to identify and group-think solutions to volunteer engagement and management that will strengthen and grow volunteer capacity for and by older New Yorkers across the five boroughs.



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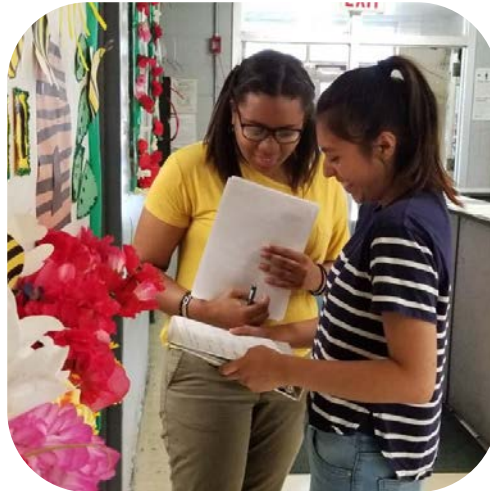
# Benefits of Volunteering



**MAKE NEW FRIENDS**



**IMPROVE PHYSICAL & MENTAL HEALTH**



**GAIN A SENSE OF GREATER PURPOSE**



**DISCOVER NEW SKILLS**



**ENGAGE WITH OTHERS**

## Have What it Takes?

We are looking for friendly, willing and compassionate volunteers who can serve within the five boroughs of New York City. You will be making a big difference in the lives of others by sharing a skill, hobby or interest.

There are many different ways to serve, such as food delivery, helping organizations run events or programs, being a friendly visitor to homebound senior citizens, providing administrative assistance, and so much more!

Get involved and help neighbors, friends, and your community! Contact an agency directly today, to learn about more opportunities and let them know you are interested to volunteer with them!





# Select a Borough to Find Volunteer Opportunities:



**Bronx**



**Brooklyn**



**Manhattan**



**Queens**



**Staten  
Island**

# Bronx

FOR MORE INFORMATION, CLICK ON LISTING

[< RETURN TO SELECT BOROUGH](#)

## Henry Street Settlement Senior Companion Program

Boroughwide  
*Friendly Visits / Escorts*

## JASA

### - Bay Eden Senior Center

1220 East 229th Street, Bronx, NY 10466  
*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*

### - Co-op City Bartow Senior Center

2049 Bartow Avenue, Bronx, NY 10475  
*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*

### - Co-op City Dreiser Senior Center

177 Dreiser Loop, Bronx, NY 10475  
*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*

### - Co-op City Einstein Senior Center

135 Einstein Loop, Bronx, NY 10475  
*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*

### - Mechler Hall Senior Center

2158 Watson Avenue, Bronx, NY 10472  
*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*

### - Van Cortlandt Senior Center

3880 Sedgewick Avenue, Bronx, NY 10463  
*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*

## JASA

### - Sue Ginsburg Senior Center

975 Waring Avenue, Bronx, NY 10469  
*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*

### - Throggs Neck Senior Center

2705 Schely Avenue, Bronx, NY 10465  
*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*

## LiveOn NY

Boroughwide  
*Healthcare Guidance / Bill Payer*

## Neighborhood SHOPP

Boroughwide  
*Friendly Visits & Escorts*

## NYC Department of Aging Volunteer Resource Center

Boroughwide  
*Intergenerational Programs, Healthcare Guidance / Bill Payer, Friendly Visits / Escorts, Instructors, Special Events / Holiday*

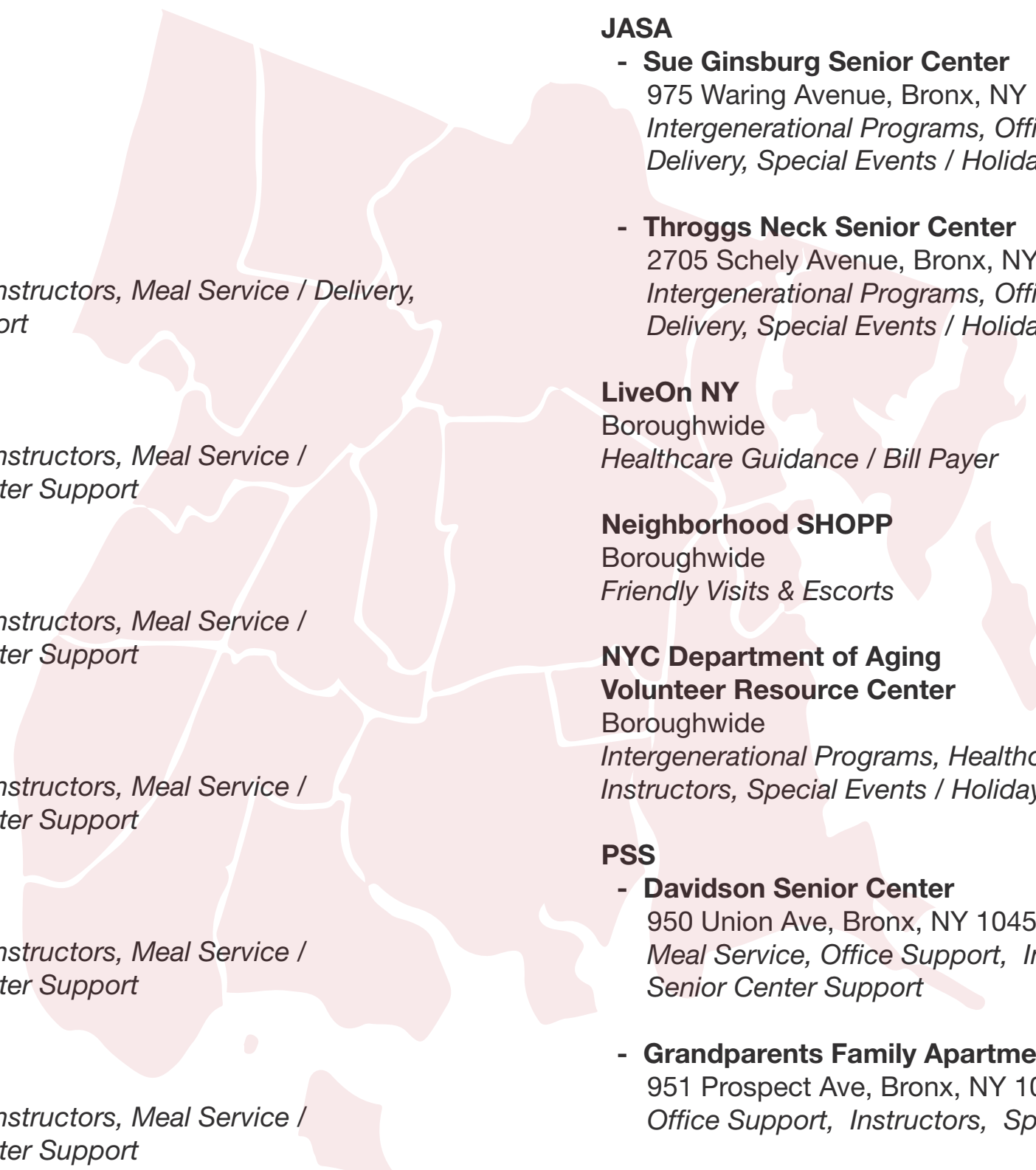
## PSS

### - Davidson Senior Center

950 Union Ave, Bronx, NY 10459  
*Meal Service, Office Support, Instructors, Special Events/Holiday, Senior Center Support*

### - Grandparents Family Apartments

951 Prospect Ave, Bronx, NY 10459  
*Office Support, Instructors, Special Events / Holiday*





# Bronx

FOR MORE INFORMATION, CLICK ON LISTING

[< RETURN TO SELECT BOROUGH](#)

## PSS

### - Highbridge Senior Center

1181 Nelson Avenue, 2nd Floor, Bronx, NY 10452

*Meal Service, Office Support, Instructors, Special Events/Holiday, Senior Center Support*

### - Morrisania Senior Center

3135 Park Avenue, 20th Floor, Bronx, NY 10451

*Meal Service, Office Support, Instructors, Special Events/Holiday, Senior Center Support*

### - Parkside Senior Center

644 Adeo Avenue, Bronx, NY 10467

*Meal Service, Office Support, Instructors, Special Events/Holiday, Senior Center Support*

## RSS - Riverdale Senior Services

2600 Netherland Avenue, Bronx, NY 10463

*Meal Service / Deliver, Office Support, Instructors, Intergenerational Programs, Special Events / Holidays, Other*

## Selfhelp Community Services

### Online Virtual Senior Center

Boroughwide

*Instructors*



# Brooklyn

FOR MORE INFORMATION, CLICK ON LISTING

[< RETURN TO SELECT BOROUGH](#)

## Bay Ridge Senior Center

411 Ovington Avenue, Brooklyn, NY 11209

*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support, Other*

## Heights and Hills

### - Business Office

57 Willoughby Street, Brooklyn, NY 11201

*Office Support, Homes Visits, Intergenerational Programs*

### - Park Slope Center for Successful Aging

463A 7th Street, Brooklyn NY 11215

*Senior Center Support, Homes Visits, Instructors, Special Events/Holidays*

### - Friendly Visits / Escorts

Bedford-Stuyvesant, Boerum Hill, Brooklyn Heights, Carroll Gardens, Clinton Hill, Cobble Hill, Crown Heights, East Flatbush, Farragut, Fort Greene, Gowanus, Park Slope, Prospect Heights, Prospect Lefferts Gardens, Red Hook, Remsen Village, Sunset Park, Windsor Terrace, Wingate

## Henry Street Settlement

### Senior Companion Program

Boroughwide

*Friendly Visits / Escorts*

## JASA

### - Brighton Beach/Manhattan Beach Senior Center

60 West End Avenue, Brooklyn, NY 11235

*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*

## JASA

### - Bushwick/Hylan NORC

50 Humboldt Street, Brooklyn, NY 11206

*Intergenerational Programs, Office Support, Instructors, Special Events / Holiday*

### - Coney Island Active Aging NORC

2950 West 35th Street, Brooklyn, NY 11224

*Intergenerational Programs, Office Support, Instructors, Special Events / Holiday*

### - Cooper Park Senior Center

288 Frost Street, Brooklyn, NY 11222

*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*

### - HES Senior Center

9502 Seaview Avenue, Brooklyn, NY 11236

*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*

### - Luna Park Senior Center

2880 West 12th Street, Brooklyn, NY 11224

*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*

### - Scheuer House of Coney Island

3601 Surf Avenue, Brooklyn, NY 11224

*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*

### - Senior Alliance Senior Center

161 Corbin Place, Brooklyn, NY 11235

*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*





# Brooklyn

FOR MORE INFORMATION, CLICK ON LISTING

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## JASA

- **Shorefront Senior Center**  
3300 Coney Island Ave, Brooklyn, NY 11235  
*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*
- **Starrett City Senior Center**  
1540 Van Siclen Avenue, Brooklyn, NY 11239  
*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*
- **Trumps United NORC**  
458 Neptune Avenue, Brooklyn, NY 11224  
*Intergenerational Programs, Office Support, Instructors, Special Events / Holiday*
- **Warbasse Cares for Seniors NORC Program**  
2844 Ocean Parkway, Brooklyn, NY 11235  
*Intergenerational Programs, Office Support, Instructors, Special Events / Holiday*
- **Williamsburg Senior Center**  
202 Graham Avenue, Brooklyn, NY 11206  
*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*

## LiveOn NY

Boroughwide  
*Healthcare Guidance / Bill Payer*

## NYC Department of Aging Volunteer Resource Center

Boroughwide  
*Intergenerational Programs, Healthcare Guidance / Bill Payer, Friendly Visits / Escorts, Instructors, Special Events / Holiday*

## RiseBoro Community Partnership

Bushwick, Williamsburg, Bedford Stuyvesant and Greenpoint  
*Friendly Visits & Escorts*

## SAGE (LGBTQ)

### Griot Circle

25 Flatbush Avenue, Brooklyn, NY 11217  
*Meal Service / Delivery, Friendly Visits & Escorts, Office Support, Instructors, Special Events / Holiday*

## Selfhelp Community Services

### - Brooklyn Holocaust Survivor Program

1523 Avenue M, Brooklyn, NY 11230  
*Intergenerational Programs, Friendly Visits / Escorts, Special Events / Holiday*

### - Online Virtual Senior Center

Boroughwide  
*Instructors*



# Manhattan

FOR MORE INFORMATION, CLICK ON LISTING

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## Carter Burden Network

### - Carter Burden Gallery

548 West 28th Street, #534 NY, NY 10001

*Intergenerational Programs, Instructors, Special Events / Holiday, Other*

### - Lehman Village Senior Center

1641 Madison Avenue, NY, NY 10029

*Intergenerational Programs, Friendly Visits / Escorts, Meal Service / Delivery, Instructors, Special Events / Holiday*

### - Leonard Covello Senior Program

312 East 109th St., NY, NY 10029

*Intergenerational Programs, Friendly Visits / Escorts, Meal Service / Delivery, Instructors, Special Events / Holiday*

### - Luncheon Club

351 East 74th Street, NY, NY 10021

*Intergenerational Programs, Friendly Visits / Escorts, Meal Service / Delivery, Instructors, Special Events / Holiday*

### - Roosevelt Island Senior Center

546 Main Street, Roosevelt Island, NY 10044

*Intergenerational Programs, Friendly Visits / Escorts, Meal Service / Delivery, Instructors, Special Events / Holiday*

## Dyckman Senior Center

3754 10th Avenue NY, NY 10034

*Meal Service / Delivery, Instructors, Special Events / Holiday*

## Encore Community Services

### - Encore Senior Center

239 West 49th Street NY, NY 10019

*Senior Center Support, Meal Service/Delivery, Intergenerational Programs, Office Support*

## Encore Community Services

### - Encore 49 Residence

220 West 49th Street NY, NY 10019

*Office Support*

### - Encore West Residence

755 Tenth Avenue Street NY, NY 10019

*Office Support*

### - Homes Visits

Boroughwide

*Friendly Visits / Escorts*

## Henry Street Settlement

### - Henry Street Settlement Senior Center

334 Madison St., Lower Level, NY, NY 10002

*Office Support, Instructors, Special Events/Holiday, Senior Center Support, Other*

### - Senior Companion Program

Boroughwide

*Friendly Visits / Escorts*

## JASA

### - Central Office

247 West 37th Street, NY, NY 10018

*Office Support*

### - Club 76

120 West 76th Street, NY, NY 10023

*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*





# Manhattan

## JASA

- **Evelyn & Louis A. Green Residence at Cooper Square**  
200 East 5th Street, NY, NY 10003  
*Instructors, Special Events / Holiday*
- **One Stop**  
475 Riverside Drive, NY, NY 10025  
*Office Support*
- **Penn South NORC**  
290 9th Avenue, NY, NY 10001  
*Intergenerational Programs, Office Support, Instructors, Special Events / Holiday*

## Lenox Hill Neighborhood House

- 331 East 70th Street, NY, NY 10021  
*Intergenerational Programs, Friendly Visits & Escorts, Instructors, Special Events / Holiday*
- 343 East 70th Street, NY, NY 10021  
*Intergenerational Programs, Friendly Visits & Escorts, Instructors, Special Events / Holiday*
- 619 Lexington Avenue, NY, NY 10022  
*Intergenerational Programs, Friendly Visits & Escorts, Instructors, Special Events / Holiday*

## LiveOn NY

Boroughwide  
*Healthcare Guidance / Bill Payer*

## NYC Department of Aging Volunteer Resource Center

Boroughwide  
*Intergenerational Programs, Healthcare Guidance / Bill Payer, Friendly Visits / Escorts, Instructors, Special Events / Holiday*

## PSS

- **Administrative Office**  
2095 Broadway, Suite 409, NY, NY 10023  
*Office Support, Instructors*
- **Circle of Care Alzheimer Disease**  
65 Broadway, 12th Floor, NY, NY 10006  
*Office Support, Instructors*
- **Harlem-Pelham Fritz Senior Center**  
18 Mount Morris Park West, NY, NY 10027  
*Meal Service, Office Support, Instructors, Special Events/Holiday, Senior Center Support*
- **King Towers Senior Center**  
50 Lenox Ave, NY, NY 10026  
*Meal Service, Office Support, Instructors, Special Events/Holiday, Senior Center Support*
- **Manhattanville Senior Center**  
530 West 133rd Street, NY, NY 10027  
*Meal Service, Office Support, Instructors, Special Events/Holiday, Senior Center Support*

## SAGE (LGBTQ)

- **Center Harlem**  
220 West 143rd Street, NY, NY 10030  
*Meal Service / Delivery, Friendly Visits & Escorts, Office Support, Instructors, Special Events / Holiday*
- **Edie Windsor Center**  
305 7th Avenue 15th Floor NY, NY 10001  
*Meal Service / Delivery, Friendly Visits & Escorts, Office Support, Instructors, Special Events / Holiday*



# Manhattan

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## Selfhelp Community Services

- **The Kohn-Melamid Center for Holocaust Survivor Program**  
620 Fort Washington Avenue, NY, NY 10040  
*Intergenerational Programs, Friendly Visits / Escorts, Special Events / Holiday*
- **Online Virtual Senior Center**  
Boroughwide  
*Instructors*

## United Jewish Council East Side

- **UJC East Side Senior Programs Lillian Wald Houses**  
12 Avenue D, NY, NY 10009  
*Meal Service / Delivery, Instructors, Special Events / Holiday*
- **UJC East Side Senior Programs Orenstein Building**  
15-17 Bialystoker Place, NY, NY 10002  
*Meal Service / Delivery, Instructors, Special Events / Holiday*

## VISIONS Services for Blind and Visually Impaired

135 West 23rd Street, NY, NY 10011  
*Meal Service / Delivery, Office Support, Instructors*





# Queens

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## Catholic Charities Brooklyn & Queens Southwest Queens Friendly Visiting Program

Boroughwide  
*Friendly Visits / Escorts*

### HANAC

- **Angelo Petromelis Senior Center**  
13-28 123rd Street, College Point, NY 11356  
*Meal Service / Delivery, Friendly Visits / Escorts, Instructors, Special Events / Holiday*
- **Archbishop Iakovos Senior Center**  
32-06 21st Street, Astoria, NY 11106  
*Meal Service / Delivery, Friendly Visits / Escorts, Instructors, Special Events / Holiday*
- **Harmony JVL Innovative Senior Center**  
27-40 Hoyt Avenue South, Astoria, NY 11102  
*Meal Service / Delivery, Friendly Visits / Escorts, Instructors, Special Events / Holiday*
- **Ravenswood NORC & Senior Center**  
34-35A 12th Street, Astoria, NY 11106  
*Meal Service / Delivery, Friendly Visits / Escorts, Instructors, Special Events / Holiday*

## Henry Street Settlement Senior Companion Program

Boroughwide  
*Friendly Visits / Escorts*

### JASA

- **Brookdale Village Senior Center**  
131 Beach 19th Street, Far Rockaway, NY 11691  
*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*

### JASA

- **Holliswood Senior Center**  
86-25 Francis Lewis Blvd, Holliswood, NY 11427  
*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*
- **Queens Service Center**  
97-77 Queens Boulevard, Rego Park, NY 11374  
*Office Support*
- **Rockaway Park Senior Center**  
106-20 Shorefront Parkway, Far Rockaway, NY 11691  
*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*
- **Roy Reuther Senior Center**  
711C Seagirt Avenue, Far Rockaway, NY 11694  
*Intergenerational Programs, Office Support, Instructors, Meal Service / Delivery, Special Events / Holiday, Senior Center Support*

### LiveOn NY

Boroughwide  
*Healthcare Guidance / Bill Payer*

## NYC Department of Aging Volunteer Resource Center

Boroughwide  
*Intergenerational Programs, Healthcare Guidance / Bill Payer, Friendly Visits / Escorts, Instructors, Special Events / Holiday*

### PSS

- **Alberta L. Alston Senior Houses**  
52-09 99th Street, Corona, NY 11368  
*Office Support, Instructors, Special Events / Holiday*

# Queens

FOR MORE INFORMATION, CLICK ON LISTING

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## Selfhelp Community Services

- **Austin Street Senior Center**  
106-06 Queens Boulevard, Forest Hills, NY 11375  
*Senior Center Support*
- **Benjamin Rosenthal-Prince Street Innovative Senior Center**  
45-25 Kissena Boulevard, Flushing, NY 11355  
*Senior Center Support*
- **Big Six Towers NORC Program**  
59-55 47th Avenue, Woodside, NY 11377  
*Senior Center Support*
- **Clearview Senior Center**  
208-11 26th Avenue, Bayside, NY 11360  
*Senior Center Support*
- **Fresh Meadows NORC Program**  
67-00 192nd Street, Fresh Meadows, NY 11365  
*Senior Center Support*
- **Latimer Gardens Senior Center**  
34-30 137th Street, Flushing, NY 11354  
*Senior Center Support*
- **Northridge/Brulene/Southridge NORC Program**  
34-10 94th Street, Jackson Heights, NY 11372  
*Senior Center Support*
- **Queens Holocaust Survivor Program**  
70-20 Austin Street, Queens, NY 11375  
*Intergenerational Programs, Friendly Visits / Escorts, Special Events / Holiday*

## Selfhelp Community Services

- **Queens North Case Management Program**  
Flushing, College Point, Whitestone, and Bayside  
*Friendly Visits & Escorts*
- **Queensview/North Queensview NORC Program**  
33-34 Crescent Street, Long Island City, NY 11106  
*Senior Center Support*
- **Online Virtual Senior Center**  
Boroughwide  
*Instructors*

## Sunnyside Community Services

- **Sunnyside Senior Center**  
43-31 39th Street, Sunnyside, NY 11104  
*Intergenerational Programs, Meal Service / Delivery, Office Support, Instructors, Special Events / Holiday*
- **Pet Pal and Friendly Visiting Programs**  
Boroughwide  
*Friendly Visiting / Escorts*



# Staten Island

FOR MORE INFORMATION, CLICK ON LISTING

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## Community Agency for Senior Citizens (CASC)

### - Main Office

56 Bay Street, 5th Fl., Staten Island, NY 10301  
*Office Support*

### - Cassidy Coles NSC

125 Cassidy Place, Staten Island, NY 10301  
*Meal Service, Instructors, Senior Center Support*

### - Homes of Homebound Seniors

Boroughwide  
*Friendly Visiting*

### - New Lane NSC

70 New Lane, Staten Island, NY 10305  
*Meal Service, Instructors, Senior Center Support*

## LiveOn NY

Boroughwide  
*Healthcare Guidance / Bill Payer*

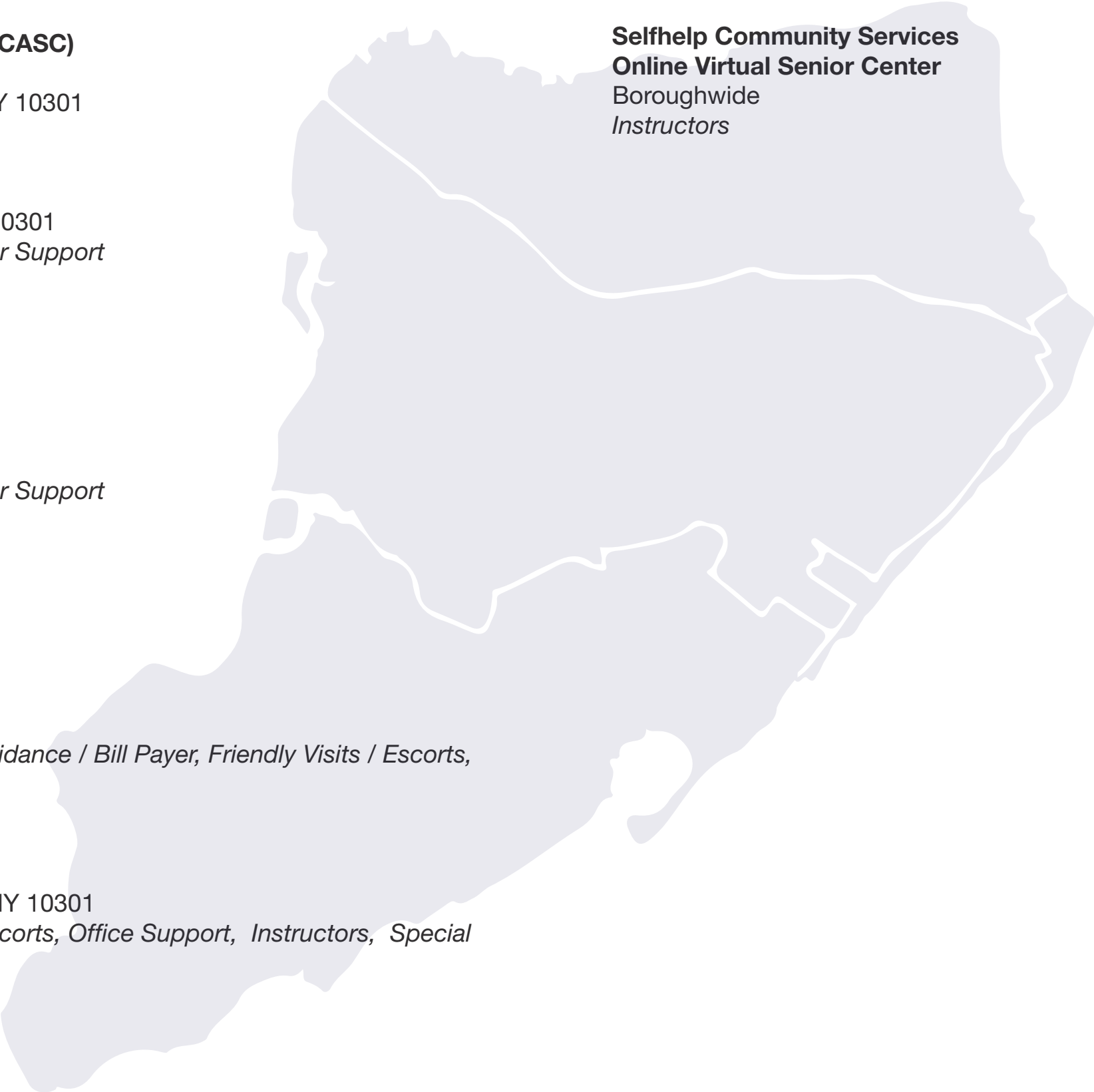
## NYC Department of Aging Volunteer Resource Center

Boroughwide  
*Intergenerational Programs, Healthcare Guidance / Bill Payer, Friendly Visits / Escorts,  
Instructors, Special Events / Holiday*

## SAGE (LGBTQ)

### Pride Center of Staten Island

25 Victory Blvd., 3rd Floor, Staten Island, NY 10301  
*Meal Service / Delivery, Friendly Visits & Escorts, Office Support, Instructors, Special  
Events / Holiday*



**Selfhelp Community Services  
Online Virtual Senior Center**  
Boroughwide  
*Instructors*



BAY RIDGE CENTER

# THINKING ABOUT VOLUNTEERING?



[www.bayridgecenter.org](http://www.bayridgecenter.org)

Bay Ridge Center is always looking for volunteers!



## ABOUT BAY RIDGE CENTER

Bay Ridge Center's mission is to provide services and programs for adults 60 years and older in southwest Brooklyn that promote their well-being, support their independence, and encourage their involvement in community life.

## WE NEED VOLUNTEERS TO HELP FULFILL OUR MISSION

Volunteers are needed to assist with preparation of our home delivered meals, at special events, with fundraising activities, and programs that directly impact our senior population.

Find out more at [www.bayridgecenter.org](http://www.bayridgecenter.org)  
or by contacting Cheryl Utley at  
[cutley@bayridgecenter.org](mailto:cutley@bayridgecenter.org)  
718-748-0650

# Carter Burden Volunteer Services

Engagement opportunities for  
individuals, organizations and  
corporate groups

Each year, the Carter Burden Network works with more than 3,500 dedicated volunteers who share in our mission to ensure that New York City's older adults are supported by strong, caring communities.

Through our broad range of programs and locations, the Carter Burden Network offers a variety of volunteer opportunities to ensure meaningful and effective experiences for individuals, community groups and corporations including:

- Meal service
- Meal delivery
- Friendly visiting
- Grocery shopping assistance
- Telefriend
- Class instruction and assistance
- Special projects, events and holidays

Volunteer opportunities at Carter Burden Network range from a one-time service day to longer-term volunteer commitments that are interesting and meaningful, no matter your age, experience or schedule.

For corporations, volunteering strengthens organizational culture by improving job satisfaction, encouraging teamwork, promoting leadership and developing employee skills—all while boosting a company's social responsibility profile and benefiting the community.

### For more information, contact us:

Call 212-423-9665x423 or email Holly Hedemark, Director of Volunteer Services at [hedemarkh@carterburdennetwork.org](mailto:hedemarkh@carterburdennetwork.org).



leading the way in aging services  
formerly The Carter Burden Center for the Aging

Headquarters: 212-879-7400  
[www.carterburdennetwork.org](http://www.carterburdennetwork.org)

Partially funded by NYC Department for the Aging.







**SOUTHWEST QUEENS FRIENDLY VISITING PROGRAM**



**Volunteer for our Southwest Queens Friendly Visiting Program!**

Do you have an hour per week to brighten the life of an older adult? Southwest Queens Senior Services is seeking volunteers to visit homebound seniors.

Many of our seniors have outlived their spouses and their friends and are grateful to have the companionship of a member of our team. We carefully match each volunteer with an elder who has similar interests. Over time, meaningful relationships develop, which both parties find rewarding. Our Friendly Visiting volunteers tell us that, in the process, their lives have changed as well.

**IF YOU ARE FRIENDLY AND COMPASSIONATE, JOIN US. BE PART OF A PROGRAM DEDICATED TO CHANGING THE WORLD, ONE LIFE AT A TIME.**



- REQUIREMENTS**
- 18 years or older
  - Dependable
  - Warm, Kind and Caring
  - Non-Judgmental and Patient
  - Good Communication Skills
  - Good Listening Skills
  - Available to make a difference one hour a week

**VOLUNTEER TODAY!**  
Please contact Stephanie Mitchell at 718-217-0126 or [stephanie.mitchell@cqbq.org](mailto:stephanie.mitchell@cqbq.org)

Southwest Queens Senior Services and the Southwest Queens Friendly Visiting Program are funded by the NYC Department for the Aging.

“

*I've learned that you shouldn't go through life with a catchers mitt on both hands. You need to be able to throw something back.*

~ Maya Angelou







**The Friendly Visiting Program Matches Volunteers with a homebound senior for a Weekly In-home Social Visit**

Our Friendly Visiting Coordinator Will Meet with You and Select a senior Based on Similar Interests.



Friendly Visiting is an opportunity to build a meaningful relationship with a new friend.

A Friendly Visitor will provide ongoing companionship and will engage in activities of mutual enjoyment with a senior.

To learn more about becoming a Friendly Visitor, contact

**ROSANNE McALLISTER, MSW – FRIENDLY VISITING COORDINATOR**

1(718) 981-6226 Ext. 141

Rosanne.mcallister@cascsiny.org

funded by the NYC Department of Aging

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CASC's mission is to address the varied needs of adults 60 years of age and older on Staten Island, provide a comprehensive support system of up-to-date information and resources, and assist seniors in leading safe, viable, independent lives in their community.

Additional Volunteer Opportunities are available in our Senior Services Department:

- help make or serve meals in senior centers
- teach a class about something that interests you
- Provide clerical support to one of our social service programs

For more information visit the CASC Website at <https://cascsiny.org>  
Or  
Email: [info@cascsiny.org](mailto:info@cascsiny.org)



**56 Bay Street, 5th Floor • Staten Island, NY 10301**  
**Volunteer with CASC, Give Us A Call Today**  
**718-981-6226**

**The Dyckman Senior Center provides good fellowship, choices of many activities, and healthy eating.**



**Calling All Volunteers in the Inwood / Washington Heights Area**

We are not in Siberia, although sometimes it feels like it.

We are, however, in a bustling area in Northern Manhattan.

So if you can use the number 1 train, you can find us.

Give us a call at (212) 579-7790 and we will guide you to our Center by giving you several transportation options.

**Good Fellowship**

Our membership is composed of lively, friendly and fun personalities. It's a small world: you may even meet someone you know and have not seen in many years here. You'll like who you meet.

**Variety of Activities**

Newcomers are sometimes amazed at the many different activity options available to those who attend the Center. Supported by several grants, we offer everything from mask making to yoga, to improvisation, to trips that members write about their experience – example: Wave Hill in the Riverdale section of The Bronx. Volunteers may also participate in leisure games, Bingo, Dominoes, etc. We are always adding to our offerings from input from our members.

**Wonderful Volunteers**

Finally, we want to take this opportunity to thank the wonderful volunteers who have come to the Dyckman Senior Center for our holiday celebration. They have been so helpful and dedicated in assisting the seniors during the holidays.

**A Final Word**

Call us to discuss what is coming up! Remember to plan to spend additional time with us, and become a member or if you are a member of another center, just come and be a valuable volunteer. We welcome volunteers of any age

**Dyckman Senior Center**  
3754 10th Avenue  
New York, NY 10034  
(212) 579-7790





# Encore Community Services

239 West 49th street, New York NY 10019



Broadway's Longest Running Act of Loving Care



**The mission of Encore Community Services is to provide care and service to the elderly of the Clinton, Times Square, Chelsea, Midtown and Upper West Side communities; to help them with their daily needs that they might live as independently as possible, with dignity and decency.**



# Encore Community Services

239 West 49th street, New York NY 10019



## How You Can Get Involved

Volunteer opportunities are plentiful at Encore's three sites( Encore Senior Center, Encore 49 Residence and Encore West Residence). Individuals and corporate groups are welcome to give their time either on a one-time basis or on long-term projects.

Here are just a few ways you can give of your time and talent:

- Visiting seniors in their homes, hospitals or nursing homes
- Escorting and shopping for seniors
- Packing and serving meals at the Senior Center or assisting with clean-up
- Answering the phone at the Center
- Updating computerized records
- Helping with various fundraising events
- Selling donated items at the Center's Bargain Store Boutique

For more information about volunteer opportunities, you can email us at: [info@encorecommunityservices.org](mailto:info@encorecommunityservices.org) or visit us online at: [www.encorecommunityservices.org/volunteer](http://www.encorecommunityservices.org/volunteer)





# MAKE AN IMPACT BY JOINING HANAC'S VOLUNTEER PROGRAM!

EACH YEAR HUNDREDS OF VOLUNTEERS BRING THEIR TIME AND SKILLS TO HANAC TO ENHANCE OUR PROGRAMMING IN ASTORIA, CORONA AND HARLEM. VOLUNTEERING IS AN OPPORTUNITY TO EXPLORE CAREER GOALS, INTERACT WITH OTHERS, GAIN EXPERIENCE, AND HELP YOUR COMMUNITY!

## HANAC's Mission

- To develop, implement and administer the operation of service programs for the betterment of the community
- To provide these services to any and all who are needy without discrimination as to race, creed, national origin or other defining characteristic
- To work closely with other providers, the city, state and federal governments for the betterment of the community.

## Volunteer Opportunities

- |                                  |                                |
|----------------------------------|--------------------------------|
| Friendly Visiting                | Art/Crafts Instructors         |
| Telephone Reassurance            | Singers/ Musicians             |
| Event Volunteering               | Computer Instruction           |
| Clerical /Administrative Support | Receptionists/ Greeter         |
| Congregate Lunch Service         | Senior Greeters                |
| Dance/ Exercise Instructors      | Technical Support/ Instruction |

## Locations

- |  |  |
|--|--|
| Ravenswood NORC & Senior Center<br>34-35A 12th Street<br>Astoria, NY 11106<br>718-609-1028 | Archbishop Iakovos Senior Center<br>32-06 21st Street<br>Astoria, NY 11106     |
| Harmony JVL Innovative Senior Center<br>27-40 Hoyt Avenue South<br>Astoria, NY 11102       | Angelo Petromelis Senior Center<br>13-28 123 Street<br>College Point, NY 11356 |





# Join the HEIGHTS AND HILLS VOLUNTEER PROGRAM



Bring **friendship** and **joy** to Brooklyn's older adults



**Become a Heights and Hills volunteer and bring friendship and support to older adults living in your community. We're active in 19 Brooklyn communities and offer many ways to make a difference.**

- Spend an hour or two a week as a Friendly Visitor.
- Lend a steadying hand as an Appointment Companion.
- Teach a class at the Park Slope Center for Successful Aging.
- Partner with us on a Group Service Day for your organization or business.
- Invite us to create an Intergenerational Program for your school or youth group.



**Make sure your older neighbors are not forgotten. Become a Friendly Visitor or an Appointment Companion**

Give the gift of friendship by visiting, listening, remembering a birthday, or playing a game of cards. Go for walks together. Help someone hook up a computer or set-up an email program. Be a travel companion for medical appointments, cultural outings, or grocery shopping. We provide training plus ongoing guidance and support.



**Making friends is good for you!**

Research shows that staying socially connected as you age has more positive impact on health and longevity than quitting smoking or losing weight.

**Volunteering Is Easy – Contact Us Today!**  
718-596-8789 • [volunteer@heightsandhills.org](mailto:volunteer@heightsandhills.org)  
[www.heightsandhills.org](http://www.heightsandhills.org)

## HEIGHTS AND HILLS VOLUNTEER PROGRAM



### PARK SLOPE CENTER FOR SUCCESSFUL AGING

Volunteer for a day or on a regular basis – at this neighborhood center, where membership and activities are free and a delicious healthy lunch is served every weekday. Become a welcome desk ambassador. Teach an exercise class. Offer art lessons. Help out at holiday and birthday celebrations. The possibilities are endless.

### GROUP SERVICE OPPORTUNITIES

We'll help you plan a meaningful group service project. Past events have included assembling and delivering Falls Prevention Kits to keep homebound older adults safe, and creating and delivering bouquets of flowers to brighten their days. Service partners have included Junior League of Brooklyn, Sigma Gamma Rho Sorority, JPMorgan, and Morgan Stanley.

### INTERGENERATIONAL PROGRAMS FOR YOUTH

Each year, we partner with schools and youth groups to present our Aging 101 & Birthday Card Collective program. Each group participates in our fun interactive "Aging 101" workshop where they experience some of the challenges of aging. Then each group also creates birthday cards to brighten the lives of homebound older adults. If your school or youth group is interested, please contact us.

## Volunteer in one of 19 Brooklyn Neighborhoods.

- Bedford-Stuyvesant
- Boerum Hill
- Brooklyn Heights
- Carroll Gardens
- Clinton Hill
- Cobble Hill
- Crown Heights
- East Flatbush
- Farragut
- Fort Greene
- Gowanus
- Park Slope
- Prospect Heights
- Prospect Lefferts Gardens
- Red Hook
- Remsen Village
- Sunset Park
- Windsor Terrace
- Wingate

### ABOUT US

Heights and Hills has been helping Brooklyn's older adults, age 60 and better, to live their best lives in the communities they call home since 1971.

Today, we serve more than 4,000 older Brooklynites and the families who care for them – by providing social services for homebound seniors, caregiver support for families and friends, a full complement of volunteer and intergenerational programs, and the Park Slope Center for Successful Aging, a neighborhood hub for active older adults.



**Volunteering Is Easy – Contact Us Today!**  
718-596-8789 • [volunteer@heightsandhills.org](mailto:volunteer@heightsandhills.org)  
[www.heightsandhills.org](http://www.heightsandhills.org)





# SENIOR CENTER

**JOIN US** for delicious meals and a wealth of educational, recreational and social activities! Open every day except Saturday.



## VOLUNTEER OPPORTUNITIES

- Run a short- or long-term activity for our seniors based on your talents, interests, or skills
- Become a weekly greeter for a pre-scheduled day & time

Interested? Contact Simon Liao at [sliao@henrystreet.org](mailto:sliao@henrystreet.org) to learn more.

## THE FRIENDLY CENTER ON THE LOWER EAST SIDE FOR AGES 60+

### EAT

**Lunch**  
12 p.m. - 1 p.m.  
(Monday - Friday)

**Dinner**  
4 p.m. - 5:45 p.m.  
(Monday - Friday)

**Sunday Breakfast**  
10 a.m. - 11 a.m.

**Sunday Lunch**  
12 p.m. - 1 p.m.

### LEARN

Bilingual Computer Classes  
Arts & Crafts  
Health & Wellness Workshops  
Singing and Dancing Lessons  
Painting & Drawing

### TRAVEL

Bus trips to Casinos, Theaters, Shopping, Cultural & Historic sites and more!

### HENRY STREET SETTLEMENT SENIOR CENTER

334 Madison Street, Lower Level  
New York, NY 10002  
[www.henrystreet.org](http://www.henrystreet.org) | 212.349.2770

### MOVE

Exercise and Dance Classes  
Aerobics  
Yoga  
Zumba  
Fitness Education  
Fully Equipped Gym

### THRIVE

Social Worker/Case Management Services  
Discussion Groups  
Health Screenings  
Positive Aging Workshops

### PLAY

Bingo & Dominoes  
Ping Pong  
Billiards  
Cultural and Holiday Celebrations  
Parties with Live Music  
Bi-lingual Karaoke  
Music & Singing



# Senior Companion PROGRAM



Funded by the Corporation for National and Community Service

## SENIORS SERVING SENIORS in All Five Boroughs

SENIOR COMPANIONS provide companionship, friendly visiting, escort and errand services for a minimum of 15 hours per week for fellow seniors free of charge.

INDIVIDUALS AGES 55 OR OLDER can become a Senior Companion and may qualify for a stipend.

For more information, please call 212.473.1474

## PROGRAMA para PERSONAS MAYORES

PERSONAS MAYORES SIRVIENDO OTROS MAYORES en los cinco condados

COMPAÑEROS MAYORES ofrecen compañía y visitas amistosas por lo menos 15 horas a la semana para otras personas mayores de forma gratuita.

LAS PERSONAS DE 55 AÑOS O MÁS pueden llegar a ser un compañero mayor y pueden calificar para un estipendio.

Para más información por favor llame al 212.473.1474

Senior Companions | 265 Henry Street | New York, NY 10002 | 212.473.1474 | [www.henrystreet.org](http://www.henrystreet.org)

Henry Street Settlement opens doors of opportunity to enrich lives and enhance human progress for Lower East Side residents and other New Yorkers through social services, arts, and health care programs. To learn more, visit [henrystreet.org](http://henrystreet.org), call 212.766.9200, or email [info@henrystreet.org](mailto:info@henrystreet.org).





## Volunteer Opportunities

JASA is one of New York’s largest and most trusted agencies serving older adults. Our comprehensive services are carefully designed to meet the complex needs of adults as they age. Our goal is to keep seniors living safely in their own homes, with independence and dignity. We have a variety of opportunities and our staff will work to ensure volunteering is a rewarding experience for you and the clients we serve.

### Administrative Support

Work with our staff to reach as many clients as possible through filing, organizing mailings, or database entry.

### Assist at a JASA Program or Event

Our Senior Centers provide warm, nutritious meals to thousands of seniors in New York City on weekdays. Help with registration, provide a friendly welcome, serve lunch, or assist with programming or a special event.

### Community Outreach & Special Programs

Spread the word about JASA’s programs by working with our staff on community outreach and fundraising activities.

### Group Volunteering

JASA creates engaging and meaningful volunteer projects for groups and corporations. Serve a meal, plant a garden, host a party, and connect with New York’s older adults.

### Share Your Passion with JASA Seniors

Facilitate a book group, teach an art lesson, give a musical performance, lead a dance class, or present a topic of expertise. We can create a volunteer experience that allows you to share your interests with JASA seniors.

### Sponsor a Program

Develop a hands-on program such as planting a garden, delivering a holiday package, organizing a collection drive, hosting a trip or cultural event, and more!

### Youth Volunteering

Brighten the day of a senior and create decorations for a party, design and paint a mural, lead an afternoon games session, share a talent, or help serve lunch and socialize with our members.



## JASA Locations with Volunteer Opportunities

### Bronx

Bartow Senior Center  
2049 Bartow Avenue, Bronx, NY 10475

Bay Eden Senior Center  
1220 East 229th Street, Bronx, NY 10466

Dreiser Senior Center  
177 Dreiser Loop, Bronx, NY 10475

Einstein Senior Center  
135 Einstein Loop, Bronx, NY 10475

Mechler Hall Senior Center  
2158 Watson Avenue, Bronx, NY 10472

Sue Ginsburg Senior Center  
975 Waring Avenue, Bronx, NY 10469

Throggs Neck Senior Center  
2705 Schely Avenue, Bronx, NY 10465

Van Cortlandt Senior Center  
3880 Sedgewick Avenue, Bronx, NY 10463

### Brooklyn

Brighton/Manhattan Beach Senior Center  
60 West End Avenue, Brooklyn, NY 11235

Bushwick/Hylan NORC  
50 Humboldt Street, Brooklyn, NY 11206

Coney Island Active Aging NORC  
2950 West 35th Street, Brooklyn, NY 11224

Cooper Park Senior Center  
288 Frost Street, Brooklyn, NY 11222

JASA at the HES Senior Center  
9502 Seaview Avenue, Brooklyn, NY 11236

Luna Park Senior Center  
2880 West 12th street, Brooklyn, NY 11224

Scheuer House of Coney Island  
3601 Surf Avenue, Brooklyn, NY 11224

Senior Alliance Senior Center  
161 Corbin Place, Brooklyn, NY 11235

Shorefront Senior Center  
3300 Coney Island Ave, Brooklyn, NY 11235

Starrett City Senior Center  
1540 Van Siclen Avenue, Brooklyn, NY 11239

Trumps United NORC  
458 Neptune Avenue, Brooklyn, NY 11224

Warbasse Cares for Seniors NORC  
2844 Ocean Parkway, Brooklyn, NY 11235

Williamsburg Senior Center  
202 Graham Avenue, Brooklyn, NY 11206

### Manhattan

Club 76 Senior Center  
120 West 76th Street, New York, NY 10023

Cooper Square Housing  
200 E. 5th Street, New York, NY 10003

JASA Central Office  
247 W. 37th Street, New York, NY 10018

One Stop at JASA  
475 Riverside Drive, New York, NY 10025

Penn South NORC  
290 9th Avenue, New York, NY 10001

### Queens

Brookdale Village Senior Center  
131 Beach 19th Street, Far Rockaway, NY 11691

Holliswood Senior Center  
86-25 Francis Lewis Blvd, Holliswood, NY 11427

Rockaway Park Senior Center  
106-20 Shorefront Parkway, Far Rockaway, NY 11691

Roy Reuther Senior Center  
711C Seagirt Avenue, Far Rockaway, NY 11694

Queens Service Center  
97-77 Queens Boulevard, Rego Park, NY 11374

For more information or to design your own experience contact:

JASA Volunteer Services

212.273.5353 ♦ volunteer@jasa.org ♦ www.jasa.org/volunteer





LENOX HILL NEIGHBORHOOD HOUSE

# Strengthening Our Community Since 1894

## Come Join Our Team

Volunteers at Lenox Hill Neighborhood House use their unique skills, talents and experiences to enrich our programs for thousands in need. We offer an extensive array of meaningful and rewarding volunteer positions for everyone from teens to older adults. Opportunities to volunteer are available weekdays, evenings and weekends.

### Friendly Visiting Program Socialize with Homebound Seniors

Our friendly visiting pairs caring volunteers with homebound older neighbors for weekly visits. Volunteers provide much needed companionship and conversation for elderly neighbors with limited options for socialization.



### Early Childhood Center Teaching Assistant

Our Early Childhood Center provides low-income children (ages 3 to 5) with a wonderful full-day, year-round educational experience. Volunteer Teaching Assistants help in our classrooms by leading educational, recreational and arts-based activities.



### Senior Centers Multiple Opportunities

We run two dynamic senior centers located at 343 East 70th Street and 619 Lexington Avenue at 54th Street. Each senior center serves thousands of older adults who enjoy a full range of activities. Volunteers can be a part of our team by serving breakfast, lunch or dinner, running a class or activity or staffing the reception desk.



331 East 70th Street, New York, NY 10021 | [www.lenoxhill.org](http://www.lenoxhill.org)



LENOX HILL NEIGHBORHOOD HOUSE



### CARE Program for Adults with Dementia Program Assistant

Our CARE program is an arts-based day program for older adults with dementia. As a volunteer Program Assistant, you will assist staff in leading therapeutic activities, such as visual and performing arts projects, live music performances, and health and wellness programs for our participants.

### Adult Education English as a Second Language Instructor

English for Speakers of Other Languages (ESOL) classes allow adult students to practice and develop their English speaking and writing skills in a supportive group environment. Volunteer instructors prepare and execute interactive lesson plans that incorporate conversation, listening, reading and writing skills.



### Computer & Technology Specialist

Our state-of-the-art technology program engages adults with technology in meaningful and creative ways. Computer & Technology Specialists assist by providing individual tutoring or teaching classes to groups on topics such as Microsoft Office, Adobe Photoshop and Instagram.



### Group Volunteer Opportunities

Businesses, schools, religious institutions and other groups are welcome to partner with us for special projects. Projects are suitable for teams of 5–20 people and can include serving meals, running game activities or assisting at a special Lenox Hill Neighborhood House event.

**To apply to be a volunteer, please contact Volunteer Director Anthony Snowden at [asnowden@lenoxhill.org](mailto:asnowden@lenoxhill.org) or 212-218-0487**

331 East 70th Street, New York, NY 10021 | [www.lenoxhill.org](http://www.lenoxhill.org)





Making New York a better place to age

Founded in 1979, LiveOn NY is a membership organization of nonprofit aging service providers that builds power and capacity at the city and state level to change public policy, grow resources, and strengthen services for older adults.

### Rights and Information for Senior Empowerment (R.I.S.E.)

Through LiveOn NY's Rights and Information for Senior Empowerment (RISE) program, we work to ensure older New Yorkers are informed of policy changes and key resources so that they can live their best later years! We provide workshops & provide vital resources to senior groups on a variety of topics including: senior financial fitness, consumer protection, public benefits, and senior scams!

### HOW CAN YOU GET INVOLVED?



#### RISE Advocate

Do you love to teach? RISE Advocates lead workshops to empower seniors and provide vital information! Volunteers host 2-3 workshops per month which are an hour long & hosted throughout the 5 boroughs of NYC.

#### RISE Interpreter

Do you speak another language? RISE Interpreters bring our RISE information and resources to non-English speaking communities all throughout NYC.



*We provide comprehensive training to all interested volunteers!*

For more information on how to volunteer, please contact us!  
212-398-6565 ext 235  
vthornton@liveon-ny.org

“

*The best way to find yourself is to lose yourself in the service of others.*

~ Mahatma Gandhi





# NEIGHBORHOOD SHOPP CASE MANAGEMENT: FRIENDLY VISITING PROGRAM



## **VOL\_NTEER**

**All we need is U!**

- ❖ Do you live, work, shop or visit the Bronx?
- ❖ Do you have one hour to spare a few times per month for six months?
- ❖ Are you willing to give your spare time to enrich the life of a senior?

If you answered yes you may be a perfect candidate for a Friendly Visitor. Friendly Visiting reduces isolation and provides stimulating activities and companionship.

### As a volunteer you will:

- ❖ Meet new people
- ❖ Connect with your community
- ❖ Discuss shared interests
- ❖ Learn new things



For more information regarding please call  
**Katherine Figueroa, Program Coordinator** at  
(718)328-3536, extension 27 and/or email: [kfigueroa@nshopp.org](mailto:kfigueroa@nshopp.org)

# NEIGHBORHOOD SHOPP PROGRAMA DE MANEJO DE CASOS PROGRAMA DE VISITAS AMISTOSAS



## **VOL\_NTARIOS**

**TODO LO QUE NECESITAMOS  
ES A USTED!**

- ❖ Vive, trabaja, compra o visita usted el Bronx?
- ❖ Tiene usted una hora?
- ❖ Esta usted dispuesto enriquecer la vida de una persona mayor?

Si respondió que sí, puede ser un candidato perfecto para un visitante amigable. El programa reduce el aislamiento y proporcionan actividades estimulantes y compañerismo.

### Como voluntario:

- ❖ Desarrollar nuevas habilidades
- ❖ Conocer gente nueva
- ❖ Conéctate con tu comunidad
- ❖ Aprender cosas nuevas



Para mas informacion respecto a como formar parte del voluntariado, favor de llamar a  
**Katherine Figueroa, Coordinadora del Programa** al  
(718) 328-3536, extencion 27 o el email: [kfigueroa@nshopp.org](mailto:kfigueroa@nshopp.org)



*“Our volunteers help enrich the lives of older New Yorkers every day. Through a variety of service opportunities, you can find a rewarding experience, gain valuable skills and make lasting friendships.”*

*- Donna Corrado, Commissioner  
NYC Department for the Aging*



Volunteers help the Department for the Aging (DFTA) eliminate ageism by providing social services and supports that make New York City a better place to grow old.

DFTA is looking for skilled, committed volunteers age 21 or older to provide services throughout the five boroughs in private homes and community settings. Learn more about how you can volunteer with DFTA:

**Volunteer Resource Center**  
Phone: (212) 602-4464  
Email: [Volunteer@aging.nyc.gov](mailto:Volunteer@aging.nyc.gov)  
Website: [www.nyc.gov/aging](http://www.nyc.gov/aging)



**Weekday Opportunities**

**Foster Grandparent:**

Seniors age 55+ work one-on-one with at-risk children to teach reading and math, and offer emotional support.

Serve 15 hours/week minimum. Mon-Fri, between 8am - 5pm. Must meet age, income and NYC residency requirements.

**Health Promotion Activities:**

Volunteers lead walking clubs, exercise classes, and conduct blood pressure screenings at senior centers and community organizations.

Serve 2-4 hours/month. Mon-Fri, between 9am – 12pm.



**Health Insurance Information Counseling & Assistance Program (HIICAP):**

Help seniors determine their best options when selecting a Medicare plan.

Serve 6 hours/week. Mon-Fri, between 9am - 4pm.

**Weekday & Weekend Opportunities**



**Bill Payer:**

If you know how to balance a checkbook and pay bills, you can help a senior manage their monthly finances and continue to live independently.

Serve 3-4 hours/month. Mon-Sun, hours flexible.

**Friendly Visiting:**

Connect with a homebound older New Yorker through in-home social visits that cultivate lasting friendships, all while combating isolation.

Serve 1 hour/week, \*6 month minimum. Mon-Sun, hours flexible.

\*There is a one year minimum commitment for all volunteer opportunities, with the exception of Friendly Visiting. Volunteers must clear a background check.





## PSS strengthens the capacity of older New Yorkers, their families and communities.

PSS, founded in 1962 as Presbyterian Senior Services, is an innovative, multi-service agency working for New York City's older adults and their families. PSS creates community and builds the capacity to thrive by delivering vital tools, programs, and resources. PSS's local centers for older adults and other facilities offer a broad array of free programs including *PSSLife! University*. PSS *Circle of Care* provides free, professional hands-on consultations and vital information to family caregivers for a loved one with a serious health condition, including Alzheimer's and other dementias. The PSSWSF *Grandparent Family Apartments* is the first residence in the U.S built to provide housing for grandparents raising grandchildren while the *Alberta L. Alston House* offers apartments for low income older adults. The free PSS *Youth and Young Adult Services* assists persons aged 12-19 who are being raised by someone other than their parents and kinship caregivers of any age. The *Coming of Age* program inspires people 50+ to live with passion and purpose. PSS also offers volunteer and internship opportunities. 90 cents of every dollar raised goes to providing services and programs.

## Volunteer PSS Services

**"Do Good. Change Lives."**









Volunteers are such a crucial part of any nonprofit organization. The work that volunteers contribute to an organization is only limited by the creativity of the staff and prospective volunteer. PSS is committed to working within a culture of volunteerism: utilizing the skills and talents of all volunteers, creating a warm & safe place to serve, as well as appreciating the work and feedback of all our many volunteers.

Website: [www.pssusa.org](http://www.pssusa.org) Facebook: [www.facebook.com/pssnyc](http://www.facebook.com/pssnyc)

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Every Single Day at PSS...

 <p><b>150 family caregivers</b> ARE REACHED BY CIRCLE OF CARE</p>	 <p><b>Over 500 hot, nutritious meals</b> ARE SERVED AT OUR CENTERS</p>	 <p><b>15 fitness/health classes</b> are held at our Centers helping <b>195 participants</b> STAY FIT AND HEALTHY</p>
 <p><b>14 creativity/cultural related programs</b> are offered keeping <b>203 participants</b> ENGAGED AND CONNECTED</p>	 <p><b>160 hours of volunteer service</b> ENGAGE OUR MEMBERS AND ENRICH OUR PROGRAMS</p>	 <p><b>300 New Yorkers</b> RESIDE AT THE PSS/WSF GRANDPARENT FAMILY APARTMENTS AND PSS ALBERTA L. ALSTON APARTMENTS</p>

With a small staff and lots of volunteers, we are able to deliver an abundance of outstanding programs and services to the community. In 2017, our indispensable volunteers provided over 7,600 hours of recorded service - without which PSS could not fulfill its vital mission. Our volunteers work directly with the staff and/or clients and are considered an integral part of the team.

### HOW You Can Get Involved

- Activity Leader
- Clerical Assistant
- Front Desk Reception
- Kitchen Aide
- Senior Support
- Tabling & Outreach Event Assistant
- Workshop Facilitator
- ...and so much more!!



### WHERE You Can Get Involved

PSS Has Locations In:

- North East Bronx
- South Bronx
- Harlem
- Upper West Side
- Lower Manhattan
- Corona, Queens

#### Senior Centers

- Bronx, NY
- Harlem, NY

#### Senior Residences

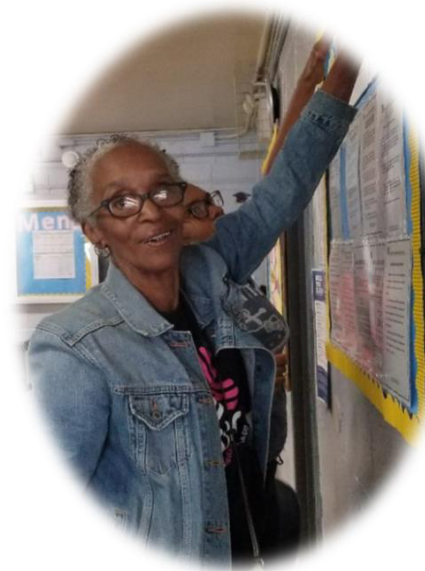
- South Bronx
- Corona, Queens

#### Care Stations

- ALL Boros

#### Administrative Offices

- Upper West Side
- Lower Manhattan



**For Information On Current Volunteer Opportunities, Please Contact Our Volunteer Services Coordinator:**  
**KaTrina Dinham, [KDinham@PSSUSA.org](mailto:KDinham@PSSUSA.org)**





**RB Seniors**

**Volunteer your time  
and make a new  
Senior Citizen Friend!**

**RiseBoro**  
COMMUNITY PARTNERSHIP

Funded by  
NYC Department for the Aging

Seniors living in the Bushwick, Williamsburg, Bedford Stuyvesant and Greenpoint neighborhoods are looking for a new friend to spend one hour, one day per week with.

We are looking for compassionate and caring individuals who would love to make friends with an older person in the neighborhood.

For more information or to volunteer please contact Adriana Ortiz via email at [aortiz@riseboro.org](mailto:aortiz@riseboro.org) or via phone at (929) 322-0065.



@RiseBoroNYC

[riseboro.org](http://riseboro.org)



“

*Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.*

~ Leo Buscaglia (Author)





RSS – Riverdale Senior Services  
2600 Netherland Avenue  
Bronx, New York 10463

P) - 718 884-5900  
(F) - 718 796-9624  
www.rssny.org

**RSS – Riverdale Senior Services** is a non-profit agency that promotes ageless living to a diverse community thru a **Multi-Dimensional Wellness Approach**. Our programs champion and enable our members to live grateful and fulfilling lives mixed with the **“Vitality of Spirit and the Wisdom of the Years”**.

**RSS offers** daily delicious & nutritious lunches and a full range of programs that encompass exercise & dance, lectures, cultural interests, health education & management, artistic performing & creative artistic projects, intergenerational programs, trips, movies as well as a wide array of social and behavioral health services.

**VOLUNTEERING AT RSS**



**RSS Volunteers** are a **“vital part”** of the RSS Team who take on meaningful work, utilize their expertise and experience and learn new skills.

**Are you interested in helping others? Sharing your time and talents?**

**Working on interesting projects? Meeting new friends?**

**If so.....Come and Volunteer!**



**RSS VOLUNTEERS SUPPORT IN A NUMBER OF AREAS:**

- Front Desk/Reception Check-In
- Office Support Volunteers
- Computer Data Input Volunteers
- Center Greeters
- Lunch Prep and Servers
- Exercise Program Assistants
- Horticulture Volunteers
- Intergenerational Program Assistants
- Special Program Facilitators
- Special Mailings
- Neighbor Outreach Ambassadors
- Special Events Volunteers:
  - Vintage Art Exhibit
  - Yearly Bazaar
- Special Committees:
  - The Senior Advisory Council
  - Social Action Committee
  - Trip Committee
  - Menu Committee



**INTERESTED IN VOLUNTEERING PLEASE CONTACT:**

**Cheryl Kann-Ferst**  
Volunteer Coordinator & Program Specialist  
ckannferst@rssny.org  
(718) 884-5900, ext. 22



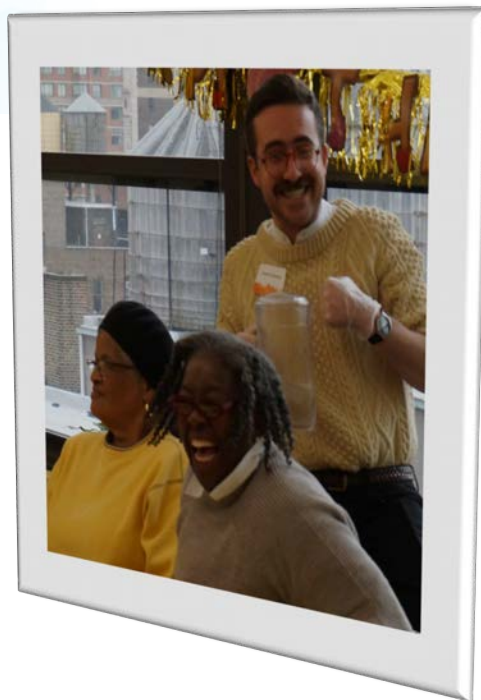
RSS is funded in part by the NYC Department for the Aging



## Volunteer Where It Counts

### Volunteer at SAGE

With 5 senior centers across the city, SAGE serves the diverse LGBTQ older-adult community and its allies. We use volunteers to help serve weekday meals, run programs, help older adults access technology, and remain connected to fellow New Yorkers and fellow members of the LGBTQ community.



## Volunteer Roles:

- Friendly Visitors
- Lend-A-Hand Volunteers
- Tabling Volunteers
- Women's Dance Volunteers & Committee Members
- Clerical Support
- Mailings Volunteers
- Volunteer Receptionists
- Program Leaders
- Program Assistants
- Committee Members
- Advocacy Volunteers
- Senior Greeters
- Cyber Center Volunteers
- Events Volunteers
- Meal Servers



## Where You Can Volunteer:

Edie Windsor SAGE Center, Midtown/Chelsea  
305 7th Ave., 15th Floor  
(cross streets 27th and 28th Streets)

SAGE Center Harlem \*NEW LOCATION\*  
220 West 143rd Street (entrance is mid-block on 142nd St. between Frederick Douglass Blvd. and Adam Clayton Powell Jr. Blvd.)

SAGE Center the Bronx  
Union Community Health Center  
260 East 188th Street between Valentine and Tiebout Avenue

SAGE Pride Center of Staten Island  
25 Victory Boulevard, 3rd Floor @ Bay Street and Victory Blvd.

SAGE/GRIOT in Brooklyn  
25 Flatbush Avenue, 5th Floor, between Fulton and Livingston Streets

## Be a Part of Your Community in Your Own Neighborhood

SAGE has locations in Chelsea/Midtown, Harlem, The Bronx, Staten Island, and Brooklyn & at the LGBT Center in the West Village or visit someone who might live right near you.

## Be a Part of the Fun at an Innovative Senior Center

Devised as part of a citywide initiative to serve specialized communities, SAGE Centers are city-funded to provide programs & meals, as well as social services.

## Be Yourself

Our community is diverse and accepting. You'll have opportunities to interact with other generations, with participants who have different histories, & with staff of all backgrounds.



## Make a Splash in the LGBTQ Community

Call SAGE's Volunteer Manager, Bertis, at 212-741-3592 or email [bshankle-reyes@sageusa.org](mailto:bshankle-reyes@sageusa.org)





www.selfhelp.net | 212-971-7600 | volunteer@selfhelp.net



Make a Difference Today



- Volunteer Today:**
- Friendly Visitors
  - Senior Centers
  - Holocaust Survivor Program
  - Virtual Senior Center
  - NORCs (Naturally Occurring Retirement Communities)

Selfhelp serves more than 20,000 older adults through a range of home care, affordable housing, and social services. We are honored to have more than 1,000 volunteers supporting our work in the community.

[www.selfhelp.net/get-involved](http://www.selfhelp.net/get-involved)



**Locations:**  
Queens  
Brooklyn  
Manhattan  
Bronx  
And online!



**BECOME A FRIENDLY VISITOR**

Provide companionship & socialization to homebound seniors

Do you speak English, Korean, Greek, Russian, Chinese, Italian, or Spanish?  
Your community needs you!

**To volunteer, contact us:**  
[friendlyvisiting@selfhelp.net](mailto:friendlyvisiting@selfhelp.net)  
(718) 321-8194



**Selfhelp Queens North Friendly Visiting** is a program that matches homebound seniors with volunteers in their community who make weekly visits. Friendly visiting is an enriching opportunity for the volunteer to develop a meaningful friendship. Together, the older adult and volunteer can discuss shared interests, learn/teach new skills, and celebrate special holidays.

**Your time and companionship as a friendly visitor is invaluable!**

Selfhelp is a not-for-profit organization dedicated to maintaining the independence and dignity of seniors and at-risk populations through a spectrum of housing, home health care, and social services.



**Volunteer Requirements:**

- Flexible weekly one hour long visits for a period of at least 6 months
- Short interview, orientation, and background check
- Must be at least 18+
- Visits in Flushing, College Point, Whitestone, and Bayside



[www.selfhelp.net](http://www.selfhelp.net)

[friendlyvisiting@selfhelp.net](mailto:friendlyvisiting@selfhelp.net)

(718) 321-8194



# Make a Difference Make a Friend



## VOLUNTEERING AT SUNNYSIDE COMMUNITY SERVICES

Volunteers of all ages and every walk of life lend their hands to assist in the various programs at Sunnyside Community Services, including:

**Senior Services:** Center for Active Older Adults: Assist with meal service, provide benefits information, and facilitate enrichment activities.

**Adult Day Service:** Directly engage and facilitate a great time for seniors with dementia .

**Home Care:** Assist us with general clerical and administrative support.

**Friendly Visiting:** Visit a homebound senior and their pet through Friendly Visiting and Pet Pals.

**Youth Services:** Mentor and tutor students through our after-school programs.

We hope you consider volunteering at Sunnyside Community Services. People of all ages and abilities are welcome. Contact Volunteer Relations at (718) 784-6173, ext. 401 to set up an interview, or email [Volunteering@scsny.org](mailto:Volunteering@scsny.org).

Sunnyside Community Services  
43-31 39th Street  
Sunnyside, NY 11104  
718 784-6173  
[www.scsny.org](http://www.scsny.org)



## PET PALS

Pet Pals brings volunteers together with homebound seniors to provide basic pet care and companionship. We provide the training, you provide the time and love.

- Walk and play with pets
- Shop for pet supplies
- Take pets to the vet or groomer
- Foster pets if owner is taken to the hospital.



Pet Pals is made possible thanks to funding from Amie's Place Foundation.

## SCS' FRIENDLY VISITING PROGRAM

### What is the SCS Friendly Visiting Program?

We connect trusted and qualified volunteers with homebound older adults in need of socialization. Matches are based on geography and shared interests.

### What is needed to volunteer?

Volunteers must be willing to make a six-month commitment of one visit per week. Volunteers must be 18 years old or older, and be willing to undergo a background screening.

### What do Friendly Visitors do?

- Celebrate birthdays, holidays, or other special days
- Make photo albums or scrapbooks
- Play cards or board games
- Discuss books, music, sports, television and movies
- Go for walks
- Talk about current events
- Share recipes and family histories
- and so much more!

For more information call 718-784-6173, ext. 479, or email [info@scsny.org](mailto:info@scsny.org).

Sunnyside Community Services' Friendly Visiting Program is supported by Citymeals-on-Wheels.

## THINGS TO DO

- \_ Get crafty
- \_ Plant a seed
- \_ Lead the way
- \_ Make new friends
- \_ Change the world
- \_ Volunteer at Sunnyside Community Services



Sunnyside Community Services  
43-31 39th Street, Sunnyside, NY

[www.scsny.org](http://www.scsny.org)  
[info@scsny.org](mailto:info@scsny.org)  
718-784-6173



# UJC EAST SIDE SENIOR PROGRAMS



Formed by neighborhood leaders and residents in 1971, the United Jewish Council assists the community in Manhattan's Lower East Side by providing a wide range of human services and community development initiatives. Through our programs for seniors, we serve more than 400 people five days a week with congregate meals at two Senior Centers, Meals on Wheels home delivery, events and activities, and a social services agency.

## Volunteer with us!

Volunteers are vital members of our team, helping seniors enjoy a hot lunch, discover new talents, make new friends, or get in shape with exercise.

\*Volunteer for a day or on a regular basis at one of our two Senior Centers.

\*On a weekday that fits your schedule, help to serve lunch, teach an exercise or art class, or provide technology tutoring

\*Help with the Food Pantry, which is made available every Friday during the month

\*Lend a helping hand at one of our annual holiday events.



## CALL FOR INFORMATION 212-673-9328!

We have two Lower East Side Senior Centers:  
**Orenstein Building**  
15-17 Bialystoker Pl. (Between Grand St and Delancey St)

**Lillian Wald Houses**  
12 Avenue D (Between East Houston St and East 3 St)

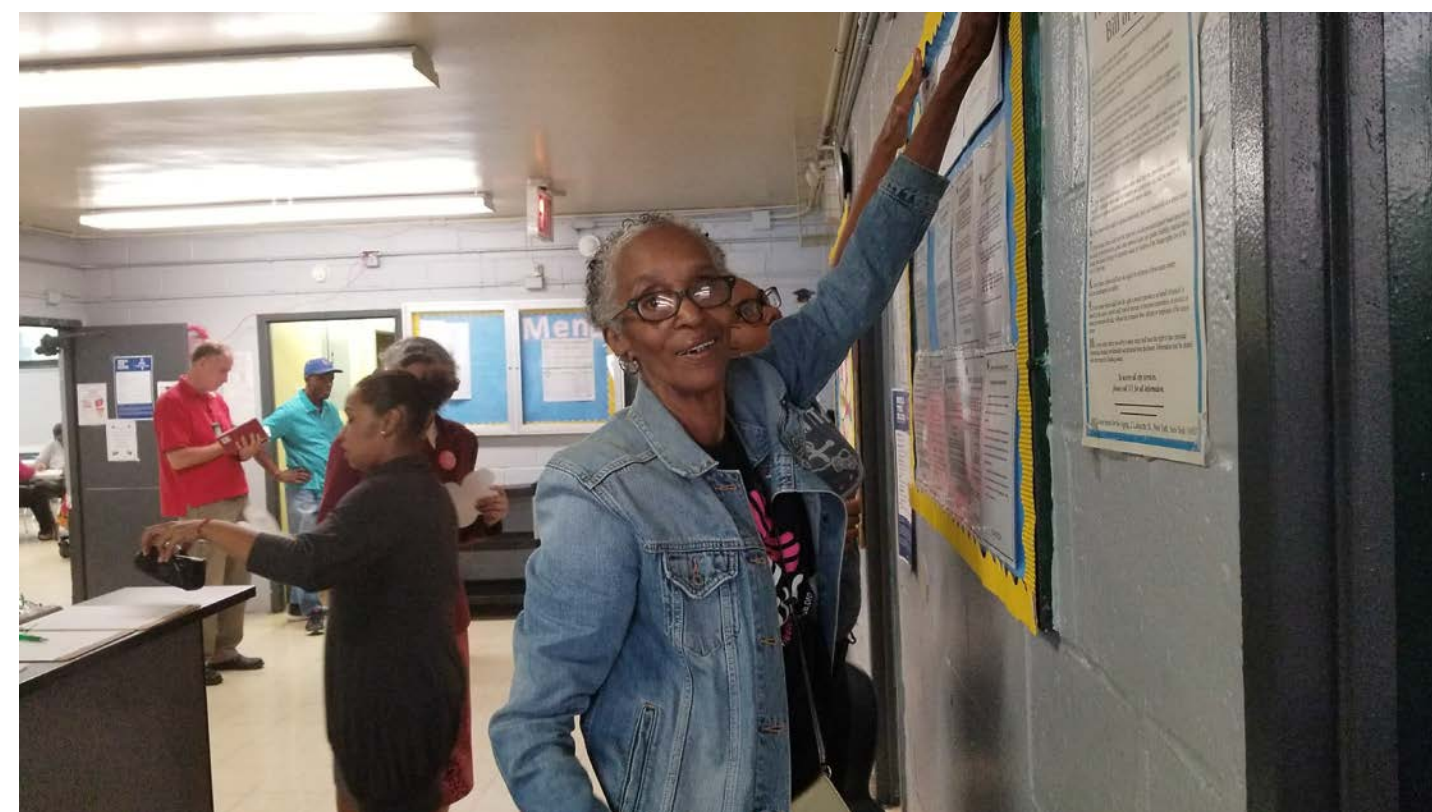


**UJC OF THE EAST SIDE**  
15-17 Bialystoker Pl.  
New York, NY 10002  
212-673-9328 | helpme@ujces.org | ujceast.org

“

*You make a living by what you get,  
but you make a life by what you give.*

~ Winston Churchill







*Our mission is "For Everyone To See What Is Possible"*

**VISIONS/Services for the Blind and Visually Impaired** is a non-profit rehabilitation and social service organization. VISIONS purpose is to develop and implement programs to assist blind and visually impaired people of all ages to lead independent and active lives, and to educate the public to understand the capabilities and needs of people who are blind and visually impaired

**What we do:**

- ◆ Individualized rehabilitation training at home or in the community
- ◆ Social services
- ◆ Employment training and Job Placement
- ◆ Group and community education and activities
- ◆ Short-term stay Residential Vocational Rehab Programs

**Our Impact**

- ◆ Employment of people who are blind (#1 in New York State)
- ◆ Promoting independence and self-sufficiency for people of all ages who are blind
- ◆ An educated public about the needs and capabilities of people who are blind
- ◆ Support for families and unpaid caregivers
- ◆ Increase physical activity, disease management and social connections



**VISIONS Volunteer Opportunities**



**VISIONS at Selis Manor** is a community center located in the heart of Chelsea that offers classes, volunteer and social work services

**Our volunteers make a difference in the lives of people of all ages who are blind and/or visually impaired**

- ◆ Host a Bingo or Ice Cream Social Event
- ◆ Meal Service- Assist with serving meals to our seniors and engage with our participants- Monday thru Friday 2:30 to 4:30pm
- ◆ Host a resume and interview workshops for both adults and youth
- ◆ Reading (one-to-one)
- ◆ Escorting (shopping, to appointments, etc.)
- ◆ Class Facilitators (knitting, quilting, bowling, ceramics, walking clubs, fitness, yoga, meal service and more!)
- ◆ Walking Warriors Club-Do you love walking? Join our Walking Warriors. Walk with our participants around Chelsea! (Seasonal)

**VISIONS welcomes new volunteers! We also welcome any volunteers who are able to contribute their professional skills.**

**Our Location—Conveniently located in Chelsea at 135 West 23rd street between (6th and 7th ave ( Trains-C, 1, F , 6 to 23rd street)**

**For more information,** please feel free to contact Natasha R. DeLeon Volunteer and Program Coordinator at 646-486-4444 ext. 213 or at [NDeleon@visionsvcb.org](mailto:NDeleon@visionsvcb.org)



# Index of Organizations

Bay Ridge Center

Carter Burden Network

Catholic Charities Brooklyn & Queens

Community Agency for Senior Citizens (CASC)

Dyckman Senior Center

Encore Community Services

HANAC

Heights and Hills

Henry Street Settlement

JASA

Lenox Hill Neighborhood House

LiveOn NY

Neighborhood SHOPP

NYC Department for the Aging

PSS

RiseBoro Community Partnership

RSS - Riverside Senior Services

SAGE (LGBTQ)

Sunnyside Community Services

Selfhelp Community Services

United Jewish Council East Side

VISIONS Services for Blind and Visually Impaired

