



Connecting Volunteers and Agencies

*Celebrating 31 Years of
Expert Placement and
Personal Service*

Caring & Connecting During COVID-19 **How You Can Help**



Dear Friend,

Here are more ways to care, connect and make a difference as NYC slowly and cautiously reopens.

- Prospect Park Alliance
 - Fresh Air Fund
 - Habitat for Humanity ReStore
 - Doula Program
 - Long-Term Care Ombudsman
- Governors Island
 - New Alternatives for Children
 - NYC H2O
 - City Harvest

VRC is closed in August and resumes services September 8.

Although not in the office, we will be checking messages so please let us know of any urgent needs.

For previous newsletters listing volunteer opportunities, go to <https://volunteer-referral.com/media-press-room/>.

We look forward to meeting you in September, ready to do what we do best, connecting volunteers with nonprofit agencies who need them. Please consider making a donation to ensure that VRC continues to perform its vital role as a volunteer pipeline, counseling and connecting individuals and groups who want to serve, with our more than 300 partner agencies.

Best wishes for a safe and healthy summer.

Patricia Girardi
Executive Director
Volunteer Referral Center
volunteer-referral.org

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You Can Make a Difference

DONATE

Prospect Park Alliance

The Alliance cares for the woodlands and natural areas, restores the Park's buildings and landscapes, creates innovative Park destinations, and provides free or low-cost volunteer, education and recreation programs.

Interested in dedicating your time to help keep Prospect Park green and vibrant? Prospect Park Alliance has new volunteer opportunities for the months of July and August 2020.

Community Groups: We cannot accommodate large groups at this time, but we welcome your group members to register individually for our summer events.

Volunteer Greeters

Every weekend, July 18 - August 30, Prospect Park Alliance Volunteer Greeters will engage the public to help keep the park green and vibrant: providing information and resources to fellow community members so they can help care for the park.

The Alliance is actively seeking volunteers from all communities around the park to join this effort. [Register for a Volunteer Greeter Training with Prospect Park Alliance.](#)

Green and Go Kits

Join Prospect Park Alliance to help serve our community this summer!

Join Prospect Park Alliance to help keep our park clean this summer! On weekends, July 11 - August 30, Prospect Park Alliance will loan Green and Go Kits to volunteers at various locations around the park. These kits include a trash grabber, garbage bags and gloves. Green and Go Kits will be available on a first-come, first-served basis. Register here to help keep Prospect Park clean: <https://www.prospectpark.org/get-involved/volunteer/volunteer-registration/>

To Create a Volunteer Profile - please click here: [volunteer-application](#)



Fresh Air Fund

Transforming Lives. One Summer at a Time.

Since 1877, The Fresh Air Fund has unlocked the limitless potential of more than 1.8 million New York City children from low-income communities. Each year, thousands of children enjoy summer adventures through visits with volunteer host families along the East Coast and Southern Canada and at the Fund's six overnight camps in upstate, NY. Fresh Air children also participate in year-round leadership and educational programs.

Virtually Mentor HS Students for the Fresh Air Fund: Weeknights 6-8 PM

Virtually support a group of high school students through the process of applying and preparing for college!

Volunteers will help students prepare for college through a series of weekly mentoring sessions covering topics including:

- Resume writing and interview coaching
- Money management and financial literacy
- Decisions and consequences
- Setting goals and college decisions
- Mental/ emotional Health
- Self-advocacy / civic action.

Volunteers commit to attending weekly virtual mentoring sessions on Wednesday evenings from 6:00 pm - 8:00 pm. We are recruiting new mentors for the 2020 -2021 school year which runs from late- September through early-May (with a break from mid-December through the end of January). Volunteers are required to complete a background check and attend a virtual mentor orientation.

For more information, please contact Victoria Thornton at vtornton@freshair.org or [212-897-8926](tel:212-897-8926).



Habitat for Humanity ReStore

ReStore volunteers have the opportunity to help with a variety of tasks including; assisting customers, staging the sales floor, pricing and merchandising, repairing donations, and even donation procurement!

All volunteers interested in volunteering at the ReStore are required to complete a ReStore Volunteer training.

HOW TO SIGN UP:

Trainings are held in person at the ReStore and Online.



In-Person Trainings:

Trainings are held at our ReStore located at 62-01 Northern Blvd, Woodside, NY 11377.

1. Create a new account on <http://restore.habitatnyc.volunteerhub.com/events/index>
2. After logging in, select "ReStore" from the home page
3. Select a "ReStore Volunteer Training"
4. You will receive a confirmation email

Online Trainings:

Online trainings are quick, easy, and convenient! Start volunteering today by completing the online training via this link: <http://bit.ly/NYReStoreTraining>

Doula Program

Our mission is to minimize the emotional, spiritual, social isolation and loneliness that so many individuals experience at the end of life. The Doula Program to Accompany and Comfort trains, carefully matches and supervises Doula Volunteers who visit individuals facing life threatening illness in their homes, healthcare facilities (nursing homes/assisted living), and in hospitals.

BECOMING A DOULA VOLUNTEER

Our Doula Volunteers are trained over an eight-week period. The Doula Volunteer Training is led by professional staff with expertise in end of life.



The training is interactive and consists of experiential exercises, assigned readings, discussion and lecture. The men and women who become Doula Volunteers get to know the person they visit beyond their diagnosis, sharing this end stage of life, as illness progresses.

Doula Volunteers receive weekly supervision from professional staff and attend regular continuing education meetings at which they share experiences and receive additional training. Annual activities are held to bring together the Doula Volunteer community as well as honor the lives of those whom the Doula Volunteers have served.

Please note: We currently do not accept individuals who are healthcare or social service professionals to become Doula Volunteers. However, we do offer professional training on end of life issues.

OTHER OPPORTUNITIES TO VOLUNTEER

We welcome your expertise. There are one-time and ongoing opportunities to help support the Organization. These include events planning, fundraising, PR/marketing, IT, data entry and general office assistance. .

To learn more about becoming a Doula Volunteer or General Volunteer, e-mail Laurie Massry at lmassry@doulaprogram.org or call the Doula Program office at 212 706 0398.

Long-Term Care Ombudsman

The Ombudsman Program is an effective advocate and resource for older adults and people with disabilities who live in nursing homes, assisted living, and other licensed adult care homes. The Ombudsman program uses volunteers as advocates to help residents understand and exercise their rights to good care in an environment that promotes and protects their dignity and quality of life.



Become an Ombudsmen Volunteer

Ombudsmen help residents understand and exercise their rights to good care in an environment that promotes and protects their dignity and quality of life. ... In New York State, the Office of the State Long Term Care Ombudsman is an independent office administratively housed in the New York State Office for the Aging.

Our volunteers go through a 42-hour training program and are then certified by the state. Once certified, volunteers are assigned to a facility to work with the residents. If you are interested in learning more about the LTCOP or are interested in becoming a certified ombudsman, please contact the LTCOP Volunteer Coordinator Mary Jane Wolper at mwolper@cidny.org or call [212-812-2913](tel:212-812-2913). The next training will be in Spring 2021.

Our Manhattan office serves people in the Bronx, Manhattan, and Staten Island. The Queens office serves Brooklyn and Queens, including Far Rockaway.

Governors Island

VOLUNTEER ON GOVERNORS ISLAND

Governors Island relies on dedicated volunteers to keep this incredible public space welcoming and beautiful for all. Our volunteer program has something for everyone, whether you're hoping to try your hand at gardening, meet new people, or become a true Island insider.

In response to COVID-19, the Island will be implementing new health and safety protocols to ensure that all visitors and volunteers can practice social distancing on ferries and while on the Island. Check out the volunteer opportunities below and join our community.

VOLUNTEER OPPORTUNITIES

Island Ambassador

Want to share your enthusiasm about Governors Island with other visitors and help build a community of supporters?

Island Ambassadors:

- Serve as a friendly, helpful and informative resource for visitors around the Island
- Answer visitors' questions about the Island's events and attractions
- Provide directions to visitors to navigate around the Island
- Help staff the Island's welcome center and info desk

Governors Gardener

Got a green thumb? As a Gardening Volunteer, you will assist the Trust for Governors Island Horticulture Staff in caring for the Island's sprawling meadows, young forest groves, ornamental flowerbeds and landscaped hillsides. Governors Gardeners:

- Perform seasonal gardening tasks including planting, pruning, weeding, watering, raking, mulching and transplanting (all require ability to bend, lift, and kneel)
- Learn to identify and remove invasive plants
- Serve as a friendly, helpful and informative resource for visitors

Apply Now! <https://app.betterimpact.com/PublicOrganization/2ac58a29-d593-4b6f-b7fa-79fcd982bcbd/1>



New Alternatives for Children

Help a Non-Profit Get Kids Moving!

New Alternatives for Children (NAC) is a unique, award-winning child welfare agency offering strength-based social services, medical and mental healthcare, and a wide variety of wraparound services. NAC's mission is to provide innovative high-quality services in support of birth, foster and adoptive families caring primarily for medically fragile children, often in combination with mental health, behavioral and/or developmental disabilities. NAC's services enable children to remain in or to be returned to their families whenever possible or to be adopted by loving families.



Since the start of the pandemic, NAC practitioners have been at the frontline, delivering critical services to every client and family – either through remote calls or in-person visits. Staff is working to ensure the mental and physical well-being of our children and youth. We believe, more than ever, this is a time to make sure kids keep active.

In response to COVID-19, NAC has launched an initiative called “**Let’s Get Moving**”! We are compiling a selection of instructional Exercise, Dance and Yoga videos to help get pre-K, Elementary, Middle and High School kids moving! Whatever your passion may be, we would love to receive videos encouraging NAC children to keep mentally and physically fit, either at home or in a (socially distanced) outdoor space.

To become a virtual volunteer, just click [here](#) for more information.

NYC H2O

Join NYC H2O and the NYC Parks Department as we pull invasive weeds and plant native flowers on the causeway between Basins 2 and 3.

The Ridgewood Reservoir in Highland Park is a 50+ acre natural oasis that straddles the border of Brooklyn and Queens. Built in 1859 to supply the once independent City of Brooklyn with high quality water, it became obsolete with the addition of new reservoirs in the Catskills in the 1950's and was decommissioned in the 1980's. Since then, nature took its course in a perfect case study of ecological succession. A lush and dense forest has grown in its two outside basins while a freshwater pond with waterfowl sits in the middle basin. This fresh water source is critical to migrating birds on the Atlantic Flyway.



We will meet in the parking lot on Vermont Place, Brooklyn, NY 11207 across the street from the reservoir.

Date And Time

Sun, August 2, 2020
9:00 AM – 11:30 AM EDT

Location

Ridgewood Reservoir
58-2 Vermont Place
Queens, NY 11385
[View Map](#)

Register here: [volunteer-landscaping-at-the-ridgewood-reservoir-tickets-113912039978](https://www.ticketmaster.com/volunteer-landscaping-at-the-ridgewood-reservoir-tickets-113912039978)

*Due to COVID-19 precautions we can only have 25 socially distanced volunteers working at a time.

City Harvest

Our volunteers are critical to our work year-round, but we especially need their support now, while we are ramping up our food rescue operations.

Volunteers are needed to help pre-pack produce and pantry packs for easy distribution by our partner agencies and at our Mobile Markets.

In accordance with guidelines from the Centers for Disease Control and Prevention (CDC) and the New York City and State Departments of Health, we are requiring all volunteers to abide by our updated Volunteer Policies (linked on our Volunteer Portal). Additionally, new requirements from the City of New York stipulate that we only engage volunteers under the age of 65 and those without chronic health conditions. All volunteers and staff at our Food Rescue Facility and Mobile Markets are required to wear face masks to prevent the spread of COVID-19 and protect our volunteers, clients, and staff. All volunteers should provide their own face coverings and may be dismissed from a project if they arrive without a mask. Dust masks, scarves, bandannas, etc. are all acceptable as long as the mask covers the nose and mouth.

New to City Harvest? Email volunteerservices@cityharvest.org to get started, and feel free to reach out with any questions. In addition, attending an Orientation would be the best way to find out more of what we do.

The first step and information about how to sign up for an Orientation click [here](#). [Please check our Volunteer Portal for upcoming opportunities](#). Haven't volunteered with City Harvest before? You'll need to [create an account](#) before signing up.



DONATE



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