



2020 VOLUNTEER OPPORTUNITIES

Volunteers bring many skills, talents and interests to their volunteer experiences with FSW. We find that some people want to share their skills and talents, while others want to try something completely different, like pursuing an interest that they have never had time to develop on their own.

Hopefully, we can help you do both! Outlined below are our 2020 FSW volunteer opportunities, first broken out by your potential interests and talents and then categorized by the time commitment they require. As you'll see, there's a great deal of creativity and flexibility involved, so if you don't see exactly what you're looking for, be sure to contact us and ASK. Chances are, we can tailor a volunteer opportunity for you or your organization that will be a perfect fit!

1. CHOOSE BY YOUR INTERESTS AND TALENTS

CHILDREN

Big Brothers Big Sisters (Westchester & Southern Putnam County)

- Become a mentor:** A mentor spends one-on-one time in the community engaged in activities with a youngster on a regular basis. Matches of "Littles" (ages 7 to 17) with "Bigs" (adults) are carefully made and receive ongoing support from BBBS staff. Special events are planned during the year to bring program participants together in sports and cultural settings.

- Design a clothing drive to benefit your organization:** Big Brothers Big Sisters operates a clothing donation business as an additional source of funding for its programs. When your organization runs a clothing drive, the funds raised benefit both your nonprofit, church or school club AND Big Brothers Big Sisters. Our trucks pick up the clothing you collect at your chosen site, weigh it and pay your organization based on the volume of clothing and accessories you have collected.

Become a Therapeutic Foster Parent (your own home and driving to appointments)

- Therapeutic Foster Parent:** Family Services of Westchester's Therapeutic Foster Care program recruits, trains, and supports specially certified foster parents to offer loving, stable homes for children who are unable to live with their birth parents or family members at the present time for various reasons. FSW's Therapeutic or treatment foster care (TFC) goes above and beyond typical foster care because the youth served may have medical or behavioral health needs that require more intensive and ongoing intervention and treatment than traditional foster care.

Therapeutic foster parents receive a tax-free daily stipend, so this is not strictly a volunteer opportunity, but we list it here because becoming a trained and certified foster parent is truly a calling, requiring the essence of volunteerism -- a giving and compassionate heart. Learn more at <https://www.fsw.org/our-programs/therapeutic-foster-care>.

Head Start (White Plains)

- Teacher's assistant:** Work with young children in a caring, nurturing and supportive environment. This is a wonderful opportunity to participate in the academic and social growth of our Head Start preschoolers. The classroom teacher will set the program and provide guidance to volunteers. Activities are preschool-focused and include story time, arts and crafts, learning good health practices, dress-up and outdoor play. The teacher assistant position requires a regular weekly commitment of time.
- Special program volunteer:** Special program volunteers add to our Head Start curriculum offerings through enrichment activities. Share your love of music by playing the guitar, read stories or create a fun art project to do with the children. You can come once or be with us on a regular basis — your choice!
- Dietician/nutritionist:** Visit our Head Start classrooms to explore the wonders of the food pyramid and the value of good eating habits with the children.

Camp Viva (Rhinebeck, NY, one week in late August)

- Counselor for children or adults:** Camp Viva is a specialty camp for individuals and families infected with or affected by HIV/AIDS. Counselors are assigned to units with children (ages 4 to teens) or adults. The camp is run as a traditional sleepaway camp with a variety of activities such as arts and crafts, drama, swimming, hiking, adventuring, boating and group experiences, although the

challenges campers face due to various physical, mental and socio-economic conditions makes Camp Viva's mission unique and uniquely inspiring.

TEENS & ADVOCACY

Westchester County Junior and Senior Youth Councils (White Plains)

- Interns and specialists:** Share your expertise with young adults who are eager to learn how to be articulate advocates for important youth issues. Guide them in planning events, writing press releases or developing their oral communication skills. Graphic artists can teach fundamentals in visual presentation tools. Advocacy experts can support teens in articulating a clear message to the right people and institutions. These volunteer opportunities can be short-term or for a semester as a student internship.

OLDER ADULTS

My Second Home (Mount Kisco) (Temporarily Closed)

- Friendly companion:** Make a difference in a senior's life! At our adult day program, our seniors are in the process of showing some — or many — signs of dementia and they need friendly and patient people to socialize with. Any intellectual interest will stir up conversations, or perhaps you would like to practice your English, German, Spanish or Italian. Simply sit and listen or hold a hand to show you care.

Maple House Enriched Housing (Ossining)

- Friendly conversation:** Residents in our Maple House Enriched Housing program are physically frail but thoroughly “with it” and engaging to talk to. In fact, many were — or still are — artists, musicians or photographers. For example, one resident we spoke with recently even has a book coming out soon.

However, Maple House residents, while ambulatory, don't get out as much as they would like so they'd like nothing more than meeting you or your group for conversation, board games or a singalong. Maple House, located on a lovely residential street just off Ossining's lovely downtown, has a spacious first floor gathering room with a piano and kitchenette that would be just perfect for your Scout troop or youth group to celebrate a holiday or drop in for an afternoon visit.

- Entertainer:** If you have a special talent to share, we have an audience to applaud you at either My Second Home (*Temporarily Closed*) or Maple House! Our participants love to have a good time, and they appreciate musicians, magicians, puppeteers, comedians, dancers and actors. Your show should last about 45 minutes to an hour and can be for seniors only at Maple House or for an

intergenerational group that includes young children from the Mount Kisco Child Care Center, which shares the My Second Home (*Temporarily Closed*) building. We need your talents throughout the year for different performances and a variety of presentations. Yours can be a one-time performance or ongoing by popular demand!

- Arts and crafts:** If you have an artistic talent or have expertise in baking, our participants love to use their hands, help create and delight in accomplishing interesting tasks. If you are a Scout or youth leader, we welcome your group to participate with the support of our program staff.

RideConnect (Katonah and throughout Westchester and southern Putnam Counties)

- RideConnect is seeking volunteers who are able to provide occasional rides to older adults in Westchester and southern Putnam Counties. By providing rides to medical, shopping or other errands/social events, RideConnect volunteers enable non-driving older adults to remain active and connected to their families, friends and communities.

If you're looking for an incredibly flexible volunteer opportunity, RideConnect is perfect for you. There is no fixed schedule, day or time that our volunteers are asked to drive. Volunteers can select rides based on what works for their schedule and can drive as often or as little as their other commitments allow.

RideConnect provides rides 7 days a week, so even if you have an hour or two once or twice a month, it helps get an older adult out into his or her community. Our RideConnect volunteers range from new mothers to college students to Realtors and salespeople who spend a lot of time behind the wheel during their work weeks. Our RideConnect volunteers like to say that we "don't just give rides, we change lives one ride at a time!" Find out more at <http://www.rideconnectwestchester.org/>

MUSIC & DRAMA

Head Start (White Plains)

- Share your love of music, play the guitar or perform a children's play.

White Plains Guest Home (White Plains)

- Residents in this assisted living facility enjoy music and drama. Need a venue for a dress rehearsal for your quartet? The Guest Home welcomes you!

My Second Home (Mount Kisco) (Temporarily Closed)

Participants at our elder day care program enjoy music and drama presentation of 45 minutes to an hour in length.

Maple House Enriched Housing (Ossining)

Residents in this assisted living facility enjoy music and drama, in fact, they just may play the piano to accompany you! Need a venue for a dress rehearsal for your class play or earning your Cub Scout performance badge? Maple House welcomes you and they'll probably even serve refreshments!

Camp Viva (Rhinebeck, NY)

Come to camp in Rhinebeck in August for a day and share your talent with adult or youth campers.

VOLUNTEERING AS A FAMILY OR INTERGENERATIONAL GROUP

Volunteering together as a family or intergenerational group sends a powerful message to children and teens that it's great to disconnect from devices and connect with a hands-on project, other families and your community. Here are some possibilities for your family or a group of families:

- Landscaping and yard maintenance at youth and adult residences*
- Organize a clothing drive anytime or a toy drive at holiday time*
- Make Thanksgiving boxes for families*
- Adopt a Family for the December holidays*

VOLUNTEERING AS A YOUTH GROUP (SCOUTS, CHURCH GROUP, SCHOOL CLUB, SERVICE GROUP, PERFORMING GROUP, ETC.)

- White Plains Guest Home*
- Maple House*
- My Second Home (Temporarily Closed)*
- Head Start*

SERVING ON ONE OF FAMILY SERVICES OF WESTCHESTER'S ADVISORY COMMITTEES, OUR JUNIOR BOARD OR BOARD OF DIRECTORS (PURCHASE AND MOUNT KISCO)

Our committee and board volunteers serve as liaisons to the Westchester community and bring their unique skills, talents and resources to the stewardship and operations of our organization. Board members are the vital links to other individuals, foundations, corporations and resources that enable FSW to provide the broadest possible range of

social and mental health services to strengthen and support Westchester families, children and individuals.

Our board and advisory council opportunities are:

- FSW Board of Directors*
- FSW Junior Board*
- Big Brothers Big Sisters Advisory Council Board*
- Friends of My Second Home*

2. CHOOSE BY THE LEVEL OF TIME COMMITMENT INVOLVED

We know your life is full of family, work and community responsibilities and we want you to know how much we appreciate your making time to volunteer for FSW. With the value of your time in mind, we've organized this section according to the level of time commitment you can reasonably expect to make.

Remember that we are grateful for any time and talent you can give us so it might be best to take it slow up front to make sure there's a good fit. You can always grow your commitment over time but the last thing we want is for you to jump in with both feet right away and end up feeling stressed and burned out from trying to juggle too much.

VOLUNTEER OCCASIONALLY

Youth outings and program activities (various locations)

Chaperone: Accompany youth on field trips and events.

Help out at a Big Brothers Big Sisters waitlist activity: Big Brothers Big Sisters holds group waitlist activities (e.g., bingo, bowling) and it's a great way for you to volunteer as an individual or as an in-service project for your company or group.

Help out at an FSW fundraiser or special event: FSW holds its major Star Gala fundraiser every April and a number of our programs hold fundraisers and special events, from golf outings to tennis evenings to holiday parties and casino nights.

Special program volunteer: Teach an art project, share music or a children's drama production, or teach nutrition or CPR at Head Start, My Second Home (*Temporarily Closed*) or Maple House.

Holiday food and toy drives: Organize, contribute and/or wrap and deliver to one of our many holiday food and toy drives such as Thanksgiving in a Box, SNUG Community Thanksgiving, Vet2Vet, Adopt-a-Family, Head Start's holiday toy drive and Big Brothers Big Sisters' holiday party.

Serve as a Big Brothers Big Sisters or My Second Home (*Temporarily Closed*) advisory committee member

Painting and landscaping: Gather a group to do a “done-in-a-day” painting project or plant a garden at one of FSW’s group residences

Help out in the FSW administrative offices: Help out with filing or data entry at FSW’s Purchase headquarters.

Be a day volunteer at Camp Viva (Rhinebeck, NY, one week in late August)
Spend a day at Camp Viva, FSW’s sleepaway camp for individuals and families infected with or affected by HIV/AIDS.

Help out at Latino Connections – Must be fluent in English and Spanish
The Latino Connections program provides socialization opportunities, educational workshops, support services and linkages to community resources for recently arrived Latino immigrants living in Port Chester.

Our Latino Connections program director is always looking for bilingual individuals to help with educational workshops, parent skills training, special events and translating English forms and informational materials into Spanish.

VOLUNTEER ONCE A MONTH

Head Start and Prime Time (White Plains)

Dietician/nutritionist: Nutrition is an essential element of our comprehensive early childhood programs. Teach parents the components of balanced family nutrition and share this knowledge with children through fun learning experiences.

VOLUNTEER 4 TO 6 HOURS PER MONTH

Big Brothers Big Sisters (throughout Westchester County)

Become a mentor: A mentor spends one-on-one time in the community engaged in activities with a youngster on a regular basis. Matches of “Littles” (ages 7 to 17) with “Bigs” (adults) are carefully made and receive ongoing support from BBBS staff. Special events are planned during the year to bring program participants together in sports and cultural settings.

VOLUNTEER WEEKLY

Head Start, Early Head Start or Prime Time (White Plains)

English language helpers: Volunteers work with parents to help develop English language skills. Days and evenings.

Teacher's assistant: Volunteers act as a teacher's assistant by reading, tutoring and nurturing children ages 3 – 5, Monday through Friday in White Plains.

My Second Home (Mount Kisco) (Temporarily Closed)

Friendly companion: My Second Home *(Temporarily Closed)* offers an affordable alternative to assisted living or nursing home care with a flexible social adult care program that provides individualized attention. Volunteers help coordinate and facilitate programs and activities such as Shiatsu massage, Reiki, Tai Chi, Yoga and other wellness activities. Other activities include aromatherapy, creative arts, computer access, crafts and pet therapy.

Volunteers can also supervise *intergenerational* experiences with children from the adjoining Mount Kisco Child Care Center.

Maple House Enriched Housing (Ossining)

Friendly conversation: Residents in our Maple House Enriched Housing program are physically frail but thoroughly “with it” and engaging to talk to. In fact, many were — or still are — artists, musicians or photographers. For example, one resident we spoke with recently even has a book coming out soon.

However, Maple House residents, while ambulatory, don't get out as much as they would like so they'd like nothing more than meeting you or your group for conversation, board games or a singalong. Maple House, located on a lovely residential street just off Ossining's lovely downtown, has a spacious first floor gathering room with a piano and kitchenette that would be just perfect for your Scout troop or youth group to celebrate a holiday or drop in for an afternoon visit.

Westchester County Senior and Junior Youth Councils (White Plains & various)

Member: The Westchester County Junior and Senior Youth Councils are made up of middle and high school students from throughout Westchester County. Youth develop leadership and advocacy skills as they identify needs and youth-related issues in our community and champion healthy life choices for youth from a holistic viewpoint.

SEMESTER-LONG INTERNSHIPS

- Internship with Head Start, Early Head Start or Prime Time (White Plains)* Interns work closely with Head Start staff to implement the comprehensive educational/social program. Responsibilities can range from classroom experiences to administrative tasks.
- Internship with the FSW Marketing and Communications Department (Purchase)* Assist the Marketing and Communications Department in its marketing and public relations initiatives, including digital and social media strategy and execution, writing articles and press releases, updating the FSW website, grant research and database management.
- Internship with Big Brothers Big Sisters (Purchase)* Assist the Director in managing the program, with a focus on recruitment of volunteers, growing the clothing donation program, event planning, community relations building and data entry.

LONGER-TERM OPEN-ENDED COMMITMENT

- Become a Therapeutic Foster Parent (your own home and driving to appointments)*
 - Therapeutic Foster Parent:** Family Services of Westchester's Therapeutic Foster Care program recruits, trains, and supports specially certified foster parents to offer loving, stable homes for children who are unable to live with their birth parents or family members at the present time for various reasons. FSW's Therapeutic or treatment foster care (TFC) goes above and beyond typical foster care because the youth served may have medical or behavioral health needs that require more intensive and ongoing intervention and treatment than traditional foster care.

Therapeutic foster parents receive a tax-free daily stipend, so this is not strictly a volunteer opportunity, but we list it here because becoming a trained and certified foster parent is truly a calling, requiring the essence of volunteerism -- a giving and compassionate heart. Learn more at <https://www.fsw.org/our-programs/therapeutic-foster-care>.

Thanks again for considering volunteering with Family Services of Westchester. Please check off your possible areas of interest and return the form via email to Valerie Brown, alicia.roda@fsw.org.

We look forward to making a difference together!