



LIVE UNITED[®]

**HEROES
WANTED**
VOLUNTEER TOOLKIT



Be a hero for the Central New York community by taking the initiative to give back. The value of your volunteering time may surprise you. According to Independent Sector, volunteering in New York State is worth \$28.06 per hour. What an amazing impact you can have on your community by donating your time to those who desperately need your help.

This Volunteer Toolkit will give you all the information you need to find an agency that is good fit for you and your unique skills. It is organized into seven unique categories to help you discover all of the volunteering opportunities that interest you most. Many of the agencies and organizations listed in this guide rely heavily on volunteers for day to day operations. Any time that you can donate is greatly appreciated; you are making a huge impact in your community when you volunteer.

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Animal

Volunteer Opportunities



The Central New York Society for the Prevention of Cruelty to Animals is committed to making our community a kinder and safer place for the animals who share it with us.

Volunteer opportunities include: Dog Walking, Cat Socialization, General Office, Community and Shelter Events, General Cleaning, and Grounds Keeping.

Contact: (315) 454-4479 or visit <http://www.cnyspca.org/volunteer-at-cny-sPCA/> for more information.



Helping Hounds Dog Rescue is a 501 (c) (3) nonprofit organization that works to find forever homes for rescue dogs in the Central New York area.

Volunteers are needed for several positions at Helping Hounds. Everyone who is accepted into the program must go through orientation and training, which takes several weeks to complete. Volunteers must be at least 14 years old, must attend training and orientation and required hours are 6 hours per month for 6 months.

Contact: Call (315) 446-5970 or visit info@helpinghoundsny.com for more information.



Purpose farm pairs youth ages 6-18 that have emotional trauma from neglect, abuse, and or being bullied and youth who have trouble adapting socially, with animals that have been rescued from similar circumstances. Volunteers must be able to help a minimum of 2 hours a week or bi-weekly to care for the animals and maintain the farm. You must be 18 or older to be a volunteer or between the ages of 13-17 if accompanied by an adult.

Volunteering opportunities include: Cleaning the pastures, Cleaning stalls, Cleaning barn, Dropping hay and feed, Picture taker, Lawn mowing and care, Gardening, Fundraising, Grant writer, and more!

Contact: Visit <http://purposefarm.org/volunteers.html> to apply or for more information.

THE HAVEN AT SKANDA

The Haven at Skanda is a nonprofit located in Cazenovia, NY that provides a loving home to rescued and endangered animals. The Haven provides preventive programs and education to the public, so that together we can create networks of support so no animal ever need suffer.

The Haven at Skanda is an all-volunteer organization. There are many volunteering opportunities in animal care, administration, and outdoor projects.

Contact: Call (315) 815-5056, email ellen@thehavenatskanda.org or visit <https://www.thehavenatskanda.org/volunteer-1/> for more information.

Education

Volunteer Opportunities



ARISE relies on the energy and talent of volunteers to help us accomplish all that we do. ARISE's dedicated volunteers are instrumental as they advocate for the interests of nearly 3,000 people with disabilities and their families each year. With your support, ARISE can help even more people live independently and can make a greater impact on societal attitudes and government policies.

There are many opportunities to get involved. These include ARISE at the farm, ARISE & ski, Ramp Program, and office work!

Contact: Visit <http://www.ariseinc.org/volunteer/> for more information.



Literacy CNY provides adults in Central New York with the literacy tools and skills that they need to be contributing, productive and engaged members of the community. They do this by advocating for adult education, providing instruction and partnering with other community based agencies.

Volunteer Opportunities include: 1:1 Adult ESL Tutoring, Assisting credentialed teachers within the network of Adult Education programs in the City of Syracuse, and Leading Conversation Groups for ESL students and providing Office and Event Support.

Contact: Caroline Bianchi at 315-471-1300, email cbianchi@literacycny.org, or visit <http://www.literacycny.org/volunteer/> for information.



Book Drive- Collect new children's books that will be distributed throughout Onondaga County to area agencies and organizations. These new books will also be used at the annual Christmas Bureau event in December.

Contact: Emily Winiecki (315) 428-2255 or visit <http://unitedway-cny.org/> for more information.



WCNY is Central New York's own member-supported public broadcasting station. As the public voice for Central New York, WCNY's mission is to connect with and give back to the community

Volunteer opportunities include: ReadOut, Auctions Office/Professional Help, and Education Center "Enterprise America".

Contact: Visit <http://www.wcny.org/support-wcny/volunteer/> for more information or to complete a volunteer signup form.



The vital work of the Westcott Community Center is made possible by people like you who contribute their unique backgrounds, talents and skill levels. Westcott Community Center has volunteer opportunities to match a wide range of interests and time commitments, adding flexibility to get you involved in an area that inspires you.

Contact: (315) 478-8634, email info@westcottcc.org, or visit <https://westcottcc.org/volunteer/> for more information.



The YMCAs of Greater Syracuse are diverse organizations of men, women and children joined by a shared commitment to strengthening the community by nurturing the potential of kids, promoting healthy living and fostering social responsibility. The YMCAs of Greater Syracuse are looking for volunteers to help out in various positions. All volunteers must participate in an orientation.

Contact: Visit <http://www.syracuse.ymca.org/programs/social-responsibility/volunteerism--giving.html> to learn more about specific volunteer opportunities and fill out an application for your local YMCA.

Environmental

Volunteer Opportunities



We need members to take an active role on both ongoing and time-limited projects. We would be grateful for your assistance with any of the following types of activities:

- Planning and organizing Chili Bowl Fest and Garden Tours
- Developing and implementing new fundraisers
- Researching, writing, and overseeing grant implementation
- Gardening at the Lily Pond and park entrances
- Inventorying the park trees and helping with replanting efforts
- Promoting and publicizing park events

Contact: Email thorndenpark@gmail.com or visit <http://www.thorndenpark.org/GetInvolved.aspx> for more information.

Financial

Volunteer Opportunities



Junior Achievement is a not-for-profit organization whose purpose is to inspire young people to succeed in a global economy. Since its founding in 1919, JA has contributed to the business and economics education of young people throughout the world.

Volunteer Information

All Junior Achievement needs is your enthusiasm, life experience and a willingness to teach children about how you took chances and shot for the stars. Junior Achievement provides the training, curriculum and a classroom ready to meet you.

Contact: Mary Ellen McArdle, Director of Development, at maryellen.mcardle@ja.org or (585) 327-7404 or visit <https://www.juniorachievement.org/web/ja-cuny>



Each tax season, Onondaga County CA\$H mobilizes volunteers to work as part of the VITA Program. During the tax season, VITA sites around the county provide tax return preparation and e-filing of both federal and state returns, at no charge, to families (married, filing jointly with three or more qualifying children) earning less than \$54,000 annually.

Volunteering opportunities include:

- Tax Preparer Become IRS –certified to prepare taxes
- CA\$H Site Volunteer- Distribute information & help filers find local financial resources & services

Contact: Emily Winiecki (315) 428-2255 or visit <http://cashcny.org/> for more information.

Health

Volunteer Opportunities



ACR Health is a not-for-profit, community-based organization providing a range of support services to individuals with chronic diseases, including HIV/AIDS, diabetes, heart disease, obesity, asthma, substance use disorders and serious mental illnesses, with the goal of positive health outcomes. Visit the ACR Health website to learn about upcoming volunteer opportunities.

Contact: Mary Doody at 800-475-2430, email volunteer@ACRHealth.org or visit <http://acrhealth.org/volunteers> for more information about volunteer opportunities.



Walk to End Alzheimer's – The Alzheimer's Association is looking for Committee Members for the Walk to End Alzheimer's Team and Walker Retention Committee. The Team Retention Committee Member should be responsible for cultivating and retaining a specific number of assigned teams. This position will work year round on Team Retention strategies including planning and executing the walk celebration and past team registration event(s).

Contact: Stephanie Neuman at 315-472-4201 or email sneuman@alz.org for more information.



American Red Cross

The American Red Cross is looking for volunteers to assist with blood drives either by being a blood donor, a front desk volunteer, a blood services driver, or by hosting your own blood drive!

Contact: (315) 234-2200 or visit www.redcross.org for more information.



Contact Community Services, Inc. is a multi-faceted organization that supports the social, emotional, behavioral and mental health of children, youth and adults.

Staffing the Hotline- Volunteers are asked to work a minimum of three shifts (12 hours) in the first six months of their commitment and two shifts (8 hours) a month after that.

Volunteering on Crisis Chat- Crisis Chat provides online emotional support.

Contact: Kristine Knutson at 315-251-1400 ext. 115, email kknutson@contactsyracuse.org, or visit <http://www.contactsyracuse.org/> for more information.



Hospice of Central New York is searching for compassionate, dedicated volunteers who wish to provide these kinds of supports to families and patients at the end-of-life. The fully trained Family Care Giver volunteers work with a professional Hospice team to help families care for their loved one, at home and in residential facilities.

Hospice of Central New York provides extensive training and support in order to make sure our volunteers are well-prepared and confident.

Contact: Michele Devlin or Pennie Stagnitta at 315-634-1100 or visit <https://www.hospicecny.org/hospice-volunteers> for more information.



Make-A-Wish Central New York relies heavily on volunteers for every aspect of our business.

Make-A-Wish matches volunteers to positions based on ability, interests and availability. Consider your goals, skills and purpose when you volunteer for the opportunity that best suits you. Note: Many volunteer positions require a background check plus ongoing training. All volunteers must be at least 18 years old.

Volunteer opportunities include:

- Fundraising
- Office Work
- Speaker's Bureau
- Special Events
- Translator
- Wish Granting

Contact: Mackenzie Delph at (315) 475-9474 or visit <http://cny.wish.org/ways-to-help/volunteering> for more information.



The mission of SUNY Upstate Medical University is to improve the health of the communities we serve through education, biomedical research and healthcare. Volunteer Services develops and supports a team of volunteers who serve our patients, their families, visitors and the staff who provide professional care at Upstate University Hospital.

Contact: Visit <http://www.upstate.edu/volunteers/> for more information.



MY SISTER'S CLOSET

My Sister's Closet- relies on donations from individuals, corporations and groups who run clothing drives. By donating to My Sister's Closet, you can help women feel good about themselves and be better prepared for finding jobs in their "new" clothes.

Donations Accepted

The clothing in My Sister's Closet is professional work attire for interviews or professional jobs.

Appreciated items are:

- Professional (cleaned) women's clothing, in sizes 12 and up.
- Scarves, jewelry
- Shoes
- Purses
- Pantyhose
- New make-up
- Shopping bags with handles

Contact: LaVergne Harden Danzy at (315) 471-9480 or visit http://www.ywca-syracuse.org/site/c.evKSIdOUliJaH/b.8102615/k.B3EA/My_Sisters_Closet.htm for more information.



Vera House is a comprehensive domestic and sexual violence service agency providing shelter, advocacy and counseling services for women, children & men, education and prevention programs and community coordination.

Volunteer opportunities include:

- Crisis call volunteer
- Family court volunteer
- Sexual assault volunteer advocate
- Shelter volunteer
- Non-direct service volunteer
- Speakers bureau volunteer
- Foster pet volunteer

Please check the Vera House website for volunteer requirements. Training is required and the minimum age to volunteer is 18.

Contact: (315) 425-0818 or visit <http://www.verahouse.org/volunteer> for more information.

Historical

Volunteer Opportunities



Through the preservation, reproduction, construction and interpretation of the Chittenango Landing industrial complex, this agency will provide the opportunity to learn of the construction and repair of canal boats and the social history of the Erie Canal era. Visit their website to see all of their volunteer opportunities.

Contact: Visit <http://chittenangoland.com/volunteer/> for more information.



Since its 1925 founding, the Cortland County Historical Society has engaged the community as a cultural partner providing perspective and context for understanding our unique past. Driven by its mission to inspire, the CCHS collects, preserves, and interprets the history of our community through a dynamic series of public programs, exhibits, tours, publications and outreach efforts. Volunteers are needed!

Contact: Visit <http://www.cortlandhistory.com/MakeADifference.aspx> for more information.



EVERSON MUSEUM OF ART

The Everson is home to approximately 11,000 works of art: American paintings, sculpture, drawings, video, graphics and one of the largest holdings of international ceramics in the nation.

For a rewarding volunteer experience in a beautiful setting, become a volunteer at the Everson Museum of Art. Positions include staffing the Museum Shop; greeting visitors at the Visitor Services Desk; working in the administrative office answering phones and assisting with mailings and other projects; and serving on special event committees organized by the Members' Council, such as the Trip Committee and Festival of Trees Committee.

Contact: Call (315) 474 6064 or visit <https://everson.org/about/opportunities> for more information.



Showcasing the only remaining weighlock building in the United States, the Erie Canal Museum collects and preserves Canal material, and provides engaging educational experiences and understanding of the Erie Canal.

Museum Docents: The primary role of Docents is to lead Museum tours for both school aged children and adult groups. Museum tours cover the areas of Erie Canal and New York State history, the Syracuse salt industry and the development of the city of Syracuse. Docents are selected through an application process.

Contact: (315) 471-0593, email director@eriecanalmuseum.org, or visit <http://eriecanalmuseum.org/jobs/> for more information.

Hunger and Homelessness

Volunteer Opportunities



Food Bank of Central New York serves as the main food distribution hub for hundreds of partner agencies that comprise the emergency food network in our 11 county service region across central and northern New York.

Volunteer opportunities include:

Grocer, Rescue Assistant, Office Assistant, Group Volunteering and Mobile Food Pantry Assistant

Contact: Shannon Griffin at (315) 437-1899 or visit <https://www.foodbankcny.org/get-involved/volunteer-opportunities/> more information.



The members of The Franciscan Church of the Assumption and the volunteers and the staff of nits Outreach Ministries seek to serve the spiritual and physical needs of the local community, especially those in need.

The volunteering opportunities at The Franciscan Church of the Assumption include working in the food pantry, the Poverello Health Center, the Northside Ministries, the Franciscan Place, the Assumption Church, and office work!

Contact: Jeffrey Schardt at 315-422-4833, email volunteer@assumptionsyr.org, or visit <http://assumptionchurchsyracuse.org/index.php?page=volunteer> for more information.



This program involves placing unwanted or unused items in the hands of community organizations and agencies in need. Do you or your family members have unwanted household items such as computers, kitchen items, bath towels, or bedding such as sheets, blankets, and comforters in good condition that can be donated? Gifts In Kind may be your solution. Gifts In Kind often coordinates with agencies and organizations that get the product to those in need.

Contact: Bob Frateschi (315) 428-2223 or visit <http://unitedway-cny.org/gifts-in-kind/> for more information.



Each day, volunteers help prepare, package, and distribute hundreds of nutritious meals to homebound seniors. The Meals on Wheels program **helps to preserve dignity** and independence of meal recipients by delaying nursing home placements, as well as reducing the frequency of hospitalizations. Food Service and Delivery Volunteers are needed!

Service Areas: Syracuse, Jordan-Elbridge, Nedrow, Skaneateles, and Onondaga Nation

Contact: Tina Casella at (315) 478-5948 or visit <http://meals.org/volunteer/> for more information.



The mission of North Area Meals on Wheels is to provide nutritious meals to seniors, the homebound and the disabled in northern Onondaga County, and to advocate for their overall well-being. Volunteers are needed as kitchen help, bakers, and drivers! You can commit to a couple of days, one day, or just a few hours!

Service Areas: Cicero, Clay, North Syracuse, Mattydale, Liverpool, Bridgeport, Baldwinsville, and Brewerton

Contact: (315) 452-1402 or visit <https://www.namow.org/volunteer> for more information.



PEACE, Inc. empowers people by providing them with the tools to overcome poverty, live with dignity and achieve their full potential. Become involved in their fight against poverty. PEACE, Inc. offers programs for people of all ages around the county, and volunteers can help in a variety of roles.

Contact: Visit <http://www.peace-caa.org/giving/volunteer/> for more information or to fill out a Volunteer Information Sheet.



No one should have to be hungry or homeless. It can happen for so many reasons and once there, it can be a difficult road back. You can help the Rescue Mission work to end hunger and homelessness by joining their mission. Volunteers must be at least 12 years of age.

Volunteer opportunities include: Serving meals, helping at our Thrifty Shopper stores, preparing Rescue Mission mailings and helping with special events.

Contact: Glenna Croy (315) 701-3842 or visit <https://rescuemissionalliance.org/volunteer/> for more information.



The Samaritan Center is committed to serving the hungry and those in need to promote their welfare dignity and self-sufficiency. Samaritan Center's mission has fought hunger in CNY by providing meals to anyone in need 7 days a week – no questions asked. The center is seeking volunteers to help serve and prepare for daily meals. Volunteers can come during our breakfast shift, meal prep shift and afternoon shift.

The Samaritan Center is family friendly and accepts volunteers from all ages, but we ask that children 10 years and under have a parent or guardian with them at all times.

Contact: (315) 472-6251, email volunteer@samcenter.org or visit <http://www.samcenter.org/how-you-can-help/volunteer> for more information.



Syracuse Habitat for Humanity is an affiliate of Habitat for Humanity International, a non-profit ecumenical agency whose mission is to eliminate substandard housing in the world.

Build Site- Syracuse Habitat for Humanity build site volunteers know that their work was vital to the building of one more home for a deserving, hardworking, low-income family. Must be at least 16 years old.

ReStore- Consider donating your leftover building materials to the Syracuse Habitat for Humanity ReStore. The ReStore is a retail space where people donate new or used building materials, fixtures, appliances, tools and other architectural pieces

Office Work- If you're looking for volunteer opportunities beyond the build site or want to stay involved between builds, consider helping out in the Syracuse Habitat office.

Contact: Email adminassist@syracusehabitat.org or visit <http://www.syracusehabitat.org/volunteer> for more information.



The Salvation Army of the Syracuse Area offers over 40 distinct services to residents of Onondaga County and serves more than 41,000 individuals each year. Many of their programs would not be possible without the thousands of hours that are donated each year by our generous volunteers.

Volunteer opportunities include: Day Care Centers & After School Program, Food Pantry, Senior Center, Emergency Shelter, Facilities Department and Administrative Support.

Contact: Josiah Benedict at (315) 434-1322 or visit <http://syracuseny.salvationarmy.org/SyracuseNY/Volunteer> for more information.

MLK  Day of Service
A DAY ON, NOT A DAY OFF

Each year, The Greater Syracuse Labor Council partners with the United Way of CNY for MLK Day of Service. “It’s a Day On” for giving back to our community not a “Day Off” from work. Hundreds of volunteers honor the legacy of Dr. King’s by coming together for the MLK Clothing and Food Drive where gently used clothing and non-perishable food is collected and donated to organizations serving those in need.

Contact: Shavel Edwards at 315-428-3028 for more information.



Matthew 25 Farm is a public charity with farm locations in Lafayette and Tully which works to ensure that no Central New Yorker goes without fresh produce. To accomplish this, they grow, harvest and distribute fresh vegetables and fruit to those in need throughout CNY.

Both Groups and Individuals can volunteer their time at the Matthew 25 Farm. They can always use help with planting, rock picking and later in the season with harvesting!

Contact: Email Matthew25Farm@yahoo.com or visit <http://www.matthew25farm.com/volunteers.htm> for more information.

Veteran Services

Volunteer Opportunities



Clear Path for Veterans is Upstate New York’s Veteran Resource Center serving as a hub of information, programs and resources.

Volunteers are recruited, trained and educated about military culture and understand the importance of “new” service, as it relates to a veteran’s reintegration into their community.

Volunteer opportunities include:

- Wingman Program
- Wednesday Canteen
- Saturday Warrior Reset
- Facility maintenance & care
- Special event set up & preparation
- Healing / Wellness Education
- Veteran Transportation / Mobility
- Office support / front desk
- Off-site information tables
- Cleaning, outdoor cleanup
- Hiking trail projects, gardening, weeding
- Strawberry Picking

Contact: Call 315-687-3300, email info@ClearPathForVets.com or visit <http://www.clearpath4vets.com/volunteer> for more information.



U.S. Department
of Veterans Affairs

VA Voluntary Service is committed to supporting the continued efforts of the VA by providing our veterans with the best possible health care services.

Patient Escorts- Assist in the internal transport of patients and supplies.

Clerical Support- Answer phones, patient callback reminders, filing, and greet patients.

Contact: Dennis Fogg at (315) 425-4681 or visit <https://www.syracuse.va.gov/giving/index.asp> for more information.

Donation Ideas

Other Ideas for Giving Back

If volunteering does not work for your schedule you can still give back to the community through donation. Here are some ideas on how to do so!



If you are an amazon user, please consider hooking your account to AmazonSmile. By shopping at smile.amazon.com you can pick a charity that amazon will donate a portion of your purchase to, at no cost to you. For more information, please go to <http://smile.amazon.com/about>



YMCA of Greater Syracuse Urban Swim Initiative

The YMCA Urban Swim Initiatives is an effort of the YMCA to address water safety in minority communities. This effort strives to decrease the number of swim related fatalities in urban communities. The YMCA Urban Swim Initiative addresses this concern through a multipronged approach that addresses the need for safety education, swim instruction, and family support.



You can join the YMCA in helping support the Urban Swim Initiative. Just purchase and donate a new swimsuit towards this program. It will be distributed during the summer water safety instruction to Syracuse youth in need, ensuring they are prepared to succeed and have fun.

Contact: Ryan Murray at 315 474 6851 ext. 342 for more information



The Community Shoebox Project provides basic need toiletry items such as soap and deodorant to those in need. These basic need items are not covered by SNAP (Supplemental Nutrition Assistance Program) and food banks/pantries do not usually supply these items. You can help by taking an ordinary shoebox and turn it into a gift of hope by filling it with basic needs items. These donated shoeboxes will be distributed by local agencies and organizations to homeless, displaced individuals and families in need.

Contact: Shavel Edwards at 315 428-3028 for more information.

Start a Drive

If you are looking for a way to give back to your community, starting a drive is an excellent idea! Drives can take place in many locations like neighborhoods, schools, and places of worship. These drives can include a non-perishable food drive to benefit your local foodbank or a toy drive to benefit your local Salvation Army. More ideas include a book drive, a bottle drive, and a coat drive.

Be a Santa's Helper

During the holiday season, answer a letter to Santa from a needy child. Visit your local participating post office to get a letter from an underprivileged kid, buy a gift, and mail your package.