



## Pursuing the Greater Good *from home*

From local nonprofits that support our senior population to organizations that feed families globally, there is no shortage of ways to get involved.

### Support **Local Rochester** Nonprofits:

#### Senior Care

**Lifespan of Greater Rochester:** Lifespan helps older adults and caregivers take on the challenges and opportunities of longer life. As a regional nonprofit, Lifespan is a trusted source of unbiased information, guidance and more than 30 services and advocacy for older adults and caregivers. Lifespan also provides training and education for allied professionals and the community

##### Volunteer Opportunities:

- Senior Outreach Team: Lifespan is seeking volunteers to make check-in calls to Lifespan clients and/or caregivers who could benefit from weekly contact. Interested individuals can email Deb Palumbos at [DPalumbos@lifespan-roch.org](mailto:DPalumbos@lifespan-roch.org) or call (585) 287-6428.
- Card Making: Lifespan is seeking volunteers to make cards for those in area nursing homes (many are prohibiting visitors). It can be a card, a letter, a picture, etc. Let your creativity shine! Kids are welcome to join in, too. Pretty much anything to show support or brighten someone's day! Cards can be mailed to: Attn: Julie Murawski, Lifespan, 1900 S. Clinton Ave., Rochester, NY 14618 and will then be distributed to area nursing homes.

**Jewish Family Services:** Jewish Family Services (JFS) strengthens all individuals, families and communities by providing comprehensive social services that are built upon the time honored Jewish traditions of dignity, kindness, and *tikkun olam*, improving the world.

##### Volunteer Opportunities:

- Senior Outreach Team: JFS is seeking volunteers to make check-in calls to help those who are unable to leave their homes. Interested individuals can email [volunteer@jfsrochester.org](mailto:volunteer@jfsrochester.org) or call (585) 461-0114.
- Card Making: JFS is seeking volunteers to make cards for those to help those who are unable to leave their home. Interested individuals can email [volunteer@jfsrochester.org](mailto:volunteer@jfsrochester.org) or call (585) 461-0114.

**Episcopal SeniorLife Communities:** Episcopal SeniorLife Communities are vibrant retirement communities, located on seven campuses throughout Monroe and Livingston County, they offer a complete array of senior living options and care services.

### Volunteer Opportunities:

- Senior Outreach Team: ESC is seeking volunteers some volunteers to help with making phone calls to residents for friendly check-ins. They are hoping to have a person check-in 1-2 times a week for social phone calls. Interested individuals can email Jennifer Rougeux at [jrougeux@episcopalseniorlife.org](mailto:jrougeux@episcopalseniorlife.org) or call at (585) 546-8400 x 3160.

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## Health & Wellness

**Ability Partners Foundation & CP Rochester:** [Ability Partners Foundation & CP Rochester](#) support individuals of all ages and abilities to determine their own pathway in life. They partner with the individual, their family, and the community to fulfill the individual's right to live a productive and rewarding life. CP Rochester provides a wide range of quality health, educational, and support services in the greater Rochester area to assist individuals in achieving their goals.

### Volunteer Opportunities:

- Virtual Advocate: Due to current circumstances the Ability Partners Foundation needed to move their [annual Autism Awareness Walk onto a virtual platform](#). To encourage event participation the AP Foundation is seeking volunteers to create video clips about how individuals are staying active throughout these trying times. The sky is the limit! Record yourself on the treadmill, doing yoga, or juggling! Videos should include the tag line "We are doing our part to raise awareness for Autism. Join us and get moving!" Videos need to be in by April 15<sup>th</sup>. Videos can be emailed to Tina Bennett at [TBennett@cprochester.org](mailto:TBennett@cprochester.org).
- Autism Awareness Walk Participant: You can start a virtual team OR join the walk yourself by registering [here!](#)

**Sustain, Inspire, Survive:** [Sustain, Inspire, Survive](#) is committed to improving the quality of life for those who are battling breast cancer. We do this by providing financial assistance, essential services, and quality of life enhancements during treatment to those in need. For all opportunities below, interested volunteers can contact Lizanne at [lizannevolunteer@gmail.com](mailto:lizannevolunteer@gmail.com).

### Volunteer Opportunities:

- Sponsor Webpage Designer: SIS is seeking an individual with webpage design skills to help highlight business that sponsor the nonprofit on their website.
- Application Portal Design: SIS is seeking an individual to create a secure, HIPPA compliant online patient application portal that would work with all types of mobile devices.
- Graphic Designers: SIS is seeking individuals with graphic design skills that can help them rebrand event logos and create marketing materials around upcoming events in the fall. Other projects include: brochures, informational packets, and sponsor materials.
- Virtual Fundraiser: SIS is seeking individuals interested in creating an online fundraiser that could become a legacy event for the organization.

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## Youth Education & Development

**Urban League of Rochester:** [Urban League of Rochester](#) works to enable African-Americans, Latinos, the poor and other disadvantaged to secure economic self-reliance, parity and power and civil rights. The Urban League of Rochester is looking for support specifically for their:

**Project Achieve & Project Excel:** This program prepares students grades 6 to 8 for the transition into a successful high school career. Staff provides academic support through homework help, tutoring, and literacy activities. Students engage in enrichment activities that strengthen their academic, social and leadership skills and expose them to the community's cultural resources.

**Project Ready STEAM:** This program provides African American males and females in grades 8 to 12 with the support, guidance and encouragement needed to prepare them for a bright and promising future. Students engage in a curriculum that prepares them academically, socially, and culturally for college and careers, while exploring the STEAM field. Each component of the Academy provides academic support cultural enrichment and leadership development. The goals of the Academy are to promote school retention, academic accomplishment, college preparation, social development and cultural awareness.

The middle school and high school programs meet separately, but all attend schools in Monroe County, especially RCSD.

### Volunteer Opportunities:

- [Virtual Engagement Volunteers:](#) Currently, this program is being implemented virtually now includes the opportunity to engage with guest speakers and tutors (some students have homework and/or virtual class). Urban League of Rochester is seeking volunteers to be a guest speaker, tutor, or other mentoring roles that engage with the programs. Interested individuals can email Charisma Travis at [cdupree@ulr.org](mailto:cdupree@ulr.org).

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## Refugee Services

**Deaf Refugee Advocacy:** [Deaf Refugee Advocacy](#) recognizes that Deaf refugees have unique needs that are best served and assisted by the general Deaf community. Their mission is to collaborate and serve as a bridge with current organizations and agencies to ensure inclusion of Deaf refugees into the Rochester Deaf community and into general society by providing assistance as they strive to be self-sustaining neighbors while still retaining their own cultural heritage, identity, language, and religion. For all the opportunities below, interested individuals should contact Diana Pryntz at 585-286-3440 (VP number) or email [DeafRAContact@gmail.com](mailto:DeafRAContact@gmail.com).

### Volunteer Opportunities:

- [Development & Fundraising:](#) Deaf Refugee Advocacy is seeking individuals to help in the planning of fundraising events with the DRA Fundraising Director.

- Grant Writing: DRA is seeking individuals interested in researching grant opportunities and applying for funding opportunities alongside the DRA Fundraising Director.
- Microbusiness Enterprise: DRA is seeking an individual to work alongside the DRA Special Projects Director to develop a Microbusiness Enterprise Proposal.
- Curriculum Development: DRA is seeking individuals interested in developing and finalizing an educational curriculum with the DRA Education Program Director.
- Client Services: DRA is seeking an individual to develop a Client Services In-Take Process with the DRA Client Services Director.
- Social Media Support: DRA is seeking volunteers to help develop scripts and create vlogs for the DRA social media alongside the DRA Communications Director.

**Rochester Global Refugee Services:** [Rochester Global Refugee Services](#) aims to promote understanding, advocacy, and bridging the gaps between new American families and their new community and all of its resources. For all opportunities below, interested individuals should email Faziri Renzaho at [info.rocgrs@gmail.com](mailto:info.rocgrs@gmail.com) or call (585)465-7802.

#### **Volunteer Opportunities:**

- Website Designer: RGRS is seeking an individual with webpage design skills to help update their current website.
- Service Database: RGRS is seeking an individual to help curate an online service database for the RGRS community.

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Looking for an updated list of the needs of local Rochester Nonprofits? Check out the [Rochester Community Wishbook!](#)

## **Support Global Efforts:**

### **Youth Education & Development**

**Junior Achievement USA:** [Junior Achievement USA](#) works to inspire and prepare young people to succeed in a global economy. This spring, many schools are closing and switching to online programming in response to COVID-19. Junior Achievement is dedicated to helping their kids plan for the future and focus on their dreams by providing teachers and parents with free online resources.

#### **Volunteer Opportunities:**

- Virtual JA Volunteer: JA is seeking [volunteers](#) to record and share a video of yourself answering the following questions: "Tell us a bit about what you do for a living, what most influenced you to choose that career?, If there's one piece of advice you could give to a young person about achieving their dreams, what would it be?" Once you have your video created upload the post to your social media and be sure to tag Junior Achievement USA: Instagram @junioracheivementUSA or Twitter @JA\_USA

**Smithsonian Digital Volunteers: Transcription Center:** [Smithsonian Digital Volunteers: Transcription Center](#) seeks to engage the public in making our collections more accessible. They are working hand-in-hand with digital volunteers to transcribe historic documents and collection records to facilitate research and excite the learning in everyone.

#### **Volunteer Opportunities:**

- [Digital Transcription Volunteers:](#) Become a Smithsonian Digital Volunteer and help the organization make historical documents and biodiversity data more accessible. Volunteers can register by visiting the organization's website linked [here](#).

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## **Global Fundraising Opportunities:**

### **Family & Youth Services**

**Feeding Children Everywhere:** [Feeding Children Everywhere](#) is committed to activating people for a hunger-free world. You may recognize this organization from our RIT Hunger Projects, but FCE also provides services directly to families in need through their [Full Cart program](#). The Full Cart program addresses the root cause of hunger by recognizing that the cost of living is the primary driver of food insecurity in America today. Full Cart allows families to extend their grocery budget and eliminate food insecurity in their homes. Families receive a box of food containing meal kits, popular grocery items, side dishes, snacks, and fresh produce delivered to their front door. There is no charge for the food, eligible families will simply pay for a reduced shipping cost to participate at FullCart.org.

Donations help real families in need of emergency assistance due to the recent outbreak of COVID-19. For every \$15 that is donated, they will send a bag of fresh groceries directly to a family's door. Learn more by following this [link](#).

**Save the Children:** [Save the Children](#) is partnering with [No Kid Hungry](#) to make sure schools and community programs have the support they need to keep children fed during the pandemic. These organizations are seeking donations today to help make sure schools and community programs have the support they need to keep feeding children during the pandemic. Donations will also support the important work of meeting the health, education and nutrition needs of kids in other countries impacted by coronavirus. Learn more by following this [link](#).

**First Book:** [First Book](#) believes that education is the best way out of poverty for children in need. First Book aims to remove barriers to quality education for all kids by making everything from new, high-quality books and educational resources to sports equipment, winter coats, snacks, and more – affordable to its member network of more than 450,000 educators who exclusively serve kids in need. This organization has the goal of delivering seven million books to children in the United States who do not have internet access or home libraries so they can continue learning while schools are closed. To support their cause and learn more follow this [link](#).

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## Health & Wellness

**Relief International:** [Relief International](#) operates in 16 countries throughout Africa, the Middle East and Asia, has focused some of its efforts on helping Iran, where more than 20,000 infections and at least 1,500 deaths have been reported. The group has so far provided more than 50,000 pieces of medical protective gear, including 24,000 masks and 5,000 pairs of goggles, as well as 40,000 kits to test for the coronavirus; 85 percent of all donated funds go directly to its programs. Learn more by following this [link](#).

**Heart to Heart International:** [Heart to Heart International](#) strengthens communities through improving health access, providing humanitarian development and administering crisis relief worldwide. They engage volunteers, collaborate with partners and deploy resources to achieve this mission. Heart to Heart is currently distributing urgently needed equipment and medication to its partners around the world. Medical supplies are also being delivered to providers on the front lines. To support this cause and learn more follow this [link](#).

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For more information on Nonprofits who are working to fight this global crisis check out [Charity Navigator!](#) Here you will find a number of highly-rated charities that have created funds to support communities around the world affected by the outbreak.

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## Reporting your **Service Efforts!**

Make sure to submit your volunteer efforts to the Center for Leadership & Civic Engagement by following this [link](#).