HOME. OF MAKING A DIFFERENCE.

REACH OUT SAINT ROSE
A GUIDE TO COMMUNITY SERVICE: 2019-2020
The Offices of Campus Ministry and Community Service invite students to make a difference in the lives of others. This booklet is a resource for those who would like to make volunteering a part of their time at The College of Saint Rose. The mission and vision of the founders of the College, the Sisters of Saint Joseph, inspire each of us to contribute actively as caring individuals to the larger community. Being of service in the world around us continues to be seen as an essential part of each person’s education.

For some, compassion finds its roots in religious beliefs and spiritual practices. For others, its source is in a learned sense that we have a civic responsibility to one another as coinhabitants of this planet. Reaching out with compassion has the potential to not only affect others, but ourselves as well.

Whatever the source of your desire to be of service, we hope the information in this booklet will help you find the best fit between your gifts and the needs of the world.

If you have any questions about volunteer opportunities, and how to decide which one is right for you, feel free to call the Office of Spiritual Life at 454-5250. We believe that each individual has the ability to contribute in positive ways to the lives of others and to the care of the Earth. We hope the information here encourages you to discover these possibilities within yourself!

### TABLE OF CONTENTS

- **HOW DO I GET INVOLVED?** ............................................................ 3
- **VOLUNTEER OPPORTUNITIES LISTED BY CATEGORY** .................. 5
- **LONG-TERM OPPORTUNITIES** .................................................. 13
- **SERVICE BEYOND OUR BORDERS** .......................................... 15
- **WINTER BREAK SERVICE TRIPS** .............................................. 16
- **SPRING BREAK SERVICE TRIPS** .............................................. 17
- **REACH OUT SAINT ROSE DAY** ................................................... 18
‘An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.”

-Martin Luther King, Jr.

“Community service means facing fears—fears dealing with race, poverty, violence, sickness and your own security. At first, it threatened to dismantle my pure optimism about the world. Now I can see that my service in the community has strengthened my optimism.”

-Christine Hmiel, Former Campus President, Habitat for Humanity

“To share often and much... to know even one life has breathed easier because you have lived. This is to have succeeded.”

-Ralph Waldo Emerson

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

-Margaret Mead

“Let us touch the dying, the poor, the lonely and the unwanted according to the graces we have received and let us not be ashamed or slow to do this humble work.”

-Mother Teresa

“I am only one; but still I am one. I cannot do everything, but still I can do something. I will not refuse to do the thing I can do.”

-Helen Keller

“Be the change you want to see in the world”

-Gandhi
**STEP 1: It Begins With a Choice**

Make up a list of people or organizations you would like to help.

Is there a cause that means a lot to you? What are your strengths and talents? Might there be an experience that could help you build up a resume? Is there something new you’ve been wanting to try?

Be realistic about the amount of free time you have to volunteer.

You don’t want to over commit yourself. Once you make a commitment, people will be counting on you. There are lots of choices about how much time to offer – once a week, once a month, once a year. You could start with a one-time project that just needs a few hours of your time and see what that is like. You could even try a few different organizations before you make a larger commitment.

Contact an organization.

Making the initial phone call or email is the first hurdle. When you call the agency ask to speak to the volunteer coordinator. They can be very busy people so you may have to be persistent and more than one call may be needed in order to make the connection. Their job is to help make the best fit between you and the needs of their agency. Be honest about your interests, free time and limitations. And don’t be afraid to continue to offer feedback about your experience along the way. It can be helpful to the organization to get feedback from you about your experience — Let them know how it’s going for you!

**STEP 2: Getting Ready. What Do You Need to Know?**

Spend time thinking about what your help will mean to others.

Some projects are “behind-the-scenes” work and others bring you face-to-face with people in need. All tasks no matter how small make a difference to individuals and to the organization.

What’s needed?

Check in with the organization about the work you will be doing so you can be dressed appropriately (especially in regard to footwear.) There may be materials you need to bring along. For organizations where you will be working with children it is not uncommon for them to require a background check. Don’t take it personally — they are following the law. It can be an inconvenience but don’t let it be an obstacle if you’d like to work with kids.

Gather background information.

Find out about the organization you will be working for, who will be helped by your efforts and why it matters. All this will help you get more out of what you are doing. You can also ask questions when you get there.
STEP 3: Volunteer.
Get The Most Out Of It.

Do your part.
Arrive on time, dress for the work and bring what’s needed. This helps make sure you don’t give the project coordinator one more thing to worry about and helps make a good impression.

Don’t over do it!
Take breaks to eat, get a drink, meet the folks around you, and remind yourself of the value of what you are doing. Think about the people you are helping and what it would be like to be in their shoes. Cultivate compassion — even when it’s challenging!

Gratitude is always a good attitude.
Thank those you are working with and the person who set up the experience for you. And... appreciate yourself for trying something new and giving of your time to be of service to others.

STEP 4: Think About It.
Reflect On The Experience

What was it like?
Who did you help? What did you see or hear? How did it fit with what you expected? What did you learn? How did you feel – pluses and minuses? What questions does it bring up for you? Would you do anything differently next time?

How did you make a difference?
Sometimes the work is geared toward helping out folks in need and sometimes it is supporting the efforts of an organization. Volunteering usually brings up a mix of feelings and thoughts. Talk about or write about your experience. If you didn’t enjoy your experience, is there something you can change? Can you shift your perspective and see any of it from a different point of view?

Give yourself credit.
Appreciate the effort it took to make this happen! If your experience connects with your field of interest, add it to your resume. Get the contact names and numbers of the people who supervised you on the project and the volunteer coordinator.

What now?
What is next? Would you like more involvement with this organization or working some place new? Take what you have learned and let it guide you to what is the next step in the way of being of service in the world, finding your purpose and continuing to grow as a human being.
# VOLUNTEER OPPORTUNITIES: CATEGORY OF SERVICE

## ADOLESCENTS

<table>
<thead>
<tr>
<th>Service Name</th>
<th>Website</th>
<th>Contact Information</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Big Brothers/Big Sisters Campus Visits</strong></td>
<td><a href="http://www.bbbscr.org">www.bbbscr.org</a></td>
<td>On-Campus Contact: Ken Scott, 458.5359</td>
<td>W</td>
</tr>
<tr>
<td>Four times each semester, children from this program come to campus to participate in activities. Saint Rose students spend those Saturday mornings with their “little sisters and brothers.”</td>
<td></td>
<td></td>
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<tr>
<td><strong>Community Maternity Services</strong></td>
<td><a href="http://www.cccms.org">www.cccms.org</a></td>
<td>Contact: Tina Buonanno, <a href="mailto:tinab@cccms.org">tinab@cccms.org</a></td>
<td>W</td>
</tr>
<tr>
<td>Provides comprehensive assistive services to parenting adolescents and their children. Volunteers are needed to serve as Childcare Aides during Parenting Education classes. Opportunities also are available for volunteers to serve as tutors to teens living in CMS residential programs.</td>
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<td><strong>Equinox</strong></td>
<td><a href="http://www.equinoxinc.org">www.equinoxinc.org</a></td>
<td>Contact: Leah Bosquez, <a href="mailto:lbosquez@equinoxinc.org">lbosquez@equinoxinc.org</a></td>
<td>B C</td>
</tr>
<tr>
<td>Short-term shelter for homeless youth under 18, and supervised supportive apartment program for youth at risk of homelessness or currently homeless. Volunteers needed—either individuals to come once a week to spend time with youth and play games, talk, or do activities with them, or groups to come and plan an activity to do with the youth, such as cooking a meal or planning a program.</td>
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<tr>
<td><strong>LaSalle School</strong></td>
<td><a href="http://www.lasalle-school.org">www.lasalle-school.org</a></td>
<td>Contact: Jim Meyer</td>
<td>W</td>
</tr>
<tr>
<td>Provide a variety of therapeutic services to troubled adolescent males and their families. Most volunteers work in the afternoon recreation program, so must be available mid to late weekday afternoons. LaSalle is located right across the street from Saint Rose, so for those without transportation, this may be a good opportunity.</td>
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</tbody>
</table>

| **Parsons Child and Family Center**                | [www.parsonscenter.org](http://www.parsonscenter.org) | Contact: Fran Altshuler, altshuf@parsonscenter.org       | B C   |
| Provides a variety of services to emotionally troubled youth and their families. Volunteer opportunities include: Big Brothers/Big Sisters, arts and crafts aide, tutor/music instructor, maintenance, clerical, kitchen help, driver, child care services aide, study hall aide, babysitter, recreational activity aide, and skill development aide. It is preferred that volunteers commit to do at least 2 hours per week. | | | |

| **R. & E. May School**                             | [www.st-cath.org](http://www.st-cath.org)       | Contact: volunteer@st.-cath.org                          | W     |
| A private, not-for-profit, day treatment program for elementary age students in danger of attending a psychiatric institution. Volunteers in the past have been placed in a classroom working with children with mental and physical handicaps as well as those with learning disabilities. Volunteers must be mature and reliable. | | | |

| **Saint Anne’s Institute**                         | [www.stanneinstitute.org](http://www.stanneinstitute.org) | Contact: Darlene Suto                                      | W     |
| Operates residential and community-based prevention programs for young women ages 12-18 and their families. Saint Rose students volunteer to act as friends and mentors to girls who have lacked positive role models in their lives. Our Saint Rose mentors commit to spending two hours each week; time slots are available afternoons and evenings. | | | |

### Accessibility Notes

- **Walking distance**: On the CDTA bus lines (Check their schedules for details)
- **Shuttle van leaving from Lima Circle**: Need car or own form of transportation
AIDS/HIV SERVICES

Albany Medical Center - AIDS Unit
www.amc.edu • 262.3495 • 43 New Scotland Avenue
Albany NY • Contact: Kelly Morrone, morronk@mail.amc.edu
This facility, separate from the main AMC Campus, provides care and services for individuals with HIV and AIDS.
Volunteers cleaned the grounds and patient rooms and assisted by doing some filing. They also held a car wash to raise funds for the clinic. On-Campus Contact: Kari Murad, 454-5184.

Damien Center
www.albanydamiencenter.org • 449.7119
728 Madison Ave Suite 100, Albany, NY 12203
Contact: kareng@albanydamiencenter.org
Drop-in center providing hospitality, support, counsel, and resources to individuals living with HIV infection or AIDS and their caregivers. Volunteers are needed to serve as hosts, perform administrative functions, and various other duties. Damien Center also operates the Treasure Chest thrift shop where volunteers are needed to sort donated items and prepare them for donation, and is associated with the NAMES project of the Capital Region to display sections of the AIDS quilt in the Spring.

ANIMAL & PET PROGRAMS

Albany Therapeutic Riding Center
albanytherapeuticridingcenter.com • 765.2764
182 Martin Road, Voorheesville, NY 12186
Contact: Rebecca, volunteer4atrc@gmail.com
Offers therapeutic horseback riding to individuals with disabilities throughout the Capital Region. Volunteers are needed to assist with lessons by leading horses or acting as side walkers to provide physical support and encouragement to the riders. Volunteers can also assist in grooming and tacking or cleaning and repairing the facilities. Training is provided prior to assistance with lessons.

Mohawk Hudson Humane Society
www.mohawkhumane.org • 434.8128 • 3 Oakland Avenue, Menands, NY 12204 • Contact: Kathleen Farrell-Decker
The organization has been saving the lives of abused and unwanted animals since 1887. There are a variety of opportunities for volunteers depending on the level of commitment a person is able to make. Check their website for a detailed list of the many ways to get involved.

CHILDREN’S SERVICES & PROGRAMS

15 - Love, Capital Region Youth Tennis Foundation
www.15love.org • 438.2039 • 785 Washington Avenue, Albany, NY 12206 • Contact: Naomi-Spivey, naomispivey@15love.org
Program linking tennis with academic achievement in inner-city children. Volunteers are needed to tutor children in an after-school program. Must be available mid to late weekday afternoons.

Boys & Girls Clubs of Albany
www.bgcalbany.com • 462.5528 • 21 Delaware Ave., Albany, NY 12210 • Contact: Carly Smith, csmith@siena.edu
Various volunteer opportunities involving working with children ages 5 and up. Includes: tutoring, helping with homework, and helping with the recreational programs. Must be available mid to late weekday afternoons.

Farano House
482.8836 • 27 North Main, Albany, NY 12203
Contact: Tonya McQueen
A 6-bed temporary placement for children ages 2 - 12 with special needs who have experienced abuse and/or neglect in their homes. Volunteers interact with the children in residence through craft projects and play, and assist with homework, dinner prep, and getting ready for bedtime. Volunteers are needed evenings and weekends in this home-like setting.

Girls, Inc. - Capital Regional Chapter
www.girlsinccapitalregion.org • 374.9800 ext. 232
301 Washington Ave, 2nd Floor, Albany, NY 12206
Contact: Diana Suits
Free recreational, educational, and tutorial after-school-program for girls ages 6 - 13. Volunteer as a tutor or lead an activity in your area of interest (art, cooking, music, computer, etc.). The program hours are from 3:00 to 5:30 p.m.
Make-A-Wish
www.neny.wish.org • 456.9474 • 3 Washington Square, Albany, NY 12205 • Contact: Cindy Conley, cconley@neny.wish.org
Grants wishes to more than 25,000 children with life-threatening medical conditions each year. Volunteers are needed in many areas of expertise to make these gifts of hope possible. For more information, visit www.wish.org or email our local chapter at neny@wish.org.

Marillac Shelter
www.st-cath.org • 869.1960 • 195 Washington Avenue Extension Albany, NY 12203 • Contact: Maria O’Connor
Operated by Saint Catherine’s Center for Children, Marillac is a transitional program for homeless families. Single room apartments are available for temporary residence while the family receives various support services. Volunteers play with children in-residence and prepare a meal for the families. Volunteers are especially needed who are able to make a regular commitment over the course of the semester. Internship opportunities are also available.

Pine Hills Academy
College of Saint Rose Campus • On-campus contact: Marguerite Lodico, 458.5301 or Victoria Rotundi, 458-5349
Any member of the Saint Rose community can volunteer to mentor 3rd and 4th grade students from Pine Hills Elementary School. Volunteer from 3:20—4:20pm either on Monday/Wednesday or Tuesday/Thursday. You can even earn credit for this volunteer experience.

Public School Programs
www.albanyschools.org • 41 North Allen, Albany, NY 12203
On-Campus Contact: Ken Scott, 458.5359
Our neighborhood schools and the Office of Community Service design programs once or twice each semester to give our elementary-age neighbors an opportunity to experience college up close. This is designed to get them excited about their own educational futures and to encourage them to consider college as a future option. Saint Rose volunteers interact with the students and answer questions they have about college life.

RISSE: Immigrant and Refugee Families
www.risse-albany.org • Emmaus United Methodist Church 715 Morris St., Albany, NY 12208 • On-campus contact: Ken Scott, 458.5359, RISSE@strose.edu
Tutoring assistance is given to children who have experienced war, famine, and life in refugee camps before coming to the U.S. Children are in special need of English-speaking skills to keep up with their peers in the classrooms around the city of Albany schools where they attend.

Saint Catherine’s Center for Children—Brady House, Group Residence
www.st-cath.org • 465.8433 • 40 North Main Avenue, Albany, NY 12203 • volunteer@st-cath.org
Provides day and residential services designed to build strong, healthy families. Brady House is a group home for children ages 5 - 12. Volunteers are needed to interact with the children in-residence through play, crafts, and games.

Whitney M. Young, Jr. Health Center, Inc.
www.wmyhealth.org • 465.4771 • 920 Lark Drive, Albany, NY, 12207 • info@wmyhealth.org
The Pre-K Program stresses the importance of reading aloud to young children while encouraging them to begin to read on their own. Volunteers are asked to read children’s stories aloud to those children in the pediatric waiting room.

HOME. OF CHANGING LIVES.
Find out about Service Trips to Latin America. Call 454.5250 for more information on how you can embark on a life-changing journey to help others in need.
COMMUNITY SUPPORT

African American Cultural Center
www.aaccr.org • 461.3104 • 135 South Pearl St., Albany, NY 12202
This organization is dedicated to “educating, enriching and empowering residents of the Capital Region through educational, cultural and performing arts, programs, activities, and exhibits that promote awareness and raise the collective consciousness of all ethnicities to the rich and vibrant history, contribution, and culture of African Americans” (from the website.) It also seeks to build up communities through encouraging unity and the many elements that add to a neighborhood’s strengths and beauty.

Underground Railroad History Project
Myers Residence
www.undergroundrailroadhistory.org • 194 Livingston Ave., Albany, NY • Contact: Paul Stewart, 432.4432
Right here in Albany, we have a wonderful site that was part of the Underground Railroad. Be part of preserving and developing this site as well as educating others about the value of this historic location to our community.

DOMESTIC VIOLENCE

Mercy House
www.cchoalbany.org • 434.3531
12 St. Joseph’s Terrace, Albany, NY 12210
Contact: Frances Fox, seniormercy@yahoo.com
Operates a temporary shelter for individuals in a crisis situation. Volunteers are needed to sort donated clothes and toiletries for easy distribution to residents.

START Children’s Center
www.startchildrenscenter.org • 271.6001
127 Bloomingrove Dr., 2nd Floor North, Troy, NY 12180
Contact: Kevin Maloney, kmaloney@startcac.com
Provides advocacy and support services to child victims of physical and sexual abuse and their non-offending family members. Volunteer opportunities include Child/Family Advocate Assistant, office assistance, and special events volunteers. Volunteer schedules are varied, training is provided. Participation in a screening process is required to protect their clients.

ECONOMICALLY DISADVANTAGED

Emmaus House - Albany Catholic Worker
482.4966 • 45 Trinity Place, Albany, NY 12202
Contact: Fred Boehrer, catholicworkeralbany@gmail.com
Offers a unique opportunity for those committed to social justice. It provides long-term shelter for families in need and is family-operated based on the Catholic Worker model. Volunteer activities could include involvement in activism or direct service with families in residence. An individualized experience based on the volunteer’s unique talents and interests can be created for a committed individual.

FOCUS Churches of Albany
www.focuschurches.net • 443.0460 • 275 State Street, Albany, NY 12210 • info@focuschurches.net
FOCUS churches is a network of local churches working in partnership to respond to the needs of people living in poverty. Volunteer opportunities include: a food pantry, Winter Breakfast program, computers for kids, school supply drive and helping in their community gardens. Volunteer application available online.

Habitat for Humanity
www.habitatcd.org • 462.2993
454 N. Pearl Street, Albany, NY 12204
The on campus chapter will be traveling to build a site in Florida over Spring Break. Volunteers needed to assist in the construction process.” with “Volunteer opportunities include construction and working at the Habitat ReStore.

Trinity Alliance
www.trinityalliancealbany.org • 449.5155 ext. 127
15 Trinity Place, Albany, NY 12202
Contact: Sabrina, s.brewington@ta-cr.org
Trinity is known for its pioneering efforts in social service and health/wellness delivery. It works to improve neighborhoods with the intention of supporting individuals and families “from cradle to grave” – seeing a wide range of needs and building on an even wider range of strengths.

Unity House
www.unityhouseny.org
2431 Sixth Avenue, Troy, NY 12180
Social service agency offering Street Ministry; emergency food, counseling, welfare advocacy and aid to families in crisis. There are many avenues for assistance from volunteers working with children, adults and the elderly. Volunteer application available online.
**Elderly Support**

**Alzheimer's Association, Northeastern NY Chapter**
867.4999 • 85 Watervliet Avenue, Albany, NY 12206
Volunteer jobs are flexible, but must occur during working hours. Working hours are Monday - Friday from 9:00 a.m. to 4:30 p.m. Volunteer positions include: volunteer coordinators, resource librarians, support group volunteers, special event volunteers, and Help Line volunteers.

**Teresian House**
www.teresianhouse.com • 456.2000 ext. 214
200 Washington Ave. Ext., Albany, NY 12203
Serves elderly individuals at various stages of health. Teresian House strives to serve as a model of a high quality of life presented in an environment that promotes human dignity, self-esteem, and inner peace of mind and soul. Volunteers are needed to spend time with individuals with Alzheimer's Disease.

**Environmental Aid**

**Capital ROOTS Community Gardens**
www.cdcg.org • 274.8685 • At various locations
volunteer@capitalroots.org
Community Gardens spends one day each April and October planting trees in local urban areas. Volunteers work in teams; this activity is ideal for groups. Community Gardens mission is to “nourish healthy communities by providing access to fresh food and green spaces for all.” Contact them to see how to help out at one of their many sites.

**Nature Conservancy—Pine Bush Preserve**
www.albanypinebush.org
195 New Karner Rd., Suite 1, Albany, NY 12205
Works to protect and beautify natural preserves in the Capital Region and beyond. Volunteers are needed to maintain the trails through the Pine Bush and to assist in native plant seeding. Bring bug spray, wear long sleeves and long pants. One-day volunteer opportunities available on the website.

**Radix Ecological Center**
www.radixcenter.org • 605.3256
153 Grand St., Albany, NY 12202 • info@radixcenter.org
Sustainable living in the middle of the city? Absolutely! Support this organization with your time and energy helping them grow produce and raise fish while also educating people about the need to support and protect our environment.

**Homelessness**

**Capital City Rescue Mission**
www.capitalcityrescuemission.com • 462.0459 ext. 237
259 South Pearl Street, Albany, NY 12202
vcoordinator@albanymission.com
Serves the poor and homeless in Albany by providing meals, shelter, and fellowship. The mission also provides counseling, clothing, and employment or educational assistance. Medical clinics are regularly scheduled and addiction rehabilitation is supported. Volunteers are needed to assist in the maintenance of a clean and comfortable facility.

**Equinox**
www.equinoxinc.org • 434.6135 ext. 5302
500 Central Avenue, Albany, NY 12206
Short-term shelter for homeless youth under 18, and supervised supportive apartment program for youth at risk of homelessness, or currently homeless. Volunteers needed — either individuals to come once a week to spend time with youth and play games, talk, or do activities with them, or groups to come and plan an activity to do with the youth, such as cooking a meal or planning a program.

**Homeless Action Committee**
426.0554 • 393 North Pearl Street, Albany, NY
Operates an outreach van that provides basic survival aid and referrals to people living on the streets. HAC also operates a 19-bed shelter of last resort for homeless individuals. Volunteers are needed to assist in maintaining a clean and comfortable facility, as well as helping with meal preparation.

**Joseph House**
www.josephshousetroy.org • 272.2544 • 74 Ferry Street, Troy, New York 12180 • Contact: Janet Douglas, jdouglas@josephshousetroy.org
Homeless shelter for individuals as well as families. Volunteers needed to help with daily chores, such as cooking, cleaning, and spending time with the guests staying at Joseph House. Weekday and weekend volunteers needed to help cook meals, and stock shelves. Group volunteers needed to work outside to spruce up the shelter, as well as other special projects. Volunteers can also help with organizing food drives for the shelter’s food pantry.

**Marillac Shelter**
www.st-cath.org • 869.1960 • 195 Washington Avenue Extension, Albany, NY 12203 • volunteer@st-cath.org
Operated by Saint Catherine’s Center for Children, Marillac is a transitional program for homeless families. Apartments are available for temporary residence while the family receives various support services. Volunteers on Reach Out Saint Rose day, play with children in-residence and prepare a meal for the families. Volunteers who are able to make a regular commitment over the semester are preferred.
Mercy House
www.cchoalbany.org/volunteer • 434.3531
12 St. Joseph’s Terrace, Albany, NY 12210
Shelter for women in crisis, provides both food and shelter. Volunteers needed to help with inventory, yard work, painting, as well as putting together packets to inform people of the shelter. Shelter currently opening a men’s shelter so volunteers needed to help with painting, organization tasks, and other things to get the men’s shelter ready for opening.

HOSPITALS/MEDICAL

ALBANY MEDICAL CENTER
www.amc.edu • 262.3491 • 43 New Scotland Avenue, Albany, NY 12208 • Contact: Kelly Morrone
Volunteer positions include opportunities in Admitting, The AIDS program, the Birthing Center, the Day Care Center, Emergency, Food Services, Clerical, Library Cart, Oncology, Pediatric Playroom, Thrift Shop, and Physical Therapy.

American Cancer Society
www.cancer.org • 1.800.ACS.2345 • 260 Osborne Road, Loudonville, NY 12211
Ways to Support Those Touched by Cancer...
• Making Strides Against Breast Cancer is an annual fundraising walk that takes place in Washington Park, Albany. Funds raised support the American Cancer Society’s efforts to fight breast cancer. Visit www.cancer.org/strides for more information online.
• The Road to Recovery Program needs volunteer drivers interested in transporting cancer patients to and from treatment appointments. Training is provided.
• The Reach to Recovery Program needs breast cancer survivors to serve as peer supports on a one to one basis for those going through breast cancer. Volunteers must be out of treatment for one year. Training is provided.
• The Patient and Family Services Department is looking for qualified volunteers to assist with patient navigation, data entry and other administrative duties to work in the Loudonville office.

American Red Cross, Albany Area Chapter
www.redcrossnyny.org • 458.8111 ext. 5103
Clara Barton Drive, Albany, NY • Contact: Lauren Whitman
lauren.whitman@redcrossnyny.org
Variety of volunteer opportunities including fundraising, clerical help, and special event coordination. Hours are flexible for those with limited time available.

Community Hospice
www.communityhospice.org • 724.0281 • 445 New Karner Road, Albany, NY 12205 • Contact: Amy Scarlett
Assists seriously ill people and their families through the process of dying and grieving. Hospice enhances their quality of life with comprehensive, compassionate services that respect the dignity of those served. Volunteers play many different roles with Hospice from assisting with fundraising events throughout our community to providing direct service to patients and families. Volunteers who work with families are given a thorough 25-hour training course and a regular weekly commitment of two to four hours is requested to provide stability for the families involved.

Koinonia Health Care
www.koinoniapc.org • 689.0282
553 Clinton Avenue, Albany, NY 12206
A comprehensive neighborhood clinic in West Hill which provides a variety of health related services. Volunteers are needed to assist in regular clinic activities as well as to work on projects and research related to the work of the clinic in the neighborhood.

Ronald McDonald House
www.rmhcofalbany.org • 438.2655 • 139 South Lake, Albany, NY 12208 • Contact: Tina Woodword
Provides housing to families of children who come from a distance to receive treatment at Albany Medical Center. Volunteers are needed to prepare meals for the families in-residence. The contact person for meal assistance is Meaghan Pinkowski.

St. Peter’s Hospital
www.sphcs.org • 525.1515 • 315 South Manning Blvd., Albany, NY 12203
Various volunteer opportunities for those looking to work in a hospital environment.

VA Medical Center
www.albany.va.gov • 626.5506
113 Holland Avenue, Albany, NY 12208
James.Keller2@va.gov
Volunteers can assist veterans in a variety of ways. Email the VA Medical Center to find out more about opportunities ranging from clerical support to friendly visits.
**HUNGER: FOOD & MEAL PROGRAMS**

**Capital ROOTS Community Gardens**  
www.capitalroots.org  •  274.8685  
140 River Street, Troy, NY 12180  •  volunteer@capitalroots.org  
Helps local residents to improve their neighborhoods through gardening and tree planting. CDCG manages 39 community gardens in the Capital Region where local families can grow nutritious food. Volunteers are needed to assist with regularly scheduled work parties in the gardens, April through October.

**Cathedral Social Services**  
463.2279  •  125 Eagle Street, Albany, NY 12202  
Contact: Mark Ciavardoni, ciavardm@rcda.org  
Volunteers needed to prepare and distribute food to guests Mon. - Fri., 9:30 a.m. - 12:30 p.m. or any part of the morning. Volunteers can also help with organizing food donations for distribution Mon. - Fri. afternoons between 1 - 4 p.m.

**FOCUS Churches of Albany**  
www.focuschurches.net  •  443.0460  •  275 State Street  
Operates a Soup Kitchen which serves breakfast Tuesday through Thursday 7 - 9 a.m. Several volunteer opportunities available. Visit the website for more.

**Food Pantries of the Capital District—Hunger Action Network of NYS**  
www.thefoodpantries.org  •  458.1167 ext. 10  
pantries@thefoodpantries.org  
Operates community gardens that provide food produced to member pantries throughout Albany and Rensselaer counties. Volunteers are needed April through October to harvest ripe produce, weed, and help maintain the garden. In later September they begin work on their Thanksgiving Action, for which volunteers could assist by making phone calls to companies who regularly donate to this program. Each March they organize a project at The Legislative Office Buildings focusing on activism and awareness in conjunction with Hunger Awareness Day.

**Interfaith Partnership for the Homeless**  
www.interfaithpartnership.com  •  434.8021  
176 Sheridan Ave., Albany, NY 12210  
Soup kitchen provides meals throughout the week. Volunteers are needed to prepare and serve the food.

**Regional Food Bank**  
www.regionalfoodbank.net  •  786.3691  
965 Albany Shaker Road, Latham, NY 12110  
volunteers@regionalfoodbank.net  
Collects food from individuals, groups, supermarkets, colleges, restaurants, and stores. It re-packages and sells food at greatly reduced prices to agencies serving those in need in our area. Volunteers help out with many different aspects of this process. You can call, email, or make your own appointment to volunteer using their automated system on the website.

**St. John’s/St. Ann’s Outreach Center**  
www.sjsacenter.org  •  472.9091  
88 Fourth Avenue, Albany, NY 12202  
A multi-purpose center with emphasis on information and referral, advocacy, donation furniture program, and emergency food assistance. Welcome Table, a soup kitchen, is open every Tuesday and Saturday. Volunteers may also wish to work in the food pantry, open on Monday, Wednesday, Thursday and Friday. The Center also needs volunteers for clerical assistance.

**Sr. Maureen Joyce Center**  
465.9885  •  369 Livingston Ave., Albany, NY 12206  
Food pantry is in need of volunteers throughout the week to assist in gathering and distributing food to area residents in need. Call for food pantry hours.

**St. Vincent’s Food Pantry**  
694.3153  •  900 Madison Avenue, Albany, NY 12208  
socialjustice@stvincentalbany.org  
Volunteers needed on Mondays, Wednesdays & Thursdays between 12:30 p.m. and 2:30 p.m. to help with the food pantry. This service is within walking distance from the College. Whether it be once a week or once a month, your help is needed. Donations are also welcome.

**Salvation Army**  
albany.satruck.org  •  463.6678  
20 S. Ferry Street, Albany, NY 12201  
Operates a Mobile Canteen that makes stops around Albany distributing food to those in need. Volunteers needed Monday, Tuesday, Thursday, and Friday for 4:45 - 6:45 p.m. shifts. They also operate a soup kitchen Tuesday, Wednesday & Friday 11:30 a.m. - 12:30 p.m. Two days notice is requested from volunteers.
New Sanctuary for Immigrants

465.3685 ext. 10 • 274 Sherman Street, Albany, NY 12206

Practical assistance for immigrants is provided, regardless of documentation status. Free legal consultations for immigrants every Wednesday, 10 am-12 noon. Advocacy and lobbying for changes in immigration laws.

RISSE: Immigrant and Refugee Families

www.risse-albany.org • Emmaus United Methodist Church
715 Morris St., Albany, NY 12208 • On-campus contact: Ken Scott 458.5359, RISSE@strose.edu

Tutoring assistance is given to children who have experienced war, famine, and life in refugee camps before coming to the U.S. Children are in special need of English-speaking skills to keep up with their peers in the classrooms around the city of Albany schools where they attend.

Compeer/Compeer for Kids

462.1094 • 314 Central Avenue, Albany, NY 12206

This organization provides a variety of ways to give your time to assist individuals suffering from mental illness in our community. Mentoring four hours each month, regular telephone contacts, helping with an after-school program, or being a “Friend for a Day” are just some of the ways you can help. Compeer also provides supports to the families of those with mental illnesses.

Living Resources

www.livingresources.org • 218.0000
300 Washington Ave. Ext., Albany NY 12203
Contact: Lisa Razanousky, lrazanousky@livingresources.org

This agency provides services to persons with developmental disabilities. Volunteers work with clients, assisting them with the activities of daily life. There is both a day and an after-school program, allowing for some flexibility of scheduling.

Northeastern Association of the Blind at Albany, Inc.

www.naba-vision.org • 463.1211 ext. 201 • 301 Washington Avenue, Albany, NY 12206 • Contact: Gail Hessney

Looking for open-minded volunteers to work with visually impaired individuals in a variety of situations. Access to a car is desirable.

Special Olympics New York

www.specialolympics-ny.org/volunteers • 388.0790
504 Balltown Rd., Schenectady, NY 12304

Various volunteer opportunities including: helping with a recreational program for children with special needs, fundraising, or volunteering at a Special Olympics event.

Wildwood Programs

www.wildwood.edu • 836.2300
2995 Curry Road Ext., Schenectady, NY 12303

Provides services to children, adolescents, and adults with neurologically-based learning disabilities, autism, and other developmental disorders. Wildwood programs include: The Wildwood School (ages 3 - 21), Wildwood Recreational Services (Saturday recreation, and Thursday night adolescent community center), Wildwood Residential Services, and the Wildwood Institute.
THRIFT SHOPS

Blessed Sacrament Church
482.3375 • 607 Central Avenue, Albany, NY 12206
Open on Wed. 10 a.m. - 2 p.m. and Sat. 10 a.m. - 1 p.m.

St. Andrew’s Episcopal Church
489.4747 • 472 Western Ave., Albany, NY 12203
Open on Tues. 10 a.m. - 3 p.m. and Sat. 10 a.m. - 2 p.m.

WALKS & RUNS

AIDS Walk
To benefit local AIDS/HIV related service providers. It will take place In September in Washington Park, Albany. For more information, visit www.aidswalk-capitalregion.org to join Saint Rose team of walkers.

Crop Walk
This 5K walk is held twice annually to raise funds for the hungry in our community and around the world. The event begins at the First Lutheran Church on State Street each May. For more information visit www.cropshungerwalk.com/albany. Agency Contact: Ms. Kitt Jackson, 439.9771, or email at kitt82@verizon.net

Heartwalk
This annual fundraiser for the American Heart Association will be held this fall beginning at Colonie Center. For more information, visit www.americanheart.org. Agency Contact: Amanda Lee, 626.8761, or email at amanda.lee@heart.org.

Juvenile Diabetes Walk
Saint Rose students, faculty, and staff come together to form a team for this annual event. It will be held in September beginning at 9:30 a.m. at Corporate Woods. On-campus Contact: Dennis McDonald, 337.2336, or email at mcdonald@strose.edu.

Komen Race for the Cure
This annual 3-mile run will take place in October. Money raised goes to the Susan G. Komen Foundation which funds breast cancer research and increased access to services and awareness among low-income women. Visit www.komen.org/affiliates.aspx to find the Albany affiliate site.

WOMEN’S SERVICES

Albany County Crime Victim & Sexual Violence Center
www.albanycounty.com/cvsvc • 447.7100
112 State Street, Albany, NY 12207
cvsvc@albanycounty.com

Crisis Hotline: Offers information, advocacy, and counseling to victims of sexual assault. Trained volunteers staff 24-hour hotline on weekends, evenings and holidays. Volunteers are able to answer the hotlines calls from their own home through the use of a call forwarding system. Volunteers must be 18 years of age, with an ability to listen, understand, empathize with and support callers. Volunteers must be able to meet with victims and advocate for them in medical and legal settings. The program involves a 25-hour training program.

• Comprehensive Crime Victims Assistance Program: Offers services free of charge to survivors of assault, robbery and other violent crimes. Volunteers are trained in the workings of the criminal justice system and the emotional issues surrounding victimization. Volunteers must be at least 18 years old, have the ability to listen, understand and act as an advocate. Volunteers will also be available to accompany victims to court in order to provide support.

LONGTERM OPPORTUNITIES

AmeriCorps
www.nationalservice.gov/programs/americorps
1.800.942.2677 • 1201 New York Ave. NW, Washington, D.C. 20525

AmeriCorps offers opportunities for individuals to spend ten months or one year working in the United States in service to others. AmeriCorps VISTA is a one-year, full-time placement with an agency that works to bring individuals and communities out of poverty. AmeriCorps NCCC is a ten-month full-time residential placement open to 18- to 24-year-olds. Members serve in 10- to 15-person teams concentrating on public safety, public health, and disaster relief projects. AmeriCorps programs offer educational awards, health insurance, and a stipend to volunteers in their full-time programs. Part-time and short-term opportunities are available through many local agencies working in conjunction with AmeriCorps State & National Program.
Double H Ranch
www.doublehbranch.org • 696.5676 • 97 Hidden Valley Rd., Lake Luzerne, NY 12846

The Double “H” Hole in the Woods Ranch Camp is located in the beautiful Adirondack Mountains. It provides hope and adventure to 1,000 critically ill children each summer, 500 children through the winter skiing program, and several hundred through its family-based programs. The Double “H,” which stands for Health and Happiness, is a place where children can simply have fun and enjoy a chance to be a ‘kid.’ Aside from transportation, there is no charge for any child to attend the Double “H” Hole in the Woods Ranch. As such, they rely heavily on volunteers to serve functions such as directly assisting the campers with activities, providing occasional office support, maintaining the grounds, and helping with special events year round.

Jesuit Volunteer Corps
www.jesuitvolunteers.org • 410.244.1733
P.O. Box 3756, Washington, DC 20007-0256

The Jesuit Volunteer Corps offers men and women an opportunity to work full-time for justice and peace. Jesuit Volunteers work throughout the U.S. by serving the poor directly and by working for structural change. Volunteers also accompany people of great need in several other countries (Chile, Micronesia, Nicaragua, Peru, Tanzania, South Africa), assisting in human development primarily through education. Volunteers live a simple lifestyle in community with other volunteers and seek to develop spiritually. There are a wide range of service opportunities available. Those seeking to volunteer in the U.S. make a commitment of one year and those pursuing international placements commit for two years time.

Missionary Cenacle Volunteers
www.msbt.org/volunteer • 1-800.221.5740 • P.O. Box 35105, Cleveland, OH 44135-0105 • info@mcv3.org

Spend a month to one year growing spiritually while in service to the poor. Placements are available across the U.S., along with Spanish language placements in Mexico, Costa Rica, and Puerto Rico for fluent speakers. A week-long orientation is provided each fall, along with a five-day contemplative retreat in the spring to help you process your experience.

Peace Corps
www.peacecorps.gov • 21 Varick Ave, Suite 1025, New York, NY 10026 • nyinfo@peacecorps.gov

The Peace Corps is a challenging opportunity which offers Americans of all backgrounds the opportunity to serve throughout the world addressing the issues of poverty. Many support and employment services are available to volunteers after their service term is up. Most people serve for two years and develop easily transferable work skills. Room and board will be provided commensurate with those living in the areas served. A stipend is provided, as are medical and dental services.

St. Joseph Workers
www.stjosephworkers.org • 393.0528 • 385 Watervliet-Shaker Rd, Latham, NY 12110 • sjworkers@csjalbany.org

St. Joseph Workers commit to a year of service exploring justice, leadership for social changes, spirituality, intentional community and living simply. They will be working within diverse communities addressing the needs of the poor and marginalized through ministries in education, immigration, healthcare and social change. The program is open to women ages 21-35. The program provides food, housing, health insurance, transportation to placement sites and a monthly stipend. There will also be many opportunities to deepen ones spirituality through retreats, spiritual direction and chances to explore faith, meaning and values with others.

So Others Might Eat (SOME)
www.some.org • 202.797.8806 ext. 1018 • 710 Street NW, Washington, DC 20001-1290

Contact: Tracey Peranich, tperanich@some.org

Year-long service opportunities are available with this organization which provides services to the poor, the homeless, and frail elderly individuals in our nation’s capital. Varied placements include accounting and clerical positions, direct service, ministry, maintenance, healthcare, and counseling. Room and board are provided in a community setting, along with health insurance, a stipend and transportation to and from the worksite. Short-term opportunities are available through their summer program. The College of Saint Rose Office of Campus Ministry (454-5250) organizes a winter break service trip to work for SOME.

United Methodist Mission
404.942.4015 • 458 Ponce de Leon Ave. NE, Atlanta, GA 30308 • mv@umcmision.org

Offers a mission volunteers program which runs from 2 months to 3 years, and concentrate on healthcare, education, and community empowerment projects. Some programs offer an opportunity to use another language or to teach English as a Second Language. Some programs provide stipends to volunteers.
LATIN AMERICAN ADVENTURE
Two Weeks that Can Change Your Life

Make a difference in the life of a child. Learn more about yourself than you thought possible in such a short time. Find yourself at home in a new culture.

JOIN OUR SERVICE TRIP TO LATIN AMERICA IN MAY
For more information, contact Sr. Sean Peters at 518.337.2343 or peterss@strose.edu
Winter Break Outreach Trip to Washington D.C.

January 4th – 9th, 2020

Learn about homelessness, volunteer in meal programs and become an advocate for those who are without economic power.

For more information contact:
Joan Horgan at  horganj@strose.edu
Make A Difference this Spring Break!

Find your purpose in life through being part of one of the amazing Alternative Break Trips.

New Orleans

San Francisco

For more information, contact the Office of Spiritual Life at 454.5250 or email Ken Scott at scottk@strose.edu.
A DAY OF COMMUNITY SERVICE

Saturday, September 7, 2019, 8:30 am to 1:30 pm
Sign-up deadline: Tuesday, September 3 at noon

Begin the academic year by giving some of your time and energy to those in need and meeting great people in the process. Add to what is good in the world by stepping up with the Saint Rose community in reaching beyond our campus. Only a few hours of our time can make a big difference in the lives of people in our communities.

For more information or to volunteer, contact the Office of Campus Ministry & Spiritual Life at 454.5250 or ReachOut@strose.edu

Sign-up via GoogleDocs at bit.ly/ReachOut2019 after 8/15/19
Thanks to MVP for their sponsorship of Reach Out