

A Handbook of Volunteer
Opportunities
for Stamford
High School Students
2005/2006



The Volunteer Center of Southwestern Fairfield County is a United Way agency
62 Palmer's Hill Road, Stamford, CT 06902
Tel: 203-348-7714 Fax: 203-967-9507 www.ucanhelp.org

VOLUNTEERING

“We make a living by what we get, we make a life by what we give.”

~ Winston Churchill

Thank you for your interest in volunteering. Sharing your time and talents is a valuable contribution to your community. We hope you get as much from your volunteer experience as those you serve.

Benefits of Volunteering

- Feels good
- Learn a new skill
- Meet interesting people
- Gain a new perspective on things
- Be a part of a team
- Caring is contagious
- It is FUN!

Seeking a Volunteer Position

- Phone the nonprofit agency and ask to speak with the volunteer coordinator.
- Let the volunteer coordinator know how you found out about their volunteer opportunity.
- Describe your interest in volunteering and your availability (schedule).
- Give a brief description of your skills, work history or previous volunteer experience.
- Ask to meet with the volunteer coordinator to learn more about the volunteer position.

Volunteer Tips

- Nonprofits rely on their volunteers. Please let your agency contact know if you are unable to volunteer or if your schedule changes.
- No task is meaningless. Tasks such as stuffing envelopes or making photocopies are a big help to staff members. Your willingness to help with any task is much appreciated.
- Please be open to training.
- Please be prepared to observe confidentiality rules.
- Have FUN!

OPPORTUNITIES WORKING WITH CHILDREN

Boys & Girls Club of Stamford: 347 Stillwater Avenue, Stamford

Contact: Sonya Van Norden: 324-0594

Volunteers are welcome to help the children with homework assistance, tutoring, and assisting with arts and crafts, music, technology, games and team sports. In addition, individuals can volunteer to be Youth Development Specialists and take responsibility for assisting with the administration of programs for a group of young people to foster the mission of inspiring and enabling them to realize their full potential as productive, responsible and caring citizens.

Childcare Learning Centers: 64 Palmer's Hill Road, Stamford

Contact: Mirlande Cassagnol: 325-8406 Ext. 123

Volunteers can interact with children ages 3 through 5 by reading to a child or group of children, helping a child on the computer, engaging in small group activities/games and helping out at outdoor activity time. Opportunity to spend time, one on one, builds a relationship and is a positive role model to young children. Volunteer application and orientation along with a recent physical exam and personal recommendations required. After-school programming is provided from September through June, Monday through Friday from 2:30 pm to 6:00 pm and summer camp programming is provided July through August, Monday through Friday, 8:30 am to 4:30 pm.

CTE: 34 Woodland Avenue, Stamford

Contact: Charise Paulk-McCall: 352-4884

CTE Academy's T.R.U.E. (Teaching Responsible Choices Using Education) Life After School Program is located in the South End of Stamford and currently serves over 100 youth in the after-school program. To enrich programming, CTE Academy encourages and recruits high school volunteers for their reading program for students in elementary school as well as being a "Big Buddy" for students. Responsibilities consist of support with homework, recreational activities, art projects, as well as positive role modeling for all of our youth.

St. Luke's LifeWorks: 141 Franklin Street, Stamford

Contact: Wally Frey: 388-0175

Volunteers can join the on-going weekly evening recreation program for children in the Family Housing Program. We welcome individuals or groups bringing their own thoughts and creative ideas to support and assist in all our programs.

The Salvation Army: 198 Selleck Street, Stamford

Contact: Capt. Brian Thomas or Capt. Ruth Thomas: 359-2320

Volunteers are needed to help in the Salvation Army's after-school program in local housing projects.

The Yerwood Center: 90 Fairfield Avenue, Stamford

Contact: Kit Murdock: 327-2790

The Yerwood Scholars Program, an after school program for children in grades kindergarten through fifth, is looking for volunteers to help with homework assignments or to help supervise recreational time in the gymnasium. The Center also encourages student volunteers to come up with specific projects that they would like to do with the children. The Yerwood Center has various computer literacy programs for adults and children. High school students with a particular interest in this area are encouraged to volunteer in the computer lab teaching computer classes or repairing computers.

Liberation Programs: P.O. Box 8030, Stamford

Contact: Ann Isaacson: 325-1511 Ext. 118

Volunteers are needed to help provide child care for infants and children at Families in Recovery Program at 141 Franklin Street while mothers are in counseling sessions: mornings, afternoons and early evenings. Plan and execute a holiday party for 8 mothers and 10 children at the Families in Recovery Program. Prepare simple refreshments for a Sunday afternoon gathering of residents and their families at Liberation House on Main Street.

OPPORTUNITIES HELPING IN SOCIAL SERVICES

ARI of Connecticut: 174 Richmond Hill Avenue, Stamford

Contact: Gerard Gasparino: 324-9258 Ext. 3023

Youth volunteers can act as friendly visitors. On weekends volunteers can visit with individuals at their group home, with staff present, and do activities such as arts and crafts, sports or board games. This would be based on a specific project and time commitment arranged between ARI and volunteer.

Throughout the year there are several opportunities for weekly and one-time opportunities. In February, March, October and December, ARI holds parties at the Knights of Columbus. Volunteers help set up and help decorate, serve beverages and food and clean up afterward. Interaction with clients is encouraged.

Also available are weekly opportunities for activities such as basketball, golf, bocce, swimming, aqua aerobics, etc. These activities take place on a weekly basis for an hour or two. Other opportunities include one-day trips to sporting events, fishing outings and trips to museums.

The Food Bank of Lower Fairfield County: 461 Glenbrook Road, Stamford

Contact: Kate Lombardo: 358-8898

Students are needed to host food drives at their schools and to help stack shelves with food in the warehouse.

The Mayor's Youth Leadership Council: 888 Washington Blvd., Stamford

Contact: Bob Kocienda: 977-4643

Students are invited to join The Mayor's Youth Leadership Council. This is a group of high school teens who are interested in learning leadership skills. Students are trained in developing these skills and given the opportunities to put these skills into practice working with area nonprofits.

Meals on Wheels: 945 Summer Street, Stamford

Contact: Grace Mall: 323-3294

Volunteers are needed to deliver meals on Saturday, Sunday and holiday mornings. Volunteer would commit to two hours starting at 10:30 am. Volunteers drive their own vehicles. Reliability is important. It helps to go with a partner which eliminates the need to find a parking space.

New Covenant House of Hospitality: 90 Fairfield Avenue, Stamford

Contact: Deborah Arrieta: 964-8228

Volunteers are needed to help serve and clean up after the meals are finished. Lunch hours are from 12:30 pm to 1:30 pm. Monday to Sunday, and dinner is served from Monday to Saturday at 4:45 pm to 5:30 pm. Help is also needed cleaning inside and outside the premises. Please call in advance to arrange for volunteer supervision.

Pegasus Therapeutic Riding: 45 Church Street, Suite 205 Stamford

Contact: Suzann Emmens: 356-9504

Pegasus provides riding lessons to children and adults with physical, mental and emotional challenges. Programs run year round at seven chapters in Connecticut and New York. Volunteers must be at least 14 years old. No prior experience with special needs persons or horses is required. Volunteers assist by leading or sidewalking horses during classes. They may groom and saddle horses before a ride or greet riders, parents and caregivers. Volunteers should be willing to commit to 1 to 1-1/2 hours per week and commit to the same time periods each week.

Senior Services of Stamford, Friendly Visitors and Shoppers Program: 945 Summer Street, Stamford

Contact: Deirdre Virvo: 324-6584

Volunteers needed to make weekly visits or to do grocery shopping for homebound elderly. Seniors provide lists and funds for the groceries. Groups of two are recommended.

Scofield Manor: 614 Scofieldtown Road, Stamford

Contact: Ann Salthouse: 329-2388

Scofield Manor is a residential care home with residents of many different ages and backgrounds. Volunteers are welcomed to visit one on one with the residents, help lead discussion groups, join in the singing group or storytelling group, or volunteer to help with the arts and crafts classes. Schools often perform for the residents, putting on talent shows, plays, etc. The Manor is happy to accommodate and work closely with school groups.

Smith House: 88 Rockrimmon Road, Stamford

Contact: Jean Gleeson: 322-3428 Ext. 220

Assist with elderly as a friendly visitor. Help residents get to and from recreational events within the facility, assist them in participation, etc. Picnics every Thursday with live entertainment on the premises from 11:00 am to 1:00 am. Teach residents to use a computer. Help with gardening, watering flowers, take a walk with residents on the nature trail or assist with computer work.

St. Luke's LifeWorks: 141 Franklin Street, Stamford

Contact: Wally Frey: 388-0175 or email Wally at wfrey@stlukeslifeworks.org

A small group of volunteers can prepare a weekend breakfast or lunch (purchase, prepare, serve and clean up) for residents of The Women's Housing Program (the women's shelter for lower Fairfield County) on Woodland Place. We welcome individuals or groups bringing their own thoughts and creative ideas to support and assist in all our program areas.

Stamford Hospital: Shelburne Road at West Broad Street, Stamford

Contact: Janice Shasken: 325-7521

Stamford Hospital and its affiliates, Tully Health Center and The Rehabilitation Center, are very interested in having students who are willing to make a commitment of three or more hours a week during the summer and/or throughout the school year. Depending upon the maturity and interest of the student, positions could be available with direct patient contact, assisting at reception desks and clerical and data entry in the office. One-time projects are also available to students and groups of students.

Tully Health Center: 34 Strawberry Hill Court, Stamford

Contact: Maureen Vita: 353-2245

Volunteers are needed to greet patients and visitors in the main lobby and to offer direction and guidance. Volunteer would escort people to their destinations as necessary. Volunteers are needed to help in the Resource Center and offer assistance with computers and assist with the process of discharging patients and ensure the availability of wheelchairs in the main lobby. There is a general orientation followed by on-the-job training. PPD test for tuberculosis is necessary and provided free of charge.

Liberation Programs: 159 Colonial Road, Stamford

Contact: Ann Isaacson: 325-1511 Ext. 118

Organize a school-wide drive to collect winter coats/parkas for children age 2 to 16, books for children from infants to age 16, non-perishable foods for Thanksgiving/Holiday baskets and stocking stuffers for residential clients for the holidays, i.e. toothpaste, tooth brushes, shampoo, hats, scarves, gloves, etc.

Voluntary Services for the Blind of Fairfield County: 945 Summer Street, Stamford

Contact: Claudette Tallon: 324-6611

Volunteers encourage blind people to function independently and to fully utilize their abilities by providing a support system. Volunteers read to clients, act as drivers, friendly visitors and shopping assistants and home clerical assistants. Application and interview, plus a two hour orientation dealing with visually handicapped persons and guide dogs, are required. Volunteer is asked to commit to at least a 6-month period.

OPPORTUNITIES WORKING AT MUSEUMS, IN THE ARTS, ANIMAL WELFARE & HELPING WITH GROUNDS MAINTENANCE

Bartlett Arboretum & Gardens: 151 Brookdale Road, Stamford

Contact: Barbara Soebbing: 322-6971

Train as a docent and introduce visitors to the Bartlett Arboretum's beautiful grounds. Current tours are on Sundays at 1:30 pm. Volunteers are also welcomed in the greenhouse to help care for their permanent collections and propagate plants for the grounds. A commitment of 2 to 3 hours a week is needed and an interest in horticulture helpful. The Arboretum has numerous opportunities from April through October helping keep the annual and perennial gardens in good shape. Trail maintenance throughout the woodland areas and a Fall clean up from October through November (basically leaf raking) provide outdoor activities for individuals, groups and families.

Friends of Ferguson Library: One Public Library Plaza, Stamford

Contact: Priyanka Sharma: 964-1000 Ext. 0

Volunteers are wanted in their award-winning Book Shop. Shifts available morning, afternoon and evening at the Main Library Shop. Help in the shop assisting customers and handling sales transactions. Volunteers also needed "in the back" to help sort the more than 500 books donated every day. Learn about the book business. Other volunteer opportunities include pricing, research and data entry.

Keep Stamford Beautiful: 5 Landmark Square, Stamford

Contact: Ellen O'Neill: 358-8268

Volunteers are welcomed to join environmental stewardship projects such as beach sweeps, planting/landscape installations, removal of illegally posted signs, identifying abandoned vehicles. Great group projects.

SoundWaters: 1281 Cove Road, Stamford

Contact: Dianne Selditch: 406-3302

SoundWaters has opportunities for high school students who are interested in working for a non-profit education organization that emphasizes education and respect for the environment, especially the marine environment. Volunteers can help by greeting visitors, answering the phone and explaining exhibits; staffing the marine exhibit room; feeding the fish and cleaning the tanks; helping with the touch tank; and maintaining the learning lab. Volunteers can (with approval of SoundWaters educator) assist educators with programs. Volunteers are needed after school, on weekends and during the summer. The Center is open Tuesdays—Saturdays, 10 am to 5 pm and Sundays in April to November from Noon to 5 pm. Volunteers should be interested, reliable and attend training sessions.

Stamford Museum & Nature Center: 39 Scofieldtown Road, Stamford

Contact: Megan McLain: 322-1646 Ext. 223

The Stamford Museum & Nature Center has an ongoing need for volunteers in the areas of carpentry, maintenance, farm and animal care, gardening, clerical work and special events.

Stamford Theatre Works: 200 Strawberry Hill Avenue, Stamford

Contact: Larry Frenock: 359-4414

Volunteer ushers are needed for the Theatre's regular season of five plays. Duties include stuffing flyers in programs, taking tickets and helping patrons to their seats and handing out programs, handling the lighting at the beginning and end of intermission, and assisting patrons exiting the show. Join the growing team of ushers and see all the shows. Help out the crew with the play's props, costumes and sets during the production. Great opportunity to experience working in a professional theatre setting.

St. Luke's LifeWorks/Bread & Roses: 141 Franklin Street, Stamford

Contact: Wally Frey 388-0175 or email wfrey@stlukeslifeworks.org

Small groups of volunteers can do outdoor clean up and gardening projects in a number of locations in the Stamford area. We welcome individuals or groups bringing their own thoughts and creative ideas to support and assist in all our program areas.

Wildlife Orphanage, Inc.: P.O. Box 4706 Stamford

Contact: Cathie Kovacs 888-727-6774

If you would like to help injured and orphaned wildlife but cannot commit to their fulltime care, this is the perfect way for you to get involved. Volunteers are needed (18 or older) to help a few hours per week at one of two Stamford locations. Dedicated volunteers in this area enable the Orphanage to adequately care for more animals than otherwise possible. Duties would include cleaning of cages and preparing food.

Opportunities Helping with Administrative/Office Work

Pegasus Therapeutic Riding: 45 Church Street, Suite 205, Stamford

Contact: Sandra McBride: 356-9504 or email: smcbride@pegasustr.org

Agency is in need of dependable after-school help during the week throughout the year with general office work, mailings, copying, putting together press packets, etc. at their corporate headquarters in Stamford. Flexible with days and hours.

SoundWaters: 1281 Cove Road, Stamford

Contact: Dianne Selditch: 406-3302

SoundWaters has opportunities for high school students who are interested in working for a nonprofit education organization that emphasizes education and respect for the environment, especially the marine environment. Volunteers can help with answering the telephones and in the Development Office. Volunteers are needed after school, on weekends and during the summer. The Center is open Tuesdays through Saturdays, 10 am to 5 pm and Sundays in April through November from Noon to 5 pm. Volunteers should be interested, reliable and attend training sessions.

Stamford Historical Society: 1508 High Ridge Road, Stamford

Contact: Jane Flounders: 329-1183 or email janeflo@aol.com

The Historical Society has lots of volunteer opportunities for students. While the hours (Tuesday through Saturday from Noon until 4pm) make it difficult for students to come in during the week, they have a full schedule on Saturdays. There are openings in the Photo Collection area where volunteers can work on a range of jobs from computer input to scanning material to filing photos. Opportunities are available for work on upcoming exhibits and special research projects. Volunteer help is needed in the research library on Saturdays. Full training is given by the research librarian. Receptionist help and help in their Shop Downstairs is always welcomed, particularly on Saturdays. Students can volunteer once a month, twice a month, or weekly, whichever suits your schedule.

Stamford Theatre Works: 200 Strawberry Hill Avenue, Stamford

Contact: Larry Frenock: 359-4414

Help is needed with mailings and general office work.

Liberation Programs: 159 Colonial Road, Stamford

Contact: Ann Isaacson: 325-1511 Ext. 118

Volunteers are needed to assist with distribution of agency pamphlets and brochures to Stamford churches, social service agencies and libraries, etc.

OPPORTUNITIES HELPING WITH SPECIAL EVENTS

Bartlett Arboretum & Gardens: 151 Brookdale Road, Stamford

Contact: Barbara Soebbing: 322-6971

Help is needed for the Arboretum's Spring Plant sale to be held on May 7th the Saturday before Mother's Day and with the Fall Plant Sale to be held on September 17. Volunteers are needed on both days from 8:00 am to 4:00 pm. Summer concerts are held on four Sundays in the months of July and August. Call for dates. Volunteers are needed from 5:00 pm for about two hours to help with parking, ticket taking and with beverage sales.

The Salvation Army: 198 Selleck Street, Stamford

Contact: Capt. Brian Thomas or Capt. Ruth Thomas: 359-2320

Volunteers are needed for holiday sorting and packaging of foods. Volunteers will also be needed for "ringing the bells," and helping in the holiday "toy shop."

Stamford Hospital: Shelburne Road at West Broad Street, Stamford

Contact: Janice Shasken: 276-7521

Volunteers are needed to help at the WALK and RUN to benefit the Bennett Cancer Center on Sunday, June 5th in Shippan from 8 am to 1 pm. You can help by handing out refreshments, registering walkers, and as course monitors. Please call for more information.

Stamford Museum & Nature Center: 39 Scofieldtown Road, Stamford

Contact: Megan McLain: 322-1646 Ext. 223

The Stamford Museum & Nature Center needs volunteers to help out at the following events held at the Museum:

Spooky Cider Sunday: October 23

Touch A Truck Chowderfest: November 19

Build a Snowman Day: Date to be determined

Winterfest: Date to be determined

Maple Sugar Sunday: Date to be determined

Spring on the Farm: Date to be determined