



Volunteer Opportunities February 2019



(Monthly Time Sheet attached)



THANK YOU FOR ALL YOU DO TO HELP OTHERS!!



PLEASE CALL THE RSVP OFFICE AND LET US KNOW WHICH OF THE FOLLOWING APPEALS TO YOU!!

- RSVP Volunteer wants to form a canasta group? Call the RSVP and leave your name for Janice.
- Temple Israel in Stroudsburg is offering a weekly early evening Zumba Gold (very low impact for seniors) and a mid-day guided meditation/yoga class beginning in April. Costs will be minimal, about \$5 - \$8 per session. Please call the RSVP office if you are interested.
- Share Your Career Day(s) will be held at the East Stroudsburg South HS. This is a wonderful opportunity to have one-on-one discussions about various industries with eager young students who are deciding on their future career paths. Last year 200 students attended. This year we are holding two sessions; April 26 (for Jr. & Sr. classes) and May 24 (for Frosh & Soph classes). Breakfast will be served for volunteers. Please consider sharing your experience and helping to shape the future! Call RSVP office if you would like to participate in this signature RSVP event.
- RSVP is desperately in the need for Friendly Visitors! Please consider donating an hour on a weekly or bi-weekly basis to help a lonely or homebound senior. F/F and M/M paired only.

Volunteer Opportunities for February

HOT OFF THE PRESS!!! – Convenient Downtown location! Are you a born leader and organizer? Help a major emergency assistance agency support their events scheduling and volunteer recruitment with your excellent computer and organizing skills. Flexible daytime hours will fly by in this busy office.

RSVP is always seeking volunteers to help in the following areas:

- a) Can you wield a hammer? **Ramp season is upon us!** We need handymen to help with construction. Become a part of **the Minor Home Repair** team. Call Ron at the RSVP office.
- b) **APPRISE Medicare Benefits Counselors** are needed year-round. New leadership, new programs and new opportunities to help seniors navigate their medical coverage.
- c) **Medical Transportation** drivers to help patients get to doctor appointments
- d) **Bi-lingual Spanish volunteers** to help with our Children's Spanish program
- e) **Tutors and Readers** to help in Head Start and Elementary School programs
- f) **Grocery Shoppers and Friendly Visitors** to help homebound seniors

FOOD PANTRY E.S. – verify dates of food product, sorting items and general warehouse assistance. Direct contact with clients. Must have criminal clearances.

Hospital Volunteers wanted. East Stroudsburg location. Various positions available, and times and dates are flexible and will work with your schedule. Facility will provide any additional clearances. Patient escorts, reception, clerical, main entrance greeters, gift shop, etc. Something for everyone!

Clerical help needed in convenient downtown Stroudsburg location, near SHS. , 2 – 3 hours flexible. Filing, phones and mail. Easy access , busy office and friendly environment.

Tobyhanna Warehouse Manager Assistant: Tobyhanna area agency that helps with home preservation needs someone to help organize and maintain their storage room. Must be organized and neat. Hours are Tuesdays for 4 hours.

Tutor/Aids and Office help in E.S. School near Cramers: A new private elementary school in the Poconos in East Stroudsburg is seeking tutors to read books to children and help with simple math, all under the supervision of teacher. Also looking for office help. This is a new Station with RSVP and we'd really like to help them out. Special State Mandatory clearances are necessary working directly with children.

Speakers and Discussion Leaders: Share your expertise, passions and talents: Local Visual impairment agency is looking for people who are willing to do presentations to their clients in an informal setting to share their experiences, interesting topics and passions. Public speaking level of comfort necessary, but this is a relaxed setting. Some ideas include travel experience, personal growth experience, success stories, poetry readings, publishing or journaling – share your enthusiasm with others.

Blood Drive Ambassadors: Assist blood drives with registration and refreshments. Must be positive, upbeat and enjoy meeting new people. All training provided. This is an on-going volunteer opportunity, called as needed. Additional clearances may be required provided by agency.

Disaster Preparedness for Youth program: Local disaster preparedness agency and national Corporate sponsor an educational program for students in grades 3 – 5 to help teach coping skills in cases of emergency, including a “go-bag” that they get to design and fill with items. All training is done in a group session. Very rewarding and fun..

GED Tutors and Instructional Aides in Tannersville: Help students succeed. Local community college seeking volunteer tutors to assist students with reading literacy and basic math to prepare for GED. All training will be provided.

Receptionist position: Two convenient Downtown Stroudsburg location: Answering phones, answer door, take messages, do intake, log mail, etc. 2 hour and 4 hour shifts available any weekday.

Wheelchair bound resident escorts: West end Senior Facility seeking volunteers to assist wheelchair bound residents with mobility so they can go on shopping trips or enjoy a meal outside of the residence. Usually Tues and Thursdays mornings and afternoons. All transportation provided and trips are in groups.

Art class assistants: Beautiful downtown Stroudsburg Senior facility seeking assistance with art classes, including set up and clean up, helping residents with art projects. Must like people, be patient and upbeat. Mondays from 1:30 – 3:30, Main Street location.

Exercise class assistants: Downtown senior facility in Stroudsburg seeking assistance with light exercise class any weekday morning. As above, must like people, be patient and upbeat. Creativity encouraged.

Manicure assistants: West End (Kunkletown) senior facility seeking someone to help provide manicures for seniors. No nail cutting involved. Only soaking, nail polish and gentle lotion rubs. Preference for Monday mornings.

Data Entry Volunteers: All training provided. Some knowledge of Microsoft Access Database helpful. General Office Work, Open Mail, light correspondence. Must be pleasant and courteous: Stroudsburg – Hamilton Township area. Fridays 10 – 2.

McMichael’s area Garden needs help in the following areas:
 a. Facebook Coordinator b. Tax Assistance for a 501 c3 filing
 c. Chicken and eggs d. Office work/computer work

Local Hospice organization seeking volunteers to read to residents and provide respite to caregivers. No medical services.

UPDATED Grocery Shopper volunteers needed: Weekly or bi-weekly visits, flexible with your schedule. Clients are in need of food security. **Clients provide money and grocery list. Volunteers will provide clients with receipt, count out change and if needed, stock supplies.**

City	M/F	Age	Pets	Smokes	Notes
Brodheadsavl	F	74	N	N	General weakness
Albrightsville	F	64	N	N	Ambulatory issue

UPDATED Friendly Visitors volunteers needed: Weekly or bi-weekly visits, approximately 1 hour. Clients need socialization and kindness. **We only match female/female and male/male**

City	M/F	Age	Pets?	Smokes?	Notes
E. Stroudsburg	F	68	N		Cooking, Baking, Italian
E. Strouds (Near Stokes)	F	94	N	N	Speaks Spanish only
E. Stroud (Marsh Ck)	F	86	?	N	Knitting, cards, talkative
E. Strouds (Avon Ct)	F	67	N	N	Visual /Hearing problems
Effort	F	77	Dog	N	Engl/Spanish, friendly
Kunkletown	F	85	N	N	Likes Art an Reading
Kunkletown	M	82	Cat/bird	N	Reminisce
MtPocono	M	47	Dog	N	Wife needs respite
Stroudsburg (Westgate)	F	71	N	N	Egyptian, Muslim interests
Stroudsburg/Reedrs	F	80	Cat	N	Gardening, Exercise
Tobyhanna	F	65	No	No	Needs socialization

Please call the RSVP office to say you can help with one or more of the above volunteer requests. Volunteering is flexible, rewarding and essential!

Please call the RSVP office at 570-420-3747. Thank you!

Merle Turitz

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