

RSVP of Hampshire and Franklin Counties: Volunteer Opportunities by Category in Hampshire County

EDUCATION & AFTER SCHOOL

Lathrop Enrichment Program

Location: Easthampton

Work with 4th grade students in a one-on-one tutor model focused on reading and writing skills.

Parent Child Development Centers

Location: Amherst

Assisting teachers in the classrooms as needed: Arts and crafts, reading stories

Reading Buddies

Location: South Hadley Schools

Work with students in various elementary schools to improve reading skills

Volunteers in Northampton Schools

Assist with literacy programs and other student supports as needed

INFORMATION & REFERRAL

First Call for Help, Northampton

Provide information by phone on available services in the area

SAFETY

SALT/TRIAD Council

Locations in Hampshire County

Volunteers assist with programs conducted by the Seniors and Law Enforcement Council & Sherriff's office

ENVIRONMENTAL SUPPORT

Arcadia Wildlife Sanctuary

Location: Easthampton

- *Environmental Educators
- *Property Crew
- *Conservation Stewards.
- *Citizen Scientists.
- *On Earth Day, volunteers assist with cleaning and preparing the facility for the visitor season.

The Trustees of Reservations

Locations in Middlefield, Chesterfield, Haydenville, Holyoke, Williamsburg

- *Collection and archival techs
- *Property steward
- *Media & outreach

MEDICAL and HEALTH

Cooley Dickinson Hospital

Location: Northampton

Reception, general clerical, coffee and gift shop, escort service.
SEASONAL: Assist with gardens around the hospital.

VA Medical Center, Leeds

Patient and visitor escorts, patient visitors, and assisting with activities.

RSVP Osteoporosis Exercise Leader

Locations in Hampshire County

Training provided to leaders who conduct low stress/low impact exercises & promote bone health

NURSING & REST HOMES:

Hampshire Care, Leeds

Rockridge Retirement, Northampton

The Lathrop Home, Northampton

Patient visitor to assist with writing letters, reading to patients, playing cards.
Weekend reception and assistance with meal service. Other assistance as requested by staff.

NUTRITION & HEALTH

Brown Bag Food Distribution

Locations throughout Hampshire County

Assist at a COA or other location with the packaging and distribution of food to eligible seniors.

Congregate & Home Delivered Meals

COA sites, Highland Valley Elder Care

Ensure senior nutrition by serving, preparing, delivering meals

Food Bank of Western Mass, Hatfield

- *Sorting and organizing donated foods
- *Office assistance with light clerical work

Healthy Eating & Cooking Classes

Location Hampshire Brown Bag sites

Volunteers are trained to conduct informational workshops using Brown Bag donated foods.

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SERVICES TO SENIORS

SERVICES TO SENIORS (CONTINUED)

NON-PROFIT ORGANIZATIONS (CONTINUED)

Money Management Program
Through Highland Valley Elder Services
Working with the Money Management Coordinators to provide assistance with bill paying to seniors at home.

Music and Choral Programs
Location: South Hadley, Belchertown
Volunteer performers entertain in a group at special functions.

Safe Passage, Northampton
Supportive assistance to clients of abuse. Training and commitment required.

SHINE Counselor
Locations in Hampshire County
Training provided: Volunteers provide free and unbiased health insurance information and assistance to Medicare recipients of all ages.

Reception and Greeter
Locations in Hampshire County
Staff the COA reception desk, greet, answer phones, take messages,

RSVP Special Projects Team
Location: Hampshire and Franklin Counties
Assist with short term mailings, general clerical and special events support to RSVP and other non-profit agencies requesting help.

COA Activities Leader
Locations in Hampshire County
Assist with group classes, activities and events at local senior centers.

Friendly Visitors: Hampshire County
Through COA's or Home Care, visit isolated seniors in their homes, taking them shopping or just visiting.

United Way of Hampshire County
Location: Northampton
Assistance with special projects, events, and general clerical duties as associated with fundraising

Adult Day Health
Locations in Hampshire County
Assist staff with general clerical and activities needs working with seniors who are experiencing dementia.

NON-PROFIT ORGANIZATIONS

VNA Hospice Shop, Northampton
Hospice of the Fisher Home, Amherst
Sorting, tagging and sales of donated items with proceeds going to Hospice. People and money changing skills needed.



General Clerical
Locations in Hampshire County
Assist COA's with a variety of duties, including filing, copying, assembling newsletter, and mailings.

STAVROS, Amherst
Volunteer surrogate assists persons with disabilities to manage life tasks, visiting, errands, develop strong bonds.

RSVP of Hampshire and Franklin Counties:
LEADING WITH EXPERIENCE

RSVP'S MISSION: Create strong, connected communities by optimizing the capacity of people age 55+ to work for the common good.