

Make A Difference

And, feel *GOOD* doing it!

2019 Summer Youth Volunteer Resource Guide



www.uwberks.org/volunteer



#uwberks and #liveunited



United Way of Berks County

Summer is a fun time to hang out with friends, soak up the sun and sleep late. Many teens however, while enjoying these activities, feel the need - and want the opportunity - to connect with others and provide a service that adds value to their community. In addition, more and more schools and club participation are requiring community service hours to help teens recognize the importance of volunteering their time and engaging in activities that improve community conditions.

**Summer
2019**

The United Way of Berks County has compiled a list of various youth volunteer opportunities that we hope will add value, build skills, meet needs, encourage teamwork and provide opportunities for youth leadership. This list is by no means inclusive of all the opportunities available for youth in Berks County. If you do not find something here, consider calling your school, church and local service organizations. You also may want to check our website: www.uwberks.org/volunteer.

I am interested in ... Interacting with kids and teens

ABILITIES IN MOTION

S.T.A.R.S. Volunteer

Anyone interested in "working" our S.T.A.R.S. program must be 18 or older with a desire to help others, particularly youth with disabilities, and be able to pass a criminal and child abuse check. S.T.A.R.S. stands for Students Transitioning to Achieve Realistic Success. The program assists approximately 30 youth with disabilities throughout the summer learn work readiness skills, travel training and social skills to be successful in the workforce when they exist high school. It is a 6-week program. The participants will also participate in a fitness program and a community dancing program. This can be a great way for students to build their resume and determine if the social service or teaching field is something they want to enter. Contact Jaclyn Nagle at 610-376-0010 X104 or jnagle@abilitiesinmotion.org.

BIRDSBORO COMMUNITY MEMORIAL CENTER

Reading Adventure Volunteers Needed

BCMC is looking for dynamic volunteers, who are 16 years of age and over, to work with youth participants during our Summer Reading Program, Reading Adventures. This eight-week program is offered for youth in grades 1st through 6th. Participants will read with children, assist in educational projects, lessons and assign worksheets. The goal of our program is to help youth maintain their reading skills throughout the summer months. This program will start the week of June 17 and continue through August 16. Contact Mike Dooley at bcmc02@ptd.net or 610-731-1471.

Explore These General Volunteer Ideas:

1. Work in a concession stand to raise money for a good cause.
2. Volunteer as a counselor at a local summer camp.
3. Volunteer to lead a youth club.
4. Make birthday cards for the elderly.
5. Run or walk in a charity race with friends.
6. Surprise your parent(s) or neighbors and offer to babysit a sibling, relative or friend.
7. Check on an elderly person after school or over the summer.
8. Read a book to a blind person or an older neighbor.
9. Celebrate a birthday by asking friends to donate items for causes instead of gifts.
10. Become pen pals to a younger person or someone from another country.
11. Knit or crochet baby blankets.
12. Collect unused make-up, perfume and other cosmetics for a shelter.
13. Donate old eyeglasses to an organization or place that recycles them for those in need.
14. Gather clothing from your neighbors and donate it to a local shelter.
15. Organize a local blood drive with the American Red Cross or Miller Keystone Blood Center.
16. Mow the lawns and care for the plants of neighbors who are away on vacation.
17. Rake leaves or wash windows for a senior citizen.
18. Teach a senior friend how to use a computer, the internet or a smartphone.
19. Offer to read to people in a nursing home.
20. Care for a neighbor's pet.

OLIVET BOYS & GIRLS CLUB

Blue Mountain Camp

Do you love the outdoors and spending time with kids? Look no further than spending your days with the kids of the Olivet Boys & Girls Club at our Blue Mountain Camp. Volunteers ages 15 and up will assist our staff with camp activities like, hiking, fishing, outdoor education and so much more! Volunteers 18 and above will be required to obtain background clearances which Olivet Boys & Girls Club will cover. Contact Abby Frost at Abigail.goldberg@olivetbgc.org or 610-373-1314.

Summer Camp Volunteer

Help lend a hand and make a difference in the lives of local kids at one of our 9 Olivet Clubs! Volunteers ages 15 and up will assist our staff with our 8-week summer camp which includes 8 different themed weeks, arts & crafts activities, sports activities, and field trips. Volunteers will be required to obtain background clearances, which Olivet Boys & Girls Club will cover. Contact Abby Frost at Abigail.goldberg@olivetbgc.org or 610-373-1314.

Volunteer Coaches

We are looking for individuals to teach our youth the fundamentals of baseball and softball all while teaching them the crucial aspects of being a good team player and possessing sportsmanship. Volunteers 18 and above will be required to obtain background clearances, which Olivet Boys & Girls Club will cover. Contact Abby Frost at Abigail.goldberg@olivetbgc.org or 610-373-1314.

SAFE BERKS

Playground Helper/Children's Activities Assistant

We are looking for someone to help watch over children in our playground and assist with children's activities. Various days and times are needed. This person will always be in the presence of our staff or 66 hour trained advocates. Criminal background check and ChildLine child abuse clearances are required; these forms are provided with the volunteer packet. Confidentiality is extremely important. Contact Mindy McIntosh at mindy@SafeBerks.org or 484-869-5293.

SHADY HOLLOW ASSISTED RIDING

Assisted Riding Volunteers

Shady Hollow provides children and adults with physical and emotional disabilities the opportunity to ride a horse. Without our volunteers we would not be able to offer this amazing service! Become a volunteer and experience

what joy our riders get from being on one of our horses. No experience needed, all volunteers receive training before helping in lessons. Contact Stacey McCann at volunteer@hugahorse.com or Michele Cooper at michele@hugahorse.com or call 610-858-7937.

THE SALVATION ARMY

Summer Camp Counselor

Volunteers must be at least 16 years of age, love working with kids, be reliable and trustworthy. Help kids during their daily activities including pool time and fun weekly field trips at our Summer Day Camp. Contact Yesenia Mejia at yesenia.mejia@use.salvationarmy.org or 610-373-5208 X207.

**I am interested in ...
Rebuilding Lives**

FAMILY PROMISE

Impact Lives of local families and youth

Volunteers have many options such as tutoring or mentoring youth in subjects you excel, assist at our Day Center or at a hosting congregation with setting up bedrooms and fellowship area, make and serve a meal for the families and teens we serve. Youth of all ages may volunteer with a responsible adult chaperone, youth 13+ may volunteer at the Day Center with parent or legal guardian permission. Volunteers 18+ must have criminal and child abuse clearances. Contact Lee Wilder at 610-373-3323 X25 or lwilder@familypromiseofberks.org.





DID YOU KNOW?

Volunteering can help you explore your interests:

- ✦ If you like working with kids, get involved at a summer camp or help younger students with their schoolwork.
- ✦ If you like to cook, make dinner for families at a shelter.
- ✦ Look for opportunities that allow you to participate in activities that already interest you.

Volunteer activities add value to college applications and work resumes:

- ✦ College admission staffs want to know who you are as a person - well-rounded individuals who will give their best both within and outside the classroom.
- ✦ Potential employers want to know if you show up on time, can take direction, are responsible, and work well with others.
- ✦ A good reference from an agency you've volunteered with can help them decide that you would be a good college student and employee.

Volunteering allows you to share your talents and knowledge with others and make a positive change in your community:

- ✦ You have skills, talents, knowledge, experience, personality and passion. Volunteering is a great opportunity to teach those skills to others that may not have the opportunity to learn them.
- ✦ Each of us wants to live in a community where children are given the help they need to succeed in school and where people with disabilities and the elderly are able to live as independently as possible. Volunteering helps you make your community a better place to live, and you become part of the solution.

HABITAT FOR HUMANITY OF BERKS COUNTY ReStore Volunteers

Volunteers aged 16 and older will assist with the daily operations of our ReStore. They will be assisting customers, replenishing or re-organizing merchandise and/or working to keep the store clean. Opportunities are available when the store is open: Wednesdays through Saturdays, 9 am to 6 pm and Sundays, Noon to 6 pm. We ask that volunteers plan on at least a three-hour shift. Contact Penny Hummel at 610-373-3439 X301 or phummel@habitatberks.org.

**I am interested in ...
The Outdoors**

FAMILY PROMISE Garden Clean-up

Visit our Day Center to help spruce up the yard, weeding, mulching, cleaning, sweeping and planting. Youth of all ages may volunteer with a responsible adult chaperone, 13+ may volunteer with parent or legal guardian permission, 18+ must complete background clearances. Contact Lee Wilder at 610-373-3323 X25 or lwilder@familypromiseofberks.org.

PHOEBE BERKS HEALTH CARE CENTER Enjoy the Fresh Air

Adult and junior volunteers (12 years old or have graduated from the 5th grade) can help our residents enjoy the summer weather by taking them outside for walks or just sit on our patio and chat awhile. Contact Heather Cox at hmcox@phoebe.org or 610-927-8514 – www.phoebe.org.

SOUTH MOUNTAIN YMCA Green Thumb Volunteers

Love being outdoors? Get in tune with nature and express your creative side by sprucing up the camp's various flower beds. 600 acres are available for you to help plant flowers, mulch and do some painting. Volunteers must be 16 years or older. Contact Tracey Braymiller at ycamps@smyymca.org or 610-670-2267.



**I am interested in ...
Helping Our Seniors**

BERKS ENCORE Techno Tutors

When it comes to the world of digital, there's so much you already know, and so much the older generation could use help with! Everything from creating a Facebook page to keep in touch with friends, to using a smartphone or iPad for finding recipes. If you're age 14 or beyond, and you are comfortable in the technology world – YOU can be a great friend and resource to our older adult participants. Reading Center - Contact Jim Youndt at 610-374-3195 X237 or jyoundt@berksencore.org. Shillington Center - Contact Kate Sweinhart at 610-777-5577 or KSweinhart@BerksEncore.org. Wernersville Center – Contact Melissa Ludwig at 610-670-1372 or mludwig@berksencore.org.

Share your Talents

Can you sing, dance or play an instrument? We are always looking for volunteers willing to share their talent with us! Reading Center - Contact Jim Youndt at 610-374-3195 X237 or jyoundt@berksencore.org. Shillington Center - Contact Kate Sweinhart at 610-777-5577 or KSweinhart@BerksEncore.org. Wernersville Center – Contact Melissa Ludwig at 610-670-1372 or mludwig@berksencore.org.

PHOEBE BERKS HEALTH CARE CENTER Pet Visitor Volunteer

Do you have a loveable pet? Pets can help reduce stress, relieve loneliness and depression, and prevent heart disease. Bring your pet in for visits with our residents. Contact Heather Cox hmcox@phoebe.org or 610-927-8514.

Share your talents

Can you sing, dance or play an instrument? We are always looking for volunteers willing to share their talent with us! Contact Heather Cox hmcox@phoebe.org or 610-927-8514.

Groups are always welcome

Do you have a group that would like to share their talents, host a bingo session, make crafts or just visit with our residents? We would love to have you! Contact Heather Cox at hmcox@phoebe.org or 610-927-8514.

We need you!

Want to warm a heart & create a smile? Adult and junior volunteers (12 years old or have graduated from the 5th grade) are needed to help transport, deliver laundry, assist with activities, reading, visit with our residents and much more. No matter how much time you have to give, every minute is appreciated by our residents! Contact Heather Cox hmcox@phoebe.org or 610-927-8514.

ST. CATHARINE SENIOR APARTMENTS Volunteer doing building "Beautification"

Looking for people of all ages to help with grounds clean up at our low income senior community. Duties include yard clean-up, power washing etc. A great chance to fulfill volunteer hours. Contact Alicia Waid at 610-743-5374 or awaid@cshhcs.org.

TOWER HEALTH AT HOME BERKS Hospice Volunteers

Do you have a kind heart? Do you want to bring a smile to a patient's face as they near the end of their life? Consider becoming a hospice volunteer where you can read, play games, play an instrument and talk with our hospice patients and families. All volunteers must be 18 years of age or older to work with hospice patients and be willing to complete training, be current on required immunizations, and have up-to-date clearances. Contact Cassondra Kissinger at cassondra.kissinger@towerhealth.org or 610-378-0481 X3115.

**I am interested in ...
Job Experience**

BERKS COMMUNITY TELEVISION

Live Television Camera Operator Volunteer

Volunteers will operate a camera during live studio productions. No experience necessary, we train you. Must be 14 years or older. Contact Bill Martin at bmartin@bctv.org or 610-374-3065.

CHILDREN'S HOME OF READING

Awesome Volunteers Needed!

CHOR has a variety of projects and tasks that need some TLC. A few examples of our volunteer opportunities include clerical help, data entry, mailings, donation organization, cleaning, community events and just general help. To qualify, we ask that you be a positive, friendly person. Minimum age preferred is 21 years old. Contact Jen Rummel at jrummel@choreading.org or 610-396-7066.

HABITAT FOR HUMANITY OF BERKS COUNTY

Teen Takeover of the ReStore Social Media

Use your creativity to create content and post it on the ReStore's Facebook and Instagram pages. You could do this for a day, a few days a week, or make a summer commitment. This could be a resume-building opportunity for a student interested in retail, marketing, public relations and media. Contact Penny Hummel at phummel@habitatberks.org or 610-373-3439 X301.

NORTHEAST BERKS CHAMBER OF COMMERCE - KUTZTOWN

Build Office Skills and Your Resume

Our active regional chamber of commerce invites student volunteers to support office, membership, and marketing activities. If you are a student aged 18 or older and you have demonstrated skills especially in WordPress, Salesforce CRM data entry, or graphic design, you could play a vital role this summer as a chamber volunteer. Build your resume with this placement. Contact Lori B. Donofrio-Galley at ldg@northeastberkschamber.com or 610-683-8860.

TOWER HEALTH AT HOME BERKS

Office Volunteers

Tower Health at Home Berks is currently seeking volunteers for various opportunities in our office such as assisting with mailings, scanning files, or being a front desk greeter for both their General and Hospice offices. This is a perfect opportunity for anyone wanting

to make a difference volunteering for a non-profit while staying behind the scenes! Volunteers must be 15 years of age or older and obtain up-to-date clearances and immunizations. No training is required but rest assured volunteers will be given all the tools they need to be successful! Contact Kelsey Hunsicker at kelsey.hunsicker@towerhealth.org or 610-378-0481 X3142. Contact Cassondra Kissinger at cassondra.kissinger@towerhealth.org or 610-378-0481 X3115.

**YMCA of Reading & Berks County
Social Media Ambassadors**

Post creative social media content, assist with special events, and engage with staff and members to promote the YMCA – must be 18 years of age and will require background clearances. Contact Dori Bornstein at 610-378-4744 or dbornstein@ymca-berkscounty.org.

Have you considered a career in Fundraising or Marketing?

Our active association requires ongoing office and branch support. Students 16 and older will play a vital role in our summer events, programming and planning. Opportunities include copy writing, graphic design, social media posting, photography and video in addition to attending and assisting with special events. Contact Michele Reinert at mreinert@ymca-berkscounty.org or 610-378-4714.

Build Your Resume and Office Skills

Students 16 and older will play a vital role in supporting our office projects including clerical assistance, data entry and collection, filing, prepping meeting materials, archiving materials, photocopying, and project assignments for accounting, human resources and administrative staff. Contact Michele Reinert at mreinert@ymca-berkscounty.org or 610-378-4714.



**I am interested in ...
The Arts**

**THE YOCUM INSTITUTE FOR ARTS EDUCATION
Arts Camps**

Be creative, gain skills and support the arts in our community. Volunteers in 9th grade and up are needed for a variety of arts camps and outreach classes to work with professional artists, musicians, dancers, actors and directors from June 17 – August 16. Camps and classes are offered for ages 2-15 and are held on-site and various off-site locations. Special incentives if you commit to a minimum of 25 hours. Contact Beverly Houck at primarystages@gmail.com or 610-376-1576.

**I am interested in ...
Caring for Animals**

**HUMANE SOCIETY OF BERKS COUNTY
Foster Care Volunteer**

We always love to have new foster families join the team! Foster families (must be 18 yrs.) open their home to animals in need, and we have an on-going need for animals looking for foster care. Animals range from puppies and kittens too young for adoption, those recovering from medical care, those working on additional training and socialization, and much more. All vet care and supplies are provided by HSBC and there is always a staff member on call if an emergency arises. Plus, foster care is tons of fun and saves lives! Please visit our website, humanepa.org and complete a foster volunteer application today.

Service Days for Groups

The Humane Society of Berks County loves to host groups for 1 Day Service Opportunities. Service Days are typically shelter cleaning and organizing projects, yard work, and other important shelter projects that keep the facility in tip top shape. Service Days can take place Wednesday – Saturday and can typically take up to 15 people/day. Volunteers between 14-17 years must be accompanied by a parent. In addition, we have special events and larger scale projects we always love to have groups help with! Contact Kristie Rodriguez at krodriguez@humanepa.org or 610-921-2348 X250.

**SOUTH MOUNTAIN YMCA
Horse Attendant**

To know a horse is to be changed forever! Help feed, groom, muck stalls and get to know these gentle giants. Volunteers must be 16 years or older. Contact Tracey Braymiller at ycamps@smymca.org or 610-670-2267.

**I am interested in ...
Food
(Who doesn't love food?)**

**HABITAT FOR HUMANITY OF BERKS COUNTY
Deliver a Meal to Habitat for Humanity Volunteers**

Use your culinary skills to make and deliver breakfast or lunch to our construction or ReStore volunteers. Our construction volunteers are renovating homes for Habitat homeowners, creating a safe and beautiful place to live. Our ReStore volunteers are busy unloading trucks, getting merchandise ready for the sales floor or helping customers. All that work makes them hungry! Contact Penny Hummel at phummel@habitatberks.org or 610-373-3439 X301.

HELPING HARVEST (formerly Greater Berks Food Bank)

Hunger Fighters Needed

Helping Harvest is always looking for new volunteers to join our mission to end hunger. Please log on to our website www.helpingharvest.org to find a list of the volunteer opportunities we offer and click on our green volunteer button to complete the volunteer form. We have volunteer opportunities on a variety of days and times. Volunteers must be at least 12 years of age and those 12-15 years of age must volunteer as a team with a parent/guardian; while those 16+ may volunteer on their own. We look forward to having you help those in our community in need. Contact Lori Lowery at llovery@feedingamerica.org or 610-926-5802 X206 for the next steps.

OPPORTUNITY HOUSE

Come help us grow our own fresh food

Our clients are working with master gardeners from the Penn State Extension in Leesport twice per week throughout the spring and summer. Hours are Mondays 10 am-Noon, or Thursdays 5-7 pm. Perfect for families, kids ages 6 and up, local businesses, youth groups, or anyone who wants to learn to garden like a pro! Groups and families come plant, weed, and harvest with us. Contact Julia VanTine at jvantine@opphouse.org or 610-374-4696 X227.

THE SALVATION ARMY **Food Pantry Helper**

Volunteers are needed for our pantry distribution program. We need many hands to help with sorting, bagging, and distributing food to community members in need. Volunteers must be reliable and trustworthy. Contact Yesenia Mejia at yesenia.mejia@use.salvationarmy.org or 610-373-5208 X207.

SAFE BERKS **Calling All Cooks**

Safe House residents welcome community or church groups to either come into the shelter to prepare meals or provide prepared meals. We have as many as 50 residents at any given time. Whether your group can cook monthly or just one time, your help is appreciated. Children must be accompanied by an adult. Contact Mindy McIntosh at mindym@SafeBerks.org or 484-869-5293.



Thanks to Our Volunteers!

I am interested in ...
Community Health

AMERICAN RED CROSS - TRI COUNTY CHAPTER **Youth Ambassadors**

The Red Cross is looking for volunteers, including Youth Volunteers, across everything we do! Join us when we install free smoke alarms, work the registration desk at our office, teach younger children what they need to know about preparedness, help maintain our buildings & properties, drive our vehicles delivering supplies and/or bringing military patients to their medical appointments (min. age 18) and – with the right training – learn how to respond to local disasters such as house fires and floods and be available for national deployments. Whatever YOU want to do with the Red Cross, we would like to hear from you. Contact Ann Borysowski at ann.borysowski@redcross.org or 215-384-7191.

Berks Teens Matter **Youth Ambassadors**

Berks Teens Matter is committed to reducing teen pregnancy, so our youth have a better future. Our goal is to reduce teen pregnancy by 40% in Berks County by 2022. BTM is looking for Reading High School students, grades 9-12, who are interested in serving as a Youth Ambassador (YA). Our YAs help lead our work by providing peer education to local youth, serving as the youth “face” of BTM at local events and learning about healthy sexuality so they can be empowered leaders in the community. Our YAs say that some of the best things about being a YA are occasional outings, meeting friends and becoming a part of a core group. This is a one-year commitment, but summer is a great time to start! We meet for 1-2 hours each week during the summer and most of the school year. Contact Alex Banks at yacoordinator@berksteensmatter.org or 570-982-4228.

PENN STATE HEALTH – ST. JOSEPH **Considering A Career in Healthcare?**

Volunteers 15 years and older may be eligible to help with the Book Cart, Patient Services, Patient Transport or Clerical roles. Requirements: must commit to 50 hours of volunteer service in a calendar year, which you self-schedule weekly, provide requested health records including current TB test, references, complete background clearances and attend an orientation. Contact Barb Moyer at bmoyer4@pennstatehealth.psu.edu.

“You make a living by what you get. You make a life by what you give.”

I am interested in ...
Helping at an Event

BERKS COUNTY PARKS AND RECREATION DEPARTMENT

Fiddle Festival - Saturday, June 1, 10 AM – 7 PM Berks County Heritage Center

We are looking for volunteers minimum age 14 years to help in our arts and crafts tent and kids' music jam area. Shifts are 10 AM-1 PM and 1 PM-5 PM. Contact Becky Hughes at rhughes@countyofberks.com or 610-374-8839.

Step Back in Time Day - Sunday July 28, 11:00 AM - 5:00 PM

Berks County Heritage Center

Join us as we take a step back in time. Volunteers assist with arts and crafts and kids' area. Shifts are 11 AM - 2 PM and 2 PM-5 PM. Contact Becky Hughes at rhughes@countyofberks.com or 610-374-8839.

SAFE BERKS

Walk for No More Volunteers

The WALK FOR NO MORE is Safe Berks summer fundraising and outreach event, being held at the Kick Off of Art on the Avenue on Saturday, June 15, 2019. Volunteers are needed to assist with set up, tear down and various activities during the day. Contact Mindy McIntosh at mindym@SafeBerks.org or 484-869-5293.

VoICEup BERKS

Summer Service Opportunities

Youth 11 -18 years

June 15, 9-11 am – Assist players in Dreamleague game

July 8, 11 am - Leadership Camp

July 18, 9-11 am – Assist at Penn Street Market

July 25, 10 am-12 pm – Assist at Penn Street Market

July 30, 11 am-1 pm – Serve lunch at Hope Rescue Mission

Contact Lindsay Sites at lindsay@voiceupberks.org or 610-750-2190.



Top 10 Reasons to Volunteer:

1. Gain work experience in areas that interest you
2. Boost your self-esteem by helping others!
3. Help make our community a better, stronger place
4. Enhance your college applications and work resumes
5. Meet new people, make friends & build references
6. Gain new skills
7. Access to scholarship opportunities
8. Fulfill your school's community service requirements
9. Experience growth - you will learn about yourself and others
10. It's fun!

