



## COMMUNITY

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### Volunteer Opportunities

Information on volunteering in America (Massachusetts)

<http://www.VolunteeringInAmerica.gov>

#### Trends and Highlights

Even with the economic crisis, the national volunteer rate remained relatively constant, from 26.2% in 2007 to 26.4% in 2008. In 2008, 61.8 million volunteers donated approximately 8 billion hours of service in communities across the country. 24.1% of adults volunteered in Massachusetts in 2008, contributing 154.4 million hours of service. In addition to the 1.2 million adults in Massachusetts volunteering in 2008, an extra 124,881 individuals worked with their neighbors to fix a problem or improve a condition in their community but did not serve through an organization. For more information, go to [Volunteering in Massachusetts](#)

#### Highlights:

1. The bullets below are all based on an average using 2006 to 2008 data million volunteers
2. 26.0% of residents volunteer - ranking them 33rd among the 50 states and Washington, DC
3. 162 million hours of service
4. 31.8 hours per resident - ranking them 38th among the 50 states and Washington, DC
5. \$3.3 billion of service contributed
6. To see other data available for your area, including young adult volunteer rates, click the customize button. To design your own charts that compare different areas, click the compare button.

*Boston Center for Adult Education annual volunteer fair*

<http://www.bcae.org/>

or call (617) 267-4430 for a current BCAE

Admission to the volunteer fair is free, and the public is invited to attend. One hundred twenty organizations will sit at tables arranged by the following categories: AIDS, Animals, Arts & Culture, Children & Youth, Education, Environment, Health, Homelessness/Hunger, International, Seniors, Volunteerism, and Women. For more information on attending the fair, contact Nicole Donson at (617) 267-4430 x718 or [ndonson@bcae.org](mailto:ndonson@bcae.org).

United Way

<https://volunteer.united-e-way.org/boston/volunteer/>

United Way was built on the belief that together, we can accomplish more than any individual or organization can alone. We're bringing together the hearts, hands and minds of our region to make it the best place in the country for children and families. It's a big goal. A brighter vision of the future shared by individuals of all backgrounds and experiences. Lend yours to the movement.

<http://www.volunteermatch.org/volunteers/>

Simple Steps to Get Involved Follow these steps and you'll be volunteering in no time! Visit our [Search page](#) and enter your city, town, or ZIP code. Find a listing that interests you. You can either click on its title for additional details about the opportunity, or click on the name of the organization to learn about the volunteer organization and read any reviews or recommendations. When you are ready to commit to specific volunteering opportunity, look for the yellow 'I want to help' button. You will be prompted to register for a Volunteer Match account if you do not already have one, and then an automatic email will be sent to the volunteer organization notifying them of your interest.

[www.mass.gov](http://www.mass.gov)

Click on the above web site home page, in the middle of that page you'll see ONLINE SERVICES under that will be a list of items you may choose: click on Find volunteer opportunities.

*Animal Shelters*

<http://www.pittsfieldanimals.org/volunteer.html>

Volunteers are essential to the successful operation of any animal shelter. We are fortunate to have several caring men and women here at our shelter, but there is always room for more animal lovers to help out.

Whether you want to come on a regular basis, stop by when you have some spare time, or help on a special project, our animals would love to have another loving human around. All volunteers need to be at least 18 years old.

Currently we need people to:

- Walk, play with and groom the dogs
- Foster some of our cats and dogs
- Groom and cuddle the cats
- Help with adoption clinics and special events
- People that can help out weekend evenings are especially needed.

For more information on volunteering at the Eleanor Sonsini Animal Shelter, please [email](#) the shelter.

**Quincy Animal Shelter**

<http://www.quincyanimalshelter.org/volunteer.html>

A 100% Volunteer Run, Non-Profit Organization - P.O. Box 690088, Quincy, MA 02269 - 617-376-1349 In-Shelter Adoption Hours: 56 Broad Street, Quincy, MA 02169 • Tuesdays and Thursdays 6:00 p.m. to 8:00 p.m. • Saturdays 10:00 a.m. to 4:00 p.m.

**Northeast Animal Shelter**

<http://www.northeastanimalshelter.org/involved/volunteer.php>

Caring for all the animals at NEAS is very rewarding, but it is also a lot of work. To help you decide if one of our volunteer programs is right for you. Here are some of the areas where we always need help: Walking dogs/socializing cats, Greeting our guests, Answering phones, Assisting our adoption counselors, Monitoring our animal rooms, Assisting kennel staff with cleaning cages/handling animals/grooming, Assisting office staff with filing or stocking shelves, Accepting and organizing drop off donations, Overall support with laundry/cleaning, Monitoring cat and kitten/dog and puppy rooms, Occasional special events such as special adoption promotions, pet exhibitions, School/nursing home visitation.

*The Animal Rescue League of Boston: Volunteering*

[http://www.arlboston.org/site/PageServer?pagename=get\\_volunteer](http://www.arlboston.org/site/PageServer?pagename=get_volunteer)

**Volunteer Program**

Looking for a way to match your skills and interests with your love for animals? The Animal Rescue League (ARL) of Boston needs your help. Our three Animal Care and Adoption Centers, our Spay Waggin' and administrative offices often need volunteers to help with everything from animal care to general office support; from staffing special events to working on creative projects. Whether it's feeding our shelter animals or applying your communications, writing, graphic design or office skills, we have numerous and meaningful ways for you to get involved. Volunteering at the ARL of Boston is not only personally rewarding, but you will learn new skills that can help build your resume.

## *Soup Kitchens*

**The Greater Boston Food Bank**

<http://www.gbfb.org/gethelp/soupKitchens.cfm>

We are always closed on the Saturdays and Sundays of holiday weekends. Because of the popularity of volunteering on Saturday and Wednesday nights, we are currently booked up for group reservations until the summer of 2010

### **General Volunteer Information**

Volunteers are critical to the work we do every day in feeding the hungry. The Greater Boston Food Bank manages the largest internal volunteer program in the region, averaging more than 10,000 volunteers a year.

We depend on volunteers to inspect, sort, and repack "salvaged" food and grocery products which we receive. These items are then redistributed to nearly 600 hunger-relief agencies throughout eastern Massachusetts.

The help you supply is real, tangible, and relied on by more than 394,000 people who benefit annually from the food we provide.

Volunteers include students, seniors, businesspeople, church members, and others who help us separate, sort, inspect, and package food. Volunteer opportunities are available six days a week, with flexible hours, mornings, afternoons, and evenings.

Are you looking for a site to bring your corporate, school, or civic group for community service? We can schedule large group volunteer experiences — up to 50 volunteers — six days a week, every week!

The Greater Boston Food Bank moved into its new facility in April 2009. For those individuals and volunteer groups who have sorted salvage with us in the past, you will notice many changes to the product reclamation area in our new building. We think you will love the new sorting area. To read more about the building project, please [click here](#). Questions? Contact us at [volunteer@gbfb.org](mailto:volunteer@gbfb.org).

### **Temple Emanuel**

[http://www.temv.org/Articles/index.cfm?id=1022&pge\\_prg\\_id=4900&pge\\_id=1033](http://www.temv.org/Articles/index.cfm?id=1022&pge_prg_id=4900&pge_id=1033)

Our members volunteer three to four times a year at a soup kitchen in Lowell. Members of Temple Emanuel volunteer and average of three to four times a year to offer a soup kitchen at the YMCA in Lowell. We are part of an effort by religious organizations (although we are the only Jewish Temple) and community groups called the "Community Table." The Community Table has been preparing full, nutritious meals for homeless and poor families and individuals on the weekends for several years. We have been part of this effort for over ten years. 2010 Temple Emanuel of the Merrimack Valley - Lowell, MA. Send mail to [webmaven@temv.org](mailto:webmaven@temv.org) with questions or comments about this web site.

## *Senior Centers*

**Newton Senior Services**

<http://www.newtonseniors.org/Volunteer/positions.htm#skill>

*Retirement Communities Search*

<http://www.retirementcommunity.com/Category/Senior-Centers/Massachusetts-senior-centers/>

Massachusetts senior centers offer daily opportunities include exercise classes, billiards, cards, board games, a soda fountain, lunch, volunteer opportunities, social service information and assistance, and social interaction.

*Community/Neighborhood Crime Watch*

<http://www.bostoncrimewatch.com/>

What does it take to start a Neighborhood Watch on your street?

First, [give us a call or send us an email](#). We'll give you an overview of the program and help you understand how starting a Neighborhood Watch group will help you deter crime and the fear of crime on your street. Secondly, we'll set a mutually agreeable first meeting date. We can print and mail flyers to you for each of your meetings to be distributed to your neighbors about 5 days before your meeting dates. We will also send you a suggested agenda and bring helpful hand outs and help your facilitate the first few meetings. It's that easy!

What's involved in running a Neighborhood Watch and how often do they meet?

The best way to run a Neighborhood Watch is to delegate tasks and keep your neighbors involved. Tasks include: taking minutes, emailing and calling members prior to meetings, and greeting new neighbors as the move to your street. The more time you spend outside with your neighbors, the more your positive activity will displace negative activity. This will deter crime and the fear of crime and at the same time build community. Most Neighborhood Watch groups meet every other month once they are established. You may elect to meet more often but that is up to you.

*Lowell Community Policing*

[http://www.lowellpolice.com/policing\\_in\\_your\\_neighborhood.htm](http://www.lowellpolice.com/policing_in_your_neighborhood.htm)

Captain Thomas Kennedy is the Sector Commander for the East Sector, which includes the neighborhoods of South Lowell, Back Central, and Downtown. You may reach Captain Kennedy at the Lawrence Street Precinct – (978) 937-3234.

Welcome to the East Sector!

The East sector represents three sections of the city: Back Central, Downtown, and South Lowell. Each of our three neighborhoods is represented by a wide variety of nationalities and cultures. The unique stamp of each of these cultures is visible in the many stores and businesses that dot our city blocks, as well as in the faces of our inhabitants. The residents came together and worked hand in hand with the police department to help “clean up” the neighborhood. We proudly act as a model for other sectors and other police departments to emulate where our partnership with our neighborhoods is concerned. Our expression “clean up” refers not only to crime but also to quality of life issues such as empty lots, abandoned cars, and landlord responsibilities. Back Central neighborhood group members perform a monthly “Neighborhood Walk” that includes participants from city services such

**as inspectional, health, fire safety, precinct police as well as neighborhood people. Theirs was the first “Walk” begun in the city. The care and pride shown by the citizens of this neighborhood spread throughout the city. Subsequently, neighborhood groups have formed in almost every section of the city. Community policing is still on the move in Lowell and thanks to the neighborhood groups, the future is looking bright.**