

# UNION SETTLEMENT

EMPOWERING EAST HARLEM SINCE 1895

## Group and Individual Volunteer Opportunities

2020

237 East 104th Street  
New York, NY 10029  
[www.unionsettlement.org](http://www.unionsettlement.org)



# UNION SETTLEMENT



Union Settlement is an on-the-ground resource for East Harlem residents of all ages, and a passionate advocate for the needs of underserved communities. Since opening our doors in 1895, we have brought education, wellness and community-building programs to our neighborhood, empowering New Yorkers with opportunities to better their lives. By helping our neighbors realize their goals, we build the vitality and success of East Harlem.

## Help us empower East Harlem!

Our volunteers enable us to provide essential programs and services to our East Harlem neighbors. This brochure includes a list of possible activities for both individuals and volunteer groups, but we are always welcome to your suggestions.

Volunteer as a group



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Volunteer as an individual



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# VOLUNTEER AS A GROUP

## Gardening



Lend a hand with cleaning and weeding in our large community garden, El Sitio Feliz, located at 237 E. 104th Street or with a group of seniors at one of the smaller Senior Center Gardens at various locations in East Harlem. During end of April or beginning of May, volunteer groups can join us for a “planting party” to help revitalize our gardening beds. Fall is also an important time for the garden to regenerate, and we have a lot to do to prepare for the colder months! Gardening can take place any day, morning or afternoon.

Any size group between 5-25 volunteers is welcome. Does your group have green thumbs? We are looking for an energetic group to adopt El Sitio Feliz!

## Garden-Themed Party

Volunteers can host a party in our community garden that focuses on the theme of environmental education. This event can include 10-25 preschool children ages 2-5 or older students ages 6-12 in our afterschool programs. Volunteers would assist students in participating in activities like planting a seed to take home, a cooking demonstration or taste test, or an environmental art project, such as painting garden signs from reused materials. This event would take place between 3:30pm-6pm on a weekday. Groups between 5-30 volunteers are welcome.

You can also help with a Senior Garden Party from noon to 3pm on a weekday - arrive early to help with decorating and set-up, help serve food, dance with the seniors and stay to help staff clean up. Groups between 5-15 volunteers are welcome.

## Meals on Wheels

Help pack and deliver meals to hundreds of seniors in the East Harlem community. Many of our seniors are homebound and live alone, so volunteers provide them with a warm meal and give them someone to talk to! Meals are delivered Monday-Saturday, 9:00am-12:30pm. Groups of 12 are preferable and minors must be accompanied by an adult who is 21 years or older. On Thanksgiving and Christmas, groups of 25 are preferable. Training for all volunteers is provided.



### **Ethnic Festival**

Sponsor our annual international block party that celebrates the cultural heritage and diversity of East Harlem! Volunteers can assist with a variety of tasks ranging from set-up and decorating the block to arts and crafts for both kids and adults. This is our biggest public event of the year that includes music, dance, ethnic cuisine and educational activities for the whole family. Groups between 15-40 volunteers are preferable.



### **Career Academy**

Host a career-related workshop for high school students in our College Readiness program and disconnected youth in our Career Academy program. Volunteers can help with a professional dress fashion show, resume-building workshop, or mock interviews. Career panels can also be held where volunteers discuss the work they do and answer questions from students interested in their fields. Groups can include 5-10 people and workshops are held throughout the year.

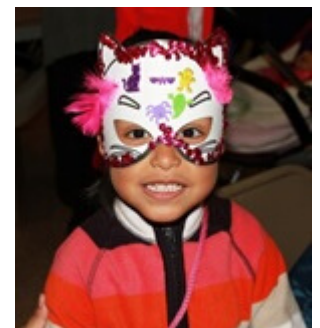
### **Summer Camp Olympics**



Work with us to create a “mini-Olympics” for our 200 Summer Day Camp participants, ages 6-12. Volunteers will organize the children into groups and lead them through a variety of activities inside our gym and community room. Scheduling is flexible over the summer months. Any size group between 15-40 volunteers are welcome.

### **Fall Crafts**

Celebrate fall with our afterschool program by hosting a number of activities around the theme of fall in our community garden. Students can create crafts with leaves, color fall themed designs, build a scarecrow for the garden, and any number of other fall themed activities. These events will take place after school from 3:30-6:30 any day of the week. Groups between 15-20 volunteers are preferable.



### **Holiday Meal Service**

Help serve holiday meals for seniors and add holiday cheer at our Senior Centers. Serve meals at either the Gaylord White Senior Center at 2029 Second Avenue or the Corsi Senior Center at 207 East 116th Street. Large volunteer groups are preferable.

## Thanksgiving Food Drive



Spend a morning filling bags with food or an afternoon giving out those bags to East Harlem families in need during our annual Thanksgiving Food Drive. This event occurs on the Monday and Tuesday before Thanksgiving and we distribute approximately 200 bags filled with turkey and trimmings each year. Groups of 5-15 volunteers are preferable.

## Holiday Gift Drive

Hold a gift drive at your office, place of worship or just among friends. Every year we collect hundreds of gifts for children ages 2-13 and senior citizens. We rely entirely on support from volunteers and corporations to make our annual gift drive possible! Donation boxes will be provided and should be displayed in early December. Gifts will be picked up by December 15 (tentative).



## Gift Wrapping Party

Help us wrap the hundreds of gifts we get donated! We ask volunteers to come to Union Settlement at 237 East 104th Street in groups for social “wrapping parties” with our staff. Wrapping parties are scheduled for mid-December. Large volunteer groups are preferable.

## Host a Holiday Party



Each of our preschools, senior centers and after school programs holds its own holiday celebration (totaling anywhere from 9-14 holiday parties a year), so we need a lot of extra hands! Help decorate a center and enjoy festive activities with guests. Parties usually occur right before the holidays. Groups of 5-20 volunteers are preferable.

# VOLUNTEER AS AN INDIVIDUAL

## Homework Helper

Assist children ages 5-12 with their homework in our afterschool Rising Stars program located at our Washington Community Center, 1775 Third Avenue (at 98th Street). The program runs Monday - Thursday from 3:00pm-5:00pm. Volunteers are given the curriculum and help students with general subjects such as Math and Reading.



## High School Equivalency Teaching Assistant

Volunteers will prepare Adult Education students in East Harlem to take the High School Equivalency (formerly GED) exam by teaching basic math, writing, reading comprehension, grammar, and social studies. Volunteers will work alongside a full-time staff teacher instructing a class of 15-20 students. Curriculum and materials will be provided 5 days in advance of the class. Classes take place at 237 E 104th St, New York, NY. Volunteers are encouraged to commit to individual trimesters, with the entire school year running from September 2016 to June 2017.

## Conversation Partner

Improve the overall English fluency of Union Settlement Adult Education students, with a particular focus on literacy. Strong English skills are required and being bi-lingual is not required, but is a plus. Volunteers work one-on-one or with a small group to cover provided curriculum. Classes take place Monday through Thursday in the mornings and evenings at 237 E 104th Street. Volunteers serve at least one shift per week based on volunteer availability.

## Senior Activity Specialist



Help develop and implement exercise or recreational activities, such as dance, knitting, and art, for senior participants in Union Settlement's programs. Volunteers will assist in the creation of educational materials for senior activities and motivate seniors. The activities are held weekday mornings and the commitment is at the discretion of the volunteer.

### **Senior Phone-Chats**

Volunteers can call a Senior to check on them and have a friendly conversation. Volunteers should commit to 2-4 hours per month for 3-6 months.

### **Friendly Visiting**

Visit Seniors in their homes for an hour each week. During that time, volunteers can chat, read aloud, go for a walk, play board games, and assist with light errands. Volunteers should commit to 3-4 hours per month for 3-6 months.



### **Beautification Volunteer**

Help improve the appearance of our centers by gardening, painting or cleaning. Volunteer groups can propose a painting project or theme if they are interested. Individual volunteers should commit to 2 times per month for 1-2 hours per volunteer date if they would like to help with gardening and cleaning.

### **Office Volunteer**

Volunteers will help with filing and data entry in any of our locations. Commitment is between 2-5 hours per week.

To learn more about our volunteer opportunities, please contact  
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