

**Area Hospitals:**



**Strong Memorial Hospital – Friends of Strong**

Call 275-2420 for information.  
[www.urmc.rochester.edu/strong-memorial/friends-of-strong/volunteering](http://www.urmc.rochester.edu/strong-memorial/friends-of-strong/volunteering)

**Highland Hospital**

Call 341-6759 for information.  
[www.urmc.rochester.edu/highland/about-us/friends-of-highland](http://www.urmc.rochester.edu/highland/about-us/friends-of-highland)

**Rochester General Hospital**

Call 922-3725 for information.  
<https://share.vomevolunteer.com/5jVWMYGabCb>

**Monroe Community Hospital**

Call 760-6151 for information.  
<https://www.monroehosp.org/volunteer>



**Rush-Henrietta Central School District  
College & Career Center**



**Contact Information:**

**Assistant Superintendent,  
Student and Family Services:**  
Nerlande Anselme 359-5018

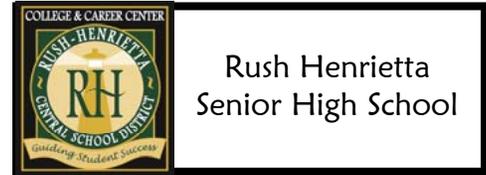
**Principal:**  
Arkee Allen 359-5208

**School Counselors:**

10th grade	Elizabeth Tabone (A-K)	359-7801
	<a href="mailto:etabone@rhnet.org">etabone@rhnet.org</a>	
	Jessica Kinsman (L-Z)	359-5230
	<a href="mailto:jkinsman@rhnet.org">jkinsman@rhnet.org</a>	
11th grade	Erika Chapman (A-K)	359-5231
	<a href="mailto:echapman@rhnet.org">echapman@rhnet.org</a>	
	Kim Martzloff (L-Z)	359-5225
	<a href="mailto:kmartzloff@rhnet.org">kmartzloff@rhnet.org</a>	
12th grade	Molly Wallace (A-L)	359-5229
	<a href="mailto:mwallace@rhnet.org">mwallace@rhnet.org</a>	
	Jennifer Allen (M-Z)	359-5226
	<a href="mailto:jallen@rhnet.org">jallen@rhnet.org</a>	

**Alternative High School:** 359-5530  
Dean James

**College & Career Center:** 359-5222  
Kathy Moss



Rush Henrietta  
Senior High School



## A Sampling of Volunteer Opportunities

**ARC of Monroe County** Every year dozens of businesses and members of our community volunteer to help the Arc of Monroe. From our day services, to residential locations, or activities in the community there is always a need for passionate volunteers who are interested in helping out. Below is a list of a few volunteer projects:

- ◆ Help teach people basic computer skills, like using e-mail, navigating the Internet and practice Word applications.
- ◆ Assist with volunteer committees, such as the Day of Champions Golf Tournament and the Blues After D'Arc Social Event.
- ◆ Being a mentor or friend at any of our agency homes or day programs. Spending time together on a common interest like a musical instrument, a sport or a craft (or even playing a game or socializing).

For more information on volunteering, contact Kim Lombardo at [klombardo@arcmonroe.org](mailto:klombardo@arcmonroe.org) or 672-2202.



**CP Rochester** is in need of volunteers to support a variety of Recreation Programs such as: horseback riding, bowling, swimming, gymnastics, gym games, group fitness, and power wheelchair soccer. CP Rochester needs volunteers to work with both adults and children with developmental disabilities and physical challenges. Volunteers work with special education teachers, Occupational Therapists, Physical Therapists, Adaptive Physical Education teachers, Music Therapists, and Social Workers. This is also a great opportunity to gain experience in those career areas. Volunteers can work as companions to residents in group homes, assistants in recreation programs, classroom aides, or can provide clerical or special events support. For more information, contact Tina Bennett, volunteer coordinator, at 334-6000 ext. 1321 or e-mail: [tbennett@cprochester.org](mailto:tbennett@cprochester.org).



**Ronald McDonald House House at Westmoreland**, 333 Westmoreland Dr. Whether it's cooking meals, cleaning and preparing rooms for families, helping in the office, or driving our van, the time you give makes it possible for our families to be with their children during a very difficult time. Special Events volunteers help us raise funds critical to keeping our doors open for families when they need us most. If you are an individual looking for an ongoing opportunity, or part of a group looking for a one-time project, there's a place for you at the Ronald McDonald House. Volunteers must be at least 16 years old or accompanied by an adult. Visit [www.rmhcrochester.org](http://www.rmhcrochester.org) to get-involved or call 442-5437.

### **TIES:**

**Together Including Every Student** is a program that promotes the participation of children/young adults with developmental disabilities in extracurricular and community activities with support from trained student volunteers. After volunteers attend a 45-minute training session, they could be paired with participants to join activities together. The commitment is based on your schedule. It could be once a month, a couple of times a month, or more infrequently. More information and application forms are available in the College & Career Center. If you have any questions, contact Doreen Blankenbush, R-H TIES Coordinator at [dblankenbush@rhnet.org](mailto:dblankenbush@rhnet.org).

### **Volunteer Match:**

Type in your zip code and find local organizations looking for volunteers. [www.volunteermatch.org](http://www.volunteermatch.org).

### **RochesterCares:**

RochesterCares is designed to help individuals give back to the community, but in a flexible way that accommodates their busy lives, their skills, and their interests. RochesterCares accomplishes this by developing engaging projects with our community service partners, publishing these projects in a monthly calendar, and recruiting and leading volunteers during the project. [www.rochestercares.org](http://www.rochestercares.org)  
E-Mail: [volunteers@rochestercares.org](mailto:volunteers@rochestercares.org)

### **Rochester's Community Wishbook**

The Wishbook features Wish Lists of items needed and volunteers needed by more than 200 Rochester-area charitable agencies. Use the listings to find a charity that needs your donated item or skill. [www.communitywishbook.com](http://www.communitywishbook.com)

### **Brentland Woods Senior Living Community 4455 W. Henrietta Rd.**

Call 585-200-5127 or [eslc\\_hr@EpiscopalSeniorLife.org](mailto:eslc_hr@EpiscopalSeniorLife.org)

**RedCross:** Call:241-4440 or email: [wcnv.vsrecruitment@redcross.org](mailto:wcnv.vsrecruitment@redcross.org) for information. <https://www.redcross.org/local/new-york/western-new-york/volunteer.html>