

**Area Hospitals:**



**Strong Memorial Hospital – Friends of Strong**

Call 275-2420 for information.  
[www.stronghealth.com/about/fos/index.cfm](http://www.stronghealth.com/about/fos/index.cfm)

**Highland Hospital**

Call 341-6759 for information.  
[www.stronghealth.com/about/fos/index.cfm](http://www.stronghealth.com/about/fos/index.cfm)

**Rochester General Hospital**

Call 922-3725 for information.  
<https://www.rochesterregional.org/volunteer/volunteer-at-rochester-general-hospital/>

**Monroe Community Hospital**

Call 760-6151 for information.  
[www.monroehosp.org/volunteer.asp](http://www.monroehosp.org/volunteer.asp)



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



**Contact Information:**

**Assistant Superintendent,  
Student and Family Services:**

Nerlande Anselme 359-5018

**Director of Academic Services:**

Timothy Shafer 359-5228

**School Counselors:**

10th Elizabeth Tabone (A-L) 359-7801  
10th Jessica Kinsman (M-Z) 359-5230  
11th Erika Chapman (A-K) 359-5231  
11th Kim Martzloff (L-Z) 359-5225  
12th Jeffrey Mangini (A-K) 359-5229  
12th Rae Carson (L-Z) 359-5226

**Alternative High School**

Tracy Page 359-5530

**College & Career Center:**

Kathleen Curry 359-5222



Rush Henrietta  
Senior High School

**Volunteer  
Opportunities  
for  
High School  
Students**



Rush-Henrietta  
Central School District  
College & Career Center  
1799 Lehigh Station Road  
Henrietta, NY 14467  
For more information,  
please contact:  
Kathleen Curry  
[kcurry@rhnet.org](mailto:kcurry@rhnet.org)  
Phone: 585-359-5222  
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## A Sampling of Volunteer Opportunities

**ARC of Monroe County** is looking for **MyTime Providers**, (formerly Special Sitters.) My Time Providers are students at least 14 years old who will receive special training as an In-home care provider to families with a child who is developmentally disabled. Working as a My Time Provider is an excellent career exploration opportunity for students interested in special education, medicine, health, or therapy. It's also a chance to earn money while gaining valuable experience in human services. Interested students will receive 20 hours of free training including First Aid, CPR, care providing, and instruction in the special sensitivities required to handle the disabled child and his or her family. After training, the qualified provider meets with families to arrange dates and payment for sitting. If you have questions or would like to hear more about the program, call Laura Jane Truesdell, coordinator of the ARC My Time Providers Program, at 271-0660, ext. 1352. The free training sessions are offered at various times during the year and pre-registration is required.



**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. CPRochester 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: [t\\_bennett@cprochester.org](mailto:t_bennett@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 <http://ronaldshouse.com/volunteers> 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 Elena Camerieri, R-H TIES, Coordinator at 385-9609 or [erlmv@rochester.rr.com](mailto:erlmv@rochester.rr.com).

### 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 334-1800

### Red Cross:

Call 241-4440 for information.  
[www.redcross.org/ny/rochester](http://www.redcross.org/ny/rochester)