

The Arthritis Foundation
www.rochestermarathon.com

What they do:

The mission of the Arthritis Foundation is to **improve lives** through **leadership** in the **prevention, control and cure** of arthritis and related diseases. The Arthritis Foundation is the only national not-for-profit organization that supports the more than 100 types of arthritis and related conditions with advocacy, programs, services and research.

Why they want your help:

“An event like the Rochester Marathon relies heavily upon volunteers. With an expected 2,000 runners it is a massive event that requires close to 500 volunteers. It is the largest single fundraising event for the upstate New York Chapter of the Arthritis Foundation and plays a huge role in funding the Services we offer to the 1.5 million people in this region who suffer from Arthritis, which is the Nation’s #1 Cause of Disability” –Rochester Arthritis Foundation

Where are they:

3300 Monroe Ave. Suite 319, 14618 (across from Pittsford Plaza)

What is the issue?

(source: www.arthritis.org)

Arthritis is the most common chronic health condition in the nation. In addition, arthritis can actually occur at any age and is most common as you age. It is not limited to just joints, as rheumatoid arthritis can affect internal organs as well as joints. While there is no cure, pain management and further joint abrasion prevention can greatly improve the quality of life of those with arthritis.

Number of Americans with arthritis or chronic joint symptoms:

- 1985 - 35 million
- 1990 - 37.9 million
- 1998 - nearly 43 million (1 in 6 people)
- 2006 – **46 million** (nearly 1 in 5 adults)
- Arthritis is one of the most prevalent chronic health problems and the nation’s leading cause of disability among Americans over age 15.
- Arthritis is second only to heart disease as a cause of work disability.
- Arthritis limits everyday activities such as walking, dressing and bathing for more than 7 million Americans.
- Arthritis results in 39 million physician visits and more than a half million hospitalizations.
- Costs to the U.S. economy totals \$128 billion annually.
- Arthritis affects people in all age groups including nearly 300,000 children.
- Baby boomers are now at prime risk. More than half those affected are under age 65.
- Half of those Americans with arthritis don’t think anything can be done to help them.
- Arthritis refers to more than 100 different diseases that affect areas in or around joints.
- Arthritis strikes women more often than men.

- Women - 24.3 million of the people with doctor-diagnosed arthritis
- Men - 17.1 million of the people with doctor-diagnosed arthritis

Some types of arthritis are:

- **Osteoarthritis**, a degenerative joint disease in which the cartilage that covers the ends of bones in the joint deteriorates, causing pain and loss of movement as bone begins to rub against bone. It is the most prevalent form of arthritis.
- **Rheumatoid arthritis**, an autoimmune disease in which the joint lining becomes inflamed as part of the body's immune system activity. Rheumatoid arthritis is one of the most serious and disabling types, affecting mostly women.
- **Gout**, which affects mostly men. It is usually the result of a defect in body chemistry. This painful condition most often attacks small joints, especially the big toe. Fortunately, gout almost always can be completely controlled with medication and changes in diet.
- **Ankylosing spondylitis**, a type of arthritis that affects the spine. As a result of inflammation, the bones of the spine grow together.
- **Juvenile arthritis**, a general term for all types of arthritis that occur in children. Children may develop juvenile rheumatoid arthritis or childhood forms of lupus, ankylosing spondylitis or other types of arthritis.
- **Systemic lupus erythematosus (lupus)**, a serious disorder that can inflame and damage joints and other connective tissues throughout the body.
- **Scleroderma**, a disease of the body's connective tissue that causes a thickening and hardening of the skin.
- **Fibromyalgia**, in which widespread pain affects the muscles and attachments to the bone. It affects mostly women.

What you will be doing:

Stuffing the Goody Bags that serve as a thank you gift for the runners. The marathon generates a great amount of money for the Rochester branch of the Arthritis Foundation.

Opportunities to continue with the agency or similar opportunities available on campus:

Contact **Derek DeSol** at 585-264-1480 or d-desol@arthritis.org for general volunteering interest.

The **Arthritis Foundation's Preferred Care Marathon** race needs A LOT of help in the days just prior to and the day of the race as well! For volunteer opportunities, please visit www.rochestermarathon.com to see the various opportunities available **September 14th, 15th**, and the day of the race on the **16th**! Please contact Danchi Nguyen at dnguyen7@mail.rochester.edu if you are interested in order to work out transportation.

Every year, **Colleges Against Cancer**, an SA group on campus, raises money not by racing, but through the annual Relay for Life in April. Contact the secretary, Cheryl at cweinhei@mail.rochester.edu if you are interested in the event or combating cancer in general.

The Charles Drew Pre-Health Society is another campus group focused on health, medicine and science. Perhaps you can continue to learn about health issues or raise more awareness about arthritis. Contact Pres. Jathin Bandari at jbandari@mail.rochester.edu for more information.

Cameron Community Ministries
<http://www.abcrgr.org/cameron.htm>

What they do:

“Cameron is an ecumenical urban community center. Cameron provides programs for neighborhood residents through volunteers and staff that give i) school-age children and their families educational and recreational experiences to build life-skills and positive values in a structured, safe, and nurturing environment, ii) free meals to the hungry and iii) clothing to those in need. Cameron serves the neighborhood with respect for the dignity for all persons. We are faith based, but do not proselytize. All are served.” – Cameron

In 2006, Cameron served over 29,000 hot lunch meals, 4,000 kids café suppers, provide clothing and hygiene supplies for over 700 families, mentor 40 students/ week, and serve lunch on Thanksgiving and Christmas Eve.

Why they want your help:

“We are a 501 C3 non-profit. We get very little government funding and rely on volunteers and donations of money, foods, and time to deliver our services in this neighborhood of high poverty.” –Cameron

Where are they:

48 Cameron St., 14606 in the Lyell-Otis Neighborhood, which is an area of high poverty. 37% African-American, 24% Hispanic, and 35 % European American. 90% of the children receive free lunches at school. Cameron is located in the Crescent, which is an area in Rochester where 80% of homicides occur.

What is the issue?

The Joseph Ave area (The Crescent) is currently an economically disadvantaged area, with high rates of poverty and crime. There appears to be a positive correlation between the high levels of lead poisoning in The Crescent and teen pregnancies, violence, and crime. The high poverty levels may reflect the discrepancy between minimum wage (\$7.15/hr) and actual living wage (\$9.25/hr).

By having an integrative network of services and goods, Cameron truly serves its community. In addition, **the peak hour for juvenile crime is 3pm-4pm**, the time that youth are dismissed from class. Serving as an after-school center and having a summer program, Cameron helps to keep youth active in a positive manner.

What you will be doing:

Sorting school supplies for delivery to School #30, help with hot lunch or clean kitchen, yard work, and maybe sorting books.

Opportunities to continue with the agency or similar opportunities available on campus:

University of Rochester students already volunteer at Cameron through the Education Alliance, a part of the Community Service Network. Contact uredalliance@gmail.com for more information on volunteering in the after-school tutoring program, which runs Monday-Thursday 3:30- 5:00 pm.

Additional volunteer opportunities at Cameron and information are included in the attached sheet.

Catholic Charities Community Services

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

What they do:

Working in the greater Rochester, NY area and the surrounding communities, offering support and services to persons with developmental disabilities, traumatic brain injury, and HIV/AIDS disease without regard to religion or ability to pay.

Why they want your help:

Committed to enhancing and strengthening the independence, inclusion, and individuality of persons with disabilities and those who are living with HIV/AIDS by integrating service delivery, advocacy, and education to foster individual and community empowerment and promote the self worth of all individuals. CCCS has several group homes for these individuals, and does not have enough money to have a regular maintenance staff. U of R students can greatly help by assisting with maintaining some of the group homes which will allow the residents to have a more pleasant atmosphere. Please keep in mind that although the individuals have disabilities or HIV/AIDS, many are still very capable people and would like to be treated as so.

Where are they:

1945 East Ridge Road, Suite 24, 14622, near Ironduquoit/ the Medley Centre Parkway

What is the issue? (from cccsrochester.org)

Catholic Charities Community Services has been serving persons with disabilities for 22 years. Rochester Bishop Matthew H. Clark created a task force in 1978 to examine the unmet needs of the disabled within the Diocese of Rochester's boundaries. With the results of this study and the request by New York State that Catholic Charities become involved in serving the disabled, Catholic Charities Residential Program was established in 1980.

In the late 1980's Bishop Clark again called on Catholic Charities, by then called Social Ministry, to consider offering services to the people living with HIV/AIDS virus.

The newest department, Traumatic Brain Injury Services (TBI), began in 1997 when the State of New York Department of Health recognized the growing number of persons with these injuries who found themselves with the financial or social resources to care for themselves.

All of this growth, including program development, intensive initial and on-going staff training and property management, is the work of a highly devoted staff and administration under the guidance of a Board of Directors. It is a well respected agency, fiscally sound and professionally managed, that is meeting the needs of the 21st century.

CCCS understand the integrative network of care that must take place to help out their population. Gaining access to needed waivers and state services as well as medical, education, social, and other services is, unfortunately, a tough and necessary obstacle that these individuals need for financial well-being. In addition, 6 Community residencies with trained personnel, 24 hrs/ day ensures that the residents are getting ongoing and professional support while still having the flexibility to grow strong social bonds with peers and staff. Residential alternatives and service training allows the individuals to get back into the workforce and resume normal life as

much as possible. Intensive behavioral training is offered for TBI, which is a shock for both the individual and the family, so family counseling is included. For HIV/AIDS, CCCS looks out for the children of AIDS parents both before and after the death of a parent and helps to find transitional housing.

Overall, there remains a discrepancy between the costs of having a disability, TBI, or AIDS/HIV and the ability to work and make money. CCCS works to fill in this gap and ensure that the individuals are getting a full gamut of quality care, training, education, and overcoming legal barriers that are greatly needed.

What you will be doing:

Trimming/weeding the grounds, organizing garbage, cleaning indoors (rain)

Opportunities to continue with the agency or similar opportunities available on campus:

Contact **Kathy Termine** at 585-276-0151 for future volunteer opportunities.

The **Community Service Network (CSN)** on campus helps to organize projects and network community service groups. If you are interested in collaborating to revisit CCCS in another group of people or go to one of their other resident homes, CSN can help collaborate volunteers and transportation. Please visit the CSN website at <http://sa.rochester.edu/csn> or e-mail CSN President Danchi Nguyen at dnguyen7@mail.rochester.edu

City of Rochester

<http://www.ci.rochester.ny.us/index.cfm?id=746>

What they do:

Clean-sweep the streets

Why they want your help:

The city has over 535 miles of roads to maintain. The pick-up of litter and debris along these streets is very labor intensive and we do not have the resources to do the job without the help of volunteers and your willingness to help.

Where are they:

Thurston Rd and Chili Ave (19th ward)
1190 Scottsville Road

What you will be doing:

Litter clean-up.

Opportunities to continue with the agency or similar opportunities available on campus:

Contact Grassroots on the CCC website (sa.rochester.edu/grassroots) for more “green” opportunities.

Foodlink
www.foodlinkny.org

What they do:

Founded over 29 years ago by Tom Ferraro, Foodlink has grown to serve a 10 county area in the Genesee Valley and Finger Lakes Region of Upstate New York. As a member of America's Second Harvest, Foodlink obtains and redistributes over 7.5 million pounds of food annually to a network of over 550 programs.

As the foodbank for these regions, Foodlink works with area food retailers, manufacturers and wholesalers to acquire, sort, store and redistribute food to our member charity programs – especially soup kitchens, shelters and emergency food pantries. In addition, Foodlink also provides food to hundreds of non-emergency programs like group homes, day cares, senior centers and camps. Our goal is to help programs save vital dollars on their food budget. These savings can then be redirected to other programs that help meet the emotional, physical and spiritual needs of their clients.

“Our mission: To empower at-risk communities by providing food, nutrition, education, and resources in a 10-county area. Our Vision: To end hunger and foster nutritional wellness by building self-sufficiency for ourselves and our community partners.”

Why they want your help:

“Foodlink cannot afford to pay for time needed to sort 2+ million pounds of food per year.”

Where are they:

936 Exchange St., 14608 (on the other side of the river across from U of R, toward the City)

What is the issue?

Foodlink has a 29-year history of feeding hungry people in the Greater Rochester area. Foodlink was founded in 1976 by its current Executive Director Tom Ferraro while he was working at Action for a Better Community and received funding as a Community Food and Nutrition Program (CFNP).

While making a community-wide appeal for food to support the growing number of emergency food pantries in the area, Tom received a call from the Thomas English Muffins factory to come and pick up what he needed. The next morning Tom drove to the warehouse to discover that his station wagon was not going to fit the tractor-trailer loads of product that awaited him! And thus in 1978 the Genesee Valley Regional Food Clearinghouse, later the Genesee Valley Foodbank, became an independent entity with the mission to rescue and redistribute food from manufacturers and retailers to human service organizations. In 1992 the Genesee Valley Foodbank changed its name to Foodlink.

Today, the foodbank serves over 550 human service programs in a ten-county service area – especially soup kitchens, shelters and food pantries. As one member of the national association of 213 foodbanks, America's Second Harvest, Foodlink has distributed over 100 million pounds of food during its tenure that translates into \$75 million worth of food in the 1990's alone.

By cutting the costs of a necessary thing, food, Foodlink helps other agencies throughout the City redistribute their funds for other areas.

In addition, over 85% of students in the Rochester City School District qualify for free or reduced lunch; at some of the schools, the numbers reach 98%. Foodlink helps to provide free food through their Kids Café at various community sites and after-school programs (Such as Wilson Day Site, Cameron Community Ministries which sponsors children from School #30). Nutritious meals are also offered to regional daycares, A community garden encourages and educates about Urban gardening since access to fresh produce is limited in the many corner stores, and also offers a local Farmer's Market on Wednesdays with fresh, affordable produce right in the middle of the City. Please visit their website to find out more about other issues Foodlink is working to tackle and support.

What you will be doing:

Sorting non-perishable food in preparation for distribution to other non-profit agencies.

Opportunities to continue with the agency or similar opportunities available on campus:

Contact **John Baldanza** at 328-3380 x149 or jbaldanza@foodlinkny.org for general volunteering interest.

Come back to Foodlink on **September 29th** and join in the tradition of “**Be the Change Day,**” a day of service at the University of Rochester and nationwide. Come sort food, paint a mural, general office painting, open up expired soda cans, dump out soda, and recycle the cans for money and do some yard work pending on the weather. U of R medical students and local youth will also be participating in the activity.

Foodlink has been a program partner to many groups on campus. If your group is interested in a project, contacting Foodlink directly would probably be the best way to continue to help.

The Friendly Home
www.friendlyhome.org

What they do:

The Friendly Home is a not-for-profit, non-denominational nursing care and rehabilitation facility that combines a progressive approach to health care with a traditional sense of compassion. We provide a range of services designed to meet the needs of the older adults in our care, including 24-hour skilled nursing care, specialized care for Alzheimers, rehabilitation, and transitional care.

We share a mission of providing care and services that promote dignity, individuality and the highest possible level of independence. Our goal is to maximize the quality of life for Members on all levels - physical, emotional, intellectual, social and spiritual - in a respectful, caring and professional manner. We strive to provide a desirable and fulfilling quality of life for Members by offering a variety of engaging programs and activities designed to meet their diverse interests, including: exercise classes, social hours, entertainers, trips to local places of interest, and worship services and pastoral care, provided by our own chaplain.

Why they want your help:

As a not-for-profit organization, The Friendly Home does not have enough staff to provide needed maintenance, especially painting. Since U of R is coming in a group, a painting project is ideal and would really help them out.

Where are they:

3156 East Ave, 14618

What is the issue?

(In 1849, a group of benevolent women formed the "Rochester Society for the Relief of Friendless and Homeless Females". As the Society grew, an old tavern was purchased on the corner of East Avenue and Alexander Street in downtown Rochester for its new location. The Society was then incorporated under the name "The Rochester Home for the Friendless."

As the mission of the organization evolved and the need for services increased, the Home moved to its current location at 3156 East Avenue in Brighton, and became known as "The Rochester Friendly Home." Later the name changed to simply "The Friendly Home", as it is known today.

Although our name has changed over the years, the sentiments and philosophy that first inspired the original Society have remained constant. From an organization that sheltered homeless women to an organization that is committed to providing a continuum of care to older adults, The Friendly Home has always been dedicated to enhancing the quality of life of those we serve.

What you will be doing:

Exterior painting of fences, handrails, etc; interior painting of stairwells, etc (rain plan)

Opportunities to continue with the agency or similar opportunities available on campus:

Contact **Linda Morrow** at 585-385-0219 or lmorrow@friendlyhome.org for general volunteering interest. Volunteer positions available include:

- Friendly Visiting with Members
- Friendly Gift Shop & Café
- Friendly Mealtime Assistant
- Recreation Activities Support
- Clerical/Office Support

In addition, there are several senior homes within walking/biking distance from campus that you can get involved with:

Episcopal Senior Life Community: A cluster of communities located around 500 Mt. Hope Ave

http://www.episcopalseniorlife.org/12_volunteering.html

-Contact Penny Marshall or Diane Anderson at 585-546-8400

St. John's Home: Right by Highland Park at 150 Highland Ave

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

-Call Volunteer manager at 585-760-1293 or e-mail volunteer@stjohnshome.com

Bus commute:

Kirkhaven Senior Home- at 254 Alexander St.; (Take the RedLine (72) and get off at Park and Alexander St. Walk back toward Monroe Ave on Alexander to 254.)

-Call (585) 461-1991 to learn about more volunteer opportunities

Friends Helping Friends
www.friends-helping-friends.org

What they do:

At 333 Child St: An 8,000 sq. ft. warehouse facility, Friends Helping Friends runs a food cupboard, runs a thrift store, and clothing closet. We provide low-cost furniture and other items, as well as free groceries. We also provide welfare recipients and others job readiness skills through working at our facility, as well as provide free meals to kids, coordinate gardening programming and whatever else we feel like.

At 226 Hudson Ave, Friends Helping Friends owns a 6,000 Sq. Ft. bicycle repair facility where we store hundreds of bicycles and have a professional bike repair set up. We receive donations of new and used bikes and fix them and give them away to underprivileged kids and low-income adults. We teach kids to repair bikes in a limited capacity as well.” - Andrew Stankevitch

Why they want your help:

“Friends Helping Friends has a lot of work to do and cant’ afford to hire people to do the needed work like most human service agencies in Rochester. Thus we rely on the kindness of strangers (like you) to pitch in and give us a hand! – Andrew Stankevitch

Where are they:

- 1) 226-230 Hudson Ave, 14605
- 2) 333 Child Street, 14611

What is the issue?

The median income for a city household was \$27,123, and the median family income was \$31,257. The per capita income for the city was \$15,588. About 23.4% of families and 25.9% of the population were below the poverty line, including 37.5% of those under age 18 and 15.4% of those age 65 or over.

Clearly Rochester City, as great, industrious and academic as it is, still suffers heavily in the economic area for a great number of its citizens. Places like Friends Helping Friends assists with costs of necessities such as food, clothing, and furniture while providing useful amenities such as bikes. In fact, biking around in Rochester is very popular, and the City is actually quite small in area so, pending on weather, one can easily get almost anywhere in the City. Biking is much cheaper than driving or taking the bus as well.

One issue of interest, is that in the past, some students have complained about helping out at places that are seen as a “bandaid” method. This means that we are giving a short-term solution to a long-term problem. However, I (the WD Coordinator) hope that you can discuss whether this is really the case or not. One thing to extract, is to take the theme of Wilson Day, “With a little help from my friends.” It is pluralized because there is actually a very integrated network of care and services from one non-profit agency to another. By sharing resources, you get a full gamut of care as well as saving money through consolidation of funds. Most non-profits will have list of counseling services, education services, job help services in addition to the hand-out

as well. Mercy Residential and St. Joseph's Neighborhood Center are two great examples of providing shelter, care, food/ referral for food hand-out, counseling, education..... etc!

What you will be doing:

At 333 Child St.: The volunteers will sort, clean, organize, and load different materials on and off of Friends Helping Friends delivery truck (inside work). In addition, volunteers may sweep, rake, and clean the exterior of the property as appropriate.

At 226-230 Hudson Ave: The volunteers will organize bike supplies and bicycles, assist with bicycle repair, clean, do light maintenance work as needed (painting, scraping paint, etc..) Plenty of inside work to be done.

Opportunities to continue with the agency or similar opportunities available on campus:

Contact Andrew Stankevich (founder) directly at 436-5605 or fhf2004@hotmail.com if interested in continuing to volunteer.

In addition, Andrew's not the only person giving out free bikes. Check out **City Cycles** on campus inside of Goergen Athletic Center; City Cycles is a program which allows students to check out bikes from the gym for 24 hours. The only requirement? Some paperwork and your student ID Card! They provide locks, helmets, everything you need.

Check-out ahead of time to see if bike is available:

<http://sa.rochester.edu/citycycles/>

Hill Haven

What they do:

Hill Haven was established in 1967 as a for-profit proprietary nursing home. With the addition of 17 rehabilitation beds in 1974, Hill Haven began its evolution toward today's 355-bed skilled nursing facility.

In January of 1993, Hill Haven became a not-for-profit nursing home and affiliated with Rochester General Hospital.

The staff is an interdisciplinary team of nurses and physicians, social workers, therapists, and a support staff who work with our residents and their families to provide high quality care.

Hill Haven provides rehabilitation services for medical and surgical patients working toward goals of returning home, transitional services for patients who need a longer period of recovery, comfort of hospice care to support people in the final stage of life, and Alzheimer's and dementia special care in a safe, home-like setting.

Why they want your help:

“With the limited number of staff and the size of the grounds, it is very difficult to maintain the property to the level we would like” – Hill Haven

Where are they:

1550 Empire Blvd., located in Webster

What is the issue?

Hill Haven offers a spectrum of care ranging from assistance with daily activities to around the clock skilled nursing care. Some of our residents come to Hill Haven because they need care during a short-term illness or rehabilitative care after illness or surgery. We welcome residents for short stays as well as long-term residents.

Transitioning into senior living can be difficult, and everyone's needs are different. That is why it is important that Hill Haven serves temporary as well as permanent residents to the home and offer proper, trained professional staff on duty 24/7.

What you will be doing:

Outside work- raking, weeding; inside work- cleaning windows, furniture, and equipment

Opportunities to continue with the agency or similar opportunities available on campus:

To continue to volunteer at Hill Haven, call 585-922-2237 and ask for the volunteer coordinator or e-mail Hill Haven at: HillHavenVolRequests@ViaHealth.org (note: personal transportation required)

In addition, there are several senior homes within walking/biking distance from campus that you can get involved with:

Episcopal Senior Life Community: A cluster of communities located between 500 and 555 Mt. Hope Ave

http://www.episcopalseniorlife.org/12_volunteering.html

-Contact Penny Marshall or Diane Anderson at 585-546-8400

St. John's Home: Right by Highland Park at 150 Highland Ave

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

-Call Volunteer manager at 585-760-1293 or e-mail volunteer@stjohnshome.com

Bus commute:

Kirkhaven Senior Home- at 254 Alexander St.

(Take the Red 72 Bus Line and get off at Park and Alexander St. Walk back toward Monroe Ave on Alexander to 254)

-Call (585) 461-1991 to learn about more volunteer opportunities

Hillside Family of Agencies

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

What they do:

Hillside Family of Agencies, a nonprofit organization, is a leading provider of child welfare, mental health, youth development, developmental disabilities, juvenile justice, adoption, and special education services to children and families across Central and Western NY. A staff of over 2,000 provides services to more than 7,100 families annually. It is their strategic intent to be the nationally recognized leader and preferred provider of an integrated system of human services for at-risk children, youth, and their families.

Why they want your help:

“Wilson Day is one of our main sources to let citizens into the community to give back and get involved. It’s good for the agency and for the community.” – Hillside Family of Agencies

Where are they:

Crestwood Children’s Center at 2075 Scotsville Rd, 14623, near RIT

What is the issue?

Rochester City has the **11th** highest rate of child poverty in the nation.

(<http://www.rcsdk12.org/BOE/Position%20Description.pdf>) In addition, in a recent cohort study, **only 39% of 9th graders graduated from high school** in Rochester City School District (<https://www.nystart.gov/publicweb-rc/2006/AOR-2006-261600010000.pdf>). Clearly, Rochester youth are dealing with a lot of issues, and Hillside helps to support and guide students through their following programs:

Crestwood Children's Center - Originally founded in 1885 as Infants Summer Hospital, it changed its mission in 1958 to **servicing children with serious emotional, behavioral, or mental disorders**. Crestwood serves children from birth through 21 years of age in services including day treatment education, outpatient treatment, and residential treatment.

Hillside Children's Center - Dating back to its founding in 1837 as Rochester Female Association for the Relief of Orphans and Destitute Children, Hillside Children's Center has now been **servicing youth with emotional, behavioral, or mental disorders for decades**. Services include therapeutic foster care, adoption, residential, day treatment, juvenile justice, developmental disabilities, preventive, independent living, and school-based services.

Hillside Work-Scholarship Connection - Founded by Wegmans Food Markets in 1987 and transferred to Hillside in 1996, Hillside Work-Scholarship Connection **provides support to middle and high school students in Rochester and Syracuse at risk of dropping out of school**. Students receive mentoring; training in job skills, career readiness, and volunteerism; and academic and social supports.

Snell Farm Children’s Center - Beginning operations in 1973 as Snell Farm, Snell Farm Children’s Center **provides specialized residential treatment for adolescent boys who have**

sexually abusive behavior. It is located on a rural residential campus eight miles north of Bath, New York.

What you will be doing:

Painting inside one of the buildings, picking up some of the weeds around Crestwood Grounds. Planting tulip buds, repairing picnic tables and painting picnic tables, fixing windows inside the building

Opportunities to continue with the agency or similar opportunities available on campus:

Contact the Community Liaison for Interns and Volunteers, **Donald Lamar Gordon** at dgorodon@hillside.com or 585-654-1310

Mount Hope Family Center offers employment during the school year. (insert info)

To continue supporting Hillside's mission of working with children whom could use extra support, try **Jumpstart!** Jumpstart is a part-time Americorps position that offers employment and volunteer opportunities for students on campus. The commitment is approximately 12 hours a week, 8 of which are directly spent one-on-one with your very own partner-child (age 3-5 yrs) for the entire school year. Make a difference in a child's life with incredible depth and full training. Jumpstart believes in giving young children the opportunity to make choices and learn through play, targeting children with academic and/or social set-backs which may be ignored in a large classroom setting. The mission of Jumpstart is to work toward the day that every child in America enters kindergarten prepared to succeed. Contact **Michelle Werth** at mdsn@admin.rochester.edu if interested in applying. See www.rochester.edu/careercenter/seo and click on Job Board, Reference # 12974 for more info.

Interested in helping Rochester youth in general? **The Education Alliance**, a part of the **Community Service Network**, is the branch of CSN that focuses specifically with inner-city youth. Sustainable partnerships have been created at Schools #2, 58, 14, 19, 30, and is also in the works of connecting to Rochester high schools as well. There are ample opportunities to volunteer to tutor to fit your scheduling needs. Email the Education Alliance at uredalliance@gmail.com for more information about opportunities to get involved in improving inner-city education through advocacy and tutoring.

InterVol
www.intervol.org

What they do:

“InterVol, founded in 1992, focuses on aiding medical organizations in other countries by creating connections with medical personnel and supplies. The InterVol Recovery of Unused Medical Supplies (RUMS) program helps reduce waste locally and provide essential medical supplies abroad by collecting from local hospitals and individuals, sorting, and packaging in the Rochester warehouse, and arranging shipments to destinations that have recently included Kenya and Belize.

Other programs

Volunteer Medical Personnel - VMP

InterVol also sends teams of healthcare professionals to areas with significant medical need. We provide medical and surgical care, as well as resources to increase the healthcare infrastructure of the areas where we work—program planning, equipment, and supplies.

Friends Across Borders - FAB

InterVol’s newest program, Friends Across Borders, was developed in 2004 to work closely with local US schools to create learning opportunities in the International communities in which our volunteers work. FAB’s current projects include education through technology and literacy. All FAB’s activities are delivered through a service learning and civic involvement model.

Why they want your help:

“The sorting of donated supplies for the RUMS program is accomplished entirely through the work of volunteers and InterVol is always looking for more.” - Intervol

Where are they:

1600 N. Clinton

What is the issue?

Recovery of Unused Medical Supplies - RUMS

In 2005, RUMS collected 384,985 lbs of unused supplies; 99% of which would have been discarded if not for InterVol’s recovery efforts. Materials are sent to non-US health care facilities, clinics, and medical education programs.

Again, with this year’s Wilson Day theme, “With a little help from our friends,” collaborating amongst partnering agencies (the clinics, health care facilities, and donation centers), utilizing others helps to create resources for other agencies (medical centers over-seas). If agencies and even campus groups can think more about how their level of help can be maximized through collaboration and sharing of resources, much more can be done and more minds are working to find the details that may be overlooked. Because of InterVol, someone trash really was another person’s treasure.

What you will be doing:

Sorting medical supplies into boxes ready for shipment.

Opportunities to continue with the agency or similar opportunities available on campus:

Come back to **Intervol!** There are sorting parties on the first and third Tuesdays of every month from 6-8 PM and any time a group of six or more wishes to schedule their own event. Our gratitude is expressed in edible form, namely pizza, for every event. For more information or to schedule your own event, please email the RUMS Program Director **Alexander O'Connor** at alexander.oconnor@intervol.org

The Charles Drew Pre-Health Society is another campus group focused on health, medicine and science. Perhaps you can continue to learn about issues or help raise money for collection of more medical supplies by advocating and inspiring the group. Contact Pres. Jathin Bandari at jbandari@mail.rochester.edu for more information.

Lead Coalition

<http://www.lead-safe-by-2010.org/>

What they do:

Founded in 2000 as the Lead Free Rochester Coalition, the Coalition to Prevent Lead Poisoning (CPLP) is an education and advocacy organization composed of over 100 individuals and community organizations dedicated to eliminating childhood lead poisoning in Monroe County by 2010. **Our mission** is to provide leadership and advocacy to empower the community and its residents to prevent the lead poisoning of children by creating an environment that is free of lead hazards, facilitates the creation of a system that protects children, creates jobs, and enhances property values.

Why they want your help:

Last year, almost 600 children were poisoned by lead just in Monroe County. That's almost two kids a day. Lead poisoning damages children's brains and bones for the rest of their lives. We can all make a difference. We can make lead history.

Where are they:

Public Market (on Union Blvd in East Rochester)

What is the issue?

The majority of lead-poisoned children live in the most economically challenged neighborhoods of the City of Rochester, although lead poisoning occurs in all corners of the County. Of the approximately 15,000 children age six and under living in the City of Rochester, African American and Latino children are the ones disproportionately being poisoned by lead paint dust.

This year [nearly 600 children in Monroe County](#) will suffer permanent brain damage that results in learning disabilities, behavioral challenges, and lifelong health deficits. This damage is the result of ingesting lead and the cause is nearly always because of deteriorated or disturbed lead-based paint in the home. **Lead poisoning is untreatable, but almost entirely preventable.**

We will end childhood lead poisoning in Monroe County by 2010 by 1) informing and motivating residents and property owners so that they take action to protect children; 2) engaging worker training and employment agencies, community-based organizations, and existing businesses to create mechanisms to assist businesses and workers through a transition period of demand/capacity imbalance and to ensure that individuals residing in the neighborhoods most affected by lead poisoning have the opportunity to the jobs this effort will create; and 3) continuing efforts to secure tax incentives and affordable private market loans for lead hazard control work and bring together financial services institutions and others to develop services to fill the gaps in existing funding sources for lead hazard control.

What you will be doing:

Passing out pamphlets about lead poisoning and tabling to give information out at the Public Market. (The Public Market is a mass gathering of local farmers and some flea market type vendors, offering cheap, fresh produce. Bring some money along if you want to eat delicious fruits and vegetables!)

Opportunities to continue with the agency or similar opportunities available on campus:

Contact Joseph Hill at (585) 256-2267 x129 or jhill@lead-safe-by-2010.org

Lifespan of Rochester
<http://www.lifespan-roch.org/>

What they do:

Lifespan is dedicated to providing information, guidance and services that help older adults take on both the challenges and opportunities of longer life. We provide many direct services, we advocate and we guide. We also provide community and professional education.

Very many services are provided:

for Vulnerable Older Adults	for Mid-Life Adults
Elder Abuse Prevention	Women In Transition
Geriatric Substance Abuse	Volunteer Opportunities
Nursing Home Ombudsman	Retired & Senior Volunteer Program
Guardianship	Volunteer Driver Program
Financial Management	Senior Community Service Employment
CheckIt! Bill Paying Service	Long Term Care Financing Advice
Eldersource	Women In Transition
DD Service Coordination	Bridge to Employment Services
Day Care for Developmentally Disabled Adults	Waring Road One-Stop Employment Center
Scams, Fraud and Consumer Protection	Planning for Longer Life
Home Safety Modifications	Long Term Care Financing Advice
Future Care Planning	Plan It! Pre-retirement Planning
Medicare & Health Insurance Guidance	Future Care Planning
for Caregivers	Medicare & Health Insurance Guidance
Eldersource	Retired & Senior Volunteer Program
Financial Management	Volunteer Driver Program
Bill Paying Services	Volunteer Opportunities
Future Care Planning	for Adults with Developmental Disabilities
Long Term Care Financing Advice	Day Care
Nursing Home Ombudsman	■ Future Care Planning
Home Safety Modifications	Service Coordination
Day Care for Developmentally Disabled Adults	Recreation & Socialization
Medicare & Health Insurance Guidance	Lifespan Downtown: Wolk Older Adult Center
Scams, Fraud and Consumer Protection	for Lower Income Older Adults
Geriatric Substance Abuse	Financial Management
Guardianship	Senior Community Service Employment
Elder Abuse Prevention	Home Safety Modifications

Why they want your help:

“Lifespan, in partnership with the AARP Foundation, is working daily to educate older adults on how to protect themselves against these crimes. The Consumer Fraud Prevention Project requires the support of volunteers to get this valuable message out. Our volunteers, **The Fraud Fighters**, achieve this goal by calling older adults across the country. *The response has been fantastic.* Most people express that they are glad to know we are working to put an end to these offenses.”- Lifespan

Where are they:

1900 South Clinton Ave, 14618

What is the issue?

\$40,000,000,000. That is the estimated loss per year to Telemarketing Fraud and Scams. Over one-half of persons who are victimized in this manner are over the age of 50. Did you know that people of more modest financial means are more likely to fall victim to a “lottery scam”? While those of greater means are swindled in real estate fraud? Neither finances nor education determines who this may happen to. The Fraud Fighters help to educate and prevent more swindling from happen.

What you will be doing:

Here at our call center at Lifespan, the students will be given an orientation to Fraud and Scams, specifically telemarketing fraud. After the orientation they will be calling older adults across the country to provide them with an educational message as to how to protect themselves against these crimes.

Opportunities to continue with the agency or similar opportunities available on campus:

If you qualify for work-study, join the team of **Lifespan Fraud Fighters**. See the link at www.rochester.edu/careercenter/seo and click on Job Board, Reference #14818, or contact **Maureen Murphey** at mmurphy@lifespan-roch.org or 585-627-1080 for details/ general volunteering.

Enjoy/ interested in working with senior citizens in general? Try these near-by senior homes!

Episcopal Senior Life Community: A cluster of communities located around 500 Mt. Hope Ave

http://www.episcopalseniorlife.org/12_volunteering.html

-Contact Penny Marshall or Diane Anderson at 585-546-8400

St. John’s Home: Right by Highland Park at 150 Highland Ave

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

-Call Volunteer manager at 585-760-1293 or e-mail volunteer@stjohnshome.com

Bus commute:

Kirkhaven Senior Home- at 254 Alexander St.; (Take the RedLine (72) and get off at Park and Alexander St. Walk back toward Monroe Ave on Alexander to 254.)

-Call (585) 461-1991 to learn about more volunteer opportunities

The Memorial Art Gallery
<http://mag.rochester.edu/>

What they do:

We are now able to share with an international audience, through our website, the Gallery's many programs, events and a permanent collection described as the best-balanced collection in the state outside of metropolitan New York City.

We invite you to explore 5,000 years of world art, learn about current and upcoming lectures, events and temporary exhibitions, and experience our award-winning educational site, [Odyssey Online](#).

The Memorial Art Gallery takes pride in its outreach to, and involvement with, the greater Rochester community, from *Family Days* to pioneering educational programs with the Rochester City School District. Conversely, the community's generous support of the Gallery (as evidenced in the highest per capita membership for an art museum in the country and more volunteers than any art museum in the northeast) helps make the Gallery a vital cultural and educational resource

The Gallery was founded in 1913 by Emily Sibley Watson as a memorial to her son, architect James Averell. Given in trust to the University of Rochester, it is one of the few university-affiliated art museums in the country that also serve as community art museums. Today it is supported primarily by its [members](#), the [University of Rochester](#) and public funds from Monroe County and the New York State Council on the Arts in western New York.

Why they want your help:

As a 501-3C non-profit, the Art Gallery needs numerous volunteers for the interior of the gallery and even the grounds in order to accomplish everything. Funding for the arts is always needed, and volunteers can defray costs away from staffing and maintenance.

Where are they:

500 University Avenue, on the 72 Redline

What is the issue?

Interestingly, some people think that the only places that need volunteers are agencies that help the needy. However, the availability of rich, cultural outlets can help out a community as just much as human service agencies can. Rochester was voted as the 11th most livable city, and the available of theatres, music venues, and art museums definitely help to make Rochester more livable.

What you will be doing:

Weeding, mulching, and planting of front bed areas and trees.

Opportunities to continue with the agency or similar opportunities available on campus:

Continue to volunteer at the MAG by contacting [Mary Ann Monley](mailto:mmonley@mag.rochester.edu), Administrator of Volunteer Services and Tours, at 585.276.8974 or mmonley@mag.rochester.edu.

Or, hop the 72 Busline and be a spectator at the MAG; U of R students get in free with their student ID card!

Take classes at the MAG through <http://mag.rochester.edu/creativeworkshop/>

For more opportunities to support art in Rochester check out:

Rochester Contemporary (ROCO), <http://www.rochestercontemporary.org/>

Check out ROCO at 137 East Ave. Hop the Redline at your convenience.

RoCo is the only non-profit contemporary arts organization in the greater Rochester, NY area and the only one of its kind functioning in the neighboring ten county regions. RoCo's targeted population represents artists, educators, students and the community at-large within greater Rochester, NY and Monroe County, as well as surrounding Orleans, Genesee, Wyoming, Livingston, Yates, Ontario and Wayne counties with a total population exceeding 1 million. Our downtown location makes us accessible, broadens our constituency base, and facilitates outreach to under-served populations.

ARTwalk, <http://www.rochesterartwalk.org/>

Walk along University Ave on the Redline (same street that the MAG is on) and look at all the local art donated right on the street. ARTwalk creates a unique art community through art as revitalization. Want to **volunteer**? Contact ARTWalk at ARTWalk@rochester.rr.com or call (585) 234-6670

ArtPeace, <http://www.artpeace.org/> (Arts, Recreation & Technology Promotion Education and Creative Expression)

ArtPeace, Inc. is a 501(c3) not-for-profit organization founded in Rochester, NY that cultivates positive living and working. We are transforming education and creating social change by developing strengths in underserved youth and adults, through the integration of arts, recreation, technology and entrepreneurship.

ArtPeace integrates art, education, and critical thinking into schools within the Rochester City School District, and is gradually expanding its reach.

Volunteer by contacting: 585.234.0708 or info@artpeace.org

Check the **George Eastman House**, www.eastmanhouse.org, and learn more about the founder of Kodak by hopping the 72 Redline at 900 East Ave. Volunteer by filling out the online application on the website or check out classic movies and contemporary films at their theatre.

Want art on campus? Check out the Creative Arts Club right here on campus at <http://sa.rochester.edu/cac/> and join in for creative fun away from classes.

Mercy Residential Services
<http://www.mercyresidential.org/>

What they do:

Providing shelter and support to pregnant and parenting teens and young women since 1980. Program Services: transitional housing, emergency shelter, supported community apartments, case management, individual counseling, life skills education, leisure time activities, and mentoring by staff and program participants.

Why they want your help:

As a small non-profit organization, we rely on dedicated staff and volunteers to provide our clients with many essential services. Volunteers provide services that help our operations run smoother such as maintaining the property and sorting clothing and food donations. They also enrich the experience of residents by volunteering to run crafts and other activities; during these activities volunteers also help by babysitting while the mothers participate.

Where are they:

198 Oriole Street, 14613

What is the issue?

The Sisters of Mercy and the Catholic Worker Movement founded Melita House in 1980, to create a safe, stable environment for women in the duration of their pregnancy.

A shocking number of pregnant teens have no where to turn when they become pregnant, abandoned by both the baby's father and their own family. Many drop out of school, confused about where to go and how to make enough money to survive on their home. By serving as a transitional shelter for up to 2 years after the baby has been born, Mercy allows for enough time, education, and counseling in order to get the young mother back on track with her life.

In 2000, there were **7,814 teen pregnancies/births in Rochester** alone, or 90.5 teen pregnancies per 1,000 teens; this is almost **twice** that national average of 47.7 teen pregnancies/ 1000. (http://www.comptroller.nyc.gov/bureaus/opm/reports/Teen_Mothers.pdf) There is a strong correlation between educational level and teen pregnancies, as well as many more pregnancies in inner-city Rochester than suburban Rochester. With so many teen moms, one must question the support system available as well as what kind of networks are available to prevent teen pregnancies.

Mercy Residential Services, a ministry of the Sisters of Mercy, provides a continuum of quality residential services for pregnant and parenting young women ages 16-21 and their children. The programs offer transitional and emergency housing, life skills education, and a nurturing environment. A holistic approach is used to empower women in their development of healthy relationships and self-sufficiency.

We currently offer four housing options:

MELITA HOUSE: Supportive group living for young women and their newborn children. Women have private rooms and share responsibility for preparing meals and caring for the community. Women receive 24-hour support before and up to three months after the delivery.

FAMILIES FIRST: A supported community home for mothers under the age of eighteen and their children. Families each have a private two-room suite and share a common kitchen and dining area. While families live in the program they develop independent living and parenting skills and prepare for living on their own.

MCAULEY APARTMENTS: Supported two-bedroom townhouse apartments in the city of Rochester. Women live independently with the support of MRS staff.

EMERGENCY HOUSING: Temporary shelter arranged by the Department of Human Services for homeless young women and their children. Women have private rooms and share responsibility for preparing meals and caring for the community.

What you will be doing:

Stuffing the Goody Bags that serve as a thank you gift for the runners. The marathon generates a great amount of money for the Rochester branch of the Arthritis Foundation.

Opportunities to continue with the agency or similar opportunities available on campus:

Continue to **volunteer** at **Mercy Residential** by contacting 585-254-2175 or info@mercyresidential.org

Want to know more about women's issues in addition to teen pregnancies? Check out **Women's Caucus** on campus, at <http://www.sa.rochester.edu/womenscaucus/>

Mission Statement: The University of Rochester's Women's Caucus exists because its members share a common concern for the debilitating effects that sexism has on their own lives and on the lives of all people both inside and outside the campus community. This concern is nurtured and channeled into corrective action through the caucus organization. The caucus organization shall promote the interests of women at the University, and shall prepare programs for the edification of the University community on topics concerning women. Topics include, but are not limited to: domestic violence, reproductive rights, women's history, women's/human rights, sexual harassment and assault, lesbian/gay/bisexual/transgendered issues, sexual politics, women's/sexual health, discrimination in employment and politics, and the connections between gender and race/class inequalities.

Monroe Family YMCA
<http://www.monroeymca.org/>

What they do:

“We provide financial aid to area residents for things such as our day camp and regular memberships, in an attempt to keep our community healthy, and provide affordable summer day care solutions for working parents.”- Monroe Family YMCA

Our family-friendly facility includes a pool, gym, locker rooms, multi-purpose rooms, a group exercise studio and a state-of-the-art fitness area. We also have an indoor running track and a Kids Adventure Gym complete with a climbing wall. Our programs range from day camp, preschool, school age and teen programs to youth sports leagues, aquatics and health and fitness.

YMCA Teen City, located across the street from the branch in the former Village Green Bookstore space. Teen City offers social activities, support services and leadership development programs just for teens. The center is home to our teen programs and offers programs and services open to the community as well. Center activities include foosball, ping-pong, air hockey, the Teen Cafe, Creative Arts Class, movie nights, Women's Discussion Night, and more. Known for its warm atmosphere, the Monroe Family YMCA provides an unbeatable experience for the entire family.

Why they want your help:

Since we try to use as much funding as possible to give back directly to the community, we do not have enough maintenance staff to take care of big cleaning projects and weeding projects. U of R can greatly catch us up so that we can continue to serve the Monroe Ave. area community even better.

Where are they:

797 Monroe Avenue, Rochester, NY 14607 (on the 72 RedLine, next to the Monroe Public Library). The YMCA's direct location in the City proves that this center is committed to serving the inner-city youth.

What is the issue?

All the money raised in the YMCA of Greater Rochester's **Invest in Youth** Campaign stays here in our community to help families and individuals who need financial assistance to participate in YMCA programming. There are many people right in our own neighborhoods who would benefit greatly from a YMCA experience, and with your generous support they can become members of their local Y branch, enroll their children in daycare, attend summer camp, or learn to swim. Some of our financial aid recipients only need a few dollars to make their YMCA dream come true, while others need more help. Regardless of the amount, the YMCA is there to give the members of our community a "hand up" rather than a "hand out". We are proud to say that many of these individuals later become donors to, or volunteers for, the YMCA as their circumstances change and they are able to help someone else in return.

28.1% of Rochester's population is under 18; compared with 24.7% of New York State. Rochester has a lot of youth to serve; yet, it also has the 11th highest rate of child poverty in the

nation! Only 73% of the population graduates high school, as compared to 79% of New York State. In fact, in a recent study in 2000, only 39% of 9th graders continued on to finish high school. Over the years, you will probably learn about the great urban/suburban divide and arguments about differences in statistics. No matter how you look at it, however, it is clear that we need to invest more highly in our youth.

The YMCA is a great outlet for youth. Most elementary schools do not get recess, and many high schools do not even have organized sports teams. By going through the YMCA, students can participate in sports leagues and outlet energy. Also, **the peak hour for juvenile crime is 3pm-4pm**, the time that youth are dismissed from class. Going to the YMCA after-school can provide a fun and healthy outlet. In addition, reduced day care/ child care really helps out families who have to work extra long hours, especially since minimum wage is far below the living wage. (minimum wage (\$7.15/hr) and actual living wage (\$9.25/hr).) 25.9% of Rochester lives in poverty, as compared to only 14.6% for New York State as a whole. “Hand up” vs “hand out” is a great policy to help out families.
(<http://quickfacts.census.gov/qfd/states/36/3663000.html>)

What you will be doing:

Cleaning of inside of building, weeding and clean-up outside of building and at teen center across the street, cleaning of inside of teen center.

Opportunities to continue with the agency or similar opportunities available on campus:

Contact **Dan Friday** 585-738-9734 for ongoing volunteer opportunities. The YMCA easily accessible through the 72 Bus Line; get off at Canterbury and Monroe Ave (right before the inner-loop).

If you want to volunteer in another YMCA near-by, there is also:

<http://www.southwestymca.org/> -located on 597 Thurston Road - Rochester NY 585.328.9330. A short walk/ bike ride away from campus.

<http://www.carlsonmetrocenterymca.org/> - located on 444 East Main Street - Rochester NY 585.325.2880. Easily accessible through the 72 Red Line; right next to the Eastman dorms (final stop on the Red Line).

In addition, Jumpstart is participating at the YMCA Branch on 444 East Main. Jumpstart is a part-time Americorps position that offers employment and volunteer opportunities for students. The commitment is approximately 12 hours a week, 8 of which are directly spent one-on-one with your very own partner-child (age 3-5 yrs) for the entire school year. Make a difference in a child's life with incredible depth and full training. Jumpstart believes in giving young children the opportunity to make choices and learn through play, targeting children with academic and/or social set-backs which may be ignored in a large classroom setting. The mission of Jumpstart is to work toward the day that every child in America enters kindergarten prepared to succeed. Contact **Michelle Werth** at mdsn@admin.rochester.edu if interested in applying. See www.rochester.edu/careercenter/seo and click on Job Board, Reference # 12974 for more info.

Providence Housing Development Corporation

<http://www.providencehousing.org>

What they do:

Providence Housing Development Corporation's mission is to strengthen families and communities by creating and providing access to quality affordable housing enriched by the availability of supportive services.

Providence Housing Development Corporation develops, finances, and manages affordable housing for seniors, individuals with special needs, and families.

Providence accomplishes its mission by:

- Researching development opportunities that address community housing needs
- Identifying feasible adaptive residential uses for existing facilities
- Identifying and securing the financial resources needed to create housing
- Overseeing the entire development process
- Providing consultative planning and development services

Providence has had: 14 years of affordable housing communities, \$75 million raised for housing programs and housing projects, secured funding for 631 units of new affordable housing and manage 557 housing units in 17 properties, sheltering men, women, and children.

Why they want your help:

Providence Housing is a not-for-profit corporation affiliated with Catholic Charities of the Diocese of Rochester, New York. Our objective is to keep rents low for our affordable housing projects. Grants, donations, and volunteers help us to do this.

Where are they:

- 1) Carlson Commons, 70 Coretta Scott Crossing (In the Plymouth/ Exchange St. neighborhood. In the Plex neighborhood, as it is called, students can also find Corn Hill Landing, a plaza with home made ice cream, various restaurants, a bakery, and even an eye doctor"
- 2) Union Park, in North Chili (a suburb of Rochester)

What is the issue?

(source: www.arthritis.org)

“Affordable housing is a vital element of healthy communities. When it is developed to meet resident and community needs and well managed, it can change the lives of individuals and transform neighborhoods.”

- Sybil Jacobson, President of Metlife Foundation for affordable housing

In 1994, PROVIDENCE founders envisioned a housing development corporation that would work closely with the faith community and Catholic Charities agencies, supporting those entities where a need for housing was perceived.

Since 1994, Providence has secured greater than \$30 million in project development funding from public and private sources and has created more than 300 units of affordable housing. This housing has been developed in collaboration with Catholic Charities agencies and other Catholic institutions throughout the Diocese of Rochester. Also, see this recent article: (June 5, 2007)

New housing project in Rochester earns national recognition

Danielle Derringer

Rochester's Cornerstone Group, Ltd., with the help of Providence Housing, recently revitalized two public housing projects in the southwest area of the City of Rochester.

Olean housing development and Kennedy town homes were built some time between the late 1960s and early 1970s by the Rochester Housing Authority. Through the past five years, Rochester's Cornerstone Group has been working on a vision to revitalize and create a more modern, livable space.

"The Housing Authority did the best they could at the time, but they were just getting bad," said Rodger Brandt Jr., president of Rochester's Cornerstone Group, Ltd. "The Housing Authority made the decision that they were going to be pouring money into these structures forever and it was time to take them down," he said.

The Housing Authority sent out a request for proposals and several companies in the area competed for the partnership. In the end, a team was selected consisting of Rochester's Cornerstone Group and Providence Housing. "From there we went in and applied for funding. There were 16 total funding sources between the two phases of the project," Brandt said.

The first phase involved demolishing and rebuilding Kennedy town homes, which were renamed Plymouth Manor. **Plymouth Manor has 35 public housing units that are available to the lowest income families. The rest of the homes are tax credit rents, whose tenants Brandt explained are "working people who earn less than 50 percent of the area median income, usually from the mid- \$30,000s and down."**

Plymouth has **one special needs group that consists of grandparents as heads of household, raising grand children with someone within the household having a physical or developmental disability.** "It's a very specific target market, which we had 11 houses for and, unfortunately, there were people lined down the street. It just goes to show you the need is out there," Brandt said.

Plymouth has 67 family units. The total cost of constructing phase one was \$13,047,683. Plymouth was completed in July 2006.

The second phase of the revitalization was the Olean housing development. Renamed Carlson Commons after former Deputy Mayor Jeff Carlson, the project is comprised of 48 town home units and 29 single family homes for rent. Included in Olean was a \$1 million clean-up project.

"It was not serious toxic substances, it was more nuisance types things so we decided to clean it all up and ultimately decided to build three city streets and a community center," Brandt said.

Several single family lots also were added to the project and will be sold through Rochester City Home Expo next year. An architectural team of SWBR Architects and Engineers, and Stantec also were involved with the project. A

ribbon cutting ceremony was held last month for Carlson Commons. The cost for phase two of the project was \$31,069,681. "One of the reasons everything cost so much was because we built four city streets total, which was the first time in many years that anyone private built city streets," Brandt said.

Both phases have been recognized on different levels for the work that was done. Last year, the first phase of the project received the New York State affordable housing Project of the Year award given by the New York State Association for Affordable Housing.

The project also won an award from Irvine, Calif.-based WNC & Associates, the fourth largest privately held owner of affordable housing in the United States.

This month, Brandt will travel to Washington, D.C. because the project was selected as one of the top urban affordable housing projects in the country by the National Tax Credit Coalition.

"It is a project that is very rewarding. There is over \$30 million in new construction right in front of you and it's a beautiful area that has truly been transformed," Brandt said.

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What you will be doing:

At Carlson Commons: Garden clean-up, fall plantings, staining of fences (unless it rains, then join site #2)

At Union Park: Senior Game Day at one of the affordable housing centers.

Opportunities to continue with the agency or similar opportunities available on campus:

Please call **(585) 328-3228 Ext. 1417** if you are interested in volunteering again for Providence in any way.

University of Rochester's **Habitat for Humanity** branch, a part of the **Community Service Network**, does a big build project every spring break. Through the work of Habitat (national and international), thousands of low-income families have found new hope in the form of affordable housing. Churches, community groups, and others have joined together to successfully tackle a significant social problem -- decent housing for all.

Check them out at:

<http://sa.rochester.edu/habitat/>

or e-mail President: April Rose at arose5@mail.rochester.edu

Rochester Area Interfaith Hospitality Network (RAIHN)

<http://www.coatclip.com/raihn/>

What they do:

The Rochester Area Interfaith Hospitality Network, a non-profit organization of faith communities, assists homeless families achieve sustainable independence by supporting them with resources of food, shelter, personalized case management and a broad network of caring volunteers.

RAIHN is a registered non-profit agency and is also registered with the New York State Charities Bureau.

The vision for the RAIHN Rochester Area Interfaith Hospitality Network is to raise funds sufficient to run this much-needed program on an annual basis in the Rochester area. Our goals include:

1. To keep homeless families together during the crisis of homelessness.
2. To provide family members a secure and loving haven.
3. To enable family members to maintain their routines, promoting a sense of wellness.
4. To reinstate families in permanent, safe housing.
5. To provide dignity as well as service.

Our vision includes the sign-up of an ongoing basis of thirteen or more Participating congregations . They furnish sleeping accommodations and a "hospitality room" where guests relax, socialize, do homework, or watch television. Guests arrive at the host congregation at 5:30 pm and remain overnight. The host congregation provides the evening meal, breakfast, and a bag lunch. In the morning, guests return to the day center.

Why they want your help:

“RAIHN is a not-for-profit organization. As volunteers, you will provide services that will give our families a sense of hope and pride, knowing that there are people who care about their well-being and safety. With the help of volunteers, RAIHN can continue to provide services and goods to our families.”- RAIHN

Where are they:

34 Meigs St., Rochester, 14607 (Meigs St. is right between Gregory and South Goodman; easily accessible on the Red Line (72))

What is the issue?

HOMELESSNESS

Congregations across the country are wrestling with the question of how to be “our brother’s keeper” as homelessness grows to touch virtually every city and town in our nation. A sensitive and compas-sionate response is needed to address this difficult and painful problem.

Today, hundreds of thousands of Americans - children and adults - are homeless. Our nation’s diverse home-less population includes a growing number of traditional families, one-parent families, veterans, working people, victims of domestic or neigh-borhood violence, and many others.

In a country concerned for its children, we are shocked to learn that over half of the homeless are women and children and that families are the fastest growing segment of the homeless population. Lower income families often live from one paycheck to the next. A major illness, an apartment-condo conversion, poor economic times, or other forces beyond their control can drive these working people into homelessness.

People of faith and religious communities want to respond to the needs of their homeless “neighbors” but often lack a vehicle to focus their efforts. What can we do to help? Where do we begin? How do we become part of the solution?

The Interfaith Hospitality Network (IHN) provides a way. IHN enables groups to unite hearts and hands to provide shelter, meals, and compassionate assistance for homeless families. By uniting eight to thirteen congregations, plus day centers and social service agencies, an IHN program can do what individuals alone cannot do.

Congregations have found that the Network provides an effective way to be involved in a hands-on outreach program that serves the poor, and also fosters congregational unity and interfaith cooperation.

In the IHN program, a Host congregation furnishes clean, safe, overnight lodging and nutritious meals for three to five families (up to fourteen guests) for one week every two or three months. During Host Week, other congregations may provide additional volunteers to support the Host group: making healthy breakfasts and suppers, playing with children or helping them study, and talking with parents after a long day.

What you will be doing:

Cleaning-upstairs/downstairs, windows, floors, bathrooms, kitchen, offices, living/dining rooms, attic, basement. Organize attic/basement- labeling and sorting clothing by size and gender. Sort and organize donations. Outside Perimeter- Sweep and clean front and back yards.

Opportunities to continue with the agency or similar opportunities available on campus:

Continue to Help Us at **RAIHN: (Contact Erica Vera at 585-506-9050)**

How you can help ?

The Interfaith Hospitality Network (IHN) is a tangible way many have joined together to provide real help and compassion to homeless families, working together toward permanent solutions.

You can help by:

- * Encouraging your congregation or synagogue to become a host or support congregation
- * Volunteering your time to an existing host congregation, to provide meals, transportation, or overnight supervision
- * Becoming a "Mentor" to a Guest family
- * Providing employment opportunities to Guest adults
- * Sponsoring a fund raising event for IHN
- * Making a direct financial contribution to IHN
- * Donating items on the IHN "Wish List"

Rochester Association of Performing Arts
www.rapaonline.us

What they do:

Providing Rochester's Music, Dance and Theater students with training and excellence in all three departments. They specialize in educating youths of all ages in dance, acting and vocal.

- RAPA has a minority theater group, that performs many plays and musicals throughout our season. Mr. David Shakes a well known afro-American is the director for the theater.

This season we will open the season with August Wilson's, "Joe Turner Come and Gone"

- RAPA's objective is to give artists of color an opportunity to utilize their talent in semi-professional theater. People in the community need the opportunity to see minority artists perform in live theater that depicts the cultures of people of color. This will also give minority artists and opportunity to work at their trade. Plans are underway to produce two plays directed and performed by minority artists.

Why they want your help:

As a non-profit, presently we have 1 volunteer and little in our operating budget to pay for services.

Where are they:

RAPA is located in the cultural district at **727 East Main Street** (between the inner loop at University and Alexander) on the bus loop.

What is the issue?

Interestingly, some people think that the only places that need volunteers are agencies that help the needy. However, the availability of rich, cultural outlets can help out a community as just much as human service agencies can. Rochester was voted as the 11th most livable city, and the availability of theatres, music venues, and art museums definitely help to make Rochester more livable.

What you will be doing:

Cleaning studios, theatre, yard maintenance, cleaning windows, screw on theater aisle, shampoo carpets

Opportunities to continue with the agency or similar opportunities available on campus:

Continue to volunteer through RAPA by contacting **Judi Anderson** at 585-325-3366 or judeand@rochester.rr.com.

Interested in performance arts on campus in general? Check out the **Drama House's** (on the frat quad) website: <http://sa.rochester.edu/drama/>

Here, you will find links for Off-Broadway On Campus, Todd Theatre, Improv, etc. For once, it's okay to be dramatic!

Support the arts in general!

Check out the **Geva Theatre** and get an amazing deal on great musical productions and plays. <http://www.gevatheatrecenter.org/>

Geva is also a venue for some of RAPA's productions as well.

Get great prices on tickets either through RocTkts or use your student rush discount by showing up a half hour before the show. If tickets are available, they are only **\$8**, instead of the usual \$17-44!

The **Dryden Theater** (<http://dryden.eastmanhouse.org/>) at the George Eastman House at 900 East Ave (take the 72 Redline). Tickets are only **\$5** to great classical black and whites as well as other timeless pieces and modern films. Enjoy the old fashioned golden curtain that actually is raised before the movie.

The **Little Theatre** (<http://www.little-theatre.com/>) is Rochester's premiere independent and foreign film theater. Tickets are only **\$5** for students Sunday-Thursday with ID. RocTkts may provide a weekend discount.

Take the 72 Red line to 240 East Avenue

Rochester City Parks and Recreation

<http://www.cityofrochester.gov/PRHS/index.cfm?action=home>

What they do:

Experience Western New York's best kept secret - the splendor that is Rochester. Join us as we guide you through an array of leisure, educational and personal development opportunities.

Enjoy the experience of Rochester's numerous festivals and special events. Discover for yourself why Rochester was voted one of the 10 best places to raise a family in the entire Country.

Why they want your help:

The City has over 12,000 acres of Parks and without volunteers we would be over come. Each year budgets are reduced and we depend more and more on community support.

Where are they:

131 Elmwood Ave (right by campus; GVP skating rink)

What is the issue?

The Horticultural division depends on about 300 volunteers a year for a program called Rochester Blossoms. The days are May and October 20th where thousands of annuals or bulbs are planted in over 80 gardens. Throughout the year volunteers also support our Flower City Looking Good Program which includes environmental programs; for example, the International Coastal Clean up on Sept. 15th, Maplewood Rose Festival and our River Romance coming up this Columbus weekend. The Parks department depends on volunteers helping to plant flowers in our Cemeteries, litter pick-up, leaf pick-up, painting, and general information relayed to our supervisors.

What you will be doing:

The Project will include trash pick-up, trimming of overhanging branches and weeds, and removal of dead limbs. Our goal is to make this area more friendly and open to visitors using the trail. If we have time some of the volunteers may have the opportunity to work in four of the gardens at GVP, weeding, deadheading and cutting back some perennials.

Opportunities to continue with the agency or similar opportunities available on campus:

Contact Stacey Estrich at Stacey.Estrich@CityofRochester.Gov or , for more green opportunities, check out student group on campus, Grassroots at <http://sa.rochester.edu/grassroots>

Rochester Rotary Sunshine Campus

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

What they do:

“We provide a summer camping experience for inner-city youth as well as handicapped children & adults.”

The Rochester Rotary is a service organization with a rich history of 93 years in the Rochester community. Working together, more than 330 professional men and women live out Rotary International’s motto of “Service Above Self” in all that they do for the Rochester and world communities.

The Rochester Rotary Club is just one of more than 32,000 Rotary clubs and 1.2 million Rotarians worldwide. Chartered in 1912 as the 36th club of Rotary International, the Rochester Rotary Club carries on the Rotary tradition of service through friendship and FUN through major program areas:

-Tuesday Luncheon Forum

-The Sunshine Campus

-Youth Focused Activities

Mission statement: “We are a member-centered service organization enriching the lives of our World neighbors, City youth and people with disabilities.”

Why they want your help:

“We are a non-profit organization and we do not have the budget to hire contractors to do all that is needed to keep this camp safe and beautiful for all to enjoy.”

Where are they:

809 Five Points Rd.,

What is the issue?

For 85 years, Rochester Rotary’s summer camping program for young people with disabilities, called Sunshine Camp, has been spreading sunshine to thousands of campers in the Rochester community.

Each summer for two one-week sessions, young people with disabilities have the opportunity to experience the many joys of summer camping through Rotary’s Sunshine Camp program. While visiting the Sunshine Campus, Sunshine Campers get to participate in program areas including: swimming, arts & crafts, fully-accessible miniature golf, fishing, boating, and their very own radio station, **WRSC**. All program activities are accessible to people with different abilities.

During their stay at the campus "our kids just get to be kids" and for many enjoying a first time summer camp with lots of friends and fun!

The Rochester Rotary family is pleased to offer the Sunshine Camp experience to our campers FREE OF CHARGE! This is accomplished because of our donors' generosity-- folks like you who support all that we do through fundraising events like the Annual Community Event and the Annual [Wegmans Rochester International LPGA Tournament](#), just to name a few.

What you will be doing:

Take down and store tents, teepee, take down and store pool canopy and assorted equipment, stain barbeque pit pavilion T-III siding; rain plan- paint interior walls and whispering pines building.

Opportunities to continue with the agency or similar opportunities available on campus:

Contact **Kelly McKay**, Relationship Director, at the Rotary Office at (585) 533.2080 x103 or via e-mail to kmckay@rochesterrotary.org.

Circle K and **Interact** on campus are both part of national rotaries. Check them out at: <http://www.sa.rochester.edu/circlek/> for Circle K (various community opportunities available) or contact Leigh Carroll at lcarrol@mail.rochester.edu for Rotaract (the college version of Interact).

The Salvation Army

What they do:

The Salvation Army is an integral part of the Christian Church, although distinctive in government and practice.

Its objects are 'the advancement ...of education, the relief of poverty, and other charitable objects beneficial to society or the community of mankind as a whole. '

The movement, founded in 1865 by William Booth, has spread from London, England, to many parts of the world.

Raised to evangelize, the Army spontaneously embarked on schemes for the social betterment of the poor. Such concerns have since developed, wherever the Army operates, in practical, skilled and cost-effective ways. Evolving social services meet endemic needs and specific crises worldwide. Modern facilities and highly trained staff are employed.

Modern facilities and longer-term development is under continual review. Increasingly the Army's policy and its indigenous membership allow it to cooperate with international relief agencies and governments alike.

The Salvation Army at 70 Liberty Pole has regular programming, food services supplies; meals for 4 shelters & homeless families, men & women.

Genesis House, one of the SA's shelters, is a homeless and runaway shelter for adolescents ages 16-20. It operates 24 hours a day/ 365 days per year. Over 250 youth are sheltered each year.

Why they want your help:

“We rely on volunteers to assist with the necessary duties that regular staff often do not have the means or time to complete.”

Where are they:

- 1) 70 Liberty Pole, right downtown near Midtown Plaza
- 2) Genesis House at 35 Ardmore Street, in the 19th ward off of Genesee and West Main

What is the issue?

The Salvation Army - Rochester Area Services includes the following programs:

- Project ReDirect, an intensive welfare-to-work project;
- Youth Enrichment Services, including after-school and summer programs;
- Homeless Shelters (4) for men, women, and children, and for runaway and homeless youth;
- Emergency & Family Services, providing material assistance, rent/mortgage help, prescription vouchers, family counseling, and case management;
- Seasonal Services, including the Christmas Toy Shop and Project Bundle-Up, which provides warm winter clothing for children;
- A 130-bed Adult Rehabilitation Center for men and women;

- Disaster Services; and three Worship and Service Centers.

The Salvation Army provides a very comprehensive network of assistance. Having a multitude of services really helps to target large groups of people in need of services. Seeing how it is such a large operation, there is more than enough that can always be done to help the center out.

What you will be doing:

- 1) Liberty Pole- wash windows, clean walls, floors, kitchen vent hood, reorganize store rooms, freezers, and conduct summer inventory
- 2) Genesis House- deep clean adolescent homeless shelter inside (8 bedrooms, 4 bathrooms, 2 offices, conference room, kitchen, living/dining room, walls windows, baseboards, floors), clean garage, remove weeds and debris from ground outside

Opportunities to continue with the agency or similar opportunities available on campus:

Contact Rosemary Davis at: rosemary.davis@usa.salvationarmy.org or Phone: (585) 987-9500 x2309 to continue to volunteer and help out.

South East Area Coalition
<http://www.myseac.org/>

What they do:

The South East Area Coalition is the grass roots group that resources the residents and merchants of southeast Rochester. 2006 marks our 37th anniversary as western New York's oldest Neighborhood Preservation Company. Serving nearly 50,000 people we are the umbrella group for over forty neighborhood associations and block clubs and seven merchant associations. SEAC is a 501(c)(3) not-for-profit that works to insure that our neighborhoods are the best places to live, work, play and learn in Rochester.

Community....it's what we do!

Whether it's through our programs in Community Renewal, Economic Development, or through our Newsletter that keeps everyone connected, we meet the needs of those we serve, working to increase civic engagement and build community at all levels. We are in constant communication with our neighborhood leaders, listening to their concerns.

Why they want your help:

Urban churches operate on a limited budget. The Baber church understand the importance to partner with the community to beautify the neighborhood. In addition, the general encouragement of beautification brings business into a local area.

Where are they:

You will meet at the Neighborhood Empowerment Team Office at **846 S. Clinton Ave**, just 2 blocks parallel to Mt. Hope; right off of the Red Line (72) in the heart of the South Wedge. The South Wedge is a GREAT place for college students, full of amazing local eateries and local merchants.

What is the issue?

SEAC's Community Renewal programs include all those that involve housing, residential development and home repair.

A commitment to safe and affordable housing in southeast Rochester has long been the bedrock of SEAC's organizational emphases.

We believe that:

- * Everyone has the right to affordable housing in safe urban neighborhoods within the SEAC area;
- * There must be adequate housing options for all;
- * On-going maintenance, rehabilitation and improvement of existing housing stock is critical to healthy neighborhoods;
- * Senior and disabled residents should remain in their own homes whenever possible;
- * Healthy neighborhoods occur when there is a balance between owner-occupant and investor-owner housing;
- * Strict enforcement of property codes guarantees the safety and longevity of our housing stock;

* As the site of the largest Historic Preservation District in Rochester, we are committed to the understanding that historic preservation of housing is preferable to demolition in most ó though not all ó cases, and to sensitive development appropriate to those areas.

SEAC's Economic Development programs include all those related to our commercial districts and the economic viability of the area.

SEAC recognizes that healthy neighborhoods need viable commercial districts in order to maintain their "livability." We believe that:

* Merchants are important resources to our neighborhoods and represent personal investments in the area. They must be included in all processes that shape the future vision and development of the neighborhoods;

* Neighbors and merchants need to communicate with each others as allies and partners;

* Area residents need to support local businesses;

* Filling vacant commercial properties should be a priority for everyone as occupied storefronts convey that the area is "desirable" and "safe;"

* Southeast area businesses are unique. We do not want to see the development of "cookie cutter" enterprises on our commercial arteries;

* Many people speaking with one voice have a greater influence and authority than just one person speaking alone. We all benefit from strong merchant associations that convey their priorities with a unified message;

* Strict adherence to zoning laws and guidelines makes for a seamless integration of commercial and residential areas;

* Local media need to support southeast area businesses.

What you will be doing:

- 1) At 830 S. Clinton- Remove grass/sod from Baber church, prepare a garden, plant perennials, mulch (please see pictures),
- 2) At 1045 S. Clinton- weed gardens, remove/divide plantings, plant perennials, mulch
- 3) At 809 S. Clinton- Prepare landscaping area, plant, mulch

Opportunities to continue with the agency or similar opportunities available on campus:

Contact **Peter Saxe** at saxep@cityofrochester.gov to find out how you can continue to stay involved in the happenings at the South Wedge and really find a neighborhood to call your own while in college.

The South Presbyterian Church
<http://www.southpresbyterian.com/AboutUs.dsp>

What they do:

South Presbyterian Church is one of the oldest congregations in the Mt. Hope area. It was originally housed in the building known as the Record Archive. The church house the Elwanger Barry Nursery School and is a meeting place for many community groups.

Why they want your help:

South Presbyterian Church is located at a very busy intersection that also contains two bus stops. We strive to create an outdoor sanctuary that will bless the lives of all who pass by and those that come to the property to await busses. The congregation has a dwindling membership and few people who can do yard work. For the past 5-6 years, community volunteers such as Wilson Day students have been the primary way the church has constructed and maintained its landscape.

Where are they:

4 East Henrietta Road, Rochester, NY (right behind Strong Memorial on the Mt. Hope Side. Easily walking distance from campus)

What is the issue?

- City churches operate on a very small operating budget and really need volunteers to help out on larger projects.
- We extend a warm welcome to all who join us for worship. South Church has traditionally been a church that is friendly and everyone is treated as family. We believe our spiritual community can enrich and deepen the lives of those who participate in it.

What you will be doing:

Digging up and re-planting large flower beds, installing edging around flower beds, water plants, wash windows

Opportunities to continue with the agency or similar opportunities available on campus:

Contact **MJ Ebenhack** at 275-7429 or ebenhack@frontier.net to continue to volunteer at the South Presbyterian Church.

South West Area Neighborhood Association (SWAN)

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

What they do:

After school program, summer camp, counseling a& support services, emergency services (rent, housing, meals, household appliances, etc), job preparation & counseling, community organizing, Healthy Home (Model home used to educate regarding lead poisoning, asthma, household toxins, etc), mentoring program, youth & adult recreation, etc

SouthWest Area Neighborhood Association (SWAN) is a non-profit organization founded by neighborhood leaders in the late 1970's.

SWAN, has held a broad mission since its inception: to improve the quality of life for residents and families in SouthWest Rochester for its:

Residents
Business People
Churches
Institutions

Particularly in the areas of:

Public Safety
Youth and Recreation
Education
Economic Development
Housing
Public Infrastructure

Why they want your help:

“Limited community resources and decreases in funding elave gaps that volunteers can fill to provide a wide variety of services to the community. SWAN works hard to identify the “passion” of potential volunteers so that they are doing something they find engaging, exciting, and/or productive.”

Where are they:

275 Dr. Samuel McCree Way, right next to Wilson Academy off of Genesee St.

What is the issue?

SWAN's Guiding Principles and Values include:

- * Remaining grassroots
- * Staying in touch with the community and its people
- * Promoting self-governance in all programs and activities
- * Viewing the neighborhood in terms of its assets
- * Encouraging civic-mindedness as well as individual responsibility

- * Meeting the customer on his/her own terms
- * Informing customer of next step
- * Fostering interdependence or team approach to problem solving
- * Supporting a primary prevention focus in youth/family programming
- * Encouraging intergenerational relationships and learning

The SouthWest neighborhood is located in the 19th Ward, which is directly across the pedestrian bridge. The South West area is a part of the Crescent, which is an area in Rochester where 80% of homicides occur. In fact, just as recently as August 23, 2007, a homicide occurred outside of School #29, an elementary school directly across the street from SWAN. However, do not add into the stigma that the South West is an awful neighborhood. Violent crimes usually occur at night and are most often gang related. Instead, try to think proactively as to why such things occur and how a college student such as yourself can help to support this area which is within the realms of being considered as our own “neighborhood.”

Household Average Size: 2.36 people
Median Household Income: \$ 27,123
Median Value of Homes: \$ 62,100

Rochester’s economy is lower than the national average economy, so services like SWAN really work on helping residents at a local level, as well as provide counseling services for any tragedies that do occur.

What you will be doing:

Transplanting plants from one garden to another within walking distance, 2 students will complete a tour of the healthy home (within walking distance) to learn about lead poisoning, asthma triggers, and other household toxins; paint cinderblocks used as memorial stones for youth who have lost family members.

Opportunities to continue with the agency or similar opportunities available on campus:

Contact **Eleanor Coleman** for a multitude of volunteer opportunities available in the South West Area and in SWAN at 585-436-8201 x 1390 or ecoleman@swanonline.org

South Wedge Planning Committee

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

What they do:

The South Wedge Planning Committee is committed to helping build a community in the South Wedge while encouraging a full range of housing and business opportunities and promoting a diverse, historically significant, and commercially viable urban village.

Why they want your help:

“We are a neighborhood organization 501.C.3 with a limited budget & staff, but are committed to continuing to make a significant difference in our community.”

Where are they:

224 Mt. Hope Ave, 14620 (right by the University/ Strong Memorial)

What is the issue?

Welcome to the South Wedge Planning Committee

SWPC is a partnership of neighbors and entrepreneurs working together to preserve the South Wedge Urban Village. Started in 1975 as an outreach program of Calvary St. Andrews Church, SWPC is funded by the NYS Division of Housing and Community Renewal, the United Way, and a variety of public and private sources. SWPC is built on the dedication of our many diverse volunteers, who provide leadership for our organization and vision for the future of our community. We warmly invite your participation.

What We Do:

- Publish The Wedge, our community newspaper
- Operate a Tool Library for SWPC members, with more than 300 tools.
- Acquire and rehab homes for first-time buyers.
- Help entrepreneurs develop business plans
- Serve as liaison with the city and other groups.
- Improve housing with grants to homeowners.
- Encourage participation through volunteerism
- Educate neighbors about crime prevention.
- Encourage beautification and community pride.

- Implement the South Wedge Revitalization Plan.
Savor our Flavor

What you will be doing:

Façade clean up, re-paint, spread and tarp crushed stone in parking lot.

Opportunities to continue with the agency or similar opportunities available on campus:

Check out their website for a great listing of local restaurants and shops.

For more opportunities to get involved and work on City revitalization, contact Robert Boyd at 256-1740 x102, or rboyd@swpc.org

St. Ann's Community
<http://www.stannscommunity.com/>

What they do:

St. Ann's Community is a not-for-profit organization providing a varied range of services and care levels designed to meet the individual needs of older adults. We offer several independent and retirement living options, short term rehabilitation, transitional care, Adult Day Services, Assisted Living, specialized memory care and 24-hour skilled nursing care.

St Ann's Community has been Rochester, New York's largest Senior Health Care and Housing Provider for over 130 years. Our rich tradition began in 1873 when the Sisters of St. Joseph founded St. Ann's Community. Originally St. Ann's was located on Lake Avenue and in the early 1960's we moved to our current location, 1500 Portland Avenue. The Sisters continued their service to the community, operating St. Ann's until 1997. Over the years we've grown substantially, and now offer the greater Rochester area the widest range of Senior services.

Why they want your help:

"We are a non-profit serving the elderly. Medicaid eligible."

Where are they:

1500 Portland Ave.

What is the issue?

St. Ann's Home is a 388 bed skilled nursing facility. The Heritage, located on the front of our campus, has over 200 studio apartment suites with medical support. In 1997 we built Chapel Oaks for seniors looking for a more active, independent lifestyle. We also offer Adult Day Services, a Special Care Unit for Dementia and short-term rehabilitation in our Transitional Care Center, all conveniently located on our Irondequoit campus.

Continuing with our rich tradition, we offer our newest residential senior living option, Cherry Ridge. Located on 41 beautifully landscaped acres, Cherry Ridge offers seniors a variety of residence styles including spacious apartments and charming cottage homes. For those needing a little more help, Cherry Ridge offers on site assisted living and memory care.

Our Mission is to enhance the independence, physical, and spiritual well-being of older adults by providing a variety of high-quality, cost effective services delivered by caring people dedicated to meeting the needs of the Greater Rochester Community. St. Ann's Community is committed to the Catholic tradition of excellence in care and services for seniors.

What you will be doing:

Morning: Assist with set-up 11:00-1:00 pm

1:00 pm- assist with patient transport, pushing wheelchairs, engage in conversation, assist activity (Bingo or musical entertainment)

Opportunities to continue with the agency or similar opportunities available on campus:

Continue to volunteer with **St. Ann's Community** by contacting Barbara S. Joyce at 585-691-6523 or bjoyce@stannscommunity.com

In addition, there are several senior homes within walking/biking distance from campus that you can get involved with:

Episcopal Senior Life Community: A cluster of communities located around 500 Mt. Hope Ave

http://www.episcopalseniorlife.org/12_volunteering.html

-Contact Penny Marshall or Diane Anderson at 585-546-8400

St. John's Home: Right by Highland Park at 150 Highland Ave

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

-Call Volunteer manager at 585-760-1293 or e-mail volunteer@stjohnshome.com

Bus commute:

Kirkhaven Senior Home- at 254 Alexander St.; (Take the RedLine (72) and get off at Park and Alexander St. Walk back toward Monroe Ave on Alexander to 254.)

-Call (585) 461-1991 to learn about more volunteer opportunities

Stepping Stones Learning Center
<http://www.steppingstoneslearning.com/>

What they do:

We are a not-for profit early childhood program that services children with and without special needs.

Why they want your help:

“We receive government funding and parents pay privately, but this is not enough to meet the needs of the 500 families we serve”

Where are they:

41 Colebrook Dr., 14617

What is the issue?

Our unique learning environment is designed to help children from all cultural and developmental backgrounds to grow, interact, and develop relationships to their maximum potential.

Victoria Weaver and Mariellen Cupini, licensed speech pathologists and certified School District Administrators, are founding partners of Stepping Stones Learning Center (SSLC). Dedicated to inclusive early childhood education, their dream of developing and leading an early childhood educational facility became a reality in September of 1994.

Their first school month began with Mariellen and Vicki teaching their student body made up of 9 students in one nursery school classroom at their present site in West Irondequoit. Thus, their dream took shape and SSLC was born. In January, 1995, approval was granted by NYS Department of Education and Department of Health to service children with special needs. Vicki continued to teach in the classroom setting, they hired their first special education teacher, who is still employed by the agency, and Mariellen took to the road to service students in the community setting. The student body increased to 26 in the classroom plus 25 in the community

SSLC soon was recognized as a very special place -- where caring and learning, child laughter and joy, and children, with and without special needs, could learn together and be happy. News of SSLC spread throughout the community and the enrollment for early childhood and community services increased for the second year of operation. Additional staff were added that year to help provide services.

Mariellen and Vicki were approached soon thereafter by a group of parents whose children had been diagnosed with autism spectrum disorder. They were asked to develop a unique program for children using a specialized therapeutic intervention method, and have become a leader in autism services for preschoolers in Rochester and surrounding communities. Research and collaborative efforts are an integral part of the process.

The number of students and staff have continued to grow over the years and, nine years later, SSLC services over 450 students in Monroe, Wayne and Ontario counties. Mariellen and Vicki, along with their staff of over 100 dedicated professionals, continue to be renowned for their exceptional approach to early childhood inclusive education. Remarkable professionals and paraeducators, along with a loving atmosphere, whether at their school site, in students' homes, in community childcare, or in nursery school sites, continue to set SSLC apart from other early childhood programs.

What you will be doing:

Playground maintenance, painting of classrooms

Opportunities to continue with the agency or similar opportunities available on campus:

Contact Marielleen Cupini at mariellen@steppingstoneslearningcenter.com for more opportunities to volunteer or call 585-467-4567.

Or, consider joining Jumpstart to further help with early childhood education. Jumpstart is a part-time Americorps position that offers employment and volunteer opportunities for students on campus. The commitment is approximately 12 hours a week, 8 of which are directly spent one-on-one with your very own partner-child (age 3-5 yrs) for the entire school year. Make a difference in a child's life with incredible depth and full training. Jumpstart believes in giving young children the opportunity to make choices and learn through play, targeting children with academic and/or social set-backs which may be ignored in a large classroom setting. The mission of Jumpstart is to work toward the day that every child in America enters kindergarten prepared to succeed. Contact **Michelle Werth** at mdsn@admin.rochester.edu if interested in applying. See www.rochester.edu/careercenter/se0 and click on Job Board, Reference # 12974 for more info.

Susan B. Anthony Neighborhood Association

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

Why they want your help:

“Our neighborhood association is a small volunteer group that at times is hindered in their efforts due to the limited amount of volunteers. Having outside volunteers assist us enables us to accomplish more in our historical neighborhood while educating the new volunteers to the legacy we are trying to preserve in the City of Rochester. We feel it is very important to engage our youth with various volunteer projects around our community to bring a greater sense of respect and pride to it.”

Where are they:

26 Madison St.

What is the issue?

It is the only surviving example in the city of an early-nineteenth century tract development that retains its original public square and alley configuration, commercial strip and industrial area, as well as the majority of its residential buildings. These residences were built primarily by middle- and working-class residents and include representative examples of the historical architectural styles from Greek Revival to American Four Square.

One of the major anchors of the Susan B. Anthony neighborhood is the Susan B. Anthony House. The Susan B. Anthony House was the home of the legendary American civil rights leader during the most politically active period of her life, and the site of her famous arrest for voting in 1872. Susan B. Anthony's story of courage and determination has been told and re-told to visitors to her Rochester, New York home on Madison Street for than fifty years. The Susan B. Anthony House, a National Historic Landmark Museum, is supported primarily through the contributions of its members. The Susan B. Anthony House is not affiliated with other organizations bearing her name.

Recently, the Susan B. Anthony Education and Visitor Center opened. The center features state-of-the-art interpretive exhibits; a new carriage house with lecture facilities; and fully accessible visitor services.

The district is also significant for its association with the history and development of Rochester's carriage and shoe manufacturing industry of the nineteenth century. The district is also significant for its association with the internationally noted suffrage leader, Susan B. Anthony, who resided there from 1866 until her death in 1906. It was during these years that she performed her most important work for women's suffrage. Her residence at 17 Madison street, designated as a National Historic Landmark in 1966, served as her home, office and headquarters for suffrage activities for forty years.

What you will be doing:

2 community gardens, weeding, planting, general clean-up of garden beds

Opportunities to continue with the agency or similar opportunities available on campus:

Contact Dawn Noto at 585-313-0995 for future volunteering opportunities.

Urban Exploring

<http://sa.rochester.edu/urbex/>

What they do:

Dive headfirst into Rochester's shadowy underbelly. Step, jump, crawl, and spelunk your way through one of New York State's most interesting urban environments. Photograph, admire, or simply stare at a wide variety of architecture, from the quite old to the surprisingly new. Contemplate the way humans build, decorate, use, reuse, abuse, and re-abuse the buildings they prop up, and meet the humans that do it.

Activities and Goals

Urban Exploring's primary purpose is to facilitate and organize outings to various locations in and around Rochester that hold particular interest in terms of historical import, community impact, and architecture. Our focus is on sites exhibiting novel and creative use of space and/or a marked and unusual evolution of use over time. We hold weekly meetings to plan events, and embark upon periodic outings to locations of interest.

Why they want your help:

This is Urban Exploring's first large-scale scavenger hunt. Come and see why some students on campus are passionate about life off-campus as well. There are many unfortunate stigmas and negative attitudes that surround life in the City of Rochester; learn to challenge those myths. See what great local businesses are available for exploring. Become a mini-guru about Rochester right off the bat! This will be a great time, you will learn a great deal, and you will most likely form an amazing bond to the community as well!

Where are they:

Start off at Manhattan Square Park, move up to Park Ave/ East Ave area.

What is the issue?

Rochester is a city that definitely has its ups and downs. While voted the 6th most livable city in America (placesrated.com) and among the top of the line in research, the economy is not booming overall, and crime is much higher in Rochester than the rest of New York State. Yet, some students only look at the negatives of Rochester and avoid the City altogether. This is extremely unfortunate, since these students' lives in Rochester is limited to only campus-living. Local businesses in Rochester work hard to try to bring in more business and add to city revitalization. If the City could get more U of R students comfortable with enjoying the many offerings available, then fresh vitality could really add to Rochester in general.

What you will be doing:

SCAVENGER HUNT! The fine group members at Urban Exploring have put together a very extensive scavenger hunt to help ease your way into learning more about the many major landmarks as well as nooks and crannies in Rochester City.

Opportunities to continue with the agency or similar opportunities available on campus:

Go to Urban Exploring's website and join! <http://sa.rochester.edu/urbex/> Or, take the 72 Redline downtown and continue to enjoy, explore, and support local Rochester!