Tufts Community Service Opportunities

A. SINGLE, ONE-TIME EVENTS IN WHICH SMALL TO LARGE GROUPS OF VOLUNTEERS CAN PARTICIPATE

1. **Boston Area Food Bank**  
   Flexible Scheduling  
   70 S Bay Ave, Boston, MA 02118  
   **One-time group service project**  
   Most volunteers work in our warehouse, inspecting, sorting, and packing food and grocery products. While a few tasks require the ability to lift a 30-pound box, most tasks require the ability to stand and inspect products for 2 - 3 hours. We can take individuals and groups of up to 50 people per shift. Groups of five or more people must be scheduled ahead of time.

2. **Boston Healthcare for the Homeless**  
   **scheduled Saturday 12-4**  
   Barbara McInnis House at Jean Yawkey Place, 780 Albany Street, Boston 02118  
   [http://www.bhchp.org/forgroups.htm](http://www.bhchp.org/forgroups.htm)  
   **One-time group service project**  
   Groups of up to 12 volunteers are invited to serve at Boston Health Care for the Homeless Program by leading recreational activities for our adult respite patients on a Saturday between 12:00-4:00 PM. Leading patient activities is one of our most popular service projects. Before your scheduled visit, we will help your group design an activity such as a rousing game of bingo, a creative arts and crafts project, a themed event and more. Upon arrival at BHCHP, we will provide an overview of our work, the patients we serve, and the depth of our services. We will support your team throughout the project and provide an opportunity to reflect on your experience before departure.

3. **Boston NEDA (National Eating Disorders Association) Walk**  
   **April 26, 2015**  
   Newton North High School, 457 Walnut Street, Newton, MA 02460  
   **PHPD Team participation already in process through Student Senate**  
   A NEDA Walk is a non-competitive event that seeks to raise money and awareness for the mission of NEDA and for NEDA Network members who choose to coordinate a NEDA Walk with NEDA. The average NEDA Walk is one mile in length. However please note that these are non-competitive events and that you are not required to walk the whole distance (or at all). The registration fees for adults are usually $25, students $15, and children (below the age of 12) $10.  
   There is no minimum amount you must raise for the walk. You will have a fundraising goal, but it is not a required amount that you must reach. In fact, it’s always good to have a high fundraising goal, even if you know you won’t reach it, since it’s better to fall short of high expectations than low expectations!

4. **Boston Shines – Boston Park Clean Up**  
   **One day in late April/early May 2015**  
   [http://www.cityofboston.gov/ons/BostonShines/about.asp](http://www.cityofboston.gov/ons/BostonShines/about.asp)  
   **PHPD Team Participation in one cleanup day in the neighborhood**  
   Boston Shines is an annual event across the city held for three consecutive weekends, beginning on April 25th & 26th - but you can always set up your own project! Spring, summer, and fall months are best. Projects are most often scheduled on Saturdays, but they can happen 365 days a year. Boston Shines project is a team effort that makes your neighborhood cleaner and more beautiful! Locations include
local parks, school yards, streets, sidewalks, or any other public (City) property. Typical tasks include clearing brush, laying down mulch (but no painting!)

5. **Community Servings**
   Location: 18 Marbury Terrace, Jamaica Plain, MA 02130
   [http://www.servings.org/volunteer/students.cfm](http://www.servings.org/volunteer/students.cfm)
   **Flexible scheduling**
   **One-time or regular/ongoing group or individual service project**
   Lend hand throughout the year by participating in one-time service projects or by adopting a shift -- committing to helping in our kitchen on a weekly, bi-weekly, monthly or quarterly basis.

6. **Country Heals - Tufts Medical Center 5k Walk**
   Location: Wompatuck State Park, 204 Union Street, Hingham, MA 02043
   **Late September 2015**
   **PHPD Team Participation**
   $30 registration per person plus fundraising; Teams of three or more who raise a minimum of $500 can direct their proceeds to a specific program at Tufts Medical Center and teams who raise $5,000 or more by September 10th will have the opportunity to design a team sign that will be displayed at mile markers and/or water stops along the course.

7. **Health Impact Partnership (HIP) at English High School**
   Location: 144 McBride St, Jamaica Plain, MA 02130
   **Spring Semester 2015**
   **Small group teaching project**
   HIP was designed four years ago by a Tufts University School of Medicine student to use a community centered, health-based approach to teach leadership and advocacy skills to high-risk youth. Specifically, medical students work with a group of English High School students to develop a better understanding of common health problems and the determinants of health, help them gain the skills to survey the health needs of their school community, analyze data collected from the surveys, and design and implement health interventions to address these health needs in the form of a capstone project.

   HIP is looking for a few volunteers to develop and deliver lessons in spring 2015 on survey collection and designing health interventions. The volunteers would work closely with the Director on developing materials appropriate for the high school audience.

8. **Pine Street Inn Learn and Serve**
   Location: 444 Harrison Ave, Boston, MA 02118
   [http://www.pinestreetinn.org/get_involved/volunteer](http://www.pinestreetinn.org/get_involved/volunteer)
   **Flexible scheduling**
   **One-time group service project**
   This half-day opportunity combines hands-on service with an educational tour of the Inn to provide your group with a deeper understanding of the issues of homelessness, poverty and Boston’s lack of affordable housing. Participants emerge from this session as educated advocates who can bring new insight about the issues of homelessness and poverty to their work places and communities.

   A session can be designed to meet the needs of your group. We are happy to collaborate with you to ensure that your group gains knowledge of the issues that interest you. Morning and evening opportunities are available. Perfect for groups of 5-15 volunteers.

9. **Tufts Medical Center: The 2015 Cycle for Life**
   **June 13, 2015**
Location: Lincoln, MA

**PHPD Team Participation**

Ride 25, 50 or 80 miles and support the many faces and many needs of cancer at Tufts Medical Center and Floating Hospital will be held again at the John H. Pierce House in Lincoln, MA on Saturday, June 13, 2015. $50 registration fee* for 25, 50, and 80-mile riders through June 19 ($75 on event day); $250 suggested fundraising minimum for all riders

**B. ONE STRATEGIC PARTNERSHIP TO SEND VOLUNTEERS/GROUPS OF VOLUNTEERS ON A REGULAR BASIS.**

1. **Boston Chinatown Neighborhood Center**
   Location: 885 Washington Street, Boston, MA 02111
   [http://www.bcnc.net/](http://www.bcnc.net/)

   **Overview:** For over 40 years, BCNC has served as a vital link for the Asian immigrant and Asian American community of Greater Boston. BCNC strives to provide the support and resources needed for participants to integrate into American society, while preserving the community's rich culture. Most of those served are immigrant Chinese, with low family incomes and limited English ability.

   **Volunteer Needs:** In addition to an ongoing need for individual tutors and mentors for college bound students, BCNC seeks volunteers/volunteer groups with expertise/talent to provide a range of services to the local community. Workshops and presentations on topics such as parent-building skills, access to public services, mental health awareness, presentations on public health issues such as screen time for children, are just a few of the possibilities.

   Another mandate of the organization is to build community amongst the adult population, so other programming could include yoga, cooking classes, or other fun opportunities for parents to meet and engage with one another.

   The organization is very open to the ideas of the Tufts PHPD community and is flexible on scheduling events. If BCNC is the selected organization, the next step would be for the volunteer committee to meet with the Director to flesh out details and priorities.

   **Other:** The main language of the community is Cantonese, followed by Mandarin, and while there are interpreters, it would be helpful to have at least one volunteer who is able to serve as an interpreter during any scheduled programming.

2. **ETHOS**
   Location: 555 Amory Street, Jamaica Plain, MA 02130

   **Overview:** Ethos is a private, not-for-profit organization that promotes the independence, dignity, and well-being of the elderly and disabled in the southwest neighborhoods of Boston. Ethos achieves its mission through the coordination and delivery of high-quality, affordable home and community-based care. In all aspects of its work Ethos supports family caregiving, fosters social interaction and respects cultural diversity.
Volunteer Needs: Ethos has a very structured volunteer program which would make volunteering individually or as a group quite easy. We could work with Ethos in a number of ways including the list below:

HYDE PARK, JAMAICA PLAIN, MATTAPAN, ROSLINDALE and WEST ROXBURY neighborhoods:

- Friendly Visitor: Meet with an elder in his/her home to relieve loneliness, provide companionship, and share interests.
- Medical Escort: Escort an elder to a medical appointment and back to his/her home.
- Respite Visitor: Provide temporary relief to a caregiver by visiting with a homebound senior for a few hours.
- Shopper/Shopping Escort: Shop with or for a senior and assist in storing items at their home.
- Telephone Reassurance Caller: Make telephone calls to elders on a weekly basis to help relieve loneliness and check on their well-being.
- Thanksgiving Meal Deliverer: Deliver meals to homebound elders at senior housing and/or individual homes on Thanksgiving Day.

JAMAICA PLAIN OFFICE (T-accessible; limited availability):

- Intern: Internships needs vary dependent upon season and current agency need. Potential internship focuses include marketing and communication, website development, community organizing and volunteer recruitment.
- Office Assistant: Work on special projects, update databases, type forms, copy and file papers, or answer phone at Ethos.

WEST ROXBURY as a part of their AgeWell West Roxbury program:

- Cards or Board Games Player: Bring fun and social interaction to the West Roxbury elder community.
- Handy Man: Put your handy man skills to use by providing essential home support to elders.
- Newsletter Developer: Help design and finalize an AgeWell West Roxbury newsletter.
- Snow Shoveller: Help elders keep their sidewalks safe and clean this winter by shoveling snow.
- Walking Club Leader: Lead a small group of elders in a weekly walking club.

3. MEDA (Multi-Service Eating Disorders Association)
Location: 288 Walnut St #130, Newton, MA 02460
http://www.medainc.org/

Overview: We are the foremost eating disorders non-profit organization in New England. We provide education about eating disorders and their underlying causes to develop a compassionate community that promotes hopefulness and supports healing. We offer a variety of services to support individuals and families through the various stages of their journey. MEDA is the first step toward awareness and healing.

Volunteer Needs: MEDA is excited that Tufts is already putting together a team for the annual Boston NEDA Walk but has other potential volunteer needs including helping to set up and run events, such as the annual walk and upcoming 20th Anniversary Gala fundraiser. They are very open to the ideas of the Tufts community and some of the ideas discussed include working with the outreach/publicity/marketing efforts, perhaps conducting research and evaluation projects on current and past programming, etc. If MEDA is selected, the next steps would be for interested Tufts community members to meet with the five person team at MEDA to develop a work plan.

4. Rosie’s Place
Location: 889 Harrison Ave, Boston, MA 02118
www.rosiesplace.org
**Overview:** Rosie’s Place was founded in 1974 as the first women’s shelter in the United States. Our mission is to provide a safe and nurturing environment that helps poor and homeless women maintain their dignity, seek opportunity and find security in their lives.

Today, Rosie’s Place not only provides meals and shelter but also creates answers for 12,000 women a year through wide ranging support, housing and education services

**Volunteer Needs:** Rosie’s Place has a very structured volunteer program and is excited about the prospect of building a relationship with Tufts in the following ways:

**Individual Volunteering**
The first step to get started as a volunteer is to visit our website to submit an individual volunteer application. You will then receive an email with your own personal login information to VolunteerNet, our online scheduling system which allows volunteers to sign up online for available shifts in the upcoming 30 days. When you come in for your first volunteer shift, a Rosie’s Place staff member will give you a brief overview of how you will be helping out. Volunteers are welcome to sign up for a maximum of 3 shifts per month.

**Cater a Meal**
Rosie’s Place serves over 90,000 healthy and delicious meals a year and we rely on a network of volunteer catering groups to provide a healthy meal to everyone in need. Caterers make a donation of $350 to underwrite food costs and then prepare and serve a nutritious meal to approximately 150 women in our dining room. Rosie’s Place staff will design the menu, purchase the ingredients on your group’s behalf and guide your group through meal preparations during your visit. All you have to do is show up at the start of the shift and the ingredients for a healthy and nutritious meal will be here waiting for you to prepare. Depending on the date, groups may be as few as 5 or as many as 15. Catering a meal is a great way for a group to work together to build new connections with each other as well as with our guests. We have available shifts 7 days a week.

**Toiletry and Food Drives**
Another great way to get a larger group involved is through holding a drive for food items, toiletries or our current urgently needed items (Jeans of all sizes, Coats, Hats, gloves and scarves, Bras, Blankets, throws and sheets). Groups either collect or purchase items to be used in various programs at Rosie’s Place.