

Benefits of volunteering:

- Build teamwork and leadership skills
- Gain valuable experience
- Meet fascinating people and make new friends
- Enhance professional qualifications
- Explore new career options
- Share the unique satisfaction of helping others
- Have a great time!

Why **YOU** should volunteer...

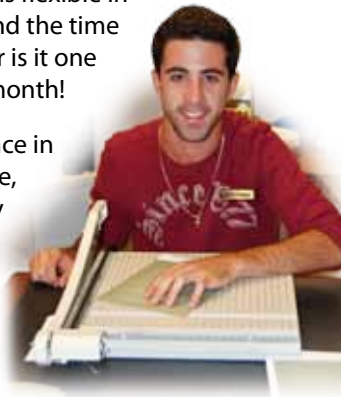
Sitrin offers volunteer experiences that are enjoyable, rewarding, and fun.

The wide range of opportunities at Sitrin can accommodate many interests, including yours!

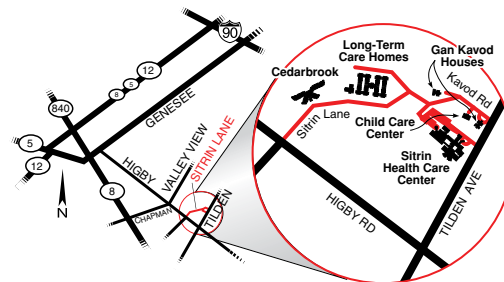
Volunteering at Sitrin is flexible in respect to the work and the time you spend — whether it is one hour a day, week, or month!

You can gain experience in the field of your choice, and there are so many opportunities from which to choose. Plus, it's a great resume builder!

By volunteering at Sitrin, you'll have an opportunity to pursue your interests while also making a difference in someone's life.



It's easy to start volunteering at Sitrin! Call today for a tour, or to obtain more information. Contact the Community Relations Department at 737- 2406.



SITRIN

The Help. The Hope. The Healing.

Sitrin Health Care Center

2050 Tilden Avenue, P.O. Box 1000, New Hartford, NY 13413-1000 • 315-797-3114
www.sitrin.com

In accordance with federal law, affiliates of the Sitrin Network of Homes & Services, Inc., admit, retain and provide care for participants and residents, if eligible, without regard to age, disability, gender, national origin, physical characteristics, religious preference, race, or sexual orientation.

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Get Involved... Make A Difference... Volunteer!



Sitrin Health Care Center
2050 Tilden Avenue
New Hartford, NY 13413



As a Sitrin volunteer, you can choose the kind of work you wish to do, and set a schedule that is convenient for you! Whether you join us for an hour a month, or several hours a day, volunteering at Sitrin may prove to be one of the most rewarding experiences of your life. Internship opportunities are also available for those pursuing a college degree or seeking to gain professional experience!

Volunteer opportunities include:

- Assistance with special events and social activities
- Chaperoning resident outings (day and/or evening)
- Spiritual support for residents
- Assistance with fundraising efforts (bake sales, raffles, etc.)
- Recreational activities, such as gardening, book club, arts & crafts, etc.
- Resident transport assistance
- Visiting with residents
- Greeter in reception area
- Assistance at the Child Care Center (reading, activities, games, projects, etc.)
- Filing and clerical work

Internship areas include:

- Accounting
- Adult Day Health Care
- Development
- Dietary
- Graphic Design
- Information Technology
- Marketing
- Medical Records
- Nursing
- Occupational Therapy
- Public Relations
- Physical Therapy
- Recreational Therapy
- Speech Therapy

