RSVP Center of Essex and Hudson Counties:  
Essex County Volunteer Stations

Jewish Family Service of MetroWest

**Friend Advocate** - The Friend Advocate program provides for recruitment, training, matching and supervision of volunteers who provide assistance to clients age 60 and over, many of whom are frail, isolated and vulnerable residents of Essex County. Volunteers provide assistance to older adults in such areas as bill paying, reading mail, arranging for medical appointments and transportation, making phone calls, providing companionship, etc.

**Listen to Children** - The Listen to Children program pairs a warm, accepting older adult volunteer with a Livingston elementary or middle school child on a one-to-one basis. The child-listener relationship allows a child to share conversations, joys, experiences and concerns in a caring, safe environment. The “listener” often functions as a surrogate grandparent and provides a non-judgmental, secure sounding board for children to express concerns or anxieties.

**Music and Memory** – Music can be a powerful tool in helping improve the lives of those with dementia or Alzheimer’s disease. Volunteers interview clients and their family so we can create a playlist of favorite songs, which will then be downloaded onto an MP3 player for the client. Volunteers then deliver the MP3 players and teach caregivers how to use them.

**Rachel Coalition**

**Court Advocate Training Program** - Individuals will be trained to assist domestic violence victims as they await their restraining order hearings in Essex County Family Court. All volunteers must complete a 40-hour training course (no prior experience necessary).

**Legal Interpreters** - The legal Interpreter program needs bilingual volunteers, especially those who speak Spanish. Volunteers must be completely fluent in the language and take a 6 hour training course.

**Cut it Out** – Individuals will be trained to educate local salon professionals to recognize the dynamics and warning signs of domestic violence. All volunteers must complete a 2-hour training session (no prior experience necessary).

**In Her Shoes** - Do you ever wonder why a woman stays in an abusive relationship? In Her Shoes is an interactive workshop where individuals experience what a victim of domestic violence has to do once she decides to reach out for help. Volunteers are trained to be facilitators for this program.
American Red Cross of Northern New Jersey – Volunteers are needed to assist with disaster preparedness and response, blood drives, transporting seniors (Montclair, Glen Ridge and Nutley only), assisting in food pantries, working in the Jane Bente Braille Center or teaching first aid courses.

Barnabas Health Home Care and Hospice - Volunteers assist patients and their families by providing respite services, or a short break. Volunteers can visit the patient so the family has a short break, grocery shop for families, visit patients in nursing homes, etc. Help is also needed in the main office in West Orange with data entry, phone calls, filing, stuffing envelopes, etc.

Bike&Walk Montclair – Volunteer at events aimed at making Montclair a safe haven for walking and bicycling. Volunteers are also needed to plan events and assist with marketing of the agency.

Bobrow Kosher Food Pantry – Volunteers are needed one Wednesday a month from 7-8:30 to pack bags of food and the following Saturday morning for food distribution. No background check or application required.

Care at Home NJ – Volunteers are matched one-on-one with an isolated homebound senior in Verona or the surrounding areas to visit once a week to provide companionship and alleviate loneliness.

Community Food Bank of New Jersey – Assist at the Hillside location with assembling the newsletter or sorting food in the warehouse. Volunteers are also needed to assist at their network of local pantries throughout Essex and Hudson Counties. Evening and weekend opportunities available.

Daughters of Israel – Wheel residents to/from events, assist with events, play music at the facility’s piano, lead a discussion group or staff the gift shop.

FOCUS Hispanic Center for Community Development, Inc. – Volunteers needed to help in several areas such as in the Meals on Wheels program preparing and packaging food; with children and families in the Family Success Center; and assisting older adults in their senior center.

Friendship Circle – Volunteers needed for light office work who can work independently. Hours vary per week. Volunteers are also needed on evenings and weekends to assist with programs for special needs children and camp depending on the time of year.

Girls on the Run NJ East – GOTR is a self-esteem building program for girls grade 3-6, that incorporates running in its curriculum. Volunteers are needed to coach girls 1-2 times per week or serve on committees. There are several locations throughout Essex County.

Green Hill – Volunteers are needed to serve in Green Hill’s Country Gift Shop or to be matched one-on-one with a Green Hill resident to provide weekly visits, conversation and companionship.
HOME Corp – Volunteers are needed to organize and tend to a community garden that supports local food pantries. Attorneys and other professionals are also sought to facilitate seminars on financial planning, foreclosure counseling, debt management, etc.

Interfaith Hospitality Network of Essex County, Inc - Volunteers perform a range of activities including providing hospitality for the congregational shelter network, organizing fundraising drives, tutoring in the Afterschool Program, introducing IHN to their community group or friends and more.

JCC MetroWest – Volunteers are needed to serve lunch, lead discussion groups, and assist in other JCC programs.

Jewish Federation of Greater MetroWest NJ – Volunteers are needed to help assemble Disaster Kits to be distributed in emergencies.

HackensackUMC Mountainside (Montclair) – Volunteers support hospital staff by greeting patients and visitors, providing patient escort services, and providing clerical, accounting, computer technology and other types of assistance.

Holy Trinity-West Orange Food Pantry – Seeking volunteers help weekly with sorting donations, organizing the pantry and assisting local clients with picking out food from the pantry for their families.

Life Choice Hospice – Volunteers visit hospice patients in their homes and provide conversation, companionship and a listening ear.

Meadowlink /EZ Ride – Volunteers use EZ-Ride’s cars to transport seniors and people with disabilities to doctors’ offices, grocery stores, appointments, etc in Essex County. The car, gas and insurance are all provided by EZ-Ride.

Montclair Child Development Center – Assist in the office or classroom in their Montclair, Glen Ridge or Orange location. Children range from infants to 5 years old.

National Council of Jewish Women, Essex County Section - The National Council of Jewish Women (NCJW) is a grassroots organization of volunteers and advocates who turn progressive ideals into action. Inspired by Jewish values, NCJW strives for social justice by improving the quality of life for women, children and families by safeguarding individual rights and freedoms.

Neighbor to Neighbor Network (NTNN)

Friendly Visitor Program - Volunteers provide companionship and a listening ear to homebound elderly residents in Bloomfield and Glen Ridge who lack the support of family and friends. Friendly visitors are not obligated to, but are welcome to assist with grocery shopping, errands, minor home care, errands, etc.
Food Delivery Program - Volunteers pick up bags of food from The Human Needs Food Pantry in Montclair weekly and deliver them to a set route of about 5 Bloomfield or Glen Ridge residents who are unable, due to age or disability, to go to the pantry themselves.

Rebuilding Together – Rebuilding Together is a volunteer-based organization dedicated to assisting homeowners who are elderly, disabled and have young children in the home, to continue to live independently, dry, warm and safe. Volunteers are needed to help with repairs and restorations.

RSVP Center of Essex and Hudson Counties: Volunteer Writers and Photographers - Write the RSVP newsletter, blog, interview and photograph RSVP Volunteers and Volunteer Stations, or represent RSVP on Facebook, Twitter, and other social media.

Saint James Social Service Corporation – Volunteers tutor children in after school programs and summer camps. Saint James also runs a food pantry and soup kitchen that serves families in need.

Salvation Army, East Orange Corps – The Salvation Army depends on volunteers to assist in the food pantry, soup kitchen, afterschool programs and scouting programs for kids.

Smile on Seniors – Visit a senior living in a nursing home or other care facility once a week or once every other week. Volunteers provide friendship, companionship and a listening ear.

State Health Insurance Program (SHIP) – SHIP Volunteer Counselors are needed to educate and provide assistance to Medicare beneficiaries by explaining their Medicare coverage and helping them avoid spending more money by informing people of their options for coverage. Volunteers are trained and volunteer on at their choice of sites in Essex County. SHIP asks that volunteers commit to a minimum of 1 year of volunteering.

Toni’s Kitchen - Toni’s Kitchen, located in Montclair, serves those in the community who are hungry without regards to circumstances. Toni’s Kitchen provides food to the needy along with other services. Volunteers are needed to cook and prepare meals, serve meals, garden, or assist with fundraising, grant-writing, event planning, etc.

Township of Livingston – Volunteers are needed to teach classes to seniors such as computer skills, knitting, etc 2-4x per month for an hour a session. Schedule is flexible.

Travelers Aid – Volunteers assist travelers in Newark Liberty International Airport staff information booths and assist travelers with information on connecting flights, lost baggage, booking hotels, etc.

United Way of Essex and West Hudson – Volunteer in the Newark office to assist clients of Essex and West Hudson Counties and at special events throughout the community.

United Way of Northern New Jersey - United Way of Northern New Jersey helps complete thousands of free tax returns for people in need through the Volunteer Income Tax Assistance (VITA) program.
Volunteers to help with this effort in January – April in their Montclair location. Free training is provided year round.

**VA New Jersey Health Care System** – A variety of volunteer positions providing much needed services to veterans are available at the East Orange Campus and satellite offices in Bloomfield and Newark.

**WAE Center** – Volunteers with creative abilities are needed to assist the WAE Center in providing services to people with developmental disabilities. WAE currently has a need for volunteers who are skilled in music, cooking, yoga, gardening, reading, art, playing games, attending class trips, etc who want to share their skills with WAE’s members.

**YMCA of Montclair** – Volunteers are needed to assist members with special need or help with community events. Volunteers can also lead monthly or one time groups; ideas for groups include singing, music, art, poetry, cooking, holiday activities, comedy, history talks, etc. If you have a special skill or idea for a group or event, please let us know!

To apply for any of these positions or inquire about others, please call the RSVP Director Stephanie Grove at 973-637-1766 or email her at sgrove@jfsmetrowest.org.