



Looking for a Meaningful Bar/Bat Mitzvah Volunteer Project?

JOIN THE JFS METROWEST BAR/BAT MITZVAH VOLUNTEER TEAM

Jewish Family Service of MetroWest NJ can help you find the perfect fit!

Choose from existing volunteer programs or work with JFS MetroWest to create your own!

BECOME A JFS METROWEST FRIENDLY VISITOR VOLUNTEER:

Provide companionship to residents of the Jewish Community Housing Corporation who receive support from JFS MetroWest.

- Play cards, bingo or other games
- Assist with basic computer skills
- Plan a holiday celebration or concert
- Lead a dessert decorating program
- Interview and record a senior's life history
- Set up a skype account for a senior and become a "skypepal"

JOIN THE JFS METROWEST VOLUNTEER HOLIDAY CREW:

Assemble and deliver festive holiday packages for isolated older adults and individuals with special needs. Go on your own or as a crew with your friends or family!

PUT YOUR IPOD SKILLS TO GOOD USE:

Join our **Volunteer Music and Memory Team** and collect donated iTunes gift cards – or raise monies to purchase new cards. Work with family members to provide iPod Shuffles loaded with a personalized play list of songs that may help a senior who is struggling with memory loss.

HELP WITH MUCH NEEDED FUNDRAISING EFFORTS:

Help those in the community who struggle with periods of food insecurity or need assistance in purchasing clothing or other basic necessities by raising money for supermarket or department store gift cards.

CREATE YOUR OWN!

Do you have a special interest, talent or a specific project in mind? We're happy to meet with you to put your ideas into action.

GET STARTED TODAY!

For more information or to join the **JFS MetroWest Bar/Bat Mitzvah Volunteer Team**, contact Suzy Berman, LSW, Coordinator, Volunteer Services, sberman@jfsmetrowest.org or 973-765-9050 or visit www.jfsmetrowest.org/volunteer



www.jfsmetrowest.org

