



VOLUNTEER OPPORTUNITIES: 2011

It is only with the support of our generous volunteers that we can continue to further our mission of being a community partnership that transforms lives by providing meals for the hungry, shelter for the homeless, & services to support people to become housed.

Dinner Seven Evenings a Week:

Dinner is served every evening at 7:30pm to 100 people nightly. There are several ways to help with this meal:

1. Come prepare & serve dinner from **6pm to 8pm**. (*The entrance is down the wheelchair accessible ramp on 3rd Street.*)
2. Donate food for 100 guests for dinner. (*You can schedule to come & cook it with your friends or you can deliver it for us to serve.*)
3. Donate money for the cost of dinner nightly (\$300). (*You can drop-off or mail a check to JACLYN's attention.*)
4. Donate frozen meats such as hams or turkeys.

If you would like to come and serve dinner as individuals, you're welcome to stop by any evening from **6pm-8pm**. You don't have to call ahead & the Kitchen Manager will help you with everything. If you're interested in coordinating a group (4+ people) to volunteer, **please call JACLYN to schedule it**. The best time to call her to review the volunteer calendar is from 1pm-6pm, Mondays-Thursdays, (201) 656-5069.

Lunch & Showers Program on Fridays:

We serve lunch at 1:30pm on Fridays & provide clothes & showers to our unsheltered homeless guests. We need help sorting clothes for distribution, serving lunch, and cleaning-up. 2 to 4 volunteers (maximum 12 volunteers for a scheduled group) are welcome to come and help from **11am to 3pm**, with the need mostly being from **12pm-2pm**. This is a great opportunity for corporate groups to build collegial relationships for co-workers while they give back to the community. **Please call JACLYN to schedule a group**. The best time to call her to review the volunteer calendar is from 1pm-6pm, Mondays-Thursdays, (201) 656-5069.

Make, Wrap, & Deliver Shelter Residents' Daily Sandwiches:

50 brown-bagged lunches are provided to our shelter guests every day for them to take to work, school, programs, & job-hunting. We always appreciate the delivery of sandwiches that individuals & groups thankfully take the time to make, wrap, & deliver. Some companies do this during their staff meetings as a morale-building activity; some fraternities & sororities do this as a large group activity; & some parents & kids do this as a family activity. Any kind of sandwiches are appreciated, but meat-based sandwiches are preferred. You don't have to call ahead because we welcome donations of 1-100 sandwiches from 9am-9pm on weekdays & from 3pm-9pm on weekends.

Mentoring / Tutoring / Board Games / Workshops:

Shelter Residents would appreciate your time shared with them with a simple conversation. Volunteers are welcomed nightly before dinner from **6pm to 7pm** to Mentor, Tutor, & Play Board Games (Chess, Checkers, Scrabble, Dominoes, etc.) with our Guests. If you would like to lead or participate in workshops with our guests:

- We welcome volunteers to present important issues & lessons on the following topics:
 - * Employment Issues on **Sundays at 1pm-3pm;**
 - * Financial Literacy on **Mondays at 1pm-5pm;**
 - * Mental Health Concerns on **Tuesdays at 1pm-5pm;**
 - * Relationships on **Wednesdays at 1pm-5pm;** &
 - * Substance Abuse Issues on **Thursdays at 1pm-5pm.**

Please email JAMES to coordinate the volunteers for these sessions at James.Shipman@hobokenshelter.org.

- We welcome volunteers to join in & lead afternoon workshops on Saturdays:
 - * Spiritual Discussion Group on **Saturdays at 3pm-4pm;**
 - * Bingo!, Chess, & Games on **Saturdays at 4pm-5pm;** &
 - * Music & Movement on **Saturdays at 5pm-7pm.**

--we would be honored to have your choir or band perform for our guests!
 --we welcome yoga & tai chi instruction that is suitable for beginning students to increase body awareness, learn basic postures, and practice therapeutic breathing.

Please email BARRY to coordinate the volunteers for these activities at Barry.Hill@hobokenshelter.org.

- We welcome volunteers to discuss women's issues in our Women's Group on Saturdays. We explore issues from manicures to menopause to movies to motherhood.
 - * Women's Workshop on **Saturdays at 7am-3pm.**

Please email JEANINE to coordinate the volunteers for this group at Jeanine.Jones@hobokenshelter.org.

Collection of Supplies:

We use the following supplies on a daily basis: 300 cups; 300 plates; 500 napkins; 15 rolls of toilet paper; 2 rolls of paper towels; & 2 boxes of tissues. Donations are welcome from 9am-9pm on weekdays & from 3pm-9pm on weekends. We need your help to coordinate a collection of supplies for our soup kitchen, especially the following:

Food Donations:

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| 1. Milk | 6. Marinara Sauce |
| 2. Coffee | 7. Instant Potatoes |
| 3. Sugar | 8. Frozen Meat |
| 4. Cereal | 9. Sandwiches |
| 5. Juice | 10. Fruit—especially Bananas |

Supply Donations:

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|-------------------------|------------------------------|
| 1. Hot/Cold Cups | 6. Laundry Detergent |
| 2. Paper/Plastic Plates | 7. Garbage Bags (55 Gallons) |
| 3. Napkins | 8. Postage Stamps |
| 4. Plastic Utensils | 9. Envelopes |
| 5. Toilet Paper | 10. Pens |

Toiletries Donations:

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| 1. Soap | 6. Razors |
| 2. Shampoo | 7. Shaving Cream |
| 3. Toothbrushes | 8. Wash Cloths |
| 4. Toothpaste | 9. Underpants |
| 5. Deodorant | 10. SOCKS |

Fundraise:

Volunteers are truly needed to fundraise on our behalf. Since it only costs **\$2** per meal, every little bit really helps! Some individuals host parties & suggest that their guests bring a donation to the shelter. Some families give donations to the shelter in lieu of gifts. Some kids make & sell items like lemonade, baked goods, & jewelry, & donate the proceeds to the shelter. Some companies host 50/50 raffles at their parties to benefit the shelter. Some individuals sponsor a dinner with a donation of \$300. *(You can mail checks to JACLYN's attention).*

****Call JACLYN, Executive Director, (201) 656-5069, to schedule volunteer groups or to discuss new volunteer ideas.****

*****Please dress casually & look forward to having a good time when you volunteer at The Hoboken Shelter.*****

******We do NOT host court-ordered community service volunteers.******

THANK YOU! THANK YOU! THANK YOU! THANK YOU! THANK YOU! THANK YOU! THANK YOU! THANK YOU! THANK YOU! THANK YOU! THANK YOU! THANK YOU! THANK YOU!