Volunteer Opportunities
SBH’s Guide to Doing Good
**Volunteer Opportunities 2017**

**Sarah Sutton**

- **Food Division**
  - **Food Pantry**
    - Package and stock the shelves at the SBH Food Pantry
  - **Papa Joe’s Snacks**
    - Every Rosh Hashanah local schools collect snack for clients’ children
  - **Family Plus One**
    - Cook one extra dish for the SBH Food Pantry every week (Bake and drivers needed)
  - **Hanukah Family Shabbat Meals Program**
    - Cook homemade Shabbat meals for families in need (Drivers needed)
  - **Flowers For Widows**
    - Friday deliveries of flowers, hallot, and desserts to widows (Bakers and drivers needed)
  - **Text to Shop**
    - Sign up to receive a weekly text of items needed in the SBH Food Pantry
  - **Sophie Levy’s Meals on Wheels**
    - Cook meals on a short-term basis for people in need (Bake and drivers needed)
  - **Hospital Meals**
    - Deliver Shabbat meals to community members staying at hospitals
  - **Cooking With Soul**
    - Private groups cook meals to fill the SBH Food Pantry
  - **Mitzvah Meals**
    - High School students cook while donating food to the SBH Food Pantry

**Gabriel & Marcelle Cheheba**

- **Volunteer Division**
  - **Hesed On The Go**
    - Assist SBH in hessed projects that require a car
  - **SBH Source Magazine**
    - Assist in writing, editing and reviewing SBH’s quarterly magazine
  - **Tzedakah Boxes**
    - Pick up kuppot from local stores and homes
  - **Tutoring**
    - Help SBH client children with their schoolwork
  - **Volunteer Luncheons**
    - Host a private luncheon for our volunteers in your home
  - **Event Set-Up**
    - Help set up and work at SBH events and programs throughout the year
  - **Hesed Mission**
    - Organize or join us for an unforgettable day filled with hessed activities
  - **Holiday Programs**
    - Help with Hanukkah Toy Store and drives, Lulav & Etrog, Rosh Hashana packages, Purim Costumes, Matanot LaEvyanim, Mishloach Manot, Pesach Packaging and more

**Micky Kairys**

- **Medical Division**
  - **Mental Health Division**
    - **Mental Health Resource**
      - Get trained to help with our programs, lectures, and support groups

**Grace & Ely Ashkenazi**

- **Family Services Division**
  - **Reach For The Stars Sunday Program in memory of Dorothy Segall**
    - Spend time with special needs children on alternating Sundays
  - **Lucille & Arthur Greenberg S.E.A.R.C.H Program**
    - Enable our community’s children and run relevant educational programming
  - **Sofia & Lazar Stein**
    - Big Brother/Big Sister
    - Get paired with SBH client children and act as a positive role model (Every other Sunday)
  - **Homework Club**
    - Help students with their homework (Mondays and Wednesdays 3:45PM-6:45PM at 423 Kings Highway)

**Sarah Sutton’s**

- **Food Pantry**

**Team SBH**

- **Seniors Case Management Captains**
  - Captains and social workers are paired with vulnerable community seniors to address emotional, social, and physical needs
  - **Golden Girls**
    - Organize lunch and activities for senior women of our community
  - **Tech Team**
    - Help seniors learn how to use technology
  - **Home, Hospital and Nursing Home Visits**
    - Trained volunteers make visits to local community members
  - **Phone Reassurance Program**
    - Weekly calls to community seniors
  - **Raymond Sultan’s**
    - Young At Heart Program
    - Join events for seniors at the Ahu Ezer home (Every other Tuesday from 12 PM - 2 PM)
  - **Knitting Club**
    - Knit with our seniors (Every other Tuesday from 11 AM - 12:30 PM)
  - **Team SBH Diane Azra**
    - Sponsored by Jack & Stephanie Marcus in honor of their parents

**Toby & Ronny Hersh Medstar Medical Referral**

**Isaac & Florence Chera**

- **Medical Division**

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Joseph V. Harary High School Hesed Program

- **Youth**
  - **Monday Night – Food Pantry**
    Volunteers pack and deliver boxes from the SBH Food Pantry to people in need (425 Kings Highway at 6:15 PM)
  - **Tuesday Night – Visiting**
    Weekly visits to seniors in their homes or nursing homes
  - **Wednesday Night – Cooking**
    Help fill the SBH Food Pantry (425 Kings Highway at 6:15 PM)
  - **Thursday Night – Bingo**
    Play bingo with the seniors at Ah Ezer (1960 East 7th Street at 6:15 PM)
  - **Friday Afternoon – Hallot delivery**
    Deliver hallot to seniors at Ah Ezer (Meet at The Center at 2:15 PM)
  - **Helen’s Hesed Heroes**
    4th through 8th grade students meet every other week to do acts of hesed

Barbara & Abe Franco Young Adult Leadership Program

- **Young Adults**
  Young adults organize hesed projects throughout the year
- **Snow Shoveling**
  Volunteers shovel for our seniors
- **Gourmet Giving**
  Volunteers meet at The Center for monthly cooking classes to help fill the SBH Food Pantry (21+)
- **Home Improvement**
  Help paint a clients home (18+)

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For more information on SBH, please visit our website: www.SBHonline.org