

Volunteer Opportunities

at Ulster County Community Service Agencies including:

DISABILITY SERVICES

- Anderson Center for Autism. 889-4034.
- Gateway Community Industries. 331-1261.
- Resource Center for Accessible Living, Inc.. 331-0541.

EDUCATION/ARTS

- Rosendale Theatre Collective. 658-8989.
- UCCAC, Inc. Early Head Start/Head Start. 338-8750 ext. 118.
- Ulster Literacy Association. Tutor Training Workshops. 331-6837.
- United Way Ulster County. Loaned Executives. 331-4199.

EMERGENCY SERVICES

- American Red Cross - Mid-Hudson Valley Chapter. 471-0200.
- Family Domestic Violence Services. 331-7080 ext.127.
- New Paltz Rescue Squad. Ambulance drivers, EMTs. 255-1719 x46.
- Ulster County Volunteer Fire/EMS Organizations. 331-7000.

FOOD PANTRIES/SOUP KITCHENS

- Caring Hands Soup Kitchen, Kingston. Mon-Fri 10am-1pm. 331-7188.
- Daily Bread Soup Kitchen, Woodstock. Mon, Wed, Fri 4-6pm. 679-2336.
- Family of Woodstock 679-2485 Ellenville 647-2443 New Paltz 255-8801.
- People's Place Food Pantry, Kingston. M-F 10am-1pm. 338-4030.
- Rosendale Food Pantry. Mon 9am-1pm, Sat 10am-12pm. 399-7997.

GREEN ENERGY/SUSTAINABILITY

- Cornell Cooperative Extension - Ulster County. 344-1234.
- Habitat for Humanity's ReStore, Kingston. 853-7499.
- Mohonk Preserve, New Paltz. 255-0919x241.
- Rondout Valley Growers Association. 626-1532.

HEALTH SERVICES

- Angel Food East - meal delivery to chronically ill. 338-4139.
- Oncology Support Program of Benedictine Hospital. 339-2071.
- Hospice, Inc. 338-5397 ext. 2207.

SENIOR SERVICES

- Jewish Family Services of Ulster County. 338-2980.
- RSVP Volunteer Program of Ulster County, NY for Seniors. 339-2181.
- Woodstock Area Meals on Wheels. 688-2254.

WILDLIFE & ANIMAL WELFARE

- Catskill Animal Sanctuary, Saugerties. 336-8447.
- Rondout Valley Animals for Adoption, Accord. 687-7619.
- UCSPCA, Kingston. 331-5377.

YOUTH SERVICES

- Everette Hodge Mid-town Community Center - Kingston. 331-1110.
- Girl Scouts Heart Of The Hudson, Inc. 452-1810.
- Healthy Kingston for Kids. Community Gardens + More. 331-1682.
- YWCA's Children's Center at Family Court. 338-0714.

Details/RSVP/Additional Opportunities: www.ulstercorps.org
Please let us know about additional service opportunities.

Give an hour — get back a lot more.

In these times of uncertainty and economic hardship, Service Agencies in Ulster County must depend on volunteers now more than ever. UlsterCorps connects you to volunteer service opportunities in Ulster County. Whenever you can offer an hour or more of your time, there is a local agency or project that could use your help.

Join our community of Ulster County residents who are reaching out to help people and projects in need:

www.ULSTERCORPS.org
volunteer@ulstercorps.org | 845 481 0331
PO Box 34 Stone Ridge, NY 12484

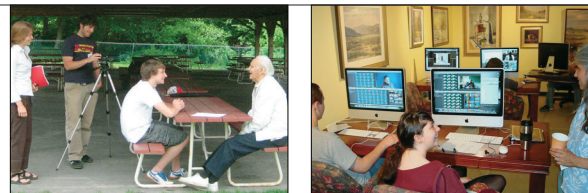


Building a
Culture of
Volunteerism
and Service in
Ulster County

BUILDING A CULTURE OF VOLUNTEERISM AND SERVICE IN ULSTER COUNTY

Why UlsterCorps? In early 2009, a small group of committed volunteers launched UlsterCorps to bring other volunteers together with organizations in Ulster County that rely on their help. Since its inception UlsterCorps has connected thousands of people with dozens of Ulster County agencies that provide food, clothing, shelter, emergency services, literacy training, child and elder care, animal welfare, and more to the area's most vulnerable residents. UlsterCorps has become a vital, collaboration-building resource for nonprofit agencies, civic and religious organizations, businesses, schools, government and volunteers of all ages.

Volunteerism is central to sustaining healthy, resilient communities, and UlsterCorps volunteers offer diverse talents, availability, interests, and abilities. Through its comprehensive website www.UlsterCorps.org, volunteers can choose from a wide range of opportunities to serve the needs of others, from one-time events to ongoing commitments that meet their skills, interests and time availability. Volunteers can also register online for e-newsletters and Action Alerts that notify them of timely events in need of community support. Nonprofit agencies and other engaged groups can find information about collaborative initiatives on our website.



SINCE 2009, ULSTERCORPS VOLUNTEERS HAVE:

- **Harvested and delivered** over 27,000lbs of fresh fruit and vegetables to local food pantries and soup kitchens;
- **Collected and distributed** new or gently used coats, suits, hats, mittens, holiday gifts and other agency wish list items for those in need in our community;
- **Hosted** an annual Service Summit for representatives from nonprofit, business, higher education, and government to address current issues and volunteerism in Ulster County;
- **Matched** thousands of volunteers with service opportunities during National Days of Service, in honor of Martin Luther King, Jr., and throughout the year;
- **Created an Online Database** of 100+ agencies and their needs so volunteers can easily learn about available opportunities and how to connect with them;
- **Worked with** students of all ages to assist them in career development and increased civic engagement through student associate board membership and youth service days.

To learn more or to volunteer, please visit www.ulstercorps.org or contact volunteer@ulstercorps.org 845-481-0331



JOIN THE ULSTERCORPS U-TEAM

The UlsterCorps U-Team is an active and vital community of volunteers who are interested and able to respond quickly to short-term, and often immediate, community needs, urgent events and projects. The U-Team provides qualified volunteers the opportunity to serve together in rewarding assignments throughout Ulster County. If you are committed to making a difference, we will make volunteering easy by setting up all the details in advance. All you have to do is show up!

COMMUNITY COLLABORATIONS

UlsterCorps also initiates and supports **creative collaborations** that seek to educate, inspire, and develop solutions to some of the challenges facing our community including:

- The **Hunger Project**, a network of local farms, food pantries and non-profits working together to utilize local resources more effectively and increase communications among agencies critical to alleviating hunger;
- **Ulster Volunteers Day**, an annual event honoring volunteers from a range of local non-profits for all they do to make this community flourish;
- **Arts for Ulster**, a collaborative group art exhibit and auction which raised fund and awareness for over 50 non-profits in Ulster County;
- **Harvesting a Lifetime**, interviewing and recording the memories, stories, and histories of over 70 seniors (and growing) from around the county;

