2019 CORPORATE VOLUNTEER OPPORTUNITIES

Earth Day Celebration with the ADHC Program

April 29, 2019

To celebrate Earth Day let’s raise awareness among the participants in the Adult Day HealthCare Program about environment issues in a way that is meaningful to them. A corporate team will sponsor and support the program participants during a planting session that will include lessons about removing toxins from the air.

Financial Contribution: $600

Volunteers Required: 15

Date: Monday, April 29, 2019

Time: 12:30 am – 3:00 pm

Location: Lighthouse Guild, 250 West 64th Street @ West End Avenue.

Senior Program: Casino Game/Craft Day For Seniors

Flexible 2019

The Adult Day Health Care Program of Lighthouse Guild needs a team of 10 volunteers to help our visually impaired senior citizens by engaging them in activities that create physical, mental, and creative stimuli. The Adult Day Health Care program provides support to people with a diagnosed chronic medical condition, and a functional vision problem. The support includes companionship, activities, nutrition, healthcare and therapy. We need a team of volunteers to assist the staff create a special day and manage a combination of activities which physically, mentally and creatively challenge them as well as gives them that special day to look forward to. In the winter or spring, we would like to have a casino game day complete with horse racing,
roulette, black jack and the like. For the seniors. The activity would take place between 10:30 am and 2:30 pm.

Financial Contribution: $1,225
Volunteers Required: 10
Date: Flexible
Time: 10:00 AM – 3:00 PM
Location: 250 West 64th Street @ West End Avenue.

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### Spring Awakening with the Behavioral Health Program Spring 2019

It's spring, when the trees are blooming and spirits are reborn! It's a good time for a special day to revive the spirits of our clients in one of our programs! Behavioral Health helps people with vision loss and their families address the anxiety and depression often experienced when losing vision. During this activities, volunteers will lead clients through a series of activities that include creating their own personalized plant, board games, active game competition, and trivia games.

Financial Contribution: $600
Volunteers Required: 20
Date: TBD - Tuesday, Thursday
Time: 11:30 am – 3:00 pm
Location: Lighthouse Guild, 250 West 64th Street @ West End Avenue.

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### Senior Olympics May 2019

The Adult Day Health Care Program would like to have a Senior Olympics. This will be a day of fun activities of various levels where seniors will compete with their peers. The Adult Day Health Care program provides support to people with a diagnosed chronic medical condition, and a functional vision problem. The support includes companionship, activities, nutrition, healthcare and therapy. A team of volunteers is needed to support this event by running the activities and coordinating the competitions and the awards ceremony.

Financial Contribution: $600
Volunteers Required: 12
Date: May 2017 (date is flexible)
Time: 9:30 am - 3:00 pm
Location: Lighthouse Guild, 250 West 64th Street @ West End Avenue.
Tandem Ride With a Visually Impaired Teen!  
Saturday, October 26, 2019

The Youth Transition Program supports teenagers 14 - 18 years of age who are visually impaired. The participants are provided with opportunities for personal growth and increased self-sufficiency with activities that refine independent living skills. We created this opportunity to give the gift of a bike ride to a visually impaired teen. The Tandem Ride event encourages the spirit of teamwork, lifts up the importance of physical activity and creates new possibilities for what can be done by a visually impaired person. Volunteer participants will learn sighted guide techniques and how to ride a bike in tandem. Prior experience riding a bike is required.

Financial Contribution: $ 2200  
Volunteers Required: 15  
Date: October 2019 (date is flexible)  
Time: 8:30 am - 3:00 pm  
Location: Central Park @ West.

Got Talent? How About Entertaining Seniors?  
(Date Flexible)

Is there a dancer, singer or other performer in you yearning to break free? This may be your chance. We are interested in having an integrated variety show for our Adult Day Health Care Program. Our seniors will perform as well. Your team would come ready to perform. We can arrange a two hour show in the morning or a one hour show in the afternoon with time before and after to interact with the seniors, event set up, event breakdown and if necessary escorting seniors around the venue.

Financial Contribution: $ 200  
Volunteers Required: 8 -15 depending upon the number of performances.  
Date: Flexible  
Time: Either 9:30 am – 1:00 pm or 12:00 pm – 3:00 pm  
Location: Lighthouse Guild, 250 West 64th Street @ West End Avenue.

Take A Visually Impaired Teen Bowling!  
Saturday, October 2019 – April 2020

Join a group of 23 teenagers who are visually impaired or blind for an afternoon bowling! After receiving a short training on sighted guide techniques, you will assist
Lighthouse staff by guiding the teens from Lighthouse Guild to the bowling alley. You will be paired with a teenager for the trip to the bowling alley, during bowling and on the trip back to Lighthouse Guild for dismissal. You will share a pizza lunch with the teens at the bowling alley.

Financial Contribution: $ 2300  
Volunteers Required: 12  
Date: October through December 2019 or January – April 2020 (Saturday date is flexible)  
Time: 9:00 AM – 2:45 PM  
Location: Lighthouse Guild, 250 West 64th Street @ West End Avenue

**Spa Day for our Seniors**  
Thursday, August 1, 2019

When you are a senior with vision loss and chronic conditions, anytime is a good time for a spa day! We are creating an integrated volunteer day of pampering and are asking for your support to help make this event a reality by providing a team of volunteers to serve as sighted guides, host activities and serve refreshments between spa appointments and more during a day of beauty and wellness.

Financial Contribution: $ 600  
Volunteers Required: 7  
Date: August 2018 (date is flexible)  
Time: 9:00 AM – 12:30 PM  
Location: Lighthouse Guild, 250 West 64th Street @ West End Avenue

**Career Preparation Mock Interviews:** February, April, October & December 2019

Our Career Services program provides training and assistance for visually impaired people who are looking for a job. An important part of this service is preparing clients for the interview including practicing traveling to an unfamiliar location for the interview. We are looking for a group of corporate volunteers who are willing to conduct mock interviews for these program participants at their place of work. Each session consists of approximately six participants. At most we would require one staff person per student for the mock interviews which would take no longer than 30 minutes each. At most 6 staff members or at least 2 or 3 staff persons would conduct more than one interview. The event can end with a 30 minute debrief for a greater learning experience. The students would be accompanied by 2-3 Career Services Counselors.

Financial Contribution: None  
Volunteers Required: 6  
Date: 4 times annually  
Time: TBD  
Location: Your corporate office

**Halloween Party ~ Seniors**  
Thursday, October 31, 2019
Have a ghoulish good time with our seniors as a sponsor for the annual Halloween Party! You will host spooky activities, provide light refreshments, dance with them on the dance floor, judge the costume contest and more.

**Financial Contribution:** $1000  
**Volunteers Required:** 10  
**Date:** October 31, 2018  
**Time:** 9:30 am – 2:00 pm  
**Location:** Lighthouse Guild, 250 West 64th Street @ West End Avenue.

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Have a ghoulish good time with clients in our Behavioral Health Day Treatment Program as a sponsor for their Halloween Party! You will provide light refreshments, host ice breakers to interact with the clients and dance with them on the dance floor.

**Financial Contribution:** $600  
**Volunteers Required:** 17  
**Date:** October 31, 2019  
**Time:** 11:30 am – 2:30 pm  
**Location:** Lighthouse Guild, 250 West 64th Street @ West End Avenue.

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**Teen Empowerment Conference** (Flexible) October 2019 – April 2020

A diverse team of corporate professionals will lead a series of 45 minute workshops for visually impaired teens on a variety of topics that will empower them in three ways. They will: 1. be able to find more value in their academic work, 2. begin to prepare for the work world and, 3. develop a foundation for a financially responsible life. The topics will include:

- Financial readiness. The components of a paycheck and the need for a budget. (2 volunteers)  
- Mock interviews, the right and wrong things to do during job interviews. (4 volunteers)  
- The world of work. How the classes you take now lead to careers. (3 volunteers)  
- Workplace attire; what’s right, what’s wrong. (4 volunteers)  
- Selling yourself, how to create your elevator speech. (4 volunteers)

**Financial Contribution:** $1,070  
**Volunteers Required:** 17  
**Date:** Flexible  
**Time:** 9:00 AM – 3:00 PM on Saturday  
**Location:** 250 West 64th Street @ West End Avenue.

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**Behavioral Health Holiday Party** December 6, 2019
Celebrate the holiday with the clients in our Behavioral Health Program! Behavioral Health helps people with vision loss and their families address the anxiety and depression often experienced when losing vision. For 1.5 hours, you will host the party, serve refreshments, lead the holiday sing-a-long and crafting workshops to create an environment filled with holiday cheer!

**Financial Contribution:** $800  
**Volunteers Required:** 16  
**Date:** December 6, 2019  
**Time:** 11:30 am – 2:30 pm  
**Location:** Lighthouse Guild, 250 West 64th Street @ West End Avenue.

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<tr>
<th>Lighthouse Guild Annual Holiday Celebration</th>
<th>December 2019</th>
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Make the Holiday season brighter for the participants in our Saturday Youth Programs, Adult Day HealthCare Program and Behavioral Health Program. We invite corporate and community volunteer groups as well as individual volunteers to sponsor a student or senior and provide a personalized gift package for each. The candidates identifying information is provided at the time of sponsorship. To sponsor a student or senior, contact Sharon Montrose at MontroseS@lighthouseguild.org.

**Date:** December 2019  
**Place:** Lighthouse Guild, 250 West 64th Street @ West End Avenue.

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<th>Reading Program: Bring the Reading program to Your Location – (Weekdays) On Going</th>
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Do you want to bring an on-going service opportunity to your company? The Reading Services Program is looking for locations for visually impaired adults to have 1 or 2 hour reading sessions with a volunteer. The mission of this program is to ensure that printed material—for personal, educational or professional use is accessible to people who are visually impaired. The client will provide the reading material. The content can range from personal mail to newspapers, magazines, mail books, and textbooks, class notes and research materials and a wide variety of business documents. To participate, the company must provide a private space for the reading pair to read that is available at the same time each week. Access to a computer, printer or WiFi is ideal. The minimum commitment is six months.

**VISIONARY PARTNERS PROGRAM**

Lighthouse Guild’s Visionary Partner Program offers numerous levels by which corporations can have an immediate, positive impact on the lives of people who are visually impaired. For more information about this program, please contact Cheryl A. Pemberton Graves at Gravesc@lighthouseguild.org. Examples of these opportunities can be found below.

- **Music Education with Lincoln Center** for the teens in the Saturday Youth Transition Program - Through musical performances Lincoln Center Education’s mission is to enrich
the lives of students by providing opportunities for engagement with the arts onstage, in the classroom, digitally, and in the community.

**Donation:** TBD

- **Youth Programs** - We welcome corporate sponsorship and participation for recreational, cultural and educational activities during the hours of 9:00 am – 3:00 pm, on Saturday that support the programmatic agenda of developing well-rounded, confident and independent teens. Past events have included Tandem Bike Rides, Career Prep workshops and bowling outings.

Contact Cheryl A. Pemberton-Graves to register your corporate team and identify an available activity [GravesC@lighthouseguild.org](mailto:GravesC@lighthouseguild.org)

Thank you for your generous corporate and volunteer support!