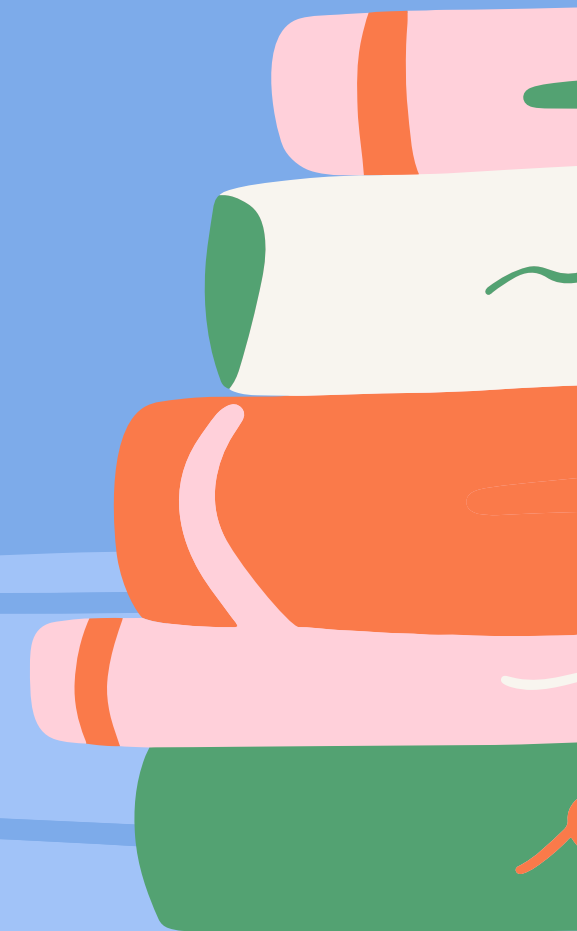
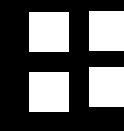


# VOLUNTEERING DURING THE PANDEMIC

Julie Huber, Moravian College





MORAVIAN  
COLLEGE

---

CENTER FOR CAREER  
AND CIVIC ENGAGEMENT

Presented by:

*Julie Huber*

Assistant Director Civic Engagement  
**Moravian College**



CENTER FOR CAREER  
AND CIVIC ENGAGEMENT

Youth Programming and Social Media  
**Volunteer Center of the Lehigh Valley**



**Volunteer Center**  
OF THE LEHIGH VALLEY



CENTER FOR CAREER  
AND CIVIC ENGAGEMENT

# Volunteering During the Pandemic

Giving to others is mutually beneficial and can also increase our own happiness.

What opportunities are there to volunteer during the COVID-19 pandemic in the Lehigh Valley area?

# Benefits of Volunteering

- ❑ Decreased risk of depression
- ❑ Increased sense of purpose
- ❑ Learn valuable skills
- ❑ Helps reduce stress
- ❑ Cultivates a more active lifestyle
- ❑ Creates new friendships
- ❑ New experiences can advance your career
- ❑ Networking opportunity
- ❑ Build job skills
- ❑ Meet new people
- ❑ Explore outside of your comfort zone
- ❑ Increased mental health awareness
- ❑ Increased serotonin
- ❑ Rush of adrenaline

## In chat questions:

1. Are you currently volunteering?
2. What is your favorite part about volunteering?

## Current barriers of volunteering discussion

What barriers have you faced that prevented you from volunteering?

What are current barriers to volunteering?

## Safety During a Pandemic

- Wear a mask
- Wash your hands
- Check your temperature
- Comply with organizations regulations for safety
- If you feel sick do not go in person, but PLEASE let the organization know! They are waiting for you.



## Types of volunteer opportunities

- Virtual
- Collection
- In person
- Clean up
- Committee Member
- Content Creating
- Board Member
- Website Feedback
- Activism
- Newsletter Editor
- Consultant
- Fundraising
- Manual
- Asking for support
- Skilled
- Non Skilled
- Event Volunteer
- Event Attendee
- Consistent
- One off
- Hands off
- Connector

# What does it mean to virtually volunteer?

It means that you volunteer online! It means you don't have to leave your house (or your couch!) or change your schedule to serve for a cause you are passionate about. You don't need to be in the same town, state or even country as the organization that you would like to support.

**AMERICA ON WHEELS MUSEUM**, Allentown is looking for volunteers to help at the Admissions Desk/Museum Store on a Friday, Saturday or Sunday. Duties include greeting visitors at the enclosed desk area and light register work. Training is provided. Orientation and initial interview are required. The Museum offers a friendly and safe environment which follows all CDC Guidelines while showing unique exhibits, educational programs and year-round events. Volunteer shifts are usually 10am.-1pm.&1-3:30pm.,and 12-3p.m.on Sundays. Contact: Linda Merkel, 610-432-4200, [director@americaonwheels.org](mailto:director@americaonwheels.org).

**BIG BROTHERS BIG SISTERS LEHIGH VALLEY** is looking for compassionate and energetic volunteers to become 'Bigs' for youth ages seven (7) to sixteen (16) in Lehigh and Northampton County. Our matches typically meet twice a month and can participate in activities that they are most interested in. Orientation, interview, references, and clearances required, and a commitment to being matched with your Little for at least one year. Contact David DelaRosa, [delarosa@bbbslv.org](mailto:delarosa@bbbslv.org).

**HABITAT FOR HUMANITY OF THE LEHIGH VALLEY RESTORE**, Whitehall Is always in need of eager, willing, and excited volunteers to help with accepting donations, cleaning, organization, and customer service 10am.-6pm.Tuesday Through Saturday. Contact Gina Loiacono, 610-776-7737, [gina@habitatlv.org](mailto:gina@habitatlv.org).

**LEHIGH COUNTY HUMANE SOCIETY**, Allentown Looking for Cat & Dog Lovers! Cat Care duties would include cleaning, feeding, and socializing the cats while they wait for their forever homes. Dogs need daily walks-different time slots are available Monday thru Sunday. Orientation will be held for all new volunteers! Contact Steph Skyroitis, 610-797-1205, [steph@lehighhumane.org](mailto:steph@lehighhumane.org).

**MEALS ON WHEELS OF THE GREATER LEHIGH VALLEY** needs individuals to grocery shop for seniors who are unable to go to the store due to disability or health concerns of. Shoppers receive a grocery list and assigned grocery store and purchase the items on the list. Then, the individuals drop the groceries off at the client's home. At times, the client may need assistance putting the groceries in cabinets, refrigerator, etc. Facemasks, gloves, hand sanitizer and other supplies to keep you and the client safe from infection provided. Contact Bethany Gray, 610-691-6708, [bethanyg@mowqlv.org](mailto:bethanyg@mowqlv.org).

**SHARECARE FAITH IN ACTION**, Bethlehem Needs many volunteers to help with taking non-Covid-19 clients to their vital appointments. All volunteers will have to attend online orientation, provide criminal background check and proof of insurance. KN95 facemasks & sanitizer wipes provided to volunteers.All clients will sit in backseat and wear a facemask as well. Call Lynn Heiney, 610-867-2177, [sharecare8@aol.com](mailto:sharecare8@aol.com).

**THE LEHIGH CONFERENCE OF CHURCHES**, Allentown Needs individual or group mentors to assist those recently released from jail, for their first 90 days, when they enroll in The Lazarus House, to increase the likelihood of success and prevent recidivism. The mentor will meet them on "move in day" and help with acclimating to their new environment. They will help with figuring out bus schedules, apply for public assistance and employment services. The mentor should check in with their client once a week, in person or by phone. Contact Becky Latshaw, 610-433-6421 x6113, [latshaw@lehighchurches.org](mailto:latshaw@lehighchurches.org).

**AMERICAN RED CROSS PA RIVERS CHAPTER** has a virtual volunteer opportunity to make follow-up calls to military members and/or families to determine if their needs are met, providing other follow-up actions needed for complete and timely client service. Time commitment: 2 days/week; 2-3 hours each day; approximately 15 calls per shift. Requires internet & database skills, training and background check. Contact Ann Borysowski, 484-403-4718, [ann.borysowski@redcross.org](mailto:ann.borysowski@redcross.org).

**CENTER FOR CAREER PATHWAYS AND LITERACY**, Allentown is looking for virtual tutors for our Adult Literacy program. Tutor via Zoom with individuals or groups in areas of math, reading, writing, social studies & science. Virtual tutors are also needed to assist English as a Second Language students with reading, writing, speaking, and listening skills. Flexible schedules and all materials are provided. Minimum age 22: bachelor's degree & clearances required. Contact Olga Jaeger, 610-799-1946, [ojaeger@lccc.edu](mailto:ojaeger@lccc.edu).

**INDEPENDENT TRANSPORTATION NETWORK LEHIGH VALLEY** provides 24/7 door through door ride service for seniors age 60 and over and visually impaired adults to any destination in the Lehigh Valley. In order to provide this service, we need volunteer drivers to help us with the increasing demand for rides. All rides in Lehigh Valley only. Drive when and where you want. No minimum hours required. Must have own vehicle and clean driving record. Contact Jessie Shappell, 610-419-1645, [jessie.shappell@itnlehighvalley.org](mailto:jessie.shappell@itnlehighvalley.org).

**MILLER KEYSTONE BLOOD CENTER** is currently looking for reliable volunteers to prescreen donors at our Donor Center in Allentown 10 a.m. to 1 p.m. on Saturdays; in Easton 7:30-11 a.m. on Mondays or 7-10 a.m. on Saturdays. This opportunity consists of asking donors 3-4 questions that are COVID-19 related and taking a forehead temperature. This is an ongoing weekly or biweekly opportunity. You must be over 18 years of age and out of high school. Sorry but we cannot accommodate community service hours requests. Contact Kathy Hoy, 610-691-5850, [khoy@giveapint.org](mailto:khoy@giveapint.org).

**ST. LUKE'S UNIVERSITY HEALTH NETWORK**, Easton is looking for volunteers to spend time socializing with patients emphasizing the special care provided to all patients at St. Luke's! Join our Patient Advocates team today to see how making a difference in the lives of others can be your passion, too. Contact Karen Hein, 484-526-4600, [volunteers@sluhn.org](mailto:volunteers@sluhn.org).

**THE GRESS MOUNTAIN RANCH**, Orefield needs 2 volunteers per day to assist with feeding and watering the animals, and groups no bigger than 5 to help with grounds maintenance, composting, cleaning stalls. Minimum age 14 or with parent supervision is 10. Volunteers are required to wear masks and to social distance. To arrange a day/time, call Kathryn Gress at 610-398-2122, [gressranch@gmail.com](mailto:gressranch@gmail.com).

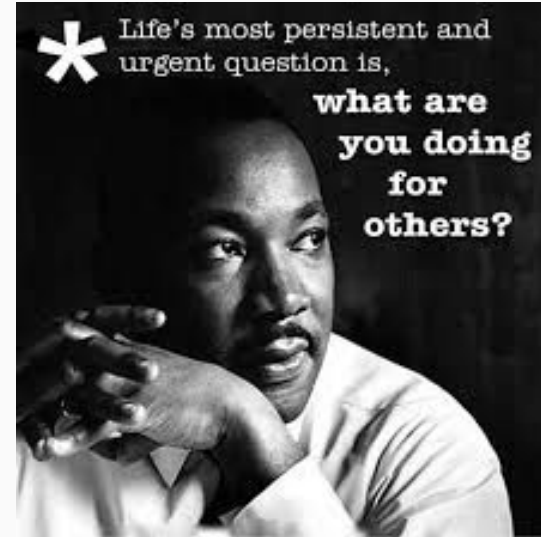
**THE WHOLE LIFE CENTER**, Easton, needs a volunteer 10 or 10:30am. to approximately 1 or 2p.m. weekly on Tuesdays, Thursdays and Saturdays and every other Wednesday at our pantry location in Easton. Volunteer will supervise, assign, and coordinate with volunteers, and assist the Director with a variety of administrative work. It would be a plus to be able to drive a box truck to pick-up food from Sam's Club, help unload, weigh and on different days deliver the food to other organizations in the Easton area. Contact Donna Lavin, 610-746-6405, [donna@wholelifectr.org](mailto:donna@wholelifectr.org).

**UNITED WAY OF THE GREATER LEHIGH VALLEY** needs volunteers to make weekly friendly visitation calls to seniors enrolled at a senior center or assisted living as part of our initiative to reduce social isolation during the COVID-19 Pandemic. To make these phone calls, you need to go through a background check facilitated by Senior Corps. Contact Jonathon Vargas, 610-597-6409, [jonathanv@unitedwayglv.org](mailto:jonathanv@unitedwayglv.org).



# How to get started with Volunteering?

- Volunteer Center Website
- GivePulse Website
- Morning Call Column
- Nonprofit Websites
- Google Search
- Ask Friends and Family
- Volunteer Match
- Do Something Website
- ...



MORAVIAN  
COLLEGE


CENTER FOR CAREER  
AND CIVIC ENGAGEMENT

# Over 400 Nonprofits in the Lehigh Valley are looking for you!

Lehigh County Humane Society  
Sixth Street Shelter  
Nehemiah Wall  
NAMI  
Greater Valley YMCA  
Boys and Girls Club  
Big Brothers Big Sisters  
Historic Bethlehem Museums and Sites  
Volunteer Center of the Lehigh Valley  
Lehigh Conference of Churches  
Flint Hill Farm  
Meals on Wheels  
D&L Trail

Forgotten Felines and Fidos  
Project Easton  
Salvation Army, Allentown, Bethlehem, Easton  
Valley Youth House  
Gracedale  
Cedarbrook  
Kellyn Foundations  
Whitehall Copley Hunger Initiative  
Kingdom Life Center  
Peaceable Kingdom





**"WE MUST USE TIME CREATIVELY,  
IN THE KNOWLEDGE THAT THE TIME  
IS ALWAYS RIPE TO DO RIGHT."**

-Dr. Martin Luther King, Jr.

## Volunnesia

(noun)

that moment when you forget you're  
volunteering to help change lives,  
because it's changing yours...

**"ACT AS IF WHAT  
YOU DO MAKES A  
DIFFERENCE...  
IT DOES."**

WILLIAM JAMES

**ONE OF THE  
GREATEST GIFTS  
YOU CAN GIVE IS  
YOUR TIME**

#VOLUNTEER

What is the  
essence of life?  
To serve others  
and to do good.

Aristotle



MORAVIAN  
COLLEGE

CENTER FOR CAREER  
AND CIVIC ENGAGEMENT

# Local and National Days of Service

- Martin Luther King, Jr. Day. - January
- Random acts of Kindness Week - February
- Global Youth Service Day. - April
- National Volunteer Week. - April
- Earth Day - April
- Good Deeds Day - April
- World Environment Day - June
- Mandela Day - July
- 9/11 Day of Service - September
- Make a Difference Day. - October
- National Family Volunteer Day. - November
- World Kindness Day - November





Volunteering looks  
different for everyone.

# Thank you!

Contact info:

Julie Huber

[huberj03@moravian.edu](mailto:huberj03@moravian.edu)

[julie@volunteerlv.org](mailto:julie@volunteerlv.org)

[Benefits of Community Service](#)

[Mayo Clinic](#)

[Harvard Health](#)

[Greater Good Magazine - Berkley University of California](#)

[Science Daily](#)

[Dallas News](#)

[Healthy Living](#)



## **Wellness Event for Academics: Kicking off the Spring 2021 Semester**

**3D. Volunteering During the Pandemic.** Moderator: Julie Huber, Assistant Director Civic Engagement, Moravian College. (Support: Jordan Lam)

### **Session Notes**

- Some of people's best times are when they are out volunteering
- Volunteering affects many parts of the brain in a positive way
- Volunteering starts a ripple effect in the community
- Make connections through volunteering
  - Great networking opportunities while helping the community
- There are many different types of volunteering
- Volunteers are a crucial part of some organizations that help people
  - Challenging to work around COVID restrictions
  - Look to see what else there is available to do as well if the volunteering opportunity is no longer available
  - We as volunteers have to make sure the people we are helping are a priority
    - May be stricter guidelines/less opportunities because volunteers need to be reliable and safe
- So much of the educator job may feel like volunteering, but there's always more stuff you can do for the community!
  - There are some challenging barriers with time management
    - There are multiple ways to volunteer that don't use tons of time or involve travel
  - Working on committees is still a part of volunteering

### Virtual volunteering

- Doesn't necessarily mean just staying home
  - May have to go to a socially distanced location and communicate with computers to others
- Can have international volunteering

List of current volunteer opportunities (see slide)

- New opportunities posted every so often

Look at how you want to divide your time

- Some training sessions are long
- Find the organizations that you want to commit time to

Relationships and bonds that you make while volunteering can be very fulfilling



- Some volunteer programs offer one off events that let you see if you want to stick with the volunteer program

Lehigh valley volunteer center sends out the volunteer list opportunities



**Volunteer Center**  
OF THE LEHIGH VALLEY

**AMERICA ON WHEELS MUSEUM**, Allentown is looking for volunteers to help at the Admissions Desk/Museum Store on a Friday, Saturday or Sunday. Duties include greeting visitors at the enclosed desk area and light register work. Training is provided. Orientation and initial interview are required. The Museum offers a friendly and safe environment which follows all CDC Guidelines while showing unique exhibits, educational programs and year-round events. Volunteer shifts are usually 10am.-1pm.&1-3:30pm.,and 12-3p.m.on Sundays. Contact: Linda Merkel, 610-432-4200, [director@americaonwheels.org](mailto:director@americaonwheels.org).

**BIG BROTHERS BIG SISTERS LEHIGH VALLEY** is looking for compassionate and energetic volunteers to become 'Bigs' for youth ages seven (7) to sixteen (16) in Lehigh and Northampton County. Our matches typically meet twice a month and can participate in activities that they are most interested in. Orientation, interview, references,and clearances required, and a commitment to being matched with your Little for at least one year. Contact David DelaRosa, [delarosa@bbbslv.org](mailto:delarosa@bbbslv.org).

**HABITAT FOR HUMANITY OF THE LEHIGH VALLEY RESTORE**, Whitehall Is always in need of eager, willing, and excited volunteers to help with accepting donations, cleaning, organization, and customer service 10am.-6pm.Tuesday Through Saturday. Contact Gina Loiacono, 610-776-7737, [gina@habitatlv.org](mailto:gina@habitatlv.org).

**LEHIGH COUNTY HUMANE SOCIETY**, Allentown Looking for Cat & Dog Lovers! Cat Care duties would include cleaning, feeding, and socializing the cats while they wait for their forever homes. Dogs need daily walks-different time slots are available Monday thru Sunday. Orientation will be held for all new volunteers! Contact Steph Skyroitis, 610-797-1205, [steph@lehighhumane.org](mailto:steph@lehighhumane.org).

**MEALS ON WHEELS OF THE GREATER LEHIGH VALLEY** needs individuals to grocery shop for seniors who are unable to go to the store due to disability or health concerns. Shoppers receive a grocery list and assigned grocery store and purchase the items on the list. Then, the individuals drop the groceries off at the client's home. At times, the client may need assistance putting the groceries in cabinets, refrigerator, etc. Facemasks, gloves, hand sanitizer and other supplies to keep you and the client safe from infection provided. Contact Bethany Gray, 610-691-6708, [bethanyg@mowglv.org](mailto:bethanyg@mowglv.org).

**SHARECARE FAITH IN ACTION**, Bethlehem Needs many volunteers to help with taking non-Covid-19 clients to their vital appointments. All volunteers will have to attend online orientation, provide criminal background check and proof of insurance. KN95 facemasks & sanitizer wipes provided to volunteers. All clients will sit in the backseat and wear a facemask as well. Call Lynn Heiney, 610-867-2177, [sharecare8@aol.com](mailto:sharecare8@aol.com)

**THE LEHIGH CONFERENCE OF CHURCHES**, Allentown Needs individual or group mentors to assist those recently released from jail, for their first 90 days, when they enroll in The Lazarus House, to increase the likelihood of success and prevent recidivism. The mentor will meet them on "move in day" and help with acclimating to their new environment. They will help with figuring out bus schedules, apply for public assistance and employment services. The mentor should check in with their client once a week, in person or by phone. Contact Becky Latshaw, 610-433-6421 x6113, [latshaw@lehighchurches.org](mailto:latshaw@lehighchurches.org)

**AMERICAN RED CROSS PA RIVERS CHAPTER** has a virtual volunteer opportunity to make follow-up calls to military members and/or families to determine if their needs are met, providing other follow-up actions needed for complete and timely client service. Time commitment: 2 days/week; 2-3 hours each day;

Contact the Volunteer Center to receive a directory of Lehigh Valley nonprofits in need of volunteers at 610-807-0336 or e-mail: [vc@volunteerlv.org](mailto:vc@volunteerlv.org). Visit our website [www.volunteerlv.org](http://www.volunteerlv.org) for a larger listing of volunteer opportunities.



## Volunteer Center OF THE LEHIGH VALLEY

approximately 15 calls per shift. Requires internet & database skills, training and background check. Contact Ann Borysowski, 484-403-4718, [ann.borysowski@redcross.org](mailto:ann.borysowski@redcross.org)

**CENTER FOR CAREER PATHWAYS AND LITERACY**, Allentown is looking for virtual tutors for our Adult Literacy program. Tutor via Zoom with individuals or groups in areas of math, reading, writing, social studies & science. Virtual tutors are also needed to assist English as a Second Language students with reading, writing, speaking, and listening skills. Flexible schedules and all materials are provided. Minimum age 22: bachelor's degree & clearances required. Contact Olga Jaeger, 610-799-1946, [ojaeger@lccc.edu](mailto:ojaeger@lccc.edu)

**INDEPENDENT TRANSPORTATION NETWORK LEHIGH VALLEY** provides 24/7 door through door ride service for seniors age 60 and over and visually impaired adults to any destination in the Lehigh Valley. In order to provide this service, we need volunteer drivers to help us with the increasing demand for rides. All rides in Lehigh Valley only. Drive when and where you want. No minimum hours required. Must have their own vehicle and clean driving record. Contact Jessie Shappell, 610-419-1645, [jessie.shappell@itnlehighvalley.org](mailto:jessie.shappell@itnlehighvalley.org)

**MILLER KEYSTONE BLOOD CENTER** is currently looking for reliable volunteers to prescreen donors at our Donor Center in Allentown 10 a.m. to 1 p.m. on Saturdays; in Easton 7:30-11 a.m. on Mondays or 7-10 a.m. on Saturdays. This opportunity consists of asking donors 3-4 questions that are COVID-19 related and taking a forehead temperature. This is an ongoing weekly or biweekly opportunity. You must be over 18 years of age and out of high school. Sorry but we cannot accommodate community service hours requests. Contact Kathy Hoy, 610-691-5850, [khoy@giveapint.org](mailto:khoy@giveapint.org).

**ST. LUKE'S UNIVERSITY HEALTH NETWORK**, Easton is looking for volunteers to spend time socializing with patients emphasizing the special care provided to all patients at St. Luke's! Join our Patient Advocates team today to see how making a difference in the lives of others can be your passion, too. Contact Karen Hein, 484-526-4600, [volunteers@sluhn.org](mailto:volunteers@sluhn.org).

**THE GRESS MOUNTAIN RANCH**, Orefield needs 2 volunteers per day to assist with feeding and watering the animals, and groups no bigger than 5 to help with grounds maintenance, composting, cleaning stalls. Minimum age 14 or with parent supervision is 10. Volunteers are required to wear masks and to social distance. To arrange a day/time, call Kathryn Gress at 610-398-2122, [gressranch@gmail.com](mailto:gressranch@gmail.com).

**THE WHOLE LIFE CENTER**, Easton, needs a volunteer 10 or 10:30am to approximately 1 or 2p.m. weekly on Tuesdays, Thursdays and Saturdays and every other Wednesday at our pantry location in Easton. Volunteer will supervise, assign, and coordinate with volunteers, and assist the Director with a variety of administrative work. It would be a plus to be able to drive a box truck to pick-up food from Sam's Club, help unload, weigh and on different days deliver the food to other organizations in the Easton area. Contact Donna Lavin, 610-746-6405, [donna@wholelifectr.org](mailto:donna@wholelifectr.org)

**UNITED WAY OF THE GREATER LEHIGH VALLEY** needs volunteers to make weekly friendly visitation calls to seniors enrolled at a senior center or assisted living as part of our initiative to reduce social isolation during the COVID-19 Pandemic. To make these phone calls, you need to go through a background check facilitated by Senior Corps. Contact Jonathon Vargas, 610-597-6409, [jonathanv@unitedwayglv.org](mailto:jonathanv@unitedwayglv.org)

Contact the Volunteer Center to receive a directory of Lehigh Valley nonprofits in need of volunteers at 610-807-0336 or e-mail: [vc@volunteerlv.org](mailto:vc@volunteerlv.org). Visit our website [www.volunteerlv.org](http://www.volunteerlv.org) for a larger listing of volunteer opportunities.



**Volunteer Center**  
OF THE LEHIGH VALLEY

**CEDARBROOK SENIOR CARE AND REHAB**, Fountain Hill & Allentown is looking to the community to help brighten the day of residents who have been unable to have visitors or social programming for many months. Inspirational (non-religious) cards and letters – Valentine Greetings, too!- created by youth or adults would be a welcomed addition to everyone’s day! Please sign, “from volunteer,” and/or sign your name. Dedicated staff would also enjoy notes as well. Mail items to the attention of Kerry Magliane, Cedarbrook Senior Care & Rehab, 350S. Cedarbrook Road, Allentown, PA 18104

**GREATER VALLEY YMCA**, Allentown YMCA Warming Station is seeking a qualified adult volunteer to support our homeless community. Volunteer shifts would include night and weekend shifts. Background clearances are required for extended volunteer opportunities. For more information, contact Jodi Petrozak at [jodipetrozak@gv-ymca.org](mailto:jodipetrozak@gv-ymca.org) or call 610-351-9622.

**LEHIGH VALLEY SCORE** needs Volunteer Mentors to coach Entrepreneurs at no charge for our local chapter in the nation-wide SCORE organization. We partner with the SBA and local agencies who assist small business startups or local small businesses who need assistance. Contact Tracy Damiani, 610-266-3000, [tracy.damiani@scorevolunteer.org](mailto:tracy.damiani@scorevolunteer.org).

**1SECOND HARVEST FOOD BANK**, Nazareth is seeking applications for Marketing & Development Internship positions for Spring 2021 and Summer 2021. Interns will be responsible for assisting across multiple program areas including communications, public relations, event coordination, fund development, and general administrative duties around the needs of the Development Department. Please send a cover letter and resume to Lauren Matthews, Development Coordinator, at [lmattthews@caclv.org](mailto:lmattthews@caclv.org) and include Marketing and Development Intern in the subject line.

**YOUNG PEOPLE'S PHILHARMONIC OF THE LV**, Bethlehem is a youth orchestra serving 120 middle & high school students in the Greater Lehigh Valley. We are looking for Board members with legal, accounting, and financial skills, as well as individuals who have access to grants through their companies or other philanthropic groups. Time commitments include attendance at monthly Board meetings Sept-June and some committee work in between. Board terms are 2 years in duration and terms may be renewed 3 times. Contact Emily Zettlemyer, 610-868-9888, [nominating@ypplv.org](mailto:nominating@ypplv.org).

---

1

Contact the Volunteer Center to receive a directory of Lehigh Valley nonprofits in need of volunteers at 610-807-0336 or e-mail: [vc@volunteerlv.org](mailto:vc@volunteerlv.org). Visit our website [www.volunteerlv.org](http://www.volunteerlv.org) for a larger listing of volunteer opportunities.