

September, 2009
Elul 5769

Dear Students,

We are delighted to share Ma'ayanot's "Community Service Guide" with you. This guide is designed to help you find community service activities and volunteer opportunities that are meaningful, productive and convenient for you to reach.

Over the course of the 2009-10 academic year, all Ma'ayanot students will participate in eight Chessed Projects. We invite you to use this guide to help you select projects that appeal to you. If you have ideas for projects that are not included in this guide, please feel free to come speak with us. We look forward to hearing the good work that you do!

Please remember that Ms. Steinreich is here two days a week for any questions you may have related to the requirement. You can also reach her at steinreicha@maayanot.org or via phone at 201-833-4307 ext. 233.

Sincerely,

Mrs. Lynn Kraft
Chessed Committee Advisor

Ms. Ariella Steinreich
Chessed Requirement Coordinator

Things to Consider When Selecting a Volunteer Site

1. How much time can you dedicate to volunteering? (Some places need a greater or more regular time commitment than do others.)
2. Do you want to volunteer alone or with a friend?
3. What population do you want to serve (the elderly, special needs children or adults, the sick, for example)?
4. In what venue would you like to volunteer (eldercare facility, hospital, office, group program)?
5. What are your transportation concerns? Do you have access to a car? Can a family member drive you there or do you need a venue that is within walking distance or accessible via public transportation?
6. Some places may ask for references. Do you have 2-3 adults (for example: teacher, camp counselor, and principal) that could serve as a reference for you?

Questions to Ask at a Potential Volunteer Site

1. What are the responsibilities of the volunteering position?
2. What kind of commitment is required? Is there a minimum number of hours that is required?
3. Will you be trained?
4. How will you be spending your time at the venue?
5. Who will be my supervisor?
6. Is there a volunteer manual?
7. Who will I be working with?

Directory of Chessed Opportunities

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Eldercare Facilities and Programs

Bergen Regional Medical Center: 230 E. Ridgewood Ave., Paramus, NJ
Volunteers are needed to help with friendly visits and assist the Recreation Department with arts and crafts, games, trivia and parties. Volunteers must fill out an application in order to volunteer. For more information or to volunteer call Geeta Patel at 201-967-4095.

Bright Side Manor: 300 Teaneck Road, Teaneck NJ
Volunteers are needed to help transport residents to activities, run recreational activities, serve refreshments, and take residents for walks. For more information or to volunteer call Marge Mazzo at 201-692-1000.

Care One at Teaneck: 544 Teaneck Road, Teaneck NJ
Volunteers provide much needed socialization with the senior citizens, through friendly conversations as well as through assisting in art projects and recreational activities. For more information or to volunteer call Kitty Belko at 201-287-8512.

Care One at Livingston: 68 Passaic Avenue, Livingston, NJ
Care One at Livingston is a health care facility for both Long term and Sub-Acute Care. Volunteers are needed to help transport residents to programs, serve refreshments, take residents for walks, help with activities (bingo, arts & crafts etc.), read to residents, decorate for parties, and many other responsibilities. The age requirement is 16, unless accompanied by an adult. For more information or to volunteer contact Toby Mark at tmark@care-one.com or via phone at (973) 758-9000 ext. 3027. Feel free to visit our web site: www.care-one.com.

Care One at the Cupola: 100 Ridgewood Ave., Paramus, NJ
Care One at the Cupola is a health care facility for senior citizens that is looking for volunteers who can be companions for senior citizens by providing friendly visits. For more information or to volunteer call Margaret Stanton at 201-612-9880 ext. 4306

Care One at Pine Rest: W. 90 Ridgewood Ave., Paramus, NJ
Care One at Pine Rest is looking for volunteers to socialize with their senior citizens and run arts and crafts projects. For more information or to volunteer call Liz Tomei at 201-652-1950.

County Manor: 133 County Road Tenafly, NJ
Volunteers are needed to help transport residents to activities, run recreational activities, serve refreshments, and take the residents for walks. For more information or to volunteer call 201-567-7800.

Daughters of Miriam Center of Clifton: 155 Hazel Street Clifton, NJ
Volunteers assist in various activities with residents, such as tennis, bowling, plant therapy, room visits, special parties, puzzle activities (crosswords and trivia games) and arts and crafts. For more information or to volunteer call Rhonda Brand at 973-253-5235 or the general number 973-772-3700

Daughters of Pleasant Valley: 1155 Pleasant Valley Way, West Orange, NJ
Volunteers are needed to help with activities (bingo, arts and crafts, and similar activities), read to a resident, help decorate for parties, and assume many other support staff responsibilities. For more information or to volunteer call 973-731-5100.

Dellridge Care Center: 532 Farview Ave., Paramus.
Volunteers serve as much needed friends to the patients. Some volunteers may help patients straighten out their closet or drawers, while others may help them write a letter. Volunteers must be 14 or older; parent or guardian consent is needed if a volunteer is under 18. Volunteers must fill out a Volunteer Application. For more information or to volunteer contact Diane Driver-Donahue at dellridge@activityworkshop.com or via phone at 201-265-5600 x 213.

Green Hill Retirement Community: 103 Pleasant Valley Way, West Orange, NJ
Volunteers are needed to help with activities and to spend time with the seniors. For more information or to volunteer call 973-325-0970 or 973-731-2300.

The Hebrew Home for the Aged at Riverdale: 5901 Palisade Ave, Riverdale, NY
“You can make a difference as a volunteer at The Hebrew Home for the Aged at Riverdale!” Volunteers assist residents by: reading with them, becoming a feeder in our Silver Spoons program, providing residents with a pleasant conversation while assisting in the Corner Store, offering friendly visits, helping with or even running activities programs for the residents, and sharing your dogs (and their love) with the residents as part of our Pet Pals program. Volunteers must fill out a volunteer application, submit a health form, and have an interview. Everyone is accepted unless there are scheduling conflicts. For more information or to volunteer call (718) 581-1404 or visit their web site: www.hebrewhome.org

Jewish Home and Hospital: 100 West Kingsbridge Rd., Bronx, NY
Volunteers are needed to spend time with senior citizens. For more information or to volunteer, call 718-579-0271

Lilian Booth Actor’s Home: 175 W. Hudson Ave. Englewood, NJ
Volunteers are needed to help with activities, read to residents, and many other responsibilities. For more information or to volunteer call Yalile Chavez at 201-871-8882.

Northern Metropolitan RHCF: 255 Maple Ave. Monsey, NY
Volunteers are needed to help read and mingle with senior citizens. For more information or to volunteer call 845-352-9000.

Stratford Manor Care and Rehab: 787 Northfield Ave., West Orange, NJ
Volunteers are needed to read to senior citizens, help with activities and help with the seniors’ individual needs. For more information or to volunteer call 973-731-4501.

Summit Ridge Center: 20 Summit Street, West Orange, NJ

Volunteers are needed to help with recreational activities. For more information or to volunteer call 973-736-2000.

Teaneck Nursing Center: 1104 Teaneck Rd., Teaneck, NJ

Teaneck Nursing Center is looking for volunteers to spend time with their seniors. Volunteers are needed to do art projects, read with the residents, and listen to the seniors tell their stories. For more information or to volunteer call Dorothy Hoch at 201-833-2400.

Fountainview At College Rd.: 2000 Fountainview Dr., Monsey, NY

Northern Services Group is a not-for-profit organization which operates three nursing homes, two Assisted Living facilities, a Retirement Community, a kosher home meals delivery program, etc., all in Rockland County, New York. Volunteers are needed to visit with elderly residents, help to write memoirs for the residents, help serve meals, assist with games, etc. Volunteers must be 14 or older to volunteer without a parent accompanying them. For more information or to volunteer please contact Brenda J. Greenberg, Director of Volunteer Services at brendag@northernservicesgroup.com or via phone at 845-426-6757. Feel free to visit our web site: www.northernservicesgroup.org.

Central New Jersey Jewish Home for Aged: 380 Demott Lane, Somerset, NJ

Volunteers are needed to help transport residents to activities, run recreational activities, serve refreshments, and take residents for walks. For more information or to volunteer call 732-873-2000.

Hebrew Hospital Home: 61 Grasslands Road, Valhalla, New York

The Hebrew Hospital Home of Westchester is committed to the highest quality of care by meeting the changing health care needs of its community. The Home consists of a Skilled Nursing Unit, a Special Care (Alzheimer's) Unit, a Complex Care Unit and a Short Term Rehabilitation Unit. Volunteers can offer assistance with activity programs, prepare a program to present to residents, visit the residents and bring a smile to their face. Volunteers must be 15 years or older. For more information or to volunteer please contact Ellen Goodman, Assistant Director of Therapeutic Activities and Volunteer Services at egoodman@hhhinc.org or via phone at 914-681-8468. Feel free to visit our web site: www.hhhinc.org

Adopt-a-Bubbe Program: JFS of Bergen County- 1485 Teaneck Rd

YOU can make a difference in someone's life! **YOU** can brighten the day of a homebound, isolated elder! Jewish Family Service (JFS) is seeking teens, 14 years of age and older, to provide weekly telephone reassurance calls to frail, homebound elders in our community. Training provided. *TOUCH A LIFE – ADOPT A GRANDPARENT!* For more information or to volunteer contact Melody Sandor, Volunteer Coordinator at MelodyS@JFSBergen.org or via phone at 201-837-9090 ext. 238.

Dorot: 171 W85th Street (off Amsterdam Avenue)

Dorot, a non-sectarian agency on Manhattan's Upper West Side, seeks to enhance the lives of Jewish and other elderly through a dynamic partnership of volunteers, professionals, and elders; and to foster mutually beneficial interaction between the generations. Throughout the year we welcome about 130 teens who develop ongoing visiting relationships with homebound seniors, read to the vision-impaired, shop for those too frail to shop for themselves, and train seniors on computer use. Among other activities, volunteers also deliver Sabbath and emergency meals, birthday cakes, and handmade gifts to DOROT seniors. Through workshops and field-based experiences, volunteers gain an understanding of the challenges presented by aging, loss, and loneliness. Teen volunteers gather for special workshops and also volunteer together on many projects. Volunteers provide direct services to our clients—from the most mobile to the frailest. Volunteers should be in 10th grade or above to volunteer. For more information or to volunteer contact Sarit Wishnevski, Program Administrator Family, Youth & Teen Volunteers at swishnevski@dorotusa.org or via phone at 212-769-2850. Feel free to visit our website: <http://www.dorotusa.org>.

Fort Tryon Nursing Home and Rehabilitation: 801 190th Street, NY, NY

Fort Tryon Rehab is a very famous nursing home and has been around for many years. It used to be primarily Jewish and is now multi-cultural. However, throughout the years it has always been owned by Jews and is a Glatt Kosher facility. Volunteers ages 16 and up, are always needed to socialize with the residents, read to them, talk with them, help with activities, give manicures to the residents etc. For more information or to volunteer contact Esther Silvestri, Director of Activities at Esthers@forttryonrehab.com or via phone at 212-543-6400

Developmentally Disabled

The Arc of Bergen and Passaic Counties, Inc: 223 Moore St., Hackensack, NJ
The Arc of Bergen and Passaic Counties, Inc. is a private, not-for-profit organization of families, self advocates, professionals and community members dedicated to assisting individuals with developmental disabilities and their families. The first of its kind in New Jersey, The Arc has grown over the years into a multi-service agency dedicated to providing a wide range of high-quality services and support programs to over 1,000 individuals and their families. Volunteering opportunities include an after school program for adolescents with autism, office help and day program assistance. Volunteers must be 16 years of age or older. Many opportunities require a Mantoux tuberculosis test and fingerprinting. For more information or to volunteer call Michelle J. Maturo (201)343-0322 ext. 265

J-ADD (Jewish Association for Developmental Disabilities)

J-ADD is a private non-profit organization that serves people with developmental disabilities and their families in Northern New Jersey. J-ADD collaborates with the public and private sectors in assisting people with developmental disabilities to plan independent, productive, meaningful, quality lives in the community by providing residential opportunities in accordance with Jewish law, respite services, and vocational opportunities. Volunteer opportunities at our homes and apartments include: visiting with our individuals and engaging them in various indoor and outdoor activities (such as baking, sports, gardening, games); planting, gardening, yard clean-ups; assisting our individuals in accessing community activities and resources; teaching our individuals specific skills that they may want to learn; helping make Shabbat and all holidays special for our individuals through visits and cards. Volunteers under 18 years old should be accompanied by an adult. For more information about what this organization does, visit their web site at www.j-add.org. If you are interested in volunteering please contact Scott Meyer, Residential Coordinator at smeyer@j-add.org or via phone at 201-457-0058 ext. 35

Bikur Cholim

Bikur Cholim of Passaic-Clifton

Bikur Cholim of Passaic-Clifton is a rapidly growing chessed organization with many exciting volunteer opportunities for young adults. Typically, volunteers are needed in the respite program and in the Adopt a Bubbie/ Zaide initiative. As part of the respite program, young adults are matched up with an appropriate family in need and volunteer to spend time in their home, helping out in a variety of ways. Sometimes, the volunteer will help children with homework, help at dinnertime, or help an overwhelmed mom take care of a baby or toddler while she attends to other children. Families who need this type of additional help are usually quite appreciative of the volunteers and form meaningful connections with them over time. As part of the Adopt a Bubbie/ Zaide initiative, volunteers make a weekly commitment to visit an elderly individual in their home or assisted living facility. In these situations as well, the impact can be tremendous, and the older adults often describe the visits as the highlight of their week! For more information or to volunteer call Racquel at 973-249-8811

Bikur Cholim of Livingston, NJ

Volunteers are needed to visit people in local hospitals and nursing homes. Visiting needs vary from week to week. For more information or to volunteer call Alan Rubin (973) 716-8038 Mondays and Tuesdays Before 8 pm (973)740- 0042

Bikur Cholim of Teaneck, NJ

Bikur Cholim of Teaneck has volunteers who visit the Jewish patients at Holy Name Hospital on a daily basis. Volunteers must be 16 years old to visit the hospital on their own. For more information or to volunteer please contact Arlene Eis at aeis@optonline.net or via phone at 201-836-4950.

Bikur Cholim of Monsey, NY: 25 Robert Pitt Dr.suite 101, Monsey, NY

Bikur Cholim, Partners in Health is a health organization that helps patients and families of sick patients. We provide support, food, transportation, medical equipment (on loan), dvd's, visitors to the sick, elderly, holocaust survivors and homebound. We welcome volunteers to help us with our important work. Volunteers can help with driving (if they have a license) of items, meals etc. They can help us in the kitchen with the preparation and packing of meals, they can help families that are being overwhelmed. We have a few Shabbos rooms in the Rockland vicinity that always need stocking and checking up on. You must be in high school to volunteer. For more information or to volunteer please contact Leah Goldstein, Health Awareness Coordinator at goldsteinleah@yahoo.com or via phone at 845-425-7877. Feel free to visit our web site: www.bikurcholim.org.

Children with Special Needs

The Friendship Circle of Bergen County, NJ

The Friendship Circle is a social organization for children with special needs that involves them in a full range of recreational activities. Teenage volunteers are the key to keeping our programs running! Volunteers can visit a child at home weekly for a play date, join a monthly program on Sundays with sports, music, art, and baking, they can join for holiday programs, camps or cooking programs. Volunteers must be in 7th grade or older. For more information or to volunteer please call Zeesy Grossbaum, Director of Bergen County Friendship Circle at Zeesy@BCFriendship.com or via phone at 201-262-7172. Feel free to check out their web site to get more information about this organization, www.BCFriendship.com

The Friendship Circle in Westchester, NY

Friendship Circle is a wonderful and meaningful program which reaches out and extends a helping hand to families in our community who have children with special needs in ways that are unmet by other organizations. The Friendship Circle serves a dual purpose and enriches all who participate. As the families are assisted with the extra hand they so greatly need, their children are gaining a kind and caring friend. The teenage volunteers too, become empowered and enriched as their own moral character grows through their volunteering. Volunteers are needed to visit the special needs children in their home once a week for an hour and a half. Their role will be to play and interact with the child, thus giving the parents much needed respite. This bond will also create an everlasting friendship. All volunteers must be in high school or older. For more information about what this organization does, visit their web site at www.chabadofwestchester.com. To volunteer please contact Eva Ginsberg, Friendship Circle Coordinator at eva.ginsberg@verizon.net or at (914) 967-3853. You can also speak with Rochel Butman, Director of the Westchester branch of Friendship Circle at Rbutman@aol.com or via phone at (914) 390-9036.

The Friendship Circle in Suffern, NY: 123 Rt 59 Suffern NY

The Friendship Circle's unique approach brings together teenage volunteers and children with special needs for hours of fun and friendship. These shared experiences empower children with special needs, while enriching the lives of everyone involved. Children with special needs bloom and gain the confidence they need to make the most their abilities and talents. Teenage volunteers learn the priceless value of giving, the curative power of friendship, and the vital importance of integrating children with special needs into our communities. Parents and siblings receive much-needed needed respite and support from the Friendship Circle community, and all those who assist it. The fact is, the Friendship Circle links volunteers, children, parents, staff, and supporters in a seamless circle of friendship that makes miracles happen every day. Remarkable bonds are forged between the children with special needs and their teenage "Friends". Girls must undertake to visit a special needs child, once a week, for at least an hour, for the entire year. Students must be in high school to volunteer. For more information about this organization, visit their web site at www.JewishSuffern.com. For information about volunteering contact Devorah Gancz at Devorah@JewishSuffern.com or via phone at 845-368-1889.

The Friendship Circle in Livingston, NJ

The Friendship Circle extends a helping hand to families of children who have special needs, involving them in a full range of social and Judaic programs. While assisting families, teenage volunteers become empowered and enriched – this friendship works both ways. Volunteering opportunities include: Friends @ Home – Volunteers visit a child at his/her home once a week. It's a play- date! Holiday Programs – Volunteers assist a child at exciting educational programs before or on each Jewish holiday. Children's Circle – 15 Sunday mornings throughout the year. Accompany a child to art, cooking, gym, music and more. Winter and Summer Camps – It's a day camp for 1 week during winter break and 1 week at the end of the summer. Volunteers hang out with the kids on trips and at swimming and activities. Soccer Circle – 4 Sunday mornings throughout the school year. Coach a kid in soccer! Teen Scene – Weekday evenings throughout the year. Join special needs teens for sports nights, martial arts, life skills programs, a bowling league, special holiday programs, and more! New volunteers are required to attend an orientation seminar before beginning to volunteer. This helps the volunteers choose the program that suits them best, and allows them to learn a little about working with special needs children. For more information or to volunteer contact Chavi Greenberg at toba@fcnj.com or via phone at 973-597- 0618, 973-549-5102, 973-207-8533, email her at or visit their web site: www.fcnj.com

Yachad- National Jewish Council for Disabilities

Yachad, The National Jewish Council for Disabilities, is dedicated to addressing the needs of all individuals with disabilities within the Jewish community. Yachad members participate in several inclusive activities per month, including Shabbatons and Sunday programs. Yachad strives to enhance the life opportunities of people with special needs and to insure their participation in the full spectrum of Jewish Life through the following activities and services: advocacy, clinical services (individual and group counseling, support groups, sibling groups, social skills training), family services (retreats, conferences, workshops, support groups, and educational consultation). Maayanot students can participate in a number of ways. 1. Volunteer each month at our **CAP (Cultural Arts Program)**, which takes place at YNJ from 12:15-2:15pm. Kids with special needs ages 5+ participate in a variety of fun activities, including arts and crafts, sports, music, singing, and learning about Jewish themes. Student participation is the most valuable part of the program because they help to create an inclusive atmosphere where everyone has a great time regardless of their disabilities. This program takes place once a month. 2. Help to organize a Shabbaton for your school! Our dedicated staff will help you along in the process of coordinating a Yachad Shabbaton special for your school and you can be the leader. 3. Join Links, a unique buddy program that pairs students with Yachad members across the U.S. Links offers opportunities to connect with an individual with special needs, either in person or via telephone and e-mail. For more information about Links please contact Dr. Michelle Orgel at orgelm@ou.org or 212-613-8172. 4. Volunteer to participate in a local social skills group that helps our Yachad members practice social skills. You can help us do role playing with our participants and have dinner with them each week. This program is loved by all! All 9th-12th graders are invited to volunteer for any of the above mentioned programs. For more information or to volunteer contact Chani Hermann, Director of NJ Yachad at herrmann@ou.org or via phone at 201-833-1349. Feel free to check out our web site: www.yachad.org.

Ohel Bais Ezra: 4510 16th Avenue, Brooklyn, NY with locations in the NJ/ NY area

OHEL Children's Home and Family Services was established to provide homes and families for abandoned, neglected, abused and disabled Jewish children. OHEL' offers seven core services, which encompass all of its nearly 30 programs. Today, OHEL cares for more than 3,000 people. Bais Ezra is OHEL's division providing services and care to children and adults with developmental disabilities. Bais Ezra serves more than 1,000 individuals living at home with their families or in residential settings. People of all ages with mental retardation, epilepsy, cerebral palsy, autism and neurological impairments are served. Independence, individualization, community integration and productivity play an integral role in helping each person reach his or her potential. OHEL maintains a volunteer base of more than 800 teen-age, adult and senior volunteers. They serve as tutors, respite workers, escorts, vocational trainers, mentors and classroom aides. Volunteers are needed to help with families in various communities in New Jersey need help with mentoring, tutoring and providing respite etc. Volunteers in high school are needed to help in this cause. For more information please contact Deena Zaitschek, Coordinator of Volunteer Services at volunteers@ohelfamily.org or via phone at 718-686-3103. Feel free to visit our web site: www.ohelfamily.org.

Pony Power

Pony Power Therapies Inc. was founded to provide equine assisted therapy to children and adults with autism, cerebral palsy, multiple sclerosis, emotional disabilities, developmental delays and multiple handicaps. Through a safe, nurturing environment, riders on horseback can gain more flexibility, balance and muscle strength. On the ground, and in a group, individuals can explore and develop unique relationships with the horse which can lead to increased confidence, patience and self- esteem, and foster feelings of independence.

Under our training and supervision, volunteers learn how to groom and tack our program horses. They also assist as side walkers during the lessons in order to ensure the proper position and safety of the rider while in the saddle and as lead walkers during the lessons in which they are responsible guiding and controlling the horse. Volunteers must be 14 years or older. For more information or to volunteer please contact Lynda Skinner at Lynda@ponypowernj.org or via phone at 201-934-1001. Feel free to visit our web site: www.ponypowernj.org

Cancer Awareness and Care

American Cancer Society: 767 Northfield Ave., West Orange,

A community – based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy and service. Volunteers are needed to help Relay Directors prepare for various Relay For Life events in the area. This includes assisting with merchandise, simple financial tracking and PR pieces. Volunteers must be 16 years or older. For more information or to volunteer contact Allison Lopreato at Allison.lopreato@cancer.org or via phone at 973-736-7770 x2007. Feel free to visit our web site at: www.cancer.org.

Sharsheret: 1086 Teaneck Road, Suite 3A, Teaneck, NJ

Sharsheret is a national not-for-profit organization of cancer survivors dedicated to addressing the unique concerns of young Jewish women facing breast cancer. In response to the needs of the women we serve, Sharsheret now offers the following programs and services: The Link Program- connecting women newly diagnosed or at high risk of developing breast cancer with others who share similar diagnoses and experiences, Education and Outreach Programs, and Quality of Life Programs. Volunteers can get creative and use their special skills and talents to organize community activities such as bowl-a-thons, walks or races, and fashion shows. Speak up and join our speakers Bureau and represent Sharsheret at conferences and events by staffing an information table. If you have an idea that is not listed, let us know and we will see how we can make it work! For more information please contact Rebecca Schwartz, Manager of Volunteer Services at rschwartz@sharsheret.org or via phone at (201) 833-2341. Feel free to visit our web site: www.sharsheret.org

Chai Lifeline

Chai Lifeline is an international nonprofit organization that provides vital services to seriously ill Jewish children and their families. Through its regional offices in New York, New Jersey, Florida, Los Angeles, and Chicago, Chai Lifeline maintains a wide network of psychosocial support programs which include medical referrals, insurance support services, emotional support groups, homebound tutoring programs, special trips and holiday festivities, toy drives, bone marrow drives, family retreats and celebrated summer camping program.

Chai Lifeline seeks volunteers in the NJ, PA, and NY areas to drive patients to and from medical appointments, become Big Sisters, visit homebound or hospital-bound patients, help out in our home-based respite program, or join our events. Volunteers must be 17 years or older. For more information on our New Jersey opportunities contact Naomi Moskowitz, Volunteer Coordinator at nmoskowitz@chailifeline.org or via phone at 732-719-1700. For more information on our New York opportunities contact Faige Yudkovsky, Volunteer Coordinator at fyudkovsky@chailifeline.org or via phone at 212-699-6641. Feel free to visit our web site: www.chailifeline.org

Noah's Gifts Foundation

The Noah's Gifts Foundation was established in honor of Noah Price, a dynamic little boy who didn't let a big thing like cancer stand in his way. Diagnosed with a malignant brain tumor shortly after birth, Noah defied all odds and insisted on enjoying each moment of his life to the fullest. Although Noah spent countless hours, days, and months in various hospitals, he filled each day with smiles and laughter, hugs and kisses, tickles and games. Wherever his journey took him, Noah did not allow the pain he endured or the bleak surroundings he found himself in to affect his happiness and radiating love. Noah profoundly changed the lives of all those fortunate enough to spend time with him. In October 2005, surrounded in body and spirit by those he immeasurably affected, Noah left this world.

The purpose of this organization is to continue to spread Noah's smile to families who have children battling cancer and other catastrophic illness by relieving some of their burden. The master plan is to reach across spectrums of diagnosis, prognosis, demographics, and ethnicity in the spirit of the togetherness that Noah imbued in us. Through the foundation the immeasurable gifts bestowed on all by Noah will continue to be passed on to others. The Noah's Gifts Foundation is one of a handful of charities that offers to help ease the burden of mounting household bills as well as medical bills that befall on the families of these sick children. We provide financial support for the family's utility bills, grocery and clothing expenses, and even their mortgage. In addition, we offer compensation for a portion of their medical bills and other expenses that relate to the child's illness. Additionally respite care is offered so that the families can go home and take care of their other children and fulfill responsibilities while a loving volunteer sits with the child in the hospital. We mainly would need volunteers to help us with our various fundraising efforts, to sit with some sick children in various hospitals, to help run toy drives, and to run errands for the families. If girls cannot volunteer in these ways but still want to help out, they should not be discouraged and should still contact us. Together we can think of other ways they can help. Aside from visiting the sick in the hospitals (which has an age requirement of 18), there is no age requirement. For more information or to volunteer contact Shulamis Mayerfeld at ShulamisM@gmail.com or Lisa Price at Lisa@noahsgifts.org. Feel free to visit our web site: www.Noahsgifts.org.

Jenna's Rainbow

Jenna's Rainbow Foundation was named for Jenna Kamil, who died at the age of 7 from a brain-stem tumor in May, 1999. Throughout her two year struggle, Jenna exhibited warmth, dignity, strength and a loving spirit. It is the Foundations mission to ease the burdens, provide respite and improve the quality of life for children and their families throughout the duration of their illness, specifically children with brain or spinal cord tumors. Volunteers can help at our Annual Spring Fair and at Camp Dream Street. They can also make get well cards, activity books etc that we can send to Camp Sunshine, in Casco, Maine during the week we sponsor 40 kids and their families for fun, workshops and support groups of all involved. They can have book drives, game drives etc for the oncology floor at The Children's Hospital at Montefiore. If any of the girls have ideas of what they would like to do I am always open to suggestions. To visit the hospital students must be 16 years or older and for our other volunteer opportunities any high school age student is welcomed. For more information or to volunteer please contact Ginny Shulman at ginnycs92@gmail.com or via phone at 201-569-6637. Feel free to visit our web site: www.jennasrainbow.org.

Food Donations

The Center for Food Action

The Center for Food Action (CFA) provides emergency food, rental and utility assistance, counseling, and advocacy to our neighbors in need in Bergen County and in the Upper Passaic Valley. Last year CFA distributed nearly \$2 million worth of food – that's nearly 40,000 emergency food packages - and helped 1000 families stay in their homes and/or kept their heat and electric from being turned off. CFA also operates the Statewide Emergency Food and Anti-Hunger Network (SEFAN) which serves as a clearinghouse for information, training and technical assistance to emergency food providers and works to end hunger in our state. The best way to help CFA is to collect food and supermarket gift cards for CFA. The collected food allows us to provide emergency food packages to our clients. The supermarket gift cards allow us to purchase what is not donated or to occasionally purchase fresh food items. Volunteers must be 15 years or older. For more information or to volunteer contact Jennifer Rothman, Coordinator of Community Affairs at jrothman@cfanj.org or via phone at 201-569-1804 x28. Feel free to visit our web site: www.cfanj.org.

Highland Park Food Pantry

Volunteers can organize a food collection at Stop & Shop with your friends on the day and time you choose and help us organize and re-stock. Restocking takes place on the second and fourth Wednesdays of every month from 3:30 to 5 p.m. at the Highland Park Senior/Youth Center, 220 S. 6th Ave. Please call 732-491-6013 if you would like to help. For more information or to volunteer contact Beth Leech, Food Pantry Coordinator at hpfoodpantry@yahoo.com or bethleech@yahoo.com. Feel free to visit our web site: <http://sites.google.com/site/hpfoodpantry/>

Table to Table: 1402 Teaneck Road #223 Teaneck, NJ

Table to Table Israel was established in 2003, to address the paradox of growing poverty and large-scale food wastage in Israel. In 2008, Table to Table rescued a weekly average of 11,000 meals and 140,000 lbs of produce and perishable manufactured items, an increase of 50,000 lbs per week over 2007. In 2008, Table to Table's staff and volunteers rescued 725,000 nutritious meals and 7,000,000 pounds of farm produce and perishable manufactured items that would otherwise be discarded from nearly 350 food producers including farmers and packing houses, corporate cafeterias, banquet halls, army bases and perishable food producers. All of this food is redistributed free of charge to over 200 non-profit organizations caring for a wide range of at-risk population groups throughout the country. During 2008, Table to Table also distributed over 1,000,000 sandwiches to school children from disadvantaged homes. Many of our hands-on volunteer opportunities take place in Israel, if you plan to visit Israel please let us know so that we can let you know about some ways you can volunteer for us while you are in Israel. However, here in America, during our busy seasons we need office help and help with the different programs we are running. For example, volunteers are needed to help with our Purim campaign. For more information or to volunteer contact Moshe Kinderlehrer, Director of Development at mk@t2t.org.il or via phone at 201-331-0070. Feel free to visit our web site: www.t2t.org.il

Kosher Meals on Wheels (KMOW): 1485 Teaneck Road, Teaneck, NJ 07666
Jewish Family Service (JFS) started the Kosher Meals on Wheels program over 25 years ago. The KMOW program delivers meals to homebound, elderly individuals in your area. This program has been vital to our community and it is a wonderful opportunity to enrich your life while helping and enriching the lives of others. High School volunteers are needed to deliver meals to homebound, elderly individuals. This is the perfect opportunity for high school aged students because you can do it after school and you can fulfill your community service requirement. Drivers must be 17 years of age or older and have a valid NJ state driver's license. For more information or to volunteer Melody Sandor, Volunteer Coordinator at MelodyS@JFSBergen.org or via phone at 201-837-9090 ext. 238.

Shearit HaPlate of Bergen County, Inc.: 950 Queen Anne Rd. Teaneck, NJ
Shearit HaPlate of Bergen County, Inc. is an organization dedicated to minimizing the waste of food from *Smachot*, community events, and local restaurants, and distributing that food to those in need. Throughout the year, girls can volunteer to help pick up and distribute food. However, much of the time spent would be on the weekends. Girls with a background in web design/web site maintenance can also assist the organization with the development of the website and marketing efforts. Volunteers with a transportation/driver's license a plus but not required. For more information or to volunteer please contact Susan Atlas, Head of Operations at torateacher@yahoo.com or via phone at 201 801-0378. Feel free to visit our web site: <http://www.shearithaplate.org/>

Kiruv Opportunities

Abraham's Tent- 438 Denison Street, Highland Park, NJ

Abraham's Tent is an outreach organization located in central New Jersey focused on promoting Jewish literacy and awareness. Our "People of the Book" project can always use volunteers to run school book drives, community book drives, help set up drop off centers in their communities, arrange for pick ups, etc. There is no age requirement to help out. If you are interested in volunteering contact Yossi Sirote, Director of Abraham's Tent at ysirote@abrahamstentnj.org or via phone at 732-745- 7080.

The Jewish Learning Experience: 178 New Bridge Road, Bergenfield, NJ
The JLE provides an array of classes, educational & experiential programs and explanatory services related to Shabbat and holidays in a warm, non-threatening environment in which questions are encouraged. Regardless of your background, you can become part of a dynamic learning group. Knowledge of Hebrew or of the Bible is not necessary. We can also offer programming tailored to individual needs, including Shabbat hospitality and One-on-One Learning! Volunteers can help with press releases, correspondence (thank you letters, mazal tovs, donor acknowledgments, advertising, graphic support, developing and creating flyers, making phone calls to invite to programming, planning special programs, visiting homebound, dinner committee, one on one learning etc. For more information or to volunteer please contact Rabbi David Pietruszka, Director of the JLE at rabbip@jle.org or via phone at 201-966-4498. Feel free to visit our web site: www.jle.org.

Social Service Organizations

The Jewish Board of Family and Children's Services: 120 West 57th Street, NY, NY

The Jewish Board of Family and Children's Services (JBFCS) provides a comprehensive network of mental health and social services which promotes well-being, resilience and self-sufficiency for individuals and families at every stage of life. Leaders in the field of human services, we proudly serve people of all faiths, races and cultures. Every year, across all five boroughs and in Westchester, more than 50,000 people reach out to JBFCS. Volunteers play a vital role in bringing care and support to children and families served throughout the agency and in the larger community. We have a variety of opportunities open to teen volunteers. Opportunities include Tutoring, Clerical Tasks, Recreational Activities, Holiday Parties, Arts and Crafts, and more! Commitments vary from one-time events to ongoing opportunities based on individual's availability. Volunteers can work with JBFCS beginning from 7th and 8th grade. Certain volunteer assignments are only available to high school students. For more information or to volunteer contact Colleen Lynch at clynch@jbfcs.org or via phone at 212-632-4515. Feel free to visit our web site: www.jbfcs.org/volunteer

Emunah: 7 Penn Plaza, New York, NY 10001

Emunah is a religious Zionist social service organization in Israel with branches world wide. It has institutions and programs that care for children, women and families throughout the State of Israel. They run day care centers, have 5 Children's Home, have schools, run an Art College in Jerusalem, a restaurant for the elderly, educational programs, advocacy programs etc. Presently, it is the 3rd largest social service organization in Israel. They can develop, create and organize programs to raise money, help with existing programs. We are always looking for volunteers to help with our bake sales, Mishloach Manot for Purim etc. The money raised from these events goes to help the Israeli people and it is such a great Chessed. For more information or to volunteer please contact Ronnie Faber, Field Representative at ramdys1@aol.com or via phone at 201-370-6597. Feel free to visit our web site: www.emunah.org. Please note that the Emunah office is located at the above address but Ronnie runs the local Teaneck chapter.

Amit: 817 Broadway, 4th Floor, NY, NY 10003

AMIT is the world's leading supporter of religious Zionist education and social services for Israel's children and youth, nurturing and educating Israeli children to become productive, contributing members of society. At present, AMIT's more than 20,000 children come largely from impoverished and/or dysfunctional families; significant numbers are new Ethiopian and Russian immigrants, as well as young people of Sephardic backgrounds. During its long history, however, AMIT has served diverse populations, responding to the crises, challenges - and tragedies - of Jewish history. In 1981, AMIT was designated by the Israeli government as its official *Reshet* (network) for religious secondary technological education. This landmark event set the stage for a major expansion of AMIT's educational facilities. Each AMIT child is a living story: a broken home, a violent home, a home in which hunger is a daily reality. Our students come to AMIT with histories of sexual abuse, drug use, suicide attempts, a parent in jail

or chronically unemployed. AMIT nurtures and works with each child, instilling confidence, knowledge and values so that he or she, over time, can develop a satisfying and meaningful life. Students across the world are mobilizing to help the people of Sderot – and we know you will want to join in this international effort! AMIT, which educates some 2,000 children and young people of Sderot in six schools, is coordinating **S³ (*s-cubed*) Students in Solidarity with Sderot**. We expect hundreds of schools to work together to help the children of Sderot and their families, who want nothing more than to live with the same peace and freedom that we and our families enjoy. There are other opportunities as well, give us a call and we will match you to one of the Chesseds we need done! For more information or to volunteer please contact Rebekah Grossman, Israel Programming and Leadership Development Coordinator at rebekahg@amitchildren.org or via phone at 212-792-5690. Feel free to visit our web site: www.amitchildren.org

Israel Related Chessed

American Friends of Chessed L'Orchim: 258 Maitland Ave., Teaneck, NJ

Chesed L'Orchim – Machlis has been hosting spiritually uplifting and extremely meaningful Shabbat & holiday meals in the holy city of Jerusalem. These Shabbatot and chagim are woven into impressive masterpieces by Rabbi Mordechai Machlis. His inspirational Torah thoughts on the weekly portion, his enthusiastic singing of Shabbat songs, and his clear explanations of the Jewish ritual fall on a backdrop of warmth, acceptance and true caring for all who attend. The approximately 200 guests each Shabbat include tourists and travelers, Israeli residents and new immigrants, university, yeshiva and seminary students, the intellectually and theologically curious, the homeless, destitute, poor and lonely and all who seek a Shabbat or holiday experience for either spiritual or physical reasons. The purpose & goals of Chesed L'Orchim – Machlis include: To spread the joy of Judaism through positive and warm experiences, to achieve unity by serving as an example of chesed, love and acceptance, to expose the entire universe to the singularity and sanctity of Shabbat, and to demonstrate the true nature of Jerusalem as the ultimate city of G-d, unity and kindness. In addition to the Shabbat activities and festivities, Chesed L'Orchim – Machlis provides personalized caring and assistance for the many who seek financial, social, physiological and spiritual help throughout the week. To many, this is the only home and family that they know. High School ages students can help out with data entry for our fundraising database, website upkeep and design, and help out at a fundraising event. For more information or to volunteer please contact Chanan Vogel, Vice President America Friends of Chesed L'Orchim at jvogel@solomonb.com or via phone at 201-637-6594. Feel free to visit our web site: www.machlis.org.

One Family Fund: 1029 Teaneck Road, 3rd floor, Teaneck NJ

One Family Fund was created in 2001 in response to the ongoing tragedies caused by terrorist attacks in Israel. One Family Fund provides short and long-term income assistance, housing subsidies, medical expenses, emotional counseling, youth camps, mentoring programs and post trauma healing retreats. Since the founding of the organization, more than 1,340 Israelis were murdered and over 10,000 people were injured, leaving behind 950 orphans and thousands of widowed and bereaved. Nearly 500,000 Israelis have been under the threat of rocket attacks from the Gaza Strip. One Family Fund forges a sense of family and hope among all the survivors helping them draw strength from each other. Although we might be thousands of miles away - *We are all "One Family."* Volunteers are needed to run a program to help raise donations and send a child who has been a victim of a terror attack to summer camp, run a special program such as a Swim-a-thon, or a Bowl-a-thon or a Walk-A-thon. We frequently run evening Phone-a-thons and can use volunteers. Help us to make call to previous donors. Our experience has been that high school students are very successful at making calls and people are highly receptive to students that give of their own personal time. We frequently need people to help stuff envelopes or do computer data entry. Feel free to create your own new and interesting way to help. We will be glad to work with you. For more information contact Marty Radnor, Regional Director at Martin@onefamilyfund.org or via phone at (646) 289-8600 x203. Feel free to visit our web site: www.onefamilyfund.org

StandWithUs: 325 W 38th Street, New York, NY

StandWithUs was founded in 2001 in response to the misinformation that often surrounds the Middle East conflict, and the inappropriate often anti-Semitic language used about Israel and/or the Jewish people worldwide. StandWithUs is an international education organization that ensures that Israel's side of the story is told in communities, campuses, shuls, libraries, and the media through brochures, speakers, conferences, missions to Israel, and thousands of pages of Internet resources. Volunteers are needed to help us win the war for public opinion about Israel via the internet, help us use new technologies to help spread the facts about Israel, they can help coordinate programs, put together materials, help with research for various projects and programs, help promote our work and initiatives, etc. Volunteers must be in high school. For more information please contact Avi Posnick, Outreach Coordinator at avip@standwithus.com or via phone at 212-398-2524. Feel free to visit our web site: www.standwithus.com

Shelters

Project Hospitality: 100 Park Ave., Staten Island, NY

Project Hospitality is an interfaith effort sheltering the homeless, feeding the hungry and caring for people with HIV/AIDS. Since 1982, we have been helping the homeless and hungry of Staten Island. We began as a small group of volunteers who passed out sandwiches in the Ferry Terminal and we are proud of the multi-service agency providing a continuum of care that we have become. Volunteers are needed to work in our food pantry and soup kitchen, help with different tasks in the family shelter, serve at our weekly dinner, etc. Volunteers need to be 16 years or older. For more information or to volunteer please contact Gretchen Boeskool, Coordinator of Volunteer Services at gretchen_boeskool@projecthospitality.org or via phone at 718-448-1544 ext. 165. Feel free to visit our web site: www.projecthospitality.org

Shelter Our Sisters: 405 State Street, Hackensack, NJ

Shelter Our Sisters provides Shelter and Emergency Support Services to Women and Children who are victims of domestic violence. Volunteers over 16 years old are needed to help with childcare, tutoring, assist the house manager. Training is required. For more information please contact Rhona Feimster-Vega, Volunteer Director at Rhona@Shelteroursisters.org or via phone at 201-836-1075 x233. Feel free to visit our web site: www.shelteroursisters.org.

Miscellaneous

Areyvut: 147 South Washington Ave. Bergenfield, NJ

Areyvut enables Jewish youth to infuse their lives with the core Jewish values of Chesed (kindness), Tzedakah (charity), and Tikkun Olam (social justice). Areyvut reaches out to Jewish day schools, congregational schools and community centers, regardless of affiliation to promote the core Jewish values of chesed, tzedakah and tikkun olam and offers innovative and meaningful programs to make these values a reality for students and educators alike. Areyvut offers unique opportunities to empower and enrich youth by creating innovative and meaningful programs that make these core Jewish values a reality. Areyvut programming includes Bnai Mitzvah Fairs and Consultations, Teen Philanthropy, "Make a Difference" Day, "A Kindness a Day" Calendar, an annual Bnai Mitzvah Video Essay Contest and a website www.aryvut.org featuring a database of projects and volunteer opportunities and a variety of other resources. Volunteers are needed to help with programs including creating materials to be distributed and displayed at Bnai Mitzvah Fairs and Community Service Expos. Additionally, volunteers assist participants during programs with hands-on onsite chesed projects by running a table or booth highlighting different agencies that offer hands on projects in the community and/or speaking to program participants about innovative community service projects they have participated in or developed. Volunteers can also create materials to help market and distribute Areyvut's "A Kindness a Day" Calendar, assist with Individual Bnai Mitzvah Consultations and help plan and implement "Make a Difference" Day, our national Mitzvah Day in the spring. Areyvut also welcomes volunteers who are interested in assisting us in the office located in Bergenfield, NJ with data entry, prospect research, outreach, program development and administrative help. Volunteers must be 14 years or older. For more information or if you are interested in volunteering please contact Daniel Rothner, Founder & Director at Daniel@aryvut.org or via phone at (201) 244-6702. You may also contact Sharon Stahl, Special Projects Coordinator at Sharon@aryvut.org or via phone at (201) 244-6702. Feel free to visit our web site: www.aryvut.org

Kaplen JCC on the Palisades: 411 East Clinton Ave., Tenafly, NJ

The Kaplen JCC on the Palisades offers a variety of volunteer opportunities, giving teens the chance to work with many different people and departments. Volunteers can have the chance to work with children, adults, and seniors during programs and after-school classes in music, drama, arts, and athletics. We will also be offering a monthly off-site volunteer project that will move throughout Bergen County. Volunteers must be 12 years or older. For more information or to volunteer please contact Sara Lewis, Teen Services Director at slewis@jccotp.org or via phone at 201-569-7900 ext. 203.

Bonim

Bonim was formed in 2002 by passionate members of the Jewish community who were committed to addressing the problem of lack of affordable housing in northern New Jersey. The organization utilizes volunteers in hands-on projects to rehabilitate and refurbish homes for low income families as well as other facilities within the UJA NNJ area. Bonim works on its own and in concert with other rebuilding agencies such as Rebuilding Together and Habitat for Humanity. Volunteers of all skills levels are welcome, even those with little or no experience are encouraged to participate! Bonim is an outreach program of the Synagogue Leadership Initiative (SLI) of the UJA Federation

of Northern New Jersey. Student volunteers can sign up and then are notified about upcoming Bonim opportunities that they can volunteer for. Volunteers ages 14 and up are needed for most projects, however, occasionally we have projects that we accept volunteers 12-14- like for landscaping and painting projects. For more information or to volunteer contact Genene Kaye, Bonim Project Director at GeneneK@ujanni.org or via phone at 201-820-3903. Feel free to visit our website: www.ujanni.org/bonim

Teens for the Community: 513 Kenwood Place Teaneck NJ

Teens for the community was started by the friends of Mitchell Gross. Mitchell Gross was a young Teaneck resident who worked with kids of all ages to teach them sports and all sorts of activities to build their self esteem. One day while on the basketball ball court with the kids he had a heart attack and died. His friends launched a program in his honor where teens and kids do kindness for all people of Teaneck so the Teens for the community club and the kids in action club were established in his memory. Our goal is to make Teaneck a place full of kindness chesed. Teen volunteers are needed to participate in two of our programs: Teens for the Community as well as for Kids in Action. Teens for the Community- T.F.C.- is a club for high school aged students to do Chessed projects in groups. Kids in Action is a similar program but for kids ages 5-12 but teen volunteers are needed to help with the program. All volunteers must be 14 years or older. For more information or to volunteer contact Rabbi Michael Goldin, Youth and teen Director at rabbimichoelg@gmail.com or via phone at 201-907-0686. Feel free to visit our website: WWW.ChabadHouse.com.

The Fair Lawn Gemach: 14-06 Fair Lawn Avenue, Fair Lawn, NJ

The Fair Lawn Gemach was started around 5 years ago and is under the auspices of Anshei Lubavitch of Fair Lawn (Rabbi Neubort).Volunteers are needed to sort clothing and shoes and make calls for the furniture Gemach. Another way for volunteers to help with the Gown Gemach is for them to try on gowns to size them, help take pictures of the gowns, sort gowns by color, size, place in special garment bags, etc. Volunteers must be 14 years or older. For more information contact Bella Grinberg at Fairlawngemach@aol.com or via phone at 201-797-1770. Feel free to visit our web site: http://www.flchabad.com/index.php?option=com_content&task=view&id=98&Itemid=143

Shuls

* Call up your local shul to find out if they need help or if the Chessed committee knows of a way you can help a family in your community

Bergenfield, NJ

Beth Abraham Congregation - Bergenfield

396 New Bridge Rd
Bergenfield, NJ
Rabbi Yaakov Neuburger
201-384-0434
www.bethabraham.org/

East Brunswick, NJ

Young Israel of East Brunswick

193 Dunhams Corner Rd
East Brunswick, NJ
Rabbi Yaakov Wasser
732-254-1860
www.yieb.org/

Englewood, NJ

Ahavath Torah Congregation

240 Broad Ave
Englewood, NJ
Rabbi Shmuel Goldin
201-568-1315
www.ahavathtorah.org

Shomrei Emunah Congregation - Englewood

89 Huguenot Ave
Englewood, NJ
Rabbi Menachem Genack
201-567-9420

East Hill Synagogue

255 Walnut Street,
Englewood NJ 07631
Rabbi Zev Reichman
(201) 569-4008
<http://www.easthillsynagogue.com/>

Fair Lawn, NJ

Ahavat Achim Congregation

18-25 Saddle River Rd
Fair Lawn, NJ

Rabbi Uri Goldstein
201-797-0502
www.ahavatachim.org

Shomrei Torah Congregation
19-10 Morlot Ave
Fair Lawn, NJ
Rabbi Benjamin Yudin
201-791-7910
www.shomrei-torah.org/

Highland Park, NJ

Ohav Emeth Congregation
415 Raritan Ave
Highland Park, NJ
Rabbi Eliyahu Kaufman
732-247-3038
www.ohavemeth.org/

Ahavas Achim Congregation
216 S 1st Ave
Highland Park, NJ
Rabbi Ronald Schwartzberg
732-247-0532
www.ahavasachim.org/

Etz Ahaim
230 Denison St
Highland Park, NJ
Rabbi Dovid Bassous
732-247-3839
home.earthlink.net/~etzahaim/

Agudath Israel of Edison/Highland Park
1131 Raritan Ave
Highland Park, NJ
Rabbi Reuvain Drucker
732-985-1111

Livingston, NJ

Etz Chaim Congregation - Livingston
304 E Mt Pleasant Ave
Livingston, NJ
Rabbi Shlomo Krupka
973-597-1655

Synagogue of Suburban Torah Center

85 W Mt Pleasant Ave
Livingston, NJ
Rabbi Mordecai E. Feuerstein
973-994-0122/2620
www.suburbantorah.org

Teaneck, NJ

Young Israel of Teaneck

868 Perry Lane
Teaneck, NJ
Rabbi Weinberger
201-837-1710

Beth Aaron Congregation

950 Queen Anne Rd
Teaneck, NJ
Rabbi Larry Rothwachs
201-836-6210
www.bethaaron.org/

Tzemach Dovid Congregation

268 W Englewood Ave
Teaneck, NJ
Rabbi Michael Taubes
www.tzemachdovid.org/

Rinat Yisrael Congregation

389 W Englewood Ave
Teaneck, NJ
Rabbi Yosef Adler
201-837-2795
www.rinat.org

Bnai Yeshurun Congregation

641 W Englewood Ave
Teaneck, NJ
Rabbi Steve Pruzansky
201-836-8916
www.bnaiyeshurun.org

Congregation Keter Torah

600 Roemer Ave
Teaneck, NJ

Rabbi Shalom Baum
201-907-0180
www.ketertorah.org

West Orange, NJ

Ohr Torah Congregation - West Orange

270 Pleasant Valley Way
West Orange, NJ
Rabbi Marc Spivak
973-669-7320
www.congregationohrtorah.org

Lubavitch Center of Essex County

456 Pleasant Valley Way
West Orange, NJ
Rabbi Boruch Klar
973-731-0770
www.lubavitch-essex.org/

Congregation Beth Israel

567 Pleasant Valley Way
West Orange, NJ
Rabbi Hillel Horowitz
973-731-3383
www.angelfire.com/nj/bethisrael/

Ahawas Achim Bnai Jacob & David Congregation

700 Pleasant Valley Way
West Orange, NJ
Rabbi Eliezer Zwickler
973-736-1407
www.aabjd.org

The Englishtown Synagogue

37 Buckingham Rd
West Orange, NJ
Rabbi Tzvi Pittinsky
973-243-0876
www.englishtownsynagogue.org

Monsey/ Wesley Hills, NY

Ahavath Yisroel of Wesley Hills

126 E Willow Tree Rd
Spring Valley, NY
Rabbi Asher Bush

845-354-5688

Kehillas Bais Yehudah

23 Lime Kiln Rd
Suffern, NY
Rabbi Josh Blass
www.kbyshul.org

Community Synagogue of Monsey

89 W Maple Ave
Monsey, NY
Rabbi Dr. Moshe Tendler
845-356-2720
www.comsyn.org/

Young Israel of Monsey & Wesley Hills

58 Parker Blvd
Monsey, NY
Rabbi Ari Jacobson
845- 362-1838
www.j51.com/~levy/young.htm

New Rochelle, NY

Anshe Sholom Congregation

50 North Ave
New Rochelle, NY
Rabbi Ely J. Rosenzveig
914-632-9220
www.anshesholomnewrochelle.org/

New York, NY

Adereth El Congregation

133 E 29th St
New York, NY
Rabbi Gideon Shloush
212-685-0241
www.aderethel.org/

Kehilath Jeshurun

125 E 85th St
New York, NY
Rabbi Haskel Lookstein
212-774-5600
www.ckj.org

Ohab Zedek Congregation

24 W 95th St
New York, NY
Rabbi Allen Schwartz
212-749-5150
www.ozny.org/

West Side Institutional Synagogue

120 W 76th St
New York, NY
Rabbi Shlomo Einhorn
212-877-7652
www.wsisny.org

Young Israel of the West Side

210 W 91st St
New York, NY
Rabbi Emanuel Gettinger
212-787-7513
yiws.shuls.net

Fifth Avenue Synagogue

5 E 62nd St
New York, NY
Rabbi Yaakov Kermaier
212-838-2122
fifthavenuesynagogue.org/

Lincoln Square Synagogue

200 Amsterdam Ave
New York, NY
Rabbi Shaul Robinson
212-874-6100
www.lss.org/

Riverdale, NY

Young Israel Ohab Zedek of North Riverdale-Yonkers

6015 Riverdale Ave
Bronx, NY
Rabbi Shmuel Hain
718-548-0105

Riverdale Jewish Center

3700 Independence Ave
Bronx, NY
Rabbi Jonathan Rosenblatt

718-548-1850
www.rjconline.org/

Hebrew Institute of Riverdale
3700 Henry Hudson Parkway
Bronx, NY 10463
Rabbi Avi Weiss
718- 796-4730
<http://www.hir.org/>

Scarsdale, NY

Young Israel of Scarsdale
Weaver St
Scarsdale, NY
Rabbi Jacob S. Rubenstein
914-636-8686
www.yisny.org

Staten Island, NY

Young Israel of Staten Island
835 Forest Hill Rd
Staten Island, NY
Rabbi Yaakov Lehrfield
718-494-6700
www.yisi.org/

White Plains, NY

Young Israel of White Plains
135 Old Mamaroneck Rd
White Plains, NY
Rabbi Shmuel Greenberg
914-683-YIWP
www.yiwp.org

Hebrew Institute of White Plains
20 Greenridge Ave
White Plains, NY
Rabbi Chaim Marder
914-948-3095
www.hiwp.org/

HELPFUL WEBSITES

<http://www.kidsforcommunity.org/>

http://volunteer.ujafedny.org/site/c.kuLQJ9MSKrH/b.4100405/k.83F9/Search_Volunteer_Projects/apps/ka/vol/positionSearch.asp

<http://ujannj.org/page.aspx?id=140275>

Staten Island: http://www.sijcc.org/seniors/senior_chesed.htm

Bergen County: www.bergenvolunteers.org