

# THE LEONARD CARMICHAEL SOCIETY

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## VOLUNTEER OPPORTUNITIES

### SPECIAL INTEREST PROGRAMS

**Animal Aid** Volunteer to help our furry friends! Opportunities include our dog walking program in the Tufts neighborhood and weekend shelter visits. Contact Meghann Wollitz and Tien Tien at [lcsanimalaid@gmail.com](mailto:lcsanimalaid@gmail.com).

**Best Buddies** The Tufts chapter of Best Buddies pairs college students with adults who have mild to moderate intellectual disabilities to form meaningful friendships. Buddy pairs meet weekly at a local organization where the Buddies are employed (within a 5min walk from campus) and attend periodic chapter-wide events together. Becoming involved in Best Buddies is an opportunity to make a difference in someone's life by forming friendships that these adults may otherwise never have the opportunity to experience. Contact Sophie Schwartz and Timothy Korpita at [lcs.bestbuddies@gmail.com](mailto:lcs.bestbuddies@gmail.com).

**Elderly Outreach** Help volunteer to bridge the gap between two generations. We are a new and motivated part of LCS looking for other Tufts students to help bring youthful activities and their own interests to the elderly. Come to bring Wii, dancing, movie screenings, magic shows, and music performances to local senior citizens! "We're more than just bingo." Contact Brandon Sultan and Lauren Wielgus at [lcs.elderlyoutreach@gmail.com](mailto:lcs.elderlyoutreach@gmail.com).

**Got Change?** Tired of Change? Do exactly what we did! Start donating your change to Got Change?, a program that collects spare change for donation to local charities in the Medford/Somerville area. Drop your change into our collection boxes located in many buildings around campus. Don't forget a single penny because every penny counts! Contact Evan Murray and Muhammad Shoukat [tuftsgotchange@gmail.com](mailto:tuftsgotchange@gmail.com).

**Special Olympics** Help to coach Special Olympics athletes, raise funds, volunteer at events, and participate in the annual JUMBOLYMPICS. No athletic ability necessary. Contact Jack Keller and John Armando at [lcs.specialolympics@gmail.com](mailto:lcs.specialolympics@gmail.com).

### PROGRAMS CONCERNING ISSUES OF HUNGER AND HOMELESSNESS

**Food Rescue** Do you want to help the homeless or be able to drive the LCS van? Join Food Rescue and get to know the Medford/Cambridge area as you deliver food to Caspar's Homeless Shelter. Pick up leftover food from local restaurants and drop it off at the shelter in Cambridge. Commitment is roughly 1.5 hours per shift, for one to seven shifts per week. Both drivers and non-drivers needed. Contact Amar Hansen and Max Geisinger at [lcsfoodrescue@gmail.com](mailto:lcsfoodrescue@gmail.com).

**Habitat for Humanity** Join us to help with the construction of low-income housing, painting, and other fun projects in the local area. No construction experience necessary and equipment is provided. Trips will be on Saturdays. Contact Patrick Barber and Jessica Seaver at [lcs.habitat@gmail.com](mailto:lcs.habitat@gmail.com).

**Hunger Project** Help prepare and serve meals to the homeless in local soup kitchens and shelters in the Boston area. We visit larger soup kitchens, such as St. Francis House and Pine Street Inn, as well as smaller, more personal shelters in the area. Meet other Tufts students while helping to feed hungry people! Contact Juliana Slocum, Sigi Fostvedt, and Connor Larwood at [lcs.hungerproject@gmail.com](mailto:lcs.hungerproject@gmail.com).

**Shelters** Students sign up to help out on any of our weekly trips to local shelters, where we enthusiastically assist them in any way possible (organization, light construction, talking with guests, etc. ) We also help to fundraise or set up volunteers on independent visits. Contact Amanda Pappas, Courtney Pittenger, and Rachel Lind at [lcs.shelters@gmail.com](mailto:lcs.shelters@gmail.com).

### PROGRAMS CONCERNING ISSUES OF HEALTH

**Blood Drive** LCS sponsors three blood drives during the year. Volunteers help in recruiting donors, advertising, and working sites approximately two weeks for each drive on the Tufts campus. Through student and community support, we collect close to 1000 pints each year. Contact Rebecca Sylvestsky and Chris Perrone at [lcs.blooddrive@gmail.com](mailto:lcs.blooddrive@gmail.com).

**Cancer Outreach** Invokes cancer awareness within the community. We visit children in local hospitals, work with education initiatives on campus, fundraise, and organize/participate in local & national cancer events. Contact Brittany Robbins, Jeff Gaudet, and Will Sokoloff at [canceroutreach@gmail.com](mailto:canceroutreach@gmail.com).

**HIV/AIDS Initiative** Want to help spread awareness about HIV/AIDS throughout Tufts campus? Join HIV/AIDS Initiative and help organize events to inspire discussion of HIV/AIDS-related issues and volunteer at local HIV/AIDS organizations. Contact Rebecca Hershow and Stacy White at [lcs.hivaidinitiative@gmail.com](mailto:lcs.hivaidinitiative@gmail.com).

**Peer Health Exchange** Peer Health Exchange gives teenagers the knowledge and skills they need to make healthy decisions. We do this by training college students to teach a comprehensive health curriculum in Boston area public high schools that currently lack health education. Contact Allison Hoffman and Laura Kroart at [Tufts@Peerhealthexchange.org](mailto:Tufts@Peerhealthexchange.org).

**Sex Talk** This group's mission is to promote accurate and frank discussion about sex and sexuality. Contact Shaun Engstrom, Zoe Barth-Werb, and Lauren Coy at [lcsxtalk@gmail.com](mailto:lcsxtalk@gmail.com).

## PROGRAMS CONCERNING ISSUES OF LITERACY AND EDUCATION

**ASAP** Help local high school students prepare for the SATs and work through the challenges of applying to college. Time commitment is flexible and usually ranges from 1-3 hours a week. Contact Dan Stone and Jessie Sofio at [lcs.asap@gmail.com](mailto:lcs.asap@gmail.com).

**ESL for ABM** ESL for ABM is a volunteer program for students of all teaching experiences and backgrounds (including none at all). Students will have the opportunity to work with our primarily Spanish-speaking ABM janitorial staff by teaching free English classes once a week. A small time commitment of just 1-2 hours per week, ESL for ABM is an incredible way to gain ESL teaching experience and connect with ABM employees to help them overcome language barriers. Spanish-speaking ability not required. Contact Molly Dow and Katrina Knisely at [onesourceesl.lcs@gmail.com](mailto:onesourceesl.lcs@gmail.com).

**Junior Achievement** Volunteers with Junior Achievement have the opportunity to go to local schools and teach students in grades K-6 about basic economic and business principles. Lesson plans, all activities, and materials are provided by Junior Achievement. Volunteers teach one 45-50 minute class a week and scheduling is flexible. No previous knowledge of economics necessary. Contact Eliza Tadley and Robbie Havdala at [juniorachievementlcs@gmail.com](mailto:juniorachievementlcs@gmail.com).

**Kids to College** SPRING SEMESTER VOLUNTEERS ONLY. Kids to College works with local 6th graders to teach and motivate them about the importance of college and how they can start preparing now. Volunteers visit classrooms once a week and also welcome the students to Tufts to tour the campus and experience many aspects of college life such as dining halls and a variety of organizations and departments. Volunteers are needed for both the classroom and campus visits. Contact Alisha Bouzاهر or Hunter Kopald at [lcs.kidstocollege@gmail.com](mailto:lcs.kidstocollege@gmail.com).

**Tutoring** Volunteer to tutor a student from the Medford/Somerville communities for one hour a week! This is a great mentoring opportunity in which you can help K-12<sup>th</sup> graders excel in their subject of difficulty and become a strong role model. Tutoring sessions take place on-campus (in the campus center or Tisch). Email us with your name, gender, phone number, graduating year, subject(s) you wish to tutor, and grade level(s) you are comfortable working with. No experience needed! Contact Caitlin Carroll and Alyza Devraj at [lcs.tutor@gmail.com](mailto:lcs.tutor@gmail.com).

## PROGRAMS CONCERNING ISSUES OF YOUTH MENTORING

**All Stars** Miss recess? Here's your chance to relive your childhood! Help run after-school programs in Somerville by playing sports and games with kids in local elementary schools. In so doing, you'll teach children about cooperation, teamwork, and sportsmanship. Contact Cassie Title and Allison Stevens at [lcsallstars@gmail.com](mailto:lcsallstars@gmail.com).

**CHILD (Caring Helps In Living with Disabilities)** We meet a few Saturdays throughout the semester with a group of physically and/or mentally challenged children from the surrounding community. We spend an hour with the kids in the Tufts Gym playing games and doing various other recreational activities. We also take the group into the Tufts pool for an hour of fun pool time. Contact Prachi Godiwala, Cassie Bannos and Adrienne Ing at [lcschild@gmail.com](mailto:lcschild@gmail.com).

**GIRLS (Girl Interaction Raising Levels of Self-Esteem)** GIRLS encourages connections between young girls in the Medford/Somerville area and Tufts women through sports, academics, and social activities. We work closely with the girls' adventure group, Common Ground, at the local YMCA and Girl Scouts. We are also starting a new program with the non-profit organization Strong Women, Strong Girls. The time commitment is once a week for about 3 hours in the afternoon. Contact Christina Sibley and Alex Zadel at [lcsgirls@gmail.com](mailto:lcsgirls@gmail.com).

**Halloween on the Hill** Help organize or volunteer at a fun-filled Halloween bash for local Medford/Somerville children. The day includes ghost stories, haunted houses, arts and crafts, and trick-or-treating! Contact Nicole LeBlanc and Alisha Bouzاهر at [lcscommunityrelations@gmail.com](mailto:lcscommunityrelations@gmail.com).

**Kids' Day** Help prepare and/or volunteer at the Tufts-sponsored 44<sup>th</sup> annual fun-filled day for Medford/Somerville kids that includes booths, games, rides, entertainment, food and hundreds of smiling faces. This is one of the largest days of service our campus participates in! Contact Liat Damari, Brittany Robbins, and Sarah Soffer at [lcs.kidsday@gmail.com](mailto:lcs.kidsday@gmail.com).

**Cooperative Peace Games** Cooperative Peace Games is a program designed to teach elementary aged kids about cooperation and conflict resolution. It uses a curriculum designed by Professor Dale Bryan, a Peace and Justice Studies professor here at Tufts, which accomplishes this goal. The program meets with local Medford schools once a week after school and works with groups of about 20 kids. Contact Coza Perry, Jeff Stone, and Maura Donahue at [cooperativepeacegames@gmail.com](mailto:cooperativepeacegames@gmail.com).

**Special Friends** This program pairs Tufts students with children at the Tufts Educational Day Care Center. Students volunteer time playing, laughing, drawing, reading, building, and just having fun. This program is a year long commitment and entails one two-hour visit per week. Contact Jillian Kenney and Adam Weidenbaum at [specialfriends.lcs@gmail.com](mailto:specialfriends.lcs@gmail.com).

**Traveling Treasure Trunk** Tufts' only Children's Theater Troupe. Through LCS, we put on amazing performances for children in local area schools, day care centers, and hospitals. Contact Yael Stern at [tuffstrunk@gmail.com](mailto:tuffstrunk@gmail.com).