

YOUTH PULSE

volunteer!

Youth Pulse is here to show you how to get plugged into where your community needs you most. Get involved and show how important youth involvement is to the Bay Area!

Each month we focus on a different community need and highlight volunteer opportunities that will allow you to apply your talents and skills to that need and give back to your community!

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August

2009

August is unofficially Family Fun Month. So before you go back to school, make sure to enjoy your time with those close to you! Take time out to enjoy your family this month by taking a vacation, visiting relatives and volunteering! Spend some time with people who may not have a family or give back to the community with your own family!

This month celebrate families by spending time laughing, helping and appreciating people young and old. We've got a bunch of volunteer opportunities to get you started, but remember that virtually any volunteering can be done with family members or can affect families in our community. To get started, keep reading!

Youth Pulse Highlight

alzheimer's 
association™

The Alzheimer's Association is hosting its annual Memory Walks this fall, and they have a lot of work to do! These walks include over 6,000 participants, and over the years they have

raised over \$100 million for Alzheimer's research, local programs and services.

Tessie Calligeros, the Volunteer Engagement Manager, encourages you to, "Join us in this movement to eliminate Alzheimer's Disease! Volunteers can help with registration, the family pavilion and monitor routes just to name a few. Ask your friends to come with you or form a team to raise critical funds that benefit the care and research efforts of the Alzheimer's Association. Together we can MOVE a nation to end Alzheimer's!"

The Memory Walks take place on Saturday, September 12th in San Jose and Saturday, October 10th in San Francisco on Treasure Island. Volunteers are needed the day before each event for set-up duties, and it would be a great event to volunteer with your family! There is no age requirement, but children under 12 should be with an older child or adult. Students, families and seniors are all encouraged to participate in this multi-generational event!

To learn more about these Memory Walks or how else you can help, [click here!](#)

Feed Families in Need!

The mission of the Ecumenical Hunger Program (EHP) is to provide food, clothing, household essentials, client support and referral services to those in need.



Volunteers can make an immediate, direct impact on families in need by participating in Family Harvest Food Distribution days. Volunteers can help organize food for distribution and give the food directly to families. This is a very busy project which happens on the third Tuesday of every month, and volunteers will have the opportunity to interact with many of the regular clients.

[Here](#) is where you can learn more!

Help a Cat Find a Family!



Whether you have just 15 minutes a week to spare or you have more time to offer, you can save lives and give cute kitties a second chance at life and a family!

Volunteers are needed to be foster parents, to rescue kittens, and to socialize with and feed the cats. Additionally, The Homeless Cat Network hosts adoption fairs and could use your help with set-up on Saturdays. You can also volunteer to talk to potential adopters! Volunteers are needed for the same activities at their adoption center at Petsmart in San Mateo on weekends, too!

Interested in animals? Want to help animals with your family? Want to find a cat a family? [Then click here!](#)

Save Lives and the Planet!



The Jewish Home of San Francisco is a nonprofit skilled nursing facility specializing in programs, services and care for older adults. They offer opportunities for friends and families to volunteer together, which undoubtedly enhances the important time you spend with loved ones!

Weekday volunteers are needed as bingo callers or to assist seniors with finding the numbers on their bingo cards. No prior experience is needed and you'll definitely have a good time! Games are played Monday, Wednesday and Thursday evenings, as well as Monday afternoons and Friday mornings.

Click [here](#) to learn how you can join in on this or another activity! Volunteers are much needed and appreciated through complimentary lunches, shuttle rides to BART, annual flu shots and letters of reference!

To find many more opportunities please visit [The Volunteer Center website](#). Do your research and find the best match for you! School hasn't started yet, so take some time and do your homework.

Working alongside family members or serving the community (which is one big family after all, right?) will certainly be a great way to end the summer that President Obama has named "The Summer of Service".

Later!
Kristen K.

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