

**D**o you want to make a difference in someone's life?

**Chemung ARC** has many volunteer openings available. The people we serve would like to make new friends, attend community activities and have fun with others at a variety of recreational events.

**Chemung ARC** was begun by parents of people with developmental disabilities. Today, we continue our historic commitment to the people we serve with a variety of services: Family Support Services, Developmental Health Services, Residential Services, Vocational and Employment Services, and Recreational Services.

We remain committed to the philosophy of People-Centered Services and are constantly working to meet the needs of the people we serve in new and better ways.

Help us in our mission...

**VOLUNTEER!**

**Internship & Community  
Service Programs**



**M**aking a Difference

**Internship & Community  
Service  
Programs**

**F**or more information, call 607.734.6151 or visit us on the Web at [www.ChemungARC.org](http://www.ChemungARC.org)

711 Sullivan Street  
Elmira, New York 14901  
607.734.6151 (P)  
607.734.2943 (F)

# How can you help?

## Internships

Do you need to complete an internship or community service commitment?

There are several positions that may correspond with your career and educational goals at Chemung ARC

We strive for **fun & flexibility** with a variety of opportunities from food service, technology, recreational, and clerical to name just a few.



**M**aking a Difference

## Senior Companions

Are you 60 years of age and want to offer your years of wisdom? Chemung ARC has a program designed especially for you!

You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend.

The benefits include:

- pre-service and ongoing training
- an annual physical exam
- lunch or dinner
- reimbursement for volunteer activities
- April Appreciation luncheon
- June Recognition Tea
- September "Thank You" cruise
- Holiday "we appreciate you" gift
- small tax-exempt stipend
- ***the joy of helping others live on their own!***

## Volunteers

Join the ever-growing group of people who "Make A Difference" at Chemung ARC. The opportunities are unlimited.

You can volunteer at one of our 14 residences, at our agency's administrative offices or in the recreation department.

### Residential

At the residences, you can play games, help write letters, assist with household activities and so much more.

### Administrative

At our agency's administrative offices, we could use your help with clerical duties - or you can assist consumers in our cafeteria.

### Recreational

You can attend Monday night dances, go to concerts in the park, attend hockey games, assist with score keeping at bowling, swim with new friends, help with arts and crafts, attend Special Olympics or play a variety of sports like baseball or bocce ball. Fun is the game plan always!