

Volunteer Opportunities at Jewish Family Services (JFS) of Middlesex County

Career Services – If you have a background in Human Resources, Resume Writing (and cover letters too), enjoy helping with job search and interviewing skills, the extensive Women’s Center at JFS Middlesex can definitely use your skill sets! The Women’s Center provides services to hundreds of women.

Computer Instructors – Do you like to teach others? Do you enjoy the computer? Volunteers are needed to teach computer classes for: Excel, PowerPoint, Word and Quick Books. Teaching can be done on a one-to-one basis or in a group setting.

Delivering Kosher Meals on Wheels – Volunteer drivers are needed throughout Middlesex County to deliver Kosher Meals on Wheels to homebound recipients. Kosher Meals on Wheels are delivered from two locations, Highland Park and Monroe Township. Days and Times vary.

Friendly Visitor – The Friendly Visitor program includes recruitment, training, matching and supervision of volunteers who provide assistance to clients age 65 and over, many of whom are frail, isolated, and vulnerable residents of Middlesex County. Volunteers may provide help to older adults in such areas as: companionship, arranging for medical appointments and transportation. Days and Hours vary.

Food Pantry –Volunteers are needed to pack and distribute bags of food. Training is provided on Fridays.

Hosts and Hostesses – Enjoy working with seniors? Volunteers are needed to assist with all of the JFS Senior Socialization Programs. Volunteers may be asked to serve seniors, make coffee or tea, distribute information, and most importantly, be a friend to the members of the group. If you have a special interest, please let us know and we will ask you to speak to our groups or teach them something new!

Office Workers – Is office work an interest of yours? Volunteers are needed at the JFS Monroe office especially on Friday mornings. A volunteer must have a strong grasp of computer fundamentals including data entry and MS Office.

RSVP Volunteer Opportunities

The Arthritis Foundation – Work in an office and learn all about Arthritis. Volunteers are needed at the New Jersey Office of the Arthritis Foundation located on Route 1 in Iselin, New Jersey. Necessary skills include: A strong grasp of computer fundamentals including data entry, MS Office and the ability to learn the Arthritis Foundation Affinity System.

Healthy Bones Programs – Gentle exercise programs are held various days and times at different locations including East Brunswick, Highland Park, and Monroe Township. Join a Healthy Bones program, learn exercises, and have an opportunity to become a Healthy Bones instructor.

RSVP of Middlesex County – Volunteer writers and photographers are needed to write the RSVP newsletters, blogs, interview and photograph RSVP Volunteers and Volunteer Stations.

Senior Medicare Patrol – Fraud, Waste and Abuse in the Medicare System cost taxpayers between \$60 and \$80 billion dollars a year. If you are interested in going out into the community to give presentations about Fraud, Waste and Abuse, this is the program for you. If helping seniors understand their Medicare Summary Notices (MSNs), Explanation of Benefits (EOBs) and Advanced Beneficiary Notices is something which interests you, SMP has a program to ensure that beneficiaries understand how to read those notices to prevent fraud.

State Health Insurance Program (SHIP) – SHIP volunteer counselors are needed to educate and provide assistance to Medicare beneficiaries by explaining their Medicare coverage. Counseling is done on an individual basis and SHIP counselors help Medicare beneficiaries select the most appropriate coverage options for Supplemental Insurance Plans as well as Pharmaceutical Insurance Plans.