Volunteer Opportunities

Volunteering is a worthwhile activity that benefits someone in need. Many Mt. Lebanon students volunteer for intrinsic reasons, to broaden their education, to make themselves more rounded when applying to college and to be eligible for National Honor Society (NHS) in their junior or senior year.

Volunteer work is not a requirement for graduation from Mt. Lebanon High School.

DASHBOARD now displays each student's volunteer work documentation. Just click on the "More" icon and your Community Service will be displayed. Please contact Mrs. Kolko if you have any questions about this.

JUNE 10, 2016 is the last day to complete volunteer work so that it will count towards the 2015-2016 academic year. This is not the deadline for turning in the documentation of volunteer work, although it would be greatly appreciated if the paperwork is turned in to the Student Activities office by the last day of school.

In order to be eligible for the National Honor Society (NHS) students need to complete 10 hours (5 hours In-School and 5 hours Out-of-School) of community service each academic year, including their junior and senior year. Juniors and Seniors who meet the initial requirement of a 3.8 weighted QPA at the end of the 2015-2016 first semester will be invited to apply to the National Honor Society. The students who meet this QPA criteria will be given a National Honor Society application packet. Four Pillars of criteria (Scholarship, Leadership, Character and Community Service) are used to determined acceptance into the National Honor Society. The deadline to turn in documented volunteer hours is FRIDAY, MARCH 4, 2016 for any Junior or Senior who is applying for admission to the National Honor Society. This deadline will be strictly honored and is only for those students who have been invited to apply for National Honor Society membership. If you have any questions regarding NHS, please contact Mrs. Christy Smith (csmith@mtlsd.net), NHS Advisor for Mt. Lebanon High School, or visit the National Honor Society website within the Mt. Lebanon High School webpage.

You are always welcome to contact Mrs. Judith Kolko (jkolko@mtlsd.net) in the Student Activites Office (412-344-2105) for more information.

In-School Volunteer Opportunities

Two volunteers are needed to help with the Mt. Lebanon High School's Financial Aid Night on Tuesday, January 5, 2016. Task include greeting guests and distributing information. Plan to arrive at the Fine Arts Theatre at 6:30pm on 1/5/16. Please sign up to help with this event at the Community Service table in the AO.

Volunteers are needed to help with JMS International Night on January 21, 2016. Plan to arrive at the middle school right after school and stay until the event ends around 8pm. The committee is looking for volunteers who are skilled with applying henna art and/or face painting and other tasks will include helping to set up the event, serving refreshments, ushering, helping to organize the participants int he
show, supervising games, and clean up at the end of the event. If you would like to help with these activities, please sign up at the Community Service table in the AO.

If you are artistic, your skills are needed to draw and paint a variety of games on Hoover's blacktop in the Spring. A Brownie Troop leader will work with you on the Principal approved designs. Please talk to Mrs. Kolko to obtain the contact information for the troop leader or you can sign up in the AO.

**Out of School Volunteer Opportunities**

**TOPSoccer** is looking for volunteers to help with kids with special needs during their indoor soccer season. The season begins on January 17th and ends on March 6th. The games are played in the gym at the Salvation Army building on McNeill road beginning at 4pm and ending at 5pm on Sunday afternoons. Please plan to attend at least 5 of the 8 sessions. If you would like to help with this activity, please contact TOPSoccer Mt Lebanon at topsoccer@mlsa.org

Volunteers are needed to rake leaves and/or shovel snow for the elderly in our community. If you live near Bower Hill Road (2 different sections), Country Club Drive, Cedar Blvd, or Jayson Avenue, please sign up to help with this activity at the Community Service table in the AO.

**Mt. Lebanon Junior Women's Club** needs volunteers to help with their event on February 6, 2016 beginning at 8:45am and ending at Noon. Tasks include running carnival games, overseeing the craft stations (assisting children with decorating masks, crowns, etc, and making valentines) and helping to distribute snacks. Please sign up at the Community Service table if you want to help with this event.

**Asbury Heights** is looking for high school students to perform musical entertainment for the residents at that site during the holiday season. If you would like to perform, please contact Ms. Amelia Soisson, Activites Assistant, Asbury Heights at 412-571-5174 (office number) or asoisson@asburyheights.org

The Teen Horticulture Program sponsored by the **Pittsburgh Botanic Garden** needs volunteers to assist with plantings, remove invasive species, build fences and many more horticultural projects at the garden. For more information call 412-444-4464, ext. 231 or go to www.pittsburghbotanicgarden.org/volunteer/individual-volunteer/

**Instride with Therapeutic Riding** is a nonprofit group that teaches kids and young adults with disabilities how to ride a horse. The program runs from late March to mid-November, on Sunday, from 11:30am to 5:00pm. Volunteers do not need to have any experiences with horses. If interested, please contact Mrs. Drue Bellora, Volunteer Coordinator, at 412-531-7301 or the program’s website: www.instridetherapeuticride.org

There are several volunteer opportunities at the Concordia facility located down the hill from Bower Hill Road. An information sheet is available in the Community Service office. Also, you can contact Ms. Maya Mahler, Director of Activities/Volunteer Coordinator (mmahler@concordia-southills.org) or call 412-294-1357 for information.
Jefferson Regional Medical Center is recruiting volunteers to help in various sites throughout the hospital. To learn about the specific roles of a volunteer, please contact Ms. Heidi Gregori, Specialist for Customer and Volunteer Services in the Volunteer Office at 412-469-5885 or volunteer@jeffersonregional.com

The Grand Residence at Upper St. Clair is looking for volunteers to assist with their elder social programs. Please contact Ms. Emily Gregory at 412-833-2500 to learn more about the flexible scheduling available.

Marion Manor in Greentree is requesting volunteers to assist with a variety of tasks including escorts residents to and from activities, bringing in your pet for pet therapy sessions, reading to the residents and painting the nails of female residents. If interested, please contact Ms. Marylee Lawrence at 412-440-4369 or mlawrence@marionmanor.com

Paramount Hospice and Palliative Care in McMurray, PA is looking for volunteers. Please contact their volunteer service coordinator, Lisa Evans at 724-969-1021 or 412-780-7446. The facilities are located in Baldwin and Mars/Cranberry Township areas.

The Western Pennsylvania Conservancy has 140 community gardens in and around Western Pennsylvania. Volunteers are needed to pull out the flowers in the Fall and replant flowers in the Spring. Contact Lynn McGuire-Olzak (lmcguire-olzak@paconserve.org, 412-586-2324) if you are interested in assisting with this activity.

HELP (Hospital Elder Life Program) at UPMC Shadyside is offering a volunteer Externship during the summer of 2010. You must be 18 years old or older. Please contact Ms. F.D. Fields for additional information (412-623-1158 or email fieldsfw@upmc.edu).

Harmony Hospice & Palliative Care (www.harmonyhospice.com) is recruiting for volunteers. The expectation for the volunteer is to make one visit a week for an hour and stay with their assigned patient for the length of time until the patient’s death. Volunteers are not permitted to do any personal care, body transfers or provide transportation for the patients. The volunteer is assigned as a companion to provide socialization and emotional support to the patient. All prospective volunteers are required to attend a three hour hospice orientation that is presented at the Harmony Hospice office in Carnegie, although an evening or weekend orientation at Mt. Lebanon Public Library could occur if that would be more convenient for the volunteer. Harmony Hospice & Palliative Care is located at 811 Washington Avenue, Carnegie, PA 15106 and they can be contacted by calling 412-276-4700. Additional information is available in the Community Service office.

Brookline U.P. Church needs some help with two projects. The Food Pantry is held the second Saturday of every month. Assistance is needed to carry the bags of groceries to the cars of the elderly. This project starts at 9:00 am and ends at 11:00 am. Their After School Program could also use some assistance. The students are from upper elementary and Middle School grades. The program runs every Wednesday from 4:00pm - 6:00pm. Pastor Marsha Sebastian is the supervisor for both projects. Contact Mrs. Kolko for driving directions or call Pastor Sebastian at 412-278-1718.
Both Asbury Heights and the Baptist Home could use additional volunteers for their programs that are held during the week or on weekends. Contact Ms. Marci Thomas at the Asbury Heights Volunteer Office at 412-571-5150 or contact Ms. Dionne Rose at the Baptist Homes at 412-572-8254.

Country Meadows Nursing Center, located on Washington Pike in Bridgeville, is needing volunteers. Please contact Ms. Deb Rubis at 412-257-2472, ext. 120 for additional information.

SOJOURNER HOUSE in East Liberty, a residential facility for recovering mothers and their children, needs students to visit and play with their children one Saturday a month. Please contact Mrs. Kolko (Room 648) if you are interested in this activity.

Pittsburgh Food Bank needs weekday groups of 15 to 20 volunteers who would sort, categorize and box food donations. Call Deidre Gross at 412-460-3663 x211 or you can email her at dgross@pittsburghfoodbank.org. She will work with you to select a day that best fits your schedule and theirs. Individuals are also welcome. The Repack Center is open from 8 am to 3 pm, Monday through Friday.

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