

Christian Service Project (Freshwomen, 2nd Semester)

CARE FOR THE ELDERLY

SAN MATEO COUNTY

RALSTON VILLAGE

1301 Ralston Avenue, Belmont
(650) 654-9700
Volunteer Coordinator: Collette

Ralston Village serves the needs of senior citizens who are afflicted with dementia or Alzheimer's disease. Volunteers are encouraged to play games, chat with residents, or help serve a meal. **Sign up to attend an orientation session through Campus Ministry!**

CARLMONT GARDENS

2140 Carlmont Drive, Belmont
(650)591-9601
Volunteer Coordinator: Lisa Mendoza

Volunteers are needed to provide company, perform artistically, participate in activities and do arts and crafts with the residents. Please dress conservatively (no short skirts, low-cut tops, tank tops, etc.).

SUNRISE ASSISTED LIVING

1010 Alameda de las Pulgas, Belmont
(650)508-0400 or (650)413-6684
Volunteer Coordinator: Virginia Lindsay

Students are needed to help serve dinner at 5pm, or to lead a prayer group for residents. New volunteers must fill out an application, provide parental consent, a recent TB test, and attend orientation.

HILLSDALE MANOR

2883 South Norfolk Street, San Mateo
(650)378-3000
Volunteer Coordinator: Brenda

Hillsdale is a long-term care facility for senior citizens. Volunteers may visit with residents, read, play games, or help residents play bingo.

DEVONSHIRE OAKS

3635 Jefferson Avenue, Redwood City
(650)366-9503
Volunteer Coordinator: Danette or Agnes

Volunteers can visit with the residents, helping them paint, playing music or bingo, or going for short walks. Volunteers must fill out an application and get written permission from parents. Please bring proof of current TB test.

FAMILY SERVICE AGENCY DINING SITE

725 Monte Diablo, San Mateo
(650)780-7525
Volunteer Coordinator: Vina
Volunteer Hours: 12pm-1pm

The Senior Dining Site serves hot lunches to seniors five days a week. Volunteers can help serve meals or make party decorations for the center. Help is also needed with clerical and food storage tasks. Student volunteers are requested to call to set up their own volunteer hours (rather than parents).

SAN CARLOS ADULT DAY SUPPORT CENTER

787 Walnut Street, San Carlos
(650)592-9325
Volunteer Coordinator: Daniel

The Center serves slightly to moderately disabled senior citizens who need individualized care. Volunteers visit and help with meals and activities. If you are under 15, you need a parent/guardian with you. Volunteers must attend an orientation (offered 1-2 times per month) and then commit to a minimum of 20 hours of volunteer work.

VETERANS MEMORIAL SENIOR CENTER

1455 Madison Avenue, Redwood City
(650)780-7320
Volunteer Coordinator: Andrea

The Center helps seniors maintain a healthier and more productive lifestyle. Short-term volunteers can help decorating for and coordinating special events. Long-term opportunities are available as well, including a grocery shopping program and "Friendly Visitor" program.

CITY OF SAN MATEO SENIOR CENTER

2645 Alameda de las Pulgas, San Mateo
(650)522-7490/ (650)522-7493
Volunteer Coordinator: Maureen Hahn

The San Mateo Senior Center provides services and recreation to the senior citizens of San Mateo and surrounding areas. Volunteers are needed to provide company, perform artistically, participate in activities and do arts and crafts with the residents, and serve lunch Mondays, Wednesdays, and Fridays.

PLEASE NOTE: Notre Dame High School provides this list of organizations as a resource guide only and does not necessarily endorse all aspects of an organization's mission or events. Parents are responsible for ensuring the safety and appropriate supervision of students' volunteer activities.

CARE FOR THE ELDERLY **SAN MATEO COUNTY (Cont'd)**

CANYON HOUSE

16 Coleman Place, Menlo Park
(650)322-2022
Volunteer Coordinator: Linda or Lisa
Volunteer Hours: 9am-4:30pm, 7 days/week

Canyon House provides retirement homes for seniors. Volunteers befriend residents by visiting, playing games, talking, reading, singing or dancing. Long-term commitment not required.

PENINSULA VOLUNTEERS

800 Middle Avenue, Menlo Park
(650)326-0665
Volunteer Coordinator: Janice Pierce

Peninsula Volunteers has provided service for more than 57 years and has led the nation in developing programs and properties to support the welfare of the senior members of the community. We prepare and deliver over 1000 hot meals every week to the homebound through **Meals on Wheels**, and touch over 4500 households through our programs at The Little House, Roslyn G. Morris Activity Center, **Rosener House Adult Day Services**, and Crane Place and Partridge-Kennedy Apartments low cost housing.

ST. FRANCIS CONVALESCENT HOSPITAL

99 Escuela Drive, Daly City
(650)994-3200
Volunteer Coordinator: Mary Moore

St. Francis provides 24-hour nursing care, rehab, and recreation for its residents. Volunteers befriend seniors by visiting, reading, playing games, taking walks, or writing letters. Cantonese, Tagalog, & Spanish speakers especially welcome.

MILLBRAE SERRA CONVALESCENT

HOSPITAL 150 Serra Avenue, Millbrae
(650)697-7000
Volunteer Coordinator: Nina Elmore

Millbrae Serra is a convalescent home that provides care to the very elderly and infirm. Volunteers can help as visitors or activity assistants, and play games and bingo during social hour. Volunteers must be at least 16 year old. Volunteer and parents must fill out a form.

EMMANUEL CONVALESCENT HOSPITAL

33 Mateo Avenue, Millbrae
(650)583-8937
Volunteer Coordinator: Josie or Raeann
Volunteer Hours: 8:30am-5pm M-F

Student volunteers are needed to interact with disabled and elderly residents. Volunteers can play games, write letters, or entertain. Volunteers must have a current TB test and fingerprinting.

THREE BELLS OF MONTARA

1185 Acacia Street, Montara
(650)728-5483
Volunteer Coordinator: Jasmine Wicks
Volunteer Hours: Monday- Friday 9:30am-5:30pm

Visit with or read to residents, help serve coffee and juice, or participate in activities with residents. Long-term commitment not required, but you must call ahead to schedule.

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CARE FOR THE ELDERLY **SANTA CLARA COUNTY**

CHANNING HOUSE

850 Webster, Palo Alto
(650)324-7572

Volunteer Coordinator: Suzanne Gabin
Volunteer Hours: Mon-Sat 10-1, 2-4

Channing House is a nursing facility and retirement home. Volunteers visit with patients, assist with bingo, word games, arts and crafts, nature walks, or parties.

PALO ALTO NURSING CENTER

911 Bryant Street, Palo Alto
(650)327-0511

Volunteer Coordinator: Tina Pahler
Volunteer Hours: 7 days a week, varying times, some evenings

Palo Alto Nursing Center provides care for convalescing individuals. Student volunteers may participate in or teach recreational programs, assist with arts, music, gardening, games, bedside activities, or special social events. Volunteers must fill out an application packet and show records of a recent TB test.

PALO ALTO COMMONS

4075 El Camino Way, Palo Alto
(650)494-0760

Volunteer Coordinator: Deeann Hui

Palo Alto Commons is a retirement center for senior citizens located in south Palo Alto. Volunteers may join the seniors in their activities, such as games, reading, arts & crafts, and bingo.

LYTTON GARDENS

437 Webster Street, Palo Alto

(650)617-7355

Volunteer Coordinator: Alissa

Lytton Gardens is home to a diverse population of over 500 low-income seniors aged 64-104 who have amazing stories to share. Each year we connect hundreds of volunteers with Lytton Gardens residents to counter the isolation, loneliness and depression that can overwhelm seniors as they age. Volunteers provide friendship, entertainment, and intellectual stimulation; current opportunities include: talking to a senior, accompanying a senior on a walk, teaching a senior how to access the Internet, sharing a meal or a good conversation, tutoring English, entertaining, and hosting an activity with your friends. We can accommodate almost any volunteer schedule and we'd love to see how your talents could make a difference in the lives of our seniors!

Volunteers must attend a volunteer orientation (every Monday 7:00-8:30pm). Orientation counts towards volunteer hours.

EAST PALO ALTO SENIOR CENTER

560 Bell Street, East Palo Alto
(650)329-5901/ (650)688-1824

Volunteer Coordinator: Millie or Lois
(Call between 9am-3pm)

The Senior Center provides seniors with information about health screenings, transportation, recreation and fellowship opportunities. Volunteers can help with crafts and recreation, lunch, office work, gardening, or maintenance of the building.

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