



United Way of
Southwestern Pennsylvania

VOLUNTEER TO IMPROVE COMMUNITIES AND CHANGE LIVES



UNITED WAY HELPS THOSE WHO WANT TO HELP.

United Way of Southwestern Pennsylvania connects companies, families and individuals with meaningful volunteer opportunities that can help people in need. We're here to create unique experiences that let more people take an active role in making communities and families stronger. If you have a desire and the willingness to help, United Way is a good place to begin.

TO GET STARTED

Wendy Koch
Director of Volunteer Engagement,
Allegheny County
wendy.koch@unitedwayswpa.org | 412-456-6730

John Furman
Volunteer & Employment Program Coordinator,
Butler County
john.furman@unitedwayswpa.org | 724-285-4883

Jesse Sprajcar
Community Impact Director, Westmoreland Region
jesse.sprajcar@unitedwayswpa.org | 724-834-7170

unitedwayswpa.org

United Way of Southwestern Pennsylvania serves Allegheny, Butler, Westmoreland, Fayette & Southern Armstrong Counties

TOGETHER WE HELP WHEN AND WHERE IT'S NEEDED MOST.

United Way works to solve our community's most critical issues. Our volunteer opportunities align with strategic impact areas that can make a lasting and meaningful difference in the lives of children, financially struggling families, seniors and individuals with disabilities.

VOLUNTEERISM THROUGH UNITED WAY:



Helps **CHILDREN** to succeed in school and in life with academic support and mentoring



Supports **FINANCIALLY STRUGGLING FAMILIES** as they avoid hunger and homelessness



Enables **SENIORS** to stay connected to the community and avoid isolation



Supports **INDIVIDUALS WITH DISABILITIES** as they pursue fulfilling futures

COMMUNITY ENGAGEMENTS

MOBILIZING THE MASSES FOR GOOD.



Stronger and more effective together than we could ever be alone, community mobilization brings large-scale positive change. **We create volunteer experiences that rally entire communities.**

UNITED WAY FACILITATES COMMUNITY ENGAGEMENT.

We can create meaningful opportunities that address tangible needs in the very communities in which volunteers live. It's amazing what groups of people can accomplish when they're willing to roll up their sleeves and work together. By mobilizing families, corporations and individuals, more of the hands-on work that has a direct impact on local neighborhoods and communities can be accomplished with greater efficiency.



VOLUNTEERISM BENEFITS ENTIRE COMMUNITIES

Together we put meals on tables and staples in pantries to help families who are experiencing food insecurity. We help kids thrive with volunteer experiences that address children's health and education initiatives. We give seniors and people with disabilities the resources and support they need to stay woven into the fabric of their communities. Volunteerism provides countless wonderful ways to make communities healthier and stronger.

VOLUNTEERISM MADE EASY AND REWARDING

We understand the community's critical needs. We also have the long-term partnerships with local agencies that help us to best meet those needs. Let us leverage our connections and handle the logistics to make your participation in community volunteerism easy. We'll match you with an impactful United Way opportunity that reflects your values and interests. Your willingness to participate will change lives, including your own.



GET ENGAGED IN COMMUNITY VOLUNTEERISM

MOBILIZE AND MAKE A DIFFERENCE.

When you're ready to help, we're ready with engaging opportunities through which families, corporations, individuals and other groups can mobilize and make meaningful contributions to the community. All you have to do is show up and United Way initiatives will get you involved. If you're looking for a way to make a kid's day while instilling lessons that can last a lifetime, we have just the event. If you're willing to devote some time and energy to build community spirit, we can make that happen, too.



VOLUNTEER TYPE

Short Term
Individual or Group



POPULATIONS SERVED

Children
Financially
Struggling Families



REQUIREMENTS

- Identify a lead contact
- Set up and manage internal registration
- Report participation numbers to UW
- Financial requirement may apply



“It’s a very rewarding experience to be able to think outside of your business environment, understand how your dollars are being spent and how you’re helping other people to change the course of their lives.”

— Lori Schoonmaker, Senior Vice President, National Markets, at Highmark/Build A Bike Volunteer



BUILD-A-BIKE

Do you want to be that trusted adult who helps a kid to make something real and wonderful with their own two hands? Then this is the ride you’ve been waiting for. Grab some friends, neighbors or coworkers and collaborate with a kid to make an unassembled bike road-ready. Along the way, the child will learn the value of teamwork and the importance of cultivating healthy habits. And, he or she will ride off with a brand-new bike.



GAMES FOR GOOD

Do you want to volunteer to help kids in a big way? Then this is the best game in town. Games for Good helps local children by reinforcing the benefits of active lifestyles and good nutrition. Be a role model who inspires kids to jump higher and run faster during fun activities, games and stations that promote fitness and healthy eating habits.



COMMUNITY PARK IMPROVEMENTS

Do you want to volunteer to make sure families and kids have safe outdoor spaces in which to exercise and play? Then this is your day at the park. A little teamwork can make a big difference in the appearance of community parks that have fallen into disrepair as a result of inadequate funding. Volunteerism can help maintenance makeovers materialize and community spirit blossom.



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KEY INITIATIVES

RELATIONSHIPS FORGED IN HOPE.

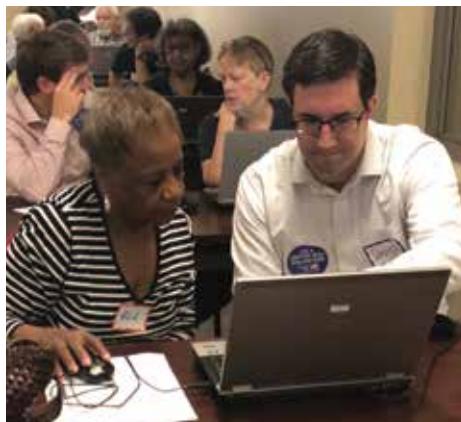


We see local communities from a unique vantage point. More importantly, we have the resources and partnerships to help meet pressing needs as they're identified.

We'll empower you to use your time and talents to help your neighbors.

UNITED WAY FACILITATES A STRATEGIC APPROACH TO VOLUNTEERISM.

Our strategic, targeted approach to volunteerism allows our volunteers to make a meaningful difference in the lives of children, financially struggling families, seniors and individuals with disabilities. We strive to create opportunities that enable volunteers to build long-term relationships. We also facilitate initiatives that allow volunteers to give of themselves for a finite period of time. In both cases, our volunteers have a lasting impact on the people they show up to help.



VOLUNTEERISM THAT BUILDS ONGOING RELATIONSHIPS

United Way offers opportunities to get and stay involved and build lasting relationships with the seniors, children and families you lend your support to. It's natural to become personally invested through mentorship, home visits with seniors or supporting single moms or struggling families as they navigate difficult times. It's also incredibly rewarding.



VOLUNTEERISM THAT MAKES A LASTING IMPACT

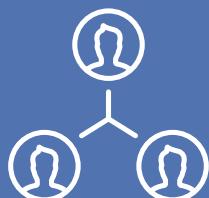
By mentoring a middle schooler over the course of a year, you change the course of his or her life. By taking a senior to appointments and shopping, you prevent isolation. By sharing your time helping low-income working families file tax returns, you facilitate refunds that can help them keep the lights on and food on the table.

BE A MIDDLE SCHOOL MENTOR

BE AN INSPIRATION TO OTHERS.

Middle school is a critical time for youth. Many need help to stay on the right path. You can be the difference for a child who needs guidance. Help a local student build character, develop career aspirations and learn the importance of staying in school. You can make a measurable difference for a local student by inspiring them to have hope for the future.

Volunteer mentors are matched with middle school students and commit to meeting for one hour a week during the school year, providing guidance that can transform the future of a student in need. Volunteer as an individual or coordinate a team of employees or friends at a specific school. There are multiple school locations and times to make it convenient for you.



VOLUNTEER TYPE

Long Term
Individual or Group



POPULATIONS SERVED

Children



REQUIREMENTS

Phone Screening:
15 minutes

Face to Face Interview:
1 hour (at your convenience)

**Training Session/
Onboarding:**
3 hours

Time Commitment:
October-May/1 hour
per week



“It was great to meet a new person, and we connected like family. James is a resource for me for college and the future.”

— Alijah, Be A Middle School Mentor Participant

ALIJAH

Alijah has always pursued his interests and dreams. Because of his involvement with United Way’s Be a Middle School Mentor program, this 8th grader already has a clear picture of his education goals.

Alijah first joined the program as a Brookline Elementary 6th grader because he wanted to try something new. He was matched with James Doyle, a Pittsburgh Public Schools employee, who has been able to offer him valuable insight into high school and beyond.

“It was great to meet a new person, and we connected like family,” Alijah says. “James is a resource for me for college and the future.”

Alijah has plans to take college engineering, math, computer and science classes in order to gain skills to reach his goals. Since attending a car show at the Pittsburgh Convention Center, he’s developed an interest in becoming an engineer and designing cars. He hopes to work for West Coast Customs in California after graduation, and even have his own business one day.

TO GET STARTED

Damon Bethea | Mentoring Project Director
damon.bethea@unitedwayswpa.org | 412-456-6770
volunteer.uwsipa.org



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VOLUNTEER FREE TAX PREPARATION

HELP HARDWORKING FAMILIES KEEP MORE OF WHAT THEY EARN.

Many hardworking, low-income families are struggling to make ends meet. For these families, every dollar they get back in earned income tax credits can make a critical difference. Last year, volunteer tax preparers helped prepare nearly 10,000 returns, returning almost \$17 million in refunds — helping these families put food on the table, pay rent, keep the heat on and pay for other basic needs.

Volunteers receive free training to become IRS certified. Training can take place online or in a classroom setting, and the duration is dependent upon your experience level. Once volunteers pass the IRS certification test, they can choose from a variety of sites and times — based on their schedule — and will be connected with qualifying families in need.

In just a few hours a week during tax season, you can change lives, improve the financial health of our community and learn a new skill.



VOLUNTEER TYPE

Short Term
Individual or Group



POPULATIONS SERVED

Financially Struggling Families
Women
Veterans



REQUIREMENTS

Background Check:
15 minutes

Training:
Online and classroom
(two 8 hour days)

IRS Certification Testing:
2-4 hours

Time Commitment:
3+ hours per week during
tax season. Evenings and
weekends available
(12 weeks Mid Jan-Mid April)



“ We had almost nothing when we arrived in this country. We have two small children and live a very simple life. Our refund helped us afford some new things for the children and we were able to put some of the money aside so we can buy a home someday. This means a lot to us.”

— Ngun, Volunteer Free Tax Prep Recipient

“ I have come to really appreciate how low-income people in our area live, how they manage to make it work. It is pretty humbling to see that.”

— Rick, Volunteer Tax Preparer

NGUN

Ngun fled persecution and terror in her native Burma. After running and hiding for years as fugitives in constant fear of being caught, Ngun and her husband finally resettled in Pittsburgh. They had almost nothing when they arrived, and they've worked hard to build a new life.

Some things about their adopted homeland are still hard to understand, like the intricacies of the tax system. So the free income tax preparation site that United Way supports has been a big help. Ngun and her husband were thrilled to learn that they were entitled to a refund on their modest earnings. They didn't know they could get money back.

Ngun now volunteers as a translator at the site, which is a hub for the refugee community. She appreciates the many hours that tax preparation volunteers from all walks of life contribute to help working families like hers, and she wants to help too. “I want to help everyone in my community to have their dreams,” she says.

TO GET STARTED

Alena D. Anderson
Program Manager, United for Families
alena.anderson@unitedwayswpa.org
412-456-6773 | volunteer.uwsipa.org



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OPEN YOUR HEART TO A SENIOR

**SHARE YOUR VALUABLE TIME.
HAVE AN INVALUABLE EXPERIENCE.**

For seniors, remaining independent in their own homes is often the best way to remain healthy and happy. Thousands of older adults in our community are striving to live independently, but may need a little extra help to do so. Thanks to a network of caring community volunteers, they can.

United Way's Open Your Heart to a Senior recruits, trains and matches volunteers of all ages to help seniors in our community. These volunteers provide local seniors with companionship, meals, rides to medical appointments and more. Their help enables seniors to remain independent, manage their own health, live safely and avoid isolation. And volunteers not only impact the lives of seniors, but also give family caregivers — who are struggling to manage work, life and other commitments — much needed support.

Volunteers have the flexibility to choose opportunities that work with their schedule, giving them an easy way to make a meaningful difference to a senior in need.



VOLUNTEER TYPE

Short or Long Term
Individual



POPULATIONS SERVED

Seniors
Family Caregivers



REQUIREMENTS

Phone Screening:
15 minutes

Background Check:
30 minutes

**Face to Face Interview/
Orientation:**
1 hour (at your convenience)

Time Commitment:
Flexible depending
on schedule



"I am so grateful for the visits."

— Jean, OYHS Participant

JEAN

Jean is happily baking cookies for an upcoming visit with volunteers she has been visiting with since United Way's Open Your Heart to a Senior (OYHS) initiative connected them two years ago.

When Jean first learned about OYHS, she was caring for Meyer, her husband of over 60 years, and the two were finding it difficult to get out and about. A friend advised Jean to contact AgeWell Pittsburgh, a United Way partner agency of the OYHS program, to inquire about services to help homebound seniors.

"Meyer's life was so limited," Jean reflects. "There was nothing for him to look forward to day-to-day. Initially, Meyer received visits from volunteer Howard Aizenstein and his teenage son, Simon.

"The time they spent with him was so precious," Jean said. "It was just what Meyer needed. I'll always be grateful for what they gave him." About a year into their OYHS relationship, Meyer passed away. Weeks later, Howard called Jean to ask if his family could continue visiting her.

"I was so touched," Jean said. "Howard's wife, Barbara, and daughter, Evie, started to come, too. It's such a delight. We love playing games, and they include me in their family's activities. I can't wait for the next time we get together."

TO GET STARTED

Laura Poskin
Director, United for Seniors
laura.poskin@unitedwayswpa.org
412-456-6716 | volunteer.uwsipa.org



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CORPORATE VOLUNTEERISM

A WIN-WIN IN WONDERFUL WAYS.



The right volunteer endeavor can have far-reaching benefits for employers, employees and the community.

We make it easy to experience meaningful, lasting change.

UNITED WAY FACILITATES CORPORATE VOLUNTEERISM.

We can rally your employees around important community work. We're even poised to create a custom opportunity that best suits the interests, availability and talents of your workforce. We'll handle the logistics to make participation seamless and rewarding. And because we understand the community's critical needs and have partnerships with local agencies, we can leverage our relationships to deliver meaningful opportunities for volunteerism.



VOLUNTEERISM BENEFITS **EMPLOYEES**

Employees take pride in working for organizations that exhibit corporate responsibility. In fact, a Cone Communications Employee Engagement Study found that 51% of employees will opt not to work for a company that lacks a strong commitment to having a positive social impact. Bottom line: If your organization chooses to help make communities, families and individuals stronger, you enhance your ability to attract and retain high-quality employees.

VOLUNTEERISM BENEFITS **EMPLOYERS**

When an organization is a force of good in the community, enhanced brand equity tends to follow. Corporate volunteerism also enhances employee loyalty and camaraderie. Building a culture that reinforces the mentality that “we’re all in this together” is just good business. Cone’s Communications Employee Engagement Study found that 74% of people say their job is more fulfilling when they are provided opportunities to make a positive impact at work.

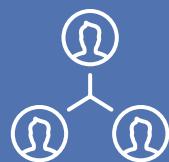


DAYS OF CARING

LET YOUR EMPLOYEES SHINE. AND WATCH THE COMMUNITY LIGHT UP.

Let us help you develop a volunteer project that both meets the needs of your organization and impacts the community and local people in significant ways. We'll take your schedule, the size of your group and areas of interest into consideration. We're also happy to hold your team's customized volunteer experience at the venue of your choosing, including onsite at your workplace. United Way will:

- Work with you to determine what your volunteer project goals are
- Determine what types of volunteer projects are needed at local non-profits
- Assist in implementing your project, start to finish
- Plan a volunteering program that will be a great team-building activity, improve morale and help meet an important need in our community



VOLUNTEER TYPE

Short Term Group



POPULATIONS SERVED

Children
Financially Struggling Families
Veterans
Women



REQUIREMENTS

Work with UW Staff to develop program
Identify a lead contact
Set up and manage internal registration
Report participation numbers to UW
Financial requirement may apply



“ This year nearly 170 of our employees participated in PPG’s Day of Caring. It was a great feeling to know that we were able to have an impact on more than 30,000 people in our community. Employees participated in community service projects across 10 non-profit sites that work with children, veterans, seniors and families in crisis. The experience was so meaningful to everyone who participated.”

— Leah Hemminger
Supervisor of Transportation
PPG/Day Of Caring Volunteer

BELOW ARE JUST A FEW EXAMPLES OF THE VOLUNTEER OPPORTUNITIES THAT CAN BE DEVELOPED SPECIFICALLY FOR YOU AND YOUR EMPLOYEES:

UNITED WAY’S 100,000 BOOK CAMPAIGN

Help increase reading skills in children to prepare them for school so they can achieve academic success. Participate in read along volunteer events or recruit a team of volunteers to create literacy kits that encourage kids to read and learn.

FOOD AND SUPPLY DRIVES

Providing for the basic needs of vulnerable members of our community is one of the most significant ways you can make an immediate difference for someone in need. Host or volunteer for a food, supply or product drive to collect the essentials for those who are living without them.

MEAL PREPARATION

Come together as a group to prepare and serve a meal at either the Women’s Center & Shelter of Greater Pittsburgh or Bethlehem Haven. Offering a warm, healthy meal and a kind smile are simple ways to help women who are experiencing difficult times.

TO GET STARTED

Wendy Koch
Director of Volunteer Engagement
wendy.koch@unitedwayswpa.org
412-456-6730 | volunteer.uwswpa.org



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ADOPT-A-SCHOOL/ COMPANIES IN THE CLASSROOM

**INVEST IN THE FUTURE OF OUR COMMUNITY.
ONE SCHOOL AT A TIME.**

Through Companies in the Classroom and Adopt-a-School your company can engage children in valuable learning and exploration experiences while creating a meaningful volunteer experience for your employees.

Both Companies in the Classroom and Adopt-a-School help meet the needs of underserved schools and students. Each also affords an opportunity for your organization and employees to give back to the community as leaders, mentors and role models. What differs is the depth of commitment each opportunity requires of your organization and employees.



Enhance the school environment by making it a more positive place to learn and grow



Provide mentorship by engaging students with trusted adult role models



Foster success in school by sharing life skills, developing interest in careers and promoting the importance of academic attendance and performance



Strengthen the culture of volunteerism in your organization and attract quality candidates who understand the value of giving back



“ Adopt-a-School has been a unique opportunity to connect our employees with the local community. The Covestro volunteers have had the opportunity to really get to know the kids and they love it! Building these relationships has been so great for the students, teachers and our employees.”

— Rebecca Lucore, Chief of Staff & Head of Sustainability and Corporate Social Responsibility, Americas, Covestro LLC/Adopt-a-School Volunteer

ADOPT-A-SCHOOL REQUIREMENTS:

- Financial commitment: \$10,000
- Kickoff meeting with United Way staff: 1 hour
- Year-end meeting: 1 hour
- Time commitment: flexible depending on schedule
- Minimum of 4 activities customized based on mutual needs of the partner and the school per year

COMPANIES IN THE CLASSROOM REQUIREMENTS:

- Financial commitment: \$1,500
- Kickoff meeting with United Way staff: 1 hour
- Year-end meeting: 1 hour
- Time commitment: 2 years
- Two turn-key activities per year with an option to add others

TO GET STARTED

Wendy Koch
Director of Volunteer Engagement
wendy.koch@unitedwayswpa.org
412-456-6730 | volunteer.uwswpa.org



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