volunteerMS

June - July 2012

e-newsletter

Volunteers needed for the following:

- **Bike MS** – Volunteers needed at bike tours in the Finger Lakes, Hudson Valley, and Western New York regions. Click here for date and location information.
- **"Distribution Days" for Bike MS locations –** We need help distributing event information near you. Click here to email Ashley if you can help.
- **DIY Fundraising –** Create your own volunteer experience in your neighborhood. Rally the help of friends, neighbors and co-workers to find creative ways to raise awareness and critical funds for MS research, programs and services. Click here to learn more about DIY Fundraising.
- **Community Recruiters needed in Albany, Binghamton, Buffalo, Rochester and Syracuse –** Click here for more information.
- **Join our "Thank You" Team –** Volunteer from your own home by making phone calls to say "Thank you" to people who have been involved in the MS movement in significant ways. Click here to find out more.

Volunteering is Rewarding

Our largest volunteer-driven project of the year takes place on Saturday, June 9. This day, known as **MS Service Day,** is dependent upon volunteer teams to roll up their sleeves and serve in the homes of people with MS. Volunteers help with yard work, cleaning, organizing, and light repairs. More than 160 volunteers will get to work in their communities on this important day, and several volunteers are returning for the third year in a row! Many have commented on how rewarding it was to volunteer on MS Service Day.

We have also learned of other ways that volunteering can be rewarding. There are several companies that provide incentives to their employees to volunteer. In some cases, if a volunteer expresses interest in a specific cause or non-profit organization, their employer provides a financial gift to that organization. **Do you work for a company that provides rewards for volunteer efforts?** Check with your employer or contact Ashley Greenman to find out more about possible volunteer partnership opportunities.

Student Internship Opportunities

We are currently recruiting interns for the fall semester in Rochester, Buffalo and Binghamton. Click here to learn more about the internships we offer and how to apply. Be sure to pass this along to college students you know who may be looking for an internship.

Be a Friendly Visitor.

The Friendly Visitor program provides companionship and emotional support to nursing home residents and individuals isolated in their home due to the effects of multiple sclerosis. Click here to learn more about volunteering as a Friendly Visitor.

Feedback or Suggestions?

Do you have any feedback about volunteering? Please click here to provide your thoughts, suggestions and questions about volunteering.

Be sure to click "opt out" below if you do not want to receive the volunteer e-news.