

ABOUT US

HISTORY

In 1978, a small group of Bergen County parents who had children with developmental disabilities gathered to discuss a shared concern:

Who would care for their adult disabled children in a barrier-free environment when they could no longer do so?

Their concern was the impetus behind Spectrum for Living, and the dream of our founding parents Alexander Gallione, Rena Kamena, Adele Guttenberg, Edna Melosh, and Annette Levy was realized.

MISSION

To enable individuals who have developmental and/or physical disabilities to have the opportunity to attain their highest level of skills, purpose and independence with dignity through an ongoing commitment to comprehensive quality services, advocacy and family partnership.

VOLUNTEER SERVICES

Spectrum for Living provides a wide variety of volunteer service projects for individuals, groups, and corporations across Bergen, Passaic, and Middlesex County. Service projects are fully customizable based on skill-sets, time-frames, and group sizes.



CONTACT US

For more information, or to customize your volunteer opportunity please contact:

KATHLEEN BENTZEN

Individual & Group Volunteerism

📞 201-358-8000

✉ kbentzen@spectrumforliving.org

View our volunteer website and download your volunteer waiver Here:



WWW.SPECTRUMFORLIVING.ORG/VOLUNTEER

ELIZABETH BOYAJIAN

Corporate Volunteerism

📞 201-358-8081

✉ eboyajian@spectrumforliving.org



*Spectrum
for Living*

SPECTRUM FOR SERVICE

Individual, Group, and Corporate
Volunteer Opportunities



CORPORATE VOLUNTEERISM

We match corporations to volunteer projects of their choosing, while creating recruitment materials and volunteer guides for your employees, coordinating meals for the group, and issuing post-day of service social media posts and press releases.

ADOPT A GARDEN:

Maintain client flower and vegetable gardens.



THROW AN ICE CREAM PARTY:

Host an ice cream social at client group homes or recreation facilities.

FACILITATE AN ART PROJECT:

Coordinate an arts and craft project for our clients to treasure.



TEACH A CLASS:

Help our clients master a new skill, from baking to knitting, and more!



BEAUTIFY FACILITIES:

Paint common areas and/or client rooms.



WASH VANS:

Clean the interior and exterior of our clients' vans ensuring they are ready for client use.



Volunteer with Spectrum!

We will match you with impactful volunteer projects that improve the lives of our **1200+** clients.



Volunteering for the mind, body, and soul!

A recent study on volunteer service and personal wellness shared that of those who volunteer,

96% FELT AN ENRICHED SENSE OF PURPOSE

94% REPORTED MOOD INCREASES

95% EXPRESSED A DEEPER CONNECTION TO THEIR COMMUNITY

*Corporation of National and Community Service

INDIVIDUAL & GROUP VOLUNTEERISM

Individuals and groups (age 16+) may volunteer on a single or reoccurring basis. Single-session volunteers must complete a volunteer waiver. Recurring volunteers must consent to a background check, fingerprinting (age 18+), and an administrative training.



CLERICAL:

Assist with clerical work including data entry, filing, and basic computer tasks.

FRIENDLY VISITOR:

Socialize with our residents individually or with your family.



RECREATION:

Help the recreation team with client games, dances, and activities.

SKILL BASED VOLUNTEERING:

Provide instruction in music, art, cooking and/or assist with maintenance services as needed.



STUDENT INTERNSHIPS:

Gain workplace skills or school credit. Internships are available across the marketing, finance, human resource, recreation, maintenance teams, and more!

THERAPY DOG PROGRAM:

Bring your certified therapy dog to visit our clients.

