**REQUEST FOR COVERAGE**

NEW YORK CARES ENCOURAGES NEW YORKERS TO “TAKE THIS OFFLINE” AND INTO THEIR COMMUNITIES BY OFFERING MORE THAN 3,200 VOLUNTEER OPPORTUNITIES IN NYC DURING NATIONAL VOLUNTEER WEEK APRIL 7-13

During National Volunteer Week (April 7-13), New York Cares, the largest volunteer network in New York City, will offer more than 3,200 volunteer opportunities serving thousands of individuals in need across all five boroughs. This week and all year round, New York Cares encourages New Yorkers to take action offline by addressing key issues impacting our communities. Projects include feeding the hungry, supporting seniors, providing tax prep and employment support, revitalizing parks and gardens, promoting health and wellness, and much more.

With a population of nearly 9 million, New York City struggles with profound structural inequality. Thirty percent of high school students still do not graduate on time, 1.25 million New Yorkers are food insecure, and 22% of our children live in poverty. Conversations about racial and economic equity are already taking place all over the country, from the offices of our elected officials to our social media feeds. New York Cares encourages New Yorkers to join them in pairing the power of social activism with city-wide service by take things offline and turning on-the-ground service into content for their next social media post.

The theme of New York Cares’ National Volunteer Week is Let’s Take This Offline, which stems from the idea of taking a holistic approach to change as activism isn’t an either/or. Especially in today’s digital age, there is more than one way to give voice to issues you care about. Some march, some post, and some volunteer. Sparking conversations online around economic inequality is a powerful thing, just like helping your neighbors complete their taxes, study for the SAT, or find their career path.

National Volunteer Week (April 7–13) is a nationwide volunteer recognition movement created by Points of Light.

Featured volunteer opportunities for media to attend, include

Monday, April 8

- Computer Tutorials at Queens Library – Woodside Branch
  6:30 p.m. – 7:30 p.m.
  54-22 Skillman Ave, Woodside, Queens, NY 11377

  New York Cares volunteers will connect adults and seniors with basic computer skills. They will work to develop their computer knowledge through the introduction of Microsoft Suite and Internet browsing.
Tuesday, April 9

- **Tutoring at the DOME**
  6:30 p.m. – 7:45 p.m.
  The DOME Project
  486 Amsterdam Ave #1, New York, NY 10024

  *New York Cares volunteers will tutor middle and high school students in a range of subjects and empower them to succeed on standardized tests and in their core classes.*

- **Pantry Service at The Church of the Village**
  12:00 p.m. – 3:45 p.m.
  United Methodist Church of the Village
  201 W 13th St, New York, NY 10011

  *New York Cares volunteers will assist the clients of Church of the Village with the client-choice pantry. Volunteers will weigh, sort, and bag produce and staple foods, help with cleanup, and assist guests in creating a pantry package of their choosing.*

- **Assist at one of City Harvest’s Mobile Markets - Queens**
  8:45 a.m. – 12:00 p.m.
  Queensbridge Houses Mobile Market
  40-07 Vernon Boulevard
  Long Island City, NY 11101
  Market takes place in the basketball court directly behind the Jacob A. Riis Neighborhood Settlement House

  *New York Cares volunteers will work alongside City Harvest in a greenmarket setting to sort, bag, and distribute 15-18,000 pounds of fresh produce free of charge to hundreds of families in need.*

Wednesday, April 10

- **Assist at Fitness Training with Wheeling Forward**
  1:30 p.m. – 5:30 p.m.
  Wheeling Forward
  1325 Fifth Avenue, New York, NY 10029

  *New York Cares volunteers will assist adults in wheelchairs as they get their fitness on! Volunteers guide participants through various exercises. Skills needed to help with the exercises are balance and the ability to support weight.*

Thursday, April 11

- **Pack Emergency Health Kits with New York Harm Reduction Educators**
  10:00 a.m. – 12:30 p.m.
  New York Harm Reduction Educators (NYHRE)
  104-106 East 126th Street, New York, NY 10035
New York Cares volunteers will pack safer sex kits, safer drug use kits, overdose intervention kits, fentanyl test strips, and hygiene kit to help support the wide range of outreach activities that NYRHE does in support of people with opioid use disorders.

- **Family Literacy at PS/IS 366 M**
  5:30 p.m. – 7:30 p.m.
  PS/IS 366 M - Washington Heights Academy
  202 Sherman Ave, New York, NY 10034

  *New York Cares volunteers will engage children and parents in one-on-one and small group settings with hands-on literacy activities.*

**Friday, April 12**

- **Urban Farming at New Roots Community Farm**
  10:00 a.m. – 1:00 p.m.
  International Rescue Committee
  East 153rd Street and Grand Concourse, The Bronx, NY 10451

  *New York Cares volunteers will build and maintain an urban farm in the heart of the Bronx. Tasks include building, planting, harvesting, clean-up and more. The IRC’s New Roots Community Farm enables refugee farmers and Bronx community members to grow their own food, share traditional recipes, build community, and increase food and green space access for NYC residents, local schools and partner organizations.*

- **Compost at Red Hook Community Farm**
  9:00 a.m. – 12:00 p.m.
  Brooklyn Botanic Garden
  990 Washington Ave, Brooklyn, NY 11225

  *New York Cares volunteers will assist at the largest community compost site in the United States, by engaging in a variety of tasks including building new mounds with donated food and wood chips, turning mature compost mounds with hand tools and muscle power, and sifting the compost and preparing it for distribution.*

**Saturday, April 13**

- **Citizenship Class Registration Day at Emerald Isle Immigration Center**
  9:30 a.m. – 3:00 p.m.
  Emerald Isle Immigration Center of New York
  59-26 Woodside Ave, Woodside, NY 11377

  *New York Cares volunteers will assist with registering students for citizenship preparation classes.*

- **English and Language Arts Tutoring at MS 319 M**
  9:30 a.m. – 12:00 p.m.
  MS 319 - Maria Teresa Mirabal Middle School
  21 Jumel Place, New York, NY 10032
New York Cares volunteers will help 6th, 7th, and 8th grade students prepare for their ELA state exams by practicing reading comprehension and writing exercises.

- **Art & Acceptance at St. Luke’s**
  6:30 p.m. – 9:30 p.m.
  The Church of St. Luke in the Fields
  487 Hudson Street, New York, NY 10014

  New York Cares volunteers will engage in art projects, run a pop-up shop distributing free items, play board and card games, and provide a welcoming presence at St. Luke’s Saturday night drop-in program for LGBTQ+ youth (16-24) who are experiencing homelessness or are marginally housed. The program runs every Saturday to create a hospitable, harm-reduction, gender-diverse safe space, and St. Luke’s also provides the youth with dinner, health and legal services, and crisis support.

- **Farm to Pantry: Urban Farming with Project Eats Frederick Douglass Farm**
  9:30 a.m. – 12:30 p.m.
  Project EATS
  336 W 37th St #1040, New York, NY 10018

  New York Cares volunteers will help this community-run farm put fresh healthy produce on the menu this summer. Project Eats is an organization devoted to bringing fresh organic produce to NYC communities in need, and to teaching volunteers and community members about urban farming both informally and through periodic hands-on workshops. Volunteers will assist with everything from composting and weeding, to building raised beds and greenhouses, assisting the farm market stand, to harvesting and processing a wide variety of crops.

- **Meal Service at The Church of the Village**
  11:45 a.m. – 3:30 p.m.
  United Methodist Church of the Village
  201 W 13th Street, New York, NY 10011

  New York Cares volunteers will serve hot lunches to 300 hungry men and women in Greenwich Village.

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