



A Few Reasons to Volunteer:

- Make New Friends
- Gain New Skills
- Have Different Experiences to Talk About
- Build Self-esteem
- Find a Hidden Talent
- Rewarding Feeling of Being Helpful
- Future Reference
- Exploring What You Want to do With Your Life
- See a Different Perspective on Things
- Helping the Community
- Having Fun!

MANY OPPORTUNITIES

We have many different areas in need of volunteers. Our long-term facility is always open to sharing your talents with our residents. The ages of the population we serve are usually between 60 and 100. Our residents always enjoy when students and their families come for volunteer projects. CareOne at Ridgewood Avenue hopes you will consider us for your community service venture!

Here is a list of our current volunteer opportunities:

- Music Player
- Pet Visits
- Crafts
- Singing
- Seasonal Projects
- Hand Massages
- Card Games
- Write Cards/Letters for residents
- One-to-one Visiting
- Decorating

CareOne at Ridgewood Avenue



**CARE ONE AT
RIDGEWOOD AVE**

90 West Ridgewood Ave
Paramus, NJ 07652
(201)652-1950 Ext: 3013
JChinskey@care-one.com
Jen Chinskey Director of
Recreation and Volunteer
Coordinator