



**The Mount Sinai Medical Center
Department of Volunteer Services**

Volunteer Opportunities *at* Mount Sinai

For further information call 212-241-0478

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WELCOME TO MOUNT SINAI

A TRADITION OF MEDICAL EXCELLENCE

Since our creation in 1852, we have believed that medical excellence requires both scientific expertise and respect for the patient as an individual. From that ideal has emerged a long tradition of excellence in meeting the total medical needs of our patients through superlative patient care, education and research.

PATIENT RELATED PLACEMENTS

PATIENT CARE

Volunteers must have compassion for the sick and their families, a desire to work with people who may be acutely ill, and a willingness to assist staff and learn new skills.

Patient care volunteers will have direct contact with patients and will be integrated into the medical staff team. Duties may include but are not limited to: visiting patients and/or their families, answering call lights, walking with patients, assisting patients at meal time, and assisting at the time of admission and discharge. Some of the in-patient care areas include: Cardiology, Medicine, Maternal-Child health, Psychiatry, Rehabilitation, Surgical and Medical Specialties, and the Transplant Institute.

-Excellent opportunity to be of service to patients and their families and lessen the stress of hospitalization, to assist the professional staff, and to learn about the hospital environment.

-Training and supervision provided.

-Minimum age: 16

-Minimum hours: 4 consecutive hours a week for 6 months [100 hours]

or Summer Program: 10 hours a week for 8 weeks [80 hours]

-Times to volunteer: 7 days a week: morning, afternoon, and late afternoon to early evening

AMBASSADOR PROGRAM

This hospital program places volunteer ambassadors at Mount Sinai's entrances to greet patients, families and visitors, and offer directions and assistance. **Ambassadors** may accompany patients, families and visitors to destinations such as ambulatory clinics, radiology, patient rooms, and admissions. The intent of the program is to provide a friendly and welcoming environment in this large medical complex.

-Excellent opportunity for people who like to be on the move and be helpful.

-Training and supervision provided

-Minimum age: High School senior

-Minimum hours: 3 consecutive hours a week

-Times to volunteer: Monday through Friday, 7 am to 6 pm

BREAST HEALTH RESOURCE PROGRAM

The Mount Sinai **Breast Health Resource Program** is dedicated to meeting the emotional and practical needs of women with breast cancer. Volunteers work with newly diagnosed patients and participate in monthly training and support meetings. Volunteers in the Patient to Patient program must be former breast cancer patients and at least one year post diagnosis. Clerical opportunities and special projects also exist at the program site for those interested volunteers who may not have had breast cancer. All volunteers on the service must have an interest and sensitivity to patients with breast cancer.

- Excellent opportunity** to be of service to people who are coping with a breast cancer diagnosis.
- Training and supervision provided.**
- Minimum age:** 21
- Minimum hours:** 4 consecutive hours/week, 12 months minimum
- Times to volunteer:** Monday through Friday 9 a.m. to 5 p.m.

CHILD LIFE PROGRAM

The **Child Life Program** helps infants, children and adolescents cope with illness and hospitalization by offering therapeutic activities tailored to meet their social, emotional and educational needs. Volunteers assist Child Life specialists who are trained in child development, special education and expressive therapies (art, dance, music). Child Life Volunteers help staff the play rooms and bring play and art materials to the bedside. Volunteers may also read with children. Volunteers must have an interest and sensitivity to children. **The Zone** is our new therapeutic recreational space where our pediatric patients and families can participate in therapeutic activities in a comfortable, multi-purpose environment. The space includes a Quiet/Meditation room, a Theater, a kitchen/concession room, a teen activity space, a school age activity area, a reading nook and a state of the art closed circuit television studio.

- Excellent opportunity** for people who are interested in child development and for those who want to help children who may be seriously ill.
- Training and supervision provided.**
- Minimum age:** 17
- Minimum hours:** 4 consecutive hours a week for 6 months [100 hours]
or Summer Program: 6 hours per week for 8 weeks [48 hours]
- Times to volunteer:** 7 days a week; morning, afternoon, early evening. Volunteers are in The Zone: M-F 10 am-noon, 1-4 pm, and 5:30-7:30 pm; Sat/Sun 10 am – 1 pm, 2-4 pm.

PATIENTS' LIBRARY

Patients' Library Volunteers bring books, magazines and audio/visuals to patients for recreation and to experience the therapeutic benefit and comfort which comes from occupying the mind while the body heals. Volunteers may also assist with clerical tasks in the library.

-**Excellent opportunity** for students and others who want patient contact/ assist in a library setting.

-**Training and supervision provided.**

-**Minimum age:** 15 for work in Library; 16 for taking the book cart to patient areas

-**Minimum hours:** 2 hours per week, or 60 hour

-**Times to volunteer:** Wednesday through Friday, 10 a.m. to 3 p.m.

PET ASSISTED THERAPY PROGRAM

Volunteers in the **Pet Assisted Therapy** [PAT] program have the unique opportunity to volunteer with their dogs to provide comfort to patients in various parts of the hospital, including Rehabilitation, Psychiatry, Acute Care for the Elderly, and Pediatrics. Pet Assisted Therapy is proven to help reduce anxiety and decrease depression in hospitalized patients and provide motivation to those who need additional encouragement during the healing process.

-**Excellent opportunity** for those who wish to have direct patient contact. Volunteers are required to have dogs with good temperaments. They will be screened for suitability in a hospital environment. Volunteer and dog must be certified through a recognized organization [e.g. Delta Society, Good Dog Foundation, or Vancouver Pet Assisted Therapy Services].

-**Orientation and supervision provided**

-**Minimum age:** 18

-**Minimum hours:** variable

-**Times to volunteer:** Monday through Sunday

MUSIC FOR HEALING

Volunteers in **Music for Healing** complement the healing process through music. Volunteers may perform either at the bedside of those patients interested in hearing music, or in an open area where patients and their families may come to listen. Musicians must demonstrate sensitivity to the special needs of patients and knowledge of soothing music. Volunteers will use his/her voice or instrument to provide this service

-**Excellent opportunity** to bring comforting music to our patients.

-**Orientation and supervision provided.**

-**Minimum age:** 18

-**Minimum hours:** variable

-**Times to volunteer:** 7 days a week

RESEARCH

Basic Science Research Volunteers assist with a basic science laboratory research project. Volunteers may learn various techniques such as cell culture preparation; northern, southern or western blots; gel electrophoresis; and DNA sequencing.

Clinical Research Volunteers assist with clinical research duties such as scheduling appointments, greeting and directing study subjects, data collection, patient recruitment, and compiling essential research study documents.

-**Excellent opportunity** for students. Placements are determined by applicant's level of education.

-**Training and Supervision provided.**

-**Minimum age:** 15 for Basic Science; 18 for Clinical Research

-**Minimum hours:** 15 hours per week; 4 month commitment during academic year
or 2 month commitment during summer.

-**Times to volunteer:** Monday through Friday, 9 a.m. to 5 p.m.

Summer placements must apply by mid-March.

PREMED RESEARCH OPPORTUNITIES PROGRAM

Since its inception in 1990, Mount Sinai's Premed Research Opportunities Program [PROP] has provided a structured setting for students who wish to pursue a career in medicine. The program places selected premed students in a research setting, where they assist professionals over the summer. In addition, the students meet each week to hear Mount Sinai clinicians, basic scientists and administrators discuss issues that are shaping the health care field.

-**Excellent opportunity** for premed students.

-**Training and Supervision provided.**

-**Requirements:** Must have completed sophomore year of college and one semester of biology and chemistry [college courses only]

-**Minimum hours:** 32 hours per week

-**Times to volunteer:** 8 weeks in June & July, Monday-Thursday, 9 am to 5 pm

Applications must be submitted by January 15, 2007.

VARSAITY VOLUNTEER CORPS

The **Varsity Volunteer Corps** engages **high school students** in a program of volunteer service designed to foster an understanding of and lifelong affinity for volunteerism. This program provides a structured and rewarding opportunity to learn what volunteering can mean to those served and to those who volunteer. Students receive a formal orientation to volunteerism, supervised volunteer experience, and regular feedback sessions giving them an opportunity to explore and share their experiences.

To enable students to get the most out of their experiences this program offers:

- Assistance with completing application materials
- Orientation designed for high school students, including:
 - What to expect when visiting people in the hospital
 - How to feel comfortable meeting patients and families
 - What the hospital staff roles are and what to expect from interactions with staff
 - Safety, infection control and health information
- Small team approach, allowing groups of 2 and 3 students to work together
- Regular supportive supervision and mentoring
- Informal scheduled feedback sessions for reflection and learning

-Excellent opportunity for high school students.

-Supervision and Training provided.

-Minimum age: 15 to 18, dependent on placement

-Minimum hours: 2.5 hours per week, number of months varies with placement

-Times to volunteer: 7 days a week

CHILD CARE

The **Imagine Early Learning Center** is the day care center for Mount Sinai employees' children from two (2) months to four (4) years of age. Volunteers assist Learning Center staff in implementing a daily program of educational and recreational activities for healthy preschool age children. Volunteers help supervise small groups of children, assist with activities and promote the general well-being of the children. Volunteers meet regularly with the teachers to participate in staff development sessions.

-Excellent opportunity for those who are interested in child development and child care.

-Training and supervision provided.

-Minimum age: 15

-Minimum hours: 3 consecutive hours a week, for 6 months or 2 summer months

-Times to volunteer: Monday through Friday, 9 a.m. to 6 p.m.

OFFICE SUPPORT

Office Support Volunteers assist in administrative areas. Tasks may include but are not limited to: answering telephones, faxing, photocopying, and preparing mailings and data entry.

-**Excellent opportunity** for individuals interested in strengthening office skills and becoming part of an office support team.

-**Orientation and supervision provided.**

-**Minimum age:** 15

-**Minimum hours:** 4 consecutive hours a week; number of months varies with placement

-**Times to volunteer:** Monday through Friday, 9 a.m. to 5 p.m.

EXECUTIVE VOLUNTEER SERVICE PROGRAM

The Program Built With Your Future in Mind

Now that one phase of your accomplishments in the working world is completed, we invite you to pursue new and constructive activities through the **Executive Volunteer Service Program**: helping others through your knowledge, skills and compassion. Much more than a typical volunteer program, we offer people aged 55 and up a dynamic environment to achieve personal growth and fulfillment. At the Executive Volunteer Service Program you can:

- contribute to the well-being of others
- stay in touch with people of all ages
- develop new skills
- form new bonds of friendship
- expand your knowledge and awareness

-**Training and supervision provided.**

-**Minimum age:** 55

-**Minimum hours:** dependent on placement

-**Times to volunteers:** 7 days a week