

Let your
light
shine out.

VOLUNTEER



Episcopal
Community
Services

WE ACCOMPLISH MORE TOGETHER

Volunteering is personal. You give more than just your time, and you get plenty back.

The motivation to be generous and do good varies from person to person, but we know one thing for sure: when you devote your time and talents selflessly to something or someone in need, the change that can occur is remarkable.

To give your time is an investment, one that you, too, reap the benefits of. It heightens your sense of purpose and builds a connection—connection to another person, to your community, and to your place in this world.

With one-on-one and group activities, volunteering at Episcopal Community Services is as fulfilling for volunteers as it is valuable to the person or program being helped. Showing up and having your light shine out lets our participants know that they are seen, heard, and cared for.

Through their service, our volunteers help carry out our mission to challenge and reduce intergenerational poverty.

For more information about our many volunteer opportunities, visit ecsphilly.org/volunteer.

OUR VOLUNTEERS

4,400

**MORE THAN 4,400 HOURS
GIVEN BY GENEROUS
VOLUNTEERS EACH YEAR**

1,000

**NEARLY 1,000
YOUTH SUPPORTED
THROUGH ONE-
ON-ONE AND
GROUP VOLUNTEER
ACTIVITIES**

85

**85 COMPANION
FRIENDSHIPS PAIRED
AND FOSTERED**

4,000

**MORE THAN 4,000 MEALS PREPARED
AND SERVED BY VOLUNTEERS**

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GOOD WILL AND GOOD CHEER

Good cheer is proven to be contagious.

Josh Bartek is a Dolphin Companion to 85-year-old Irene. She doesn't have children and her only living relative is a sister-in-law.

"We have such a neat relationship," Josh said. They have been Companions since 2012. "I have never felt more appreciated. It's not a tangible thing. It's somewhat emotional," he explained. "We are our brother's keeper."

As a Companion, Josh has made 650 visits and donated more than 1,400 hours of service to lonely seniors in nursing homes. His weekly visits, always on Tuesdays, are and have been a consistent part of his everyday life for a long time.

The Dolphin Companions program has a singular goal: to eliminate the loneliness of isolated seniors. The Dolphins subscribe to a one-to-one philosophy. Each volunteer, known as a Dolphin, visits a nursing home resident

that they are matched with, becoming a special friend to that person. Josh has been an active volunteer with the program for more than 11 years.

Before that, he had helped care for several individuals, including his brother-in-law who endured leukemia before passing.

In supporting his sister and becoming part of his brother-in-law's care team, Josh said, "I found something in me I didn't know I had." Losing a close family member at age 42 showed Josh how fragile life is.

Josh has a special gift of gab and endears himself not only to his assigned client but to all the residents and staff of a nursing home.

Lately, Irene hasn't been feeling well, and she isn't always in the mood for company. But Josh lets her know that he will be there when she needs him. "I genuinely enjoy and look forward to our visits," he said.

Josh's generosity as a volunteer brings joy to others while tapping a talent he has for bringing good cheer and positive energy to any situation. That's the type of good cheer that has proven to be contagious.



Meals provided by volunteers offer sustenance and build community.

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COURAGE, CAPACITY, AND WILL

We believe that every individual has the courage, capacity, and will to define and achieve their measure of success and to help remove barriers for another in need.

Photo below: Lonely seniors have weekly visits to look forward thanks to volunteer companions.



Be generous & do good.





Episcopal
Community
Services

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215.351.1400
ecsphilly.org

Nonprofit
Organization
US Postage
Paid
Permit No. 120
Philadelphia PA

Look Up.
Challenge
Poverty.