

YOUTH PULSE

volunteer!

Youth Pulse is here to show you how to get plugged into where your community needs you most. Get involved and show how important youth involvement is to the Bay Area!

Each month we focus on a different community need and highlight volunteer opportunities that will allow you to apply your talents and skills to that need and give back to your community!

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July

2009

It's the month of Fourth of July! That means it's time to celebrate our founding fathers and the diverse nation of people that has since made up the United States! This month we'll focus on volunteer opportunities within the health field so we can take part in helping to preserve the health of our community and country as a whole.

Let's make an impact on the health of our future as well as the current health of our community and nation! Keep reading for some great ideas about how to get connected to some great volunteer opportunities that will surely teach you something new or help you develop a new skill!

Youth Pulse Highlight

Breathe California has been promoting lung health in a variety of ways throughout

California since the early 1900s. On Saturday July 11th this organization is hosting an annual event called Bike for Breath where 100 volunteers are needed to ensure the event runs smoothly and funds are raised to help people breathe more smoothly!



BREATHE
CALIFORNIA

Breathe California is raising funds to fight lung disease on this day. It will be a great opportunity for you to learn about the health risks they are fighting to prevent and to meet community advocates. Nicole Villanueva, the Events Coordinator and Public Relations Associate, says that, "Bike for Breath is the perfect event for students to get involved, make new friends, have fun, increase self-confidence, gain interpersonal skills and most of all, feel like they have made a difference!" Volunteer positions include, but are not limited to, event set-up, registration, course marking and monitoring, and handing out food and water at rest stops.

Breathe California also ensures their volunteers are appreciated by providing them with lunch and a commemorative t-shirt! Last year a high school student named Gabi Linares got her whole family involved and had this to say about volunteering for Breathe California: "Volunteering for Bike for Breath was a lot of fun. Working at the rest stops and helping the bikers was a great way to earn community service hours for school."

If you can't make it on July 11th, they have another big event on October 17th! [Click here](#) to learn more about Bike for Breath and all of their other meaningful volunteer opportunities.

Learn about Retail and Support Health!

Under One Roof is a hip retail store located in the Castro which donates all of its profits to twenty-eight local HIV and/or AIDS service agencies. This retail operation is staffed mostly by volunteers and has raised over \$4 million dollars since 1990!



To get involved, help this cause and even gain retail work experience, volunteers like you are needed to greet customers, run the cash register, help with purchases, input new stock and maintain the store. These positions require a weekly or regular commitment, because

you will be trained for your role in the organization. Talk about a great experience to add to your resume!

Click [here](#) to learn more about this and other opportunities to support those living with HIV/AIDS.

Volunteer to Fight AIDS!

**AIDS
WALK
SAN FRANCISCO**

JULY 19, 2009

July 19th is an important day to mark on your calendar! AIDS Walk San Francisco will be hosting over 25,000 people for California's largest HIV/AIDS fundraising event.

Not only do they need your help that day, but volunteers are needed all month long! From now until July 19th, the AIDS Walk office needs volunteer assistance with a variety of projects that range from assembling walker kits and mailings to volunteer recruitment for the day of the event. This is a great opportunity for you to spend one day or many giving back to your community! Come alone, or with friends, and it is guaranteed to be a meaningful volunteer experience!

[Here](#) is where you can learn more info!

Save Lives and the Planet!



MedShare would like your help sorting and boxing surplus medical supplies which would otherwise be thrown away. These extra materials will then be mailed throughout the world to health care organizations in need of supplies. What a great way save lives and the environment at the same time!

Volunteer sorting sessions are held on most Tuesdays, Thursdays and Saturdays in San Leandro, and volunteers are provided with complimentary snacks and beverages during shifts. Whatever your skills, MedShare will put them to good use! Volunteers are even needed to help unload trucks, load containers, answer phones, enter data into the computer system or repair biomedical equipment.

To find out more, click [here!](#)

Ready to celebrate our independence by engaging in community interdependence? These volunteer opportunities showed you only a few of the great ways to get involved this month. As always, you can find many more health related opportunities as well as a variety of others on [The Volunteer Center website](#).

Think of your impact as one firework in an entire nighttime display that can really light up the sky!

Happy 4th!

Kristen K.

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