

**If you know someone who is interested in volunteering please contact me and I will be happy to talk to them and set up a meeting to discuss what our members needs are.**

**1. Be a Friend** \_\_\_ Every third Saturday of the month there is a Be a Friend meeting. To help an individual person with shopping, reading mail, running errands or going to the movies. We will meet in the city then separate. If you want to volunteer for this you must make a commitment to keep that day free from 1pm-6:00pm. We will pair you up with 1 person to help.

**2. Trips** \_\_\_ On the first Saturday of every month we will have a trip to a different place. If you want to volunteer you must have the first Saturday of every month free. NO OTHER COMMITMENT OR NO EXCUSES know that you will have to travel to different locations so please take that into consideration.

**3. On Call** \_\_\_ This means I will call you when I need you, you do not have to accept any assignment but once you do it's a firm commitment, no excuses please.

**4. Readers for the Blind** \_\_\_ This is a commitment for three hours a week on a day that you and the blind person agree to meet. The purpose of this meeting is for you to read to the blind person and help with such things as paying bills, reading mail or writing letters. You must be able to read whatever the person needs within reason.

**5. Be A Buddy** \_\_\_ This is a commitment for three hours one day a week to meet and spend time doing something fun with a disabled person for example, going to the movies, shopping, sitting in the park, etc. The disabled person decides what they want to do.

**6. Action Line** \_\_\_ This is a commitment to answer the phone from your home for three hours one day a week. The shifts available are 9am-9pm three hours per shift. We will teach you what you need to know to answer the phone. You will be helping disabled people with their problems.

**I want to become a Volunteer for Helping Hands for the Disabled of NYC**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please check the things you would like to volunteer for, you may check as many as you like, and return back to me.

**If you would like to be a MEMBER of Helping Hands for the Disabled of NYC you must be 18 years of age or older. You must be significantly disabled. For example, be in a wheelchair, walk with crutches or use a walker, be legally blind, deaf or have a significant psychiatric disability. Submit medical documentation to prove your disability. If we feel your disability is not significant enough for our program your money will be refunded.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

What is the nature of your disability?  
\_\_\_\_\_

Additional Comments: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_ I would like to make a tax-deductible contribution. Checks should be made out to Helping Hands for the Disabled of NYC.

Send this form back to me completely filled out and your check made out to: Helping Hands for the Disabled of NY C for \$20.00

**HELPING HANDS FOR THE DISABLED OF NYC**  
P.O. Box 9174, Astoria, NY 11103

# Helping Hands for the Disabled of NYC



P.O. Box 9174, Astoria, NY 11103

Alice Crespo, *Founder*

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# HHDNYC | Serving the New York Community for 29 Years.

## WHAT IS HELPING HANDS FOR THE DISABLED OF NYC?

An organization of disabled people helping disabled people. We believe that disabled people should have the right to control their own lives even if at times we need assistance.

## HISTORY: HOW WE GOT STARTED

In 1982, a group of us decided that there were not enough recreational opportunities for persons with disabilities that provided access. For example: Trips that would have guides for the blind, wheelchair accessible vans and sign language interpreters for the deaf.

We began organizing trips once a month that included necessary access services that allowed disabled persons to enjoy more recreational events.

We also made our own choices about what kind of things were appropriate for our needs.

As the years went on, we realized disabled persons needed help in their homes particularly the totally blind who require assistance with tasks such as reading mail, necessary paperwork, running errands, and keeping medical appointments.

We have always worked with volunteers to provide these services. Our volunteers come from all walks of life and many of them are also disabled.

Any disabled person age 18 years and older can become a member of our organization entitling them to any services they need including a monthly social event.

We are the only organization that steps in to help disabled adults with emergencies without requiring a ton of paperwork and we can help someone immediately. For example, if someone calls because they need a winter coat, that need is filled immediately.

We help people with everyday problems. For example, if a blind person's benefits are interrupted and they have no money to feed their guide dog, we will step in and see that this need is met. We

have very modest fees and our dues are \$20.00 per year. In order to receive our services you must be a member.

On November 1, 2005 we introduced our Action Line for the purpose of:

- A. Giving information about resources available*
- B. Helping people with any personal problem (everything is confidential)*
- C. Providing an outlet for conversation of any nature*

Feel free to call anytime, if you receive our answering machine, leave a message and we will get back to you quickly.

Checks should be made out to Helping Hands for the Disabled of NYC. All donations are tax-deductible.

**Helping Hands for the Disabled of NYC**  
**PO Box 9174**  
**Astoria, NY 11103**

Kindly respond to **Alice Crespo** at the above address or email [hhdfornc@aol.com](mailto:hhdfornc@aol.com)