



# VOLUNTEER SPOTLIGHT



A group of volunteers from the ARC work an hour/day, Monday through Thursday to keep the Opportunity Knocks Thrift Store neat and organized.

**Why do you volunteer?** *“I enjoy bringing the individuals I support to different places in the area to volunteer because it gives them a sense of purpose as well as a sense of belonging in the community. Too often, it seems that individuals with disabilities are ostracized in their communities and also often misunderstood. Volunteering in their community is a good opportunity for them to develop their skills, learn new things, and make connections. It is also helpful for other people to get to know them as the unique individuals they are.”*

**Why Opportunities?** *“Myself and the individuals I support, especially like to volunteer at Lewis County Opportunities because it supports the local economy and community and helps them make connections. It also can help the individuals I support feel like they belong in the community in which they live and gives them a sense of pride for doing what they can to help others.”*

~Megan Pfendler, Vocational Rehab Coordinator  
Oneida-Lewis Chapter, NYSARC

Thank you ARC Volunteers. We mean it when we say  
**We would not be US ... without YOU!**



If you would like to become part of our volunteer family, call 315-376-8200. There's always room for more!