

TSTI MITZVAH DIRECTORY

Community and TSTI Volunteer/Donation Programs

Type of Mitzvah Work		Organization	Contact Information
Animals	Train animals to help blind people	Seeing Eye, Inc. of Morristown	POB 375 Washington Valley Road Morristown, NJ 07963-0375 973-539-4425 semaster@seeingeye.org
Animals	For children and teens	Youth Corps for Animals	www.youthforanimals.org
Argentina (Children)	The Rotary Club collects the aids so they can be reconditioned to help hearing-impaired children in Argentina	Help the Children Hear	PO Box 98, Caldwell, NJ, 07006 www.helpthechildrenhear.org
Art *	Promoting the arts for disabled adults (teach or volunteer at events)	Arts Unbound	Contact Carol Paster at TSTI for more info. 973-763-4116 cpaster@tsti.org
Art for Sick or Elderly People	Make a colorful crayon drawing to send to homebound, ill and seniors to cheer their day.	Color-a-Smile	Morristown, NJ (973) 540-9222
Bone Marrow Registry	Register and locate bone marrow donors	Gift of Life Bone Marrow Foundation (The Feinberg Family)	POB 6429 Delray Beach, FL 33482 800-9-MARROW hlamatch.org
Breast Cancer Recovery	Flyfishing for women recovering from breast cancer	Casting for Recovery	Jennifer Winder 888-553-3500 802-362-4137 www.halcyon.com/wffn/cfr2.htm
Cell Phones	Dentist who collects used cell phones and chargers to reconfigure for emergency use	Dr. Allyson Hurley	585 Main Street, Chatham, NJ 07928 Phone: (973) 635-0698
Cell Phones	Collects used cell phones and chargers to reconfigure for emergency use	Earthworks "Recycle My Cell Phone" campaign	www.recyclemycellphone.org
Children*	Enriches the early lives of children born into poverty. Accepts money or in-kind donations of new/nearly new clothing, toys, books and other developmental items.	Room to Grow	Contact TSTI member Jen Larson for more info. jrltsti@comcast.net 973-762-6636

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Children	Advocates politically for the children of America – paying particular attention to the needs of poor, minority, and disabled children. It also monitors the development of Federal and State policies which affect kids.	Children’s Defense Fund	25 E. Street, NW Washington, DC 20001 202-628-8787
Children*	Donate money for educational projects in Israel	Change for Change TSTI-Based	Cantor Theodore Aronson 973-763-4116
Children	Donate children’s items; volunteer to help with activities with children; volunteer to serve on their board.	Family Intervention Services, Inc.	Debra O'Molesky domolesky@fisnj.org 973-275-1570 106 Valley Street So. Orange, NJ 07079
Children’s Charities	Buy cookies and crackers to support children’s charities.	My Family Farm	www.myfamilyfarm.org 859-261-2627
Click for Relief	Choose your passion and click! It takes seconds to do, and your click is matched by sponsors for a donation to these sites.	Several	www.thehungersite.com, www.thechildhealthsite.com www.theliteracysite.com www.thebreastcancersite.com www.therainforestsite.com www.theanimalrescuesite.com
Clothing	Donate clothing for women and children	Choices (Debra McCoy)	169 Roseville Ave. Newark, NJ 973-481-1889
Clothing	Donate clothing	West Ward Cultural Center	189 Roseville Ave. Newark, NJ Chester Brown 973-482-6602 Cindy Brown 973-481-6590
Clothing	Donate in-season clothing for “homeless shopping center” and outreach van	Newark Emergency Service (Stephanie Smith)	982 Broad St. Newark, NJ 973-643-5727
Clothing	Donate clothing for outreach program	North Jersey Community Research Initiative (Valerie Rothman)	393 Central Avenue, 3 rd floor Newark, NJ 973-483-3444
Clothing *	Donate prom gowns for teenagers in need	Catherine’s Closet	Contact TSTI member Hanie Warshaw for more info. 973-763-0065 hanie@optonline.net
Community Service—Help learning disabled young adults	Teens needed to play on teams, help with model Seder, tutor, and help with hair/make-up for special events.	Jespy House	Lynn Kucher 973-762-6909

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Community Service: Radio Reading Service for the Blind and Disabled	Read books and articles either in South Orange studio or at home that are accessed by people in need. They prefer teens and adults who can make a long-term commitment.	EIES of NJ	Ask to speak to volunteer coordinator 973-762-0552 59 Scotland Road South Orange, NJ www.eiesofnj.org
Community Service	Year-round volunteer program for Teenagers	Do Something	212-582-1307 dosomething.org
Community Service	Help with sports/recreation for kids in grades K-6	Jewish Community Center/JCC (Ben Gilbert)	West Orange, NJ (973)884-4800
Community* Service	Participate in community-wide volunteering. May include Passover Food Drive, drives for food, coats, clothes, etc.	Carelink/Jewish Family Service (Anita Millman)	Florham Park, NJ (973)765-9050
Community Service	Summer 6-week volunteer program for teenagers in New Brunswick, NJ	Urban Mitzvah Corps (through NFTY-GER—National Federation of Temple Youth Garden Empire Region)	201-722-3030, ext. 213 www.nfty.org/mc
Community Service	Guide to local agencies that can use teen volunteers	Community Connections for Teens (Essex County)	Volunteer Placement Bureau, NCJW Patti Csillag 973-740-0588 ext. 19
Community Service	For College Seniors: Recognized as one of Washington's best "internship/fellowship" programs, the Eisendrath LAs spend the year in Washington.	RAC: Eisendrath Legislative Assistant Program	Mark Pelavin, Rabbi Michael Namath, or Barbara Weinstein at the RAC at 202-387-2800 www.rac.org
Community Service	This six-week work/study internship program for undergraduate college students is based out of the Religious Action Center in Washington, D.C., and provides students with six college credits through HUC-JIR.	Machon Kaplan Summer program for College Students	Mark Pelavin, Rabbi Michael Namath, or Barbara Weinstein at the RAC at 202-387-2800 www.rac.org
Darfur Committee	Committed to raising awareness about atrocities in Darfur and acting to change policy	TSTI	Carla_Boden@msn.com 973-376-2445
Darfur Awareness	Awareness-raising and education to help change public policy	Dolls for Darfur	www.dollsfordarfur.org

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Domestic Violence	Dentist who offers free repair to mouth/teeth for victims of domestic violence	Dr. Allyson Hurley	585 Main Street, Chatham, NJ 07928 Phone: (973) 635-0698
Domestic Violence	Organization provides assistance and emergency shelter	The Rachel Coalition through UJA of Metrowest (Carmen Ostow)	973-765-9050 ext. 321
Environment	Promotes environmental education, advocacy, and action in the American Jewish community	Coalition on the Environment and Jewish Life	443 Park Avenue South, 11 th Floor New York, NJ 10016-7322 212-684-6950 ext. 215
Environment	Educate people about environmental issues via the entertainment industry. Can purchase t-shirts that are environmentally friendly via the EMA website.	Environmental Media Association (EMA)	10780 Santa Monica Blvd., Suite 210 Los Angeles, CA 90025 (310) 446-6244 ema@ema-online.org
Environment	Teach about the environment, lead a walk, maple sugaring, plantings, etc. Training provided.	Great Swamp Outdoor Education Center (Bill Christie)	Chatham, NJ (973) 635-6629
Environment *	Energy-saving ideas for TSTI, enrichment and education programs on the environment	Green Team Environmental Group at TSTI	Contact TSTI member Elliot Sommer for more info. 973-763-0944 eabs95@aol.com
Ethiopia	Send money for food and other needs to Jews in Ethiopia	Million Quarter Project	Rabbi Joel Soffin Temple Shalom 215 South Hillside Ave. Succasunna, NJ 07876
Ethiopia	Buy handcrafted tallitot to support Ethiopian Jews	North American Conference on Ethiopian Jews (NACOEJ)	Barbara Ribakove Gordon 212-233-5200 www.nacoej.org
Farmers	Support coffee farmers	Fair Trade Coffee	Jacob Fain RAC legislative assistant 202-387-2800 www.rac.org/fairtrade
Flowers	Donate flowers to a hospital	Brookhaven Healthcare Center	120 Park End Place East Orange, NJ 973-676-6221
Flowers	Donate flowers to a nursing home	East Orange Nursing Home	101 North Grove St East Orange, NJ 973-672-1700
Flowers	Donate flowers to a nursing home	White House Nursing Home	560 Berkeley Ave Orange, NJ 973 672-6500
Food	Serve food to people in need on holidays	St. Ann's Church food pantry—call first to get times	(973) 642-4217 103 16th Ave Newark, NJ 07103

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Food	Help serve, cook and clean up meals	Soup Kitchen of Morristown	Terri Connelly 973-267-0709
Food	Help serve, cook and clean up meals. Also provide food and clothing donations.	American Rescue Workers Soup Kitchen (George Gossett)	Newark, NJ 570-323-8693
Food	Collect leftover food on college campuses	City Harvest & ARAMARK (Gloria Cahill)	Director of Community Services 212-998-2439
Food	Donate non-perishable food or work at food pantry	Community Food Bank of NJ (Ellen Krant)	31 Evans Terminal Road Hillside, NJ 07205 908-355-3663
Food	Donate non-perishable Kosher Food or volunteer time: Donate or work at food pantry	Congregation Oheb Shalom (Miriam Peretsman)	973-378-2427 973-762-7067 (Oheb Shalom)
Food	Donate non-perishable Kosher food and dry goods: Donate to a Jewish facility for Learning Disabled adults	Jespy House (Lynn Kucher)	62 Academy St. South Orange, NJ 973-762-6909, ext. 313
Food	Donate leftover food from a day's meal—Call first	Lighthouse Community Service (Rev. Steve Parrot)	487 Washington St. Newark, NJ 973-802-1802
Food*	Send monetary donations to provide hunger relief	Mazon – A Jewish Response to Hunger	1990 South Bundy Drive Suite 260 Los Angeles, CA 90025 www.mazon.org
Food	Collect food from performers and donate it	Rock and Wrap it Up! (Aimée Z. Holtzman)	405 Oceanpoint Ave. Cedarhurst, NY 11516 516-822-3457 rockandwrapitup.org
Food	Donate leftovers from a day's meal—Call first	Salvation Army	13 Trinity Place Montclair, NJ 973-744-3312
Food	Donate leftovers from a day's meal—Call first	Tony's Kitchen	St. Luke's Episcopal Church 73 South Fullerton Ave. Montclair, NJ 973-744-6220
Food & Clothing	Collect and donate food and clothing	Helping Hands and Ears (Grace Robinson)	32 Park Street Orange, NJ 973-673-2471 or 973-676-5158
Food & Others*	Distribute food, clothing, and other items	Ruth Bass Foundation	Contact Peggy Barnett, Director PegBarnett@aol.com 973-763-0178
Food & Others	Donate leftovers from a day's meal or non-perishables. Donate school supplies, toiletries, computers, etc. Interact with teens.	Isaiah House (Cheryl Carter or Jennifer Rutberg)	38 North Munn Avenue East Orange, NJ 973-678-5882

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Food *	Turkey Drive for Thanksgiving	At TSTI—to help the Community Foodbank of NJ	Contact TSTI member Lisa Goldberg Ozer for more info. 973-762-2887 ozerfam@aol.com
Food *	Volunteer to serve food in a local soup kitchen	TSTI's Soup Kitchen Program	Contact TSTI members Debbie Granados (4granados@verizon.net), Debbie Goodman (debegoodman@comcast.net) and Nancy Saffran (nancypa@comcast.net).
Food*	Serve dinner on Monday nights	HUC-JIR Soup Kitchen (Rabbi Aaron Panken)	Brookdale Center 1 West 4 th St. NY 10012 212-674-5300 apanken@huc.edu
Food, Clothing & Housewares	Donate these items and leftover food	Urban Renewal Corp. (Nancy Malveaux)	224 Sussex Avenue Newark, NJ 973-483-2882
Guatemalan Mayans	Buy handcrafted kippot to support Guatemalan women	MayaWorks	Kathleen Mokert 773-506-4905 www.mayaworks.org
Hair	Provide hairpieces for people who have lost hair due to medical condition—contact nat'l organization to find local participating hairdressers	Locks of Love (Jennifer Cox)	1640 South Congress Ave., #104 Palm Springs, FL 33461 561-963-1677 www.locksoflove.org
Homeless	Bring, cook and serve dinner at homeless shelter	Homeless Solutions (Tamala Reynolds)	Morristown, NJ (973) 993-0833
Homeless *	Work with Family Promise (formerly the National Interfaith Hospitality Network) to provide shelter, meals & support services to homeless families for one week each year	At TSTI	71 Summit Ave Summit, NJ 07901 908-273-1100 Contact TSTI members Bill and Zeny Steinhauer for more info. 973-761-0830 wsteinhauer@unigene.com
Homeless Children	Interact with children in shelter – tutor, play, read books, etc.	Homeless Solutions (Tamala Reynolds)	Morristown, NJ (973)993-0833
Homeless*	Provide food, clothing, blankets, etc. to homeless people in New York and New Jersey. Volunteers may donate or help deliver items.	Bridges Outreach (Francis, Lois or Darryl)	P.O.Box 1444 Summit, NJ 07902 908-273-0176 bridgesdirector1@aol.com

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Housing *	Help build homes for families in need	Habitat for Humanity	Contact TSTI members Barbara Laub and Dennis Percher for more info. 973-763-8379 blaub@comcast.net
Human Rights	Provide relief for displaced victims of ethnic violence in Sudan	Sudan Relief Fund	Union for Reform Judaism Attn: Sudan Relief 633 Third Ave., 7 th Floor New York, NY 10017 www.urj.org/relief
Human Rights & Development	Work to end international child slavery	A School for Iqbal (Ron Adams)	Broad Meadows Middle School 50 Calvin Road Quincy, MA 02169 617-984-8723 www.digitalrag.com/iqbal/
International Volunteerism	Assist community organizations in other nations	Jewish Volunteer Corps of American Jewish World Service	800-889-7146 ext. 653 www.ajws.org
Investments	Socially responsible investing	The Shefa Fund	8459 Ridge Ave. Philadelphia, PA 19128-2119 215-247-9704 shefafnd@libertynet.org
Israel—Soldiers	Send pizza and Hanukkah donuts to Israeli soldiers	Israeli Defense Forces	www.pizzaidf.org
Israel—Soldiers	Gift boxes to Israeli soldiers	A Package From Home	Barbara Silverman 12 Keren Kayemet Street Jerusalem, Israel 011-972-2-623-2548 www.apackagefromhome.org
Israel—books	Provide English-language books to children in Israel of varied backgrounds	Books for Israel (B4i)	Rena Cohen, www.booksforisrael.com
Judaism	The voice of reform Judaism in Israel – pressing for civil liberties, social justice, peace and freedom for all people living in the State of Israel.	ARZA (Association of Reform Zionists of America)	633 Third Ave. New York, NY 10017-6778 212-650-4280 arzewupjna@uahc.org rj.org/arzewuna/index.html
Literacy	Tutor adults in basic English	Literacy Volunteers of America	Linda Merklinger Literacy Volunteers of America Seton Hall University South Orange, NJ 973-275-2300
Music*	Create individualized songs for chronically and terminally ill children	Songs of Love (John Beltzer)	POB 750809 Forest Hills, NY 11375 800-960-SONG songsoflove.org

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Organ Donation *	Ongoing information in TSTI bulletin	The Sharing Network of NJ	Contact TSTI member Susan Jacobsen for more info. 973-763-6358 sjacobsen@prodigy.net
Performance	Families and children	Performing Hearts	www.performinghearts.com
Political Action	Learn about political action opportunities relating to the well-being of low-income families	RESULTS	4440 First St. NW Suite 450 Washington, DC 20001 202-783-7100 www.resultsusa.org
Political Action (National)	Provide an immediate and organized grassroots response to vital legislation as it reaches a crucial stage in the legislative process.	RAC's Cell Phone Advocacy Network (CAN)	URJ Religious Action Center 202-387-2800 http://rac.org/advocacy/
Political Action (NJ)	Members of 42 congregations are trained to lobby on state issues. Delegations meet with state legislators at their home offices on a quarterly basis.	New Jersey – West Hudson Valley Council of the Union for Reform Judaism	Jeff Willard, Regional Social Action Committee Co-chair at hr.expertise@att.net or at (732) 583-2256, Liz Cohen at lizarch5@eticomm.net or at (609) 683-5766
Poverty Relief	Send funds to help people raise their own food in a global anti-poverty relief effort; give a “gift animal”	Heifer organization	www.heifer.org
Relief	Provides relief effort after a natural or manmade disaster	American Jewish Joint Distribution Committee	Joint Distribution Committee 711 Third Ave., 10 th Floor New York, NY 10017-4014 212-687-6200
Relief*	Donate humanitarian and medical supplies to Cuban Jewish Relief Mission	B'nai B'rith International	Contact TSTI members Herb and Ruth Fish for more info. 973- 736-2857
Senior Citizens	Visit with active seniors who have little contact with others	Housing Authority, County of Morris	Kelly Stephens, Social Service Coordinator 973-540-0389 99 Ketch Road Morristown
Senior Citizens*	Connect with seniors	Ruth Bass Foundation	Contact Peggy Barnett, Director PegBarnett@aol.com 973- 763-0178
Senior Citizens	Enhance the quality of life in nursing homes	Eden Alternative (Dr. William Thomas)	742 Turnpike Rd. Sherburne, NY 13460 607-674-5232 edenalt.com

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Senior Citizens	Fulfill dreams of nursing home residents	Second Wind Dreams (P.K. Belville)	POB 529 Alpharetta, GA 30009 678-624-0500 secondwind.org
Social Action	An intensive week of social action, study and worship – participants will spend the week building a home in Orange County, CA, in partnership with Habitat for Humanity	Tzevet Mitzvot: UAHC Adult Mitzvah Corps	uahc.org/csa/mitzvahcorps/index.shtml 212-650-4160
Social Action and Education	Social justice work/study internship program for college students based out of the Religious Action Center in Washington, D.C.	Machon Kaplan: College Summer Program	www.rac.org 202-387-2800
Soldiers	Support American Jewish soldiers who are serving abroad during Jewish holidays	Religious Action Coalition's Support our Soldiers webpage	www.rac.org/pubs/packets/sos/
South Africa	Buy handcrafted products to support women and youth in Africa	Project People Foundation	Linda Tarry-Chard 1110 East 59 th St. NY 10022 212-415-2280 www.projectpeoplefoundation.org
Visiting the Elderly	Spend time with seniors – arts and crafts, games, reading, etc. Donate books (large print esp.)	Alterra-Wynwood Assisted Living (Donna Rose)	West Orange, NJ (973) 325-5700
Visiting the Elderly	Visit with seniors – play cards, bingo, games, music, art, cooking and recreation activities.	Harel House (Sharon Huber)	South Orange, NJ (973) 227-8485 or (973)731-5100
Visiting the Elderly	Visits and activities with seniors.	Inglemoor Care Center of Livingston (John Kunz)	Livingston, NJ (973) 994-0221
Visiting the Elderly	Interact with senior residents – read, play games, music, etc.	Northfield Manor (Kathy Armour)	West Orange, NJ (973) 731-4500
Visiting the Elderly	Visit seniors. Separate unit for Alzheimer's Disease and nursing home.	Summit Ridge Center	West Orange, NJ (973) 736-2000
Visiting the Elderly	Interact with seniors – music, gardening, recreation, etc.	Winchester Gardens at Ward Homestead (Rochelle Spencer)	Maplewood, NJ (973) 378-2352
Visiting the Sick	Push wheelchair patients, work in gift shop, etc.	Kessler Rehabilitation Hospital	West Orange, NJ (800) 248-3221

updated 10/16/2007

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Visiting the Sick	Donate new caps or new children's clothes to children with cancer.	St. Barnabas Cancer Center Valerie Fund (John Garrity)	Livingston, NJ (973) 322-5468
Visiting the Sick*	Visit, as clowns, people in hospitals and nursing homes.	Mitzvah Clowns	Andrea Hirschfield ABH727@aol.com
Volunteer Opportunities (assorted)	Call to find out about a variety of opportunities.	Volunteers for Morris County	973-538-7200
We Care*	Drive congregants to services; picks up prescriptions; assists in various ways	TSTI-Based	Contact TSTI members Ruthann Fish and Alice Forman for more info. 973-763-4116
Women's Issues	Women for Women International is a non-profit organization dedicated to helping women who are survivors of armed conflicts and periods of social, economic, and political upheaval.	Women for Women International	Susan Witkin siegeltuchsd@aol.com 973-378-8635 http://www.womenforwomen.org

* Denotes mitzvah projects that TSTI has participated in or is currently participating in.

Some of these organizations are far away, but they can still provide inspiration and information. If you see a type of Mitzvah work that interests you, contact these places. They often know of local organizations in New Jersey that are doing similar work.

If you find new places for creative Mitzvah work, please let us know, so we can update this list and pass on the information to others: Call Rabbi Ellie Miller at 973-763-44116; email Jill Kushner, Mitzvah Program Chair at jillmkushner@yahoo.com or call her at 973-763-8844.

Please note that the Bill Emerson Good Samaritan Food Donation Act, which appears in the Child Nutrition Act of 1966 as 42 U.S.C. 12672, protects donors who donate "live" food to people in need (food that's left over after an event). Food that you would consider edible is okay to donate.