



This past September, I had the honor and privilege to emcee at the Campus Ministry Freshman Retreat. I was able to engage and prepare the freshman for the sessions that were occurring but also serve as someone that could help further their faith during this time.



As an aspiring Physical Therapist, I have seen how influential exercise is to the body. At Cedar Crest Senior Living, there was an opening of a new Fitness Center, which I was able to help set up for the Grand Opening and help promote fitness and health for the seniors.



For the past 2 years, I've been able to help volunteer at Pierre Toussaint Food Pantry in Newark, NJ. Here, I have been able to hand bags out to those in need, but also prepare the food packages to be handed out.



This last year, I have been able to spend quality time by playing BINGO with those at White House Rehabilitation Center in Orange, NJ. Myself and those that I volunteered with took turns playing with those in the home and calling out the BINGO numbers. Pictured is Ms. Jean who is blind, and while playing BINGO with her, I helped her put her BINGO chips on the correct space.

Organization	Date	Description	Duration	Action
Division of Volunteer Efforts	10/19/2024	DOVE: Pierre Toussaint Food Pantry	3:15	View
Division of Volunteer Efforts	2/24/2024	Pierre Toussaint	3:15	View
Division of Volunteer Efforts	2/15/2024	DOVE: Adopt A Grandparent	1:30	View
Division of Volunteer Efforts	9/30/2023	Pierre Toussaint Food Pantry	3:15	View
Division of Volunteer Efforts	11/4/2022	Seton Stories - 11/04/22	1:45	View
Division of Volunteer Efforts	10/21/2022	Seton Stories!	1:45	View
Division of Volunteer Efforts	10/14/2022	Seton Stories!	1:45	View
Division of Volunteer Efforts	10/7/2022	Attended seton stories!	1:45	View
Division of Volunteer Efforts	10/4/2022	DOVE; Pirate's Closet	1:00	View
Division of Volunteer Efforts	9/13/2022	DOVE; Pirate's Closet	1:00	View

The past 3 years, the Division of Volunteer Efforts has allowed me various opportunities to give back to the surrounding community. Some of the times I have volunteered pictures were not taken, so a list of my volunteering with the hours allotted is provided.