

November 2018

Volunteer News

Sheppard Pratt Health System's Capitol Region



Bring joy during the holidays

It's time for Family Services' Hope for the Holidays!

For the thousands of children, adults and families we serve each year, the holidays mean a direct and positive connection to the generosity and kindness of people like YOU. We invite you to experience the joy of giving back to those who are experiencing difficulties in their lives by participating in our 2018 Hope for the Holidays giving program. Help make this season special for EVERYONE!

How you can help...



DONATE- Your generous donations provide relief for struggling children and their families during the holiday season. Your direct support provides an immeasurable and lifelong impact on the most vulnerable residents living in our community. To find ways to donate, please [CLICK HERE](#) or contact Wendy Enderson at WEnderson@sheppardpratt.org or call 410-938-4025.

LEAD A DRIVE - Organize your own drive as part of Family Services' 2018 Hope for the Holidays giving program. To see a complete "Wish List", please [CLICK HERE](#). For more information, call 301-840-3183.

ADOPT A CHILD/FAMILY - Purchase new toys, books, hats/gloves or gift cards to share with children/families who participate in our programs. Contact mary.murphy@fs-inc.org or call 301-840-3183 for details on how to sign up to help.

VOLUNTEER - Here are a few upcoming holiday events and more will be planned. Contact mary.murphy@fs-inc.org or call 301-840-3183 if you'd like to volunteer with Family Services during the holidays!

Help us make our annual Thanksgiving lunch at Montgomery Station. We still need 3-4 more volunteers!



- **Tuesday, November 13**
- Cooks are needed from **8:30 a.m. - 12:00 p.m.**
- Servers/cleaners are needed from **11:45 a.m. - 1:30 p.m.**
- Volunteers are welcome to help for both shifts
- 630 East Diamond Avenue, Gaithersburg, MD, 20877

Wrap holiday gifts for Healthy Families Montgomery.

- **Friday, November 30 from 1:00 p.m. - 3:00 p.m.**
- 640 East Diamond Avenue, Suite D, Gaithersburg, MD, 20877

Welcoming fall at the Outpatient Mental Health Center

A team of volunteers, including many from Highlight Church, came out on a chilly October day to refresh the landscaping in front of Family Services' **Outpatient Mental Health Center**. They planted colorful mums and hostas, spread mulch and re-stoned the walkways. Their efforts created a wonderful welcoming space for clients and staff at the OMHC. Thank you to the Montgomery County Volunteer Center for a \$200 grant to help cover the costs of the materials.



Decorating at the BAKC

Members of Highlight Church were also on hand at Family Services' **Betty Ann Krahnke Center** in October to help with redecorating two bedrooms. They painted the walls and provided new bedding, lamps and framed positive affirmations. Family

Family Services will host a family winter celebration in conjunction with the **Christmas Tree Santas** tree distribution event. Volunteers are needed for 2-3 hour shifts to help with set up, kids' games/activities, food service and clean up.

- **Friday, November 30 from 11:00 a.m. - 8:00 p.m.**
- 630 East Diamond Avenue, Gaithersburg, MD, 20877
- Students 16 and older are welcome to volunteer

Volunteer tutors still needed

Several Family Services' programs are looking for volunteer tutors. Please let us know if you can help!

Linkages to Learning program at Rosemont Elementary School

- Work with small groups of 2nd-5th graders in a variety of subjects
- **Wednesdays from 3:00 p.m. - 4:30 p.m.**
- 16400 Alden Avenue, Gaithersburg, MD, 20877

Linkages to Learning program at Gaithersburg Middle School

- Work with middle school students in a variety of subjects
- **Wednesdays from 3:15 p.m. - 4:15 p.m.**
- 2 Teachers Way, Gaithersburg, MD, 20877

Early Head Start is looking for a basic statistics tutor for a current teacher working to complete her degree.

- **Tuesdays and/or Thursdays from 4:00 p.m. - 5:00 p.m.**
- 640 East Diamond Avenue, Suite A, Gaithersburg, MD, 20877

Be a tutor,
change a life.

Offer companionship and help with everyday tasks

Family Services' **TAY Program** serves young adults (ages 18-25) living with severe emotional and behavioral disabilities who have a psychiatric diagnosis. TAY stands for Transitional Age Youth.

TAY Program staff are looking for an adult volunteer to work with a 25-year old man, offering companionship and support in completing everyday tasks such as doing laundry, making meals and light housekeeping.

The client lives in shared housing in the Germantown area. He enjoys listening to and writing music.

The volunteer would be asked to meet with the client at least once a week for a few hours:

Monday-Friday between 2:00 p.m. - 6:00 p.m.

To learn more about this volunteer opportunity and to apply, contact mary.murphy@fs-inc.org or call 301-840-3183.

Services is so grateful to have the consistent and generous support of Highlight Church!



Happy Halloween at Montgomery Station

Many thanks to the volunteers who helped to make Halloween spooky and delicious at Family Services' Montgomery Station!

In late October, a group from Target Community and Educational Services created ghosts, spiders, mummies and lots of spooky Halloween scenes to decorate the dining room.

They returned on Halloween day and joined a terrific team of volunteers to make a *ghoulish* lunch menu including Mummy Dogs, Moldy Maggot Casserole, Brains on the Half Shell and more (i.e. hot dogs, spinach and rice casserole, and baked apples). The lunch was a big hit!

Thank you to all the volunteers who contributed to this event including groups from Wells Fargo and the Montgomery County Department of Housing and Community Affairs (DHCA).

Early Head Start monthly events

Volunteers helped at three separate **Early Head Start** events during the month of October. Early Head Start staff greatly appreciate volunteer support in setting and cleaning up for events, helping with activities and childcare, and even offering Spanish/English interpretation. Below an energetic team helped with kids' activities at the Male Involvement family celebration at the end of the month.



EHS has two events in November that need volunteers. Contact mary.murphy@fs-inc.org if you can help. Students 16 and older are welcome to volunteer.

Parent Committee Meeting

- **Tuesday, November 20 from 4:30 p.m. - 7:30 p.m.**
630 East Diamond Avenue, Gaithersburg, MD, 20877

Policy Council Meeting

- **Monday, November 26 from 4:45 p.m. - 7:30 p.m.**
640 East Diamond Avenue, Suite A, Gaithersburg, MD, 20877

Monthly new volunteer orientations

Learn more about Family Services and the Sheppard Pratt Health System, our volunteer policies and current volunteer opportunities at our monthly new volunteer orientations. Upcoming one-hour sessions include:

- **Thursday, November 8 at 6:00 p.m.**
- **Monday, November 19 at 12:00 p.m.**

Contact mary.murphy@fs-inc.org to RSVP. Online applications are available on **our website**. Orientations are held at 620 East Diamond Avenue in Gaithersburg, MD, 20877.



Volunteers from DHCA also helped earlier in October to prepare a variety of salads for Montgomery Station's annual fall picnic. Although the rain forced the celebration inside, it didn't dampen the spirits of the clients and staff who enjoyed a fun afternoon.



To learn more about volunteering for any of the opportunities listed above,
contact Mary Murphy, Volunteer and Marketing Specialist, at mary.murphy@fs-inc.org or call 301-840-3183.