

November 2019

Volunteer News

Sheppard Pratt Health System's Capital Region



PART OF THE SHEPPARD PRATT HEALTH SYSTEM:



Bring joy during the holidays

It's time for our annual 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 2019 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, contact erica.henze@fs-inc.org or call 301-840-3225.



LEAD A DRIVE - Organize your own drive as part of the Hope for the Holidays giving program. For more information, call 301-840-3225.

ADOPT A CHILD/FAMILY - Purchase new toys, books, hats/gloves/socks, or gift cards to share with children/families who participate in our programs. Contact erica.henze@fs-inc.org or call 301-840-3225 for details or questions. Our **Sign-Up Genius website** will open on Monday, November 18 for adopting a child/family, so stay tuned!

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 would like to volunteer during the holidays!

Help us make our annual Thanksgiving lunch at Montgomery Station. We need volunteers to help prepare the turkeys and a variety of salads, as well as cook and serve the lunch itself.

Sunday, November 17

- Turkey and salad preparations from 10:00 a.m. - 1:00 p.m.
- 630 East Diamond Avenue, Gaithersburg, MD, 20877



Tuesday, November 19

Fall landscaping and more

Thank you to a terrific team of volunteers from **Highlight Church** who helped to refresh the landscaping outside of the **Outpatient Mental Health Center (OMHC)**. Volunteers spent several hours raking, mulching, and planting mums on a beautiful fall day in October. OMHC staff is grateful to have a welcoming entrance for clients.



And, volunteers from **Highlight Church** were also on hand at **Early Head Start's** Male Involvement event in late October. They made over 100 sandwiches for participants, and helped with set up/clean up and kids' activities. Many thanks once again to Highlight Church!

- 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

Kick off the holidays with our annual Christmas Tree Santa tree distribution and celebration.

- **Friday, December 13 from 12:00 p.m. - 7:00 p.m.**
- 630 East Diamond Avenue, Gaithersburg, MD, 20877
- Volunteers will be needed for 2-3 hour shifts to help with set up starting at 10:00 a.m., children's activities, tree distribution, food service, and clean up until 7:30 p.m.
- Students 16 and older are welcome to volunteer.
- Sponsored by the Division of Community and Family Services.



November special events

If you've got a few hours, let us know!

We are always looking for special support volunteers to help at special events. All you need to do is submit a completed **volunteer application** and we will be in touch to confirm your participation.

EARLY HEAD START

Each month, our **Early Head Start** program hosts a number of special events for parents and families.

Volunteers are needed to help with set up, serving food, children's activities, and clean up for each of the following events.



Learning Community Series

- **Friday, November 15 from 9:45 a.m. - 12:30 p.m.**
- 640 East Diamond Avenue, Suite A, Gaithersburg, MD, 20877

Parent Committee Meeting

- **Tuesday, November 19 from 4:30 p.m. - 7:30 p.m.**
- 640 East Diamond Avenue, Suite A, Gaithersburg, MD, 20877
- Students 16 and older are welcome to help.

Policy Council Meeting

- **Tuesday, November 26 from 4:45 p.m. - 7:30 p.m.**
- 640 East Diamond Avenue, Suite A, Gaithersburg, MD, 20877
- Students 16 and older are welcome to help.

Thank you to the the volunteers who helped at the recent Policy Council meeting (below).

Domestic Violence Awareness

In recognition of Domestic Violence Awareness Month, staff and volunteers at **The Betty Ann Krahne Center (BAKC)** prepared a series of special events for October. The BAKC is the only emergency safe house in Montgomery County for survivors of intimate partner violence and sexual assault.

To kick off the month, residents and staff enjoyed a tea party with finger sandwiches, salads, desserts, and of course tea!



Volunteers from Female Force United offered a workshop on self-care for the residents, while other individual volunteers led a paint night activity and a Zumba dance. Finally, a team of volunteers from the Uniformed Services University of Health Sciences offered their Holiday Flyers activity. Residents and staff created and decorated paper airplanes, and prizes were given to all for successfully flying their plane through holiday-themed targets. The event was followed by a movie with popcorn, other snacks, and goody bags.



Monthly new volunteer orientations

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

- **Tuesday, November 5 at 6:00 p.m.**
- **Monday, November 18 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, Gaithersburg, MD, 20877.



Meet our volunteers: Angela Little

When she retired after 50 years in the financial industry, **Angela Little** was looking for a way to "be useful" so she contacted us to volunteer.

From the moment she walked through our doors, Angela has shared her energy as an incredibly productive volunteer. She quickly became known as the "organizer" as she helped various programs clean out files and storage closets. When asked why she liked this job so much, she simply said, "I like throwing things away!"



After helping three different programs with their organizing tasks, Angela began to tutor students with the **School and Community Youth Services** (SCYS) program. With the SCYS program, Angela has found another reason for volunteering: to feel like she belongs to something. For the past year, she's been meeting one to two times a week with a 4th grade boy, working on his reading skills. And then last spring she added another weekly meeting (sometimes two or three) with Katherine Carranza (above right with Angela) for English conversation practice. Katherine, who hails from Peru, is also a volunteer and she's thrilled to get some extra speaking practice with Angela's help. Katherine says that Angela has "lots of patience. She's a beautiful and very nice teacher!"

Angela has certainly become an integral part of our community. She says that volunteering feels "like being part of a family." And, we hope she is feeling useful because her students definitely need her. We know we could not provide the services we do without very special volunteers like Angela.

Stay tuned to future volunteer newsletters as we spotlight other tremendous individuals!

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.

