

October 2019

Volunteer News

Sheppard Pratt Health System's Capitol Region



You can make a difference!

If you enjoy working with children and want to make a difference in their lives, consider tutoring with one of the following programs.

Any interested volunteer must submit a completed **volunteer application** and attend a new volunteer orientation.

**Be a tutor,
change a life.**

Linkages to Learning at Rosemont Elementary School

- Tutor volunteers work with small groups of elementary school students
- Wednesdays from 3:30 p.m. - 4:30 p.m.
- 16400 Alden Avenue, Gaithersburg, MD, 20877
- Students 16 and older are welcome to volunteer

Regional Youth Services Center

- Tutor volunteers work one-on-one with students of all ages for an hour each week
- Mondays through Thursdays, anytime between 4:00 p.m. - 7:00 p.m.
- 620 East Diamond Avenue, Suite H, Gaithersburg, MD, 20877
- Students 15 and older are welcome to volunteer



October special events

If you've got just a few hours to give, we've got just the right volunteer opportunity for you!

We are always looking for special support volunteers to help at special events. All you need to do is submit a completed

Beautifying the BAK Center

Several volunteer groups were at **The Betty Ann Krahne Center (BAK)** in August and September to paint and re-decorate three bedrooms.

Sisters from **Zeta Phi Beta** painted a room in their sorority colors of royal blue and white, adding handmade artwork and complimentary linens.



Members of **Highlight Church** painted two rooms, one pink and one green, and also offered some fresh linens and framed words of encouragement.

BAK staff was thrilled and grateful for everyone's efforts to create more home-like spaces for the mothers and children.



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, October 18 from 9:45 a.m. - 12:30 p.m.**
- 640 East Diamond Avenue, Suite A, Gaithersburg, MD, 20877

Policy Council Meeting

- **Monday, October 21 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

Parent Workshop

- **Tuesday, October 29 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 September Learning Community Series (below).



MONTGOMERY STATION

Halloween lunch at Montgomery Station

- **Thursday, October 31**
- Cooks are needed from 9:30 a.m. - 12:00 p.m.
- Servers are needed from 11:45 a.m. - 1:00 p.m.
- No experience is necessary; just a desire to make others feel special with a delicious meal!



Time for fall comfort foods

Volunteers were back in the **Montgomery Station** kitchen making a festive fall lunch on September 12. Clients and staff loved each part of the meal: chicken topped with sauteed spinach, garlic, and onions, roasted carrots, rice pilaf, fresh fruit salad, and brownies with homemade whipped cream!

We couldn't offer a meal like that without the help of wonderful volunteers. We were especially happy to have **Access Intelligence** volunteers back in the kitchen. Thank you everyone!



Meet our volunteers: Sam Kalibala

Dr. Sam Kalibala runs a community health clinic focusing on individuals living with AIDS in his home country of Uganda, traveling there 3-4 times a year.

- 630 East Diamond Avenue, Gaithersburg, MD, 20877

Want to gain experience and skills?

Volunteering can be a great way to build your skills and experience as you look for a new job or decide to switch careers. Click on each program below for details about volunteering opportunities that might help you while you help others.

- **Administrative Support** at **Linkages to Learning** at Rosemont Elementary School
- **Basic Computer Skills teacher** at the **Ed Bohrer Parent Resource Center**
- **Bilingual Front Desk Reception** at **Regional Youth Services**

For questions or more information, contact mary.murphy@fs-inc.org or call 301-840-3183.

We've got a Little Free Library

Congratulations to Girl Scout **Marisa Shah**! She received her Silver Award for designing, building, and installing a **Little Free Library** at **Discovery Station Early Head Start** in September.

It's now open for business, stocked with books for both children and adults to enjoy. Thank you Marisa for your creativity and hard work on this project.



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When he is back in town, Sam volunteers on Thursdays at **Montgomery Station**, our day program for adults living with chronic mental illness. Sam offers a weekly group that discusses healthy living tips for diet, exercise, and social well-being. His group also covers topics of sex and sexuality such as relationships and dating, rights and responsibilities, and various sexually-transmitted diseases. Sam has been leading the group since March of 2018, and his sessions are popular among both the men and women at Montgomery Station.



Sam says he has learned so much as a volunteer in a mental health program. He was aware of the stigma that AIDS carries from his own work, and he now recognizes a similar stigma among those with mental illness. Sam has met men and women at Montgomery Station who are thoughtful contributors to discussions, respectful of each other, and excited to learn. Sam shared that clients recently asked to learn more about the opioid epidemic, so he prepared materials for a group session. Moving forward he is encouraging clients to suggest other topics of interest.

Ashley Void, Day Program and Outreach Director at Montgomery Station, says that "Sam is reliable and consistently supports our clients in an exceptional way. He educates our clients on best health practices and helps them apply these interventions to their everyday life!" And, as a client adds, "Sam has interesting topics each week. I look forward to his groups."

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

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:

- **Thursday, October 3 at 6:00 p.m.**
- **Tuesday, October 22 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.

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.