

September 2019

Volunteer News

Sheppard Pratt Health System's Capitol Region



PART OF THE SHEPPARD PRATT HEALTH SYSTEM



It's back to school...tutors needed

A number of Family Services' programs need volunteer tutors to work either with individual or small groups of students, offering support in a variety of subjects and study skills. This is a wonderful opportunity to make a difference in a student's life.

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 Gaithersburg Middle School

- Homework Club tutor volunteers work with small groups of middle school students
- Tuesdays or Thursdays from 3:30 p.m. - 4:30 p.m.
- 2 Teachers Way, Gaithersburg, MD, 20877
- Students 16 and older are welcome to volunteer

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

The Landing

- Algebra II tutor needed to work one-on-one with a high school student
- Once or twice a week for an hour, Mondays through Fridays, anytime between 3:30 p.m. - 5:00 p.m.
- 640 East Diamond Avenue, Suite B, Gaithersburg, MD, 20877

Thank you community partners

Family Services is grateful to have the support of many wonderful community partners. With their extra skilled hands and warm hearts, we are able to accomplish so much more for the clients we serve.

Highlight Church has been supporting Family Services since 2017, sending groups of volunteers to help with nearly 20 different special projects including painting and redecorating bedrooms at the **Betty Ann Krahnke Center**, helping with **Early Head Start** special events, offering a Career Day for **Keys to Success**, and cleaning and organizing spaces for a number of Family Services' programs. And, they have stepped up to provide gift requests, gift cards, and hats and gloves for our annual Hope for the Holidays giving program.

In August, volunteers from Highlight Church were back at Family Services for two events. A team of nine volunteers organized a Spa Day for the young mothers of the **Keys to Success** program. Another team of 7 volunteers spent a Saturday morning cleaning and organizing the commercial kitchen at **Montgomery Station**. Thank you Highlight Church volunteers for all you do for Family Services!

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





If you've got just a few hours

Check out these one-time volunteer opportunities!

Family Services is 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 Family Services' **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.



Yearly Accomplishments and Ribbon Cutting Celebration

- **Thursday, September 5 from 2:00 p.m. - 5:00 p.m.**
- 640 East Diamond Avenue, Suite A, Gaithersburg, MD, 20877

Learning Community Series

- **Friday, September 20 from 9:45 a.m. - 12:30 p.m.**
- 640 East Diamond Avenue, Suite A, Gaithersburg, MD, 20877

Parent Committee Meeting

- **Wednesday, September 25 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

Policy Council Meeting

- **Monday, September 30 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

MONTGOMERY STATION

Welcome fall lunch at Montgomery Station

- **Thursday, September 12**
- Cooks are needed from 9:30 a.m. - 12:00 p.m.
- Servers are needed from 11:45 a.m. - 1:00 p.m.
- 630 East Diamond Avenue, Gaithersburg, MD, 20877



Meet our volunteers: Steve Hutt

In 2018 Steve Hutt retired from a 33-year career running an insurance agency. A friend, who knows that Steve loves to cook, recommended that he join her to cook and serve the annual Thanksgiving lunch at **Montgomery Station** last November.



All it took was one lunch and Steve was hooked. Volunteering at Montgomery Station at first offered Steve a great retirement activity. But, over the last 9 months, it has become his passion. He has bonded with clients and has seen how hard Montgomery Station staff work to provide daily services. In response, Steve has offered incredible and consistent support to Teresa Johnson, Family Services' Kitchen Director.

Teresa says that, "From the time he walked in the door, Steve has warmed our hearts and most importantly our bellies. Steve engages with our members and puts smiles on their faces. He brings creativity and new ideas to our menus. Steve has lots of positive energy and it radiates to all of Montgomery Station."

Steve said coming to volunteer feels like the TV show Cheers. "Everyone's always happy to see me which makes me want to help just that much more!"

Family Services is thankful for volunteers like Steve who share their amazing energy and enthusiasm, and are committed to making a difference.

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

Community trainings available to you

Family Services, Inc. is a member of the **Montgomery County Community Organizations Active in Disaster (COAD)**. A COAD is a local group of community organizations that coordinates emergency human services, while working in concert with partner agencies, including the local emergency management agency and social service agencies, during all stages of a disaster.

The Montgomery County COAD offers valuable trainings to help prepare the community for disasters and provide much needed assistance to community members if an event occurs. These trainings are available to Family Services' volunteers.

To learn more and to register for upcoming trainings, contact **Joe Corona** of the Montgomery County COAD.

Naloxone (Narcan) Training

- Thursday September 12 from 3:00 p.m. - 4:00 p.m.
- Emergent BioSolutions
- 300 Professional Drive, Gaithersburg, MD, 20879

Mental Health First Aid Training

- Wednesday, September 25 from 9:00 a.m. - 5:00 p.m.
- EOC Training Room
- 1300 Quince Orchard Blvd., Gaithersburg, MD, 20878

Dental care basics

Montgomery Station is looking for a **dental hygienist or dentist** to offer a client group session on dental care basics and the importance of healthy teeth.

- **One-hour session at 10:00 a.m. on an upcoming Monday**
- 630 East Diamond Avenue, Gaithersburg, MD, 20877
- If possible, a donation of toothbrushes and toothpastes would be greatly appreciated.

If you've got more than a few hours

Check out these new regular volunteer opportunities!

All of the details for each of the opportunities listed below can be found on our **Montgomery County Volunteer Center** webpage (or just click on each opportunity). Become a FAN of Family Services and receive automatic updates of new volunteer possibilities.

Linkages to Learning at Gaithersburg Middle School

- **Childcare volunteer** (students 16 and older welcome to help)
- **ESL teacher** for adult English class

Linkages to Learning at Rosemont Elementary School

- **Girls on the Run volunteer** (students 16 and older welcome to help)

Several Family Services' programs are looking for **administrative support volunteers**. Each program is asking for different volunteer qualifications to complete a variety of administrative tasks. Click on each program below for the details.

- **Betty Ann Krahnke Center**
- **Linkages to Learning at Rosemont Elementary School**
- **Montgomery Station**
- **Neighborhood Safety Net**
- **Outpatient Mental Health Center**
- **Regional Youth Services**

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

Monthly new volunteer orientations

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

- **Thursday, September 12 at 6:00 p.m.**
- **Tuesday, September 24 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.



Many thanks to the volunteers who help each month at the Early Head Start special events including those at the Family Transition ceremony in August.

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**.