



*The Montgomery County Volunteer Center
Proudly Presents...
Dr. Martin Luther King Jr.
2010 Day of Service and Volunteer Fair*



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Event Sponsors:



Maryland Governor's
Office on Service and
Volunteerism



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*For Volunteer Opportunities Year-Round:
Montgomery County Volunteer Center 240-777-2600
www.montgomerycountymd.gov/volunteer*



Welcome!

If you have any questions, please see one of our volunteers in a beige t-shirt with a bright orange staff nametag.

Enclosed you will find a listing of programs, service projects, and agencies to check out throughout the day!

If you are looking for more volunteer opportunities: search our online database or call our office to make an appointment to meet with an Advisor to help you search for a perfect match!

Visit: www.montgomerycountymd.gov/volunteer or call: 240-777-2600

Conflict Resolution Activities– (Salon A)

The Conflict Resolution Center of Montgomery County (CRCMC) will lead interactive activities on conflict resolution skills for all ages. CRCMC is a non-profit organization dedicated to providing quality dispute prevention, resolution, and education to individuals and community organizations. Mediation services are provided free of charge to Montgomery County residents. Attend the interactive training sessions. **Participants can join for a single activity or the whole course!**

1:00-1:10 **Welcome/Introduction**

1:10-1:30 **Brainstorm Conflict**

How do we perceive conflict?

1:40-2:00 **Battle Lines**

Battle Lines will demonstrate how to use Win-Win Problem solving.

2:10-2:30 **Minefield**

A communication skills exercise.

2:40-3:00 **Houses**

A communication skills exercise.

3:10-3:30 **Mock Mediation**

The Mock Mediation will demonstrate how two angry participants can work together to gain a better understanding of each other and reach a mutual agreement.



Youth Advisory Committee (YAC) Activities– (Salon B)

The County Executive's Youth Advisory Committee is a group of Teen leaders who work together to promote community service and healthy choices.

1:15 – 1:35 East County YAC:

Trust, Teamwork and Unity – YAC members will lead a series of games and activities to explore how concepts were essential in Dr. King's work during the Civil Rights Movement.

1:40 – 2:00 Countywide YAC:

Communication, Cooperation and Creativity – YAC members will use interactive skits to teach participants how Dr. King demonstrated these qualities in his work.

2:05 – 2:25 Upcounty YAC:

Solving conflicts with kindness and peace – Using puppets and interactive skits, YAC members will share Dr. King's legacy of non-violence and explore ways that participants can solve problems peacefully in their own lives.

2:30 – 2:55 Countywide YAC:

Working together – Through games and discussion, YAC members will share Dr. King's message of teamwork.



Service Projects

Note: Peanuts and peanut butter will be on the premises

Tie Quilts and Color Labels for “Quilts from the Heart” with Friendship Star Quilters

Help finish quilts by tying knots using crochet cotton and tapestry needles. Those too young to tie can decorate fabric labels which will be attached to the back of each quilt when finished. Quilts are made for at-risk children and infants and victims of disaster. Friendship Star Quilters is incorporated to foster fellowship and support for beginning to advanced quilters. For more information, visit www.friendshipstar.org.

Bone Marrow Registration for the National Marrow Donor Program

The National Marrow Donor Program recruits committed donors to the national registry. Find out more and become a donor. Help us increase diversity of donors to improve the chances for all patients to find a match, more Black and African American, American Indian, Asian, and Hispanic and Latino potential volunteer donors are needed. For more information, call 301-496-0572 or visit www.marrow.org.

Creating Bookmarks & Cards for Books, Bears & Bonnets

Make bookmarks and cards for children & adults with cancer and other serious illnesses. These will be a part of gift boxes containing a *book* to ease the mind, a *hat* to cover the head with warm thoughts and a *friendly stuffed animal* for the heart. For volunteer opportunities contact www.booksbearsbonnets.org.

Autism Awareness Ribbons for the Autism Society of America-Montgomery County Chapter

Glue ribbons onto pin backings with glue guns. The mission of the Autism Society of America is to improve the lives of all affected by autism. For volunteer opportunities contact 301-353-9601, or visit www.autismmontgomerycounty.com.

Be an Artist with Interages

Create painted designs/decorations on clay flower pots that will be used to honor older adult volunteers who serve as tutors and mentors to children throughout the school year; and as room-brightening gifts for older residents of adult care facilities where youth visit regularly through Interages programs. For information on volunteer opportunities, call 301-949-3551 or visit www.interagesmd.org.

Popsicle Stick Picture Frames for Betty Ann Krahnke Center

Make picture frames out of popsicle sticks and decorate them for residents at the Betty Ann Krahnke Center and other organizations. The Krahnke Center offers support services, counseling and temporary residential assistance to women and children in crisis. For volunteer opportunities contact 301-279-1203, or visit www.nccf-cares.org.

Crochet and Knit with Montgomery College – Experienced knitters and crocheters preferred

Help crochet and knit 30 preemie hats for pre-mature infants for our area hospitals. Sponsored by the Montgomery College Adult ESOL & Literacy/GED Program, for more information call 301-962-8950, or visit www.montgomerycollege.edu/wdce/aelg.

Human Rights Activity for Children

Create art projects that represent international children's rights. Each project will be photographed and displayed on the Ariel Foundation's website to help explain children's rights to others. The Ariel Foundation supports partnerships, peace, and prosperity through entrepreneurship and service. For more information, contact 202-429-2012, or visit www.arielfoundation.org.

Hero Badges for Pediatric Unit at Holy Cross Hospital

Create paper “Hero Badges” for children in treatment at the hospital. For volunteer information at Holy Cross, contact 301-754-7306.



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Pack “Snow Day Boxes” for Meals on Wheels

Pack food boxes for clients to have on snow days when food delivery is not available. Meals on Wheels is a volunteer-based program - volunteers deliver food every weekday to homebound seniors and adults with disabilities. For volunteer information, contact your local program:

Meals on Wheels, Central Maryland...1-877-730-9476
Meals on Wheels, Colesville...(301) 384-7440
Meals on Wheels, Gaithersburg...(301) 216-4200
Meals on Wheels, Germantown...(301) 251-8885
Meals on Wheels, Rockville...(301) 340-1559
Meals on Wheels, Takoma Park...(301) 434-1922
Meals on Wheels, Wheaton...(301) 942-1111
Jewish Social Service Agency...(301) 881-3700

Winter Kits with the Montgomery County Commission on Children and Youth

Put together Winter Kits for the Montgomery County Coalition for the Homeless with winter clothing and other snacks and cards. This project is sponsored by the Montgomery County Commission on Children and Youth, an organization that works to promote the well-being of Montgomery County's children, youth and families. For more information, email mary.gies@montgomerycountymd.gov or call 240-777-4659.

Comfort Scarf and Shawl Project for Montgomery Hospice

Volunteers will create quilts and scarves for patients and family members of the hospice. Montgomery Hospice provides compassionate care that addresses the unique physical, emotional and spiritual needs of persons with life-limiting illness, their loved ones and the bereaved. For information on volunteer opportunities, contact 301-921-4400 or visit www.montgomeryhospice.org.

Greeting Cards for Veterans and Senior with the Nation’s Capital DeMolay

Send warm wishes to Veterans at the VA Continuing Care Community Center at the VA hospital and Little Sister of the Poor. For more information on DeMolay, a youth leadership organization for young men between the ages of 12-21, visit www.dcdemolay.org.

Trail Mix Bags for Shepherd’s Table *Peanuts at this project***

Create personal bags of trail mix for Shepherd's Table and other area shelters. Shepard’s Table works to provide help to people who are homeless or in need by providing basic services, including meals, social services, medical support, clothing, and other assistance in an effective and compassionate manner. For more information, visit www.shepherdstable.org or call 301-585-6463.

Tree House Kids for Tree House Child Assessment Center of Montgomery County

Bring “Tree House Kids” to life by cutting the doll patterns from the fabric, gently stuffing the dolls, and then sew them closed! The Tree House serves children who’ve been abused and neglected. For more information on The Tree House, call 240-777-4699, or visit www.thetreehousecac.org.

Assemble Bag Lunches for Area Shelters and Soup Kitchens – Sponsored by Whole Foods Market

*****Peanut butter will be at this project***

Make peanut butter & jelly sandwiches and pack snacks and drinks for the following county shelters & food bank:
Bethesda House: 301-907-9597; Carroll House Transitional Shelter; Chase Partnership House Men’s Shelter: 301-424-1380; DC Central Kitchen: 202-234-0707; Dorothy Day Shelter for Women: 301-762-8314; Montgomery County Coalition for the Homeless: 301-217-0314; Rainbow Place Shelter: 301-762-1496; Shepherd’s Table: 301-585-6463; Watkins Mill House 301-515-8244.



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Tissue Paper Flowers & Valentines Day Cards for Senior Citizens & Adults with Disabilities

Make tissue paper flowers and Valentines Day Cards for clients of organizations including: Asbury Methodist Village 301-216-4200, Rockville Nursing Home 301-279-9000, Brooke Grove Retirement Village 301-570-7081, CHI Centers 301-445-3350, Hebrew Home 301-770-8332, and Riderwood Village 301-572-8390.

Peace Bead Jewelry

Think about what peace means to you and place it on a bead! These beads will then be strung onto necklaces and bracelets that participants can take with them and remember where they find peace in their lives and the world around them. This project is sponsored by the African Immigrant and Refugee Foundation. For information visit www.airfound.org.

Placemats for families and Bracelets for the Thoughtful Treasures Program at The Children's Inn at NIH

Create placemats for children and families to use in the kitchens at The Children's Inn at NIH or fashion a bracelet for children at the Inn to receive as a Thoughtful Treasure. Each day, children at the Inn receive a special "treasure" in their mailbox to brighten each day! The Children's Inn at the National Institutes of Health is a residential "place like home" for sick children and their families. To find out how you can get INNvolved, go to www.childrensinn.org.

Construct Paper Houses with Habitat for Humanity

Construct paper houses and learn about building simple, decent, affordable housing for those living in substandard conditions in our community. For volunteer information, go to www.habitat-mc.org or call 301-990-0014.

Create Bracelets and Cards with the Jewish Community Center of Greater Washington and Jewish Foundation for Group Homes

Create beautiful beaded bracelets and cards for residents of local nursing homes. The JCC of Greater Washington inspires and connects people of all ages and backgrounds through educational, cultural and recreational opportunities in a welcoming and inclusive environment. Jewish Foundation for Group Homes (JFGH) provides support and services for individuals with disabilities in the Washington, D.C. metropolitan area. For more information, visit www.jccgw.org or call 301-348-3740 and for JFGH visit www.jfgh.org.

Fill Boxes with Happy Thoughts and Warm Wishes for Senior Citizens

Put a Smile on a senior's face by adding your happy thought or warm wish to our boxes. These boxes will be sent to area senior centers and nursing homes to spread joy!

Support our Troops with Cards

Make cards for our service men and women and their families at various locations: Fisher House Foundation, an organization who donates "comfort homes," built on the grounds of major military and VA medical centers, which enable family members to be close to a loved one at the most stressful times - during the hospitalization for an unexpected illness, disease, or injury. Cards will also go to the National Naval Medical Center and American Red Cross at Walter Reed Medical Center. To volunteer with Fisher House, call 202-545-3218.

Make a Child Smile

Create cards to send to children who suffer from chronic or life-threatening illnesses supported by Make A Child Smile. To learn about children and families who need your support, visit www.MakeAChildSmile.org.

Light Switch Plate Covers

Create a light switch plate cover to remind yourself to turn out the lights when you're leaving a room! For more ways to help improve our local environment, check out www.montgomerycountymd.gov/dep.



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Volunteer Fair

Learn more about volunteer opportunities in our community by visiting representatives from local nonprofit agencies.

A Wider Circle: Helps individuals and families lift themselves out of poverty. www.awidercircle.org or 301-608-3504

American Red Cross of the National Capital Area: Delivers quality humanitarian service to all residents of the county. www.redcrossnca.org or 703-805-2057

Ariel Foundation: Building international bridges of peace and prosperity through youth leadership, entrepreneurship and community service. www.arielfoundation.org or 202-429-2012

Autism Society, Montgomery County, MD Chapter: Through advocacy, information, referral, support groups, and financial aid, make Montgomery County a better place for persons with autism. www.autismmontgomerycounty.com

Autism Speaks: Helping those who struggle with autism spectrum disorders through funding research, prevention, treatments and cure for autism and raising public awareness about autism and its effects. www.AutismSpeaks.org

Community Emergency Response Teams (CERT): Educates people about disaster preparedness and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. www.montgomerycert.org

Church of Christ at Manor Woods: Offers help to those in need in our area including meals for homeless shelters and soup kitchens. www.manorwoods.com

Circle of Hope- Individualized equine-assisted therapy to individuals with physical, developmental, emotional and mental disabilities. www.CHTR.org or 301-916-2040

Civil Air Patrol: Focus of activities is the training of young people (12-18 years old) in emergency services and their orientation in aviation-related activities. www.b-cc.org

Conflict Resolution Center of Montgomery County: Dedicated to providing quality dispute prevention, resolution, and education to individuals and community organizations. www.crcmc.org or call 301-942-7700

Friends of Rock Creek's Environment (FORCE): Works to protect Rock Creek; let's work together for a safe, healthy creek! www.friendsofrokcreek.org

Habitat for Humanity: Build simple, decent, affordable housing for those living in substandard conditions in our community. www.habitat-mc.org or 301-990-7536

Housing Unlimited, Inc.: Addresses the housing crisis for adults with psychiatric disabilities. The agency owns 33 homes throughout the county which are rented to low-income individuals with psychiatric disabilities. www.housingunlimited.org

Interages: Interactive, intergenerational programs that are mutually beneficial to senior adults and children. www.interagesmd.org or 301-949-3551

interPLAYcompany Band: A stimulating creative and unique approach to music for adults with mental and/or physical disabilities. www.interplayband.org or 301-229-0829



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Jewish Community Center of Greater Washington: Promote Jewish continuity and identity, and create community in an atmosphere of warmth and meaning. We inspire and connect people of all ages and backgrounds through educational, cultural and recreational opportunities in a welcoming and inclusive environment. www.jccgw.org or 301-881-0100

Jewish Federation of Greater Washington JConnect: Caring for those in need, deepening engagement in Jewish life, and strengthening the bonds among Jews in the Washington area, in Israel, and around the world. www.shalomdc.org/jvc

Jewish Social Service Agency: Professional non-sectarian mental health, home health and social services. www.jssa.org

Meals on Wheels of Montgomery County: Volunteer run organization which delivers food every weekday to homebound seniors and adults with disabilities. See previous listing in projects section of handout to find your local program.

Montgomery County Child Welfare Services: Works to protect children and preserve families. 240-777-1245

Montgomery County Coalition for the Homeless: Works to end homelessness by creating housing options, providing supportive services and facilitating collaboration, education and advocacy. www.mcch.net or 301-217-0314

Montgomery County Commission on Children and Youth: Promotes the well-being of Montgomery County's children, youth and families so that all young people may realize their full potential and become contributing, productive adults. 240-777-4659

Montgomery County Stroke Association: Info and support to stroke survivors and family member/caregivers. Increase community awareness. www.mcstroke.org 301-681-6272

Montgomery County Volunteer Center: Mobilizes people and resources to deliver creative solutions to community problems. www.montgomerycountymd.gov/volunteer 240-777-2600

Montgomery Hospice: Our mission is to gentle the journey through serious illness and loss with skill and compassion. www.montgomeryhospice.org 301-921-4400

Nation's Capital DeMolay: Organization dedicated to preparing young men to lead successful, happy, and productive lives. dcdemolay.org 518-588-3631

Neighborhood Watch: Crime prevention program that enlists the active participation of residents in cooperation with law enforcement to reduce crime, solve problems, and improve the quality of life in your area. www.montgomerycountymd.gov/police

On Our Own Montgomery: A self-help, mutual support and advocacy organization for individuals with mental illness. www.ooo-mc.org or 240-683-5555

Reach Out and Read, Metro DC: National nonprofit organization that makes literacy promotion a standard part of pediatric primary care, so that children grow up with books and a love of reading. www.reachoutandread.org

Rebuilding Together, Inc.: Rehabilitate the houses of low income homeowners, particularly the elderly and disabled. www.rebuildingtogethertmc.org or 301-933-2700

Shepherd's Table: Provides food, clothing, counseling, medical and other support services to the homeless and needy. www.shepherdstable.org or 301-585-6463



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The National Center for Children and Families: Creates total, healthy living environments for vulnerable children, youth, and families, and the quality of life which empowers their ability to thrive and demonstrate responsibility.

www.nccf-cares.org or 301-365-4480 x113

The Senior Connection: Dedicated to helping older persons live as independently as possible while remaining integral members of their communities. seniorconnectionmc@gmail.com or 301-962-0820

Tree House Child Assessment Center of Montgomery County: Comprehensive and multidisciplinary response for children who may have suffered abuse or neglect. www.thetreehousecac.org or 240-777-3976

Women's Microfinance Initiative: Works with village-level organizations to provide working capital to women in the lowest income brackets so that they can engage in income producing activities. wmionline.org

Women Who Care Ministries: Help those who are hungry, homeless, low-income, overcoming substance abuse, victims of domestic violence, and ex-offenders re-entering society. www.womenwhocareministries.org or 301-963-8588

Young Professional Forum, Inc.: Helps our community through specialized projects, like preventing teen pregnancy and domestic violence and reducing child abuse. Blessing.M@live.com or 301-943-6096

Thank you for volunteering!

Stay connected with the Montgomery County Volunteer Center:



Check out our website: www.montgomerycountymd.gov/volunteer and sign up for our e-newsletter "Montgomery Volunteer"



Follow us on [twitter](https://twitter.com/MontCoVolCenter) @ MontCoVolCenter

Be a fan of the "Montgomery County Volunteer Center" on

[facebook](https://www.facebook.com/MontCoVolCenter)

Give us a call: 240-777-2600



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“Life’s most urgent and persistent questions is, ‘What are you doing for others?’ ” - Martin Luther King, Jr.

Today was a great example of how to share in MLK’s dream and get involved in your community, now what? Reflect on what you did today and think about what you can do tomorrow!

What?

- 👏 What did you do today and who did you help?
- 👏 What did you learn about your community, or a particular issue, today?
- 👏 What is one thing you did today to help make MLK’s Dream a Reality?



So What?

- 👏 Why did we participate today?
- 👏 How will today’s service impact our community?

Now What?

- 👏 Now what do we do? How else can we help?
- 👏 MLK had BIG dreams that are today becoming a reality, what are some BIG dreams YOU have that you hope will one day become a reality? How can you make that happen?
- 👏 What is one thing you will tell a friend about what you did today? How can they help you in making a difference?
- 👏 Visit www.montgomerycountymd.gov/volunteer to find volunteer opportunities.



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