

# April 2009

## HANDS ON ASHEVILLE-BUNCOMBE MANAGED PROJECTS

New Project **NEW!**

Needs Project Coordinator 

### #1 Meals for Hope\*

New Choices is an empowerment program for displaced homemakers in need of counseling and assistance in order to achieve economic self-sufficiency. Volunteers assist in cooking and serving a meal for 15-25 women and children attending its bi-weekly meetings. YWCA provides all supplies.

**Project Coordinator:** Jason Ingle; 242-7616; jason@ashevillehomebuyer.com

**Project Dates & Times:** 4/09 (Thursday); 5:30 - 7:30 pm  
4/30 (Thursday); 5:30 - 7:30 pm

**Requirements:** 2-4 needed; ages 16+ welcome (13-15 with adult supervision)

### #2 Shake and Bake

Prepare and serve a hot, homemade lunch to the men staying at the ABCCM Veteran's Restoration Quarters & Inn. Take an afternoon to give back to those who have served our country and are now in need of assistance. Both men and women are encouraged to participate in this project.

**Project Coordinator:** Peggy Lewis; 231-9777; peggypagesinc@bellsouth.net

**Project Date & Time:** 4/03 (Friday); 10:30 am-1:30 pm **NEW TIME!**

**Requirements:** 3-6 needed; ages 16+ welcome

### #3 Bonding Blankets\*

Help make "lovies" for premature babies served by Mission Health and Hospital's Neonatal Intensive Care Unit. A love is a tiny blanket that a new mother sleeps with for several nights so it acquires her scent. The love is then placed in the incubator so that the baby can start bonding with the mother while he/she is in the hospital. Sewing skills are not required. Instructions will be given at the project.

**\*\* This project will resume in May.**

### #4 Cookie Night

Help bake homemade cookies for families who are staying at the Lewis Rathbun Center. The Rathbun Center provides free lodging for families from out of town who have a loved one in an area hospital. Supplies will be provided. Just bring some compassion and an appetite (sampling is encouraged!).

**Project Coordinator:** Bonnie Carlin; 301-0700; bonniecarlin@thehartlawgroup.com

**Project Date & Time:** 4/13 (Monday); 7:30-8:30 pm

**Requirements:** 2-4 needed; ages 18+ welcome (10-17 with adult supervision)

### #5 Fair-Trade Stock-Up

Ten Thousand Villages is a non-profit, fair-trade retail store that sells handcrafted items made by artisans in more than 30 developing countries providing them with much needed income. Volunteers will assist with unpacking and pricing the merchandise so it can be placed on the sales floor.

**Requirements:** 2-5 needed; ages 16+ welcome (14-15 with adult supervision)

**Project Coordinator:** Sharon Port, 687-3416; sharon\_port@hotmail.com

**Project Date & Time:** 4/11 (Saturday); 1:00-4:00pm

\*\*\*\*\*

**Project Coordinator:** Annie Price, 712-7381; akmp@price@gmail.com

**Project Date & Time:** 4/30 (Thursday); 4:00-6:00pm

### #6 In the Garden\*

Volunteers will be preparing the Emma Community Garden for fertilization, planting, and harvest! Much of this garden's harvest will go directly into the Emma food pantry and back into the community. Volunteers should wear seasonal work clothes and sturdy shoes. Please bring enthusiasm, sunscreen, and a water bottle.

**Project Coordinator:** Jennie Eblen; 684-5530; jeneblen@aol.com

**Project Date & Time:** 4/25 (Saturday); 10:00am-1:00pm

**Requirements:** 5-16 needed; ages 16+ welcome (12-15 with adult supervision)

### #7 Cooking for Comfort\*

Show support to hospice patients and their families by cooking and serving a meal at the John Keever Solace Center. This is a wonderful way to nurture these families and give them an opportunity to support one another while dining on a home-cooked meal.

**Project Coordinator:** Latrella McElrath; 232-3830; latrella.mcelrath@wachovia.com

**Project Date & Time:** 4/18 (Saturday); 11:00 am - 1:30 pm

**Requirements:** 5-7 needed; ages 18+ welcome; (14-17 with adult supervision)

### #8 Kids Care\*

Kids are eager and excited to give to others, but it can sometimes be difficult to find age appropriate volunteer activities for children. This is a project where kids are the volunteers! Each month's project will involve an age-appropriate learning component and a hands-on activity. **This project is geared towards 7-12 year olds.** \*\*\*Adult volunteers not needed unless bringing youth participants.\*\*\*

**Project Coordinator:** Laresa Fair ; 329-8108; lfair@unitedwayabc.org

**Project Date & Time:** 4/25 (Saturday); 9:00-11:00am

**Requirements:** 4-10 needed; This project is geared towards 7-12 year olds. Parents or guardians are required to stay onsite with their children.

### #9 Pack & Sort at MANNA\*

Help sort and pack food at MANNA Food Bank to be given to agencies serving hungry people in 17 Western North Carolina counties.

**Requirements:** 5-20 needed; ages 16+ welcome (5-15 with adult supervision)

**Project Coordinator:** Anne Lanzi; 337-5145; alanzi@haywood.k12.nc.us

**Project Date & Time:** 4/23 (Thursday); 6:00-8:00pm  
4/30 (Thursday); 6:00-8:00pm

\*\*\*\*\*

**Project Coordinator:** Debbie Beverly; 551-0667; dbeverly@charter.net

**Project Date & Time:** 4/09 (Thursday); 6:00-8:00pm

### #10 Knit-n-Give\*

Are you looking for an excuse to knit or crochet on a Sunday afternoon? Look no further! Help make hats to be given to newborns served by the Buncombe County Health Center's Community Health Program. These hand-knitted hats are treasured by the client families and help provide incentive to keep important appointments with Community Health Nurses. Volunteers with basic knitting or crocheting skills are welcome!

**Project Coordinator:** Patty McGovern; 582-1498; pmcgovern@unitedwayabc.org

**Project Date & Time:** 4/19 (Sunday); 2:00-4:00pm

**Requirements:** 6-10 needed; ages 16+ welcome (12-15 with adult supervision)

Visit our interactive website and sign up for projects online!

[www.handsonasheville.org](http://www.handsonasheville.org)

Browse our database of volunteer opportunities...  
Search for projects that fit your skills & interests...  
Learn more about ways to serve in your community...

***Be the change. Volunteer.***



As the volunteer program of the United Way of Asheville and Buncombe County, Hands On Asheville-Buncombe is committed to the United Way's mission to strengthen our community by helping people improve their lives and care for one another. Hands On makes it easy to lend a hand and help others in our community by volunteering with local nonprofits. Agencies with Hands On projects are not necessarily funded by United Way. Projects which are connected with agencies that receive United Way funding are noted by an asterisk (\*).

# April 2009

Numbers and Letters Correspond to Projects Listed Inside the Newsletter

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 #2	3	4
5	6	7	8	9 #1 #9	10	11 #5
12	13 #4	14	15	16	17	18 #7
19	20	21	22	23 #9	24	25 #6 #8
26	27	28	29	30 #1 #5 #9		

Hands On Asheville-Buncombe, a program of United Way, makes it easy to lend a hand and help others in our community by volunteering with local nonprofits.

Visit [www.handsonasheville.org](http://www.handsonasheville.org) and choose the volunteer opportunity that works for you: your passions, your skills, your schedule. Many projects last just 2-3 hours, occur on evenings and weekends, and don't require a long term commitment.

Whether you want to volunteer on your own or with your family, business, or faith community, Hands On Asheville-Buncombe makes it easy to connect with others who care about issues that are important to you—and together make a difference.

An Affiliate of:

## Hands On Asheville-Buncombe

A program of United Way

50 S. French Broad Ave., Asheville, NC 28803

Phone: 2-1-1

Fax: (828) 255-8004



Email: [info@handsonasheville.org](mailto:info@handsonasheville.org) Website: [www.handsonasheville.org](http://www.handsonasheville.org)

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A Program of

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Be The Change. Volunteer. | ASHEVILLE•BUNCOMBE

April 2009

### Spotlight on Volunteers:

#### Jennie Eblen, Laresa Fair & Jason Ingle

April is National Volunteer Appreciation Month, and Hands On Asheville-Buncombe is proud to recognize three of our most dedicated volunteers: Jennie Eblen, Jason Ingle, and Laresa Fair.

Jennie has been an ardent advocate and supporter of United Way's volunteer program for years. As Hands On Asheville-Buncombe spokesperson, Jennie represents Hands On at United Way board meetings and other community events. She also serves on United Way Strategic Planning and Community Fund committees. Jennie is currently the Project Coordinator for our seasonal "In the Garden" project at the Emma Family Resource Center's community garden.

Jason also wears several United Way hats: Board Member, Highlands Circle Chair and Hands On Asheville-Buncombe volunteer. He also serves on the United Way Strategic Planning committee. As Highlands Circle Chair, Jason has made a special effort to connect its members to the agencies their funds support by coordinating service projects in collaboration with Hands On. Currently, Jason is the Project Coordinator for our "Meals for Hope" project at the YWCA.

Laresa has been involved with Hands On in some capacity for over 3 years; starting as a United Way's Day of Caring volunteer and eventually as a volunteer Project Coordinator. Laresa has led our "Cooking with Kids" project at ABCCM's Steadfast House and our "Pack & Sort" project at Manna Foodbank. Laresa is currently a Project Coordinator for our "Kids Care" project which is developed specifically for youth volunteers ages 7-12.

Because of their outstanding service to our community, Hands On Asheville-Buncombe would like to recognize Jennie Eblen, Jason Ingle and Laresa Fair. **Thank you!**

Special Thanks to Our Sponsors

