

March 2009

HANDS ON ASHEVILLE-BUNCOMBE MANAGED PROJECTS

New Project **NEW!**

Needs Project Coordinator (P)

#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: 3/12 (Thursday); 5:30 - 7:30 pm
3/26 (Thursday); 5:30 - 7:30 pm

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

#2 Shake and Bake

Cook and serve a hot, homemade meal to the men staying at the ABCCM Veteran's Restoration Quarters & Inn. Take an evening 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: 3/11 (Wednesday); 5:30 - 7:30 pm

Requirements: 3-5 needed; ages 16+ welcome

#3 Bonding Blankets* **NEW!**

Help make "lovies" for premature babies served by Mission Health and Hospital's Neonatal Intensive Care Unit. A lovie is a tiny blanket that a new mother sleeps with for several nights so it acquires her scent. The lovie 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.

Project Coordinator: Sarah Catoe; 255-0696; scatoe@unitedwayabc.org

Project Date & Time: 3/07 (Saturday); 3:00-5:00pm

Requirements: 2-6 needed; ages 16+ welcome

(P) *In order to offer this as an ongoing project, we are looking for a volunteer Project Coordinator. Contact Sarah Catoe at 255-0696 for more information.*

#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: 3/09 (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: 3/14 (Saturday); 1:00-4:00pm

Project Coordinator: Annie Price, 712-7381; akmpriec@gmail.com

Project Date & Time: 3/26 (Thursday); 4:00-6:00pm

#6 In the Garden* **NEW!**

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: 3/28 (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: Susan Enderle; 545-6593; sjenderle@aol.com

Project Date & Time: 3/14 (Saturday); 11:00 am - 1:30 pm

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

#8 Kids Care* **NEW!**

Kids are eager and excited to give to others, but it can sometimes be difficult to find age appropriate volunteer activities for children. Each month's project will involve an age-appropriate learning component and a hands-on craft activity. Finished crafts will be given away to others in our community.

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

Project Date & Time: 3/29 (Sunday); 2:00-3:15pm

Requirements: 4-10 needed; This project is geared towards 5-12 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: 3/10 (Tuesday); 6:00-8:00pm
3/24 (Tuesday); 6:00-8:00pm

Project Coordinator: Vicki Greene; 255-0696; vgreene@unitedwayabc.org

Project Date & Time : 3/19 (Thursday); 6:00-8:00pm

#10 Knit-n-Give* **NEW!**

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: 3/29 (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

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 (*).

March 2009

Numbers and Letters Correspond to Projects Listed Inside the Newsletter

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 #3
8	9 #4	10 #9	11 #2	12 #1	13	14 #5 #7
15	16	17	18	19 #9	20	21
22	23	24 #9	25	26 #1 #5	27	28 #6
29 #8 #10	30	31				

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 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 Website: www.handsonasheville.org

If you would prefer to receive our newsletter by email, contact us at info@handsonasheville.org

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March 2009

Hands On Volunteer Survey Results

Recently, we surveyed 2008 Hands On volunteers to learn more about their experiences and get ideas for things we can improve. Our goal is to make volunteering with Hands On is as user-friendly and enjoyable as possible.

Here is a sample of the survey responses:

- 80% of respondents were new to Hands On, having volunteered 2 yrs or less. Most volunteered for 1-3 projects.
- 75% of respondents found signing up for volunteer projects online at www.handsonasheville.org simple and efficient, and were able to find the type of projects that interested them.
- 88% of respondents said that by participating in a Hands On project they know more about the needs and resources available in the community than before they volunteered.
- 83% of respondents preferred to sign-up for one-time projects as able (the majority preferring weekend/daytime projects).
- Respondents would like to see more of the following projects: done-from-home opportunities, gardening, litter-cleanups, meals, and family-friendly projects.

Have an idea for a Hands On project to share? Interested in leading a Hands On project as a volunteer Project Coordinator?

We'd love to hear from you too!

Contact Sarah Catoe at 828- 255-0696 or info@handsonasheville.org

Special Thanks to Our Sponsors

