

May 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: 5/14 (Thursday); 5:30 - 7:30 pm
5/28 (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: 5/01 (Friday); 10:30 am-1:30 pm **NEW TIME!**
Requirements: 3-6 needed; ages 16+ welcome

#3 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: Vicki Greene; 255-0696; vgreene@unitedwayabc.org
Project Date & Time: 5/07 (Thursday); 6:00-8:00 pm

Project Coordinator: Debbie Beverly; 551-0667; dbeverly@charter.net
Project Date & Time: 5/14 (Thursday); 6:00-8:00 pm

Project Coordinator: Anne Lanzi; 337-5145; alanzi@haywood.k12.nc.us
Project Date & Time: 5/26 (Tuesday); 6:00-8:00 pm

#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: 5/11 (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: 5/16 (Saturday); 1:00-4:00 pm

Project Coordinator: Annie Price, 712-7381; akmpriec@gmail.com
Project Date & Time: 5/28 (Thursday); 4:00-6:00 pm

#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: 5/23 (Saturday); 10:00am-1:00 pm
Requirements: 5-16 needed; ages 16+ welcome (12-15 with adult supervision)

#7 Knit-n-Give*

Are you looking for an excuse to knit or crochet for a good cause? Look no further! Help make hats to be given to newborns served by the Buncombe County Health Center's Community Health Program. These hand-made hats are treasured by the client families and help provide incentive to keep important appointments with Community Health Nurses. Volunteers with basic skills in knitting or crocheting are welcome. Please bring your own needles or crochet hooks and a pattern.

Project Coordinator: Patty McGovern; 582-1498; pmcgovern@unitedwayabc.org
Project Date & Time: 5/21 (Thursday); 5:30-7:30 pm
Requirements: 6-10 needed; ages 16+ welcome (12-15 with adult supervision)

#8 Kids Care: 4-6 year olds* **NEW!**

Young children have a natural desire to give to others. This project for 4-6 year olds includes an age-appropriate learning component and a hands-on activity to foster a giving spirit. This month, kids will decorate flower pots, fill them with a blooming plant and give them to senior residents of Aston Park Health Care Center to recognize and appreciate the elders in our lives and our community! ***Adult volunteers not needed unless bringing youth participants.***

Project Coordinator: Lucy MacGregor; 581-0234; newyurtle@hotmail.com
Project Date & Time: 5/30 (Saturday); 10:00-11:30 am
Requirements: 5-20 needed; Parents or guardians are required to stay onsite and are asked to actively participate with their children.

#9 Kids Care: 7-12 year olds*

Kids are excited to give to others, but it can sometimes be difficult to find age appropriate volunteer activities. 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 month, kids will be making goodies at the Lewis Rathbun Center for guests to enjoy during their stay. **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: 5/16 (Saturday); 9:30-11:00 am
Requirements: 5-20 needed; Parents or guardians are required to stay onsite and are asked to actively participate with their children.

#10 Bonding Blankets

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

Project Coordinator: Clare Cook; 231-9082; clare@gmx.net
Project Date & Time: 5/02 (Saturday); 3:00-5:00 pm
Requirements: 2-6 needed; ages 16+ welcome

#11 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: 5/16 (Saturday); 11:00 am - 1:30 pm
Requirements: 5-7 needed; ages 18+ welcome; (14-17 with adult supervision)



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 (*).

May 2009

Numbers and Letters Correspond to Projects Listed Inside the Newsletter

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

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Asheville, North Carolina 28801



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Hands On Newsletter is Going Paperless

Thank you for your ongoing interest in Hands On Asheville-Buncombe. In an effort to conserve resources, we will be discontinuing the paper edition of our monthly newsletter, but will continue to offer our e-newsletter.

This is your last paper newsletter.

Subscribe to our e-newsletter by visiting
www.handsonasheville.org

Benefits of the Hands On E-Newsletter

- Sent conveniently by email
- Sign-up to all of our projects directly online!
- Includes web-links to upcoming community events & volunteer opportunities at our partner agencies

We hope that you will continue to stay connected to Hands On in the future by signing up for our monthly e-newsletter.

Visit www.handsonasheville.org
anytime to learn about current volunteer needs in our community.
Be the Change. Volunteer.

Special Thanks to Our Sponsors

