



Be The Change. Volunteer. | ASHEVILLE • BUNCOMBE

October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2 ● Shake and Bake	3
4	5	6	7	8 ● Meals for Hope	9	10 ● Cooking for Comfort ● Fair-Trade Stock-Up
11	12 ● Cookie Night	13	14	15	16	17 ● Pack and Sort at MANNA
18	19	20	21	22 ● Fair-Trade Stock-Up ● Meals for Hope ● MANNA Packs for Kids	23	24 ● Make a Difference Day: Help keep someone warm this winter ● Bonding Blankets
25 ● Knit-n-Give	26	27	28	29 ● Fair-Trade Stock-Up	30	31

Hands On Managed Projects usually last 2-3 hours and don't require a long term commitment. These projects are managed by Hands On and led by trained volunteer Project Coordinators. To learn more & sign up for these or other opportunities at our partner agencies, visit

www.handsonasheville.org

Hands On Asheville-Buncombe

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A Program of



United Way of Asheville and Buncombe County

Bonding Blankets (Mission Hospital's Neonatal Intensive Care Unit)

Help make "lovies" for premature babies. 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.

Cookie Night (The Rathbun Center)

Help bake homemade cookies for families who are staying at The Rathbun Center which provides free lodging for families from out of town who have a loved one in an area hospital.

Cooking for Comfort (Care Partners Hospice & Palliative Care)

Show support to hospice patients and their families by cooking and serving a meal. 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.

Fair-Trade Stock-Up (Ten Thousand Villages)

Ten Thousand Villages is a fair-trade retail store that sells handcrafted items made by artisans in more than 30 developing countries. Volunteers will assist with unpacking and pricing the merchandise to be displayed and sold.

Knit-n-Give (Buncombe County Health Center)

Help make hats to be given to newborns served by the 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. All skill levels welcome.

Make a Difference Day: Help Keep Someone Warm (Hands On Asheville-Buncombe)

Make a Difference Day is a national day of service dedicated to neighbors helping neighbors. Hands On Asheville-Buncombe invites you to help keep someone's home warm this winter by helping make "draft stoppers" (stuffed and decorated fabric tubes that are placed at the bottom of a door). Finished draft-stoppers will be distributed to individuals and families served by Meals On Wheels, Community Action Opportunities, and Council on Aging. This project is great for individuals, families, and small groups. **Kids as young as 3 are welcome to participate with close parent/guardian assistance and supervision. This project is taking the place of our normally scheduled "Kids Care" projects for October.**

MANNA Packs for Kids (MANNA Food Bank)

The MANNA Packs for Kids Program gives students from low-income families food to take home over the weekend. School counselors identify the students in need and discreetly place the bags of food into their backpacks. Volunteers participate by packing food items into backpack-sized parcels that are distributed to local schools.

Meals for Hope (YWCA)

New Choices is an empowerment program for displaced homemakers in need of counseling and assistance in order to achieve economic self-sufficiency. Volunteers cook & serve a meal for women and children attending its meetings.

Pack & Sort at MANNA (MANNA Food Bank)

Help sort and pack food at MANNA Food Bank to be given to agencies serving hungry people in WNC.

Shake and Bake (ABCCM Veteran's Restoration Quarters & Inn)

Cook and serve a homemade lunch at ABCCM's men's program. Take an afternoon to give back to these men who have served our country and are now in need of assistance. Both men and women are encouraged to participate.