

# Hands On

Be The Change. Volunteer. | ASHEVILLE • BUNCOMBE

## September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3 Day of Caring 2009	4 Shake and Bake	5
6	7	8	9	10 Meals for Hope	11	12 Kids Care: 7-12 year olds Pack and Sort at MANNA Cooking for Comfort Fair-Trade Stock-Up
13	14 Cookie Night	15	16	17 Fair-Trade Stock-Up	18	19
20	21	22	23	24 Fair-Trade Stock-Up Meals for Hope	25	26 Bonding Blankets
27	28	29	30	1	2	3

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

Help make "lovies" for premature babies. 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 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.

### Kids Care: 7-12 year olds (Hands On Asheville-Buncombe)

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.

### 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.

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

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A Program of



United Way of Asheville and Buncombe County