

# Hands On

Be The Change. Volunteer. | ASHEVILLE • BUNCOMBE

## April 2010

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

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)

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 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 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 at CarePartners' John Keever Solace Center. Volunteers prepare meal items at home (menu determined ahead of time) and help serve together at the Center. Reimbursement for cost of ingredients is available. This is great 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.

### In the Garden (Children First/CIS Family Resource Center at Emma)

Volunteers will be preparing the Emma Community Garden for fertilization, planting, and harvest! Much of the harvest will eventually be distributed to the community through their food pantry.

### Kids Care (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. \*\*\*Adult volunteers not needed unless bringing youth participants.

**4-6 year olds** In April, parents and children will be helping the residents of The Rathbun Center feel more at home by making homemade cookies in their kitchen.

**7-12 year olds** In April, Kids will be making special beautiful Spring crafts to be given to patients of CarePartner's Hospice Program.

### 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.

### 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.