



Be The Change. Volunteer. | ASHEVILLE • BUNCOMBE

## February 2010

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

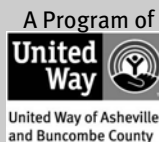
Hands On Managed Projects usually last 2-3 hours and don't require a long term commitment. These projects are managed by Hands On and led by trained volunteer Project Coordinators. To learn more & sign up for these or other opportunities at our partner agencies, visit

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

Hands On Asheville-Buncombe

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### 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 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.

### Draft Stoppers (Hands On Asheville-Buncombe)

Help keep someone's home warm this winter by making "draft stoppers" (stuffed and decorated fabric tubes that are placed at the bottom of a door). Draft stoppers will be distributed to individuals and families served by Meals On Wheels, Community Action Opportunities, and Council on Aging. Tasks available for volunteers who are crafty as well as those who aren't! Direction and materials will be provided.

### 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 January, kids will be making Dr. King inspired posters & banners, and participate in the MLK Jr. Day Peace March in downtown Asheville. **This project is geared towards 7-12 year olds.** \*\*\*Adult volunteers not needed unless bringing youth participants.

### 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.