

Volunteer
Fairfax

2021
MARTIN
LUTHER
KING, JR.

WEEKEND
OF SERVICE

GIVE
TOGETHER
VOLUNTEER
GUIDEBOOK

LEAD PARTNERS



GOLD SUPPORTER



SILVER SUPPORTERS



FOUNDATION
SUPPORTER

VirginiaService
Foundation

FIRST...

THANK YOU

FOR BEING A **SERVANT!**

"If you want to be important — wonderful. If you want to be recognized — wonderful. If you want to be great — wonderful. But recognize that he who is greatest among you shall be your servant. That's a new definition of greatness.

And this morning, the thing that I like about it: by giving that definition of greatness, it means that everybody can be great, because everybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. You don't have to know about Plato and Aristotle to serve. You don't have to know Einstein's theory of relativity to serve. You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace, a soul generated by love. And you can be that servant."

- Dr. Martin Luther King, Jr. "The Drum Major Instinct"

These words are at the heart of the Martin Luther King, Jr. Day of Service which inspires hundreds of thousands of Americans to come together to serve their community. Congress designated the holiday as a national day of service and charged AmeriCorps with leading this effort. Taking place each third Monday in January, the Martin Luther King, Jr. Day of Service is the only federal holiday observed as a national day of service — a "day on, not a day off." This day of service helps to empower individuals, strengthen communities, bridge barriers, address social problems, and move us closer to Dr. King's vision of a "Beloved Community."

Volunteer Fairfax supports this effort by hosting Give Together, a family friendly event geared to foster volunteerism in the next generation. Volunteerism for us means choosing to do something that will make a positive difference in our local or global community. This year, we've created a Volunteer Guidebook with projects that are age-appropriate, adaptable, and whose scope can range from the local neighborhood to a global perspective.

Our biggest hope for this year's event is to inspire children and youth to observe what's going on in their local community, ask questions of why something might be happening, dream of how things could be different, and feel empowered to be great agents of change.

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SHARE TO THE KUDOBOARD



While every one of us plays a part in making our world a better place, it helps to know that we are not alone!

Share pictures of the projects you are working on, see what others are doing, and encourage others on Volunteer Fairfax's *MLK, Jr. Weekend of Service Kudoboard*.

- Scan code or visit <http://bit.ly/givetogether2021> to get to the Kudoboard



RACIAL & SOCIAL JUSTICE

While the world rapidly evolves, it's up to us to work towards equality for everyone, regardless of who they are, where they're from, or their background.

Service projects help people connect, support each other and have the tools they need to be their best self.

Use these project ideas to kickstart learning more about racial and social justice, and how you can be a leader for equality!*

* <https://www.generationon.org/projects-and-causes/social-justice>



KEEP IT LOCAL

"I HAVE A DREAM" CLOUD MOBILE REFLECTION



- 1 Sketch out 1 medium sized cloud and 3 smaller clouds. Cut out shapes.
- 2 On the medium cloud, write "I have a dream..." and draw a picture of yourself.
- 3 Use the 3 smaller clouds to write out your dreams:
My dream for myself:
My dream for my community:
My dream for the world:

For a period of time (a week, a month, a year) come back to these dreams, and when you come across ways you can make these dreams come true add them to the back. Some of those actions can happen now, and maybe they can happen later.

At the end of your reflection period, review your dreams, and what actions you thought of. Are your dreams the same? Were you able to take any actions? Can those actions be broken into smaller steps?

It's important to continue to dream because it helps us make a safer, healthier, and happier world for us all. They help guide us in our actions and think about what is important.

Consider sharing with your family, friends, neighbors, troop or group, and think about Dr. King's legacy of dreaming of a better world for all.



SUPPLIES

- Construction paper or card stock
- String
- Markers/Pencils
- Scissors
- (Optional: Hole punch)

While every one of us plays a part in making our world a better place, it helps to know that we're not alone! Remember to share pictures of the projects you are working on or notes of encouragement to others on our *MLK, Jr. Weekend of Service Kudoboard* found at <http://bit.ly/givetogether2021>.

STEP UP

THE PEOPLE'S SUPPER

Especially since the pandemic, people have become more isolated from one another and tend to live in a bubble of people who think like them.

One way to open our minds to how others live is to be intentional about learning more. Visit a library or search through Wikipedia, and learn about what life is like for people in another place whether just around the corner or around the world.



Make note of differences, but also the similarities that appear. Do we have similar priorities like family, health, and a safe place to live? Are there things you could try like food or music to learn and appreciate what someone else enjoys?

Want to take it a step further? Download The People's Supper's Virtual Racial Justice Journey Guidebook - www.thepeoplesupper.org.

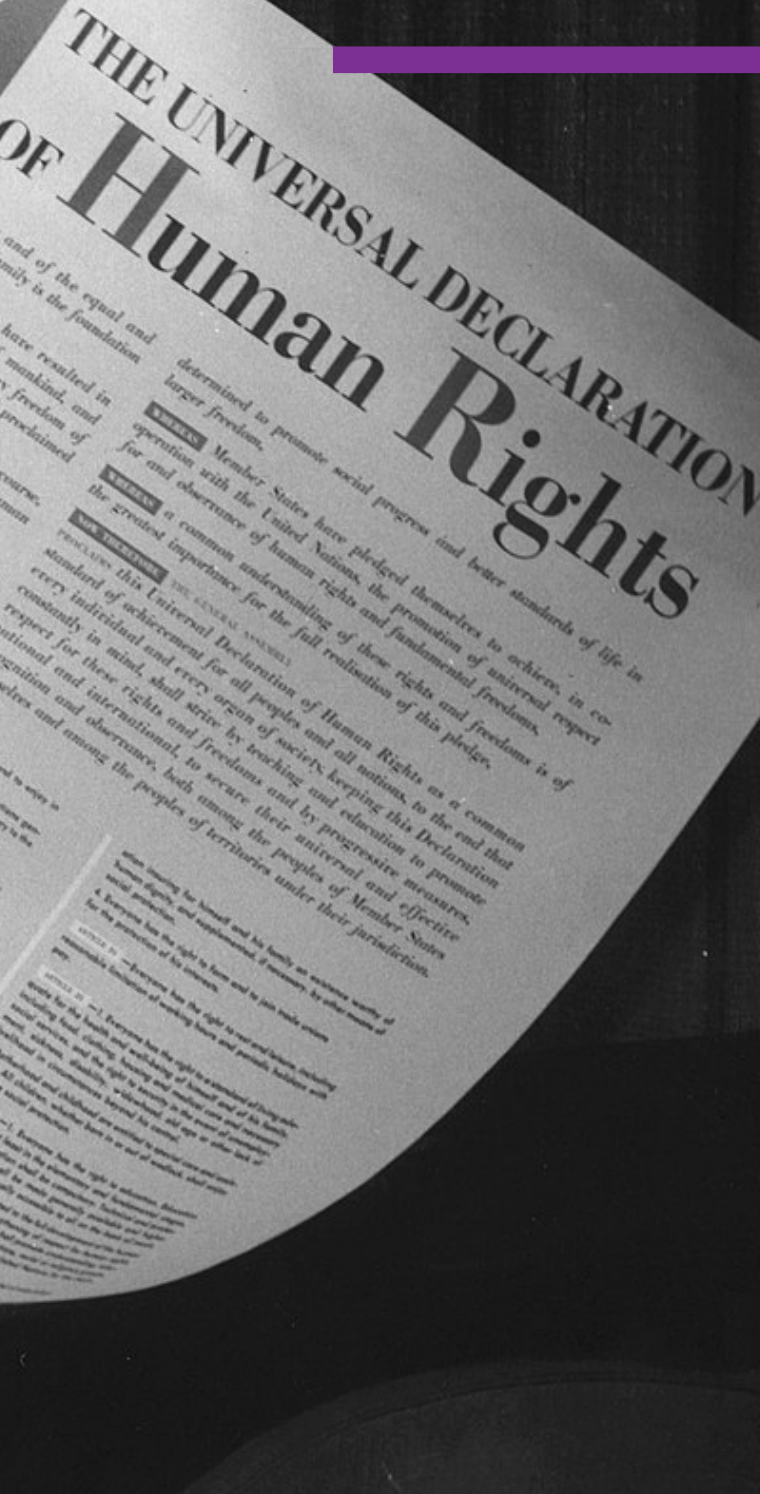
As they state, this guidebook "is for any multiracial community that's actively reckoning with how to build a more equitable future, and is particularly interested in the interplay between what it means to be in right relationship with one another, and how that translates into structural change. The practices and tips in this guidebook reflect our learnings over the last several years working with civic leaders operating within the same city or town, managers and employees looking to have an honest conversation about race and to chart a better path forward within their workplace, and schools and faith communities."

FIND OTHER RESOURCES HERE:

One Fairfax - Fairfax Board of Supervisors | The NAACP | United Nations

TEEN CHALLENGE

EXPLORE THE UNIVERSAL DECLARATION OF HUMAN RIGHTS



Everyone in the world deserves safety, respect, and the freedom to live a good life. In thinking about a good life, what are some things that should be 'given' for all people? Access to resources? Education? A safe environment?

Compare your thoughts to the Universal Declaration of Human Rights. Visit www.un.org and search Universal Declaration of Human Rights. Adopted by the General Assembly of the United Nations in 1948, the Declaration states basic rights and fundamental freedoms to which all human beings are entitled.

What sticks out to you? Are there any that make you think of inequalities in your neighborhood, state, or country? Consider what causes these inequalities, and what actions can be taken to raise awareness and make changes.



FOOD INSECURITY & HUNGER

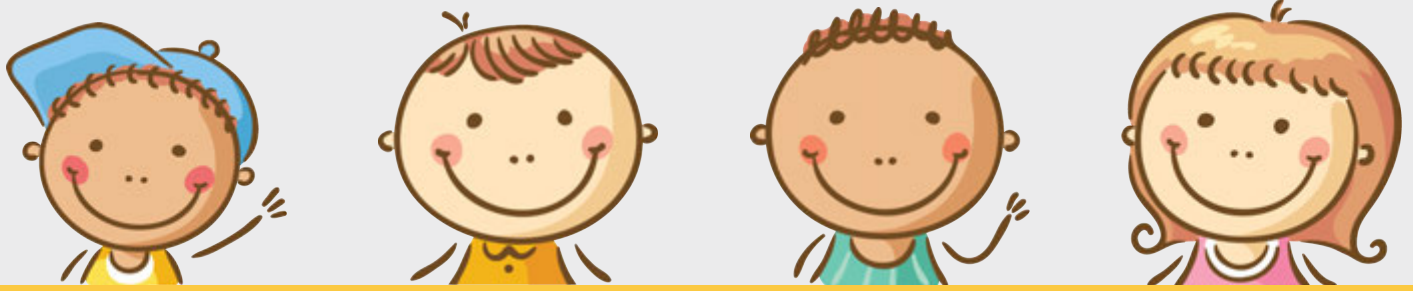
Everyone feels hungry at times, but there are nearly 2 billion people around the world who do not have regular access to safe, nutritious, and sufficient food. This means that they are more likely to become sick and live less productive lives. Causes for hunger around the world include conflict, crises like the COVID19 pandemic, climate change, and economic disparity.

We know that when we aren't worried about being hungry, we're better at taking care of ourselves, finding solutions to challenges, and creating a safer, better world for us all. That's why it's important for us to think about what causes food insecurity at various levels, how we can join the conversation for making a change, and creating actions for finding bigger solutions.



“About 2 billion people did not have regular access to safe, nutritious, and sufficient food in 2019.”

- United Nations



QUESTIONS TO ASK

- 1 What is it like to feel hungry? What is it like to feel full?
- 2 What can you do when you don't feel hungry?
- 3 What are some reasons why some people are hungry more often than others?
- 4 How can we make sure that there's enough food for everyone?
- 5 Why do you think hunger often goes unnoticed in classrooms (among your peers) or within your neighborhood?
- 6 Why do you think your classmates and/or neighbors feel ashamed by food insecurities?
- 7 What do you think the best strategy is for helping your classmates and/or neighbors, while encouraging them not to feel ashamed?

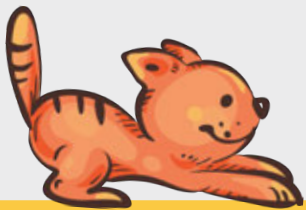


KEEP IT LOCAL

Ask neighbors, friends, or family for one item to fill a grocery bag that will be donated to a local food bank.

Suggested Items

- Pasta
- Rice
- 100% fruit juice
- Children's snacks
- Canned fruit
- Canned or dried beans
- Canned chilli plain or w/meats - (chicken, beef, tuna, etc.)
- Canned tomato products/pasta sauce



STEP UP

SNACK PACKS

FOR LORTON COMMUNITY ACTION CENTER

Work together with family, friends, neighbors, or groups to gather supplies and pack items in one-quart sized resealable bags.

Supplies

- 4 individually wrapped snacks
- 1 100% juice box or shelf stable milk box
- Quart sized resealable bags

Drop-Off Times

- Mondays 9:00a - 3:00p
- Tuesdays 9:00a - 3:00p
- Thursdays 12:00p - 3:00p

TEEN CHALLENGE

There are several ways that teens can find out more about food insecurity and how they can help their peers and community!

- Discover how foods differ culturally. Connect with local nonprofit organizations to see how you can help coordinate food for populations in the area that may have special dietary needs.
- Begin a letter writing campaign to government officials to help end food insecurity for young adults, college students, seniors, and children.
- Use your voice and social platforms to amplify the messages of those who are engaging in good work to end food insecurity and eliminate hunger for all.



FOSTER CARE

Kids enter foster care because their families experience difficulties so severe that they cannot take care of them. Some kids are reunited with their families, some are adopted, and others age out when they turn 18. While there can be challenges that kids in foster care face, they are resilient and with the right support and opportunities can achieve great successes!

There are important ways we can learn about the struggles kids in foster care face, the causes of why some kids move into foster care, and how the community can care for them.

KEEP IT LOCAL



Create valentine cards for kids in foster care or who have recently aged out. For cards to be delivered in time, completed cards need to be returned to Volunteer Fairfax by January 22nd! See important note for details.



INSTRUCTIONS

Each card should...

- Be folded in half and decorated
- Contain a poem
- Contain a positive message like “Keep Studying!” or “I’m proud of you!”
- Include your first name **only** (and age, for kids)
- ***DO NOT INCLUDE your last name or any contact information!***

SUPPLIES FOR VALENTINE CARDS

- Half sheets of red, pink, yellow and/or white card stock paper
- Glue
- Markers
- Stickers, doilies, and other valentine decorations
- Poems (these can be original or borrowed)

**see the next page for a list of suggested content to write in your cards!*



IMPORTANT NOTE

Volunteer Fairfax will collect valentine's cards for foster care youth and thank you cards for health care workers from January 18th -22nd at American Legion Post 177 located at 3939 Oak St, Fairfax, VA 22030. Plastic totes will be outside the entrance clearly marked for drop off. Unable to make this deadline? No problem! Please consider sharing the valentine's or thank you cards with your neighborhood frontline and essential workers.

INSPIRATION

NEED A LITTLE HELP? HERE ARE SOME SUGGESTIONS....

OH! THE PLACES YOU'LL GO!

You'll be on your way up!
You'll be seeing great sights!
You'll join the high fliers
who soar to high heights.

You won't lag behind,
because you'll have the speed.
You'll pass the whole gang
and you'll soon take the lead.

Wherever you fly,
you'll be the best of the best.
Wherever you go,
you will top all the rest.

HAPPY VALENTINE'S DAY!

With Love,
from Your Friends at
Volunteer Fairfax

*Excerpt from Oh, The Places You'll Go
by Dr. Seuss*

- You are loved.
- You make me smile.
- Our world is better with you in it.
- I have faith in you.
- I believe in you.
- You make a difference.

or any of these quotes . . .

"Be yourself. Everyone
else is taken."

- Oscar Wilde

"You're braver than you
believe, stronger than
you seem, and smarter
than you think."

- A.A. Milne as
Christopher Robin

"Do your own little bit
of good where you are;
it's those little bits of
good put together that
overwhelm the world."

- Desmond Tutu

"All your dreams come
true if you have the
courage to pursue
them."

- Walt Disney

"Winning doesn't
always mean being
first. Winning means
you're doing better
than you've done
before."

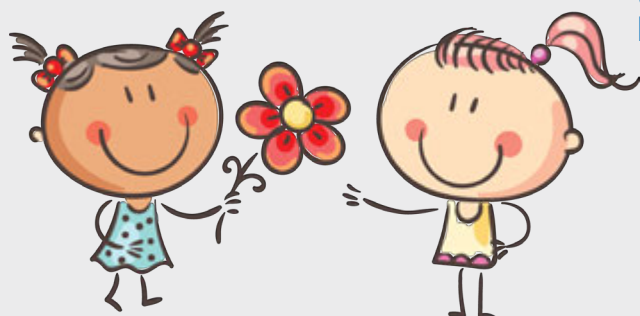
- Bonnie Blair

"Never give up on
what you want to
do. The person with
big dreams is more
powerful than the
one with all the
facts."

- Albert Einstein

"Make your day your
masterpiece."

- John Wooden



STEP UP SOCIAL WORKER APPRECIATION

According to VA Kids Belong, foster care social workers do some of the most important work that exists: helping and healing vulnerable children. But Virginia's foster care system, like many other states, is chronically overwhelmed, under paid, and understaffed.

Contact the Fairfax County Department of Family Services to see if there are any specific needs they may need or organize a drive, or create thank you cards including the following poem to show your appreciation for their work.

"This is my wish for you
comfort on difficult days,
smiles when sadness intrudes,
rainbows to follow the clouds,
laughter to kiss your lips,
sunsets to warm your heart,
hugs when spirits sag,
beauty for your eyes to see,
friendships to brighten your being,
faith so that you can believe,
confidence for when you doubt,
courage to know yourself,
patience to accept the truth,
Love to complete your life."

- Ralph Waldo Emerson

HAPPY VALENTINE'S DAY!

With Love,
from Your Friends at
Volunteer Fairfax

TEEN CHALLENGE



Comfort Cases was established by Rob Scheer, who was given a trashbag to pack his belongings as he entered his foster home at the age of 12. With more than 700 children entering the foster system each day in Virginia, Comfort Cases works to make sure each child is given a sense of dignity and hope by providing a case with a new pair of pajamas, a stuffed animal, soap, toothbrush and other personal care items.

Join hundreds of other youth who have raised money and donation drives to create comfort cases for foster children. Visit www.comfortcases.org for more information.

HOMELESSNESS & SHELTERS

No one chooses to be homeless. While there are many paths that can lead kids, teens and adults to poverty, finding a way out of it can be challenging. Helping those experiencing homelessness and poverty can seem like a daunting task, but it only takes one small, meaningful gesture to make a difference in someone's life.*

*<https://www.generationon.org/projects-and-causes/homelessness-poverty>

KEEP IT LOCAL

TOILETRY KIT WITH NOTE

INSTRUCTIONS

1 Place supplies in the toiletry bag; include a note or card of encouragement.

2 Share the bags with a local shelter that helps people experiencing homelessness, or keep bags in your car to share with someone you may meet on the street.

SUPPLIES

- Clear plastic toiletry bag that closes
- Toothbrush and Toothpaste
- Travel size deodorant (men's/women's)
- Mask, hand sanitizer, and/or wipes
- Additional items:
 1. A note of encouragement
 2. Socks
 3. Lip balm

STEP UP FULL HYGIENE KITS

FOR LORTON COMMUNITY ACTION CENTER

INSTRUCTIONS

Work together with family, friends, neighbors, or in groups to gather supplies. Place the first 5 items in a one-gallon sized resealable bag. Drop the filled bags at Lorton Community Action Center.



SUPPLIES

- Full-size shampoo
- 4 toothbrushes
- Full-size toothpaste
- Deodorant
- Soap
- Gallon-sized Ziploc bags

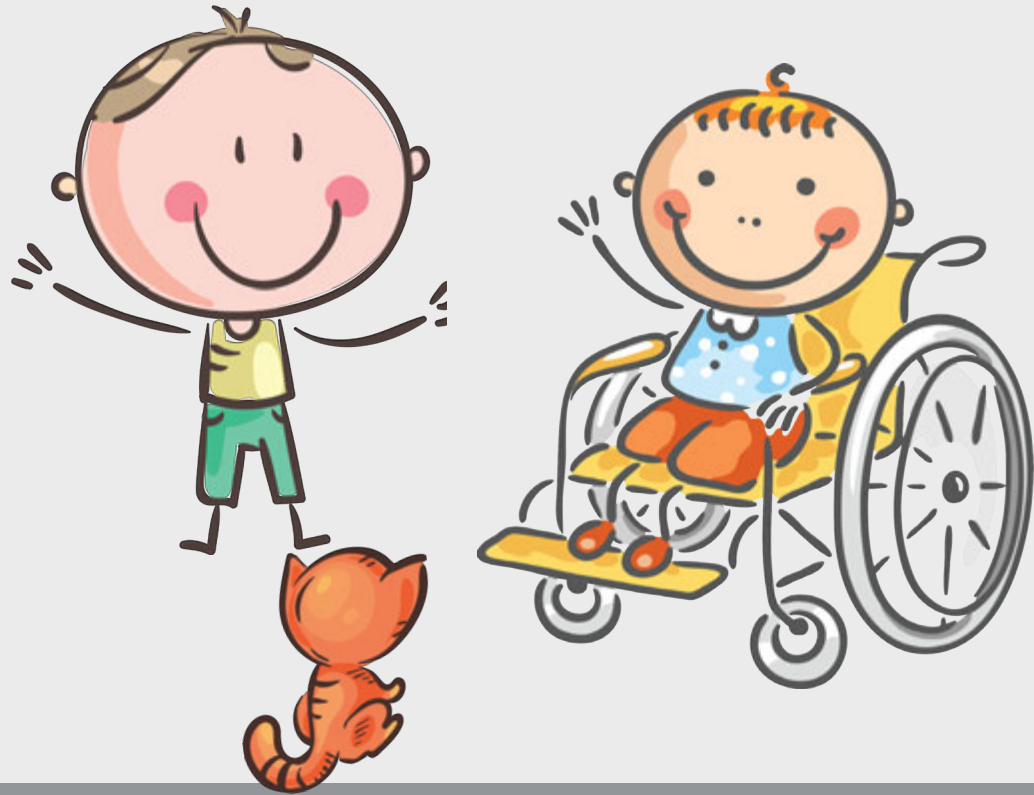
TEEN CHALLENGE

While there are plenty of ads that say new is always better, there are many items that people quit using or get rid of while they are still usable.

Consider reaching out to an organization that works with people experiencing homelessness, are in transitional housing, or have experienced an emergency to see what items they could use.

Organizations can find new life for cell phones, books, toys, gently-used coats and clothing, bookbags, tools, and more.





QUESTIONS TO ASK

- 1 How did working on this project make you more aware of the challenges others face?
- 2 How do you think having new toiletries makes people who received them feel?

ENVIRONMENT & ANIMAL WELFARE

Our environment provides access to daily necessities including water, food, medicine and so many more that we often forget its importance.

The changes facing our environment require us to take immediate action to protect not only people, but also the animals who are affected by climate change as well.

Get to know the area you live in, and see how you might help the environment or animal friends!*

* <https://www.generationon.org/projects-and-causes/environment>



QUESTIONS TO ASK

- 1** What are some ways we know that the environment is healthy? For example - clean air and water, places for wild animals to live, etc. What are some examples of it being polluted?
- 2** The environment provides people and other living creatures the things we need to be healthy and safe. Where does our food come from? Where does food come from for our pets and wild animals?
- 3** Trash and unwanted items can pollute our surroundings and our environment. What are some ways we can work together to create less waste? For example - recycle, share larger items like tools and cars, etc.

KEEP IT LOCAL

NATURAL OR UPCYCLED BIRD FEEDERS



INSTRUCTIONS

- 1** Decide on what kind of bird feeder you'd like to make. For instance, you could use peanut butter to cover a pinecone or toilet paper roll that the bird seed will stick to. Or cut the bottom of a plastic bottle to create a tray to hold the birdseed.
- 2** String twine or other natural fiber through the pine cone or recycled bottle to hang the feeder in a bush or tree.
- 3** Bonus: consider hanging the bird feeder where it might surprise someone, like by a neighbor or family member's window.



SUPPLIES

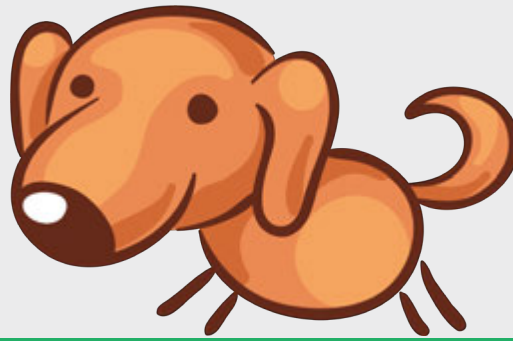
- Approximately one-cup of bird seed
 - Twine or other natural fiber string
 - Pinecone or upcycled material to hold seed (plastic bottle, toilet paper roll, etc.)
- Optional:
1. Scissors
 2. Peanut butter



STEP UP

SUPPLIES

- 2 ½ cups (whole wheat) flour
- 1 teaspoon baking powder
- 1 cup (natural) peanut butter (make sure it doesn't contain xylitol to cut the sugar content)
- 1 cup water
- 2 tablespoons honey
- 1 egg
- Optional: Cookie cutters (bone shaped, etc.)



DOG TREATS FOR HOMEWARD TRAILS

- 1** Preheat oven to 350F
- 2** In a large bowl combine flour, baking powder, and the egg. Add peanut butter, water, honey and stir until you have stiff dough. (The dough will be very sticky!)
- 3** On a lightly floured surface, roll out the dough about 1/2 inch thick and use a cookie cutter to make fun shapes, or use a butter knife to create geometrical shapes.
- 4** Bake for 20 minutes or until golden.
- 5** Store in an airtight baggy or container and deliver to Homeward Trails Adoption Center (11116 Fairfax Station Rd, Fairfax Station, VA 22039), or another local shelter or animal care facility.



TEEN CHALLENGE

WATERSHED EDUCATION & CLEAN UP

According to the U.S. Geological Survey, a watershed is an area of land that drains all the streams and rainfall to a common outlet. They can be as small as a footprint or as large as all of the land that drains into the Chesapeake Bay which leads to the Atlantic Ocean.

Keeping pollutants out of our waterways makes for a healthier ecosystem, which benefits all of the organisms that live there. Here are some suggestions:

- Look up your local waterway system including where storm water drains are located.
- Partner with the Fairfax County Public Works department to speak with a freshwater ecologist, make an action plan on how to clean up litter in a local stream or neighborhood, or how to recognize if a stream is in a healthy state.
- Reach out to elected officials to encourage them to put the environment at the forefront of their future plans, describe how racially or economically disadvantaged people are more likely to feel the stress of environmental degradation, or how clean, accessible water is a human right!
- Apply to lead a storm drain marking project.
- Find more details at www.fairfaxcounty.gov/soil-water-conservation/storm-drain-education.



SENIOR CARE

Seniors can often feel lonely or challenged because of health problems or being separated from family, but you can help bridge that gap by visiting a nursing home and brightening a senior's day in the process!*

* <https://www.generationon.org/projects-and-causes/fvd/senior-citizens>



SUPPLIES

- Cardboard or foam
- Tissue paper in multiple colors
- Contact or acetate paper
- String
- Hot glue
- Scissors



INSTRUCTIONS

- 1** Cut a heart or any simple shape out of construction paper or thin cardboard.
- 2** Draw a ½ inch border on the inside of your shape, then poke a hole through the center of the shape with scissors and cut so that you are left with only a border of the shape.
- 3** Cut tissue paper into two 1-inch squares.
- 4** Lay out clear contact paper and use tape to secure the edges then place the border of your shape on top of the contact paper.
- 5** Place tissue paper inside shape and on top of contact paper until you have filled in the shape.
- 6** Place a second sheet of contact paper over tissue; then cut excess contact paper around edge of heart/shape.
- 7** Use a hole punch pierce the shape and attach string to hang the Sun Catcher.
- 8** Share a heart/shape with a neighbor or family member, or at a local senior care facility.



KEEP IT LOCAL

SUN CATCHERS



FOLLOW STEP BY STEP INSTRUCTIONS ONLINE
@ WWW.WIKIHOW.COM/MAKE-TISSUE-PAPER-SUNCATCHERS

STEP UP **SURPRISE BIRTHDAY OR HOLIDAY PARTY**

Some senior citizens living in nursing homes, assisted living communities and other housing may not have family who can visit them on holidays or birthdays.

Reach out to a local care facility to see if there are residents who could use some cheering up, and whether gifts, decorations, cake or treats, and cards would be appropriate.

Supplies could be dropped off in a contactless manner, and then shared by facility staff over a video call!

Ask them to share some of their favorite things or memories about their birthday or holiday, and share some of yours as well.



TEEN CHALLENGE

SILVER SURFERS

Did you know that 96% of working Americans use the internet and smartphones in their daily lives?

- *Meanwhile 41% of older adults (ages 65 and older) do not use the internet at all,*
- and*
- *23% do not use cell phones.*

By following the steps laid out in GenerationOn's Silver Surfer's project, you can help older adults learn how to use the internet and their smartphones.

www.generationon.org/projects/silver-surfers



QUESTIONS TO ASK

- 1 Why is it important to care about seniors?
- 2 What does it feel like to be separated from family or friends especially during a pandemic?
- 3 What are some ways to help senior citizens combat feelings of anxiety and loneliness?

INDEX OF AGENCIES:

The agencies listed here provide more information about the various mission areas listed in this Guidebook. Visit their webpages to learn about other ways you can give back, serve as a referral for someone in need of services and more.

Racial & Social Justice

1. One Fairfax – Fairfax County Board of Supervisors - www.fairfaxcounty.gov
2. The NAACP - www.naacp.org
3. The People's Supper - www.thepeoplesupper.org
4. United Nations - www.un.org/en/universal-declaration-human-rights

Food Insecurity & Hunger

1. Cornerstones – Reston & Northwestern Fairfax County
www.cornerstonesva.org
2. ECHO - Springfield - www.echo-inc.org
3. FACETS–Fairfax County - www.facetscares.org
4. Food For Others-Northern Virginia - www.foodforothers.org
5. Lorton Community Action Center-Southeast Fairfax County - www.lortonaction.org
6. Northern Virginia Family Services-Fairfax County - www.nvfs.org

Foster Care & Adoption

1. Foster Care to Success - www.fc2success.org
2. Fairfax County Department of Family Services Foster Care & Adoption Program -
www.fairfaxcounty.gov/familyservices/children-youth/foster-care-adoption
3. Va Kids Belong - www.vakidsbelong.org/support-social-workers
4. Kids Matter Inc. - www.kidsmatterinc.org



Homelessness & Shelter

1. LCAC-Southeast Fairfax County - www.lortonaction.org
2. FACETS-Fairfax County - www.facetscares.org
3. New Hope Housing-Fairfax County - www.newhopehousing.org
4. Recovery Program Solutions of Virginia-Fairfax County - www.rpsva.org
5. Fairfax County Office to Prevent & End Homelessness - www.fairfaxcounty.gov/homeless/emergency-shelters

Environment & Animal Welfare

1. Fairfax County Parks & Nature Centers - www.fairfaxcounty.gov/parks/nature-history
2. Fairfax County Public Works & Environmental Services - www.fairfaxcounty.gov/publicworks/educational-resources
3. Homeward Trails Animal Rescue - www.homewardtrails.org
4. Humane Society of Fairfax County, Inc. - www.hsfc.org

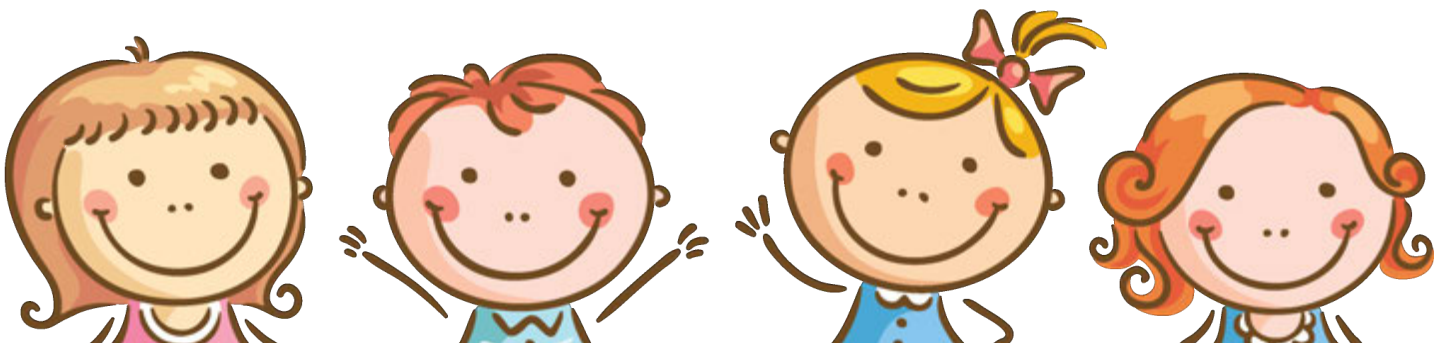
Senior Care

1. Capital Caring Health - www.capitalcaring.org
2. Shepherd's Center - www.shepherdcenters.org
3. Fairfax County Services for Older Adults - www.fairfaxcounty.gov/familyservices/older-adults

VOLUNTEER FAIRFAX - www.volunteerfairfax.org

Volunteer Fairfax mobilizes people and resources to meet regional community needs. Through a variety of programming for youth, young adults, families, corporate groups, and seniors, we aim to make a positive impact in our community. For more information on our programs and signature events, visit our website.

Thank you to GenerationOn for inspiration in forming this guidebook. Their mission is to inspire, equip, and mobilize millions of people to take action to change the world. For more information, please visit www.generationon.org.





Volunteer
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