

# Volunteer Fairfax

MARTIN LUTHER KING, JR.

## 2022 WEEKEND OF SERVICE

GIVE TOGETHER

VOLUNTEER GUIDEBOOK



2022 MARTIN LUTHER KING, JR. WEEKEND OF SERVICE

# SUPPORTERS

PRESENTING



**KAISER PERMANENTE®**

PLATINUM



GOLD



**AT&T**

**Deloitte.**

SILVER

**accenture**

**CGI**

**Patient First®**



*Wegmans*

FOUNDATION



VirginiaService  
Foundation



# We've taken your **MISSION** to heart

Kaiser Permanente is proud to be the presenting sponsor of Volunteer Fairfax's Martin Luther King Day of Service. We're inspired by your efforts to bring people together in the spirit of service, and we thank you for your leadership in helping our communities thrive.

[kp.org/thrive](https://kp.org/thrive)



**KAISER PERMANENTE®**

Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc. 2101 E. Jefferson St., Rockville, MD 20852 2022EV0012 MAS 1/7/22-12/31/23

# TABLE OF CONTENTS

## 2022 VOLUNTEER

## GUIDEBOOK

- 2: Supporters
- 5: Our Beloved Community
- 6: Racial Justice
- 7: Breaking Down Barriers
- 8: Dream Reflection Project
- 9: Teen Spotlight - Sophia Brown
- 10: Food Insecurity & Hunger
- 11: Teen Challenge: Take Action
- 12: Facts About Hunger
- 13: Teen Challenge: Build a Food Pantry
- 14: Homelessness & Precariously Housed
- 15: Gotta Have Sole
- 16: Teen Challenge: Seasonal Apparel Drive
- 18: Protecting Our Environment
- 19: Teen Spotlight - Maddie Sizer
- 20: Teen Challenge: Operation H<sub>2</sub>O
- 21: DIY Tote Bag
- 22: Animal Welfare
- 23: Teen Challenge: No-Sew Beds
- 24: Senior Care
- 25: Green Thumb Party
- 26: Valentine's Challenge
- 27: Guidebook Index

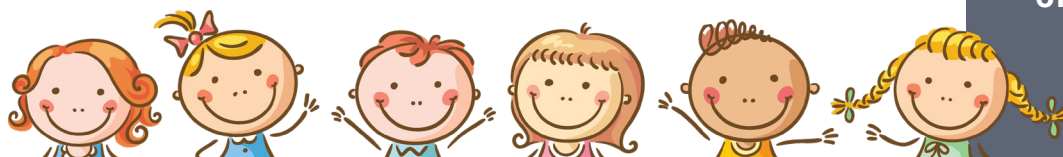
## SOCIAL MEDIA

LET'S STAY  
CONNECTED  
*Virtually!*

- 1 Share pictures of the project(s) you are working on
- 2 Tag the nonprofit organization that will benefit from your work
- 3 Tag us -  
#VolunteerFairfax  
@VolunteerFFX  
#MLKWOS22



Scan the QR Code for inspiration, project ideas and learn about MLK, Jr. Weekend of Service community events!





# OUR BELOVED COMMUNITY

## ***Building Our Beloved Community Together***

*What part will you play?*



**Dr. King's Beloved Community is a global vision in which all people can share in the wealth of the earth. In the Beloved Community, poverty, hunger and homelessness will not be tolerated because international standards of human decency will not allow it. Racism and all forms of discrimination, bigotry and prejudice will be replaced by an all-inclusive spirit of sisterhood and brotherhood. <sup>1</sup>**

As a Baptist Minister and social activist, Dr. King was a skilled orator who used his voice to educate, raise awareness and inspire action to advance the Civil Rights movement. He spoke out about the injustices he witnessed, and he believed that those with the ability to speak out against injustice, cruelty and inhumane treatment of any kind have the responsibility to do so.

Each year, on Dr. Martin Luther King, Jr. Day, millions of people follow his example and spend this day as “a day on, not a day off.” Volunteering and serving others in the community to move us closer to his vision of a Beloved Community.

The 2022 MLK Volunteer Guidebook seeks to provide learning, reflection, and service opportunities, specifically for families to take part in together.

We hope to support your efforts through Give Together, VF's family-friendly signature event geared to fostering the ethic of volunteerism in the next generation.

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. Service projects also help us reflect on the work we are doing, and why we are doing it!

Use the project ideas in this guidebook to kick-start learning about issues effecting your community. Use your voice to share what you have learned and what you are doing to help with your friends and family.



## LET'S GET STARTED...



# RACIAL JUSTICE

## *I Have a Dream*

*Dr. King knew the power of dreams*

“

*Life's most persistent and urgent question is, 'What are you doing for others?'*

DR. MARTIN LUTHER KING, JR.

”



(c) USA Today

On August 28, 1963, Dr. King joined other civil rights leaders in organizing the historic March on Washington where over 200,000 people gathered on the lawns in front of the Lincoln Memorial to demand equal justice for all citizens under the law. He delivered his famous, “I have a Dream” speech, which set forth his vision for equal justice for all people regardless of their race, religion, or skin color.

## *THINK ABOUT YOUR DREAMS.*

What issues matter to you? Where do you see injustice?

## DID YOU KNOW?

Kids helped fight against racial injustice in Birmingham, Alabama. Thousands of brave children, some as young as 6 years old, marched peacefully to end segregation, the separation of black and white people, in Birmingham on May 2, 1963. Despite police arresting over 900 people, young people persisted in their peaceful protest and on May 10, 1963, Birmingham began desegregation. This became known as the Birmingham Children's Crusade.

Dr. King and other civil rights activists worked for many years organizing boycotts and all sorts of peaceful protests to move the country step-by-step towards the eventual passing of the Civil Rights Act of 1964.



## YOUNG PEOPLE MAKE THE DIFFERENCE



# BREAKING DOWN BARRIERS

“

*We need to encourage girls that their voice matters. I think there are hundreds and thousands of Malala's out there.*

MALALA YOUSAFZAI

”



(c) Malala.org

Malala Yousafzai, like Dr. King, won the prestigious Nobel Peace Prize for her social justice work. Born in Pakistan, Malala was 11 when she learned that Taliban extremists prohibited girls from attending school. Speaking out against this injustice made her a target. In 2012, Malala was shot in the face by those who wanted her silenced.

However, this did not stop her crusade to help young girls gain access to education. Having recovered from her injuries, Malala continues to fight for girls and women around the world, advocating for equal access to education. For more information visit [malala.org](http://malala.org).

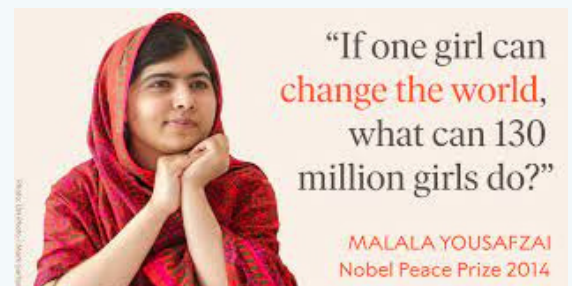
## THE NOBEL PEACE PRIZE

The first Nobel Peace Prize was awarded in 1901 to Red Cross founder Henry Dunant. The peace prize recognizes the peace which is rooted in people's hearts and minds. It is the manifestation of respect for an individual's human dignity, and the embodiment of the best hope of peace and reconciliation.

Between 1901 and 2021, the Nobel Prize has been awarded to 943 individuals and 25 organizations. In addition to Dr. King and Malala, other Peace Prize winners include Barack H. Obama, Ellen Johnson Sirleaf, Jimmy Carter, Nelson Mandela and Elie Wiesel.



Facebook.com



Facebook.com



# DREAM REFLECTION PROJECT

*Starting with a vision of the world you want, you can define steps to move in that direction.*

What dreams do you have for yourself, your community and for the world? Thinking about action steps can help make your dreams a reality. Ask a parent to help you think about ways you might act to advance your dreams. For example, if one of your dreams is for all kids to have access to healthy food inside and outside of school, you might find a local food pantry that you can support through a food drive.

## SUPPLIES

- Construction paper or card stock in colors of the rainbow
- Plain white paper
- Scissors
- Markers/pens
- Glue



## DIRECTIONS

- 1** Cut out a cloud and write - I have a dream.
- 2** Now using different colored paper stripes write some of your dreams for the future.
- 3** Leave some room at the top of your color stripes so you can glue them to your cloud and still read your writing. Your dreams should form a rainbow of dreams out of the cloud so you know that bright days are ahead when you stick to your dreams.

# SOPHIA BROWN

## ***Books and Bikes***

*Transportation and education transform a community.*



(c) FCPS Blog July 27, 2021

**S**ophia Brown is a junior at James Madison High School in Vienna. In the second grade, she began working with Wheels to Africa, an organization that collects bicycles in local communities and then ships them to countries throughout Africa.

Sophia has grown into many roles since her early years with Wheels to Africa, including collecting bikes, repairing them, and raising funds and awareness of how poverty negatively affects young people. Sophia also demonstrated initiative in fostering a partnership between Wheels to Africa and the Girl Scouts of America.

Now, Sophia is working toward the highest honor in Girl Scouts, the Gold Award, through her project 'Books and Bikes For Africa'. "I was thinking about what are two of the most dire needs in society? Transportation and education." Sophia said. "Books are one of the biggest necessities of education.

And without access to cars, another option is bikes. It's more affordable and can help you get places way faster." One of her most impactful moments was donating a bike to Teacher Naomi (pictured above) who travels miles everyday to teach more than 75 kids at a school in Tanzania.

Sophia has been awarded a seat on the Board of Directors for the Girl Scouts for her Books and Bikes project. At just 14 years old, she collected more than 1,000 books to help create a library in the African country of Malawi. Sophia was the 2021 Fairfax County Volunteer Service Awards<sup>1</sup> Youth Volunteer Winner.

She has created positive change by raising awareness about the many issues facing children in poverty and the challenges of education and infrastructure in developing countries.

By focusing on a cause special to Sophia's heart – helping children in need – she has changed many lives through her service work.



“ Being in this community where we're so fortunate, we don't really realize how much people are in need. I want to continue to spread awareness, and make this bigger and bigger, so more people know about it. ”

**SOPHIA BROWN**

To learn more about Sophia's work, click here - [FCPS BLOG](#).

<sup>1</sup> Learn more about the [VOLUNTEER SERVICE AWARDS HERE](#).



# FOOD INSECURITY & HUNGER

## ***Yes, Hunger Exists In Our Community***

*How can you help?*



**D**ozens of Fairfax County Public School (FCPS) students jumped into action when local food pantries reported a 400 percent increase in demand at the start of the pandemic. At Woodson High in Fairfax, students in the Environmental Club and their faculty advisers saw a chance to use school garden plots for the first time to help struggling local families eager to serve fresh vegetables at meals.

Students prepared, designed and planted gardens and have already harvested and donated six pounds of spinach, rainbow chard, and lettuce. Future Woodson bounties from the eight beds at the school will include squash, cucumber, tomatoes, eggplant, peppers and beans. Learn more here - [FCPS BLOG POST](#).

## WHAT IS HUNGER?



Hunger refers to a personal, physical sensation of discomfort, while food insecurity refers to a lack of available financial resources for food at the household level. It means families might have to skip meals or they may not have access to good foods like fresh fruit and vegetables that help you grow strong and healthy.

Before you can help those facing hunger here in Fairfax County, it helps to understand a little about hunger. Food for Others, a food bank serving Northern Virginia, estimates that about 70,000 families face food insecurity in our area and many of them (about 21,000) are children.



## TAKE ACTION AGAINST HUNGER

**Now that you know something about hunger, you can take action to help by organizing a food drive for a local food bank.**



- Find out how to get started with resources developed by Food for Others right here in Fairfax, VA.
- They can provide resource kits to guide you through each step in the process such as how to raise awareness about your drive, setting up food collection points, and more.
- There are many ways to run a food drive including collecting the food and delivering it (with the help of an adult).
- You can also create/organize virtual a food drive with the help of another great organization - You Give Goods.
- The best part of organizing a virtual food drive is that you can have friends and family from across the country participate in your drive virtually!

Links:

[foodforothers.org](http://foodforothers.org)  
[yourgivegoods.com](http://yourgivegoods.com)



# FACTS ABOUT HUNGER

**DID YOU KNOW?**  
**1 IN 4 STUDENTS IN FAIRFAX  
AND LOUDOUN COUNTIES  
STRUGGLES WITH FOOD  
INSECURITY.**

1. Around the world, over 795 million people are affected by hunger.
2. 1 in 3 women-headed households reported being food insecure, often relying only on one income.
3. In the United States, 40 million people live on the brink of hunger, including 13 million children.
4. More than 1 in 6 kids in the United States don't know where their next meal is coming from.
5. Since 2018, senior hunger has been a major issue, 63% of households with people over the age of 50 are food insecure. Since 2001 seniors hunger has skyrocketed to 45% and by 2050 the number of senior facing hunger will increase to 8 million.
6. 17.9% of children under the age of 18 are living in households that experience food insecurity at some point in the year.
7. 21% of children living in a household of four are likely to receive their next meal from charitable organizations like Feeding America or food pantries.
8. Just under 60,000 children qualify for free and reduced-price meals in Fairfax County Public Schools.
9. 13,000 participate in the Women, Infants and Children Program each month.
10. More than 500 people are served each week through the Fairfax County Meals on Wheels Program.

Facts about hunger come from [generationon.org](http://generationon.org) - a Points of Light enterprise.

## QUESTIONS

1

Why do you think hunger often goes unnoticed in classrooms (among your peers) or within your neighborhood?

2

What do you think the best strategy is for helping your classmates and/or neighbors, while encouraging them not to feel ashamed?



## TO ASK

# BUILD/HELP A FOOD PANTRY

## TEEN CHALLENGE



Did you know that many schools, maybe even your school, has a food pantry for students to access? Here's how you can help.

1. If your school already has a pantry, you might be able to help support food donations by partnering with a local grocery store to obtain needed items.
2. If your school doesn't have a pantry, talk to your teachers and school principal to see if there might be a need at your school for a food pantry.
3. Create and distribute fliers and/or put a reminder in the neighborhood or school's newsletter about the need for donations to keep the pantry stocked. Maintain relationships with partners (grocery store, school cafeteria, other) and regularly communicate with them to sustain your food pantry.
4. Look at options to enable students to discretely obtain food as needed, or work out another system that empowers students.
5. Build a pantry area. Consider up-cycling old bookcases to create food shelves. Stock the pantry with donated food.
6. Keep track of inventory and reach out as needed to keep donations coming on a weekly or monthly basis. Make note of what items are in high and low demand to see if you can make specific requests.
7. Build a network of supporters. Ask teachers to make announcements and talk about hunger to encourage thoughtful discussion; ask the principal to call for food donations in the morning announcements. Have an adult accompany you door-to-door in your neighborhood, announcing the pantry and donations.





# HOMELESSNESS & PRECARIOUSLY-HOUSED

## You Can End Homelessness By Caring!

### Create Homeless Survival & Toiletry Kits

## STEP UP

When you are homeless, it can be difficult to maintain good hygiene due to lack of access to a bathroom and showers. Some shelters provide showers, laundry services and hygiene products for individuals they serve.

By putting together a Homeless Survival and Toiletry Kit, you can help a local organization meet the hygiene needs of those that they serve! We often take for granted basic hygiene supplies like a toothbrush, toothpaste, shampoo and soap. These simple products can help homeless people feel dignified, and can really make a difference. Those receiving the kits really appreciate having something thoughtful included - like a journal or encouragement card.

### KIT SUPPLY LIST:

- 1-2 gallon-sized clear Ziploc bag
- Toothbrush, toothpaste, mouthwash
- Travel sized deodorant
- Mask, hand sanitizer, wipes
- Soap
- Face, hand and/or body lotion
- Optional additions to Kits:

*Note of encouragement*

*Socks*

*Additional hygienic items*

*Lip balm*

*Journal w/pen*

*Gift card (Starbucks, CVS etc.) in a nominal amount*

### BUILDING THE KITS:

- Work together with family, friends, neighbors, or in groups to gather supplies.
- Place all supplies in Ziploc bag and seal shut.
- Optional: consider placing the Kit into a lightweight or a drawstring bag. Having a bag to carry things around can be very helpful for people without a home.
- Drop the Kits at a local shelter serving the homeless. It's best to contact the shelter beforehand to make sure they will accept the kits prior to dropping them off.



# THERE IS HELP TO HEAL

Recovery Program Solutions of VA was created to meet the unmet needs of adults and seniors with mental health and substance abuse issues in Northern Virginia and is one of many organizations that collect the Homeless Survival and Toiletry Kits. RPSV's hallmark programs are its peer-run support groups. Peers sharing experiences and encouragement with others who can commiserate provide a special kind of healing as individuals discover they are not alone. Learn more at [rpsva.org](https://rpsva.org).

# GOTTA HAVE SOLE



(c) Gotta Have Sole

**I**nspiration comes from Nicholas Lowinger, who at twelve years old, started the nonprofit Gotta Have Sole. Gotta Have Sole was born out of a simple idea: kids experiencing homelessness often don't have access to new shoes. While shelters do receive donations, the shoes and clothing are typically second hand and it's often difficult to find shoes in the style, size and condition that works for each child.

Nicholas set out to change that by working with homeless shelters to identify the specific needs of the children that shelter served and setting up shoe drives that deliver brand new shoes to kids. Think about how a new pair of shoes that you love can give you confidence and make you feel good.

**INTERESTED IN HOW NICHOLAS MADE THIS HAPPEN?** Visit [GottaHaveSole.com](http://GottaHaveSole.com) to learn more about how a child's wish for a new pair of shoes sparked Nicholas on his journey of supporting homeless kids thrive. You may also be inspired to start your own club helping homeless kids in your community.

## Why Shoes?

*A small step that changes lives.*

“

*It has always been my hope that the children will feel more confident about themselves because they have new shoes to call their own and that they will have the same opportunities afforded to them as their peers.*

NICK LOWINGER

”

# 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.\*

**DID YOU KNOW?**

- There are over 1222 people experiencing homelessness in Fairfax County.
- 33% of all persons who are homeless in Fairfax County are children under the age of 18.
- There are over 5,111 people experiencing homelessness in Washington D.C. \*



# HOST A SEASONAL APPAREL DRIVE

## TEEN CHALLENGE



The cold winter temperatures can be difficult for those who don't have proper clothing. Let's help the people in our community stay warm with a seasonal apparel drive!

Before you plan your coat drive, gather some friends and discuss the following:

- *What would it be like if you didn't have a coat or gloves when it was cold, and you didn't have a home?*
- *How would it feel if you didn't have a coat or gloves, and you were given some for the first time?*

## PLAN:

- 1** Reach out to local organizations like women and children's shelters, homeless shelters, and halfway homes to see if there is a need for warm clothing for the people they serve.
- 2** Some schools or community centers might have a "family clothes closet" in need of restocking.
- 3** Ask the organization what type of clothing they accept. Many will only take gently used items or new items.
- 4** Search your closets for items to donate. Make sure they are all washed and in good condition.
- 5** Reach out to your neighbors, friends, family, and your school to let them know that you are organizing this important winter clothing drive.
- 6** Once you have collected all your items, deliver them to the organization(s).

## ITEMS TO COLLECT:

New and gently used winter coats, hats, scarves, winter gloves, winter socks, and warm blankets.

For help setting up your seasonal apparel drive, visit **VF's Donation Guide** [HERE](#). The Guide lists specific needs for many local nonprofits. You can also try reaching out to your local place of worship about collection drives for specific seasonal items.

# The power to do **great** **things.**

At Leidos, we understand the importance of enriching our communities to help tackle some of the most significant challenges of our time. Let's work together for a safer, healthier and more efficient world.

**Leidos is proud to be a Martin Luther King, JR.  
Weekend of Service Platinum Supporter.**



[leidos.com](https://leidos.com)

©2021 LEIDOS. ALL RIGHTS RESERVED.



## *Cheers to 30 years!*



## *Save the Date - April 20, 2022*



# PROTECTING OUR PLANET

## Get To Know The Area You Live In

See how you  
might help the  
environment



(c) Volunteer Fairfax

## JUST THE FACTS

*According to Generation On and Conservation International:*

- The world produces 3.5 million tons of waste per day and expects to increase by 70% by 2025.
- 79% of plastic waste is sent to landfills or the ocean, while only 9% is recycled and 12% gets incinerated. (Incinerating plastic is not good for people, animals or the environment either!)
- Fourteen billion pounds of garbage around the world, mostly plastic, is dumped into the ocean every year. That is about equivalent to about 50,000 blue whales.
- If we continue to dump plastic in the ocean, by 2050 ocean plastic will outweigh all of the ocean's fish.
- Plastic takes 450 years to begin decomposing. It takes another 50 to 80 years to be completely decomposed. This means that every single piece of plastic that has ever been made has not even started to decompose.
- Because there's so much plastic in the ocean, the debris has formed giant garbage patches. The largest, known as the Great Pacific Garbage Patch, includes an estimated 1.8 trillion pieces of trash and covers an area twice the size of Texas.
- 70% of ocean garbage actually sinks to the seafloor, meaning we're unlikely to ever be able to clean it up.

Do Good Fact Sheet: The Environment - [generationon.org](https://generationon.org)

Ocean Pollution: 11 Facts You Need to Know -- [conservation.org](https://conservation.org)

# MADDIE SIZER



## Snakes and Things

*Raising awareness and protecting our environment.*



**M**addie Sizer started volunteering simply because it was something she enjoyed doing. She started volunteering at the Hidden Pond Nature Center in February 2020. Maddie has always had an interest in nature and animals, especially snakes and reptiles. Volunteering at the Center gives her the opportunity to learn about the animals and handle them in a safe environment.

Part of Maddie's responsibilities as a volunteer is to take care of the animals – feed them, clean their enclosures, and handle the animals that need to be handled. Some of the snakes need to be handled so that they get used to people and don't bite as much. We hope that Maddie's volunteering story has got you thinking about ways you can do more to support the local environment.

“

*The most rewarding part of volunteering is knowing that I helped contribute to something. Whether it is removing invasive species, or taking care of the animals at Hidden Pond Nature Center.*

MADDIE SIZER

”

Maddie was recognized by the Fairfax County Park Authority in November 2021 with the Elly Doyle Park Service Award (along with one other volunteer) for her work volunteering with the Hidden Pond Nature Center.



**Over 40% of America's rivers are too polluted for fishing, swimming, or aquatic life to thrive. By keeping pollutants out of our waterways makes for a healthier ecosystem, which benefits all the organisms that live there.**

**After your clean up project, reflect on the following: What types of pollution did you see in and around the water? How do you think it gets there? How do you think your community can address the root of the problem so people don't pollute and cleanup isn't necessary?**

*Fairfax County Nature Centers are a great way to learn more and get involved. Learn more about the Nature and History Parks in Fairfax County online.*

# GET IN TOUCH WITH NATURE



# TEEN STEP UP

*Our environment provides access to daily necessities including water, food, medicine and so much more that we often forget its importance. The changes facing our environment require people to take immediate action to protect not only people, but animals as well. \**

## OPERATION H2O



### SUPPLIES NEEDED:

- Work Gloves
- Trash Bags (ideally, recyclable or reusable)
- Recycle bins
- Nets and other tools for grabbing trash
- First-aid kits
- Snacks (no littering!!)
- Life jackets, if needed for safety

### 2 GET STARTED:

- Recruit friends who are interested in the environment.
- Research the benefits of cleaning up waterways.
- Collect information about what kinds of objects are okay to remove from a shoreline.
- Choose a site where your group can go and cleanup; choose a day for cleanup and make sure to get permission to work there.
- Scout out the area in advance to identify areas where there is trash. Be mindful of hazardous materials. Talk to your solid waste management district about how to handle and dispose of them properly.
- Reach out to local media to promote and use this opportunity to tell others about the importance of a healthy watershed and environment.
- Pick up trash and recyclables. Sort materials and dispose of them appropriately.

### MAKE IT VIRAL:

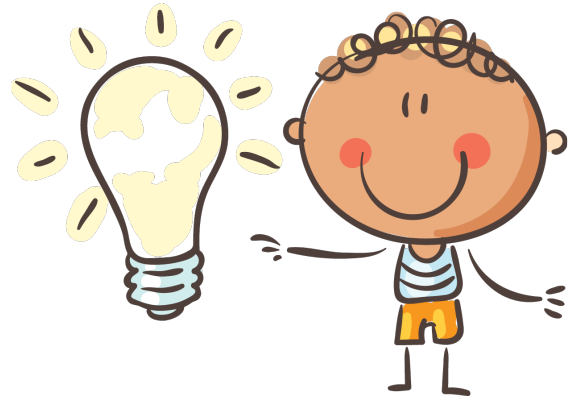
- ### 3
- Tell others about what you did on social media. Ask folks to take care of their trash so the water stays clean.

\* [Visit [generationon.org](http://generationon.org)]

# DIY REUSABLE TOTE BAG

*In an effort to reduce plastic waste, Fairfax County, and many other localities in Virginia, have implemented a 5 cent tax on disposable plastic bags provided to shoppers in grocery stores, convenience stores and pharmacies.*

***So, why not save the money and cut down on plastic waste by making your own bag?***



## SUPPLIES NEEDED:

- Reusable bags (canvas tote bags can be purchased online, or at local craft stores).
- Fabric markers and other decorating supplies
- Some other decoration ideas to consider (some with adult supervision or assistance):
  - Acrylic paint
  - Iron-on transfers
  - Tie-dye
  - Patches
  - Glue or sew-on embellishments

1

Get resourceful! Gather all your supplies before you begin. You may consider contacting local craft stores to see if they can donate canvas bags.

2

Think about how you want to decorate your bags; what message you want to include, the kinds of pictures you want to draw/paint.

3

Use fabric markers, acrylic paint, patches, embellishments to decorate the bag.

4

Each time you go shopping, remember to take your decorated bag with you to hold your grocery items.

## QUESTIONS

*HOW DO YOU FEEL AFTER DOING THIS PROJECT?*

1. Do you think you and your family will use fewer plastic bags at the store now?
2. What will other people think when they see your bags? Will they feel inspired to use fewer plastic bags themselves?

## TO ASK



# ANIMAL WELFARE

## *Improving the Lives of Animals*

*Our fur friends  
need us*



Snores.com/AP Photo

Martin Luther King Jr. was arrested on June 18, 1964 and placed in a police car in St. Augustine, Florida. A German shepherd police dog was then put into the car in an apparent attempt to intimidate him. Instead, King and the dog promptly became friends.

## HOW CAN YOU HELP?

Most of us love animals. In some way or another pets have touched our lives. Whether it is fond childhood memories, a current pet that we love or both, humanity's pets have enriched and added a great deal to our lives.

The number one recommended way to improve a pet's life is to VOLUNTEER at an animal shelter. Animal shelters play a very important role in our communities. Over 6.5 million animals are taken into animal shelters across the United States.

Providing welfare for all these animals is not a simple task, and volunteers can help in so many ways. Find a local animal shelter near you and see how you might be able to help our animal friends!





# NO-SEW BEDS

*Homeward Trails Animal Rescue in Fairfax Station is happy to receive your homemade no-sew beds. Be sure to call ahead for drop-off instructions and to make sure these are still needed by the organization. Visit their website for a complete list of donation needs.*

*Let's show some love for animals by making a snugly no-sew beds.*

## SUPPLIES NEEDED:

- 2 yards of fleece fabric per bed
- 2 pounds of pillow stuffing per bed
- Scissors
- Pins

## INSTRUCTIONS:

- Create two large circles from your fleece fabric that are the same size. Make the size of the fabric about 5 inches larger than the size of the bed you wish to create.
- Pin the two pieces of fabric together so that they are lying on top of each other with the patterned sides facing outward.
- Draw a faint circle, 4 inches from the edge to guide you as you cut your fringes.
- Cut fringe around the fabric that is about 1" wide and 4" long. Stopping right before you hit your guiding line. Make sure you cut through both pieces of fleece at the same time.
- Tie the fringes together, making sure you don't miss any, otherwise you will have a hole.
- Leave a 10" opening and fill the bed with stuffing.
- Finish tying the remaining fringe.

## TEEN STEP UP

Many local animal shelters are in need of volunteers to help with daily tasks – things like laundry, preparing food, pet enrichment, cleaning, dog walking, and organizing donations. Reach out to a local animal shelter and see if they are accepting volunteers. Volunteer support can really help staff with their jobs, plus it really helps the animals!

# VOLUNTEER!

# SENIOR CARE

## ***Caring About Our (Grand) Parents***

*Connecting the  
generations*



**N**ow that we are living longer lives, senior citizens make up an increasing percentage of the population, which can lead to challenges. While the U.S. population is aging more slowly than some other countries, the demand for elderly care is on the rise. The number of Americans aged 65+ is expected to increase to 23% by 2060.<sup>1</sup> Seniors can often feel lonely or confused because of health problems or being separated from family. Help bridge the gap by visiting a nursing home and brightening a senior's day in the process!\*

## MEET GRANDINVOLVE

Seniors want engaging ways to stay mentally and physically active in their communities upon retiring from full time careers.

An organization helping seniors to do just that is GrandInvolve. Dorothy Keenan, GrandInvolve's founder and Executive Director was looking for ways to bring meaningful and impactful intergenerational experiences to area seniors. She also recognized that teachers, especially those working in Title 1 schools, could use support filling learning gaps that sometimes exists with kids who live in lower income families. Starting in 2014 supporting just one elementary school, volunteer-led GrandInvolve has grown to meet the changing needs of students, teachers and principals and now serves twenty-five Title 1 schools.



Links:

\* [generationon.org](http://generationon.org)  
<sup>1</sup> [skedulo.com](http://skedulo.com)

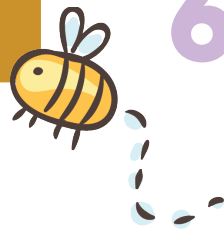


# GREEN THUMB PARTY



## SUPPLIES NEEDED:

- Small clay pots with saucers
- Potting soil
- Spoons for shoveling soil
- Variety of small plants (flowers and/or herbs)
- Ribbon and/or paints to decorate the clay pots
- Optional: treats with a flower theme (i.e. decorated cupcakes)



## INSTRUCTIONS:

- 1 Invite friends over for a Green Thumb Party to make green gifts for local seniors.
- 2 Contact the retirement community in advance to arrange the visit and delivery of the potted plants.
- 3 Set out the supplies outside or on newspaper.
- 4 Decorate a clay pot with paints and/or ribbon.
- 5 Spoon soil into each clay pot until it is half full and place a small plant in the pot. Add soil to cover the roots and nearly fill the pot, then add water to pot.
- 6 When all of the plants are ready, deliver the decorated pots to the retirement community.

## TEEN STEP UP

### WHY DOES GRANDINVOLVE TARGET TITLE 1 SCHOOLS AND WHAT DOES THAT EVEN MEAN?

Title 1 schools receive additional funding from the Federal Government because a large number of students attending that school are living below the poverty line.

Poverty affects kids in schools in all sorts of ways. Imagine how your school day might be impacted if you didn't have good food to eat or if your home doesn't have a good computer to use for schoolwork or even an Internet connection to work on a school computer.

### YOU CAN TUTOR OTHERS!

#### HOMEWORK HELPERS

ORGANIZATION (H2Org) was established and is organized by students from various public high schools in Fairfax.

The program partners with the *Study Buddy Program* to directly tutor children from eight Title 1 schools. If you are a high school student interested in tutoring, click [here to email H2Org](#).

# VALENTINE'S CHALLENGE



## Make Valentines for **Your** Teachers, Administrators and Staff



We are so excited to again offer a way for the community to come together and support one another. The 2022 Valentine's Challenge will have volunteers (that's YOU) handcraft Valentine cards from home for Fairfax County Public Schools teachers, support staff, and administrators. Our teachers, administrators and all the support staff at Fairfax County Public Schools have been working hard to meet students' needs throughout the pandemic. Help us show extra love to teachers, administrators and support staff who have gone above and beyond to not only meet the educational needs of their students, but also the physical, psychological and emotional needs as well. Some Title 1 schools in our community have been greatly impacted by the pandemic.

## LET'S MAKE VALENTINE CARDS

*We would like to distribute 5,000 Valentine cards to selected Title 1 schools across Fairfax.*

### SUPPLIES NEEDED:

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

### INSTRUCTIONS:

- Fold each sheet in half
- Decorate with stickers, doilies, etc.
- Write or glue your positive poem or message of appreciation and support
- Include your first name only (and age, for kids)
- DO NOT INCLUDE your last name or any contact information



### DROP OFF CARDS:

- Place your completed and decorated cards in a Ziploc bag.
- Drop off your cards at any [FAIRFAX COUNTY POLICE STATION](#) from Saturday, January 15 through Friday, January 28.
- Place bagged cards the tall, gray donation containers in the Police station lobby marked with the Volunteer Fairfax MLK Weekend Valentine's Challenge.

### NEED HELP?

- Work in teams and/or groups to inspire each other
- Double check your work for errors
- Volunteer Fairfax recommends using any of the Ralph Waldo Emerson poems [FOUND HERE](#).

# GUIDEBOOK INDEX

Visit the web pages of the organizations listed to learn more about the mission areas mentioned in this Guidebook and other ways you can give back. This Index also serves as a resource to vital community services.

## RACIAL & SOCIAL JUSTICE

**One Fairfax – Fairfax County Government**  
[fairfaxcounty.gov](http://fairfaxcounty.gov)

**NAACP**  
[naacp.org](http://naacp.org)

**The People's Supper**  
[thepeoplesupper.org](http://thepeoplesupper.org)

**United Nations**  
[un.org/en/universal-declaration-human-rights](http://un.org/en/universal-declaration-human-rights)

**NOVA Grassroots Organization**  
[novagrassroots.org/fgr-organization](http://novagrassroots.org/fgr-organization)

**Friends of Guest House**  
[friendsofguesthouse.org](http://friendsofguesthouse.org)

## FOOD INSECURITY & HUNGER

**Cornerstones – Reston & Northwestern Fairfax County**  
[cornerstonesva.org](http://cornerstonesva.org)

**ECHO - Springfield**  
[Echo-inc.org](http://Echo-inc.org)

**FACETS – Fairfax County**  
[facetscares.org](http://facetscares.org)

**Food For Others - Northern Virginia**  
[foodforothers.org](http://foodforothers.org)

**Lorton Community Action Center**  
[lortonaction.org](http://lortonaction.org)

**Northern Virginia Family Services**  
[nvfs.org](http://nvfs.org)

**Foster Care & Adoption/Foster Care to Success**  
[fc2success.org](http://fc2success.org)

**Fairfax County Dept. of Family Services Foster Care & Adoption Program**  
[fairfaxcounty.gov/familyservices/children-youth/foster-care-adoption](http://fairfaxcounty.gov/familyservices/children-youth/foster-care-adoption)

**VA Kids Belong**  
[vakidsbelong.org/support-social-workers](http://vakidsbelong.org/support-social-workers)

**Kids Matter Inc.**  
[kidsmatterinc.org](http://kidsmatterinc.org)

**The UpCenter**  
[theupcenter.org/foster-care-adoption](http://theupcenter.org/foster-care-adoption)

## HOMELESSNESS & PRECARIOUSLY-HOUSED

**LCAC-Southeast Fairfax County (Lorton)**  
[lortonaction.org](http://lortonaction.org)

**FACETS - Fairfax County (City of Fairfax)**  
[facetscares.org](http://facetscares.org)

**New Hope Housing (Fairfax County)**  
[newhopehousing.org](http://newhopehousing.org)

**Recovery Program Solutions of Virginia**  
[rpsva.org](http://rpsva.org)

**Fairfax County Office to Prevent & End Homelessness**  
[fairfaxcounty.gov/homeless/emergency-shelters](http://fairfaxcounty.gov/homeless/emergency-shelters)

**Bethany House of Northern Virginia, Inc. (Alexandria)**  
[bhnv.org](http://bhnv.org)

**Good Shepherd Housing & Family Services (Alexandria)**  
[goodhousing.org](http://goodhousing.org)

**Homestretch (Tysons, Mclean, Falls Church)**  
[homestretchva.org](http://homestretchva.org)

**Pathway Homes (Fairfax, Centerville, Chantilly)**  
[pathwayhomes.org](http://pathwayhomes.org)

**Shelter House**  
[shelterhouse.org](http://shelterhouse.org)

**Friends of Guest House**  
[friendsofguesthouse.org](http://friendsofguesthouse.org)

## ENVIRONMENT

**Fairfax County Parks & Nature Centers**  
[fairfaxcounty.gov/parks/nature-history](http://fairfaxcounty.gov/parks/nature-history)

**Fairfax County Public Works & Environmental Services**  
[fairfaxcounty.gov/publicworks/educational-resources](http://fairfaxcounty.gov/publicworks/educational-resources)

**EcoAction Arlington**  
[ecoactionarlington.org/get-involved](http://ecoactionarlington.org/get-involved)

**CleanFairfax**  
[cleanfairfax.org/volunteer-opportunities](http://cleanfairfax.org/volunteer-opportunities)

**Lands and Waters**  
[landsandwaters.org](http://landsandwaters.org)

## ANIMAL WELFARE

**Homeward Trails Animal Rescue**  
[homewardtrails.org](http://homewardtrails.org)

**Humane Society of Fairfax County, Inc.**  
[hsfc.org](http://hsfc.org)

**Homeless Animals Rescue Team (HART)**  
[hart90.org/Volunteer](http://hart90.org/Volunteer)

**Virginia Federation of Humane Societies**  
[fhs.org/helpful-links](http://fhs.org/helpful-links)

## SENIOR CARE

**Capital Caring Health**  
[capitalcaring.org](http://capitalcaring.org)

**Shepherd's Center**  
[shepherdcenters.org](http://shepherdcenters.org)

**Fairfax County Services for Older Adults**  
[fairfaxcounty.gov/familyservices/older-adults](http://fairfaxcounty.gov/familyservices/older-adults)

**INOVA Senior Care Resources**  
[inova.org/our-services/senior-services-inova/education-resources](http://inova.org/our-services/senior-services-inova/education-resources)

**Neighborhood and Community Services**  
[fairfaxcounty.gov/neighborhood-community-services/](http://fairfaxcounty.gov/neighborhood-community-services/)

## VOLUNTEER FAIRFAX

Volunteer Fairfax mobilizes people and resources to meet regional community needs. Through a variety of programming for youth, families, corporate groups, and seniors, we aim to make a positive impact in our community.



