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## Giving Back

11/07/2006

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### Volunteers needed

LINK, an association of 13 churches in Sterling and Herndon, is seeking volunteers to help those in need during the Thanksgiving holiday. Opportunities are available at area churches Nov. 12 to 18. Anyone age 8 and older is eligible to participate.

Volunteers are needed to collect and organize food donations at Christ the Redeemer Catholic Church in Sterling and at Trinity Presbyterian Church in Herndon Nov. 13, 14 and 16, 9 a.m. to noon and 7 to 9 p.m.; and Nov. 17, 9 a.m. until finish

Sterling United Methodist Church will collect used winter coats Nov. 11, 8 a.m. to 8 p.m.; and Nov. 13-17, 8:30 a.m.-4:30 p.m. and 7-9 p.m.

Volunteers are needed to help distribute Thanksgiving food baskets and used winter coats Nov. 18. Food distribution will be from 8 a.m. to 4 p.m. at Trinity Presbyterian Church in Herndon, and from 7:30 to 9:30 a.m. and 1:30 to 5:30 p.m. at Christ the Redeemer Catholic Church in Sterling. Coat distribution will be from 8 a.m. to 3 p.m. at Sterling United Methodist Church. There's a special need for volunteers who speak Spanish and English. Call 703-437-1776.

### Make a Difference Day

If you weren't able to drop off donations for Make a Difference Day Oct. 28, there's still time to do so. You can drop items off at the Community Holiday Coalition Store Nov. 12, noon to 4 p.m.; and Nov. 13, 9 a.m. to 9 p.m. Be sure to mention your donation is on behalf of Make a Difference Day. The store is at 23430 Rock Haven Way, Dulles. Visit [www.loudoun.gov/dss/holiday](http://www.loudoun.gov/dss/holiday).

### Red Cross fundraiser

The Loudoun County Chapter of the American Red Cross will celebrate its 90th anniversary with a 90th Anniversary Ball at Lansdowne Resort Feb. 24. The evening will feature cocktails, dinner, dancing and a silent auction, all to benefit the local chapter and help it continue to serve the community. Event chair Diane Knighton is currently seeking sponsorship from community organizations and individuals who wish to support the cause. Different levels of sponsorship are available. Call 703-777-7171 or e-mail [lcrc@usa.redcross.org](mailto:lcrc@usa.redcross.org).

### Meal volunteers needed

Heritage Hall Nursing & Rehabilitation Center in Leesburg is seeking volunteers to help serve fine dining meals Sundays through Saturdays, 4:45 to 6 p.m. Additional volunteer opportunities will be available during the holiday season. Call 703-78700.

### Neighbors Helping Neighbors

The Community Holiday Coalition's "Neighbors Helping Neighbors" program is seeking volunteers and collecting food and

merchandise items for its annual holiday store, which will be at the Dulles Trade Center, 23430 Rock Haven Way, in Sterling during November and December. The Thanksgiving store will collect donations of food, personal and household baskets, gently used, clean coats Nov. 12-16. Distribution to families will be Nov. 14-16.

There are also numerous collection sites throughout the county where items can be dropped off. View the complete list of locations at [www.loudoun.gov/dss/holiday](http://www.loudoun.gov/dss/holiday).

Those interested in volunteering should call 703-737-8367 or e-mail [holidayvolunteers@loudoun.gov](mailto:holidayvolunteers@loudoun.gov).

#### Area Agency on Aging

Volunteers are needed to help Medicare beneficiaries with Part D Prescription Insurance. Training is available in early November to prepare for the high call demand between Nov. 15 and Dec. 31. Volunteers are needed in Leesburg for three hour shifts, one or more days per week. E-mail [dbressle@loudoun.gov](mailto:dbressle@loudoun.gov) or call 703-777-0257.

#### Winter instrument drive

The Youth Music Preservation and Promotion Association, a Leesburg-based nonprofit educational organization, is continuing to accept donations of musical instruments for its new music outreach program Saturdays, from 9 a.m. to 1:30 p.m., during November and December at Crossroads Baptist Church in Leesburg. All orchestra instruments are needed, as well as keyboards, pianos, recorder, guitars, music stands, music books, metronomes and other music accessories. Call 703-728-2589 or e-mail [info@ymppa.org](mailto:info@ymppa.org).

#### Hats for soldiers

Congratulations to the ladies of the Knit and Crochet Group at the Senior Center at Cascades Marketplace for knitting 80 hats in four weeks to send to the soldiers in Iraq. The ladies surpassed a request to knit 65 hats. The hats will help warm the soldiers during the quickly approaching cold winter desert nights.

#### Help feed the hungry

Loudoun Interfaith Relief, a nonprofit food pantry based in Leesburg, is seeking volunteers to pick up food from local grocery stores in Leesburg and Purcellville. Drivers must be at least 18 years old with a valid Virginia driver's license and a good driving record. There is special need for Saturday morning drivers. Volunteers are also needed to assist with packing client orders in the distribution center. Call 703-777-5911.

#### Yards for Youth

Next Level 4 Teens, an Ashburn-based nonprofit community organization, is raising funds to support its programs and services in the 2006-2007 Booz Allen Hamilton Redskins Yards for Youth program. Anyone can participate by pledging a specific amount of money for offensive yards gained by the Washington Redskins during the 2006-2007 football season and beyond if they make it to the playoffs. To participate, visit [www.yardsforyouth.org/nextlevel4teens](http://www.yardsforyouth.org/nextlevel4teens).

#### MADD safety campaign

The Loudoun County Chapter of Mothers Against Drunk Driving is seeking volunteers to assemble 100,000 MADD ribbons for the 2006 annual Tie One On For Safety campaign. Groups may assemble 4,000 ribbons, and individuals may assemble 1,000 or 500. Students may earn two community service hours for each set of 500 ribbons they assemble. E-mail [maddloudoun@aol.com](mailto:maddloudoun@aol.com) or call 703-771-8127 to pick up instructions.

#### Home-delivered Meals

Volunteers are needed to deliver hot nutritious meals and a friendly smile to Loudoun's older adults confined to their home. Volunteers can give as little as one hour per week or month to help homebound senior citizens across the county. Leesburg and Ashburn areas need drivers. E-mail [dbressle@loudoun.gov](mailto:dbressle@loudoun.gov) or call 703-777-0257.

Volunteers are needed for the lunch program and home-delivered meals program at the Leesburg Senior Activity Center. Volunteers will be asked to work a minimum of one to two hours a week. Call Cheryl Wheeler at 703-771-5156.

#### RSVP

Anyone 55 or older is eligible to volunteer through the Retired and Senior Volunteer Program. Volunteers receive limited transportation reimbursement, volunteer insurance coverage, an annual recognition luncheon and a chance to meet new friends. Call 703-777-0257.

#### Leesburg Police Citizens' Support Team

U.S. citizens living in Northern Virginia, age 21 or older, are needed to help prevent crime and increase public safety in Leesburg. Volunteers must have a valid Virginia driver's license, a good driving record and must not have a criminal record. Fluency in Spanish is a plus. Call 703-771-4522.

#### Blood services ambassador

The American Red Cross in the area is seeking volunteers to assist its blood collections staff at blood drives and blood donation centers. The volunteers will greet donors, provide donors with essential reading materials, serve refreshments and observe donors for post-donation reactions to giving blood. Training is provided. Volunteers must be age 14 or older. A commitment of two or more blood operations, each lasting four to six hours, every month is requested. To register, call 1-800-272-0094, Ext. 1, or e-mail [karlofft@usa.redcross.org](mailto:karlofft@usa.redcross.org).

#### Books for troops

The Good Shepherd Alliance is asking for donations of books that will be shipped to U.S. troops overseas. The books will help entertain the troops during quiet times. The group is trying to send 40-50 books every 10 days to the Middle East. Contact Mary Fittro at 703-444-5956 or e-mail [thriftstore@loudounhomeless.org](mailto:thriftstore@loudounhomeless.org).

#### Families for Children

Loudoun Families for Children, a nonprofit organization that provides temporary homes for children in crisis and a mentoring program for at-risk children, needs volunteers. To volunteer, contact Kim Burk at 703-771-9505 or [kburk@burkinc.com](mailto:kburk@burkinc.com). Visit [www.lfconline.org](http://www.lfconline.org).

#### Cookbook sales for a cause

Support the Brad Kaminsky Foundation for Brain Tumor Research by purchasing "Cooking Up A Cure," a cookbook that has hundreds of recipes in honor and in memory of cancer patients. Any resident or local restaurant can submit recipes in memory or in honor of loved ones who have been affected by cancer. To submit a recipe, call Lisa Millar at 703-729-9897. To purchase a cookbook, visit [www.buyacookbook.org](http://www.buyacookbook.org).

#### Senior Activity Center

Volunteers are needed to work in the dining room of the Leesburg Senior Activity Center, 215 Depot Court, S.E., Leesburg on Fridays, 10:30 a.m.-12:30 p.m. A volunteer piano player is needed to play during lunch Monday through Friday from no

to 12:30 p.m. A tai-chi instructor is needed to work weekdays in the early morning or early afternoon through November. For information or to volunteer, call 703-737-8039 or 703-737-8040.

#### Girl Scouts

Girl Scouting provides girls with activities that are fun and educational, and adult volunteers are key to the success of scouting. There is a place for interested adults, whether single, married, male or female, professional or stay-at-home, grandmother or recent graduate. Call 202-237-1670 or 800-523-7898, or visit [www.gscnc.org](http://www.gscnc.org).

#### Financial education volunteer

The Loudoun Volunteer Financial Council, a nonprofit organization, is seeking volunteers to assist with financial education. Free classes are offered to train anyone interested in volunteering. Contact Leslie Estrella at Loudoun Extension Office, 71 771-5419.

#### Loudoun Museum

The Loudoun Museum is asking for volunteers to assist guests as they visit the museum. Duties include greeting guests, providing basic tourist and heritage information, collecting admission fees and answering the telephone. Hours are flexible with morning and afternoon shifts available, and training is provided. The Loudoun Museum, 16 Loudoun St., S.W., Leesburg is open Monday through Saturday, 10 a.m.-5 p.m., and Sunday, 1-5 p.m. Call 703-777-7427 or e-mail [bfriedmann@loudounmuseum.org](mailto:bfriedmann@loudounmuseum.org).

#### Fresh Air Fund host families

Local volunteer leaders for the Fresh Air Fund are looking for committee members and host families for The Friendly Town Program. Through this program children from New York City stay with host families for two weeks in the summer. Each year close to 5,000 children ages 6-18 take summer vacations in suburban and small-town communities across 13 northeastern states. Fresh Air Fund volunteers recruit and interview host families, check references and coordinate activities for the children. Call Cynthia Kronlage at 703-426-1616 or the Fresh Air Fund at 800-367-0003, or visit [www.freshair.org](http://www.freshair.org).

#### Cosmetologists needed

Cosmetologists are needed to help lead free hands-on group workshops for women with cancer. The American Cancer Society and Inova Loudoun Hospital Radiation Oncology Center are offering "Look Good ... Feel Better," a two-hour session helping female cancer patients cope with and combat the appearance-related side effects of chemotherapy and radiation treatment.

Volunteer cosmetologists lead the program, which includes a 12-step skin care and makeup program as well as demonstrations on hair/wig techniques, to help restore a positive self-image. Call Diane Ben-Senia at 703-938-5550.

#### Family hosts for orphans

Kidsave International offers volunteers the opportunity to serve as hosts for orphans. One opportunity allows families, for 2 weeks in the summer, to host children ages 7-15 currently living in orphanages in Colombia, Russia and Kazakhstan. Visit [www.kidsave.org](http://www.kidsave.org), call 571-243-1897 or e-mail [alla@global.t-bird.edu](mailto:alla@global.t-bird.edu).

#### Advocates for elderly

Volunteer advocates are needed by the Northern Virginia Long-Term Care Ombudsman Program to make weekly visits (totaling four hours per week) to local nursing homes and assisted-living facilities. Using the skills of listening, observing and

mediating, the ombudsman works with residents, their families and the facility's staff to ensure that residents' rights are protected.

Call 703-324-5435, or visit [www.fairfaxcounty.gov/ombudsman](http://www.fairfaxcounty.gov/ombudsman). To request accommodations or alternate formats, call 703-324-5435 or TTY: 703-449-1186.

#### Adopt-a-Trail

For years, volunteers at Claude Moore Park in Sterling have adopted each of the 11 hiking trails. Volunteers make at least four visits a year to trim underbrush, pick up litter, toss sticks off the trail and note any special plant or animal sightings. Trail maintenance training is provided along with insight into the natural and cultural history of each adopted trail. Call 703-421-6561.

#### Banshee Reeks

The third Saturday of each month is Volunteer Day at Banshee Reeks Nature Preserve in Leesburg. Meet people who share a common interest in nature, history and the environment. Volunteers under 16 must be accompanied by an adult. Call 703-669-0316.

#### English as a Second Language

ESL and Immigrant Ministries needs volunteers to teach adult immigrants in 18 locations in Northern Virginia, including Loudoun County. Free training for volunteers is provided. Daytime and evening classes are offered. Visit [www.eslim.org](http://www.eslim.org) for information. Call 703-271-8341, ext. 3, and leave a message.

#### Children in need

Loudoun Families for Children, a nonprofit that provides temporary homes for children in crisis and a mentoring program for at-risk children, is seeking volunteers. Call 703-771-9505 or e-mail [kburk@burkinc.com](mailto:kburk@burkinc.com).

#### Corrections, pretrial

Loudoun County Community Corrections and Pretrial Program is in need of volunteers to assist probation officers with peripheral duties: attending court hearings; documenting case records; and performing financial and intake interviews, data entry and filing. A three-hour commitment one day a week is needed. Call or write Karen McQuaid, deputy director, 703-771-8519, [kmcquaid@loudoun.gov](mailto:kmcquaid@loudoun.gov).

#### Saving the Trail

Volunteers are needed for a steering committee for Save the Trail Inc., a nonprofit organization dedicated to preserving the Washington & Old Dominion Trail. Call Barbara Notar, 703-779-1865.

#### At-risk youth

Loudoun County is seeking volunteers to serve as parent representatives on the Family Assessment and Planning Team. FAPT meets twice a month for about four hours to develop service plans for at-risk youth and their families who are served through the Comprehensive Services Act for At-Risk Youth and Families. Applicants are encouraged to apply by sending a letter by e-mail to [jjillesp@loudoun.gov](mailto:jjillesp@loudoun.gov) or to CPMT Chair, c/o Loudoun County Department of Social Services, 102 Herita Way, N.E., Suite 200, Leesburg, 20176-4544, Attn: Jim Gillespie.

#### Blood donors

The American Red Cross is asking eligible donors to call 1-800-GIVE-LIFE to schedule an appointment to donate blood. Platelet donors can call 1-800-272-2123 to schedule an appointment. The Red Cross is also urging all those who already have scheduled appointments to make every effort to keep those appointments. Visit [www.my-redcross.org](http://www.my-redcross.org) or call 410-767-0000.

#### Loudoun American Red Cross

Volunteers are needed to answer phones, prepare for classes, educate the community in preparedness, respond to disaster work with youth, perform data entry and work with media relations. Visit [www.redcross.org/va/loudounco](http://www.redcross.org/va/loudounco) to fill out an online application, or call 703-777-7171.

#### Loudoun Free Clinic

Volunteer medical doctors and an experienced grant writer are needed. The clinic also needs several items and services, including a digital camera, water cooler service, antique refinishing, wall-mounted blood pressure cuff, professional otoscope and ophthalmoscopes, and metal Band-Aid boxes. Call 703-779-5416.

#### MADD volunteers

The Loudoun County MADD Chapter is seeking court monitors for Loudoun Traffic Court. Court monitoring is a program in which trained volunteers observe and gather data on DUI court proceedings, including arraignments, pretrial hearings, trial and sentencing. Leave a voice-mail message at 703-771-8127 or send an e-mail to [maddloudoun@aol.com](mailto:maddloudoun@aol.com).

#### Supporting Eastern Loudoun Families

The community is invited to join SELF, a coalition "dedicated to keeping the community safe and drug-free." Meetings are fourth Monday of every month, 7:30-9 p.m., at Eastern Loudoun Regional Library, 21030 Whitfield Place, Sterling. Call 703-771-6428.

#### Loudoun Animal Shelter

To register as a volunteer, individuals must be at least 16 years old. (Some positions require that volunteers be 18 or older.) Volunteers must be available to attend training and commit to volunteer at least two hours once a week. Call the volunteer coordinator at 703-737-8097 for an application. Applications are also available online, and can be downloaded. Visit [www.loudoun.gov/animals/volunteers.htm](http://www.loudoun.gov/animals/volunteers.htm).

#### The Arc of Loudoun County

LARC provides support, education, referral and advocacy services to those with mental disabilities and their families. The staff and board are looking for people interested in serving on committees and joining the board. Call 703-777-1939, visit [www.loudoun-arc.org](http://www.loudoun-arc.org) or write The Arc of Loudoun County, P.O. Box 243, Leesburg, VA 20178.

#### Loudoun Interfaith Relief.

Loudoun Interfaith Relief needs drivers to pick up donated food. Drivers must be at least 18, have a driver's license, and be able to lift up to 50 pounds over and over. Call Dawn Miller, 703-777-5911.

### Salvation Army

The Salvation Army of Loudoun County, 525G E. Market St. in Leesburg needs assistance in the following areas:

Volunteers in the thrift store and storage facility

Paid positions -- music teacher and thrift store manager

Call Capt. Syung Young Lee at 703-771-3371.

### National Air and Space Museum

Volunteers are needed at the Steven F. Udvar-Hazy Center at Washington Dulles International Airport and at the National Mall. Duties include greeting guests and making them feel welcome, as well as handing out information and directions. Volunteers can use the free bus shuttle service from the Udvar-Hazy Center to the museum on the Mall if they wish to work both locations. Contact Mary Deming at Udvar-Hazy at 703-572-4101 or demingm@nasm.si.edu , or Hollan Vaughn at the Mall museum at 202-633-2494 or vaughnh@nasm.si.edu .

### Travelers Aid

Volunteer opportunities exist for information desk volunteers and Mobile Guides at Washington Dulles International Airport. Volunteers are asked to make a commitment to work one three- to four-hour shift per week. Experience in airline/airport operations or customer service work or knowledge of a foreign language is a plus but not necessary. Training is ongoing. Call 703-572-7350 or e-mail Volunteer@mwa.com .

Do you have a volunteer need you'd like to list in Giving Back? Send it to [bboyd@timespapers.com](mailto:bboyd@timespapers.com) .

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