

August 2019

Volunteer News

Sheppard Pratt Health System's Capital Region



Volunteer impact at Family Services



During the last year, over 500 volunteers offered nearly 8100 hours of service at Family Services.

Family Services' programs rely on regular volunteers to help in a variety of ways such as:

- completing weekly administrative tasks
- tutoring elementary, middle, and high school students
- teaching adult education classes
- supporting staff in child development centers
- sorting our monthly diaper order from the **Greater DC Diaper Bank**
- providing assistance in our commercial kitchen
- leading small client groups
- sharing pets for therapy

Special support volunteers helped at over 80 different events during the last year including:

- summer camps, barbecues, and picnics for clients
- painting and re-decorating projects
- landscaping and gardening projects
- cleaning and organizing projects
- holiday preparations and parties for clients
- monthly lunches at Montgomery Station
- monthly Early Head Start parent events
- and many more!

Family Services' programs recognize that volunteers play a major role in helping staff meet their mission to provide high-quality services to foster health and well-being in the home, school, and community. We are tremendously grateful for the incredible support of all our volunteers. Thank you!

One-time volunteer opportunities

Great opportunities for adults and students!

Mock interviews

Family Services' **Montgomery Station** hosted a mock interview session for clients in their Supported Employment program. Kayla Onley, Program Director, said, "The volunteers were great! Our clients were really happy with the event and the feedback they received regarding their interviewing skills."

This is the second year mock interviews have been held and we look forward to hosting this event with volunteer support again.



Celebrating summer

Volunteers helped clients at Family Services' **Montgomery Station** celebrate the July 4th holiday with a delicious lunch including juicy hamburgers and lots of summer salads. Clients and staff also enjoyed live music from the duo **Hepcat Hoodie**. Thank you to all our volunteers including the team from **Holiday Inn Gaithersburg**. Montgomery Station clients are always happy when volunteers are in the house!

Family Services is always looking for special support volunteers to help at special events. All you need to do is submit a completed **volunteer application** and we will be in touch to confirm your participation.

EARLY HEAD START

Each month Family Services' **Early Head Start** program hosts a number of special events for parents and families. Volunteers are needed to help with two events in August.



Policy Council Meeting

- **Monday, August 26 from 4:45 p.m. - 7:30 p.m.**
- Volunteers are needed to help with set up, serving food, childcare, and clean up
- **640 East Diamond Avenue, Suite A, Gaithersburg, MD, 20877**
- Students 16 and older are welcome to help

Transition Ceremony

- **Wednesday, August 28 from 4:30 p.m. - 7:30 p.m.**
- Volunteers are needed to help with set up, serving food, childcare, and clean up
- **Bohrer Park, 514 S. Frederick Road, Gaithersburg, MD, 20877**
- Students 16 and older are welcome to help

MONTGOMERY STATION

End of summer lunch at **Montgomery Station**

- **Thursday, August 15**
- Cooks are needed from 9:30 a.m. - 12:00 p.m.
- **630 East Diamond Avenue, Gaithersburg, MD, 20877**
- Students 16 and older are welcome to help



Monthly new volunteer orientations

Learn more about Family Services and Sheppard Pratt Health System, our volunteer policies, and current volunteer opportunities at our monthly new volunteer orientations. Upcoming one-hour sessions include:

- **Thursday, August 15 at 6:00 p.m.**
- **Tuesday, August 27 at 12:00 p.m.**

Contact mary.murphy@fs-inc.org to RSVP. Online applications are available on **our website**. Orientations are held at **620 East Diamond Avenue, Gaithersburg, MD, 20877**.



Linkages office gets a make-over



The **B.F. Saul Company Hospitality Group** sent a terrific team of eleven volunteers to spend an afternoon in July at Family Services' **Linkages to Learning** program at Rosemont Elementary School. In just three hours, the group gave a facelift to the space: painting the walls bright colors, organizing the supply closet and all the children's books, and cleaning the upholstered furniture.

The Linkages staff is thrilled to start the new school year with a refreshed space for their offices and for the students and families they serve.

To learn more about volunteering for any of the opportunities listed above, contact **Mary Murphy, Volunteer and Marketing Specialist**, at mary.murphy@fs-inc.org or call **301-840-3183**.

