

# NVFS Volunteer Voice - Feb. 2018



Thu 2/1, 4:30 PM

## 13 Ways You Can Make a Huge Impact



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## Micro-Volunteering: 13 Small Ways to Make a Huge Impact

**“No act of kindness, however small, is wasted.” – Aesop**

Do you remember the last time you passed along kindness? Was it when you surprised your coworkers with treats on a Friday, bought coffee for the person behind you in line or simply held the door open for someone coming in after you at the grocery store?

A busy schedule doesn't have to get in the way of giving back to those around you. Get started today with 13 simple, but impactful, ideas.

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## Going the Extra Mile in Supporting the Community



From picking up coat donations at Burlington Coat Factory to entering data for reporting requirements to expanding our reach in the community, **Rani Sadasivan** has been a huge support to the staff at NVFS' SERVE Campus. Her assistance with day-to-day tasks has been critical to providing staff with the additional time to connect with community members and provide enhanced services for our clients. She is an enthusiastic volunteer and is currently

completing trainings in our data entry program so that she can do even more. We are so grateful for her and her hard work.

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## Top 3 Volunteer Needs

**Interpreter (Spanish, Arabic, Amharic & more)**  
Falls Church, Va.

**Children's Activities Specialist**  
Woodbridge & Manassas, Va.

**Client Intake for Food Assistance**  
Manassas, Va.

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## Engaging Kids Through the Power of Music and Movement



**SiriusXM** employees volunteered their time to bring the art of music to kids at [Head Start](#). Led by NVFS board member and SiriusXM Senior Vice President of Customer Relationship Marketing, My-Chau Nguyen, the volunteers read “Giraffes Can’t Dance” and then danced to music, exploring movement exercises together. The kids also loved making and jingling their own tambourines with the SiriusXM crew.

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## Additional Thank Yous

Thank you to **Islamic Relief USA** and **Alpha Kappa Alpha Sorority** for spending your Martin Luther King, Jr. Day of Service volunteering at Clock Tower Thrift Shop in Falls Church.

Thank you to both **First Baptist Church of Woodbridge** and **Antietam Elementary School** for supporting Hilda Barg Homeless Prevention Center this month by cleaning out storage rooms to make space for additional donations and to **Prince William Area Agency on Aging** (pictured) for volunteering at the Hunger Resource Center to assist with packing USDA food bags, sorting flyers for Supplemental Nutrition Assistance Program (SNAP) outreach to local schools and stocking shelves with food.



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## Welcome to the Team!

We are excited to welcome **Julie Martinez** to the NVFS team as our Community and Volunteer Engagement Specialist for the [Hilda Barg](#) and [SERVE](#) family shelters. You can contact her at [jmartinez@nvfs.org](mailto:jmartinez@nvfs.org) or 571.748.2674.



**Navara Cannon** is still the Community and Volunteer Engagement Specialist for all other [SERVE Campus](#) and Greater Prince William programs and services. You can contact her at [ncannon@nvfs.org](mailto:ncannon@nvfs.org) or 571.748.2536.

We are also excited to welcome **Annie Arroyo**, the Community and Volunteer Engagement Specialist for NVFS programs and services in greater Fairfax, Arlington, Alexandria and Loudoun. You can contact her at [aarroyo@nvfs.org](mailto:aarroyo@nvfs.org) or 571.748.2621.

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## More Volunteer Needs

**Multicultural Center  
Greeter & Receptionist**  
Falls Church, Va.

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**Shelter Meal  
Provider**  
Manassas, Va.

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**Shelter Passenger  
Driver**  
Woodbridge & Manassas, Va.

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**Shelter Support  
Services Volunteer**  
Manassas, Va.

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**Food Recovery  
Driver**  
Manassas, Va.

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**Job Coach**  
Woodbridge &  
Manassas, Va.

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## Have an Afternoon to Spare?

Volunteer at our [Strikes for Stronger Families Bowl-a-Thon](#), benefiting NVFS' SERVE Campus, on Saturday, March 10, for an afternoon of bowling and fun! Volunteers are needed for varying shifts between 11:30 a.m. – 4 p.m. to assist with setup, greeting participants, handing out T-shirts, and registering and checking in participating teams. Volunteers 16 and up are welcome, and volunteers ages 12 – 15 can help with an accompanying adult. Some accounting experience is helpful. If interested, contact Navara Cannon at [ncannon@nvfs.org](mailto:ncannon@nvfs.org).





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## Top Donation Needs

Our top donation needs this month include:

**Head Start:** Playdough, bubbles, outdoor games, arts & crafts supplies and activities, size 5T pull-ups for both girls and boys

**Hilda Barg:** air mattresses, bus tokens, laundry baskets, towels, new undergarments for men, women and children, grocery store gift cards, bedding

**SERVE** Family Shelter: toilet paper, paper plates, paper towels, gift cards in \$10 increments (Walmart/Target), double and single strollers, diapers/wipes, onesies, transportation vouchers and welcome-home baskets (kitchen tools, bathroom items and bedroom items)



[See More Donation Needs](#)

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## Events & Opportunities at NVFS

**Training Futures  
Graduation Celebration**  
Friday, Feb. 9

**Strikes for Stronger  
Families Bowl-a-thon**  
Saturday, March 10

**Village of Impact Service  
Day for Families**  
Saturday, April 7

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Northern Virginia Family Service  
10455 White Granite Dr Ste. 100, Oakton, VA 22124