

NVFS INSIDER



Monthly Newsletter of Northern Virginia Family Service

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February is National Dental Health Month

Your Dollars in Action: How You Helped Helen and Tracey Smile Again



Did you know that *NVFS operates two dental referral programs*? Housed within the Health Access Programs, the dental referral programs operate in Fairfax County and Prince William County. Both provide *referrals to free or low-cost dental clinics for low-income, dental-uninsured adults and children*. Last year, the program served more than 1,000 people.

This month we'd like to highlight *two lives changed because of supporters like you*.

Though Helen and her daughter Tracey* both receive Medicare, it doesn't cover most dental care, procedures, or even supplies.* Ignoring your dental care can lead to bigger problems down the road. It can affect not only your physical health, but also your mental well-being. When our dental referral team first met Helen, she had been searching for affordable dental services for herself and her daughter. With the help of the Healthlink

program, Helen and Tracey received a referral immediately to a nearby dental clinic. Mom had crowns fitted and partial dentures added. Her daughter had an implant surgically placed. With the discounted rates through Healthlink, they've been able to take care of

their yearly dental needs and improve their quality of life. *With the amazing support from donors, Helen and Tracey will always have a reason to smile.*

*names changed for confidentiality

If you or someone you know is in need of dental assistance, [please click here](#) to see if you/they qualify for assistance.



How a Day of Bowling Will Help Families at the SERVE Campus

You wouldn't normally think that bowling a 10-frame could help a family avoid homelessness. But that's exactly what happens at the Strikes for Stronger Families Bowl-a-Thon. Every year neighbors rally their friends and family to *raise over \$60,000 to help local families overcome homelessness, battle depression, and ace their next job interview.* These funds power the amazing programs at the SERVE Campus. Programs that only exist because of caring, compassionate supporters like you. If lifting families out of poverty



sounds like a good thing, [you can create a virtual team](#) and start changing lives today. We can only strike out poverty with your help.

This year's event will take place on March 7 at the Bowl America Bull Run. For teams interested in bowling the day of the event, please [email Alexandra Ruiz](#). There is currently a wait list for lanes.

[Create a Virtual Team](#)

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Be a hero all year long.

Become a monthly donor for just 83 cents a day. Together, we will build a brighter future for our community.

Donate Today



Volunteer Spotlight: Clark Construction



At [Clark Construction](#), giving back to the communities in which they live and work is one of their most treasured values. Throughout the year, Clark encourages their employees to give back to the local community, whether it be serving on a non-profit board, coaching a youth sports team, or donating time or money to a cherished

organization (It must be noted that Kris Manning, Vice President of Safety at Clark Construction, currently serves as a board member of NVFS).

During their second annual Week of Service in January, nearly 50 Clark employees engaged with NVFS. *Volunteers organized hundreds of community donations at our thrift shop, packaged dental kits, and assembled purple, lime, and bright blue no-sew blankets for our various Early Head Start programs.* Kits included floss, toothbrush, and toothpaste.

Clark's Corporate Philanthropy Coordinator, Jenna Rieden, shared, "We recognize NVFS's commitment to guiding families to self-sufficiency and providing comprehensive services to those in need – right in our backyard. We were pleased to once again show our support of

NVFS and look forward to another great year together!" We were thrilled to have Clark Construction join us on Martin Luther King Jr. Day and can't wait to have them back.

Thank you Clark Construction for your incredible support and commitment the past two decades in serving local families!



We are accepting donations for the [22nd annual Road to Independence Gala's](#) Silent and Premier Auctions! This is a fantastic way to gain exposure for your organization while transforming the lives of local families through NVFS. To submit your item, send the completed [Online Auction Form](#) to Jessica Warren at jwarren@nvfs.org by April 1.



"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees." - Amelia Earhart

February 17th was [Random Acts of Kindness Day](#). Even though the day has passed, it is never to late to surprise someone with a *random act of kindness*. Will you spread kindness today?

Email us back and let us know who you surprised and what happened. We may feature it online next month.

Partner Spotlight: Wegmans Lake Manassas

In the fight against hunger, Wegmans' annual [Check Out Hunger Campaign](#) was a big win for local families in Northern Virginia! Every year, Wegmans across the country offer shoppers the chance to add a small donation to their order. Collectively, the program has raised more than \$38.8 million for hunger relief programs. This year, ***Wegmans Lake Manassas donated over \$28,000*** to NVFS to reduce hunger in our communities. Thank you Wegmans Lake Manassas for feeding local families and proving that communities can thrive when we all work together!



To learn more about how [you can support anti-hunger initiatives in your community](#), please [click here](#).

CONNEX T with Joel C. Peterson

WED., February 26, 2020
8 – 10 AM

Deloitte
7900 Tysons One Place
McLean, Virginia



SOLD OUT

In his bestselling book *The 7 Habits of Highly Effective People: Building the Character*, Dr. Stephen Covey, a Stanford University professor, and Dr. Jeffrey Pfeffer, a Stanford University professor, provide a practical guide for establishing a culture of trust that breaks down the oppositional and CYA mentality that plague many organizations.

With his insights, you'll be able to plant the seeds of trust — and reap the rewards of trust, collaboration, profits, and success for your organization.

[Click here to learn more and register!](#)

THANK YOU TO OUR SPONSORS



The highly anticipated *CONNEX T event with Joel Peterson on Feb. 26 is sold out!* If you're interested in attending, please [email Leyla Alijani](#) and your name will be put on a wait list. If a seat becomes available, you will be notified the day before the event.

We Need Your Help. Can You Volunteer?

- 1) The Multicultural Center seeks a [Bilingual \(Spanish/English\) Front Desk Assistant](#). Must be 18 years of age and have the ability to volunteer at least one day per week for a minimum of three hours per week.
- 2) The Early Head Start Center in Arlington seeks a [Musician](#) to lead activities one day a week for two hours. Activities include movement and play and/or circle time sing-alongs.
- 3) The Hunger Resource Center seeks [Food Recovery Drivers](#) to make routine pick-ups to rescue food from grocery stores and restaurants. Must be at least 21 years old and available in the morning at least once a week.

4) The Hunger Resource Center seeks a [*Food Assistance Specialist*](#) to greet donors, sort food, and restock shelves for Wednesday evenings.

5) The SERVE Family Shelter seeks a [*Support Assistant*](#) to process and sort donations, welcome residents, and provide administrative support. Multiple times and days available.

To view every volunteer opportunity currently available, please [click here to be redirected to NVFS' Volunteer Hub portal](#).

-- Items in High Demand this Month --

Donating these high need items below is a great way to support local families in your community if you aren't able to volunteer or give a monetary gift.

Multicultural Center: full-sized bottles or pods of laundry detergent, liquid dish soap, scrub brushes, trash bags, rubber gloves, all-purpose cleaning sprays

SERVE Campus_(general): baby blankets, diapers (size 2 or larger), baby wipes

Hunger Resource Center:Cereal, flour, sugar, cooking oil/spray, non-meat protein options, low-sodium canned goods, gluten free foods

SERVE Family Shelter: Diapers (size 4,5,6), baby wipes, toilet paper, air mattresses, new pillows, cough drops, cold medicine for adults/children, tissues, men's/women's deodorant, hand sanitizer

Training Futures: 3-ring binders, flash drives, mouse pads

Here is a complete **wishlist of items**.

Events & Opportunities at NVFS

SOLD OUT - Wait list available [CONNEXT with Joel Peterson](#): February 26, 2020

[Strikes for Stronger Families Bowl-a-Thon](#): Saturday, March 7, 2020

National Volunteer Week: April 19-25, 2020

Village of Impact: April 2020

Spring2ACTion: Wednesday, April 29, 2020

Road to Independence Gala: Friday, May 8, 2020

Did you enjoy this edition of the Insider? Have a suggestion? [Email us and let us know what you liked or didn't like](#). We love hearing from our readers and are continually striving to provide relevant content.



Northern Virginia
Family Service



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