

List of Ideas for Confirmation Candidates and their Families to Serve the Community

Opportunities with St. Rose (see website for links to sign-up):

- Write encouraging notes to St. Rose parishioners who are house bound or those who live alone.
- Assist with the Food Collection sponsored by the Knights of Columbus that takes place each month on the 2nd Sunday.
- Make and deliver a meal to the St. Rose House. The three men living there, and their caregivers could use the support of healthy meal options.

Opportunities with your family and community:

- As a family, conduct a Neighborhood Food Drive. Your family can put out a flier in your neighborhood letting your immediate community know that you will be collecting food items for a particular group such as Gaithersburg Help. You can then transport the items to a collection site.
- Organize a family trash pickup along a roadway or in one of our parks.
- There are many vulnerable populations feeling isolated, and this is especially true for seniors who aren't able to have visitors. Set up a virtual game night or hangout with the seniors in your kid's life, or those living at a local nursing home. This helps foster a greater sense of belonging and helps mental health all around. This kind of activity also gives teens practice with calling someone and organizing an activity—both of which are important long term life skills.
- Make videos or e-cards for medical professionals thanking them for their above-and-beyond care for patients.
- Contact local nursing homes and assisted living facilities to see if you can help their seniors feel less isolated. Ideas include holding senior interviews, writing senior's biographies, holding a show-and-tell activity, leading games, setting up video calls, making cards, and more.
- Implement a "Positivity Campaign" to flood social media with positive and encouraging messages.
- Participate in [Cards for Hospitalized Kids](#). Deliver cards at a later date when it is safe to do so.
- Start seeds in your own yard or garden to be transplanted into a community garden at a later date.
- Become a tutor for younger youth.
- Work with local animal shelters to create adoption flyers and/or videos for animals.
- Send thank you videos or e-cards to [First Responders](#) who are combating the Coronavirus.
- Implement a social media campaign on environmental sustainability.
- Organize a virtual 5k or other fundraiser to raise funds for a local agency, charity, or cause.

- There are plenty of organizations that need funds right now. Start with something local. One example is to host a fundraiser to purchase gift cards for gasoline to the staff of your local hospital. [Here are some great fundraising ideas for teens to try out.](#)
- Sew blankets and put together care bags for the individuals we see on the street corners. These might include items from the list below. You could also include a prayer card with numbers for community support and relief.
 - A typical Care Kit consists of a watertight gallon-size zipper lock plastic bag filled with items like: Water bottle, socks, tuna, granola bar, fruit snack, crackers and peanut butter or cheese, gift certificate for fast food, hand wipes, face mask, kneenex, toothbrush and paste, nail clippers, chapstick, comb or brush, mints, cough drops, note of encouragement.

Explore opportunities at [MontgomeryServes](#)

- Food and health items needed for delivery kits to Gaithersburg area households with members recovering from COVID-19 through the [Gaithersburg CARES Hub](#).
- Volunteers needed for [Teens Helping Seniors contactless grocery delivery service](#).
- Support healthcare workers at Shady Grove Adventist Hospital & local restaurants by purchasing meals to be delivered to the hospital. [Learn more here](#).
- The [Primary Care Coalition](#) is seeking PPE supplies & hand sanitizer. They also need home blood pressure monitors, body weight scales, thermometers & pulsometers to assist with telemedical visit coordination.
- Food is one of the most critical needs. Trucks & drivers are needed, as are cash, food donations & volunteers to support local food banks. **Needs are especially high at [GaithersburgHELP](#), the St. Martin's Food Pantry (301-990-7373), [Women Who Care Ministries](#), and [Manna Food Center](#).** Visit [MontgomeryServes](#) and the [Montgomery County Food Council](#) for a full list of needs.
- Call neighbors, especially those who are limiting their interaction. Offer to pick up groceries or other supplies.
- Buy from local businesses whenever possible.
- Order delivery or carryout from local restaurants.

Give Some Virtual Hugs

- There are currently 1,400 residents at Asbury Methodist Village, and because their age group is vulnerable, outside visits are limited. They'd love to hear from you. Feel free to email a special message to AMVSuggestionBox@asbury.org. Staff can print and distribute your message to bring a little joy to someone's day.
- Sharing Smiles, an initiative of Empowering the Ages, connects adults to youth. You can find pen pals, write joint stories, create poetry, share artwork, inspire with motivational quotes, and creatively share your individual strengths. Groups and individuals can sign up [here](#).