



## **Virtual Volunteer Opportunities**

For more information, please contact Lauren Shutler at [lshutler@maryscenter.org](mailto:lshutler@maryscenter.org).

### **Meaningful Message Cards**

Looking for a fun and creative project to do at home and make a difference throughout the year? Create cards with inspirational messages for Mary's Center participants. Mary's Center serves 65,000 participants every year, including Washington, D.C.'s and Maryland's underserved families, newly arrived immigrants, pregnant women, and new mothers. A card from a volunteer goes a long way in uplifting participants' spirits as they navigate challenging times.

### **Healthcare Superhero Cards**

Mary's Center's mission is to provide holistic health care to all participants, and we cannot do that without our wonderful health care providers who work every day to meet the needs of the region's most underserved families. Thank a Mary's Center health care provider for being a Superhero! We can provide detailed card writing instructions and you are welcome to be as creative as possible to show gratitude to Mary's Center staff.

### **Birthday Cards for Seniors**

Each month, Mary's Center needs help celebrating dozens of senior birthdays and help personalized cards to each senior who participates in senior wellness center programming and receives care from our clinics! Volunteer in a group or individually to create, decorate and/or write birthday cards to seniors. Kind words go a long way!

### **Hygiene Kits**

By donating and building hygiene kits, your impact will empower individuals to retain their dignity with good hygiene and maintain their health through the pandemic!

Build hygiene kits with some or all the following items:

- Shampoo/Conditioner
- Toothbrushes and toothpaste
- Soap or shower gel
- Shaving cream and razors
- Comb
- Deodorant
- Hand Sanitizer

### **Senior House Cleaning Kits**

Many Mary's Center senior participants are homebound and do not have easy access to basic household cleaning items. Build a cleaning kit for our seniors with some or all the following items:

- Dishwasher detergent
- Lysol spray
- Paper towels
- Sponges
- Dishwashing soap
- Trash can
- Kitchen trash bags

### **Family Activity Baskets**

Provide families with the opportunity to spend quality time together. Prepare a basket filled with creative activities with your favorite games, foods, and gift cards that can be shared with the whole family.

Suggested items include:

- Board games, playing cards, or dominoes
- Family-friendly book
- Art supplies (markers, pen, stickers, construction paper, etc.)
- Snacks (popcorn, chips, cookies, trail mix, etc.)
- Family-friendly beverages (Capri-Sun, apple juice, etc.)

### **Blanket Markers**

No-sew blankets are great to make as a group or individually. Help keep a participant warm year-round with a fleece blanket! [Check out these easy step-by-step instructions!](#)

### **Facebook Fundraiser**

Create a fundraiser during your birthday month, anniversary, pregnancy announcement, or any occasion to help raise funds for Mary's Center to continue to provide the highest quality health care, education, workforce development and social services to families in the Washington, D.C. and Maryland area.

### **Holiday Drive Greeting Cards**

Each year, Mary's Center hosts a Thanksgiving food drive and a Holiday toy drive. When a family receives their meal or a toy, it is nice to accompany each gift with a friendly greeting card created by a volunteer! This opportunity can involve the whole family from the comfort of your home. Feel free to gather your friends, children and anyone you know to join in writing cards to Mary's Center's most underserved families this holiday season!