

# Other ways to get involved

Patients, volunteers and staff need inspiration, encouragement, and support throughout the year. We ask that messages be uplifting and inspirational; if at all possible, include messages in English, Spanish and Portuguese. Here are some suggested activities for your group to make a difference at Grace:

## Special Requests

- **Food Pantry Transportation** – every other Wednesday at 11 am (unless otherwise noted) Grace needs help picking up and transporting food from Second Harvest Food Bank to Grace’s food pantry. Please empty out your vehicle, wear closed toed shoes, comfy clothes and you must be able to lift up to 20-25 pounds of food. Dates needed are: August 16\*, 30; September 13, 27; October 11, 25; Nov. 8\*\*, 15\*\*, 29\*\*; December 13\*\*, 27\*\*
  - \*1:00 pm
  - \*\*dates may change due to holidays
- **Photography** – Grace is always in need of professional photographs of patients, staff, and volunteers to share.
- **Video production** – Grace is always in need of quality videos sharing our story.

## Group Activities

- **Back to School Notes** – Write positive, encouraging notes to Grace pediatric patients as they head back to school.
- **Bookmark Bonanza** – Create bookmarks for our pediatric patients.
- **Letters of appreciation** - Patients, volunteers and staff need inspiration, encouragement, and support throughout the year. We ask that messages be uplifting and inspirational; if at all possible, include messages in English, Spanish and Portuguese.
- **Notes of Encouragement** – Write positive, encouraging notes to Grace patients.
- **Self-Care Messages** – Provide coloring sheets containing messages of self-care and wellness for Grace patients and/or staff.
- **Toy bags** – Provide small toy bags for our pediatric patients.
- **Painted Potted Plants** – Paint pots and plant small succulents in them for Grace patients and/or staff.

- **Wellness Bags** – Assemble small bags of various wellness-related items (ex: tissues, sunscreen, hand sanitizers, lotion, etc.) for patients, staff and/or volunteers.
- **Jars of Hope** – Decorate and fill a small Mason jar with slogans of hope, Bible verses, encouraging and inspirational sayings for patients and staff.
- **Prayer Boxes/Jars** – Fill small boxes, bags or jars with prayers of comfort and encouragement for patients.
- **Self-Care Journals** – Decorate colorful notebooks with inspirational stickers and put slips of paper inside the notebooks with information about journaling and journal prompts. Journaling is effective in reducing stress, alleviating mental health symptoms, setting goals, finding inspiration, and building self-confidence. For patients and/or staff.

### Seasonal Opportunities

- **Spread the Love! (February)** – Create cards and hearts to share your love with patients, staff and volunteers at Grace.
- **Volunteer Appreciation (April)** – Write notes of thanks and encouragement to Grace Volunteers for all their hard work to minister to others.
- **School Supply Kits (August)** – Supply kits can include a pack of paper, crayons, pencil sharpeners, erasers, pencils, and glue sticks.
- **Painted Mini Pumpkins (October)** – Paint mini pumpkins and include harvest messages/themes to be distributed to patients and staff.

Let us know if you have other ideas to support Grace! For more information contact [Betsy Culpepper](#).