

COMMUNITY WORKS NEWS

Welcome to our first newsletter! Each month we will highlight where we have been, a bit about our team members and volunteer sites...hope you enjoy it!

WHERE WE HELPED...

In January, we had teams volunteering at:

Meals on Wheels in Newburyport and Haverhill, The WISH Project in Chelmsford, The Guinea Pig Sanctuary in Salisbury, The Amesbury Senior Center, First Presbyterian Church in Haverhill, The Giving Tree in Lawrence, and the Cafe opened with a new look! We also took time to make lots of cards for Cards for Hospitalized Children



Josh, Greer, and Genesis happy to be volunteering at Community giving Tree in Lawrence



AND OTHER ADVENTURES!

Its impossible to list them all, but here's some of our favorite January adventures:

YMCA Haverhill and Plaistow
Plum island wildlife reservation
Nevins Memorial Library Methuen
MSPCA
Northshore Mall
Lowell Arts Western studios
Chelmsford library
Rowley Public Library
Newburyport Library
Rockingham Mall
Antique Mall in Lawrence,
Museum of Guys Dumb Stuff in Portsmouth NH (yes, it's a real place!)
Stevens Memorial Library in North Andover



Stuart enjoying his visit to the Museum of Guys Dumb Stuff in Portsmouth

VOLUNTEER HIGHLIGHT

The Team decided that our first Newsletter would be the perfect time to highlight our longest running volunteer partnership at Community Works: Meals on Wheels.

Meals on Wheels started in the United Kingdom during WWII to help people who had lost their homes. It started in the United States in Philadelphia in 1954 to provide lunches to seniors in need. Now in the US, Meals on Wheels provides over 218 million meals to 2.5 million Americans.

At Community Works, we have groups that deliver Meals on Wheels in Newburyport and Haverhill Monday- Friday. Most team members love volunteering for Meals on Wheels, so everyone all takes turns. The main reason we like it so much is that we like to spread joy to people who don't get many visitors. We also get to practice lots of skills that can be useful such as: Team building, concentrating ,staying focused, listening to instructions, using GPS, using memory, listening, organization, counting, and it's a great way to practice social skills.

When we deliver the meals, we have to go to the Senior Center and check our list for the day for any special meals for health reasons. We have to make sure we separate the cold and hot meals and put them in the correct bags with a hot pack or a cold pack. When we deliver the meals, we make sure we are delivering the correct meals according to the list. We knock on the door and make sure to say hello to the person we deliver to (that's our favorite part). If no one answers, we call the Meals on Wheels office to let them know so they can check in to make sure they are okay. Once we are finished with our deliveries, we have lunch ourselves either at the Senior Center or a local restaurant.

If you want to find out more about Meals on Wheels check out their website at: <https://www.mealsonwheelsamerica.org/>



Alex F, Johnathan, Phil, and Johnny
all busy delivering meals!

TEAM SURVEY

Our Team survey this month asked...
What is your favorite season? The most popular answer was:



PROGRAM UPDATES

The Perfect Blend Cafe opened in January and we are so happy to be back! The college did some painting over the break and we have some new items to sell. We are at the C building of the NECC Haverhill Campus and open Monday- Thursday from 7:30a-2pm. Hope to see you there!



FUN DAYS FOR FEBRUARY!

- FEB 1 EAT ICE CREAM FOR BREAKFAST DAY
- FEB 2 DAY OF THE CRÊPE
- FEB 3 CARROT CAKE DAY
- FEB 4 STUFFED MUSHROOM DAY
- FEB 5 CHOCOLATE FONDUE DAY
- FEB 6 LAME DUCK DAY
- FEB 7 SEND A CARD TO A FRIEND DAY
- FEB 8 LAUGH AND GET RICH DAY
- FEB 9 BAGEL AND LOX DAY
- FEB 10 CLEAN OUT YOUR COMPUTER DAY
- FEB 11 DON'T CRY OVER SPILLED MILK DAY
- FEB 12 DARWIN DAY
- FEB 13 WORLD RADIO DAY
- FEB 15 GUMDROP DAY
- FEB 16 DO A GROUCH A FAVOR DAY
- FEB 17 RANDOM ACT OF KINDNESS DAY
- FEB 18 BATTERY DAY
- FEB 19 CHOCOLATE MINT DAY
- FEB 22 BE HUMBLE DAY
- FEB 23 DOG BISCUIT APPRECIATION DAY
- FEB 24 TORTILLA CHIP DAY
- FEB 26 TELL A FAIRY TALE DAY
- FEB 27 INTERNATIONAL POLAR BEAR DAY
- FEB 28 PUBLIC SLEEPING DAY

HAPPY
Valentines
DAY