

# Community Outreach

## For Our Family

### 2010



Teach us to give and not count the cost  
St. Ignatius Loyola

Child and Family Research and Training Institute  
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Dear Child and Family Institute families,

We are pleased to present you with this newly revised booklet, "Community Outreach for Your Family." This booklet has been designed for families like you who want to get involved in the community with your children. As an example of the potential impact CFI can have on your family, it is our pleasure to share with you a very special perspective on outreach from the Tambling family.

Sincerely,

The Child and Family Institute Staff

### **A CFI Family's Perspective**

Like most of us, David and I want our children to be compassionate souls-caring individuals who instinctively want to help those in need. Our family does two outreach projects that we feel have really started to teach Ainsley Jane and James compassion for those less fortunate.

We prepare birthdays in a box for kids at Haven House. The birthday boxes contain everything a family would need to host a great birthday party for their child and 7 of their friends - a piñata with candy, themed paper plates and napkins, cake mix and frosting, party favors and birthday gifts. Each month the children's coordinator at Haven House sends me the names and ages of the children at the shelter who are having birthdays that month and the theme they have chosen from a list we've provided the shelter. Ainsley Jane and James can't wait to find out how many kids have birthdays that month and their names, ages and chosen themes. They pick out gifts for the kids and wrap them and put all the supplies in the box. Then we decorate the box together and tie a ribbon around it. The kids then proudly deliver them to the children's coordinator. Over the last year and half, we have done about 50 birthday boxes. Also, for the last 3 years we have done Easter Baskets for Haven House and St. Francis center.

# More Resources

## Family Literature About Outreach

*Children Learn What They Live: Parenting to Inspire Values* by Dorothy Law Nolte

*The Giving Heart*, by MJ Ryan

*Family Virtues Guide: Simple Ways to Bring Out the Best in Our Children and Ourselves* by Linda Kavelin Popov

*More than Manners! Raising today's Kids to Have Kind Manners & Good Hearts* by Letitia Baldrige

## Children's Literature

*Do Unto Otters: A Book About Manners* by Laurie Keller

*The Legend of the Chinese Dragon* by Marie Sellier

*The Mare on the Hill* by Thomas Locker

*The Golden Rule*, by Ilene Cooper

*Sharing, How Kindness Grows*, by Mike Sakamoto

*The Gardener*, by Sarah Stewart

We have a great time doing these projects together, and I know that we're spreading some joy in our community. But you might wonder, given their young ages, whether Ainsley Jane and James are really learning any life lessons from these projects. David and I think the answer is yes. They have learned to think of others. Let me give you a few examples. Last Spring, five-year-old Ainsley Jane found a dollar on the floor. She picked it up and I thought she was going to ask to keep it. Instead, she gave it to me and said "for the Easter baskets." Similarly, both kids will point to items in a store and say, "Mom that would be great to put in a birthday box or in the Easter baskets next year" instead of asking for the item for themselves. Ainsley Jane picked out a sleeping bag as a birthday gift for an 8 year old girl. I asked her why she picked it and she said, "Mom, she's homeless. Sometimes she might not have a bed to sleep in."

My kids are not the only ones who have learned from these projects. As a parent, I have learned the power of doing an outreach program regularly. The other week, Ainsley Jane overheard me discussing whether to take on additional birthdays at another shelter. She asked if I was going to do it. I said I wasn't sure because I might need to find a partner. She looked at me and said, "Mom, you don't need a partner, James and I are your partners." That's when I realized that by routinely doing this project each month that Ainsley Jane and James had the same feelings of ownership in this project that I had. Doing birthday boxes was something they did regularly just like going to school or swimming lessons. Outreach had become a regular way for us to spend time together.

CFI has put together such a great booklet. Use it and find time for your family to have fun doing outreach activities together.



# Blessing

Gather the family together. The older children can light a candle. Pause for a moment of silence.

A parent will read the Prayer of St. Francis

Lord, make me an instrument of your peace,  
Where there is hatred, Let us sow love,  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
Where there is sadness, joy.

A child describes the outreach activity

The oldest child reads the blessing

Lord, bless us now in what we are about to do:  
[Name the activity].  
Let Your light shine upon us and empower us  
To be ambassadors of compassion and grace.  
We thank You for giving us the vision and heart  
to reach out to others.  
We know that in bringing blessing we do receive  
blessing.

Amen, Shalom, etc

Never lose a chance to say a  
kind word.

# Our Local Partner Organizations

**\*Ecumenical Hunger Program** 323-7781  
2411 Pulgas Ave  
East Palo Alto, CA 94303

**\*New Creation Home** 321-3109  
422 Hibiscus Ct.  
East Palo Alto, CA 94303  
info@newcreationhome.org

**\*Family Connections** 369-6467  
P.O. Box 358  
San Carlos, CA 94070  
www.familyconnections.org

**\*Haven Family House** 325-8719  
260 Van Buren Rd.  
Menlo Park CA 94025

**\*St. Elizabeth Seton School** 326-9004  
1095 Channing Ave.  
Palo Alto, CA 94301

**\*St. Francis Center** 365-7829  
101 Buckingham Ave.  
PO Box 9134  
Redwood City, CA 94063  
www.stfranciscrwc.org

# Boys and Girls Club

## Volunteer Opportunities:

The Boys and Girls Club is always looking for volunteers for the special events they sponsor throughout the year. These are often holiday-related celebrations for the children in their programs. Families are invited to join in the fun and help with the organization and preparation of the event as well as attend the event and help with the activities. The Boys and Girls Club also holds clean up days where families are invited to help clean up the clubhouses and gardens. Both of these are wonderful opportunities for families to volunteer together to help those in our community.

Please contact Leila Ganz, [lganz@bgcp.org](mailto:lganz@bgcp.org) or 650-646-6131.

Look to be treated by others as  
you have treated others

## Ideas for encouraging outreach provided by Jim McGinnis' Institute for Peace and Justice

1. Instead of always buying new books, use the library where children learn to care for resources and share them with others.
2. Enjoy the outdoors. Young people who grow up learning the delights of natural beauty are less interested in having lots of stuff in order to be happy. The beauty of creation satisfies and delights far more than computer games and video arcades.
3. Personalize celebrations. Personal "presence" can be more satisfying than lots of purchased presents when we celebrate birthdays, holidays and other special occasions. Surprise parties, albums with special photos and personal statements, "homemade" gifts, going special places with the person being celebrated are all wonderful alternatives!
4. Open our homes and hearts to others. Hospitality at home can include new neighbors, inviting school friends to dinner who are having a rough time at home, relatives or neighbors living alone, and international students who can't go home for holidays.
5. Spare and share. Families could set up a regular process of making sacrifices like cutting back on desserts, soda, new clothes etc and set aside the calculated savings in some kind of container that might be decorated with pictures and symbols. Then decide as a family how to distribute the savings.

# Service Projects

## Haven House

### Volunteer Opportunities:

- Organize an ice cream social for the families at Haven House.
- Paint an apartment, help with gardening/weeding
- Host a family picnic, BBQ or birthday party
- Cook a meal for a single parent
- Family movie night with games for the younger children and popcorn
- Family Fun Day organize games and snacks for an afternoon of fun for the family
- Celebrate one of the holidays-plan a Valentines making party, deliver Easter baskets for the children, deliver baskets full of soaps and lotions for the moms for Mothers Day, Pumpkin Carving party before Halloween.
- “Just Because” Surprise-  
Drop off treats one afternoon after school for the children “just because!”
- Clothing/Food donation sorter M-F, 9-5  
For more information contact Shelter Network. Lynnelle Bilsley at 650-685-5880 x. 25 or volunteer@shelternetwork.org

## Pajama Party

Invite a group of children over for a sleepover event. This can be for a child’s birthday or just for a PJ Roundup for a local community shelter in your area. Have each child bring an extra pair of new children’s pajamas to donate to a local charity. This is a fantastic way to learn about the impact of banding together in service of a great cause. One set of pajamas may not seem like a lot, but when each person in the group brings one pair they realize how much they can do together. Gather the pajamas together and have the group decide what shelter they would like to donate them. If you have the time, have everyone jump in the car and deliver the donated pajamas to the shelter as a group.

A good deed is never lost: he who sows  
courtesy reaps friendship; and he who plants  
kindness gathers love.

# Family Follow-Up Discussion

Use this outline for a family discussion. Keep notes. You will document a meaningful moment and it will be fun to look back on! We, at CFI, would love to receive your meaningful moments. Please email them to us at [info@cfamily.org](mailto:info@cfamily.org). We would love to hear from you!

**ACTIVITY:**

**TREASURED MEMORIES:**

**MOST FUN PART:**

**MOST SURPRISING PART:**

**WHAT WE LEARNED:**

**QUOTES OF THE DAY:**

# Kid Friendly Projects

## New Creation Home Ministries

Volunteer opportunities:

-Provide dinner for a parenting class:  
Individuals/groups can help by making/delivering dinner for our Tuesday night parenting classes. Dinners should feed 12-15 adults, and can be delivered by arrangement anytime before 5:15pm on Tuesdays.

-Organize a Social Event:  
Have a small group plan and fund a fun outing for the moms at New Creation Home (i.e. a trip to the movies, pizza, etc) Saturday or Sunday outings are best, and assisting with transportation to and from the outing would be necessary.

-Help with Yard Work, House or Car Maintenance:  
Come work in the yard, on the house or on the car! Schedule a day to bring a group to help out!

For more volunteer information, please contact [info@newcreationhome.org](mailto:info@newcreationhome.org), or call 650-321-3109.

Happy are those who dream dreams and  
are ready to pay the price to make them  
come true.

## The Perfect Gift

Here's a wonderful way for you to honor a grandparent or special person in your life on their birthday or other special occasion. Gather as a family and decide on an outreach project that you would like to do for this special person. It might be working at a soup kitchen or volunteering your time at a local shelter. Take pictures throughout the day and document all the different things you did and all the people involved. When you are finished, make a collage or photo album of all your pictures for your special person. Wrap it up and give it to them for their birthday or other special occasion.

## Make Cards for Special Holidays for our Veterans

Get a group of family members, neighbors or friends together and make special occasion cards for the Veterans at the Veterans Hospital in Palo Alto. This could be Easter, Christmas, Hanukah, Birthday or any special day you would like to celebrate. Be creative and make the cards with whatever art supplies you would like—crayons, colored pencils, water colors or stickers. Drop off at the Volunteer Services Dept. a couple of days ahead of the holiday so the volunteers can deliver them to the patients as their holiday surprise!

Kind words are the music of the world

## The Basics; Toiletries, Diapers, Socks and Underwear

Homeless shelters are always in need of more toiletries, even hotel-size products. Disposable diapers, socks, underwear, soaps and shampoos will always be appreciated at any of our shelters. Help pamper someone special!

## Unused Tickets

If your family or company has season tickets to a local sporting event that often times go unused, give us a call at CFI and we will find someone who would enjoy attending the event.

## Help Spread Some Holiday Cheer

Organize a group of friends to entertain the residents of a local senior home with some Christmas carols. All you need to do is call in advance and arrange a convenient time with the center, collect some Christmas songs and maybe a piano player, bring your best voices and you are ready to go!