

There are many ways to volunteer for a group like *Hope for Henry* Foundation. You can support any of the regular activities they do during the year, like help out at Fundraisers, help pack Birthdays in a Box, or collect donations. You can ask the Executive Director to tell you what's coming up and how you can help.

You can also make up your own project using your imagination, as long as it would help kids who are in the hospital smile a little more. In this brochure, you can find information about how to get SSL hours, designing a community service project, and examples of mitzvah projects that you can copy or use to start your own ideas, and information about how to get started.



www.hopeforhenry.org

This brochure was created by Michael Silverglade, age 13, as part of his mitzvah project. May 2011

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How to Be a Student Volunteer for *Hope for Henry* Foundation

- Earn SSL Hours
- Design a Community Service Project
- Mitzvah Project Ideas



You Can Earn SSL Hours

You can earn SSL hours when you help *Hope for Henry*, even though it is not on the pre-approved County list (yet). Ask your school counselor for the "Request for SSL Preapproval" form. Fill it out with your parents and ask *Hope for Henry's* Executive Director, Laurie Strongin, to sign it. Give it back to your school counselor and your counselor will submit the form for approval. Your school will ask you to do this at least two weeks before you plan to do your volunteer project. After your project is done, you will fill out the regular SSL Activity Verification Form and attach the Preapproval Form to it. That's it!

Group Community Service Projects: Local Brownie and Cub Scout troops, and other youth groups, have done projects for *Hope for Henry*, such as building Birthday's in a Box. *Hope for Henry* can provide you with a "wish list" for themed Birthday's in a Box (Superheroes, Princess Party, Harry Potter, etc.) and the groups collect the contents and pack up the boxes. It's a great way to help. A group of friends can also get together to do the same thing.

Mitzvah Projects: *Hope for Henry* is a perfect organization to support for your Mitzvah project. Volunteering for *Hope for Henry* represents several Jewish values — spreading joy, helping the sick, and doing acts of loving kindness. It also lets you use your imagination and do something that is meaningful to you, personally. And finally, they help sick kids. And that's just nice.

Getting Started

All you have to do to get started is to send *Hope for Henry's* Executive Director, Laurie Strongin, an email saying that you would like to do a volunteer project. She will talk over some ideas with you and help you get on your way! Laurie@hopeforhenry.org.

When you think about doing a project for *Hope for Henry*, keep in mind the kids you are doing this for. They spend lots of time in the hospital and miss out on many things healthy kids take for granted — things like birthday parties, trick-or-treating, and going to fun activities at school like Bingo night (I used to love Bingo night when I was in elementary school! Maybe you did, too.) That's why *Hope for Henry* creates things like "Birthday's in a Box," or hosts special trick or treating nights in hospitals. Being in the hospital all the time gets pretty boring, so *Hope For Henry* volunteers have raised money for iPods, DS game systems and games, favorite books, and other things that help pass the time and are fun. And remember that because the kids are really, really sick, they can get sick from other people's germs really easily. This means that all of the games, music, books and other items sent to them must be brand new.

What have other kids done?

"Hope For Henry Reads:" 13 year old Jessie S. thought that reading a great book could be a good escape from the hospital since she really liked to read. She raised money and bought more than 50 books to donate to the kids at Georgetown University Hospital. "The excitement on the kids faces when we showed them all the new books was very inspiring and made me feel really good."

Here is a tip: you can buy brand new books on www.amazon.com/ for as little as a penny plus shipping. Check it out!

"Emma's Art Kits:" 13 year old Emma S. developed her very own art kits with all of the supplies and instructions for kids to make friendship bracelets, origami stars and special drawings. She delivered her art kits to a local hospital.

"Rocking with Henry:" Jack G. collected more than \$2000 of store gift cards and spent the money on brand new iPods. He loaded each iPod with dozens of hours of kids' music for kids to listen to during long treatments in the hospital.

"Double Bingo Nights:" Aaron K., age 13, hosted a fundraiser Bingo night at a local pizza restaurant and invited everyone from his neighborhood, school, and his parents' friends, too. Everyone had a great time and then he used the money he raised to hold an even bigger Bingo night for kids and families staying at the Ronald McDonald House. They had decorations, a Ben & Jerry's ice cream cart, and a big cake decorated as a Bingo card. "It was really great. The kids really enjoyed the party — everyone from two year olds to teenagers had a good time."

"Toy Drives:" Liam P., age 13, held a new toy and game drive for *Hope for Henry* at his school and a few other businesses in his community. He donated everything to *Hope for Henry* to be used in birthday boxes and other special events.

"Birthdays in a Box:" Samantha K, age 13, collected supplies and packed more than 50 themed Birthday Boxes. *Hope for Henry* provided the "wish list" for each themed birthday box (Batman, Disney Princess, SpongeBob, Dora the Explorer, etc), including matching decorations, plates, napkins, cups, party hats, party favors, table cloth, centerpiece, and wrapped candy. Samantha raised money through donations and purchased supplies for the birthday boxes. Then she invited her friends to come and help assemble all the boxes. But any amount of Birthday Boxes would be great — from 2 to 5 to 10.

