IT'S RAINING VOLUNTEER OPPORTUNITIES AT TOV!

MITZVAH MANIA

SPRING 2010

VOLUNTEER WITH THE JUF TOV VOLUNTEER NETWORK!
Volunteer at JUF’s Israel Solidarity Day!
Sunday, May 2, 2010

Israel Solidarity Day (ISD) is coming to a community near you! This year Israel Solidarity Day celebrations are being held in seven communities in and around Chicago. Each site will have its own kick-off events, Walk with Israel, entertainment and activities.

Volunteer Locations

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<td>Anita M. Stone Community Center, Flossmoor</td>
<td>Oak Park Temple/West Suburban Temple Har Zion</td>
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More than one thousand volunteers are needed at seven event sites. Volunteer roles include: greeting, registration, set-up, walk route management and much more.

Shift times and positions vary by site. All volunteers will receive a complimentary TOV t-shirt. Please note that the majority of volunteer assignments will not allow you to walk the route with the rest of the participants. Volunteers must be high-school age or older.

For more details or to sign-up, call TOV at (312) 444-2850 or visit www.juf.org/walk.

The 2010 Israel Solidarity Day is organized by the Jewish United Fund in cooperation with the Jewish Community Relations Council, the Jewish Community Center of Chicago, and the JUF Tikkun Olam Volunteer Network (TOV) of the Jewish Federation of Metropolitan Chicago.
The JUF TOV Volunteer Network connects volunteers with numerous social service agencies throughout the Chicago area. TOV is designed to engage members of our community in the mitzvah of tikkun olam, repairing our world.

Family Friendly projects welcome adults with children of all ages so that children can learn the true meaning of tikkun olam. Family Friendly projects are indicated by this symbol: $ in the project calendar and project list.

Volunteer opportunities are limited, so please contact TOV soon! Due to the popularity of these opportunities, each individual/group can register for a maximum of two projects unless space permits. You will receive a confirmation letter with all the necessary information regarding your assignment.

* The JUF TOV Volunteer Network office will be closed on Tuesday, March 30; Wednesday, March 31; Monday, April 5; and Tuesday, April 6 for Passover.

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**EVERYONE CAN VOLUNTEER!**
A QUICK GUIDE TO KID-FRIENDLY PROJECTS

**FAMILY FRIENDLY $:**
Maot Chitim deliveries, #2, #3, #8, #18, #29

**AGES 7+:**
#26

**AGES 10+:**
#19

**AGES 12+:**
Maot Chitim packing, #4, #7, #11, #12, #13, #14, #16, #17, #22, #30

**AGES 13+:**
#9

**AGES 14+:**
#10

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**HOW DO I SIGN-UP FOR A MITZVAH MANIA PROJECT?**

1. Check the Project Calendar for the dates you want to volunteer.

2. Look up the project’s description by the reference number listed beside it in the Project Calendar.

3. Complete the Mitzvah Mania sign-up form on the TOV web page www.juf.org/tov/mm_form.aspx or call (312) 357-4762.

4. Have a great time!
### March

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| 21     | 22     | 23      | 24        | 25       | 26     | 27       |
| Maot Chitim deliveries #20 JUF Book Buddies | #3 Brentwood Bingo |         | #22 JUF Uptown Cafe | #5 Chabad |        |          |

| 28     | 29     | 30      | 31        |          |        |          |
| #22 JUF Uptown Cafe | EREV PASSOVER #11 CJE SeniorLife Gidwitz Place #14 CJE SeniorLife Lieberman #16 CJE SeniorLife Lieberman #17 CJE SeniorLife Friend Center | TOV OFFICE CLOSED #11 CJE SeniorLife Gidwitz Place #12 CJE SeniorLife Gidwitz Place #17 CJE SeniorLife Friend Center | TOV OFFICE CLOSED #12 CJE SeniorLife Gidwitz Place #15 CJE SeniorLife Lieberman |        |        |          |

### May

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| 9      | 10     | 11      | 12        | 13       | 14     | 15       |
| MOTHER’S DAY #13 CJE SeniorLife Gidwitz Place #22 JUF Uptown Cafe #24 Lambs Farm | #6 Chicago Botanic Garden | #6 Chicago Botanic Garden |           |           |        |          |

| 16     |        |         |           |          |        |          |
| #22 JUF Uptown Cafe |         |         |           |          |        |          |
## 2010 Project Calendar

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Contact TOV: (312) 357-4762 • www.juf.org/tov/mitzvot.asp
2010 SPRING
MITZVAH MANIA PROJECTS

* Listings with an asterisk are part of the JUF/JF partnership of agencies serving the Chicago Jewish community.
† Listings with this symbol are Family Friendly projects.

BOTTOMLESS CLOSET
Bottomless Closet provides professional clothing, job readiness and post-employment training and coaching services to women on assistance and working-poor women.

#1 Sort clothing inventory into categories: designer, professional, and unsuitable.
Date: Wednesday, April 22
Times: 10:00 a.m. – 12:00 p.m.
12:00 a.m. – 2:00 p.m.
Location: 445 N. Wells St., Chicago
Ages: 18+
Volunteers: 10

BRENTWOOD NORTH NURSING AND REHABILITATION CENTER
For more than 25 years, Brentwood has provided long-term, sub-acute and rehabilitation services for over 100 residents. The Center organizes a variety of recreational programs for the residents in its dementia, rehabilitation, skilled nursing and long-term units.

#2 Bring your dog and spend an hour visiting with Brentwood residents.
Date: Sunday, April 25
Time: 1:00 p.m. – 2:00 p.m.
Ages: 16+, 0-15 with an adult †
Volunteers: 10 families/10 dogs

#3 Play Bingo and socialize with residents.
Date: Tuesday, March 23
Time: 6:45 p.m. – 7:45 p.m.
Ages: 16+, 0-15 with an adult †
Volunteers: 3 families
Location: 3705 Deerfield, Riverwoods

CATHOLIC CHARITIES
BISHOP CONWAY RESIDENCE
Bishop Conway is designed for seniors on a fixed income who are experiencing some difficulties living alone but are not in need of a full-service nursing home. Most residents have special needs, and volunteers should be comfortable in that environment.

#4 Beautify and spring-clean the facility. Engage residents in leisure activities.
Date: Monday, April 12
Time: 2:00 p.m. – 4:00 p.m.
Location: 1900 N. Karlov, Chicago
Ages: 18+, 12+ with an adult
Volunteers: 10

CHABAD/NORTHWESTERN MEMORIAL HOSPITAL VISITATION PROGRAM
The Chabad Hospital Visitation Program meets every Friday to pack and deliver Shabbat packages to Jewish patients at Northwestern Memorial Hospital. Since its inception, the program has delivered baskets to over 40,000 patients.

#5 Pack and deliver Shabbat packages to Jewish patients.
Dates: Friday, March 26
Friday, April 16
Friday, April 23
Friday, April 30
Time: 11:00 a.m. – 12:45 p.m.
Location: 251 E. Huron, Chicago
Ages: 15+
Volunteers: 2 per shift

CHICAGO BOTANIC GARDEN
In 1972, the Chicago Horticultural Society opened the Chicago Botanic Garden to further its mission of promoting gardens and gardening. Today, the Chicago Botanic Garden consists of 23 display gardens, 100 acres of woods, 81 acres of waterways, 3 native habitats, 9 islands, 6 miles of shoreline, 15 acres of prairie and much more.

#6 Help prepare the Garden’s 41st annual “A Bloomin’ Sale” by doing a variety of outdoor tasks such as unloading plants from trucks and checking the labeling, pricing and location of plants. Requires physical labor such as standing, lifting, bending and kneeling. No knowledge of plants necessary.
Dates: Tuesday, May 11
Wednesday, May 12
Times: 9:00 a.m. – 12:00 p.m.
1:00 p.m. – 4:00 p.m.
Location: 1000 Lake Cook, Glencoe
Ages: 16+
Volunteers: 5 per shift

CHICAGO CHESED FUND
Chicago Chesed Fund helps those of our community through financial assistance and a warehouse of free groceries, household staples, used clothing, and furniture.

#7 Organize, clean, and restock the shelves at the CCF warehouse.

Date: Sunday, April 11
Time: 2:00 p.m. – 4:00 p.m.
Volunteers: 10
Location: CCF Warehouse
7045 N. Ridgeway, Lincolnwood
Ages: 12+

*CJE SENIOR LIFE
CJE Senior Life assists older people and their families through quality programming. The services offered include physical and/or psychological assistance to elders in their own homes, adult day services, and full-time care and protection in a long-term care facility.

#8 Set tables, serve lunch and make goodie bags for clients at the CJE Senior Life Shabbat luncheon; then assist with clean-up.

Date: Friday, April 16
Time: 10:00 a.m. – 1:00 p.m.
Location: Emanuel Congregation
5959 N. Sheridan, Chicago
Ages: Family Friendly
Volunteers: 4

#9 Help set up for CJE Senior Life’s annual Volunteer Luncheon. Set tables for 250 people and decorate the room.

Date: Tuesday, April 27
Time: 12:00 p.m. – 4:00 p.m.
Location: Beth Hillel Congregation Bnai Emunah
3220 Big Tree Lane, Wilmette
Ages: 13+
Volunteers: 4

*CJE SENIOR LIFE ADULT DAY SERVICES
Adult Day Services provides weekday traditional adult day-care programs and Alzheimer’s care with kosher meals, outings and activities.

#10 Assist with set-up, serve and visit with residents at the ADS Passover Seder.

Date: Friday, April 2
Time: 10:00 a.m. – 2:00 p.m.
Location: 1015 Howard, Evanston
Ages: 14+
Volunteers: 4 each date

+CJE SENIOR LIFE GIDWITZ PLACE
Gidwitz serves older adults who require a supportive environment yet still wish to live as independently as possible.

#11 Serve a Passover seder meal to Gidwitz residents.

Dates: Monday, March 29
Tuesday, March 30
Time: 5:45 p.m. – 8:30 p.m.
Volunteers: 3 each date

#12 Assist residents at Passover services

Dates: Tuesday, March 30
Wednesday, March 31
Time: 9:30 a.m. – 11:30 a.m.
Volunteers: 2 each date

#13 Set up, serve and play Bingo with residents during the Gidwitz Mother’s Day ice cream social.

Date: Sunday, May 9
Time: 1:00 p.m. – 2:00 p.m.
Location: 1551 Lake Cook, Deerfield
Ages: 12+

*CJE SENIOR LIFE LIEBERMAN GERIATRIC HEALTH CENTRE
Lieberman is a skilled-nursing facility offering social, recreational and rehabilitative programs.

#14 Celebrate Passover and assist at a seder for Lieberman residents.

Dates: Monday, March 29
Tuesday, March 30
Time: 5:30 p.m. – 7:30 p.m.

#15 Assist and celebrate with Lieberman residents at Passover religious services.

Dates: Wednesday, March 31
Monday, April 5
Tuesday, April 6
Time: 9:15 a.m. – 12:00 p.m.

#16 Help out at a Spa Day! Socialize with residents while giving manicures and makeovers.

Dates: Monday, March 29
Time: 1:30 p.m. – 3:00 p.m.
Location: 9700 Gross Point, Skokie
Ages: 13+
Volunteers: 4 each date

Contact TOV: (312) 357-4762 • www.juf.org/tov/mitzvot.asp
**Senior Life the Friend Center for Early Alzheimer’s Care**

Friend Center is home to 35 people with early Alzheimer’s and other cognitive impairments.

### #17 Serve a seder meal to Friend Center residents.
- Dates: Monday, March 29
  - Tuesday, March 30
- Time: 5:45 p.m. – 8:30 p.m.
- Volunteers: 2 each date
- Location: 1601 Lake Cook, Deerfield
- Ages: 12+

### Family Craft Project

#### #18 Help with a variety of arts and crafts projects that benefit local social service agencies.
- Date: Sunday, April 4
- Time: 1:00 p.m. – 3:00 p.m.
- Location: Bernard Weinger JCC
  - 300 Revere, Northbrook
- Ages: Family Friendly
- Volunteers: 30

### The Good News Community Kitchen

The Good News Community Kitchen serves Rogers Park and the surrounding communities. It provides a sense of community and a safety net for its patrons who are struggling with poverty, homelessness and isolation. It is the only organization in the neighborhood that serves dinner 365 days a year.

#### #19 Set up and serve dinner, clean up the kitchen and visit with diners.
- Date: Sunday, April 18
- Time: 4:30 p.m. – 7:00 p.m.
- Location: 7649 N. Paulina, Chicago
- Ages: 14+, 10+ with an adult
- Volunteers: 7

### JUF Book Buddies

JUF Book Buddies is a program of the Jewish United Fund/Jewish Federation of Metropolitan Chicago, in partnership with the Jewish Community Center of Chicago for young families to engage in a Jewish, holiday centered activities with children ages 0-5.

#### #20 Assist young children and their families with Passover themed craft projects.
- Date: Sunday, March 21

#### #22 Set tables, serve a restaurant-style meal, clear tables and visit with guests.
- Date: Thursday, March 25
- Time: 5:30 p.m. – 7:30 p.m.
- Volunteers: 4

#### #21 Assist young children and their families with Israel themed craft projects.
- Date: Sunday, April 18
- Time: 10:00 a.m. – 12:00 p.m.
- Ages: 15+
- Location: TBA, Chicago
- Volunteers: 4

#### #22 Set tables, serve a restaurant-style meal, clear tables and visit with guests.
- Date: Sunday, March 28
- Time: 10:30 a.m. – 12:30 p.m.
- Volunteers: 10

#### #22 Set tables, serve a restaurant-style meal, clear tables and visit with guests.
- Date: Monday, April 12
- Time: 5:30 p.m. – 7:30 p.m.
- Volunteers: 4
Date: Thursday, April 22
Time: 5:30 p.m. – 7:30 p.m.
Volunteers: 5

Date: Tuesday, April 27
Time: 5:30 p.m. – 7:30 p.m.
Volunteers: 2

Date: Tuesday, May 4
Time: 5:30 p.m. – 7:30 p.m.
Volunteers: 6

Date: Sunday, May 9
Time: 10:30 a.m. – 12:30 p.m.
Volunteers: 10

Date: Sunday, May 9
Time: 10:30 a.m. – 12:30 p.m.
Volunteers: 10

Date: Sunday, May 16
Time: 10:30 a.m. – 12:30 p.m.
Volunteers: 12

Location: 909 W. Wilson, Chicago
Ages: 18+, 12+ with an adult

KIDS ENJOY EXERCISE NOW (KEEN)
KEEN is a volunteer organization that provides free one-to-one recreational opportunities for children and young adults with mental and physical disabilities. At each KEEN session, a participating athlete is paired with a volunteer coach for a variety of age-appropriate recreational activities.

#23 Work one-on-one with an athlete at a KEEN sports session. Activities include playing with basketballs, jump ropes, scooters, parachutes, hula-hoops and more. Shift time includes training.
Date: Sunday, April 11
Time: 2:45 p.m. – 5:30 p.m.
Location: High Ridge YMCA
2424 W. Touhy, Chicago
Ages: 18+, 15+ with an adult
Volunteers: 6

LAMBS FARM
Lambs Farm serves developmentally disabled adults. Its mission is to empower people with developmental disabilities to lead personally fulfilling lives.

#24 Seat diners, serve coffee and assist the staff at the Country Inn Restaurant at Lambs Farm’s Mother’s Day brunch.
Date: Sunday, May 9
Times: 9:30 a.m. – 12:30 p.m.
12:00 p.m. – 3:00 p.m.
Location: The Country Inn Restaurant at Lambs Farm, (the junction of Route 176 and I-94, two miles East of Libertyville)
Ages: 15+
Volunteers: 15 per shift

LINCOLN PARK CONSERVATORY
This 117 year-old Conservatory is in the heart of Lincoln Park. Its display houses are open every day and boast four major flower shows per year.

#25 Clean and prepare the nurseries and conifer gardens.
Date: Sunday, April 18
Time: 9:00 a.m. – 12:00 p.m.
Location: 2391 N. Stockton, Chicago
Ages: 17+
Volunteers: 10

NORTHFIELD TOWNSHIP FOOD PANTRY
For over 20 years, Northfield Township Food Pantry has helped township residents who have difficulty providing enough food for themselves and their families. The Pantry is sustained entirely by local individuals, community and religious organizations and schools who donate canned foods, food certificates, and/or funds.

#26 Sort donated food and stock food pantry shelves. Lifting, bending and standing may be required.
Date: Thursday, April 22
Time: 5:00 p.m. – 6:00 p.m.
Date: Thursday, May 6
Time: 6:00 p.m. – 7:00 p.m.
Location: 3801 W. Lake, Glenview
Ages: 18+, 7+ with an adult
Volunteers: 10 each date

REST
REST works collaboratively to provide safe, quality permanent and emergency housing options and support services to homeless
adults in Chicago. REST assists these individuals to develop their employment and life skills to progress to independent living.

**#27 Assist at the REST Women’s Shelter.** Help prepare, serve and clean up dinner and organize the pantry and blanket room.

- **Date:** Sunday, April 11
- **Time:** 8:00 p.m. – 10:00 p.m.
- **Location:** Uptown Baptist Church
  1011 W. Wilson, Chicago
- **Ages:** 16+
- **Volunteers:** 5

**#28 Sort and organize donations at the REST office.**

- **Date:** Friday, April 16
- **Time:** 10:00 a.m. – 2:00 p.m.
- **Location:** Peoples Church
  941 W. Lawrence, 4th floor, Chicago
- **Ages:** 16+
- **Volunteers:** 5

**SUNRISE ASSISTED LIVING**

Started in 1981, Sunrise of Flossmoor offers assisted living and a secured area to service and care for seniors and enable them to live life on their terms.

**#29 Socialize and play Bingo with residents at Prize Bingo night.**

- **Date:** Thursday, April 8
- **Time:** 5:45 p.m. – 6:45 p.m.
- **Location:** 19715 Governors Hwy, Flossmoor
- **Ages:** 16+, 0-16 with an adult, 1
- **Volunteers:** 4

**TEMPLE SHOLOM OF CHICAGO’S MONDAY MEAL**

Temple Sholom, founded in 1867 and one of Chicago’s oldest synagogues, affirms Judaism as a dynamic and motivating force in the lives of its congregants. The Temple sits in the forefront of Reform Judaism educating both young and old, presenting lectures and programs of broad appeal, serving the disadvantaged in the community and helping those searching for new forms of worship and expression within Jewish heritage.

**#30 Set up, clean up, cook and serve a warm meal to 50 plus hungry local Chicagoans.**

- **Date:** Monday, April 26
- **Time:** 3:30 p.m. – 5:30 p.m.
  - Preparation and set-up
  - 5:30 p.m. – 7:00 p.m.
  - Serving meal and clean-up
  - 3:30 p.m. – 7:00 p.m.
- **Location:** 3840 N. Lake Shore, Chicago
- **Ages:** 12+
- **Volunteers:** 5 per shift

**WINGS**

WINGS helps homeless and abused women and children by offering integrated services that meet their needs for shelter, education, guidance and support. They provide safe, secure living environments through transitional housing and emergency shelters. These shelters allow women to go to school and work, and to care for themselves and their children.

**#31 Help resale shop staff sort donations and price merchandise, make creative and appealing displays, and organize and stock items on sales floor. Assist customers with furniture pick-ups; clean dressing rooms, and straighten clothing racks.**

- **Date:** Sunday, April 25
- **Time:** 12:00 p.m. – 4:00 p.m.
- **Location:** 8349 W. Golf Rd., Niles
- **Ages:** 16+
- **Volunteers:** 5
Maot Chitim of Greater Chicago delivers 5,000 Rosh Hashanah and 5,000 Passover food boxes to needy Jews who live in Chicago and its surrounding suburbs. Bulk shipments are also provided to several thousand needy in shelter houses, and health care institutions, as well as to Hillels, Chabads and Jewish prisoners throughout the state. Volunteers are needed to assemble boxes, pack perishable and non-perishable food and deliver these food boxes so that the needy may observe the holidays in a traditional and dignified manner. Additionally, teams of volunteers meet trucks at large subsidized buildings to distribute boxes to individual apartments. Volunteers can spend time with the recipient(s) in their homes or apartments.

Contacts:
For more information contact Audrey Lane-Schiff at (847) 674-3224.

To volunteer as a group or to sign up for a Super Sunday shift, email Mike at volunteer@maotchitim.org.

To volunteer in the south suburbs, contact Alene Rutzky at (708) 798-1884 or AleneRutzky@juf.org.

Super Sunday Packing: Pack non-perishable items into the food boxes. You must sign up in advance for a shift.
Date: Sunday, March 14
Time: Shifts begin at 9:30 a.m.
Ages: 12+

Maot Chitim Delivery: Deliver to Chicago and its suburbs, you do not need to pre-register to deliver, but you must have a vehicle for delivery.
Date: Sunday, March 21
Time: 9:00 a.m. – 11:00 a.m.
Ages: Family Friendly

Day-of Packing: Pack perishable food items into the boxes. Signing up in advance is encouraged, but not necessary.
Date: Sunday, March 21
Time: 6:00 a.m.
Ages: 12+

Warehouse Location: TBA – check www.maochtitim.org or call the Maot Chitim office (847) 674-3224 in March
Volunteers: Unlimited

TOV COLLECTION DRIVES

Each year, TOV sponsors a book drive at area synagogues and JCCs in conjunction with the annual Spring Mitzvah Mania project. New and gently used children’s books are welcome. Collected books will be donated to schools participating in the JUF TOV Literacy Project and other local social service agencies. Help a child discover the magic of reading and join the JUF TOV Volunteer Network in ensuring that every child has the opportunity to read.

Due to the current economic climate, food pantry client numbers are at an all-time high. To help our agencies and their clients, TOV will also be collecting new canned and non-perishable food items to stock food pantries at the EZRA Multi-Service Center and The ARK.

DROP-OFF SITES

Am Shalom
840 Vernon, Glencoe

Bernard Weinger JCC
300 Revere Drive, Northbrook

Congregation Beth Shalom
772 W. 5th, Naperville

Anita Stone JCC
3400 W. 196th, Flossmoor

Beth Hillel Congregation B’nai Emunah
3220 Big Tree, Wilmette

Anshe Sholom B’nai Israel Congregation
540 W. Melrose, Chicago

Congregation Beth Judea
5304 RFD, Long Grove

Please contact TOV at (312) 357-4762 or tov@juf.org for further information or for a list of requested books.