To sign up for a project, call TOV at 312-357-4762 or go online at http://juf.org/mitzvah

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.

Many of our projects are family friendly so that children can learn the true meaning of tikkun olam.

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 email or letter with all the necessary information regarding your assignment.

*The JUF TOV Volunteer Network office will be closed Tuesday, March 26, Wednesday, March 27, Monday, April 1, and Tuesday, April 2 for Passover.

TOV is a program of the Jewish United Fund/Jewish Federation of Metropolitan Chicago.
### March

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<td>Maot Chitim Campus Kitchens</td>
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### April

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<td>KEEN A Just Harvest</td>
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<td>WINGS RAPP</td>
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<td>JRA The Can Project</td>
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<td>Israel Solidarity Day</td>
<td>Inspiration Café</td>
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<td>May 1</td>
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### May

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<td>Chicago Chesed Fund RAPP</td>
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<td>JUF Uptown Café CJE Gidwitz Lambs Farm</td>
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Contact TOV at 312-357-4762 or www.juf.org/tov
Here is a list of the agencies participating in this year’s Spring Mitzvah Mania!

*Listings with an asterisk are part of the JUF/JF partnership of agencies serving the Chicago and worldwide Jewish community.

**A Just Harvest**
A Just Harvest’s mission is to reduce poverty and hunger in Rogers Park and the greater Chicago community by providing nutritious meals daily while building a just society through advocacy and collaborative relationships across racial, cultural and socio-economic lines to promote the well-being of patrons served.

**The ARK**
The ARK provides free social and medical services to help distressed members of the Chicagoland Jewish community return to self-sufficiency. Today, The ARK improves the quality of life for more than 3,500 needy individuals by providing a broad array of vital human services, including food; shelter; clothing; medical, dental and eye care; pharmacy services; legal aid; emergency financial assistance and much more.

**Bernie’s Book Bank**
Bernie’s Book Bank facilitates the collection, processing and redistribution of new and gently used children’s books to significantly increase book ownership among at-risk infants, toddlers and school-age children throughout Chicagoland.

**The Campus Kitchen at Northwestern University**
The Campus Kitchen at Northwestern University was founded in 2003. By collecting the unused food from the dining halls and donations from various food banks, CKNU is able to turn this food into meals for those in need in Evanston/Chicago. Without you, CKNU would not be possible.

**Chicago Chesed Fund**
Chicago Chesed Fund helps those in the community through financial assistance and a warehouse of free groceries, household staples, used clothing, and furniture.

**CJE SeniorLife**
CJE SeniorLife assists older adults and their family members through healthcare, housing, community services and education. CJE’s over 40 program areas include assisted living, skilled nursing, adult day services, Alzheimer’s care, short-term rehabilitation, home delivered meals and more.

**CJE SeniorLife Gidwitz Place for Assisted Living**
Part of CJE’s Weinberg Community for Senior Living, Gidwitz Place serves older adults who require a supportive environment yet still wish to live as independently as possible.

**CJE SeniorLife The Friend Center for Early Alzheimer’s Care**
Friend Center is home to 35 people with early Alzheimer’s and other cognitive impairments.

**CJE SeniorLife Lieberman Center for Health and Rehabilitation**
Lieberman Center is a skilled nursing facility for those who need specialized long-term nursing care and short-term rehabilitation following hospitalization. Unique social, recreational and religious programs are a regular part of the weekly agenda.

**Jewish Child and Family Services (JCFS)**
Jewish Child & Family Services offers an array of programs serving thousands of children, adults and families throughout the diverse Chicago community each year. Services include: Support for Communities, Counseling and Support, Education, Child Welfare and Services for People with Disabilities.
**Jewish Relief Agency (JRA)**
The Jewish Relief Agency is a dynamic, volunteer-driven organization whose goal is to help Jews in need. Since its founding in Philadelphia in 2000, JRA has been bringing together individuals of all means, ages and backgrounds each month in a spirit of community and tikkun olam.

*JUF Uptown Cafe*
The Dina and Eli Field EZRA Multi-Service Center coordinates the Cafe under the auspices of the Jewish Community Centers of Chicago. The Cafe, which is the first kosher anti-hunger program in Chicago, provides meals to people who are hungry while at the same time, nourishing their spirits.

**Kids Enjoy Exercise Now (KEEN)**
KEEN is a volunteer organization that provides free one-on-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.

**Lambs Farm**
Lambs Farm helps people with developmental disabilities lead productive, happy lives and connecting with the human spirit in us all.

**Inspiration Corporation**
In an atmosphere of dignity and respect, Inspiration Corporation helps people who are affected by homelessness and poverty to improve their lives and increase self-sufficiency through the provision of social services, employment training and placement, and housing.

**Onward Neighborhood House**
Onward Neighborhood House, founded in 1893, has served Chicago’s West Town Community for more than 100 years. Its mission is to empower families and individuals in need to achieve their full potential in a community-based setting through participant-driven educational, recreational and social service programs. Today, this mission is put into action through an Early Childhood Education Program; School-Age Program; Family Support Program; Food Pantry; Senior Services; and a Community Computer Resource Center. Onward House serves approximately 950 families and over 5,500 individuals annually.

**Open Door Youth Shelter**
The Response-Ability Pregnant and Parenting Program (RAPPP) is an 8-bed, 8-crib interim shelter and supportive services program for homeless, runaway, and/or lockout pregnant or parenting teen moms, ages 14-19. Staff works with each youth on issues impacting that client’s life and well-being.

**The Park at Olympia Fields**
Located in Chicago’s south suburbs, The Park offers personalized independent living and assisted-style living options to residents 62 and older and who are seeking a vibrant, engaged lifestyle with all the comforts of home plus safety, security and affordable luxury.

**The Russian Jewish Division of the Jewish Federation**
The Russian Jewish Division of the Jewish Federation (RJD) serves Russian-speaking Jewish young adults between the ages of 18 and 40. RJD focuses its work on student engagement, Israel advocacy, outreach to young professionals and young families, leadership development and fundraising. RJD believes in the integration of Russian-speaking Jewish young adults into the greater Jewish community. While continuing to tailor to the specific needs of the Russian-speaking Jewish young adult community, RJD utilizes various available resources and serves as a resource and ‘connection’ to the JUF and the Jewish community at large.

**Sarah’s Circle**
Sarah’s Circle is a refuge for women who are homeless or in need of a safe space. By providing housing assistance, case management, referral services, and life necessities, we encourage women to empower themselves by rebuilding both emotionally and physically; realizing their unique potential.

**Women in Need Growing Stronger (WINGS)**
WINGS is an agency that works with suburban homeless women and children and victims of domestic violence.

Contact TOV at 312-357-4762 or www.juf.org/tov
<table>
<thead>
<tr>
<th>Event Description</th>
<th>Date</th>
<th>Time</th>
<th>Volunteers</th>
<th>Ages</th>
<th>Location</th>
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<tbody>
<tr>
<td><strong>Campus Kitchen at Northwestern University (CKNU)</strong></td>
<td><strong>Sunday, March 17</strong></td>
<td><strong>TIME:</strong> 1:15 p.m. – 2:45 p.m.</td>
<td><strong>5</strong></td>
<td><strong>5+ with an adult</strong></td>
<td><strong>Allison Dining Hall, 1820 Chicago Ave., Evanston</strong></td>
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<td>Repackage unused dining hall food into individual meals as well as large family style meal dishes.</td>
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<td><strong>Jewish Child and Family Services (JCFS):</strong></td>
<td><strong>Tuesday, March 19</strong></td>
<td><strong>TIME:</strong> 5:15 p.m. – 7:00 p.m.</td>
<td><strong>8</strong></td>
<td><strong>14+</strong></td>
<td><strong>3145 W. Pratt Blvd., Chicago</strong></td>
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<tr>
<td>Volunteers are needed to sit with families, many of whom are non-Jewish, and help explain the steps in the Seder service. After the service, volunteers will serve Passover dinner. Slight clean up at the end of the night.</td>
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<td><strong>JUF Uptown Cafe</strong></td>
<td><strong>Date: Thursday, March 21</strong></td>
<td><strong>TIME:</strong> 5:30 p.m. – 7:30 p.m.</td>
<td><strong>4</strong></td>
<td><strong>18+, 12+ with an adult</strong></td>
<td><strong>909 W. Wilson Ave., Chicago</strong></td>
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<td>Set tables, serve a restaurant-style meal, clear tables and visit with guests.</td>
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<td><strong>Onward House</strong></td>
<td><strong>Friday, March 22</strong></td>
<td><strong>TIME:</strong> 3:30 p.m. – 5:30 p.m.</td>
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<td><strong>18+</strong></td>
<td><strong>5423 W. Diversey Ave., Chicago</strong></td>
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<td>Volunteers will be painting—touching up murals in the playground and two classrooms.</td>
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<td><strong>KEEN</strong></td>
<td><strong>Sunday, March 24</strong></td>
<td><strong>TIME:</strong> 2:45 p.m. – 5:30 p.m.</td>
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<td><strong>12+</strong></td>
<td><strong>UIC Sports and Fitness Center, 828 S. Wolcott Ave., Chicago</strong></td>
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<td>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.</td>
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<td><strong>CJE SeniorLife Lieberman Center for Health and Rehabilitation</strong></td>
<td><strong>Tuesday and Wednesday, March 26 and 27</strong></td>
<td><strong>TIME:</strong> 9:15 a.m. – 12:00 p.m.</td>
<td><strong>10</strong></td>
<td><strong>12+</strong></td>
<td><strong>9700 Gross Point Rd., Skokie</strong></td>
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<tr>
<td>Volunteers are needed to escort residents to and from Passover services, sit with residents and help turn pages during the service.</td>
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<td><strong>Bernie’s Book Bank</strong></td>
<td><strong>Thursday, March 28</strong></td>
<td><strong>TIME:</strong> 1:30 p.m. – 3:00 p.m.</td>
<td><strong>15</strong></td>
<td><strong>4+ with an adult</strong></td>
<td><strong>28101 N. Ballard Dr., Unit A, Lake Forest</strong></td>
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<tr>
<td>Sort and prepare children’s books for distribution.</td>
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</table>
*CJE SeniorLife Lieberman Center for Health and Rehabilitation  
Monday, April 1
Volunteers are needed to escort residents to and from Passover services, sit with residents and help turn pages during the service.
**TIME:** 9:15 a.m. – 12:00 p.m.  
**VOLUNTEERS:** 8  
**AGES:** 13+  
**LOCATION:** 9700 Gross Point Rd., Skokie

*The ARK  
Wednesday, April 3
Serve a meal at Café ARK.
**TIME:** 4:45 p.m. – 6:45 p.m.  
**VOLUNTEERS:** 4  
**AGES:** 12+  
**LOCATION:** 6450 N. California Ave., Chicago

KEEN  
Sunday, April 7
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.
**TIME:** 12:30 p.m. – 2:30 p.m.  
**VOLUNTEERS:** 10  
**AGES:** 12+  
**LOCATION:** Fleetwood-Jourdain Center  
1655 Foster St., Evanston

A Just Harvest  
Sunday, April 7
Help prepare and serve dinner at the Community Kitchen to approximately 150-175 food deprived adults and children.
**TIME:** 4:00 p.m. – 6:30 p.m.  
**VOLUNTEERS:** 8  
**AGES:** 16+, 12+ with an adult  
**LOCATION:** 7649 N. Paulina St., Chicago

*JUF Uptown Cafe  
Monday, April 8
Set tables, serve a restaurant-style meal, clear tables and visit with guests.
**TIME:** 5:30 p.m. – 7:30 p.m.  
**VOLUNTEERS:** 3  
**AGES:** 18+, 12+ with an adult  
**LOCATION:** 909 W. Wilson Ave., Chicago

*CJE SeniorLife The Friend Center for Early Alzheimer’s Care  
Tuesday, April 9
Make kugel with the residents of the Friend Center. There will also be a sing-a-long if time permits!
**TIME:** 10:30 a.m. – 12:00 p.m.  
**VOLUNTEERS:** 8  
**AGES:** 6+ with an adult  
**LOCATION:** 1601 Lake Cook Rd., Deerfield

*CJE SeniorLife Gidwitz Place  
Wednesday, April 10
Work on art projects with the residents.
**TIME:** 10:15 a.m. – 12:00 p.m.  
**VOLUNTEERS:** 4  
**AGES:** 12+  
**LOCATION:** 1551 Lake Cook Rd., Deerfield

WINGS  
Sunday, April 14
Help on the WINGS sale’s floor; reorganizing, cleaning, making the items appear more marketable. Volunteers are encouraged to bring items to donate.
**TIME:** 1:00 p.m. – 4:00 p.m.  
**VOLUNTEERS:** 7  
**AGES:** 16+  
**LOCATION:** WINGS Niles Resale Store  
8349 W Golf Rd., Niles

Contact TOV at 312-357-4762 or www.juf.org/tov
Open Door Youth Shelter – RAPPP
Sunday, April 14
Make and serve dinner to teens participating in RAPPP.
**TIME:** 5:00 pm – 7:00 pm.
**VOLUNTEERS:** 3
**AGES:** 18+
**LOCATION:** 3262 N Clark St., Chicago

Inspiration Café
Monday, April 15
Help cook and serve a restaurant-style dinner to Inspiration Cafe guests (menus and food provided).
**TIME:** 4:00 p.m. – 7:30 p.m.
**VOLUNTEERS:** 10
**AGES:** 14+ with an adult
**LOCATION:** 4554 N. Broadway St., Chicago

The Park
Wednesday, April 17
Socialize and play Bingo with the residents.
**TIME:** 6:30 p.m. – 7:30 p.m.
**VOLUNTEERS:** 5
**AGES:** 4+ with an adult
**LOCATION:** 3633 Breakers Dr., Olympia Fields

*JUF Uptown Cafe*
Thursday, April 18
Set tables, serve a restaurant-style meal, clear tables and visit with guests.
**TIME:** 5:30 p.m. – 7:30 p.m.
**VOLUNTEERS:** 4
**AGES:** 18+, 12+ with an adult
**LOCATION:** 909 W. Wilson Ave., Chicago

The Can Project
Sunday, April 21
Help with various spring projects around the homestead, such as preparing beds, transplanting, seeding, weeding, cleaning up the sight, and more!
**TIME:** 10:00 a.m. – 12:00 p.m.
1:00 p.m. – 3:00 p.m.
**VOLUNTEERS:** 20 per shift
**AGES:** 10+ with an adult
**LOCATION:** Bernard Horwich JCC
3003 Touhy Ave., Chicago

Jewish Relief Agency (JRA)
Sunday, April 21
Help pack non-perishable kosher food boxes, load cars with boxes, and deliver boxes to the homes of those in need. If you don’t have a car it’s okay! You can still come and help pack boxes.
**TIME:** 11:00 a.m. – 12:30 p.m.
**VOLUNTEERS:** 8
**AGES:** Family Friendly
**LOCATION:** 1630 N. Milwaukee Ave., Chicago

A Just Harvest
Sunday, April 21
Help prepare and serve dinner at the Community Kitchen to approximately 150-175 food deprived adults and children.
**TIME:** 4:00 p.m. – 6:30 p.m.
**VOLUNTEERS:** 8
**AGES:** 16+, 12+ with an adult
**LOCATION:** 7649 N. Paulina St., Chicago

Sarah’s Circle
Wednesday, April 24
Help conduct a variety of arts and crafts projects with the women of Sarah’s Circle that celebrate the spring.
**TIME:** 2:00 p.m. – 4:00 p.m.
**VOLUNTEERS:** 6
**AGES:** 18+
**LOCATION:** 4750 N. Sheridan Rd., Suite 220, Chicago

Inspiration Café
Monday, April 29
Help cook and serve a restaurant-style dinner to Inspiration Cafe guests (menus and food provided).
**TIME:** 4:00 p.m. – 7:30 p.m.
**VOLUNTEERS:** 10
**AGES:** 14+ with an adult
**LOCATION:** 4554 N. Broadway St., Chicago
**JUF Uptown Cafe**  
*Tuesday, April 30*  
Set tables, serve a restaurant-style meal, clear tables and visit with guests.  
**TIME:** 5:30 p.m. – 7:30 p.m.  
**VOLUNTEERS:** 7  
**AGES:** 18+, 12+ with an adult  
**LOCATION:** 909 W. Wilson Ave., Chicago

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**The Park**  
*Wednesday, May 1*  
Socialize and play Bingo with the residents.  
**TIME:** 6:30 p.m. – 7:30 p.m.  
**VOLUNTEERS:** 5  
**AGES:** 4+ with an adult  
**LOCATION:** 3633 Breakers Dr., Olympia Fields

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**Chicago Chesed Fund**  
*Sunday, May 5*  
Organize the CCF warehouse.  
**TIME:** 10:30 a.m. – 12:00 p.m.  
**VOLUNTEERS:** 20  
**AGES:** 8+ with an adult  
**LOCATION:** CCF Warehouse  
7045 N. Ridgeway Ave., Lincolnwood

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**Open Door Youth Shelter – RAPPP**  
*Sunday, May 5*  
Make and serve dinner to teens participating in RAPPP.  
**TIME:** 5:00 p.m. – 7:00 p.m.  
**VOLUNTEERS:** 3  
**AGES:** 18+  
**LOCATION:** 3262 N Clark St., Chicago

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**JUF Uptown Cafe**  
*Monday, May 6*  
Set tables, serve a restaurant-style meal, clear tables and visit with guests.  
**TIME:** 5:30 p.m. – 7:30 p.m.  
**VOLUNTEERS:** 7  
**AGES:** 18+, 12+ with an adult  
**LOCATION:** 909 W. Wilson Ave., Chicago

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**The ARK**  
*Wednesday, May 8*  
Serve a meal at Café ARK.  
**TIME:** 4:45 p.m. – 6:45 p.m.  
**VOLUNTEERS:** 4  
**AGES:** 12+  
**LOCATION:** 6450 N. California Ave., Chicago

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**Russian Jewish Division (RJD)**  
*Thursday, May 9*  
Join RJD and visit low mobility Russian-speaking World War II veterans around the Chicagoland area. Volunteers will bring flowers, congratulate veterans on the May 9th Victory Day and will thank them for their heroism. Russian language is not required.  
**TIME:** Varies  
**VOLUNTEERS:** 20  
**AGES:** 15+, 0-15 with an adult  
**LOCATION:** Various locations in the city and suburbs

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**Onward Neighborhood House**  
*Friday, May 10*  
Volunteers are needed to fix up the flowerbeds outside of the agency. This includes pulling weeds and planting flowers.  
**TIME:** 4:00 p.m. – 6:00 p.m.  
**VOLUNTEERS:** 2  
**LOCATION:** 600 N. Leavitt St., Chicago

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**Lambs Farm**  
*Sunday, May 12*  
Seat diners, serve coffee, and assist the staff at the Country Inn Restaurant at Lambs Farm’s Mother’s Day brunch. A delicious lunch will be provided for volunteers on their break!  
**TIME:** 9:30 a.m. – 3:00 p.m.  
**VOLUNTEERS:** 5  
**AGES:** 15+  
**LOCATION:** The Country Inn Restaurant at Lambs Farm.  
14245 W. Rockland Rd., Libertyville

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Contact TOV at 312-357-4762 or www.juf.org/tov
**JUF Uptown Cafe**

**Sunday, May 12**

Set tables, serve a restaurant-style meal, clear tables and visit with guests on Mother’s Day.

**TIME:** 10:30 a.m. – 12:30 p.m.

**VOLUNTEERS:** 12

**AGES:** 18+, 12+ with an adult

**LOCATION:** 909 W. Wilson Ave., Chicago

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**CJE SeniorLife Gidwitz Place**

**Sunday, May 12**

Serve ice cream sundaes to the residents.

**TIME:** 12:45 p.m. – 1:45 p.m.

**VOLUNTEERS:** 5

**AGES:** 6+ with an adult

**LOCATION:** 1551 Lake Cook Rd., Deerfield

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**Maot Chitim of Greater Chicago**

Maot Chitim of Greater Chicago delivers 5,000 Rosh Hashanah and 5,000 Passover Kosher Holiday 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 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 to the recipients so that the needy in our community 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’s apartments. Volunteers can also spend time with the recipient(s) in their homes or apartments.

Contacts:

For more information contact Audrey Lane-Schiff at (847) 674-3224 or visit their website at: www.maotchitim.org.

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.

*please mention TOV when registering.

**Super Sunday Packing:** Pack non-perishable items into the food boxes. You must sign up in advance for a shift. Closed shoes only allowed in the warehouse.

**Date:** Sunday, March 10

**Time:** Shifts begin at 9:30 a.m.

**Ages:** 12+

**Day-of Packing:** Pack perishable food items into the boxes. Signing up in advance is encouraged, but not necessary. Closed shoes only allowed in the warehouse.

**Date:** Sunday, March 17th

**Time:** 6:00 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. Closed shoes only allowed in the warehouse.

**Date:** Sunday, March 17th

**Time:** 9:00 a.m. – 10:30 a.m.

**Ages:** Family Friendly

**Warehouse Location:** TBA

check www.maotchitim.org or call the Maot Chitim office at (847- 674-3224) for more information.

**Volunteers:** Unlimited
Israel Solidarity Day 2013

The 2013 Israel Solidarity Day will be held on Sunday, April 28th at Ravinia Festival in Highland Park. This year, as we celebrate Israel’s 65th anniversary, we will come together for one big, festive event filled with Israeli spirit! Event highlights will include the Walk with Israel (a three-mile walkathon to raise funds to provide Israeli children with the supplies they need to enrich learning and literacy), fabulous all-day entertainment in Ravinia’s Pavilion, food for purchase and festivities for all ages.

Volunteers will be needed for a variety of important positions to make the event run smoothly. Various volunteer roles and shift times will be available once online registration for Israel Solidarity Day opens in late February.
Please contact TOV at (312) 357-4762 or tov@juf.org for further information.