

# WEBSTER GROVES / SHREWSBURY

## MAKE A DIFFERENCE DAY

October 24, 2009

*A small act of kindness can make a difference to a person, family or community in need.*

### How YOU can help!

### “Wish Lists” from Community Organizations

(Here are a few suggestions incase you cannot think of a project to do on your own.)

#### General Suggestions

Plant flowers in public places (Dot w/Daffodils)  
Pick up trash on neighborhood streets, off ramps or in parks or parking lots  
Ask a local agency what they need and do all you can to help  
Work on a project at a local school  
Collect for a food bank  
Clean up neighborhood parks  
Take flowers to a senior citizen's home  
Do yard work or house cleaning for the elderly or disabled  
Clean out your attic and give clothes to the needy  
Read to a child  
Deliver food to shut-ins  
Collect warm clothing  
Collect books for children's programs  
Collect professional clothing for a job placement program  
Make canned food donation part of the admission to a party or meeting  
Hold a party, picnic, or scavenger hunt for special needs children  
Visit with or make breakfast or lunch for an elderly friend  
Have a community garage sale for a cause  
Hold a benefit car wash  
Organize a fund raiser, garage sale, or bake sale for a cause you support  
Volunteer at a nursing home  
Baby Sit for a neighbor at no charge

#### Cardinal Ritter Senior Services

Please call **314-963-8000 (Kelly Ethington x347)** for projects or volunteer opportunities at the Cardinal Ritter Senior Services.

#### Edgewood Children's Center

Please contact **Ann Rexford at 314-968-2060x 200**

#### **For the School**

New board games, decks of cards, puzzles  
Preschool and elementary age books  
CD player with radio  
McDonald's gift cards  
Boy's & Girl's underwear (all sizes)  
Boy's & Girl's navy shorts and sweatpants (all sizes)

(See next column)

#### **School Supplies**

Spiral notebooks  
Loose leaf paper  
Pencils  
Washable markers  
Glue & glue sticks  
Crayons

#### **For Family and Community Services**

Wal-Mart or Target gift cards  
Grocery Store gift cards (any stores)  
Quilts, pillows  
Alarm clocks  
New car seats (Infant, Convertible or Toddler)  
Laundry detergent, dishwashing detergent

#### **For the Cottages**

Afghans, blankets, comforters  
Book Store Gift Certificates  
McDonalds or Target gift cards  
Boys & Girls tennis shoes (sizes youth 12-5, Adult 6-12)  
Board games, puzzles, cards

#### **Athletic Equipment**

Basketballs  
Baseball gloves  
Playground softball

#### **For Art/Music Therapy**

Clear, plastic containers, all sizes  
Non-toxic acrylic paints  
Magazines (to be used to cut up for art projects)  
Any musical instrument (full, ½, or ¾ sizes)  
Song books, sheet music  
Guitar strings  
Coupons for piano tuning  
Music therapy, music reference books

(More ideas, volunteer opportunities on back)

### **Epworth Children & Family Services**

Please contact **Margaret Mahan** at **314-918-3330**  
Need toiletries and personal care items like deodorant, toothpaste, tooth brushes, soap, shampoo, conditioner, body wash etc. as well as diapers, wipes and infant formula.  
Gift cards in any amount for discount stores, gas, groceries or clothing are always appreciated.  
Would love GENTLY used sofas, kitchen table & chair sets, dressers, coffee tables, TV stands and twin size metal bed frames/rails, especially if you can deliver to our ILP office in U City. Also looking for a Nintendo Wii and game cartridges.

### **Family Support Network**

Please contact **Sue Didier** at **314-644-5055**  
New children & adult sized coats, mittens/gloves, & winter hats  
Bus passes  
Gift Cards to Payless Shoes  
Blankets  
Children's books  
Personal care items (toilet paper, toothpaste, toothbrushes, deodorant, shampoo, shaving cream, razors, soap, & baby powder)  
Diapers & wipes  
Baby rash cream, baby proofing items  
Breast pumps  
Car seats & strollers  
Cleaning supply items of any kind  
Laundry detergent, fabric softener, dish soap  
First Aid supplies  
Smoke detectors  
Portable heaters

### **Shepherd Center**

Please contact **Gayle McHenry** at **314-961-2661** for "Chores Galore" on October 24 to help our senior neighbors get their yards cleaned up and for other projects or volunteer opportunities.

### **Webster/Rock Hill Ministries**

Please contact **Ed Johnson** at **314-961-5082** for projects or volunteer opportunities.  
Laundry detergent  
Deodorant & personal care products  
Bicycles (new or used)  
Winter coats, gloves, mittens, hats ect. (new or used)  
Electric heaters

### **Webster Groves Child Care Center**

Please contact **Lisa Jones** at 968-3189  
Baby wipes  
People to interact with children (reading, rocking, playing, singing, etc.)  
Books, puzzles  
Bibs  
Kitchen props (plastic food, plates, cups, pots/pans)

### **Nurses for Newborns (Shrewsbury)**

Please contact **Victoria Stanley** at **314-544-3433 x325** or [victoria.stanley@nfnf.org](mailto:victoria.stanley@nfnf.org)  
Diapers (all sizes)  
Baby wipes  
Baby Shampoo, baby lotion & baby wash  
Formula  
Baby bottles  
Strollers

### **Annie's Hope – The Bereavement Center for Kids**

Please contact Kay Walsh at 314-965-5015. Our mission is to provide comprehensive support services for children, teens, and their families who are grieving the death of someone significant in their lives.

Gift cards from grocery stores (Wal-Mart, Target, Sam's Club, Michael's)  
White copy paper  
Volunteers for office duties  
Volunteer facilitators for school-based grief support program  
Volunteer facilitators for Horizon's, a program for families with children facing an impending death  
Volunteers to plan fundraising events

Young ABC Angelz Learning Center  
Tamela Young 314-276-2976  
SENDING IN A SHEET WITH SUPPLIES FOR 2009.

### **City of Shrewsbury**

Please contact **Lauren Kopp** at **314-647-1003** or [lkopp@cityofshrewsbury.com](mailto:lkopp@cityofshrewsbury.com) for project ideas.

### **City of Webster Groves**

Please contact Park Manager, **Shawnell Faber** at **314-963-5438** for project ideas.

(updated 9/9/09)