

## Mitzvah Projects

**With over 30 programs and services, Jewish Family & Career Services has many opportunities for you to get involved or perform a mitzvah. Choose the project that interests you and contact Shelley Miller at [smiller@jfcsatl.org](mailto:smiller@jfcsatl.org) or 770-677-9311 for more information.**

### Aviv Older Adult Services

- Make birthday cards for Aviv Older Adult Services clients
- Decorate Bikkur Cholim (Get well) cards for volunteers to bring to Jewish patients in area hospitals
- Purchase or donate Scan Disc MP3 players and headphones to provide the gift of music to an elder with dementia in our Music & Memory program, a part of Aviv Older Adult Services
- Yard work for older adults
- Create emergency preparedness packages for Aviv Older Adult Services clients

### Ben Massell Dental Clinic (BMDC)

- Assemble Dental hygiene kits for BMDC patients (toothpaste, soft individually packed tooth brushes, floss, mouthwash)

### Clinical Services

- Create a Treasure Chest filled with small items/toys to be used as a reward for children in counseling sessions at JF&CS
- Sponsor a PAL (Atlanta's only Jewish Big Brother/big Sister program) event, e.g., picnic, Shabbat dinner
- Collect new/gently used books, toys, games, and new coloring books for our new JF&CS waiting rooms-lists can be provided
- Collect school supplies and backpacks in the fall for younger JF&CS clients
- Create goody bags for client and adolescent counselors to give out to clients
- Decorate picture frames with positive quotes and phrases for clients
- Decorate tissue boxes with inspirational phrase for clients
- Collect and decorate potpourri containers for clients

### Holidays

- Anytime — collect grocery cards or gas cards for JF&CS clients at Rosh Hashanah, Thanksgiving, Chanukah, Passover or any time there is a need
- Chanukah/Christmas – create holiday gift bags for older adults and I/DD clients
- Chanukah — collect gift cards for Jewish families in need
- Christmas — collect new toys for patients of the Ben Massell Dental Clinic
- Purim — assemble Mishloach Minot baskets for JF&CS clients
- Passover — collect Kosher-for-Passover food for JF&CS clients and other Atlantans in need

### Holocaust Survivors

- Bring your group to sing or perform for the guests at Café Europa
- Make small gifts or goody bags for survivors who attend Café Europa
- Plan a special inter-generational program with Survivors

### Hunger Relief and the Giving Garden

- Collect food for the JF&CS Kosher Food Pantry — shelf-stable items marked with a kosher symbol
- Stock the shelves and learn about the JF&CS Kosher Food Pantry by participating in a Food Pantry Adventure
- Collect Kroger/Publix gift cards or gas cards to be given to JF&CS clients in need
- Collect toiletries to be given out through the Kosher Food Pantry and the Ben Massell Dental Clinic
- Donate gardening tools and gift certificates from Farmer D's to purchase items for the JF&CS Giving Garden

### Intellectual & Developmental Disabilities Services

- Bring your own supplies to create a meaningful project or group activity with individuals with intellectual and developmental disabilities. Basic cooking, art project, etc.
- Do odds and ends handiwork at a Z-H ILP home – painting, yard work, etc.
- Have a car wash for our vans that drive our I/DD clients
- Donation Drive - donate arts and crafts, board games and activity type items for a monthly “fun night” for ILP
- Donation Drive – donate arts and crafts, cooking items, arts & crafts, puzzles, and games for IndependenceWorks
- Teach a one-time class (of your skill choice) that provides instruction in daily living and social skills for individuals with intellectual and developmental disabilities
- Support an IndependenceWorks monthly party
- Create birthday gift bags for I/DD clients

### Stewardship

- Show appreciation of a certain group of Volunteers, whether it be planning a volunteer recognition event, creating goodie bags for Volunteers, etc.

### Renterpieces

- Rent table decorations for synagogue events, bar/bat mitzvahs, weddings, etc., to generate funds for the JF&CS Kosher Food Pantry and other programs that assist the underserved