



Community Service Projects

Thank you for considering a Community Service Project that will benefit our patients, residents, and guests at CentraState Healthcare System. We appreciate the time and effort our volunteers commit to serving our community.

There are various options for volunteers of any age to serve their community as well as accumulate Community Service Hours. Details for each project, including supplies, directions, guidelines, and requirements, are listed below. For certain projects, we ask that you **call ahead** to ensure we are currently accepting items. We will provide a certificate for Community Service upon drop off if requested. We appreciate your thoughtfulness and cooperation.

Donation Drop Off Locations

General Donations (except Books & Magazines)

At the Information Desk in the Main Medical Center

- Wednesdays 1-8pm, Fridays 9am-12pm, Saturdays 9am-8pm
[**Call ahead** to ensure we are currently accepting Infusion Bags].

Books & Magazines Only

At the Outpatient Information Desk [**Call ahead** regarding current need].

- **Mornings:** Wednesdays & Thursdays from 8am-11am
- **Afternoons:** Thursdays & Fridays from 1-4pm

Project Ideas

- **Magazine Collection:** 10 Hours of Community Service for 100 Magazines
- **Infusion Bags:** 3 Hours of Service per Bag [See **List of Accepted Items**. **Call ahead.**]
- **Senior Resident Community Needs:** Various Project Options

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Magazine Collection: 10 Hours of Community Service for 100 Magazines

CentraState always has a need for current magazines for our patients and guests. Current magazines (up to 3 months old) in any language are greatly appreciated.



**** For your safety, Do Not go door to door. ****

- We suggest you contact friends and relatives to request they save magazines for collection.
- Magazines should be **no older than 3 months old**.
- A magazine is “a publication that is issued periodically, usually bound in a paper cover, and typically contains essays, stories, poems, etc., by many writers, and often photographs and drawings, frequently specializing in a particular subject or area, as hobbies, news, or sports.”
– (<http://dictionary.reference.com/browse/magazine>)
 - **NOT Accepted:** Store circulars, coupon books, TV Guides, inappropriate magazines for adult audiences only, advertisements, and community circulars/advertisements.
- Remove address labels with personal identification information to protect the privacy of the donor. (Do not *cross out* – please remove or cut address label).
- Tie the magazines in bundles of 25.

Infusion Care Packages: 3 Hours of Service per Bag

** Please **call ahead** to ensure we are accepting Infusion Bags**



Some of our patients receive various intravenous treatments that often require several hours of sitting. Infusion Care Packages help make an infusion patient's experience more comfortable. Fill bags with items that may help a patient pass the time. Be creative...what would you like if you had to sit still for several hours? (All items must be **new**).

Supplies:

- Medium or large bags (cloth, canvas, backpack, paper)
- ***Accepted Items:**
 - Small blanket/throw, travel pillow, books or magazines, puzzle books (crossword, seek-n-find, Sudoku, etc.), mechanical pencil, sleep mask, reusable water bottle, adult coloring book, color pencils
- ***Items NOT Accepted:** markers, crayons, nail polish/manicure kits, food/water/perishable items



Senior Resident Community Needs

We have three Senior communities at CentraState – *The Manor Health and Rehabilitation Center, Monmouth Crossing, and Applewood*. Our residents would appreciate various items to help brighten their day. (All items/supplies must be **new**).

- **Wheelchair/Walker Bags: 6 hours per bag**

Create bags that can be tied onto the back of wheelchairs/front of walkers to help residents transport their daily belongings

- Bag may have 1-pocket or multiple pockets
- Various patterns are available on line -- Suggestion:
 - <http://tolentreasures.blogspot.com/2010/04/walkerwheelchair-bag-tutorial.html>
 - <http://wocs-tutorial.blogspot.com/>
 - Typical size of bag: 15"-18" width x 12"-15" height



- **Cards for Seniors: 1 hour for 20 cards**

Create cards for birthdays, holidays, or thinking of you (no glitter please)

- Staff will deliver them on the appropriate day
- **Do Not** write your last name or any personal identifying information – just your first name and your group name (if applicable)
- Another idea: *Color A Smile*: <http://colorasmile.org/>

- **Potpourri Sachets: 4 hours for 10 bags**

Create small sachets for resident's dresser drawers

- Various patterns are available on line -- Suggestion:
 - <http://mollymell.blogspot.com/2014/01/diy-pretty-no-sew-fabric-sachets.html#.VedIRSVVhHw>

- **Blankets, Throws, or Shawls: 3 hours per no-sew item**

(For knitted/crocheted bags, please see Volunteer & Guest Services to determine hours)

Knit/crochet a blanket or create *no-sew* fleece blankets

- Sample directions for no-sew blankets can be found at: <https://snapguide.com/guides/make-a-no-sew-fleece-blanket-wout-bulky-knots/>

- **Sensory Fidget Mat/Apron** (Contact us for instructions) *High need!

- **Puzzle on construction paper w/ answers on the back** (crosswords, Sudoku)

