

# HANDS4HOPE - YOUTH MAKING A DIFFERENCE

## FOLSOM UPDATE

### APRIL 2022



## THE IMPACT OF YOUR SUPPORT!

### VISTA DEL LAGO HIGH SCHOOL HANDS4HOPE CLUB EXPANSION

Hands4Hope expanded to Vista del Lago High School this year with a dedicated leader team and 15 club participants! Diving into the Service Learning process, the club chose Children in Hospitals as their area of focus.

*"It was very exciting to be a part of starting a new Hands4Hope Club at Vista del Lago High School! I had always wanted to be in a school based Hands4Hope Club, but we didn't have one at Vista until now, and I am part of the leadership team! Through helping to start the Vista High Hands4Hope Club, I learned about the importance of adaptability and collaboration. It was fun to help start something new and I like being able to connect with other members of the club and work towards a common goal. It creates a sense of community for me."*

Jennifer Cole

Vista High Hands4Hope Club President

*"Being a leader for the Vista Hands4Hope Club has been an amazing experience! My favorite thing about this experience has been bonding with my leadership team over the summer and throughout the year. I have really enjoyed working on our project and meeting new people in our club who are excited to volunteer."*

Ria Kale

Vista High Hands4Hope Club Secretary



### FOLSOM COMMUNITY SERVICE DAY 2021

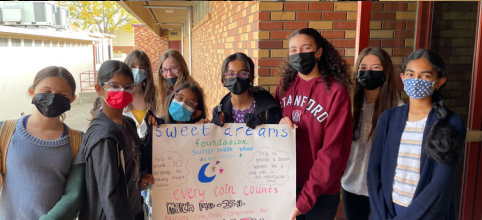
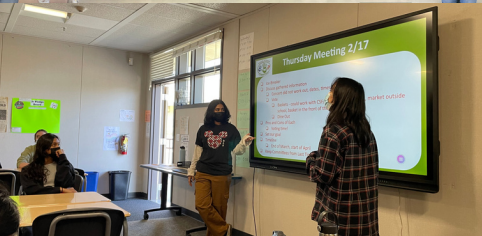
The Folsom Community Service Day is an annual event where hundreds of volunteers of all ages complete group projects throughout Folsom that have a big impact in the community! The Service Day is organized by the City of Folsom and many Folsom corporations, companies and nonprofits. In 2021, it was held on Saturday, September 18th.

Hands4Hope - Youth Making A Difference volunteers participated in a food sorting event at Mount Olive Church, and helped collect and sort over 80,000 pounds of food! It was an extremely engaging event, and everyone enjoyed volunteering with their friends and fellow volunteers while being able to make a difference in the Folsom community!

*"Leading the Folsom Community Service Day was a super meaningful experience. I had an opportunity to utilize my project management skills to recruit volunteers and help coordinate the site layout and logistics that were crucial to the event's success! Our volunteers helped Twin Lakes Food Bank by sorting 80,000 pounds of food."*

~Nivi Sudhir Kumar

# SERVING OUR COMMUNITY



## FOLSOM HANDS4HOPE CLUB SERVICE PROJECTS SUPPORT LOCAL YOUTH AND ANIMALS

Folsom High partnered with the Special Education Department on their own campus to promote inclusivity by creating and hand delivering 400 personalized Valentine's Day Grams and hosting a Spring Fling Social with over 70 students in a safe and welcoming environment.

Vista del Lago High planned a drive to collect gifts for teens in long term care at the local area Shriners Hospital. When challenged to consider, "What would you want if you were in the hospital long term?" club participants came up with the marketing slogan, "Make Someone's Summer Special."

Sutter Middle participants raised over \$3,200 to benefit the Sweet Dreams Foundation! With heartfelt messages and illustrations, they created a Wish Book for one child and helped build furniture, plant flowers and sort toys at a Dream Bedroom Build Day.

Folsom Middle youth were passionate about supporting rescued animals at the Folsom Zoo Sanctuary and raised over \$300 and collected 60 items to provide critical enrichment activities.

*"I'm grateful to be a part of a team. The meetings remind me how important teamwork and coordination are and I'm super happy club members are able to be comfortable around each other and all pitch ideas."* - High School Leader

## FOLSOM COMMUNITY ENGAGEMENT SPOTLIGHT - MERCY CREEKVIEW MANOR

Hands4Hope - Youth Making A Difference youth and adult volunteers have been preparing and serving meals to the senior residents at Mercy Creekview Manor in Folsom since 2011.

In addition to a nice warm meal, the volunteers also prepare simple crafts to do with the residents as a way to interact and visit with them. Many of the volunteers have built lasting relationships with the residents and look forward to this event every month.

During the pandemic, our dining room meal service changed to delivering meals door to door to over 150 residents. In the last several months, we have been able to prepare to-go meals and craft kits for the residents to pick up in the dining room. Along with the meal and craft kits, we have also provided entertainment to brighten their afternoon. We had a local Girl Scout troop sing Christmas carols and help give out stockings filled with treats, had Irish music playing with volunteers in their green hats and accessories for St. Patrick's Day, and in April, we have plans for an outdoor concert where the residents will be treated to a BBQ and sit outside to listen to a country duo.

We are hopeful that soon we will be able to serve meals again in the dining room where we can sit with the residents to do crafts and spend quality time building relationships. If you are interested in volunteering for this outreach, please visit us at [www.hands4hopeyouth.org](http://www.hands4hopeyouth.org).

## Call for Folsom Steering Committee Members

We are looking for business leaders, community members, Hands4Hope alumni, and currently involved high school students to be a part of the Folsom Steering Committee to help guide and support our programs in the Folsom area. Please email Jennifer at [jbassett@hands4hopeyouth.org](mailto:jbassett@hands4hopeyouth.org) if you are interested in learning more.