

Students! Looking to Volunteer? Need those hours?

Loudoun Volunteer Caregivers helps elderly and disabled adults to stay living independently. More info at www.lvcaregivers.org

Volunteering Opportunities:



Loudoun Hunger Relief

- Work in a team (one person must be able to drive)
- Pick up groceries from Loudoun Hunger Relief OR the Dulles South Food Pantry - 2 times each month

Student Club Meetings at Madison House in Leesburg



Club meetings are a fun way to spend one morning each month with seniors, either playing games, or putting a puzzle together

- Meets on the first Saturday of the Month, 10 AM - 12 PM

Chore Corps



Light house or yard work for a care receiver as a student team.

- Light House work: dusting, sweeping
- Light Yard Work: Mowing and Weeding, Raking, Shoveling snow

My Story: Music and Memory



Teams of 2 teens & a parent interview seniors who are losing their memories.

- Final product will be a written biography, video, and a personal music compilation to share with their family and loved ones.
- The project is designed to enhance memory function while connecting the generations together

INTERESTED??

LVC - VOLUNTEERING Phone: 703-779-8617 hcline@lvcaregivers.org	LVC - VOLUNTEERING Phone: 703-779-8617 hcline@lvcaregivers.org	LVC - VOLUNTEERING Phone: 703-779-8617 hcline@lvcaregivers.org	LVC - VOLUNTEERING Phone: 703-779-8617 hcline@lvcaregivers.org	LVC - VOLUNTEERING Phone: 703-779-8617 hcline@lvcaregivers.org	LVC - VOLUNTEERING Phone: 703-779-8617 hcline@lvcaregivers.org	LVC - VOLUNTEERING Phone: 703-779-8617 hcline@lvcaregivers.org	LVC - VOLUNTEERING Phone: 703-779-8617 hcline@lvcaregivers.org	LVC -VOLUNTEERING Phone: 703-779-8617 hcline@lvcaregivers.org	LVC - VOLUNTEERING Phone: 703-779-8617 hcline@lvcaregivers.org
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