

## Ideas collected to support and nurture your units:

### Program ideas:

- ✚ Program on dementia and Alzheimer's
- ✚ Living into our Purpose
- ✚ Prayer & Self Denial
- ✚ Means of Grace devotion
- ✚ Lifeway Ministries Simulcasts
- ✚ Cooking up a story: An online TV show and blog about food and sustainable agriculture
- ✚ Compassionate Action: Lavish with Love: evening to pamper women in community who sign up; artisans to paint nails, network of professional stylists (free haircuts, relationship building)
- ✚ Stamps for Mission
- ✚ Internet safety
- ✚ Fire safety or Personal Self Defense

### Community Outreach Ideas:

- ✚ Booklet with each UMW member's favorite bible verse- give to nursing homes
- ✚ Computer lab- can offer 1-2 hours of afterschool use or for congregational members without internet, can often find used or donated computers
- ✚ After school tutoring and/or reading program
- ✚ Funeral services- ensure community knows that your church is available for those without a home church
- ✚ Get involved with immigration emergencies- packets needed for children with who to contact
- ✚ Laundry Angels: laundering at laundromat is 6.50/load which some families cannot afford; through school guidance counselors you can provide draw string cinch sacks that can be dropped off to guidance by student, guidance would contact laundry angel to pick up and return same day; can place nice note in pockets
- ✚ Provide stationary, cards and stamps to inmates
- ✚ Equip a child: provide school supplies
- ✚ Pack-a-snack backpack programs
- ✚ Sponsoring 1-2 attendees to UMW Mission U
- ✚ Church "taxi" service for those in need of transport to doctor's appointments and such
- ✚ Nursing home outreach: many ideas! Bingo and game prizes, plants, stuffed animals and dolls, blankets, visitation program, supply bird feeders and bird seed, yardwork, throw a "senior" party, reading program, start a fund for those who need haircuts but do not have funds on their accounts, etc
- ✚ Free meal, coffee or cookie basket for rescue workers
- ✚ Hospitality basket or cookies for school employees
- ✚ Volunteer at Henry Fork Service Center
- ✚ Have a "free grass cutting day" or "free leaf raking day"
- ✚ Provide healthy snacks to patients of chemotherapy through local hospital
- ✚ Donate blankets, care kits, socks, etc to Roanoke rescue mission

## Mission Oriented Organizations, Potential Speakers and Informative Websites:

- ✚ Friends of Barnabas: Improving the lives of impoverished children in Honduras; fobf.org
- ✚ UMCOR: United Methodist Committee on Relief: partners with United Methodist churches and other organizations to restore communities overwhelmed by disasters; umcor.org
- ✚ Red Bird Mission: Educational, health and spiritual outreach SE Kentucky; rbmission.org
- ✚ God's Storehouse: Non-Profit food pantry serving Danville and Pittsylvania Counties in SW VA; godsstorehouse.org
- ✚ Wesley community service center: National UMW mission; Empowering the powerless and poor in Portsmouth VA; wesleycenterportsmouth.com
- ✚ Henry Fork Service Center: Afterschool and Summer Christian education ministry for children; henryforkcenter.org
- ✚ God's Pit Crew: non-profit, faith based crisis response team; Godspitcrew.org
- ✚ Roanoke Rescue Mission: substance abuse program, homeless shelter, provides meals, children's advocacy and much more; rescuemission.net
- ✚ Southern Virginia Child Advocacy Center: dedicated to promoting the wellbeing of abused and neglected children; southernvacac.org
- ✚ Jackson Field home for girls: Jarratt VA: providing psychiatric, residential, educational and recovery treatment services for children who suffer from severe emotional trauma, mental illness and/or addiction; jacksonfield.org
- ✚ Epworth by the Sea: Georgia UMC Conference retreat center and mission outreach, St. Simons Island; epworthbythesea.org
- ✚ Voices for Virginia's children: mission is to champion public policies that improve the lives of Virginia's children; vakids.org
- ✚ Stop Hunger Now- recently renamed Rise Against Hunger; Hunger relief organization; riseagainsthunger.org
- ✚ UMW Just Be Green: 13 steps of sustainability, contact Southeastern jurisdictional guide Emma Samson 757-770-5351
- ✚ Secret Boutique: clothing outreach for schools; [SecretBoutique.org](http://SecretBoutique.org)  
[JenelleWatson@gmail.com](mailto:JenelleWatson@gmail.com)
- ✚ Days for Girls: providing access to feminine hygiene solutions and healthcare internationally; daysforgirls.org
- ✚ American Red Cross; Sleeves Up, Hearts Open, All in; redcross.org
- ✚ Habitat for Humanity: bringing people together to build homes, communities and hope; habitat.org
- ✚ State Farms Neighborhood of Good: Turning caring into doing; neighborhoodofgood.statefarm.com
- ✚ Carilion Clinic offers Grocery Store Tours to teach you how to shop healthy and on a budget 540-484-8569
- ✚ Southeast Rural Community Assistance Program, Inc: Free Financial Counseling; SERCAP.org 540-345-1184 866-928-3731
- ✚ Carilion Clinic Community Outreach: MANY healthcare educational programs; Gail Nordhaus 540-797-4965

- ✚ Go Healthy West Piedmont: CDC grant initiative to prevent obesity, diabetes, heart disease and stroke in Franklin, Patrick and Martinsville-Henry counties; gohealthywestpiedmont.org
- ✚ YMCA & Essig Center: Diabetes prevention class; free tax prep, senior citizen program; 540-483-9293
- ✚ PlayFranklinCounty.com: Franklin County Parks and Rec trails, activities, aging services, sports, etc
- ✚ Stepping Stone Mission: Working every day to eliminate hunger; steppingstonemission.org
- ✚ Heavenly Manna Food Bank: Food assistance; heavenlymanna.org
- ✚ Piedmont Community Services: behavioral health services; piedmontcsb.org
- ✚ FRESH: Focus on Response and Education to Stay Healthy; proactive community coalition focused on changing behaviors and attitudes to stop and prevent substance abuse through education, awareness, and active engagement. rclark@piedmontcsb.org
- ✚ CHILL: Communities Helping Improve Local Lives, Student led: promoting substance abuse prevention among youth; rclark@piedmontcsb.org
- ✚ Crop Hunger Walk; danvillecropwalk.org
- ✚ God's Storehouse: collects and distributes food throughout the Danville and Pittsylvania County; Godsstorehouse.org
- ✚ Heifer International: stop hunger, end poverty and to care for the Earth; heifer.org
- ✚ Casa de Amistad: improving the lives and families in a multicultural community in Waynesboro VA; basicumc.org

***Help us to grow our list! If there are things you would like to see added please email Danville District UMW President, Sherri Krauss: Sherri@fcvah.com***