

NEWS

VOLUNTEER CENTER OF BERGEN COUNTY, INC.

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REMEMBERING 9-11 THROUGH SERVICE

North Jersey---As the 7th anniversary of September 11th draws closer, many people are wondering what they can do to remember the tragic events of that day.

My Good Deed is a coast to coast initiative that seeks to observe September 11th as a national day of service, charity and compassion. **My Good Deed** encourages individuals, businesses, schools and other groups to honor the victims, family members, and survivors of the September 11th attacks on America, as well as the rescue and recovery workers and the thousands of volunteers who gave so much on and following that fateful day, by performing acts of service to the community. The goal is to use this day to commit to doing something good for someone else.

“It doesn’t have to be on September 11th, but we encourage everyone to make a commitment to do some good, from small acts of kindness to large projects,” says Janet Sharma, Executive Director of the Volunteer Center of Bergen County. “Pick up the phone, call your friends, or contact the Volunteer Center or agency of your choice. Do something to remember 9/11 by helping others, just as so many people came together in response to the tragedy,” she adds.

Here are ideas of some simple ways to help:

- Donate food to a food pantry
- Give blood
- Donate children’s books to a Head Start center or library
- Begin collecting money or toys for the Volunteer Center’s Holiday Giving Program which kicks off in September
- Get five names from your church, synagogue or town welfare director, and send cards or letters to people who are isolated or elderly

- Visit or call a neighbor who is lonely—the Volunteer Center’s RSVP (Retired Senior Volunteer Program) can help match up callers with isolated elderly people
- Pick up litter in a park or along a sidewalk or roadway
- Join the Volunteer Center’s “Kids Care Club” to teach children about volunteering
- Pull weeds in a park or along a sidewalk
- Paint over graffiti (ask the building owner first!)
- Offer to run errands for someone who is not feeling well
- Join the Volunteer Center’s Chore program and perform minor home repairs to keep elderly and disabled people safe in their homes
- Bring cookies to a new neighbor
- Write letters of support to our men and women in the military
- Plant bulbs in a park
- Donate pet food to a pet shelter
- Become a mentor to a child, teen or adult through the Volunteer Center’s Mentoring Programs
- Arrange to read to children at a daycare center
- Make and deliver a floral or craft decoration to a senior center
- Make tray favors to be distributed to those who receive meals on wheels
- Offer to sweep a sidewalk or do some gardening for someone who is infirm
- Donate socks underwear, and other new items of clothing to a shelter

People can decide for themselves what they want their good deed to be. The principle is to help others in need. Monetary donations to a worthy cause are also needed. It’s all about recreating the spirit of unity and compassion that was shared on 9/11. As Gandhi said, “We must be the change we wish to see in the world.”

For more information about the above activities, contact the Volunteer Center of Bergen County at (201) 489-9454. The Volunteer Center publishes a Guide to Volunteering, which lists more than 300 nonprofit agencies and 1,100 volunteer positions for people of all ages. Copies may be ordered online at www.bergenvolunteers.org. There is a \$5.00 shipping and handling charge.

Those interested in posting their good deed to share with others on a national website can visit www.mygooddeed.org.

The Volunteer Center of Bergen County strengthens the community by connecting people with opportunities to serve, operating model volunteer programs, building capacity for effective volunteering, and participating in strategic partnerships that meet community needs.

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