

# Welcome to the State of Washington Community Programs Home

## COMMUNITY PROGRAM ACTIVITY IDEAS:

### FOOD FOR FAMILIES

- Help to feed the hungry through the **FOOD FOR FAMILIES PROGRAM** by collecting food for a food pantry or bank or preparing and serving a meal at a soul kitchen

### VOLUNTEERISM:

- **Volunteer** - Find and implement a solution to society's problem – promote the growing need for volunteers
- **Observe "Join Hands Day"** – a National Fraternal Congress of America's program
- **Recognize outstanding volunteer efforts**
- **Celebrate National Volunteer Week** each April.
- **Participate in "Make A Difference Day"** – a national day of community service.

### HUMAN NEEDS:

- **Assist those in need of housing**.....support homeless shelters...help Habitat For Humanity.
- **Help defeat hunger**....donate to food banks....work in a soup kitchen....support Saint Vincent DePaul
- **Deliver meals to homebound people** – Volunteer for Meals on Wheels
- **Help educate the community about people with disabilities**
- **Help meet the psychological and recreational needs of the aged**...visit resident homes for the elderly, Alzheimer's care centers, long-term care centers, etc.
- **Canine Companions For Independence** - Promote help to support the blind by assisting them to live independently - Canine Companions for Independence is a great resource
- **Support groups that assist senior citizens** -
- **Support the Wheelchair Foundation** or a similar cause that provides wheelchairs and other medical equipment to those in need.
- **Provide transportation for those in need, especially the elderly** – transportation is needed for Mass, shopping, visiting relatives, doctor appointments, and other needed trips.
- **Help persons with intellectual disabilities**
- **Adopt students at a special learning class or school for children with intellectual disabilities**
- **Battle adult illiteracy**. Provide volunteer tutors, urge local businesses to institute reading programs, raise money for adult basic reading material

## **CIVIC INVOLVEMENT:**

- ***Encourage sound program of recreation and culture.***
- ***Promote penal reform*** – write letters, make visits, help families of inmates, offer to teach any special skill you have, encourage businesses to consider hiring ex-convicts.
- ***Display the flag*** – show pride in your country. Properly display at your council meetings, patriotic events, communitywide programs – use the Supreme Council literature to help promote and use properly.
- ***Celebrate a heritage of liberty*** by planning events for **Constitution Week, held on Sept 17-23.**

## **ENVIRONMENT:**

- ***Plant trees*** – promote conservation of existing trees and plant new ones
- ***Organize clean ups of parks, beaches, empty lots, highways and neighborhoods.*** Recycle those that you can.
- ***Report violations.*** Keep a phone list of local government offices that deal with air and water pollution.
- ***Teach children to respect their world*** – promote a program that supports environmental sensitivity.
- ***Recycle all you can*** – collect newspapers, aluminum cans, other recyclable products. Promote reuse of furniture and clothing – by donation to charitable organizations instead of throwing them away.
- ***Adopt a highway.*** Support local states that have Adopt a Highway program

## **PUBLIC SAFETY:**

- ***Host a Blue Mass*** – to honor law enforcement officials, firefighters, and paramedic. Honor them with “Certificates of Merit” for their service.
- ***Sponsor a poster campaign in schools on public safety.*** Supreme annually conducts a drug and alcohol abuse awareness poster contest – get involved.
- ***Invite local police chief and/or officers to your meetings*** – discuss local problems and how we can team to find creative solutions. Work to improve working conditions for our public servants.
- Set an example – ***OBEY ALL LAWS***
- ***Honor local law enforcement officials, fire fighters, and paramedics***
- ***Take a stand against drunk driving*** – see what assistance Mothers Against Drunk Driving (MADD) might need.
- ***Solicit education materials and information from The Elevator Escalator Safety Foundation.*** Knowing the proper way to ride escalators, elevators and moving walks can help prevent serious injuries and accidents.

## **HEALTH SERVICES:**

- ***Focus public attention on heart disease*** – Bulletin boards, newsletter articles, public forums are great ways to draw attention to this health problem. Promote CPR education.

- ***Visit patients in hospitals and provide transportation for family and friends to visit.***  
Volunteer to assist patients with any chores they can't do while they are in the hospital.
- ***Implement programs to highlight risks of high blood pressure.*** May is ***National High Blood Pressure Education Month.***
- ***Aid people with vision loss/low vision.***
- ***Gather support in the battle against cancer...*** Get involved with Relay for Life.
- ***Establish a low cost or not cost clinic.*** Volunteer at a clinic that already exists.
- ***Join the fight against AIDS.*** Raise money for AIDS research. Help care for patients,
- ***Take action to prevent drug and alcohol abuse.*** Supreme annually conducts a drug and alcohol abuse awareness poster contest – get involved.
- ***Support hospice in your area.***
- ***Increase public awareness that clinical depression is a treatable medical illness.***  
Motivate people with the illness to seek treatment.
- ***Volunteer at veterans hospitals and health care facilities.*** The Veterans Affairs Voluntary Service (VAVS) coordinates efforts at the 200+ veteran facilities

### **DECENCY:**

- ***Help stem the flood of pornography.***
- ***Report violations of community standards*** to those that are responsible for enforcing laws.
- ***Make personal complaints or petition-type complaints to store owners or theater operators*** who display or sell obscene materials.
- ***Object to offensive advertising*** – by letters to newspapers and/or radio and/or television station managers.
- ***Work with Morality in Media*** to assist where you can.

### **HONOR COLUMBUS:**

- ***Honor our Order's patron.*** Commemorate his accomplishments.
- Provide ***a public showing of "Christopher Columbus: Faithful Christ Bearer"***, a video available from the Supreme Council office.
- ***Sponsor a youth essay and/or poster contest on "the Spirit of Discovery"*** or a similar theme.
- ***Plan Columbus Day events.*** Work with other civic organizations to assist.
- ***Donate literature (books, recordings, videos) on Columbus*** to your parish or library
- ***Organize a wreath-laying ceremony at a local Columbus statue.*** No statue? Help erect one!
- ***Petition to name a street, park, building*** named in honor of Columbus
- ***Invite Hispanic and Italian-American Societies*** in your community who may be celebrating Columbus's heritage
- ***Support program that highlight contributions of Native American Cultures.***
- ***Encourage local libraries to display materials about Christopher Columbus*** in the month prior to Columbus Day
- ***Explore the history of the Order*** – promote that at a council function
- ***Adopt a special proclamation*** in honor of Columbus

- *Organize a Columbus Day event* – harbor or river cruise/dinner