

Count me in for Mitzvah Day.

This is the project I would like to do:

Please list activities by number and preference. Multiple choices are necessary as some activities fill up quickly.

Name _____ Age _____

1st choice _____ 2nd choice _____ 3rd choice _____

Name _____ Age _____

1st choice _____ 2nd choice _____ 3rd choice _____

Name _____ Age _____

1st choice _____ 2nd choice _____ 3rd choice _____

Name _____ Age _____

1st choice _____ 2nd choice _____ 3rd choice _____

Address _____

Address _____

City _____ State _____ ZIP _____

Day telephone (_____) _____

Evening telephone (_____) _____

E-mail _____

____ Sorry, I can't make September, but I would love to help in other ways. Please call me at (_____) _____.

Register online at www.jewishdallas.org.

Can I donate money to Mitzvah Day?

Any of the projects listed in this brochure can be sponsored by an individual or group, and in someone's honor or memory. Sponsorships begin at \$250 and are tax deductible. Donations in **any amount** can also be made to offset any costs associated with these activities.

I would like to donate \$ _____

Name _____

Address _____

Address _____

City _____ State _____ ZIP _____

Please return this form by Wednesday, September 19, 2007 to:

Mitzvah Day

Jewish Federation of Greater Dallas

7800 Northaven Rd.

Dallas, TX 75230

Attn: Regan Wagh

For further information about volunteering or sponsoring a project, please contact Regan Wagh at (214) 615-5259 or rwagh@jfgd.org.

Volunteer opportunities abound on Mitzvah Day. Here's how you can help:

1 Join the house party AGES 16 AND UP

Spend some time at **Bryan's House**, Dallas' only special-care facility for children and teens affected by HIV/AIDS. Volunteers are needed to play games with older children, pamper the little ones in the nursery or help with chores around the facility.

Location: Downtown Dallas **Site captains:** Sharon Shuster

2 Perk up the pantry ALL AGES

Attention all Type A personalities, now's your chance to sort, organize and clean with impunity as you assist at the **Jewish Family Service** food pantry. Not only will you spare your family from your neatness obsession, but you'll be helping to provide food and nutritional information for qualified families and individuals in 14 North Dallas ZIP codes.

Location: Far North Dallas **Site captain:** Blake Eltis

3 Give a CHAI Five ALL AGES

Work alongside members of **Community Homes for Adults, Inc. (CHAI)** to build a Sukkah. Once the chores are done, you'll cook and enjoy a meal with the residents. CHAI provides services for people with mental retardation and their families while helping people with mental retardation develop their individual potential to lead meaningful lives.

Location: North Dallas **Site captains:** Jason Sandler, Adam Ulevtich, Brett Diamond

4 Dote on a doggy 18 AND UP UNLESS ACCOMPANIED BY AN ADULT

Put the "dog" back in the "dog days of summer"—literally at **Operation Kindness**. Help man's best friend by cleaning the dog park and planting flowers. Please note, for this mitzvah the fashion hounds request you bring work gloves.

Location: Carrollton **Site captains:** Rachel Cohen, Greg Cohen, Dana Lipp

5 Clown Around AGES 16 AND UP

No fast food here. Volunteers will help prepare and serve lunch to the families staying at the **Ronald McDonald House**, which serves as a home-away-from-home for families of seriously ill children who are hospitalized or who are receiving treatment.

Location: St. Paul Hospital, Downtown Dallas **Site captains:** Meredith Grossfeld, Laura Simon

6 Mind your elders ALL AGES

Visit with the residents of **Golden Acres-Dallas Home for the Jewish Aged**. It's a great way to learn a thing or two and the residents love the company. There will also be facility beautification, organized games and snacks to add to the fun.

Location: East Dallas **Site captain:** Avi Mor

7 Love thy neighbor ALL AGES

Lend a helping hand to the folks at the **Elderly Communal Housing of Dallas (ECHAD)**, a subsidized senior independent living community. Volunteers will play games with the residents such as the ever-popular bingo.

Location: East Dallas **Site captain:** Sarah Shulkin, Lindsay Bendorf, Zev Shulkin

8 Got equipment? Save a life AGES 18 AND UP

Seeking savvy sorters to divide medical equipment to ship out to underserved countries like the former Soviet Union. It's not heavy work, but active work that requires a keen mind. **MediSend** gathers surplus medical, surgical, diagnostic, and therapeutic medical supplies and equipment and distributes them, free of charge, to qualified hospitals in developing countries that primarily serve the indigent population. *Please remember to wear close-toed shoes.*

Location: North Dallas **Site captain:** Micki Karlan, Farrah White

9 We Are Family ALL AGES

Make merry with your mishpoche (family) and friends by playing with the kids at the **Annette G. Strauss Family Gateway Center**, which provides shelter for homeless families in a dormitory-style facility. No special skills are needed other than a desire to have a positive influence on a child.

Location: Downtown Dallas **Site captains:** Karen Zeitman, Caryn Statman

10 Paintover makeover AGES 18 AND UP

Bring your rollers, brushes, paint bins, newspaper, and drop cloths to help paint two classrooms at **Vogel Alcove**, a haven for children of the homeless. Make sure to wear clothing you wouldn't mind getting paint on.

Location: Downtown Dallas **Site captains:** Marcia Sands, Orly Shturman, Rivka Linksman

11 There's no place like home AGES 18 AND UP

Jonathan's Place, a licensed emergency shelter that provides transitional living services for abused, abandoned and neglected children, invites you to come play with the kids and decorate cookies with them.

Location: Deep Ellum **Site captains:** Rachel Laker, Kahla Cooper

12 We are the children AGES 18 AND UP

Come play with children living at **Children's Medical Center of Dallas** who have had kidney, liver, and heart transplants as well as terminal illnesses and whom suffer from trauma. These kids don't get out and love the chance to do art projects and meet new people. PLEASE MAKE A NOTE THAT IF YOU ARE SICK OR ILL IN ANY WAY YOU MAY NOT GO TO THIS SITE. PLEASE BE ADVISED THAT YOU CAN CANCEL THE DAY OF AND ATTEND ANOTHER SITE.

Location: West Dallas **Site captains:** Shauna Stein, Kevin Cooper, Nicole Cooper

13 Give me some Clorox® wipes ALL AGES

Come clean and organize toys at the playrooms of **Medical City Dallas**. Children up to 18 years of age come to this facility to receive world-renowned comprehensive care of all different types of illness and ailments.

Location: Central Dallas **Site captains:** Brian Bertcher, Julia Wagman

14 Grow a garden 18 AND UP UNLESS ACCOMPANIED BY AN ADULT

Need a break from city life? Help **Friends of the Farm** cultivate and harvest their organic garden that provides food for local shelters. Located on a 350-acre park known as Samuell Farm, this organization provides educational and recreational service for children and families.

Location: Mesquite **Site Captains:** Ronit Singer, Elana Zimelman

15 It's all fun and games AGES 14 AND UP

Equest, therapeutic sports riding classes serve children and adults with all types of physical, mental and emotional disabilities. Come help spruce the ranch up for the annual RideFest as well as make booths for the carnival. It is recommended to bring work gloves with you.

Location: Wylie **Site captain:** Alisa Richman

16 Ramp it up ALL AGES (MANUAL LABOR REQUIRED)

Dallas Ramps provides free wheelchair ramps for handicapped Dallas area residents who are unable to afford the cost of construction. Come help build a ramp for a family in need. Please wear pants, hats, sunscreen, sunglasses, and gloves if you have them.

Location: Richardson **Site captains:** Alex Kramer, Rachel Slosburg

The Jewish Federation of Greater Dallas is the central coordinating agency for the Dallas Jewish community, raising funds for Jewish organizations locally, in Israel and around the world. The Federation supports 14 local and 29 national and overseas agencies, and unites Jews for a common purpose: to ensure that Jewish people live in safety and in an environment of spiritual, educational and cultural enrichment. For more information about the Jewish Federation of Greater Dallas, call (214) 369-3313 or visit jewishdallas.org

Mitzvah Day FAQs

I see that the Jewish Federation of Greater Dallas sponsors Mitzvah Day.

Do you only help Jewish organizations?

Absolutely not. Mitzvah Day is about many people helping out in all areas of our community. We work with all kinds of non-profit agencies.

Can I do a project with my entire [class, youth group, extended family, neighborhood, support group, cell block, Fortune 500 company]? Yes, absolutely. Please let us know ASAP if you want to do an activity as a group, so we can be sure that there is enough space and enough for everyone to do. Also, know that there will probably be other people there, not from your group, who will be working with you.

I tend to travel in a pack. Is there anyone from my [synagogue, school, single's group, etc...] coming? Probably. Many community groups have a liaison. Please e-mail Stan at sfriedman@jfgd.org to find out who your group's liaison may be.

Is it too late to sign up for my favorite activity? Maybe, it depends when you are reading this. Certain activities limit the number of participants for reasons of space and effectiveness. But don't worry, there are lots of other great things to do.

But I only want to do that one activity. And you won't let me. Sorry. Please remember that this is an all-volunteer day with the goal of doing good deeds. If your first choice is taken, chances are you are needed much more somewhere else.

Is it true that everyone who volunteers gets a free t-shirt and nosh?
Yes. And yes.

Yeah, yeah. Coming out one day a year is great. But what about the other 364 days (and 365 days on leap years)? We are proud that on Mitzvah Day, we can accomplish so much. We are equally proud that this day is an opportunity for volunteers to learn more about and connect with many local organizations. Our hope is that this day of volunteering will lead to ongoing community involvement throughout the year.



**This year we're asking everyone to bring a
canned good to help stock the Food Pantry
at Jewish Family Service.**

JEWISH FEDERATION of Greater Dallas
Enriching Lives.
Strengthening Community.
Jacob Feldman Building
on the Harry and Jeanette Weinberg
Jewish Community Campus
7800 Northaven Road
Dallas, Texas 75230

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Young Adult Division

Mitzvah Day

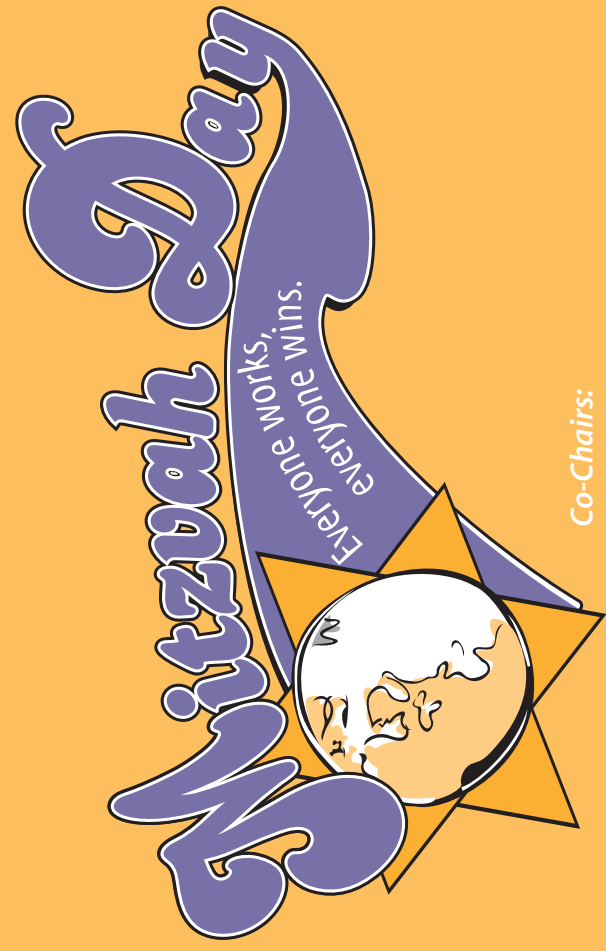
Everyone works, everyone wins

Sunday, September 30, 2007
9 a.m. registration
Federation parking lot,
7800 Northaven Rd.



Co-Chairs:

Sharon Shuster & Karen Zeitman



Presenting Sponsor

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