

## **Virtual 2021 Martin Luther King Jr. Day of Service**

Thank you for agreeing to participate in our Virtual 2021 Martin Luther King Day of Service project! These items will be distributed as part of the care packages the WSY will be sending to the clients of Newton At Home (NAH) which will also include a succulent, a puzzle book, and a pencil, eraser, and pencil sharpener for completing the puzzles. NAH is a non-profit membership organization founded by a small group of Newton residents who wanted to build a community of friendship and support among older Newton residents. NAH offers a wide variety of vital services and social activities that help its members live safe, active, and connected lives in the places that mean the most to them: their homes and apartments, their neighborhood, and their city. As COVID-19 has made it unsafe for many of our community's seniors to leave their homes, we are asking for your help to brighten up their spaces with this card.

### **PDF Card Guidelines**

Below are some ideas and guidelines:

- Print the PDF card on any color paper. The PDF is set to be printed double-sided. If your printer does not have double-sided capabilities, simply line up the two sheets so that when folded, the flower stems are on the inside and the Y logo and messages are on the outside.
  - If you do not have a printer at home, please come to the Y to get a hardcopy of the card.
- Inside the card, you will see flower stems with no flowers. You're invited to outline your hand for the flowers and decorate it in however you would like.
- Be sure to sign the back of the card!
- Please return cards to the West Suburban YMCA lobby by 01/24/2021. If mailing, please try to post them to arrive by the 24<sup>th</sup>.

### **Peace Flower Bookmark Guidelines**

Below are the supplies you'll need and guidelines for assembly:

- Scissors
- Pencil
- Glue
- Paper (green for the stem and others for the "flowers")
  - Construction paper, foam "paper", felt, or card stock will be the sturdiest.

#### **Guidelines**

- For each color paper that will be a flower, trace your hand, then cut out the tracing.
  - Note – Try keeping your fingers together for a tulip look or spreading your fingers for a daisy look
  - Note – If you don't have colored paper, white paper can be used, then colored however you would like
- On the green paper, draw a rectangle 1.5 inches wide and 6 inches tall for the stem. If comfortable, free hand 2-3 leaves to attach. Then cut out those tracings.
- Glue the leaves and hands to the stem to create a flower!

*The idea for this project came from [www.artistshelpingchildren.org](http://www.artistshelpingchildren.org).*



*Wishing you  
warmth and  
connection from  
your neighbors!*

*The members of the West Suburban YMCA are thinking of you. We hope your home is brightened by these plants and that you enjoy some fun challenges working on the puzzles.*

*With dreams of unity and growth,  
The West Suburban YMCA*



*We love our colorful community and the dreamers it grows!*

