

## Your January NVFS Insider

Northern Virginia Family Service <info@nvfs.org>

Wed 1/24/2024 3:00 PM

Strides for Stronger Families, WBJ Power 100, 100 Years of Service Celebration, MLK Day of Service, Top Needs & Volunteers



### Monthly Newsletter of Northern Virginia Family Service



Donate

Volunteer

### Register Now and Make Strides for Stronger Families

Take on a fitness adventure, individually or with a team, in support of our neighbors on their journey to wellbeing in Prince William County. The challenge? Fit in 100 minutes of movement each day, marking NVFS' amazing 100-year anniversary.



**This 7-day journey runs from March 11th to March 18th and [registration](#) is open now!**

You choose the activity – whether it's a quick jog, a stroll, a dance session, or anything that gets your heart going. It's not just about sweating it out; it's about making a positive change in your life while supporting NVFS' SERVE Campus. The whole event happens online so that you can join from wherever you may be.

Inspire your social circles to support NVFS' mission and our essential programs by getting friends, family, colleagues, or even neighbors to pledge, donate, and support your efforts.

Learn more, register now, or sponsor the challenge at [nvfs.org/strides](https://nvfs.org/strides).

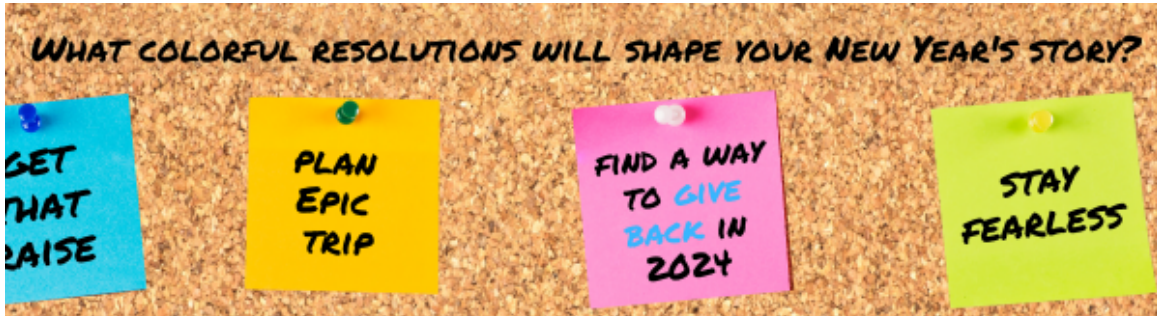
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### Congratulations to Stephanie Berkowitz on Being Named a Power 100 of 2023

We are happy to share that NVFS President and CEO, Stephanie Berkowitz, was named one of Washington Business Journal's (WBJ) [Power 100 of 2023](#) as an advocate and game changer! Congratulations to all of the business leaders in this year's Power 100, recognized

for their work in helping the Greater Washington region recover from the pandemic and reviving the region. We are proud of NVFS' leadership and the critical services we provide that positively impact our community ever day.

Congratulations, Stephanie, for your work helping Greater Washington, Northern Virginia, and NVFS.



Become a monthly donor and brighten a life in 2024.

### Join Us for NVFS' 100 Years of Service Celebration

In 2024, NVFS will commemorate an important milestone in our history – our 100th Year of Service to the Northern Virginia community. Whether it means offering families emergency food or housing, helping children get ready for kindergarten, connecting parents to stable jobs, or providing mental health counseling, NVFS works towards a future in which every person in our community has the access, support, and resources they need to reach their full potential.



We hope you will join us at NVFS' 100 Years of Service Celebration on **Friday, May 3rd** at The Torpedo Factory Art Center in the city of Alexandria, where our organization was founded in 1924. We look forward to gathering with you to celebrate this special milestone!

Purchase tickets, sponsor the celebration, or learn more at [nvfs.org/gala](https://nvfs.org/gala).

### Thank You to Our MLK Day Community Partners

One of the many lasting legacies of Dr. Martin Luther King, Jr. is the designated National Day of Service in his honor. This year, we are grateful for the help and support of our community partners making it a day on by supporting our neighbors, and not just a day off.



- **Temple B’Nai Shalom, Fairfax:** Ten volunteers spent 24 hours volunteering at the Clock Tower Thrift Shop.
- **Temple Rodef Shalom (TRS), Falls Church:** Eight volunteers spent 24 hours volunteering at the Clock Tower Thrift Shop. In addition, TRS volunteers came

together to assemble 300 snack packs and 20 no-sew fleece blankets for the Head Start Center. (pictured)

- **Elevation Church** members prepared 80 weekend snack packs for "Dream Weekend" in honor of Dr. Martin Luther King.
- **Total Wine** volunteered at the Clock Tower Thrift Shop.
- **Clark Construction** assembled 400 full-size toiletry kits and volunteered at the Clock Tower Thrift Shop.
- **Alpha Kappa Alpha, Prince William (AKA)** provided and served a holiday brunch for guests at the shelter.

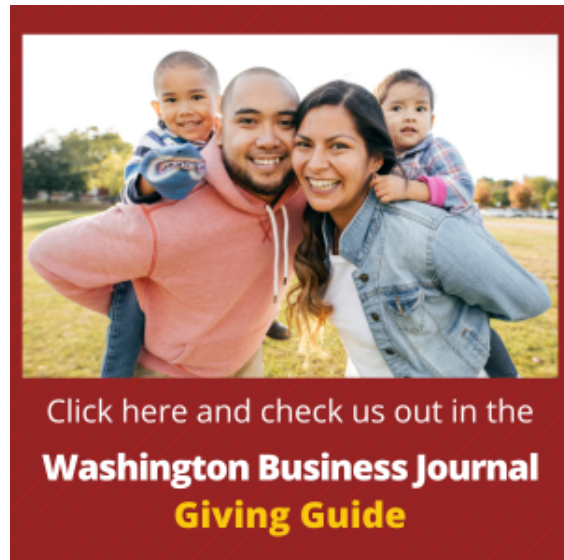
Thank you to all of our community partners who demonstrated Dr. King's commitment to social justice during this day of service.

Learn more about our group volunteer opportunities on [our website](#).



Make Room for Joy

Donate Your Items to the  
**NVFS Clock Tower Thrift Shop**  
[nvfs.org/thriftshop](https://nvfs.org/thriftshop)



Click here and check us out in the  
**Washington Business Journal  
Giving Guide**



**Guide, inspire, help kids  
learn and have FUN!**

Apply to become a Classroom  
Volunteer at [nvfs.org/volunteer](https://nvfs.org/volunteer)



**Clocktower Thrift Shop  
Volunteers Needed!**

individuals • youth • groups • companies

## Top NVFS SERVE Shelter Needs

- Baby wipes
- Diapers (especially bigger sizes)
- New towels
- Deoderant

- Full-size body wash
- Full-size body lotion

- New queen-size air mattresses
  - Cleaning supplies
- 

### Top Hunger Resource Center Needs

- Cooking oil/spray
- Flour
- Sugar
- Pasta sauce
- Pasta

- Canned vegetables
  - Soup
  - Beans (canned and dry)
  - Fruit cups
  - Shelf stable milk
  - Cereal
- 

### Top Multicultural Center Needs

- Cleaning sprays (kitchen, bathroom, general)
- Scrubbing pads
- Dishwashing soap (hand wash and dishwasher)
- Laundry detergent
- Fabric softener
- Clothing stain remover

- Shampoo & conditioner (full size)
  - Bath and hand soap
  - Shaving cream and disposable razors
  - Toothbrushes, toothpaste, floss, mouthwash
  - Body lotion
  - Deodorant
  - Nail clipper, files, nail brushes
  - Lip balm (like Chapstick)
- 

### Top Healthy Families & Early Head Start Needs

- Diapers
  - Wipes
  - Board Books
  - New art supplies
- 

### Top Volunteer Needs

- HRC: [Food Recovery Drivers](#)
- SERVE Shelter: [Kitchen Assistant](#)
- Early Head Start, Prince William: [Classroom Assistants](#)

*Did you enjoy this edition of the Insider? Have a suggestion? [Send us an email](#). We love hearing from our readers and are continually striving to provide relevant content.*

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10455 White Granite Dr., Suite 100, Oakton, VA 22124