



# INCARNATE WORD ACADEMY

*A Catholic College Preparatory for Young Women, Est. in 1873*

## ***Service Learning Program***

*"Be compassionate as your heavenly Father is compassionate.*

*Anyone who desires to come to me will hear my words and put them into practice." (Luke 6:36,47)*

**Program Overview:** [Service Learning Requirements](#)

Below are opportunities where students can volunteer during the Coronavirus pandemic, while maintaining the social distance guidelines. Students may earn the maximum number of service hours required for their grade level (9th grade = 15hours, 10th grade = 45 hours, 11th grade = 75 hours) by completing any of the options below.

For more information, contact Ms. Panzarini at [apanzarini@incarnateword.org](mailto:apanzarini@incarnateword.org)

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## ***The following are service projects that can be done from home:***

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**Sewn Hearts ♥** - Help Texas Women's University make sewn hearts for their students. The heart has an important message for nursing students--not only that their heart should be the center of their mission but also that they should treat their heart as gently as they treat their patients' hearts. To receive a heart is a tradition for a particular class that nursing students take called *Power of Nursing*. For every 1 heart sewn, you will have completed 1 service hour. Here are the directions for sewing the hearts: [Hearts for Texas Women's University](#). Bring all sewn hearts to the Campus Ministry office and log in your hours. In order to receive credit for these hours, please take a picture of your work and send to Ms. Panzarini ([apanzarini@incarnateword.org](mailto:apanzarini@incarnateword.org)) Create a service log in MobileServe listing the number of hours you have completed. On the log, list Ms. Panzarini as your supervisor along with her email and she will verify that you have completed those hours.

**Write a letter to the Sisters of the Incarnate Word and Blessed Sacrament:** For every 2 letters you write, you will be awarded 1 hour of service. Please obtain the names of the sisters here: [Directory of the Sisters CVI](#) Here are some ideas for what to write: [Guidelines for Writing Letters to the Sisters](#). In order to receive credit for these hours, please take a picture and send to Ms. Panzarini

(apanzarini@incarnateword.org) and create a service log in MobileServe listing the number of hours you have completed. On the log, list Ms. Panzarini as your supervisor along with her email and she will sign off that you have completed those hours. All letters can be mailed directly to the convent at (3400 Bradford St, Houston, TX 77025) or submitted to Ms. Panzarini in the Campus Ministry's office.

**Volunteer with the Blue Santa.** If you love the Christmas Spirit and wish we could celebrate it year-round, this service opportunity is for you! Contact Officer Georgianna Davis  and your dream will come true! <https://houstonbluesanta.org/volunteer>

The Houston Police Department Blue Santa is a year-round Officer Operated Non-profit that focuses on bringing joy to less fortunate Houston children.

**Make care packages for the homeless.** DIY care packages for the homeless: instructions [here](#). For every 1 care package you donate, you will receive 1 hours of service. In order to receive credit for these hours, please take a picture of your work and of the time you deliver it and send to Ms. Panzarini (apanzarini@incarnateword.org). Create a service log in MobileServe listing the number of hours you have completed, list Ms. Panzarini as your supervisor along with her email and she will sign off that you have completed those hours. Care packages can be delivered to [Loaves and Fishes](#) (2009 Congress St, Houston, TX 77002) between 8 a.m. and 11 a.m. Tuesday through Sunday. Students may also consult with Ms. Panzarini for other options. Please contact Ms. Panzarini for more information.

**Make cards (or digital cards) for the St. Dominic Village residents:** For every 2 cards you create, you will receive 1 hour of service. These should be upbeat and positive, personalized, short and sweet. Please obtain the names of the residents here: [Directory of Residents](#). Here are some ideas for what to write: [Guidelines for Writing Letters to Residents of St. Dominic Village](#). You can share stories of how life has changed in the past weeks, especially the good stories of how you are coping and spending your time. You can also assure them of your prayers for the residents, their families and all the staff during these unprecedented times. Please be sure a large font is used, at least a 16 size. In order to receive credit for these hours, please take a picture and send to Ms. Panzarini (apanzarini@incarnateword.org) and create a service log in MobileServe listing the number of hours you have completed. On the log, list Ms. Panzarini as your supervisor along with her email and she will sign off that you have completed those hours. All cards can be mail directly to Ms. Patricia Egerman, Director of Spiritual Care and Volunteers at St. Dominic Village - A Senior Care Community (2401 Holcombe Blvd., Houston, Texas 77021) or submitted to Ms. Panzarini in the Campus Ministry's office.

**Donate to KidsMeal - DIY Lunch Packing:** Prepare lunch bags for children in need. Follow the instructions listed on the bottom of this page: <https://kidsmealsinc.org/take-action/volunteer/>. For every 2 lunch packs you donate, you will receive 1 hours of service. In order to receive credit for these hours, please take a picture of your work and of the time you deliver it and send to Ms. Panzarini (apanzarini@incarnateword.org). Create a service log in MobileServe listing the number of hours you have completed, list Ms. Panzarini as your supervisor along with her email and she will sign off that you have completed those hours. Lunch packs should be delivered Monday-Friday from 9-11am at

330 Garden Oaks, Houston, TX 77018, where they will be quarantined and then safely distributed to children in need.

**Decorate Lunch Bags:** Unleash your creativity and decorate to your heart's content! All you need for this craft are standard medium sized lunch bags and art supplies. Follow the [instructions](#) listed on the bottom of this page: <https://kidsmealsinc.org/take-action/volunteer/>. For every 10 bags you decorate, you will receive 1 hours of service. In order to receive credit for these hours, please take a picture of your work and of the time you deliver it and send it to Ms. Panzarini ([apanzarini@incarnateword.org](mailto:apanzarini@incarnateword.org)). Create a service log in MobileServe listing the number of hours you have completed, list Ms. Panzarini as your supervisor along with her email and she will sign off that you have completed those hours. Decorated brown bags should be delivered Monday-Friday from 9-11am at 330 Garden Oaks, Houston, TX 77018, where they will be quarantined and then safely used to distribute lunch to children in need.

**Make a card for children in Foster Care:** For every 3 cards you create, you will receive 1 hour of service. Children in Foster Care are in an already difficult situation of being away from their friends, family, and familiar surroundings. Being quarantined at a group home must be very difficult. You can cheer them up and be a friend even from afar. Write upbeat and positive cards, short and sweet messages of hope and kindness. Here are some guidelines: [Cards for Children in Foster Care](#). In order to receive credit for these hours, please take a picture of your cards and send to Ms. Panzarini ([apanzarini@incarnateword.org](mailto:apanzarini@incarnateword.org)) and create a service log in MobileServe listing the number of hours you have completed. On the log, list Ms. Panzarini as your supervisor along with her email and she will sign off that you have completed those hours. Put all cards in a larger envelope and bring them to the Campus Ministry Office at IWA (Re: Cards for Children in Foster Care).

**Sew Medical Masks:** Many hospitals have requested medical masks in light of shortages in parts of the country. Joann Fabrics has a video here of how to sew the masks and they have drop offs at each store along with curbside pick up. For every mask you sew, you will receive 2 hours of credit towards your service hours. You will need to send a picture of the completed masks to Ms. Panzarini who will then sign off on your service log. Details available here: [joann.com/make-to-give-response](https://joann.com/make-to-give-response)  
DIY Masks: [Video Tutorial Here](#)

**Cookies/cupcakes for First Responders:** Many men and women are on the front lines of trying to fight off the pandemic. One way we can honor them is by bringing them baked goodies! For every dozen cookies/cupcakes you make and deliver to first responders (EMTs, fire departments, police officers, nurses/hospital staff), you will receive 1 hour of service. You can take a picture of these baked items and the location where you're delivering them and email Ms. Panzarini, who will then sign off on your service log on mobileserve. You can deliver baked goods to Officer Georganna Davis at 2202 St Emanuel St, Houston, TX 77003

**Make a card for hospitalized children:** For every 3 cards you create, you will receive 1 hour of service. You must follow these guidelines: [Cards for Hospitalized Children](#). In order to receive credit for these hours, please take a picture and send to Ms. Panzarini ([apanzarini@incarnateword.org](mailto:apanzarini@incarnateword.org)) and

create a service log in MobileServe listing the number of hours you have completed. On the log, list Ms. Panzarini as your supervisor along with her email and she will sign off that you have completed those hours. Put all cards in a larger envelope and bring them to the Campus Ministry's office (Re: Cards for Hospitalized Children).

**Make a card for troops:** For every 3 cards you create, you will receive 1 hour of service. These should be upbeat and positive, some other suggestions [here](#). In order to receive credit for these hours, please take a picture and send to Ms. Panzarini ([apanzarini@incarnateword.org](mailto:apanzarini@incarnateword.org)) and create a service log in MobileServe listing the number of hours you have completed. On the log, list Ms. Panzarini as your supervisor along with her email and she will sign off that you have completed those hours. Put all cards in a larger envelope and submit the cards to Ms. Panzarini in the Campus Ministry's office.

**Project Linus Blankets:** Create no sew fleece blankets for sick children/babies. For each blanket you create, you will be awarded 1 hour of service. **These blankets MUST be washed after you complete them.** You can use this pattern: <https://www.projectlinus.org/patterns/pdf/NoSewFB2.pdf>. Please contact [Project Linus](#) local chapter coordinator to see what specific blanket needs they have. And be sure to also ask where such blankets can be dropped off. In order to receive credit for these hours, please take a picture of the blanket and the location where you're delivering them and send to Ms. Panzarini ([apanzarini@incarnateword.org](mailto:apanzarini@incarnateword.org)). Create a service log in MobileServe listing the number of hours you have completed, list Ms. Panzarini as your supervisor along with her email and she will sign off that you have completed those hours. All blankets must be submitted to Project Linus local chapter coordinator.

**Knots of Love:** Knit or crochet baby blankets/caps for infants in the NICU. Knots of love has VERY specific information for how to make these blankets/caps located here: <https://www.knotsoflove.org/how-to-donate-caps-or-nicu-blankets>. Please follow their instructions exactly. For each blanket you make, you'll receive 5 hours of service and for each cap, you'll receive 2 hours of service. In order to receive credit for these hours, please take a picture of the blanket and/or cap and the location where you're delivering them, and send to Ms. Panzarini ([apanzarini@incarnateword.org](mailto:apanzarini@incarnateword.org)). Create a service log in MobileServe listing the number of hours you have completed, list Ms. Panzarini as your supervisor along with her email and she will sign off that you have completed those hours. All blankets and/or caps must be submitted to local collection sites found [here](#).

**Friendship Bracelets for Patients:** Make these friendship bracelets for hospital patients. [Friendship Bracelets](#). In order to receive credit for these hours, please take a picture and send to Ms. Panzarini ([apanzarini@incarnateword.org](mailto:apanzarini@incarnateword.org)) and create a service log in MobileServe listing the number of hours you have completed. On the log, list Ms. Panzarini as your supervisor along with her email and she will sign off that you have completed those hours. All bracelets can be submitted to Ms. Panzarini in the Campus Ministry's office.

**Create a balcony concert, or online music/dance/art lessons:** Create online dance, art or music lessons that can be posted on social media during the Coronavirus outbreak. For each video you

record and then edit to be a lesson, or for each concert you plan and perform, you will receive 2 hours of service. (Videos must be at least 10 minutes of teaching and the concert must be at least 30 minutes long). In order to receive credit for those videos, please send Ms. Panzarini a link to the videos on social media. She will act as your supervisor once you have completed the videos.

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**The following opportunities have minimal contact with people (You can potentially come in contact with volunteer coordinators, other volunteers and guests of the location).**

**Volunteer at the Houston Food Bank:** They are open as essential services to the community and seeking volunteers to assist during the coronavirus pandemic. For information on the current procedures and to sign up, visit: <https://www.houstonfoodbank.org/>. **If you are able to volunteer during this time, you'll receive double the amount of hours served.** Send a picture of the hours verification form to Ms. Panzarini ([apanzarini@incarnateword.org](mailto:apanzarini@incarnateword.org)) and create a service log in MobileServe listing the number of hours you have completed. On the log, list Ms. Panzarini as your supervisor along with her email and she will sign off that you have completed those hours.

**DONATE BLOOD:** Blood banks are in need of blood donors and there is a severe shortage of blood. The Red Cross is in need of donations. You can schedule your appointment here: <https://www.redcrossblood.org/>. If you donate, you'll receive 5 hours of service. You can enter this into mobileserve and have them sign off on the fact that you donated. Please refer to the website for eligibility requirements. You must be at least 16 years of age (with parental permission) to donate blood.

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Please contact Ms. Panzarini if you have any questions or ideas for projects not listed here  
**BEFORE** you begin your service.