



Mamie L Bass Service Award

Entry Form

District: **NINE**

Name of Altrusa Club **Altrusa International of Richardson, Inc.**
Address **PO Box 832101**
City **Richardson,** State **TX**
Country **USA** Zip/Postal Code **75083-2101**
Contact Person **Sue McElveen**
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Date (day. Month, year): **22/06/2022**
Club Membership (as of entry date): **57**

Project Title: The Kindness Action Ninja Event 2022

The Kindness Action Ninja Event 2022
Name of Project

Nomination for Mamie L Bass Service Award

June 22, 2022
Date

Altrusa International of **Richardson, Inc.**
PO Box 832101
Richardson, Texas 76083-2101
USA

District Nine
2020-2021

Executive Summary / Synopsis:

A 60-word count synopsis of your project providing brief outline of key aspects of the project. This synopsis will not be counted towards the project description count and will not affect submission eligibility. The synopsis will be used if your awards is selected as the winning entry.

Synopsis:

The Richardson Altrusa Kindness Committee hosted a Kindness Action Ninja Event. Limited by COVID to do “hands on” projects for two years, the Kindness Committee held an event that brought together several of our club’s service projects. The Kindness Event was successful in touching the lives of 1230 people and bringing together 53 (93%) of our club members.

Project Description: *(1,000-word limit)***Selection of the Project:**

The Kindness Committee held an event on April 2, 2022, Kindness Ninja Day, to bring together the entire Altrusa Richardson membership and make community connections. We decided that our club needed a day filled with “hands on” projects to serve the community as well as international service. We had been unable to gather for the past two years due to COVID restrictions.

Development and Implementation of the Project:

In January 2022, we invited each Service Committee to identify a project that would benefit an agency that their committee supported. It needed to be something that allowed our members to gather and do service for that agency. Our Service Committee Chairs were pleased to help make our event a big success. Several Administration Committees also identified ways to be part of the event.

On the day of the event, we helped the following agencies both locally and internationally:

- For Days for Girls (International Project), we assembled 550 kits for women and girls in third world countries. The DFG organization in the North Texas Region provided the materials. Two women from this organization attended and helped us assemble kits, which were then sewn together to make reusable sanitary napkins. The Kindness Committee spearheaded this project.

- We supported New Friends New Life, a local agency that helps women and girls rescued from human trafficking to rebuild their lives. We filled 40 Easter-type baskets with small, soft blankets, a journal with a pen, hand cream, chap sticks, Easter type candies as well as other small personal items. At the close of the day, these baskets were picked up by a representative of that agency. The Kindness Committee identified this project.

- Our Community Outreach Committee provided a project to help our local food bank, Network of Community Ministries, who works with some teachers in our school district (Richardson ISD) to provide emergency food kits. Teachers request kits for students they determine to be food insecure. The teachers then pass out the food kits to help students concentrate on their schoolwork and do better with their studies. We put together 500 food kits, all containing single-serve packaged snack foods that are kid-friendly. Example of items we included in a kit: granola bars, peanut butter snack crackers, single serve chips/cookies, and fruit snacks. After the event, members of the Outreach Committee delivered the bags to Network for distribution.

- Another project from the Kindness Committee involved preparing kits to help support our women veterans through an area V.A. Hospital. Forty kits were prepared, which included body wash, deodorants, razors, toothpaste, toothbrushes and a sports bra. The Kindness Committee members delivered the kits to the V.A. Hospital the following Monday.

- Another project by the Kindness Committee was to help local homeless veterans.

This initiative was to assemble medical kits that could be distributed through an agency that keeps track of the homeless vets in our area. We assembled 100 first aid kits that included band aids, iodine, ibuprofen, lip balm, and mole skin patches for foot blisters. The kits were put into gallon zip lock bags along with a new pair of white socks and a note either from an Altrusa or from children at two elementary schools in the Richardson ISD. Librarians from Yale and Northlake Elementary Schools had their students write notes to the homeless vets. We had over one hundred cards made by the children from these two schools.

- The Club Membership Committee brought a very needed project to our Kindness Event as well – Member Outreach. They set up tables and brought greeting cards, some handmade, to send to Altrusans that had been absent from our recent meetings. Other cards were earmarked for former Altrusans to let them know that they were missed. The Club members at the event had an opportunity to write personal notes on the cards. The Membership Committee addressed and mailed the cards. A total of 25 cards were written and mailed by the Membership Committee.

Evaluation of the Project:

This Kindness Event was a great morale booster for our club. After being in isolation for many months, our membership was eager to get moving and get to work in our community. We planned the event for spring and secured a place to host this event. We were delighted to use a local business facility called Friends Place, a business that offers day care for family members suffering from all forms of dementia. This site has been a huge help over the years by providing us with a place to hold meetings of our Board of Directors and special events at no cost. We in turn provide this business with support by helping them host a Mother's Day Tea where we serve tea and sandwiches to the attendees. We also help with a Father's Day celebration called "Tie One On," where we all wear ties, help the fathers navigate the

parking lot filled with all kinds of antique cars provided by a local car club. Also, we help serve their lunch and clean up afterwards. At the Kindness Event we invited the owners of Friends Place to see the service we are providing following the pandemic. We presented the owners with a certificate of appreciation for their generosity in sharing their facility.

We used the Kindness Committee budget for the supplies plus we also received donations from members unable to attend the event due to illness or traveling out of the city. We had a total of fifty-three members that worked or contributed to the event. We also had three members of our Richardson City Council stop by to see what Altrusa does. The City is one of our biggest supporters and had the event published in the Richardson City weekly events calendar.

This project totaled over 1,000 service hours from start through the completion and wrap up of the event the following week. This event touched the lives of 1,230 people both locally and internationally.

PLEASE NOTE:

Optional Supplemental Material (No points) Judges place primary importance on the written narrative. Substantiating materials do not earn points and are considered only in a supplementary perspective.

ENTRY SUBMISSION:

Submit your entry by **June 30, 2021** to
District Nine Director Guadalupe Carvajal via email:

gvcarvajal@yahoo.com

<https://altrusarichardson.com/>

RICHARDSON ALTRUSA KINDNESS NINJAS GATHER FOR KINDNESS WEEKEND



Members of the Altrusa Kindness Committee gathered on Saturday, April 2, 2022 to perform acts of kindness in celebration of this year's project. Check out this video which embodies KAN Weekend:

https://www.youtube.com/watch?v=8afO6jkod_4

Every April, Altrusa International of Richardson's Kindness Ninja Warriors celebrate Kindness Weekend, a community initiative that began in April 2016.

Simon Sinek: https://www.youtube.com/watch?v=8afO6jkod_4

WOW! Just WOW! That is the only way I can describe our Kindness Event that took place on April 2. The Kindness Committee had a dream to get our club back to doing some “in person,” “all together in the same space,” “hands-on” projects. And that’s what happened on April 2 at Friends Place.

What a joyful experience we all had that day. Our projects:

1. **Days for Girls** – This was a project from the Kindness Committee, led by Jane Tucker. We assembled 550 kits for women and girls in third world countries. The project helped assemble pieces to be sewn that will become a washable and reusable sanitary napkin. Two women came to show us how to assemble them correctly.



2. **New Friends New Life** – This is another project from the Kindness Committee, led by Robbin Murley. We assembled 40 Easter-type baskets filled with small, soft blankets, a journal with pen, hand cream, chap sticks and Easter type candies. These are for women who have been rescued from trafficking in the North Texas area.



3. **A Network Project to benefit children in RISD** - a project by our own Outreach Committee and led by Gloria Sandoval and Deb Bourland – We assembled 500 emergency food kits for delivery to Network. Network will then distribute these to RISD teachers that request food packets to give to students that the teachers feel are food deprived and therefore not able to focus on their classwork. The kits included single serve packaged snack foods that do not need to be cooked and are kid-friendly. The kits

were then taken to Network on Monday by committee members.



4. **Kits for women Veterans** – This was another project from the Kindness Committee, led by Lynda Calkin. We prepared and delivered to the V.A. Hospital in Garland, 40 kits that included body wash, deodorants, razors, toothpaste, toothbrush and a sports bra.



5. **Medical Kits for homeless Veterans** -This project was from the Kindness Committee, led by Cindy McIntyre. We put together 100 first aid kits containing items like band aids, iodine, ibuprofen, and lip balm. Nine items in all. The kits were put into gallon zip lock bags along with a new pair of white socks and a note of encouragement from either an Altrusan or from children at both Northlake and Yale Elementary Schools located in RISD.





Children from both Yale Elementary and Northlake Elementary helped with Medical Kits for Homeless Veterans

- 6. **The Membership Committee** led by Mary Beth McLemore had special handmade cards and other note cards that were on a table for Altrusans to stop by and write a short note to send to Altrusans that have been absent in recent years and also notes to some Altrusans that have dropped their membership. These were notes to say hello and that the recipient has been missed. 25 cards were made and sent by mail by the Membership Committee.



This year's Kindness Event was decided on by the Kindness Committee and we worked on getting this all together starting late January, 2022. We received tremendous cooperation from all committees. It was attended by 35 Altrusans on the day of the event and 18 others (who were not able to come to the event either because of illness or traveling) by donating to the Kindness budget to help with expenses. All total we had 53 Altrusa Club members participating. In addition, we had three of Richardson City Council members attend to witness the work done by Altrusa of Richardson. We also had the librarians from Yale and Northlake Elementary schools come by to deliver the cards the students made for our Veterans projects. Also, we had Vanessa Garnica from New Friends New Life stop by

to pick up the 40 baskets for her agency and we took pictures.



Mina Choudhury and Sue McElveen

This year we invited the new owners of Friends Place, Mina and her husband Fami Choudhury to come to our event so they could see what Altrusa is all about. I was able to present them with a framed certificate expressing our gratitude for letting us use the Friends Place facilities for a number of things. We hold committee meetings, BOD meetings and other special events at Friends Place with no charge. What a wonderful blessing for our club. They came and seemed delighted to have us use their facility for our events and meetings.

Norma Hammerlund was in charge of the beverages and food for the event. We served coffee, juice and water. Along with the beverages she made baked apple roll ups, delicious breakfast burritos, fruit, and other goodies. We also received a discount on kolaches from the Kolache Factory and mini cinnamon buns from Cinnaholic, and a discount on coffee from Sweetwater. All of these are local Richardson businesses.

It is hard for me to put into words what a wonderful experience it was to have us all together, working for the good of the community and just being together after two years of being in isolation during the pandemic. I believe we were all ready to get back to work!

The Kindness Committee is grateful to all who participated. This is one of the main events during our Altrusa club year. On April 2, 2022, Altrusa Richardson touched the lives of **1,230** people locally as well as some Internationally, at our Kindness Event for 2022.

With deep affection,

Sue McElveen, Kindness Chair 2021-2022

Email: contact@altrusarichardson.com

Facebook: [@AltrusaRichardsonTexas](https://www.facebook.com/AltrusaRichardsonTexas)

Website: altrusarichardson.com

District Nine Website: www.altrusadistrictnine.org