



# THE HOME OF THE SPARROW WING

FOR GREAT VOLUNTEERS

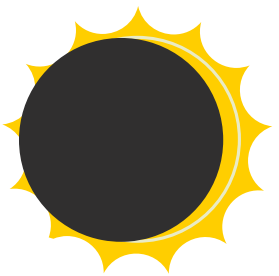
Thank you for helping to reduce the prevalence of homelessness among women, children, families, and individuals through creative strategies and community partnerships that result in lasting self-sufficiency.

### Days to Celebrate



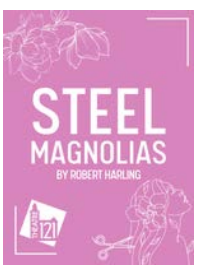
- Global Volunteer Month
- March 1st: April Fool's Day
- March 3rd: National Walking Day
- March 5th: National Deep Dish Pizza Day
- March 8th: Solar Eclipse and the HOS Volunteer Appreciation Brunch
- March 12th: National Grilled Cheese Sandwich Day
- March 18th: Tax Day
- March 21st - 27th: National Volunteer Week
- March 22nd: Earth Day

## UPCOMING COMMUNITY EVENTS



### Solar Eclipse Event

Monday, April 8th, 2024  
12:30-3:30 pm  
330 N. Main St Crystal Lake, IL



### Theatre 121's Steel Magnolias

Starting April 12th, 2024  
Woodstock Opera House  
Woodstock, IL



### Spring Fling Craft Fair

Saturday, April 13th, 2024  
10:00 - 3:00 pm  
McHenry VFW  
McHenry, IL

[Click Here for More Info.](#)

[Click Here for More Info.](#)

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# HAPPY GLOBAL VOLUNTEER MONTH

Home of the Sparrow volunteers make a difference in the community daily. In the fiscal year 2023, 536 unduplicated individuals volunteered over 39,000 hours to HOS's programs and operations. Volunteers are the heart of the agency and dedicate their time and talents to volunteering at Home of the Sparrow's fundraiser events, administration office, housing unit and shelter maintenance, yard work at the housing units, and the Sparrow's Nest Thrift Stores and Community Threads.



*"At the end of the day it's not about what you have or even what you've accomplished... it's about who you've lifted up, who you've made better. It's about what you've given back." – Denzel Washington*

## APRIL TRIVIA

1. What is the birthstone for April?
2. What dates in April did the Titanic sink?
3. Which was Elvis Presley's first #1 hit, which reached the top spot on 21st April 1956 in America?
4. Which Southeast Asian Country celebrates its New Year in April?
5. Which major golf tournament occurs in the first week of April?



- Answers on Page 7 -

## SOLAR ECLIPSE

A solar eclipse happens when a new moon is positioned precisely between the Earth and the sun and casts its shadow on the Earth.

This year, a solar eclipse will happen on April 8th, 2024, in our area at 2:07 p.m., and 94% of the sun will be covered. It will be the longest totality until 2044.

Please be cautious and watch the eclipse with solar glasses and not sunglasses!



# HAPPY BIRTHDAY, VOLUNTEERS!

April 1st: Janet C., Claire P., Barbara R., Eileen R., Ricardo Z.

April 2nd: Grant K., Kathleen K.

April 4th: Mary B., Lisa Anne J., Leah M., Stacey W.

April 5th: Christine K.

April 7th: Christopher M.

April 8th: Christine T.

April 9th: Cheryl C., Judy M., Anthony S.

April 11th: Alejandro V.

April 14th: Heather W.

April 13th: Kaylie C.

April 15th: Vanessa T.

April 17th: Alan C.

April 19th: Ralph G.

April 20th: Rosemary G., Keith H.

April 21st: Jean G

April 23rd: Wyatt M.

April 24th: Manuel H., Susan S.

April 25th: Michael B.

April 29th: Laura L., Bonnie W.



[Apply & Read Description HERE](#)

## **CHILDCARE VOLUNTEERS NEEDED!**

Home of the Sparrow is looking for volunteers to bring smiles to some important kids.

While moms work hard in programming to make life better for their families, volunteers provide a safe, caring environment for their kids.

Join the journey of a child in the transition out of homelessness. We have a great fenced-in play area outdoors and plenty to do inside. Help make some good memories for these kids!

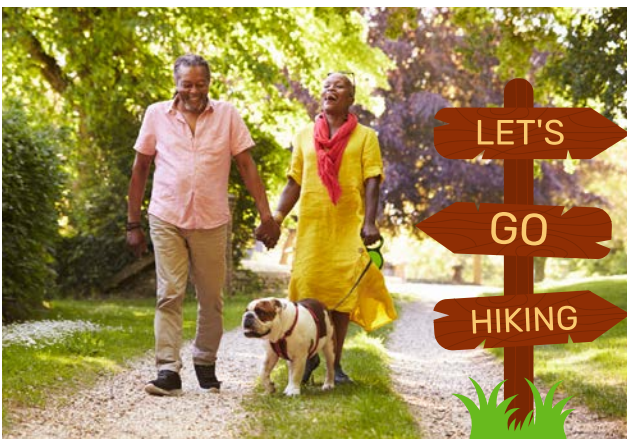
## **National Walking Day**

Celebrate National Walking Day on April 3rd by enjoying a park near you. There are many close places right in our backyard where you can walk.

- Busse Woods, Rolling Meadows
- Coral Woods Conservation Area, Marengo
- Glacial Park Conservation Area, Ringwood
- Moraine Hills State Park, McHenry
- Sternes Woods & Fen, Crystal Lake
- Volo Bog State National Area, Ingleside

Discover the best hiking spots in McHenry County by clicking below.

[Click Here for a list of beautiful places to walk in Mchenry County!](#)



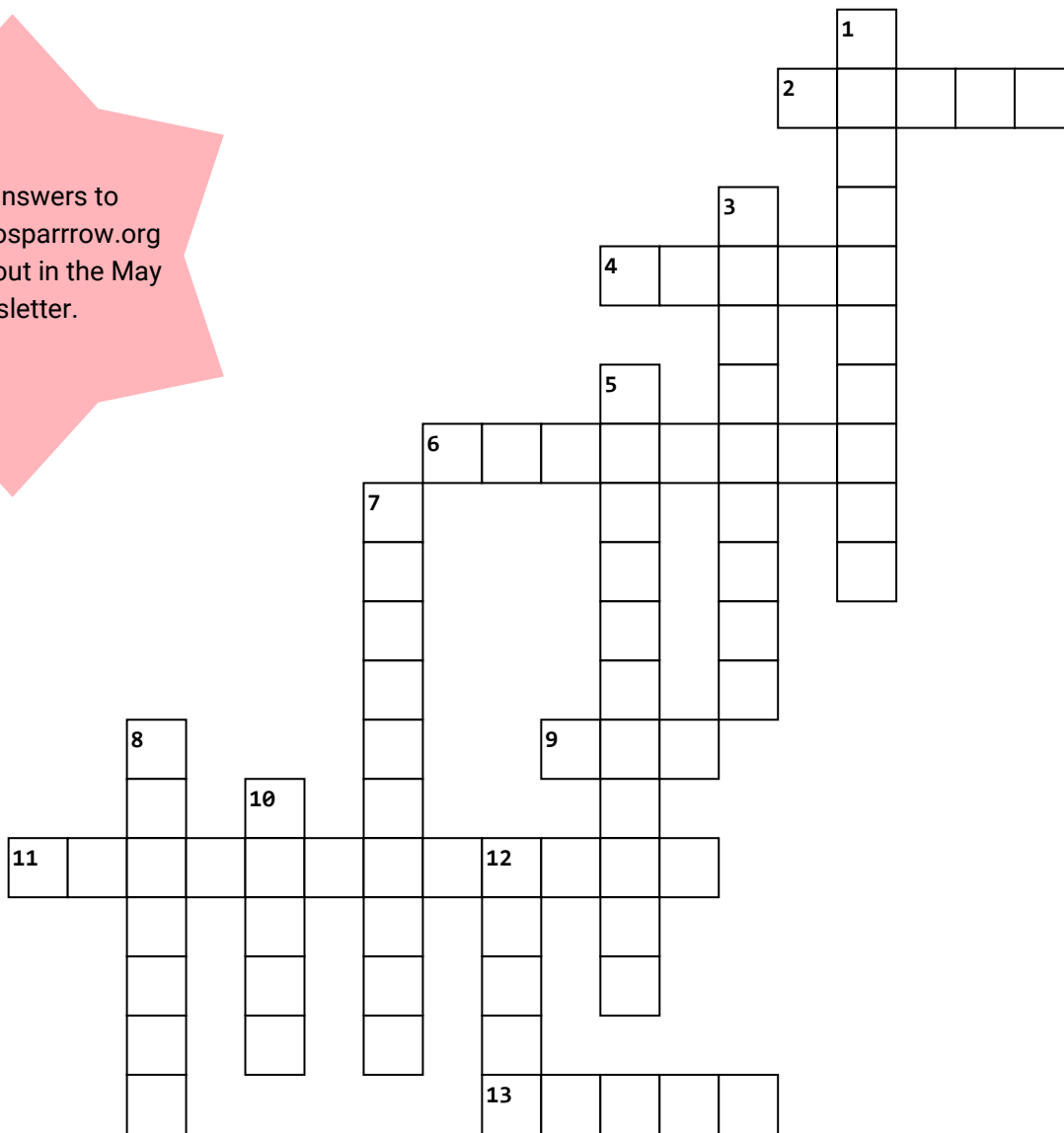
## **Benefits of Walking**

- Maintain a healthy weight and lose body fat
- Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes
- Improve cardiovascular fitness
- Strengthen your bones and muscles
- Improve muscle endurance
- Increase energy levels
- Improve your mood, cognition, memory and sleep
- Improve your balance and coordination
- Reduce stress and tension

[Click Here to Read About the Health Benefits of Walking](#)

# Volunteer Appreciation Month

E-mail answers to  
kobrien@hosparrow.org  
for a shoutout in the May  
newsletter.



## Across

2. People spend an average of 52 \_\_\_ per year volunteering their time.
4. Are men or women more likely to volunteer?
6. Volunteering causes your brain to release this feel-good chemical.
9. Individuals from \_\_\_\_\_ volunteered 53,000 hours last fiscal year (abbreviation).
11. Most international volunteers come from this 2-word country.
13. National Volunteer Month began in 1991 as part of George H.W Bush's 1000 Points of \_\_\_\_\_ campaign.

## Down

1. Home of the Sparrow \_\_\_ make a difference!
3. One out of 4 \_\_\_ volunteer.
5. What generation are more likely to volunteer? (2 words)
7. Is the demand for volunteering increasing or decreasing?
8. Volunteering is a great way to make lifelong \_\_\_\_\_.
10. Volunteers put their \_\_\_ and soul into helping others.
12. What month is National Volunteer Month celebrated?



Home of the Sparrow Presents Our...

# Black & White Ball

May 4th, 2024 | 5:00 - 10:00 pm

Avante Banquets

[Click Here for Registration & More Information!](#)

\*Volunteer Opportunities Coming Soon!

## MORE WAYS YOU CAN MAKE AN IMPACT ON HOS

- General Cash Contributions
- Sponsorships
- Attend HOS Events
- Involve Your Church
- Payroll Deduction Plans
- Hold a Donation Drive
- Corporate Partnerships
- In-Kind Gifts
- And many more...



[Learn More at HOSparrow.org!](https://HOSparrow.org)

# Volunteers in Action



WORK TOGETHER!

**Willow Creek Church Group** came out to the HOS shelter and helped us with an exterior painting project on the building, mulching, organizing, and even repairing some bikes for our current clients! We are extremely grateful for their support and selflessness.



**Christ Community Church Huntley Campus** Helped box up the Woodstock Nest Store to prepare for the new carpet.



**Event Committee Volunteers**  
Thank you to HOS' Event Committee Volunteers for helping out at our Celebration of Women Luncheon this year!

## Trivia Answers

1. Diamond
2. April 14-April 15
3. Heartbreak Hotel
4. Thailand
5. The Masters Tournamnet



[Click HERE to Donate](#)

Home of the Sparrow is a 501 c 3 non-profit that provides Transitional Shelter, Housing, and Supportive Services to women, children, and individuals experiencing homelessness. Home of the Sparrow also operates seven thrift stores and donation centers. Please visit our website at [www.HOSparrow.org](http://www.HOSparrow.org) or "Home of the Sparrow" on Facebook for a list of services, store hours, and locations.