

Look what \$2 can do! Just two dollars per payday to the CVC can..

... purchase one advocate training manual for a Henrico County Court Appointed Special Advocate ... can provide a years supply of high blood pressure medication for 9 patients of Jefferson Board of Aging ... heartworm, Lyme, or ehrlichia test and rabies vaccines for our Rescue Collies ... 320 pounds of food for supplying Senior Angels ... Henrico Humane Society secures a complete health examination for one animal ... provide 12 uninsured, low-income individuals with a 30-day supply of medications necessary for mental health care through the Mental Health Association of Roanoke Valley.... provide one uninsured, low-income individual with a 12-month supply of necessary medications to mental health clients

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... provide oral diabetic medication for 5 patients for three months at Jefferson Board of Aging

...provide 16 home delivered meals to a frail, isolated, at-risk elderly with the greatest economic and social need (United Way of Roanoke Valley)...

provide two days of scholarship for a safe, protected daytime environment for adults with special needs who are unable to be alone during the day through

the United Way of Roanoke Valley ... provide 1 hour and 20 minutes of health services from a

team that consists of Nurse Practitioners, RNs, LPNs and Geriatric Social Workers/Case

Managers to meet the needs of the underserved and uninsured population in Central Virginia for

an frail, at-risk indigent elderly person ...

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... allow a teenager to attend a day of after-school programming that encourages academic excellence and develops good character. can provide 2 months of diabetic test strips for one of our diabetic patients through Jefferson Board of Aging ... provide for a working family facing hard times by getting a week's supply of food through soup kitchens, pantries and other feeding programs to meet their nutritional needs and help make ends meet... cover the cost of a victim of stroke...Cover the cost of attending an aquatic therapy session to manage pain, regain strength and improve mobility – helping them on the road to recovery...At camp Holiday Trails buy Gas for one golf cart to transport campers with mobility problems around summer camp

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...cover the cost of Materials to build one full summer of 45 Wish Boats for closing campfire... provide a fresh and healthy dinner prepared by our camp chefs for one cabin of campers... provide first aid/CPR/AED training to ALL staff members at Camp Holiday Trails...two abused or neglected children supervision, monitoring and interaction for one month ...one dental hygiene appointments per year for a patient who cannot afford healthcare... provide 34 poor and homeless individuals with trans-portion to doctor's appointments and job interviews...\$ provide 24 poor and homeless men and women with critical hygiene and safety items...pay a monthly cell phone bill in order for our Literacy Volunteers field staff to be able to communicate with our many adult learners and their tutors...

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... pay for four hours of the basic literacy instructional support to an adult learner and their tutor ... completing one basic literacy comprehensive learning assessment for a learner... provide volunteer tutors two hours of instructional support from our program specialist.... pay for several reams of copy paper necessary for tutor trainings and in-services in order to train additional volunteers necessary to enhance our free one-to-one and small group confidential literacy services... secures a complete health examination for one animal through Henrico Humane Society... helps the food bank provide 6 meals ... provides a Ropes Challenge course experience for 2 of our campers at the Central Virginia Burn Camp...

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...a portable crib for a baby to sleep in, helping to prevent his death from SIDS...Meals on Wheels of Charlottesville-Albemarle can provide 2 weeks of hot meals for a needy neighbor... After-School Tutoring provides 15 notebooks filled with printed forms for communicating our weekly, individualized lesson plans to the tutor and for recording the week's results for each student... provide fun prizes, toys, games, books, and other items for students to "buy" with incentive points they earn during tutoring ...ten gallons of gasoline for an activity bus which takes children on field trips...allow CCHASM to buy 267 pounds of food for our surrounding food pantries...

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... pay for an entire day of day support for an individual with intellectual or developmental disabilities attending The Arc Op Shop in Harrisonburg, VA... allows Alliance for Interfaith Ministries to pay for a tank of gas (or almost a whole tank) for someone living in the shelter for abused women who needs gas to go job hunting...pays for an eye exam for someone who is unable to fill out job applications because of not being able to see the print...up to nine prescriptions at the UVA pharmacy for clients who are at the lowest tier of the reduced pay scale... pay for a uniform for someone just starting a new job which they might need before receiving their first pay check. . buy supplies for the Cerebral Palsy Art Works Program and also pay for one game of bowling for ten people...

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... buy Diesel fuel to go in one of our furniture trucks making a delivery of furniture to a refugee, a person coming out of a homeless shelter or an immigrant living in an apartment without any furniture and sleeping/eating on the floor... pay the co-pay on 24 generic prescriptions for a child needing medicine... help keep a child in quality child development care while a parent works a very low paying job.... help purchase a gallon of milk to be sent from the food pantry to a family needing help, particularly since children of school age are home during the summer and the school lunch program is not available for the school age children...allow Habitat for Humanity to buy 4 bundles of shingles, or one square of siding or one light fixture or or 8 square yards of carpet

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Habitat for Humanity can provide ½ hour of professional electrical work or buy one ceiling fan, or 4 boxes of framing nails, or 20 2x4 studs, or 28 concrete blocks – all of which are needed in building homes... allow Herndon-Reston FISH provide Gasoline for 3 persons to get to a job interview... allow Herndon-Reston FISH to buy Four gift cards towards a Thanksgiving turkey for a needy family... allow Herndon-Reston FISH to buy Prescription medication for a person without medical insurance or purchase Materials for 24 persons attending our Financial Education Workshops... means Computers4Kids can pay for background checks for two of its mentors, ensuring two more students are safely matched... mean Computers4Kids can pay for home internet access for four students..... mean

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... Computers4Kids will cover the cost of operating systems for the donated home computer systems of eight Computers4Kids students...allows Pulaski County Humane Society to buy Cat litter for a week for 60 cats...Dog vaccines for 24 dogs, protecting them from deadly disease...Spay a cat to prevent unwanted kittens from ending up abandoned to our shelter, or to buy a non-destructible dog bed to help our babies feel "more at home"...allows Sanctity of Life Ministries to send a client to the doctor for a sonogram and initial prenatal exam...allows Reading is Fundamental to provide three children, who are at risk of educational failure, with three free books of their choice as well as a full year of literacy services and encouragement to foster a love of reading..

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... 12 pregnancy tests for the young women who come to health centers... pay for two of our client phone lines for one month - this is answered 24 hours per day at either the Center or by a volunteer... allow Rebuilding Together of Richmond to buy grab bars for four clients, or buy lumber for two handrails, a deadbolt for two exterior door or smoke detectors for 12 clients or to buy weather stripping kits for 12 clients... Christian Counseling and Training Center would provide an hour of counseling for a client who cannot afford to pay... Or provide training materials for two individuals enrolled in our training classes...The Volunteer Center of the Virginia Peninsula Provide Disaster Training Manuals for 24 students, Training Manuals for 24 nonprofit Volunteer Administrators...

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... provide safety ID kits for 5 disadvantaged children or vulnerable adults with dementia or Alzheimer's... provide a comprehensive disaster kit for a disadvantaged family, or provide 2 weeks of support for searchable data base for volunteers seeking opportunities and nonprofits seeking volunteer support .. provide \$288 worth of food from the Second Harvest Food Bank... provide 12 prescriptions, 2 dental visits, or one hour of service to a patient with a nurse practitioner, physician assistant, registered nurse, dental hygienist or psychologist through the Free Clinic of the New River Valley... provide a teacher for one day for 12 students at the VisArts Kids Create After School program for at-risk youth or youth who receive subsidies...

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... provide 4 days of living assistance to a client at the St. Francis Center...The Healing Place to provides shelter, meals and services to two clients for one day... allow five middle school kids to attend a YMCA teen leadership conference....Just Neighbors can cover the intake fee of one low-income immigrant who has experienced domestic violence and needs the help of an immigration attorney to gain legal status in the United States without dependence on her abuser ... provide Two Cub Scout Day Camp Camperships or Two Eagle presentation kits or 4 months of Boy Scout program...Wildlife Center of Virginia can buy enough mealworms – 4,000 worms – to feed all of the baby birds in the Wildlife Center’s hospital clinic for one week during our busiest season ...

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...pay for a test for a Bald Eagle or a Red-Tailed Hawk to determine exposure to pesticides or insecticides.... pay the administrative fee for medicines that Allegheny Highlands Free Clinic orders for patients valued at up to \$4,700 per prescription... send one preschooler with disabilities to a summer educational program for one week through Hanover ARC... allows the Environmental Law Institute to organize a global teleconference to discuss solutions to pressing environmental concerns....One child could attend Youth camp and receive a t-shirt; or attend a beginner Volleyball clinic; Receive a USA Volleyball annual membership through the Richmond Volleyball Club ... provide child ID kits for 48 children through the Catena Parker Foundation for Missing Children...

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... Goodwill of Virginia can provide 1.5 hours of service to a client, such as an assessment of need or to make a home delivery of medical equipment...Friends of the Blue Ridge Parkway will purchase costumes for volunteers to wear for demonstration of life in the 18th century...The Southside SPCA can feed a litter of kittens for two weeks or feed a large dog for one week or provide bleach to clean a building for a day or immunize a dog or puppy for distemper and parvo...Bethany Hall can provide 16 hours of substance abuse treatment services...The Children's Home Society can provide materials needed for four foster parenting sessions...The Traveller's Rest Equine Elders Sanctuary can provide 150 pounds of horse feed or 30 days of meds for a horse with Cushings disease...

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... Three days of affordable housing to a brain-diseased person at Laura's House through the Brain Foundation...The Emergency Food Bank can provide food for a family of four for three days....Joy of Life can provide swimming lessons for 2 children...Ring Dog Rescue could buy a year's supply of heartworm prevention for a dog...Training materials for 10 jobs with justice activists and leaders through the Jobs with Justice Education Foundation...A horse would have 10 square bales of hay – enough for 20 days – through the Eagle Hill Equine Rescue...The Potomac Conservancy could plant seven trees along a local stream...Virginia Legal Aid will provide information and followup services for a client with a landlord-tenant dispute...

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... Graz'n Acres Therapeutic Riding Center can provide 2 lessons for a disabled student...The Foodbank of Southeastern Virginia can provide \$480 worth of food to its clients...The Center for Human-Animal Interaction at VCU can provide one session of pet-loss support for someone who has recently lost a pet or vests and bandanas for two therapy dogs who will visit patients...Madison Emergency services could provide \$72 worth of electricity to a client who could not pay their power bill...Culpeper Community Development Foundation can provide books for children in the shelter and food for the homeless...Literacy Volunteers of Fauquier County would provide reading classes for 12 children...

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... Piedmont Dispute Resolution Center could provide training materials for at-risk youth ... American Red Cross chapters can provide clothing and shoes for a family who lost everything in a fire ...The Free Clinic of Culpeper would provide a month's supply of medication for 24 clients ... 12 servicemen and women would receive religious support overseas through the International Bible Society...500 trees planted through the Building Goodness Foundation in a Haitian community, which would provide a future income source...A class on home ownership and financial literacy skills to a group of low to middle-income clients through the Piedmont Housing Alliance...Two weeks of utilities for a senior citizen on a fixed income through Good Housing...

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... OAR could provide 4 homeless ex-offenders with a warm meal or composition books and supplies for taking the GED course for 24 incarcerated individuals...Generic prescriptions for patients in a mental health free clinic for one year through the Mental Health America of Roanoke Valley...Four days of meals for a parent staying with a sick child at a hospital or 1,625 minutes of long distance service for a family away from home with a sick child through Children's Cancer Assistance Fund...Mercy Ships can buy 2 packages of bandaging supplies or provide sunglasses for 10 eye patients...bananas for all residents at the Little Sisters of the Poor or pudding for mealtimes...The Virginia Beach SPCA could feed a motherless litter of squirrels for 2 months...

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... The Virginia Foundation for Community College Education could provide three foster students with career coaching...240 servings of lean meat as provided by the Hunters for the Hungry...Mercy Ships could provide two eye exams...Blessings International would provide ulcer medication for a patient for 18 months or medicine to treat 50 cases of malaria ... 360 meals for children in Kenya through Children's Hunger Relief Fund...Sojourners would provide five annual subscriptions to their religious magazine for prisoners...Arc of the Piedmont could provide one time law service for a group home or eight weeks of therapeutic recreation classes for two people...Assisting Families of Inmates can provide bookbags and school supplies for 5 children or summer camp for four

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...The Richmond Area Red Cross can send 25 boxes of hand knit hats and gloves to shelters in the area (hats and gloves are knitted by volunteers)...A child playing baseball at the Miracle League of Richmond will receive a full season of baseball, a uniform, player insurance and a trophy ... The Tourette Syndrome Association can provide two presentations to schools designed to help a client's peers understand the disease...The Women's Resource center of the NRV can provide two hours of counseling to a victim of domestic abuse or sexual violence...Free Clinics of the NRV can provide most a two 30 day medical prescriptions for a low-income uninsured resident in need of critical medication...

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... Two days of quality day care for a child of a low-income working family through the United Way of Charlottesville Thomas Jefferson Area

...The Salvation Army can provide three meals to a homeless person or washing and drying a person's laundry and provide a hot shower...The

Rockbridge Area Relief Association can provide

24 meals to its clients...The Boys and Girls Club

can provide two Smart Moves resistance training

session for 15 youth ...The Carver-VCU

Partnership can provide 4 weekend trips to the

Lewis Ginter Gardens or a new winter coat for a

child...ElderFriends could provide two grab bars

or handheld shower heads or a shower bench to

make it safer for a frail person to move in an out

of the shower or tub...Olde Towne Medical

Center can provide 7 carpal tunnel protectors

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... Olde Towne Medical Center can give 17 TB tests...Two days of sheltered employment vocational training for an individual with mental illness through the ARC of Petersburg ... At Shelter House, they can provide job training and employment coaching for homeless women in their shelters ... School shoes for 2 children starting school in the fall through Lorton Community Action Center...A student could attend a weekend residential retreat through the Surry 4H Program...264 peanut butter and jelly sandwiches and 2 haircuts for women convinced by their abusive husbands that they did not matter through the Shelter for Help in Emergencies...Reading is Fundamental can buy books for 10 children for a year...

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... The Central Virginia Health Planning Agency provides 96 people with information on getting medical care and avoiding medical bankruptcy ...Hospice House in Williamsburg can provide bereavement materials for 10 families...The YMCA can provide 2 children with swim lessons or one month's membership for one child...The Hospital Hospitality House can provide 2 slow cookers, 2 blankets and 2 sets of bed linens for families with children in the hospital...The Blacksburg Volunteer Rescue Squad can pay for two Heartstart Trainer Pediatric pads which are needed regularly for AED training...12 patients would receive a month's supply of critical medicines through the Prince William Area Free Clinic...A woman would receive one hour of legal

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representation from the Tahirah Justice Ctr.

...OAR or Richmond could buy a tool belt and work boots for a client starting a new job...

Allow four senior citizens to take part in a Senior Visitors program for companionship and

emotional support through the Rappahannock

United Way...Helping Hands can provide motel

accommodations for a homeless person for one

night...Goodwill can provide vocational and life

skill services for a client so they can earn a

paycheck...The Girl Scouts can send a girl to a

weeklong day camp ... 100 watercolor

bereavement cards can be provided for

communication with grieving families through

the Loftis Memorial Bereavement Fund...Central

Virginia Foodbank can provide 280 meals for

hungry children, seniors, disabled and the

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working poor...One elderly or disabled person will receive comprehensive dental care through the Virginia Dental Health Foundation...Field trips for 2 children who would otherwise miss the opportunity could be provided by the Henrico Education Foundation ... 74 calls to the Virginia Family Violence Hotline will be answered ... St. Columba Ministries can feed 24 homeless persons... 60 tickets on Bay Transit for people going to doctor's appointments or going to jobs through Bay Aging...Second Harvest Food Bank can provide \$288 worth of food...Hospice Angel Flight can pay for telecommunications costs incurred while undergoing special treatment ...Mercy Medical Airlift can provide airline fees to a person via a free airline ticket ...Angel Flight can send a person to a burn center or hospital ...

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... One childcare worker at Barrett Early Learning Center would receive CPR and First Aid training...5 dogs or cats could sleep peacefully and comfortably at the Richmond SPCA...12 well-balanced meals through our Food Bank Program of the Institute for Black Charities or math and science learning aids for 15 youth in the Summer Enrichment Program or provide personal hygiene kits for six boys and six girls in the Rite of Passage Program or a healthy snack for 25 youth in the After School Tutoring Program or fruit baskets and personal hygiene items for 10 residents in the nursing home...folic acid supplementation for one woman for two year, preventing devastating birth defects such as cleft lip, spina bifida and many other neural tube disorders from the *International Hospital*

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for Children... The Christian Foundation for Children and Aging (CFCA) helps aspiring older youth and young adults, in 25 developing countries pursue educational goals such as attending high school or vocational schools...

Hospice of the Rapidan cares for patients and their families through purchase of Care Notes (reading materials used for grief care) ...

2 children with the materials and awards they need to participate in an Awana club oversees for one year...YMCA at Virginia Tech can give first aid kits for free Y Hikes or provide one foot of mirrors for the new Y dance floor provide clay for an entire pottery class... Help Fight Hunger in American by helping two hungry families for a month and support Operation Blessing International's food distribution...