



Kiwaniis
E-KIWANIS 2.0

Covid-19 **What can we do?**



Even without a meeting there are a lot of things we can do!

Chemo Care Kits. Pg 4

Keeps the mind and hands busy for the patient and family

Care Package for the Homeless. Pg 5

Great examples of what to put together for Homeless people.

Miscellaneous ideas. Pg 6-7

Various ideas for young and old and even pets to help out our neighbors. Every day we should all practice kindness, however; now is the time more than ever before for all of us to come together. All of these projects can be done with all of our K family members.

Hospital Busy Bags. Pg 2

Ideas to put in bags for people in the hospital to not only keep their minds busy but to snack on too. Leave at front desk for hospital to distribute

How to Make Kindness Place Mats. Pg 3

Leave at front desk of Long Care Nursing Facility's. Something fun for our seniors to see while eating.



These are all ideas that were assembled by a call held by the eKiwaniis 2.0 meeting with members from several districts in attendance.



Hospital Busy Bags

- **For Adults**

- Magazines
- Tissues
- Snacks (snack size snacks) crackers, chips, chocolate, fruit, veggies, hard candy
- Book of word games
- Lotion
- Chapstick
- Fuzzy blanket (waiting room gets cold)
- Mittens same as above
- Small bottle of laundry soap
- Gum
- Towel
- Toiletry items
- Lists and menus of nearby restaurants
- Gift cards from restaurants
- Water
- Notebooks and writing tools to keep journals
- Card Games

- **For Kids**

- On the go Tic-Tac-Toe Game
- Coloring book and crayons
- Small picture book
- Puzzles
- Hand sanitizer
- Play doh
- Reusable disposable cups
- Tummy Tickler drink-these are great bc they are filled with apple juice and are reusable
- Play pack with stickers and activity book
- Board Games



How to Make Kindness Place Mats



Here are the supplies you need:

- construction paper or cardstock
 - coloring/drawing supplies like markers, crayons, dot markers, stickers, paint
 - laminator (optional—you can always take your place mats to an office supply store to be laminated too!)
1. Create a drawing on construction paper or cardstock. You can even add a happy message to your artwork.
 2. Let it dry completely if using materials like glue, paint or dot markers.
 3. Laminate each place mat so it can be wiped clean and is more durable.
 4. Contact your local Meals on Wheels America (or similar charitable organization in your area if not in US) location to drop off or mail in the place mats.
 5. Repeat! This is a fun project you can do year-round. It can also be a great way to re purpose your children's artwork into an act of kindness for seniors.



CHEMO Care Kit

TIPS

- For each kit include: five **Items to Help with Side Effects** plus one activity and/or comfort item.
- Buy travel-sized items.
- Plan to budget approximately \$1 for each item. The comfort and activity items seem to range in price from \$3-\$5. Most kits put together cost: \$8-\$12.
- Focus each kit for a specific group (age range and gender: boy, girl, or either)
- Make sure all the items in each kit are **age appropriate** for the same age range. (For example: cozy size 1 Spiderman slippers would be a mix-match with nail care kit.)

Items to Help with Side Effects (include 5 or more of the following)

- ☐ Tissues
- ☐ Mints
- ☐ Lemon drops or Lemonheads
- ☐ Gum
- ☐ Ring pops
- ☐ Fragrance-free lotion
- ☐ Two sets of plastic utensils (highly recommended—Best ones from IKEA)
- ☐ Hand sanitizer (for family members to use)
- ☐ Lip balm
- ☐ Antibacterial hand wipes

Comfort Items (include 1 of the following)

- ☐ Soft socks, slippers, or hat
- ☐ Washable, cuddly item
- ☐ Blanket or pillow case

Activity Items (include 1 of the following)

- ☐ Coloring book and crayons or colored pencils
- ☐ Simple craft
- ☐ Small toys
- ☐ Nail care kit (for teenage girls)
- ☐ Fun, twisty straws
- ☐ Activity or joke book
- ☐ Stickers and notebook
- ☐ Travel-sized games, card games, or puzzles
- ☐ Notepad and color pens
- ☐ Gift cards (Red Box, iTunes)



Care Package for the Homeless

- Gloves
- Socks Ones you can layer, thermal, Wool, socks is one of the number one items we get to donate to homeless. Remember homeless people number one mode of transportation is walking.
- Band-Aids big ones to cover blisters and small ones
- Deodorant
- Chewable Multi-Vitamins
- Lip Balm/Chapstick
- Lotion
- Sunscreen
- Tissues
- Toothpaste
- Toothbrush
- Wet Wipes
- Woman's personal items
- Beef Jerky (even if your teeth are junk you can suck on this until it's mush and still get the protein)
- Breakfast bars or cereal bars
- Mints
- Peanut Butter Crackers
- Raisins/dried fruit
- Snack cups
- Tuna/Chicken salad cracker kits
- Water

Pack in a big, clear zip bag, with an inventory at the front so that they can see what's in there. Don't give used/opened items.

A card made by a child is welcome, a poem or something to read is nice.



Miscellaneous ideas

- Dog toys
- Fleece Blankets
- Trauma Dolls for first responders
- Cards for senior center, this is something our entire K family can work on together. Making cards and delivering them to the front desk or mailing them to whoever the long care facility suggests you mail them to could be office manager or HR or someone like that.
- Leave a note/take a note/ compliment cards
 - Leave random notes in places you visit
 - Rest areas
 - Drive throughs
 - Waitresses
 - Store clerks
- Laundromat Library/ leave books and non-perishable items
- Chemo Care Kit
- Recording of your voice reading books
- Every day doing a facebook live reading for kids at a school, having local celebrity's doing the reading/perhaps having the teachers do a reading and posting it to the local school districts social media, this way the students especially our young ones and special needs who really need consistency in their lives can still see their teachers.
- Kindness Place Mats make mats with kindness quotes and pictures on them for senior centers, leave them at the main desk.
- Coloring Book and Crayon bag leave at hospital main desk
 - For adults and children
- No Sew Hero Capes for Children in hospitals, receiving chemo dentist offices, etc.
 - <https://adventuresofmel.com/how-to-make-an-easy-no-sew-superhero-cape/>
- Hospital Busy Bags often families spend long periods of time at the hospital, this is for adults and kids, fill with snacks crossword puzzles and so forth
- If your club has book giveaways, maybe a drive-thru would work if Kiwanians wear gloves, masks and glasses.



Additional Miscellaneous ideas

- Have someone different read a book every day on Facebook live
 - Work with local long care places and have them have residents reading books while being taped and send to family members
 - Creating Mom/Dad/Grandmother or Grandfather share your life with me books
 - Walking peoples dog
 - Little free pantry's can use deodorants, soaps, shampoos toothbrushes and so forth.
 - Dropping books/magazines and so forth off at senior centers
- The following are various websites to visit for educational ideas/suggestions.
- <https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html?fbclid=IwAR3me85eogRZfhZIEk9iqE9x2oodsSsA1M0NNfenhg-gln1A7j0v99STnYE>
 - https://classroommagazines.scholastic.com/support/learnathome.html?fbclid=IwAR2zwjmAyqRkgFUH9P3Tx7yD57JmhfAeiFfVNWnQcPU8xWBK8v_wxuh9muw
 - http://samuraivirtualtours.com/example/nadc/index.html?fbclid=IwAR3oCbNentMIPcUFmzMOt09KjG-zpJrCnZGPB29FDZ2D_MWL_DVOF1PF_e0
 - <https://mysteryscience.com/school-closure-planninghttps://www.facebook.com/thebestideasforkids/posts/841611439581927>
 - <https://www.facebook.com/matt.shaffer.338/posts/2573451792763583>
 - https://www.education.com/workbooks/independent/?utm_campaign=evergreen&utm_content=ISP&utm_medium=social&utm_source=facebook&utm_term=03142020_ac_5_r&fbclid=IwAR3JA6NVUHv5ajCATORU2Zqn7Kz6dA1P0n3dOd8Mq3Q6thAM3BISrmvyjMY
 - <http://www.amazingeducationalresources.com/?fbclid=IwAR1LSZeS5hPuVT851jU4IZQsmxLeVparleJyPCgCK0L3rVqRFfAkJCmqFvQ>