



# **90 Minutes in 90 Days**

Everyone at Church of the Saviour is encouraged to volunteer 90 minutes of time to an Educational or Elder-Care agency during a 90-day period = 90x90!

## **SUNDAY, FEBRUARY 7**

Volunteer Expo in the Great Hall Lobby from 9:00 a.m. to 12:45 p.m. Meet reps from local Educational and Elder-Care agencies and decide where you would like to volunteer.

Sign up on your own, with a friend, or with your family or church group. You will serve Christ by serving our community. There are opportunities for all ages!

## **WEDNESDAY, FEBRUARY 17 through MAY 17**

Spend 90 minutes in service with your selected agency.

## **QUESTIONS?**

Contact Juanita Taylor at 330.659.2009 or [jajuarez1@yahoo.com](mailto:jajuarez1@yahoo.com)

**Church of the Saviour**  
2537 Lee Road in Cleveland Heights  
216.321.8880    [www.chsaviour.org](http://www.chsaviour.org)



## **90x90 Summary Statement Lenten Season, 2010**

The program 90 by 90 (**90x90**) is one to involve every single person in the congregation in service, and to stretch each person outside his or her comfort zone and into our community. It was created by Dr. Kent Millard, our Myer's Lecture speaker in 2009. The congregation will be asked to volunteer 90 minutes of their time to a charitable agency, and complete this commitment within a 90-day period beginning the first day of Lent. Ninety minutes by ninety days. An area of emphasis has been chosen: Education and Elder-Care, and agencies in our community will be contacted to attend a "**90x90 Expo**" at the church where the congregation will sign up to volunteer. Our church's own ministries in the chosen area of emphasis would also be highlighted. A program for the children, youth, and those unable to travel to agencies to serve, will also be established so all can participate. We will also have prayer partners for each of the 20 agencies.

Benefits of this program would be:

- Establishing links between our church and our community
- Allowing members to sample an area of service in an environment that is outside their normal environ
- The service is not for an extended length of time, so the commitment goal is easy to reach
- Individuals might find an area of need in the community to which they might commit more time in service to Christ
- Our Christian presence in the community could draw people to Christ and to our church

# 90 Minutes in 90 Days

## FOCUS: EDUCATION AND ELDER-CARE AGENCIES

## VOLUNTEER EXPO CONTACT DIRECTORY

**FEBRUARY 2010**

ORGANIZATION **ABINGDON ARMS, Interact  
Cleveland Community Meals**  
CONTACT Lauren Bowen  
ADDRESS 11501 Mayfield Road  
Cleveland, OH  
WEBSITE None  
PHONE 216-307-4374  
E-MAIL llbowen46@gmail.com

### CURRENT OPPORTUNITIES FOR INDIVIDUALS

We serve up to 75 residents the fourth Wednesday of the month. For 90x90, we will serve April 28. Members of our congregation have the opportunity to assist in this ministry by helping to set up and serve the meal from 4:00-6:30 p.m. on serving days. Residents are served family style and there is ample opportunity for fellowship and community. We even have had Cub Scouts carol and serve dessert, and are eager for other groups to share their talents. Those unable to join us at Abington Arms often provide the casserole or main dish within their home and bring it to the church by 2:00 p.m. on serving day, where volunteers bake it and transport it to Abington Arms. This is a "Family Friendly" opportunity.

### PRAYER REQUEST

That this ministry will serve the Abington Arms residents with both physical and spiritual refreshment.

ORGANIZATION **BEREA CHILDREN'S HOME AND  
FAMILY SERVICES**  
CONTACT Laurel Wirtanen-Siloy  
ADDRESS 202 East Bagley Road  
Berea, OH 44017  
WEBSITE www.bchfs.org  
PHONE 440-260-8357  
E-MAIL lwirtanen@bchfs.org

### CURRENT OPPORTUNITIES FOR INDIVIDUALS

Lakewood Family Life Child Care Center: Painting project in one of the rooms at the center.  
Community Respite Program: assist with one of the respite parties, around March or April. Date still TBD but it would be a Saturday afternoon.  
Berea Family Life Child Care Center: assist with setting up, serving and cleaning the kitchen around snack and lunch times. Monday-Friday, 9 a.m. to 6 p.m.  
Advancement/Fund Raising Department: Helping to stuff public relations and marketing materials to be distributed to stakeholders. Monday-Friday, 9:00 a.m. to 6:00 p.m.  
Advancement/Fund Raising Department: Items to be distributed to the children and families in our care need to be sorted and shelved in our Donations Center. 9:00 a.m. to 6:00 p.m.

### PRAYER REQUEST

Accreditation Review coming up, effect of economy on childcare and mental/emotional health of residents.

ORGANIZATION	<b>BROADWAY MEALS</b>
CONTACT	Melinda Carter, Church of the Saviour
ADDRESS	Broadway United Methodist Church 5246 Broadway Cleveland, OH 44127
WEBSITE	www.thebroadwayumc.org
PHONE	216-382-7704
E-MAIL	melindacarter@sbcglobal.net

### CURRENT OPPORTUNITIES FOR INDIVIDUALS

Family friendly (age 10 and up). Church of the Saviour volunteers prepare and serve meals the last Saturday of each month. The time involved is from 3 to 6 p.m. at Broadway United Methodist Church. Six volunteers per meal are needed. Three dates are available: Saturday, February 27; Saturday, March 27; and Saturday, April 24.

**PRAYER REQUEST**

Please pray that Broadway UMC can pay their bills, and continue to faithfully serve their neighborhood. Pray also for the health and safety of their staff and members.

ORGANIZATION	<b>CLEVELAND FOOD BANK</b>
CONTACT	Joan Szczepanik, Volunteer Coordinator
ADDRESS	15500 South Waterloo Road Cleveland, OH 44110
WEBSITE	www.clevelandfoodbank.org
PHONE	216-738-2265
E-MAIL	jszczepanik@clevelandfoodbank.org

**CURRENT OPPORTUNITIES FOR INDIVIDUALS**

Opportunities for groups, including teens (accompanied by adult), to sort, box and load food for distribution to food centers, and some work in the kitchen. Shifts are daytime Monday through Friday, and some evening shifts. Call Joan with the number in your group.

**PRAYER REQUEST**

To pray for volunteer groups and for continued support from our community for food and donations to distribute to food centers.

ORGANIZATION	<b>CORY HUNGER CENTER at Cory United Methodist Church</b>
CONTACT	Gerry Bolden
ADDRESS	1117 East 105 <sup>th</sup> Street Cleveland, OH 44108
WEBSITE	coryumc.org
PHONE	216-451-0577 (call Mon, Tues, Thurs. between 8:30-12:30)
E-MAIL	geraldinebolden@yahoo.com

**CURRENT OPPORTUNITIES FOR INDIVIDUALS**

Daytime volunteering to help with meals served. Days are Monday, Tuesday, and Thursday between 8:30 a.m. and 12:30 p.m.

**PRAYER REQUEST**

We are now serving 2,000 meals a month, so we need whatever the Lord can bring to keep this program going.

ORGANIZATION	<b>CUYAHOGA COUNTY BOARD OF DEVELOPMENTAL DISABILITIES</b>
CONTACT	Sue Duffy, Volunteer Coordinator
ADDRESS	1275 Lakeside Avenue East Cleveland, OH 44114
WEBSITE	www.cuyahogabdd.org
PHONE	216-736-2722
E-MAIL	duffy.susan@CuyahogaBDD.org

**CURRENT OPPORTUNITIES FOR INDIVIDUALS**

Please contact Sue Duffy, Volunteer Coordinator for available opportunities.

**PRAYER REQUEST**

For clients to have a quality life experience through the agency.

ORGANIZATION	<b>DOMESTIC VIOLENCE CENTERS</b>
CONTACT	Laura Ross
ADDRESS	3146 Scranton Avenue Cleveland, OH 44101
WEBSITE	www.domesticviolencecenter.org
PHONE	216-688-7295
E-MAIL	lross@dvcleveland.org

**CURRENT OPPORTUNITIES FOR INDIVIDUALS**

Opportunity for groups to make and serve a meal and interact with clients.

**PRAYER REQUEST**

For the clients to find peace and self esteem.

ORGANIZATION	<b>MAY DUGAN MULTI-SERVICE CENTER</b>
CONTACT	Blanca Figueroa, Volunteer Coordinator
ADDRESS	4115 Bridge Avenue Cleveland, OH 44113
WEBSITE	maydugancenter.org
PHONE	216-631-5800 #121
E-MAIL	bfigueroa@maydugancenter.org

**CURRENT OPPORTUNITIES FOR INDIVIDUALS**

Fourth Tuesday of every month: food prep/organizing for food distribution. Fourth Wednesday of every month: food distribution

**PRAYER REQUEST**

We wish to expand our services and reach out to our neighborhood and those outside our community.

ORGANIZATION	<b>ELYRIA WESLEYAN SENIOR LIVING</b>
CONTACT	Cindy Sturgell
ADDRESS	807 West Avenue Elyria, OH 44035
WEBSITE	www.villageliving.org
PHONE	440-284-9215 (284-9204. 935-8161)
E-MAIL	csturgell@villageliving.org

**CURRENT OPPORTUNITIES FOR INDIVIDUALS**

Sharing in spiritual program at Sunday chapel, health care visitors – Bible reading, musical programs, arts and crafts, volunteer drivers, gardening and painting.

**PRAYER REQUEST**

\$3.5 million in charitable care. Health and happiness of residents.

ORGANIZATION **FAIRFAX SCHOOL**  
 CONTACT Rochelle Snyder  
 ADDRESS 3150 Fairfax Road  
 Cleveland Heights, OH 44118  
 WEBSITE www.chuh.org  
 PHONE 216-570-3433 Contact Cell phone or  
 216-371-7480 School  
 Jacky Brown, Principal  
 E-MAIL ro\_snyder@chuh.org

**CURRENT OPPORTUNITIES FOR INDIVIDUALS**

To help in an after-school program for weekdays planned for this spring. Activities include helping the art , gym and music teacher.

**PRAYER REQUEST**

To meet the needs of the children and their families

ORGANIZATION **GOLDEN AGE CENTERS OF GREATER CLEVELAND**  
 CONTACT Lynn Krumhollz, Director of Marketing  
 ADDRESS 12200 Fairhill Road  
 Cleveland, OH  
 WEBSITE www.goldenagecenters.org  
 PHONE 216-231-6500, Ext. 120  
 E-MAIL lkrumholz@goldenagecenters.org

**CURRENT OPPORTUNITIES FOR INDIVIDUALS**

A variety of volunteer opportunities which benefit low income, frail and isolated seniors served by the agency throughout its community sites. These include ongoing or one time direct service opportunities such as teaching craft classes (i.e. making Easter baskets and other hands-on activities); running or participating with seniors with games such as Bingo, Pinochle and cards; leading a variety of exercise activities at varying levels, helping serve group lunchtime meals, delivering home delivered meals to homebound seniors in conjunction with GAC staff, providing an educational program or talk on any topics of interest (including Bible study), playing piano or providing musical entertainment, organizing and executing a holiday party and socializing with seniors. All of these activities can be done individually or as a group or family, and are available Monday-Friday from 8:30 a.m. to 4:30 p.m. "Family Friendly"

In addition, the collection of the following items can be useful to the seniors served by the GAC operation: toiletry and housekeeping items, such as personal care items and home cleaning supplies, craft materials, fresh fruits and vegetables or gift cards to area inner city grocery stores.

**PRAYER REQUEST**

Seniors coping with loss of physical and mental functioning, struggles to make ends meet financially, as well as those who are isolated and in need of a helping hand.

ORGANIZATION	<b>HEIGHTS EMERGENCY FOOD CENTER c/o Disciples Christian Church</b>
CONTACT	Hazel Haffner, Volunteer Manager
ADDRESS	3663 Mayfield Road Cleveland Heights, OH 44121
WEBSITE	www.discipleschristian.org/hefc.html
PHONE	216-381-0707
E-MAIL	Not available

**CURRENT OPPORTUNITIES FOR INDIVIDUALS**

Sort, bag and distribute food. Opportunities are during the day: Tuesday and Friday 9:00-11:30, and Thursday 9:00-11:30 and 11:30-2:30. This is a "Family Friendly" agency for children elementary age and up.

**PRAYER REQUEST**

Cash donations for the hunger center as they are serving more clients and food prices continue to climb. They also would welcome more donations of canned goods.

ORGANIZATION	<b>INTERFAITH HOSPITALITY NETWORK</b>
CONTACT	Marty Bergman, Church of the Saviour
ADDRESS	2537 Lee Road Cleveland Heights, OH 44118
WEBSITE	ihncleveland.org
PHONE	216-371-5141
E-MAIL	Marty.bergman@sbcglobal.net

**CURRENT OPPORTUNITIES FOR INDIVIDUALS**

Families will be at Church of the Saviour during the week of Sunday, March 21 to Saturday, March 29.

**PRAYER REQUEST**

Pray for the families coming to our church.

ORGANIZATION **JUDSON PARK**  
 CONTACT Laura Templar, Volunteer Coordinator  
 ADDRESS Cleveland Heights, OH 44118  
 WEBSITE judsonretirement.com/park.html  
 PHONE 216-521-7119  
 E-MAIL ltemplar@judsonsmartliving.org

**CURRENT OPPORTUNITIES FOR INDIVIDUALS**

Three families will be hosting an Easter Party for the residents on Saturday, April 11 from 3-4:00 p.m. in the dining room. The staff will supervise families in a game or craft. Twelve volunteers total (which includes children) will be needed. The activities coordinator will plan it. Judson will provide any supplies or refreshments. "Family Friendly" age 6 and up.

**PRAYER REQUEST**

For funding in this tenuous time, prayers for the health of the residents and freedom from pain, and for the residents to participate in activities.

ORGANIZATION **JUVENILE DETENTION CENTER**  
 CONTACT Jacqueline Brackett  
 ADDRESS 2209 Central Avenue  
 Cleveland, OH 44115  
 WEBSITE <http://juvenile.cuyahogacounty.us/>  
 PHONE 216-443-3348  
 E-MAIL [revdonna@upcam.org](mailto:revdonna@upcam.org)

**CURRENT OPPORTUNITIES FOR INDIVIDUALS**

One or more "Career Day" interactions will be scheduled where volunteers will talk to the juveniles about jobs and how to be successful in them. Contact Jacqueline Brackett or Lauren Bowen from Church of the Saviour (216-307-4374 Email: [llbowen46@gmail.com](mailto:llbowen46@gmail.com)) for dates and times.

**PRAYER REQUEST**

For the young men and women in detention to seek and find viable skills for a fruitful life.

**CURRENT OPPORTUNITIES FOR INDIVIDUALS**

We have opportunities for delivery, making paper bag hot meal holders, donations for subsidized meals, and for board members. Also, for those who cannot travel, there are needs for people who sew to make cozies for the meals. Patterns will be provided.

**PRAYER REQUEST**

For funds for the program so more clients can be served, and for more volunteers to serve more clients.

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ORGANIZATION **TRI-CITY CONSORTIUM ON AGING**  
 CONTACT Corinne Dunn, Volunteer Coordinator  
 ADDRESS 1370 Victory Drive  
 South Euclid, OH 44121  
 WEBSITE [www.tri-cityseniors.org](http://www.tri-cityseniors.org)  
 PHONE 216-291-3902  
 E-MAIL [dunnc@tri-cityseniors.org](mailto:dunnc@tri-cityseniors.org)

**CURRENT OPPORTUNITIES FOR INDIVIDUALS**

Serving meals at two sites during the day. There are also many opportunities to help individuals at their homes with small repairs, yard work, help with computer, etc. This opportunity is Family Friendly. Call Corinne to match your skills and timeframe with a senior in need.

- Run an errand or grocery shop
- Assist with residential computer instruction
- Lead a "one time only" class on a particular topic
- Conduct touch-up exterior painting
- Spread gravel on a driveway
- Conduct a spring yard cleanup

Possible Family Friendly (Monday-Friday):

- Assist with serving lunch and clean-up at the daily lunch program
- Provide entertainment at the daily lunch program
- Visit/play games with the clients prior to the daily lunch program

**PRAYER REQUEST**

Prayers for seniors who are barely surviving on their restricted income and who have no family or friends.

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ORGANIZATION	<b>MEALS ON WHEELS: Cleveland Heights</b>
CONTACT	Chantal Akerib, President Cleveland Heights Office on Aging
ADDRESS	40 Severance Circle Cleveland Heights, Oh 44118
WEBSITE	<a href="http://www.mealcall.org/meals-on-wheels/oh/cleveland-heights.htm">www.mealcall.org/meals-on-wheels/oh/cleveland-heights.htm</a>
PHONE	216-932-5119
E-MAIL	<a href="mailto:c.akerib@gmail.com">c.akerib@gmail.com</a>

**CURRENT OPPORTUNITIES FOR INDIVIDUALS**

This service delivers food to Fairmount Presbyterian Church from Homewood or McGregor, where it is divided into meals to be delivered to the homebound. Lots of volunteer opportunities. This is the hunger outreach of the Cleveland Heights Office on Aging. We currently need someone to pick up food at McGregor and bring it to Fairmount Church on Mondays. We also need people who are able to deliver to clients or pick up food when one of the regular volunteers is not available. Opportunities are on weekday mornings, for everyone from parents of preschoolers to retired individuals who can drive.

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ORGANIZATION	<b>MEALS ON WHEELS: Shaker Heights, Beachwood, University Heights</b>
CONTACT	Shirley Baldwin
ADDRESS	3550 Northfield Road #330 Shaker Heights, OH 44122
WEBSITE	<a href="http://www.mealcall.org/meals-on-wheels/oh/shaker-heights.htm">www.mealcall.org/meals-on-wheels/oh/shaker-heights.htm</a>
PHONE	216-991-6376
E-MAIL	<a href="mailto:Baldone100@hotmail.com">Baldone100@hotmail.com</a>

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ORGANIZATION **UNITED PROTESTANT CAMPUS MINISTRIES OF CLEVELAND**  
 CONTACT Rev. Donna Hughes-Hargraves  
 ADDRESS The Interfaith Center  
 11205 Euclid Avenue  
 Cleveland, OH  
 WEBSITE [www.upcam.org](http://www.upcam.org)  
 PHONE 216-299-8391 Cell or  
 216-421-9614 Ext. 301 Work  
 E-MAIL [revdonna@upcam.org](mailto:revdonna@upcam.org)

**CURRENT OPPORTUNITIES FOR INDIVIDUALS**

Prepare and serve a meal after Wednesday night student worship at Case Western Reserve University.

Worship is at 8:00 p.m., meal at 8:45 p.m. Be part of an English As Second Language coffeehouse "Common Grounds" and help international students with their English and American culture Thursday nights at 7:00-8:30 p.m.

**PRAYER REQUEST**

Pray for UPCaM and its ministry to college students on the CWRU, Cleveland State University and Cuyahoga Community College-Metro Campus.

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ORGANIZATION	<b>UPWARDS BASKETBALL – CHURCH OF THE SAVIOUR</b>
CONTACT	Lauren Lanphear
ADDRESS	2537 Lee Road Cleveland Heights, OH 44118
WEBSITE	www.chsaviour.org
PHONE	216-381-5496
E-MAIL	llanphear@forestcitytree.com

**CURRENT OPPORTUNITIES FOR INDIVIDUALS**

Greeters; people from the church to meet/greet and welcome newcomers; make them feel "at home."  
Possibly other help needed – concessions, etc.

**PRAYER REQUEST**

Continued prayers for the program and volunteers.  
Prayers that children and their parents might come to better know Christ through this program.

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ORGANIZATION	<b>WESTSIDE COMMUNITY HOUSE</b>
CONTACT	Dawn Kolograf
ADDRESS	9300 Lorain Avenue Cleveland, OH 44102
WEBSITE	www.wschouse.org
PHONE	216-771-7297, Ext. 325
E-MAIL	dkolograf@wschouse.org

**CURRENT OPPORTUNITIES FOR INDIVIDUALS**

Volunteer Tutor: tutoring 5 to 12 year old students  
Tuesdays & Wednesdays from 3:00-7:00 p.m.  
Sisterhood mentoring for women college age or adult –  
Thursdays & Fridays 4:00–7:00 p.m.  
Meals on Wheels deliverer (riding with drivers) –  
weekdays 9:00 a.m. to 1:00 p.m.  
Easter Camp Volunteers for 5-12 year olds all day –  
Volunteers must be 12 years old or older.  
Saturday Maintenance Jobs – Adults with Teenagers  
(Painting & Fixing)  
Receptionist – Any weekday between 6:30 a.m.-  
7:00 p.m.  
Some of these activities can be "Family Friendly."

**PRAYER REQUEST**

"We're broke." So few resources and so many needs;  
seniors with health concerns; many senior deaths.

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