

# Spark Kindness for the Homeless

## Things I Can Do:

- Create blessing bags
- Serve at a local shelter/soup kitchen
- Collect hygiene products for a women's shelter
- Make a tie blanket
- Donate socks and supplies to a homeless shelter

## Where I Can Do It:

- Long Beach Rescue Mission
  - 562-591-1292
  - 1335 Pacific Avenue Long Beach 90813
- Beacon for Him
  - 562-591-2299
  - 439 W. Anaheim St. Long Beach, 90813
- Bethune Transitional Center
  - 562-435-2050
  - 2101 San Gabriel Ave. Long Beach. 90810
- Long Beach Multi-Service Center
  - 562-570-4500
  - 1301 W. 12<sup>th</sup> St. Long Beach 90813

# Spark Kindness With Animals

## Things I Can Do:

- Put out birdseed for birds
- Volunteer at an animal shelter
- Take a neighbor's dog for a walk
- Make items for the Humane Society

## Where I Can Do It:

- spcaLA
  - 562-216-2542
    - 7700 E. Spring St. Long Beach 90815
- ASPCA
  - [www.aspca.org](http://www.aspca.org)
- Friends of Long Beach Animals
  - 562-988-7647
    - 3815 Atlantic Ave Long Beach 90807

# Spark Kindness with Food

## Things I Can Do:

- Start a neighborhood food drive
- Collect cans for a local food bank
- Surprise another family with a home cooked meal
- Make cookies and give them to a neighbor
- Buy coffee for a stranger
- Bring cookies to the custodian

## Where I Can Do It:

- Food Finders
  - 562-283-1400
  - 3744 Industry Ave. #401  
Lakewood, CA 90712
- Food Bank SoCal
  - 562-435-3577
  - 1444 San Francisco Ave.  
Long Beach, CA 90813

# Spark Kindness at Hospitals

## Things I Can Do:

- Make goodie baskets for hospital staff
- Make care packages for children in the hospital
- Donate crafts to children's hospital
- Write get well cards to kids who are in the hospital

## Where I Can Do It:

- Miller Children's & Women's Hospital Long Beach
  - 562-933-2000
  - 2801 Atlantic Avenue Long Beach 90806
- Long Beach Medical Center
  - 562-933-2000
  - 2801 Atlantic Avenue Long Beach 90806
- St. Mary Medical Center
  - 562-491-9000
  - 1050 Linden Avenue Long Beach 90813

# Spark Kindness in the Environment

## Things I Can Do:

- Pick up trash in my neighborhood
- Put neighbor's trash/ recycle bins away
- Help my family recycle
- Clean up my school
- Plant a garden or tree
- Participate in a beach clean-up

## Where I Can Do It:

- My neighborhood
- I Dig Long Beach
  - 562-570-6830
- Justin Rudd Beach Clean Up
  - [www.justinrudd.com](http://www.justinrudd.com)

# Spark Kindness in My Family

## Things I Can Do:

- Work with my family to clean out closets and donate clothes, toys, books, etc.
- Do something nice for someone in my family
- Visit a grandparent
- Do a chore for someone without them knowing
- Call your grandparents and ask them about their childhood
- Set the dinner table
- Write kind notes for my siblings telling them what they mean to me
- Make a family emergency kit

# Spark Kindness With Seniors

## Things I Can Do:

- Do yard work for an elderly neighbor
- Visit a nursing home/ senior center and spend time with the residents
- Visit with an elderly neighbor
- Bring flowers to a neighbor
- Draw placemats for Meals on Wheels
- Deliver Valentines to seniors

## Where I Can Do It:

- Meals on Wheels
  - 562-424-2119
    - 1240 E. Carson St. Long Beach 90807
  - 562-439-5000
    - 317 Termino Ave. Long Beach 90814
  - 562-420-9660
    - 5633 E. Wardlow Rd. Long Beach 90808
- Brittany House
  - 562-421-4717
    - 5401 E. Centralia St. Long Beach 90808
- Long Beach Senior Center
  - 562-570-3500
    - 1150 E. 4<sup>th</sup> St. Long Beach 90802
- Weingart Senior Center
  - 562-630-6141
    - 5220 Oliva Ave. Lakewood 90712

# Spark Kindness for the Military

## Things I Can Do:

- Visit a Veteran
- Write a letter to a soldier
- Make a care package for a soldier
- Thank a Veteran for his/her service

## Where I Can Do It:

- Operation Gratitude
  - [www.operationgratitude.com](http://www.operationgratitude.com)
- Wounded Warrior Project
  - [www.woundedwarriorproject.org](http://www.woundedwarriorproject.org)
- Support Our Troops
  - [www.supportourtroops.org](http://www.supportourtroops.org)
- Soldiers' Angels
  - [www.soldiersangels.org](http://www.soldiersangels.org)



# Spark Kindness for Firemen & Police Officers

## Things I Can Do:

- Pick out stuffed animals to donate to local police dept.
- Make a goodie basket to bring to fire department or police station
- Write a letter of appreciation to fire fighters or police officers

## Where I Can Do It:

- Long Beach Police Department
  - 3800 E. Willow St  
90815
- Long Beach Fire Department
  - Station 18: 3361 Palo Verde Ave 90808
  - Station 19: 3559 Clark Ave 90808

# Spark Kindness From Your Closet

## Things I Can Do:

- Clean out closets and donate clothes, toys, books, etc.
- Have a garage sale and donate money to your favorite charity

## Where I Can Do It:

- Beacon For Him
  - 562-591-2299
    - 439 W. Anaheim St. Long Beach, 90813
- Salvation Army
  - 3092 Long Beach Blvd. Long Beach 90807
  - [www.salvationarmy.org](http://www.salvationarmy.org)
- Veterans of America
  - [www.scheduleapickup.com](http://www.scheduleapickup.com)

# Spark Kindness With Reading & Writing

## What I Can Do:

- Donate books to a doctor's office
- Donate books/magazines to a senior center or nursing home
- Read to someone younger than you
- Donate to your local library
- Create a neighborhood library
- Establish a pen pal
  - [www.ebuddies.org](http://www.ebuddies.org)
- Write a letter of appreciation to someone in the community
- Write someone's name and 5 kind words that describe them on a piece of paper
- Write thank you notes to the mail carrier and trash collector
- Write letters to missionaries
- Leave happy notes around town