

Mitzvah Project Suggestions

You are urged to put **10 hours into the project** that you choose for your Bar/Bat Mitzvah.

Contact: Cathie Rutkin crutkin@gmail.com

Remember Us Foundation

- A Bar/Bat Mitzvah student is matched with a child who perished in the Holocaust and learns ways to remember and honor that child throughout the year, including at the time of becoming a Bar/Bat Mitzvah.
- Bar/Bat Mitzvah student will pair with a Holocaust survivor in our community who is isolated during the Stay at Home order. It would involve checking in with the survivor weekly. There will be training involved and weekly zoom meetings for all the participants to share their experiences. Conversations could include: who the survivor is (their story, likes and dislikes, family members, etc.) and telling the survivor about yourself.

Contact: Samara Hutman 424-272-8656
info@remember-us.org

Write Letters to Offer Support

- Operation Gratitude – writing letters to people who are serving our country
operationgratitude.com
- Patients in hospitals. Contact hospital volunteer department.
- Skid Row Rescue Mission for the Homeless
Contact: Laurie Tragen-Boykoff: Laurietb@orami.org
- Other organizations that you would like to be involved in.
Contact for approval: Cathie Rutkin at crutkin@gmail.com

Homework Helper

- Get paired with a younger child and help them with their homework.
[Connect with local schools to see if they have a program.](#)

Connect with Elder People

- Pen pal program with seniors at the Jewish Home for the Aging.
Contact Jewish Home for the Aging: Stacy Orback 818-774-3116
or Rabbi Ron 818-774-3018

Make Videos

- Entertaining or teaching something (for example: origami, magic, skit, etc.)
- Reading a book on video to entertain children while at home during COVID restrictions

Contact for video approval: Cathie Rutkin at crutkin@gmail.com

Personalized Homemade Projects

- Homemade blankets for foster kids
[Contact Mystuffbags.com](http://Mystuffbags.com) [Kits available for purchase from Joann's Fabric; order online](#)
- Create Items Needed for Shelter Animals
 - a. Go to Petfinder.com to find a shelter near you. Supplies can be bought online.
 - b. [Cathie has a list of ideas from the County of Los Angeles Animal Care Dept.](#) (i.e., make bandanas for shelter animals, grow cat grass, make doggie treats)
- Create Artwork and/or Cards for homebound seniors as part of the Meals on Wheels Delivery Service and the Senior Concerns Food Pantry Deliveries
[Contact: Adriana at Senior Concerns 805-497-0189](#) <https://www.seniorconcerns.org>

Virtual Fundraising

- Create a virtual fundraising event for an organization that helps people, the earth or animals.
 - B+ Foundation's mission is to fund research and assist families financially of children with cancer. <https://bepositive.org>
 - Contact: Carly@bepositive.org
 - Other organizations that you would like to be involved in.
[Contact for approval: Cathie Rutkin at crutkin@gmail.com](#)