



## A Day On, Not a Day Off

*"Life's most persistent and urgent question is, 'What are you doing for others?'"* – Martin Luther King, Jr.

On January 15, 20 volunteers came together to help their neighbors be more prepared in the event of a disaster. To start the morning, volunteers participated in a presentation about disaster preparedness by AmeriCorps Cape Cod Members. Volunteers learned about local sheltering options and making disaster preparedness kits for their own home. They then put into action, what they had learned. Thanks to funding from Elder Services of Cape Cod and the Islands and a grant from the Massachusetts Service Alliance, they assembled 200 disaster preparedness kits to be distributed to senior citizens on Cape Cod and the Islands. Included in each of the kits were items such as a first aid kit, flashlights, a blanket, extra batteries and hand warmers. [Click here to learn more about making your own Disaster Preparedness Kit](#). In the couple weeks that followed MLK Day of Service, an additional 72 volunteers helped deliver the 200 kits. Thank you to all the volunteers that helped make this project a success.

In 1994, Congress designated the Martin Luther King Jr. Federal Holiday as a national day of service and charged the Corporation for National and Community Service with leading this effort. Taking place each year on the third Monday in January, the MLK Day of Service is the only federal holiday observed as a national day of service – a "day on, not a day off." It calls for Americans from all walks of life to work together to provide solutions to our most pressing national problems. The MLK Day of Service empowers individuals, strengthens communities, bridges barriers, creates solutions to social problems, and moves us closer to Dr. King's vision of a "Beloved Community."

Whether you were part of our Disaster Preparedness for Seniors Project or another project in the community, THANK YOU to everyone for participating in this year's MLK Day of Service!

