
May 2020 e-newsletter

Do More 24 & Giving Tuesday Fundraiser



Do More 24 is the DMV's largest annual 24-hour online fundraiser, powered by United Way of the National Capital Area (United Way NCA).

This year's **Do More 24** has been moved up to be in sync with **#GivingTuesdayNow** (a worldwide day of philanthropy) to create a global day of unity which will take place on May 5, 2020 from midnight to midnight, in an attempt to leverage the global attention and awareness around the day and to assist all nonprofits with our fundraising efforts.

Now more than ever, our communities need to be mobilized to create change. We need your help to assist us with sustaining and growing our programs in this unprecedented time of need. Now in its 8th year, the **Do More 24** movement, brings together nonprofits in a focused effort to boost nonprofit economy throughout the region.

Please join us on Tuesday, May 5 for **Do More 24**. All you will have to do is click this [LINK](#) and give!

Let's [#MobilizeDMV](#) and Do More together to build stronger communities.

How to Survive Coronavirus Anxiety: 8 Tips from the Experts

1. Take a media break

Don't immerse yourself in news about the coronavirus 24/7. Stay up to date using trusted sources, like the website of the Centers for Disease Control and Prevention, then step away.

2. Wash your hands frequently

It's something that will actually lower your risk of getting sick.

3. Practice good self-care

Get plenty of nutrients by eating fruits and vegetables, exercise regularly and get enough sleep. We know that sleep has a direct impact on the immune system.

4. Take sensible steps to prepare

There's definitely reason to take precaution, so being adequately prepared will provide peace of mind.

5. Go for a walk outside

Time spent in nature is soothing for the mind and body. Sunlight may lower your blood pressure, research has found.

6. Acknowledge your anxiety

"Name it to tame it" is a mantra in mental health for big emotions.

7. Write down your worries

Seeing the words on paper or on a screen may stop you from spinning yourself into a frenzy.

8. Send a little love to people who you care about

Put together a text message chain or email chain with family on it — and easily communicate with your loved ones.

Yankee Candle Fundraising Campaign

Fundraising has become more vital than ever for local nonprofits. An easy way to support New Horizons is to make a purchase through our Yankee Candle Fundraiser. The online sale continues until July 8.



Total retail sold to date = \$1,061.50
Total profit for New Horizons = \$371.54

[**Click Here**](#) to begin shopping and thank you for your continued support!

"A Fairway to Help" 2020 Update



For the safety of our golfers, volunteers, staff, and community, the decision was made at last week's Board of Directors meeting to cancel the golf tournament for 2020, with plans to resume our annual event in 2021.

Thank you to all the players and sponsors who have decided to donate their registration fees and sponsorship dollars to New Horizons! We are very grateful.

We look forward to seeing you all at next year's tournament if not much sooner!

New Horizons - Celebrating 50 Years of Changing Lives & Building Opportunities

NOW more than ever we need your support!
Please help us continue our MISSION for the next 50 years.

**Donate
Today!**