



MCMF volunteers with Delegate Jim Gilchrist

MONTGOMERY COUNTY MUSLIM FOUNDATION
FEBRUARY/MARCH 2021 NEWSLETTER

MCMF STARTED THE MONTH OF FEBRUARY BY SERVING 210 MEALS AT THE INTERFAITH WOMEN'S SHELTER.

ON FEBRUARY 14, 2021, MCMF HELD ITS MONTHLY DRIVE-THRU DISTRIBUTION SERVING 250 FAMILIES (OVER 1,000 INDIVIDUALS!) FOOD BOXES CONTAINING RICE, PASTA, PASTA SAUCES, OIL, MILK, PEANUT BUTTER, ONIONS, POTATOES, AND CARROTS.

TO CELEBRATE VALENTINE'S DAY, THE MCMF YOUTH GROUP BAKED COOKIES/OTHER BAKED GOODS AND DISTRIBUTED THEM TO THE LOW-INCOME FAMILIES ALONG WITH THE FOOD BOXES. EACH BAKED GOODS BOX WAS DECORATED WITH VALENTINE'S DAY CARDS AND RIBBONS.

WE WOULD LIKE TO THANK DELEGATE JIM GILCHRIST, MARYLAND STATE REPRESENTATIVE FROM DISTRICT 17 (ROCKVILLE AND GAITHERSBURG) FOR JOINING US AND HELPING US DISTRIBUTE FOOD BOXES TO THE NEEDY FAMILIES. ADDITIONALLY, MCMF WOULD LIKE TO THANK NAZIA IMTIAZ, PRESIDENT OF ALLIANCE (A NON-PROFIT BASED IN MD) FOR DONATING 60 WARM BLANKETS AND HELPING US DISTRIBUTE THE FOOD BOXES TO THE NEEDY.

FINALLY, THANK YOU TO OUR PARTNERS: THE MOCO FOOD SECURITY TASK FORCE, CAPITAL AREA FOOD BANK, HEALTH AND HUMAN SERVICES, MOCO POLICE, MARLA CAPLON, AND ALL MCMF VOLUNTEERS FOR HELPING US ORGANIZE THE DRIVE-THRU DISTRIBUTION.

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MCMF Valentine's Day Food and Baked Goods Distribution And Feed The Homeless Program

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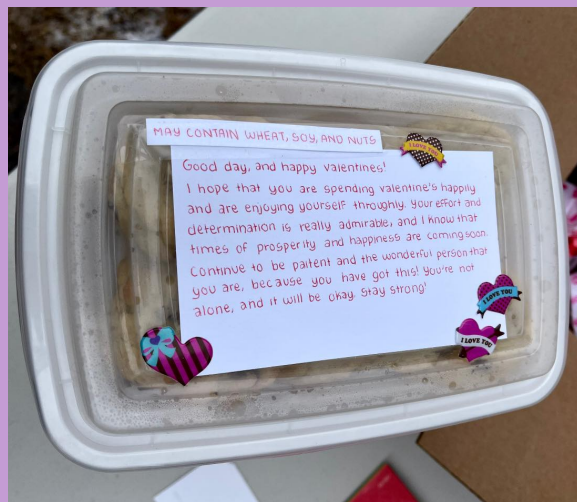
COVID-19 Resources

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Editor: Amina Rashid

Photography by Naba Syed





YOUTH NEWS

MCMF YOUTH WING:

The MCMF Youth Committee is led by Co-Presidents Amina Rashid and Naba Syed. The group's goal is to inspire and connect the youth of our community through fun activities. They are currently working on the upcoming Youth Times newsletter. If you are interested in contributing, becoming a member of the Youth Committee, or taking up a leadership position at the committee, please contact Amina Rashid and Naba Syed.

Amina Rashid:

amina.m.rashid2005@gmail.com

Naba Syed: [nabasyed2023](mailto:nabasyed2023@gmail.com)

[@gmail.com](mailto:nabasyed2023@gmail.com)

YOUTH ACTIVITIES:

FREE Virtual Teen/Youth Yoga and Zumba Classes



MCMF is partnering with Simon Says Yoga, a renowned Yoga studio in Bethesda, to provide Yoga and Zumba classes to the teens/youth. Join us for yoga every Tuesday at 5 pm and Zumba every Thursday at 6 pm! For further information, please contact Saba Rashid at sabahaq.law@gmail.com

FREE Virtual Pre-SAT Classes

MCMF offers Pre-SAT classes for high-schoolers. For further information, please contact Nasreen Khan at nasreenskander@yahoo.com or 240-401-0858 (text only).

Pre-SAT & SAT Course Registrations Ongoing for Spring and Summer Sessions

MCMF and Youth Tech Coding Classes

Learn Coding virtually every Saturday. For further information log on to youthtech.com or contact Javed Choudhry jchoudry@gmail.com or email Munawar Shaikh at munawarshaikh@gmail.com

MCMF
MONTGOMERY COUNTY MUSLIM FOUNDATION

FREE SAT PREP VIRTUAL CLASS!

Taught by an MCPS teacher with 24+ years of experience!

ONLY AVAILABLE TO THE FIRST 12 QUALIFIED HIGH SCHOOL SOPHOMORES AND JUNIORS! THE VIRTUAL CLASS WILL BEGIN ON MARCH 6, 2021.

To sign up please fill out this form:
<http://bit.ly/mcmfsat>

Coordinator (Nasreen Khan): nasreenskander@yahoo.com or 240-401-0858 (text only)

Youth Webinar on Confidence Building

March 27th, 3:30pm-4:30pm

MCMF PRESENTS ONLINE WEBINAR

7 ways to become more confident in life, work, and play



In this workshop, you will learn how to become more confident. This skill set will allow you to accomplish more in your personal and professional life. Research shows confident people build happier more successful lives

This is what you will learn:

- How to be more confident
- How to reduce or remove anxiety
- How to be more successful

Presentation by: Umar Hameed, CEO- No Limit Selling

When: March 27th 3:30 - 4:30pm

Email (mcmfmd@gmail.com) to register for this webinar

Information: 301-825-3657

MCMF RAMADAN 2021



PLEASE DONATE GENEROUSLY

FOR
MCMF

RAMADAN PROGRAMS

- REFUGEE RAMADAN BASKET- \$70 AND \$100 . WE PROVIDE 15 DAYS SUPPLY OF FOOD WITH STAPLES- RICE, OIL, SUGAR, DRIED/CANNED BEANS, PASTA, PASTA SAUCES, SPAGHETTI, MACARONI CHEESE, MILK , DATES, GREEN TEA, AND FRESH PRODUCE
- MCMF FEED THE HOMELESS IFTAR AT THE AR RAHIDUN SHELTER FOR \$ 10 PER PERSON. AR RASHDUN FEEDS 50 FAMILIES IFTAR EVERY EVENING IN RAMADAN. TAKE UP THE WHOLE NIGHT FOR \$500.
- REFUGEE KIDS EID GIFT CARDS FOR \$25 to \$50 TO \$50



MCMF DISTRIBUTED 14,700
LBS OF RAMDAN BASKETS TO
REFUGEES IN 2020

DONATE AT
mcmfmd.org

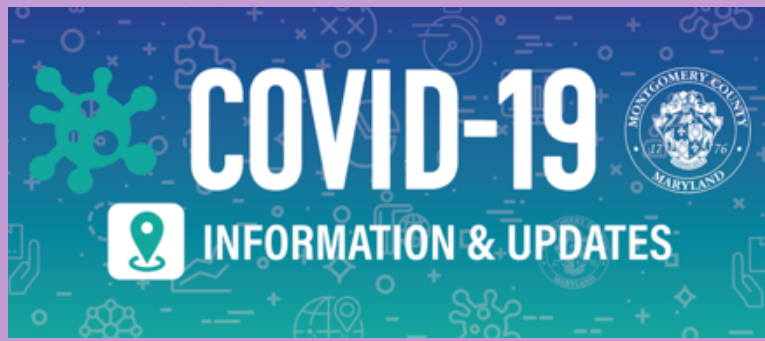
OR

Mail a check for Ramadan Basket to MCMF
office, 811 Russell Avenue, Suite G,
Gaithersburg, MD 20879

For further Info. contact
sabahaq.law@gmail.com

Announcements

- MCMF LAUNCHES THE REFUGEE RAMADAN BASKET: PLEASE LOG ON TO MCMFMD.ORG AND DONATE TO "RAMADAN BASKET PROGRAM" OR FEED IFTAR AT THE AR RAHSIDUN SHELTER.
- MARCH IS WOMEN'S HISTORY MONTH - NOMINATE WOMEN FOR THE MCMF WOMEN EMPOWERMENT AWARD BY MARCH 25, 2021. PLEASE SEND AN EMAIL TO BANO MAKHDOOM AT BANO786@HOTMAIL.COM
- JOIN THE MCMF SAT PROGRAM CONTACT NASREEN KHAN AT NASREENSIKANDER@YAHOO.COM
- JOIN MCMF YOUTH WING: FOR MEMBERSHIP INFORMATION, PLEASE CONTACT YOUTH WING COMMITTEE LEADS, AMINA RASHID AT AMINA.M.RASHID2005@GMAIL.COM AND NABA SYED AT NABASYED2023@GMAIL.COM
- JOIN VIRTUAL TEEN YOGA AND ZUMBA CLASSES: PLEASE CONTACT SABA RASHID TO REGISTER SABAHAQ.LAW@GMAIL.COM
- JOIN SENIOR YOGA AND EXERCISE CLASSES MONDAYS, THURSDAYS AND SATURDAYS FROM 11 AM TO 12 PM. PL CONTACT MR. RAMZAN SHAH AT AZSHAH1@YAHOO.COM
- BECOME AN INTERN AT MCMF AND EARN SSL HOURS! JOIN MCMF'S WINTER INTERNSHIP PROGRAM FOR HIGH SCHOOLERS (ONGOING). PLEASE EMAIL SABAHAQ.LAW@GMAIL.COM
- BECOME A FOSTER PARENT TO A MUSLIM CHILD: MCMF COLLABORATES WITH LUTHERAN CHURCH TO HELP CONNECT MUSLIM CHILDREN WITH MUSLIM FOSTER PARENTS. FOR MORE INFORMATION, CONTACT FLETCHERD@LSSNCA.ORG



MONTGOMERY COUNTY COVID-19 VACCINE PRIORITY GROUPS

PHASE 1 | **1A** | **1B** Adults 75 Years or Older

TIER 1	TIER 2	TIER 3
<ul style="list-style-type: none"> Hospital Personnel Nursing Homes Developmental Disability Administration Group Homes Assisted Living Facilities Residential Rehabilitation Programs 	<ul style="list-style-type: none"> EMS Vaccinators Testing Sites Public Health Urgent Care Primary Care 	<ul style="list-style-type: none"> Dental Practices Pharmacists Detention Center Staff Homeless Shelter Staff Law Enforcement Fire Rescue 9-1-1 Dispatchers Behavioral Health Profession School Nurses Lab Workers Morticians/Funeral Home Staff Surgical Centers Other Health Care Professionals Other Providers Licensed by Maryland Department of Health

MOCO COVID-19 TESTING

✓ FREE ✓ SAFE ✓ EASY

www.MoCoCOVIDTesting.org

No Doctor's Order Needed | Testing Locations
Online Test Results | At-Home Options Available

MONTGOMERY COUNTY

SUMMER CAMPS

REGISTRATION BEGINS MARCH 15

For more info visit ACTIVEmontgomery.org

GOVAX

Let's end COVID, Maryland.

[HTTPS://ONESTOP.MD.GO V/PREREGISTRATION](https://onestop.md.gov/preregistration)

Seniors Only Shopping Hours

SPECIAL SHOPPING HOURS FOR SENIORS
SEVERAL GROCERY STORES IN MONTGOMERY COUNTY
ARE SETTING ASIDE SPECIAL SHOPPING HOURS FOR
SENIORS, ALLOWING THEM TO SHOP WHEN STORES
ARE LESS BUSY.

Donate

