

HOLIDAY TRADITIONS | HELPING OTHERS

VOLUNTEERING

We all know it's better to give than to receive, and that saying doesn't always have to pertain to presents. Your time can be a valuable commodity for community-based organizations this holiday season

Children's Hospitals

Many children will be confined to hospital beds this Christmas season as they battle through sickness, treatments and pain. This can also be emotionally draining for children, especially those who have experienced the joy of Christmas morning at home.

This is where you can help. Children's hospitals are great at creating special events for their patients around the holidays, especially Christmas. They will likely conduct holiday dances, meals and even trips from Santa Claus.

Contact your local hospital's customer service department to find out their needs and how you can meet them.

Soup Kitchens

Many organizations work hard every year to make sure the homeless and underprivileged receive a nice, hot meal for Christ-

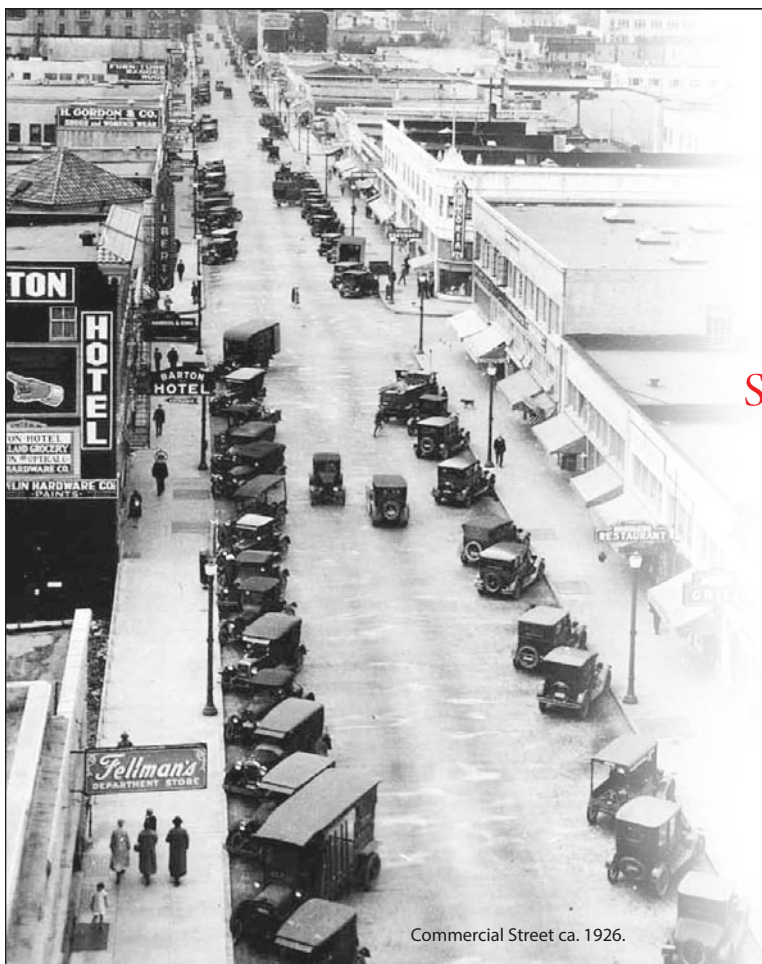
mas. You can help by volunteering your time to cook, serve food and clean up.

Groups also offer food services for the homebound, requiring volunteers to deliver meals across town. It is easy to get on a delivery schedule by simply contacting these organizations and offering your time.

Nursing Homes

The elderly who are no longer fit to stay in their homes because of health concerns or rehabilitation processes is a group that can use holiday spirit this Christmas. And many nursing homes coordinate numerous events and trips based around the special season.

Nursing homes may also need help with donations, meal serving or other activities, so check in about a month before Christmas to see how you can help.



Commercial Street ca. 1926.

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