

Connect for Good

Support Active Seniors



Other Opportunities to Give

Below are some of the most recent requests made by your community.

- ▶ Refugee and Immigration Services needs bed frames, jackets and coats, coffee tables and eating utensils and cookware.
- ▶ The Faces of Hope Fighting and Preventing Obesity needs a treadmill, projector for community presentations and marketing material such as table cloths, banner and giveaways.
- ▶ The Richmond SPCA needs party decorations for fundraising events including Halloween décor, plastic utensils, ribbons, holiday lights and more.
- ▶ The Richmond Ballet seeks physical therapy equipment for their dancers: free weights, treatment plinth, balance aids, exercise bike and more.
- ▶ The Hopewell Prince George Chapter of the American Red Cross requests a high-volume shredder.
- ▶ The Family Development Center in the Northern Neck needs children's books, tricycles, small bikes and gently-used toys.
- ▶ Project Community requests a van to transport youth to summer and after-school programs.
- ▶ Preservation Virginia needs a legal size file cabinet to store endangered historic property files.
- ▶ Prevent Child Abuse Virginia needs two gently-used desks for its Willow Lawn office.
- ▶ Safe Harbor needs silverware, bath towels and wash cloths, diapers and bus tickets.

Special Requests and Needs

Help maintain the quality of life for seniors across the state by donating the following items:

- ▶ Alzheimer's Association Greater Richmond Chapter requests a digital camera with zoom and gift certificates and raffle prizes.
- ▶ Circle Center Adult Day Services wants a 42-inch TV set, bingo and game prizes, and a Polycom (Spider) conference telephone.
- ▶ Elder Homes, in Richmond and Tri-Cities, needs help building a wheelchair ramp and to revitalize homes for low-income seniors.
- ▶ Crater Community Hospice in Chesterfield needs volunteers to visit patients and help with filing and data entry.
- ▶ Senior Connections, committed to helping older adults become and remain active community members, seeks an upright piano, audio books and CD's, fans, air conditioners and grocery store gift cards.
- ▶ SeniorNavigator brings thousands of health and aging resources to seniors, caregivers and adults with disabilities. They request proposals for an auditor for the year ending June 30, 2009.
- ▶ Richmond's American Red Cross needs \$25 fuel gift cards to help seniors get to medical appointments.
- ▶ The Shepherd's Center of Chesterfield seeks stamps, printer cartridges, gift cards and an audit of the center.
- ▶ Hanover Adult Center needs plastic utensils, napkins, watercolors, paints, fresh vegetables and a digital camera.
- ▶ ElderFriends needs help filling goodie baskets for ill people.
- ▶ Senior Angels seeks clothing, food delivery help, and volunteers to drive clients to medical appointments and for the Adopt-a-Senior program.
- ▶ Peter Paul Development Center needs instructors for their arts & crafts, yoga and dance classes, and volunteers to prepare and serve lunch. Other needs include walkers, canes, reading glasses and shoes.
- ▶ Veterans Resource and Information Center needs a Web site developer.
- ▶ Sarah Anne Sheltering Arms needs available homes to house veterans, sewing and cooking materials, games and first aid kits.

Mixing It Up

Retirees and other mature citizens have lots of experience and usually more free time and flexible schedules to roll up their sleeves and get involved.

- ▶ Senior Corps offers active seniors the chance to give back whether it's helping repair houses, mentoring children or serving as a foster grandparent.
- ▶ Retired and Senior Volunteer Program (RSVP) volunteers conduct safety patrols for local police departments, participate in environmental projects, tutor and mentor youth and more.
- ▶ The Service Corps of Retired Executives (SCORE) offers experienced and skilled seniors opportunities to give business counseling, professional guidance and workshops for small, new businesses.
- ▶ Assisted living facilities, senior centers and hospitals are always welcoming to performers of all ages and types such as choirs, magicians and instrumentalists.
- ▶ Many organizations welcome your donated vehicles. Search the Connect listings.

YOUR COMMUNITY CONNECTION

Connect sites are free and open exchanges. Every day, people and organizations find ideas, information and each other to create opportunities to improve the places they live. By fostering connections within the nonprofit sector as well as business and government, communities create awareness of local concerns, ways to make a difference and open opportunities to all. The Network's power comes from the people who use it for good.

For more ways to get connected, visit your local Connect site and learn more about the organizations living and breathing good in your community.

connectnetwork.org
 Director, Nancy Stutts,
nstutts@connectnetwork.org
connectrappahannock.org
 Director Cindy Balderson, cbalderson@connectnetwork.org
connectrichmond.org
 Director Ryan Smartt,
rsmartt@connectnetwork.org
connectsouthside.org
 Director Wendy Austin,
waustin@connectnetwork.org