



Volunteers Needed

With Thanksgiving around the corner, NRMLA is looking for volunteers on Sunday, November 15, from 7:00 am to 12:30 pm to serve local seniors in need.

Volunteer duties include serving breakfast or lunch, conducting BINGO, and organizing, stuffing and giving away Thanksgiving bags.

About Curry Senior Center

In the heart of the San Francisco, Curry Senior Center has been a leader and a lifeline to seniors for more than 40 years. Right in their own neighborhood, seniors can easily access a wide range of integrated services through Curry, from health care to housing and everything in between: It is comprehensive care in a single setting.

Through its unique partnerships and personal approach, Curry creates a welcoming environment for a diverse group of people. Senior can feel comfortable choosing the services they individually need and remain confident that their right to self-determination is respected.

At the center of Curry is its primary health care clinic – easily the envy of *anyone*. For those who cannot leave home, Curry's medical staff even makes house calls – a kind of "high-touch" care that's virtually unheard of in today's high-tech world. Another central part of Curry's offerings is its homelike meals, which are served 365 days a year. And, just like at home, if someone is missing from the table, the absence is noticed.

More than medicine or a free meal, Curry is a community – a place for those who long to belong. For individuals at a stage of life when isolation is all too common, Curry helps create social connections, so essential for healthy aging.

Need for Volunteers

The project we are proposing has never been done at Curry but we know it will be well-received and is greatly needed. We believe that giving away bags filled with simple food items will be enthusiastically appreciated. In addition, volunteers will help serve breakfast and lunch in the dining room and conduct a special bingo game (one of the seniors' all-time favorites!)

Virtually all of the seniors live in SRO (single-room occupancy) apartments and very few have refrigerators, ovens or anything else needed to prepare a meal. At most, they have a microwave and maybe a hotplate. This means that giving away turkeys or other perishable items is not an option. But an isolated senior has little recourse for their evening meal or other items to sustain themselves when they are not feeling capable of making it out to participate in one of the free meals programs.

The total number of Thanksgiving bags we need will be approximately 375 and we suggest that in order to make those bags special and potentially newsworthy, that they each contain between \$20 to \$25 worth of canned soups, peanut butter, crackers, granola bars and word-search puzzle booklets.

Either NRMLA could order and drop-ship the supplies to CSC or we would use our contacts to maximize the purchasing capacity offset by a cash donation to the organization. An added perk for the seniors would be to receive their items in the conference bags already being distributed to conference attendees. Reusable bags are the law here in San Francisco and are always excellent perks. Additional promotional items from NRMLA like pens, calendars and the like are greatly appreciated by the seniors also.

Volunteer numbers, activities and times all for Sunday, November 15, 2015

(Total of 90 volunteers maximum but we could work with fewer)

Preferred Time to Volunteer at Curry Senior Center

Shift A: 7:00 am to 9:30 am

Shift B: 10:00 am to 12:00 pm

Shift C: 10:30 am to 12:30 pm

Saturday Option (we will contact you if we get enough Saturday participation)

When you register for the conference, please indicate your preferred shift and whether you would like to make a \$25 donation to help pay for the Thanksgiving bags. NRMLA will contact you separately to collect the donation.