

COMMUNITY CONCERNS

# Dialing Up Community Services

A simple phone call could help you learn where to find care for an aging parent, after-school supervision for a child, a job or other vital community services-if a bill passes in Washington.

2-1-1 is a phone number that connects callers with important community programs and provides information on local volunteer opportunities. The service recently helped Hurricane Katrina and Rita survivors access relief efforts and it provided information to thousands of people looking to help hurricane survivors in need. Supporters of 2-1-1 said it succeeded where the hurricanes caused similar services to fail. George Penick, president of the Foundation of the Mid South, even called it one of the "few

bright spots of that period." Yet 2-1-1 is only available to about 47 percent of people in the U.S., meaning more than half of Americans may not have access to important community information. Fortunately, a number of people are looking to change that. Americans can now call 1-888-PASS-211 to encourage members of Congress to co-sponsor the 2-1-1 Act (H.R. 896/S.211). The bipartisan bill would provide 2-1-1 to every community in the country. People with the service could learn about:

- Basic Needs Resources: food banks, clothing closets, shelters, rent assistance and utility assistance.
- Physical and Mental Health Resources: health insurance programs, Medicaid and Medicare, maternal health, Children's Health Insurance Program, medical information lines, crisis intervention services, support groups, counseling, drug and alcohol intervention as well as rehabilitation.
- Employment Supports: financial assistance, job training, transportation assistance and education programs.
- Support for Older Americans and Persons with Disabilities: adult day care, congregate meals, Meals on

- Wheels, respite care, home health care, transportation and homemaker services.
  - Support for Children, Youth and Families: child care, after-school programs, Head Start, family resource centers, summer camps and recreation programs, mentoring, tutoring and protective services.
  - Volunteer Opportunities and Donations.
- The effort to nationally implement 2-1-1 is being led by United Way and the Alliance of Information and Referral Systems. For more information, visit the Web site <http://national.unitedway.org/211>.
- 2-1-1 phone service gives people information on vital community programs. ■

NAPSI

continued from page 09

# the list...

YWCA of Monterey Peninsula 600 Camino El Estero Monterey, CA 93940 (831) 373-4167

YWCA of Monterey County 1976 Fremont Blvd Seaside, CA 93955 (831) 583-1025

YWCA of Watsonville 340 East Beach Street Watsonville, CA 95076 (831) 724-6078

# the end.

HOLIDAY GIFT IDEAS

## Give Warmth From the Heart This Holiday Season

The holidays are a joyous time for friends and family to get together and share gifts, laughter and memories.

In between purchasing thoughtful presents and planning celebrations, there are many ways that you and your family can share your festive spirit with those less-fortunate this holiday season.

Showing compassion for others and giving back to the community are values that many parents try to introduce to their children at a young age. And according to Dr. Harriet Mosatche, senior director of research and program for Girl Scouts of the USA, the holidays are a perfect time to inspire your kids to be charitable and make a difference in the lives of others. To help parents do just that, Dr. Mosatche offers the following tips:

Spread Good Cheer. For some, the holidays can be a lonely time and small deeds can make a big impact. Dr. Mosatche recommends encouraging your kids to reach out to people who may be experiencing feelings of isolation. Youngsters can design holiday cards for residents of local nursing homes, while teenagers can offer free babysitting to recently single parents-gestures that may inspire others to get into the holiday spirit.

Put Goodwill Into Action. Kids tend to take their cues from their parents so be sure to

set a good example and exhibit the kind of behaviors you want them to learn. One great way to encourage community involvement is for parents to volunteer their own time at a local charity and bring the kids along to help out. Volunteering can be a great bonding experience for the entire family.

Join in the Fun. Many organizations hold annual charitable events such as coat and toy drives, which require lots of manpower and frequently rely on volunteers for assistance. One Girl Scout troop spent some quality time together collecting used shoes and having them repaired for needy people overseas.

Look to the Wish List. Talk with your child about what he or she deems as "fun." An activity that your child enjoys may inspire a unique opportunity for him or her to reach out to others. For example, one talented Girl Scout collected used instruments for kids who could not afford them and even offered to provide lessons.

Encouraging your children to give from their hearts this season can be a truly rewarding experience, and one which could very well become a favorite holiday tradition that you and your child can share for years to come. ■

NAPSI

DEPARTMENT

## Postal Service Puts Its Stamp Of Approval On Marrow Donor Effort

There's hopeful news for the more than 35,000 children and adults who develop life-threatening diseases of the blood or immune system, including leukemia, lymphoma and genetic diseases each year.

For many of these individuals, the best hope for a cure is a marrow or blood cell transplant from a volunteer donor or donated cord blood unit.

In one such case, Jerry Arreola, a 46-year-old San Antonio, Texas, resident and longtime employee of the U.S. Postal Service (USPS) felt compelled to make two marrow and blood cell donations for a recipient he didn't know and thought he would never meet. Postal workers who make similar donations refer to this as "delivering the gift of life."

To date, more than 25,000 USPS employees have joined the National Marrow Donor Program® (NMDP) Registry through the Delivering the Gift of Life campaign. Of the 25,000 Postal employees who have joined the NMDP Registry, more than 60 have made life-saving marrow donations.

The USPS is the first organization to add 25,000 donors to the Registry, which helps match donors and recipients through a worldwide network.

The Postal Service joined forces with the NMDP, The Marrow Foundation and 3M in 1997 to establish the Delivering the Gift of Life Campaign. This campaign focuses on building awareness of the need for unrelated

volunteer marrow donors and recruiting volunteer donors for the Registry.

A marrow or cord blood transplant requires careful matching of patient and donor tissue types. Although a family member is the most desirable donor, 70 percent of patients do not have a matched family donor. The NMDP and its funding partner, The Marrow Foundation®, make transplants possible for these patients.

The NMDP connects, supports and informs patients, donors, physicians and researchers in 30 countries.

The Marrow Foundation supports this work by building relationships with individuals, corporations, and other organizations to recruit volunteer donors and raise funds to support scientific research, public outreach and financial aid for marrow transplant patients and their families.

During National Marrow Awareness Month and throughout November, the world's transplant community makes a special effort to recognize the 10 million individuals who have registered as volunteer stem cell donors. This includes participants from 56 donor registries in 41 countries and 38 cord blood banks in 21 countries.

In the United States, the NMDP plays a key role in facilitating life-saving transplants. Through the efforts of NMDP Network



Jerry Arreola, left, delivered the gift of life to Alice Masticola.

donor centers and recruitment groups, the NMDP Registry includes more than 5.9 million donors and 45,000 cord blood units available to serve patients around the world.

Tissue type is inherited, so a patient is more likely to find a match within their racial or ethnic community. The NMDP makes a special effort to register potential donors who identify themselves as Black or African American, American Indian or Alaska Native, Asian, Hawaiian or Pacific Islander, and Hispanic or Latino.

The NMDP facilitates more than 2,200 transplants annually and has provided more than 20,000 patients a second chance at life. Alice Masticola, 44, of Louisville, Kentucky, is one of those 20,000, thanks to Jerry Arreola's "Delivering the Gift of Life."

To learn more, visit the Web site at [www.marrow.org](http://www.marrow.org). ■

NAPSI

## FOUNDATION FUNDS LOCAL CARE PROGRAMS

Hospice Foundation believes that no one should die alone or in pain and that everyone should have access to the best quality care, services and information available. With this in mind, the Foundation gives grants each year to local organizations that provide specialized care and services for people at the end of life, and for their families. The grants fund home-based hospice care for kids and adults, palliative care in hospital settings, grief support programs, emotional and spiritual care programs, and resource centers where people can find information and help.

The Foundation raises funds for these grants through Trees of Life, a holiday commemorative light project, the Hospice Golf Scramble, and annual and memorial giving opportunities. Occasionally bequests from wills and estates are received. Every dollar raised goes back out to fund community services.

For the fiscal year 2005-06, Hospice Foundation gave more than \$2 million to 12 local organizations, the largest sum given to the most diverse group of service providers in the Foundation's history. For more information, visit the Hospice Foundation's website, [www.hfcc.org](http://www.hfcc.org), or call (831) 333-9023.

**Bringing healthcare home... Let us work with your physician!**

Monterey 375-9882	Salinas 758-8302
Hollister 637-6724	King City 385-1014

**Salinas Adult Day Center: 424-7930**  
[www.ccvna.com](http://www.ccvna.com)

an affiliate of  
Salinas Valley Memorial Healthcare System

### Our Mission Statement

Provide crisis intervention, prevention and educational services to reduce violence in the lives of women, children and families in the Salinas Valley.

Violence in our communities is rampant.  
A woman is beaten every 9 seconds in the U.S.  
Violence will occur at least once in 50% of all marriages.  
Children in homes where domestic violence occurs are physically abused or neglected at a rate 1500% higher than the national average.  
More than 75% of battered women report that their children had been physically or sexually abused by the batterers.  
A woman is raped every 6 minutes in the U.S.  
One in three girls and one in six boys will be sexually molested.  
Each day, an average of 65 people die in the U.S. from violence.

*No one has to suffer abuse.  
Call our 24-Hour Crisis Center  
757-1001  
(888) 757-1001 - South County*

## THE COMPASSIONATE FRIENDS OF MONTEREY COUNTY

PO Box 3071, Salinas, CA 93912 (TCFMOCO@yahoo.com)

**THE DEATH OF A CHILD, OF ANY AGE, FROM ANY CAUSE, CREATES UNIQUE, AND EXTRAORDINARY NEEDS**

A support group for all

### BEREAVED PARENTS, GRANDPARENTS, AND SIBLINGS

Meets the second Monday of every month at 7:00 PM  
Conference room generously donated by the

**LAUREL INN  
801 WEST LAUREL DRIVE, SALINAS**

**FOR ADDITIONAL INFORMATION AND DIRECTIONS, CALL:  
MARV & ANN RUBIN  
424-4273**

The mission of The Compassionate Friends (TCF) is to assist families in the positive resolution of grief following the death of a child and to provide information to help others be supportive.

The Compassionate Friends is open to all families who have experienced the death of a child from any cause, at any age. As we have all paid the ultimate price, the death of our child, sibling, or grandchild, there are no membership dues or individual fees of any kind to be a part of TCF.

**YOU NEED NOT WALK ALONE, WE ARE THE COMPASSIONATE FRIENDS.**

a genuine desire to be with another,

Listening is an attitude of the heart,

which both affects and heals.

**CASA OF MONTEREY COUNTY**  
201 MONTEREY-SALINAS HIGHWAY,  
SUITE F SALINAS, CA 93908

**CASA of Monterey County**  
volunteers help make sure abused and neglected children are safe and listened to.

In 2005 over 85 volunteer advocates made a difference in the lives of more than 225 children in Monterey County.

*To all our advocates & supporters...*

Thank you.

You improve the lives of abused children.

831.455.6800 . 866.406.2272 . INFO@CASAMONTEREY.ORG