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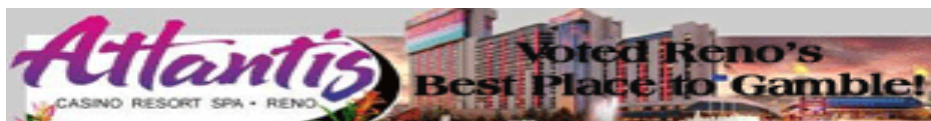
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## Saint Mary's Urgent Care



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### What you can do to help during the holidays

Posted: Nov 17, 2008 10:21 AM PST

Updated: Dec 17, 2008 06:37 AM PST

#### Video Gallery

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**Nevada's homeless feels the bitter cold**  
12/16  
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**St. Vincent's Food Pantry gives during the holidays**  
11/21  
0: 56

#### *Charity Issues 11th Hour Appeal for Christmas Help*

The [Salvation Army](#) has a problem and is asking the community for help. More than 3,300 families have registered for Christmas food and toys - over 1,200 more than last year.

The families have 7,000 children on the list - 1,600 more than for Christmas 2007. At the same time, food and toy donations are down substantially.

The charity begins its five-day food and toy distribution to those families Wednesday - December 17, but officials worry that they will run out of both food boxes and toys before the line of clients ends on Dec. 23.

The Salvation Army already provided gifts and food boxes for 260 low-income seniors through its Silver Angel Tree program.

"We were counting on successful food and toy drives, like last year" said Major Doug Williams, Corps Officer for the Reno operation, "but the numbers for both are way down. Unfortunately, the poor economy is bringing a lot more people to our doors this Christmas."

Marine Sgt. Lee Schutte says, "Our Toys for Tots program has brought in about half of the toys we saw last year. Last year, we could fill three trucks with toys for The Salvation Army. This time, maybe a truck and a half at most."

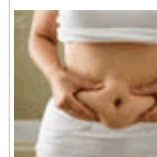
The Salvation Army and the Marines joined forces last year to better serve the community with Christmas toys. The Marine Reserves no longer have enough staff to handle applications and distribution. The Salvation Army already had the assistance system in place, so the



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Nevada's home



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charity now serves clients from both programs.

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The Salvation Army's December 9th Operation Turkey Drop collected enough turkeys and monetary donations to make sure each family gets a turkey. However, nonperishable food is needed for the thousands of holiday food boxes. The charity has used all of the food on hand and bought \$20,000 more - but it still isn't enough.

Officials have even temporarily suspended giving out emergency food boxes from the social services department. The department usually has over a dozen requests each week day for emergency food help.

"The much lower than expected toy count may mean reducing the number of toys per child," said Williams. "That's a better option than running out of toys before everyone gets gifts."

Visit [www.salvationarmyreno.org](http://www.salvationarmyreno.org) to find out more about how you can help.

### ***Trainer Middle School Students open their closets and their hearts***

In an effort to help the other members in their community as well as their fellow students and families the kids at Trainer Middle School with open their clothing closet.

For the third year in a row, students, faculty and staff have collected clothes and shoes for those in need. They get items from community organizations and staff and set everything up in the band room.

Families and students can then go in, and "shop" for free, for either Christmas gifts or for themselves. One school counselor says this year the need is greater than ever...

"We have more than 80 percent of our families receiving free and reduced lunches here and especially this year with the economic hard times we have a lot of kids in schools who maybe didn't need help in the past this year," Angela Heard says.

The clothing closet will continue until Thursday.

### ***Guardian Angels of Reno, Nevada OUR HOMELESS NEED BLANKETS, HATS & GLOVES***

The Reno chapter of the Guardian Angels is planning to give away 100 blanket-bundles to Reno's Downtown homeless. They are part of the way there but need your help.

Your donation of \$5, \$10, \$20 or more will allow them to help 100 homeless residents of the downtown area to be just a little warmer this holiday season.

Each blanket-bundle will contain a 4-foot by 5-foot signature-red fleece blanket with Guardian Angels logo, a red stocking cap and a pair of men's large black fleece gloves with cinched wrist and clip. The bundle is contained in a polyester carrying strap, allowing the items to be easily carried and stored.

Since the tents previously used by our downtown homeless have been removed to comply with city mandate, hundreds and hundreds and hundreds huddle in alleys, keeping as close to each



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other as possible to keep warm. As a small organization, we can't do much, but we can do something, and this is our first step in that direction.

We need to raise \$2,000 in the next week, in order to distribute the blanket-bundles on Tuesday, December 23.

To donate in person or for additional information, contact [Scott Tootell](mailto:Scott Tootell) at 775-343-9242 or at [renoangels@flexativity.com](mailto:renoangels@flexativity.com).

### ***Be a Santa to a Senior Continues Popular Holiday Senior Gift Giveaway***

The popular campaign that last year delivered more than 850 gifts to local needy seniors is being planned again this holiday season.

Area retailers, along with agencies that serve older adults, have partnered with a local senior-care service to make sure that isolated seniors receive gifts and companionship through the Be a Santa to a Senior program.

The area office of Home Instead Senior Care, the world's largest provider of non-medical home care and companionship for older adults, has joined local eldercare agencies (see complete list below) and Wal-Mart and Gottschalks to provide presents to seniors who otherwise might not receive a gift this holiday season.

Throughout North America, this is the fifth year of the program where last year more than 26,400 volunteers distributed gifts to deserving seniors. In the past four years since introducing the program, Home Instead Senior Care has helped provide more than 930,000 gifts to 568,055 seniors in North America.

"Be a Santa to a Senior each year sets new records in contributions of gifts to a group that often is forgotten during the hectic holiday season," said Allan Ward, owner of the Home Instead Senior Care office in Reno. "While children are the beneficiaries of many holiday programs, people often don't think about the isolated and lonely seniors who need to be remembered as well during this season. Be a Santa to a Senior also is designed to help stimulate human contact and social interaction for older adults who are unlikely to have guests during the holidays."

Here's how the program, which *runs from Nov. 4 through Dec. 12*, works: Prior to the holiday season, the participating local non-profit organizations and eldercare facilities will identify needy and isolated seniors in the community and provide those names to Home Instead Senior Care for this community service program. Christmas trees, which will go up in local Wal-Mart and Gottschalks stores (see complete list below) and in the Renown Regional Medical Center's ER on Nov. 4 will feature ornaments with the first names only of the seniors and their respective gift requests.

Holiday shoppers can pick up an ornament, buy items on the list and return them unwrapped to the store, along with the ornament attached. Home Instead Senior Care

then enlists the volunteer help of its staff, senior-care business associates, non-profit workers and others to collect, wrap and distribute the gifts to these seniors. A citywide gift-wrapping day, when hundreds of the presents will be wrapped, will be held on Sunday, Dec. 14 from noon until 5 p.m. at the Classic Residence by Hyatt at 3201 Plumas St. in Reno.

"Be a Santa to a Senior is a fulfilling way to say thanks to those older adults who have helped build our community," Ward said. "Our hope is that many will be touched by this holiday gesture of goodwill."

If you or someone you know is interested in volunteering to help on the citywide gift-wrapping day, contact Allan Ward at (775) 336-5333. Businesses are encouraged to contact the local Home Instead Senior Care office about adopting groups of seniors. For tree locations in your area, or for more information about the program, log on to [www.beasantatoasenior.com](http://www.beasantatoasenior.com).

*Agencies working with Home Instead Senior Care:* Orvis-Ring Medicaid Housing, City of Reno, Senior Companions, RSVP Volunteer Care giving, Reno Housing Authority, Senior Bridges, Lakeside Manor, Foster Grandparents, State of Nevada Division of Aging Services, The Fountain Assisted Living, House Calls, S.A.F.E., Volunteers of America, Regent Care, XL Hospice, Carson Plaza, Evergreen Mountain View, Evergreen on Ormsby Blvd., and Evergreen Gardnerville, Carson Senior Center, St. Mary's Home Health & Hospice, All Valley Home Care, HomeWatch Caregivers and the Alzheimer's Association.

*Trees will be located in Wal-Mart stores at the following locations:* 5065 Pyramid Lake Road in Spanish Springs, 155 Damonte Ranch Parkway, 4855 Kietzke Lane and 5260 West 7th (McCarran & Mae Anne) in Reno and Gottschalks at 200 East Plumb Lane in Reno. Trees will be at three locations in Carson City; Wal-Mart at 3770 N. Hwy 395 and 3200 Market St., and Gottschalks at 1443 S. Carson St. There will also be a tree in the Renown Regional Medical Center's ER at 1155 Mill Street in Reno.

### ***Food Bank Working Hard to Ensure No One Goes Hungry this Winter***

The Food Bank of Northern Nevada has kicked into overdrive this holiday season to make sure that the hungry in our community have food. The unsure economy and high prices of food have put more people than ever in the position of needing assistance. The growing number of people seeking food assistance for the first time in their lives has grown exponentially and is evidence of the frightening position many people now find themselves in.

"We are seeing more new faces needing a helping hand," said Food Bank President & CEO Cherie Jamason. "These are people just like you and me, who have been laid off or have been foreclosed on. They could be our family members or neighbors. Hunger has become a closer, more personal subject this year for many of us - it's not just unknown faces in danger of going hungry anymore."

With a projected number of more than 41,000 people needing food assistance this holiday season alone, the Food Bank is working harder than ever to ensure that those who need help will always have somewhere to turn. Last holiday season, the Food Bank, which depends on its holiday food drives to carry it through the early part of spring, had already exhausted the food collected during the 2007 annual holiday food drive by February. With the economy pushing the demand for services even higher this year, the holiday food drive is vital to the health of the community.

"Our holiday food drive is absolutely critical to our ability to fill the needs of our clients and our community this year," said Jamason. "We depend on the generosity of our community to help us continue to serve those in need, year after year and day after day. We are working very hard to make certain that no one goes hungry this winter and cannot do it without the support of the community we serve."

There are many ways to help the Food Bank continue to feed the hungry this winter, from conducting a food or fund drive to participating in its virtual food drive. For more information on how to help, please contact the Food Bank at (775) 331-3663 or visit [www.fbnn.org](http://www.fbnn.org)

The Food Bank of Northern Nevada is a non-profit organization that distributes more than 5 million pounds of food annually to more than 110 agencies in Northern Nevada and the Tahoe/Sierra region. Agencies include shelters, low-income daycare centers, rehabilitation programs, senior nutrition centers and emergency food assistance pantries. Last year, the Food Bank provided food to more than 80,000 people.

### ***Donate to the Food Bank of Northern Nevada through Smith's Gift of Giving program***

Many northern Nevada families will stare into empty cupboards this holiday season but Smith's

Food & Drug Stores shoppers can help alleviate hunger through the 4th Annual Gift of Giving Program. At every Smith's check stand from Nov. 10 through Dec. 27, shoppers can donate a \$7 meal-in-a-bag or a \$10 ham or turkey.

A Gift of Giving meal includes 11 nutritious food items like tuna, mixed vegetables, peaches, macaroni and cheese, red beans, and peanut butter. Shoppers may also purchase a "virtual" \$10 turkey or ham and the donation will be added to the customer's order. Smith's will later deliver the food items in case lot to the Food Bank of Northern Nevada.

In 2007, Smith's customers in Nevada purchased 853 turkeys and 11,284 meal items at cost through the Gift of Giving Program.

"Smith's Gift of Giving holiday food drive allows their customers to directly help people in their own community, perhaps their neighbors, co-workers, people with whom they worship or students in their children's schools," said Cherie Jamason, president/CEO of the Food Bank of Northern Nevada. "These most basic and nutritious food items are so crucial to the families, seniors and others who are depending on the Food Bank of Northern Nevada in these distressful economic times. We are truly grateful to Smith's and their customers for their support again this year."

About The Food Bank of Northern Nevada:

The Food Bank of Northern Nevada is a regional food distribution and support system serving over 100 partner agencies in Northern Nevada and the Eastern Sierra. The Food Bank of Northern Nevada provides and supports programs including food pantries, soup kitchens, emergency shelters, after-school programs and Kids Cafe (dinner program), Kids Cafe Summer Meals program, Food Stamp Outreach and much more. Among clients who visit emergency food program sites, 58% are over age 50 and 35% are over age 65. Children are the most vulnerable to hunger; 37% of emergency food recipients are children under the age of 18. Last year the Food Bank of Northern Nevada provided over 4 million meals to low-income seniors, children and families. The Food Bank of Northern Nevada is a member of Feeding America ~ The Nation's Food Bank Network (formerly America's Second Harvest).

### ***The Salvation Army of Washoe County***

The [Salvation Army of Washoe County](#) officially launched its holiday fundraising season with the Annual Dinner & Christmas Kettle Kick-off Nov. 14.

And the bells are already ringing at many locations around town. Kettles will be out at most of the stores from Nov. 15 through Dec. 24.

The [Salvation Army](#) provided Christmas for more than 9,000 needy people last year - including over 5,400 children and 300 low-income seniors, according to [Carole Miller](#), Community Relations Director.

The [Salvation Army](#) is expecting more people to ask for holiday help this year, due to the tough economy, Miller said. Over 800 families have already registered for assistance. Sign-ups began Nov. 3 and will continue through Dec. 13.

For information, clients can call the social services office at 688-4555 X 243.

### ***St. Vincent's Dining Room serves meals to the hungry***

St. Vincent's Dining Room, operated by Catholic Community Services of Northern Nevada, normally prepares and serves 500-600 meals to area hungry Monday-Saturday, according to Sandy Isham Development and Community Relations Manager for Catholic Community Services of Northern Nevada.

The Dining Room always offer ongoing volunteer opportunities at the St. Vincent's Center throughout the year, Isham said. For more information, please visit the volunteer page at

### ***Ashlee's Toy Closet, Inc***

Keep an eye out for donation barrels at Northern Nevada Chili's restaurants: They are teaming up with 9-year-old Ashlee Smith and her non-profit organization "Ashlee's Toy Closet."

Beginning Nov. 28 till Dec. 24, stop by any of the restaurant locations in Sparks, Reno and Carson City and help Ashlee in her quest to send toys to the Southern California fire victims and local children as well. Donations can also be made via her Web site at [www.ashleestoycloset.org](http://www.ashleestoycloset.org)

Northern Nevada Toy Drive Locations

Sparks:

135 Los Altos Pkwy  
Sparks, NV 89436  
775-354-0500

Reno:

10340 N. McCarran Blvd  
Reno, NV 89503  
775-829-7775

5090 Smithridge Drive  
Reno, NV 89502  
775-829-7775

Carson City:

3205 Retail Drive  
Carson City, NV 89701  
775-841-2553

3784 US Hwy 395 S.  
Carson City, NV 89705  
775-264-0044

To contact Ashlee directly please call (775)527-2245 or email [ashleestoycloset@live.com](mailto:ashleestoycloset@live.com)

### ***Evelyn Mount Community Outreach***

As the holidays approach it appears more families are going to need help from the community not just with gifts, but with some necessities too.

Unfortunately those who usually give are also having to cut back. Evelyn Mount says this will be her thirtieth year providing food to thousands of families in need, but this holiday season is bringing new challenges.

"Two weeks ago, it was over 4,000, and it's going to be more," Mount said. "I have more people signing up this year. We're gonna count today. More signing up this year than I've ever had in the 30 years I've been doing this."

The worsening economy is hitting residents hard. Mount says she will be giving food to people she used to turn away.

"Now they are in the stage of needing it because the truth has brought them to the light," Mount said. "They are out of food, evicted - they really need it now."

Those who normally help out may not have enough to give this year.

Mount says she just provides a way for people to give back to their community, and hopes that it

reaches their heart. But she knows that some people can't donate this year.

"Do what you can do and if you do it from the heart, it will reach the heart of someone else and will reach the place it is needed," she said.

Evelyn Mount's Community Outreach is now accepting all food, clothing, money and man-hour donations. Call 356-0238 for more information. You can also find the outreach center at 2530 Cannan St.

### ***Holiday Bag Program***

The holidays are just around the corner, and Raley's annual "Holiday Bag Program" kicks off Monday, Nov. 17. Organizers of the drive hope to fill shelves with enough food to provide for all of our local families in need for the 2008-09 holiday season.

You can participate at any Raley's shopping center in three ways: donate to the cash collection box, add a contribution to your bill when you are buying groceries, or buy a bag filled with groceries to support the program. The food drive will be accepting donations through Dec. 24.

### ***Nevada Humane Society***

Help [Nevada Humane Society](#) Find Homes for 1,000 Homeless Pets during the "Home 4 the Holidays" Adoption Drive.

The holidays are about sharing time with family and friends and, for many of us who love animals, this includes the four-legged family members, according to the Nevada Humane Society's [Lilli Walker](#) - Community Programs Project Manager of Special Events.

From Nov. 28 through Jan. 4, all adult dogs may be adopted for \$40 and adult cats for \$30, Walker said in a news release. Adoption gift certificates are also available. Visit the humane society at 2825 Longley Ln., or Moana and S. Virginia. Call 775-856-2000 for more information.



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Spudistro To Support Evelyn Mount's Community Outreach Program And Provide Holiday Cheer For Our Community!	<b>Denise</b> Wednesday, December 10, 2008
The Evelyn Mount Community Outreach Program will receive proceeds from Spudistro...a Potato Café in Sparks. Spudistro is raising funds and food items for less fortunate families in our community this holiday season.	
As long time supporters of Evelyn Mount's efforts, the owners of Spudistro are inviting the general public to join in this exciting fundraising campaign. Now through Saturday, December 20th the Outreach Program will receive \$3 for each entrée purchased. Just mention Evelyn Mount's program when ordering and Spudistro will take care of the rest! There is no limit to the number of times this locally owned café will donate funds to the campaign, so be sure to visit as often as you can!	
In conjunction with the fund raising effort, Spudistro will also be a drop-off point for non-perishable food items through December 20th.	
Spudistro is located at 624 E Prater Way, Sparks, in the McCarran Plaza next to Longs, and is open Monday through Saturday 11:00 am to 7:00 pm.	
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## What you can do to help during the holidays

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