

Spread *Cheer* This Year!

Meet Darlene.

Each year, Darlene receives a little extra holiday cheer from a friendly volunteer and a holiday gift bag filled with everyday essentials. The visit provides her with joy, companionship and comfort during the holiday season.



Give a *Holiday Gift Bag* This Year

Spread holiday cheer by giving to an older or disabled adult in the Beach Cities this year, many of whom are homebound or live in isolation. The Beach Cities Holiday Gift Bag program gives more than 250 bags to seniors filled with essential supplies like grocery script, calendars, soap, kitchen towels, crossword puzzles, flashlights, band-aids and more!

3 Ways to Give

- 1. Donate.** Make a monetary contribution and receive a gift card to send to a friend or relative, letting them know that a holiday gift bag has been given in their honor (see form included).
- 2. Make an In-Kind Donation.** Give essential supplies to be included in the bags (250 minimum quantity).
- 3. Deliver a Holiday Gift Bag.** Volunteer and deliver cheer to an older adult in the Beach Cities.

Ready to Give?

Go to www.bchd.org/holidaygiftbags

Questions? Contact:

Kate Ekman,
Volunteer Services
310-374-3426, ext. 199
Kate.Ekman@bchd.org



YES! I'd like to bring cheer to a disabled or homebound older adult this holiday season!

The holidays can be a difficult and lonely time for low income and frail older adults and those with disabilities. But it doesn't have to be that way.

Since 1998, friendly volunteers have delivered holiday gift bags filled with practical and fun gifts to nearly 300 beach cities seniors, many of whom are homebound or live in isolation. You can make a difference in the lives of seniors in our community by sponsoring one or more holiday gift bags this year.

Each gift bag costs \$25 and one hundred percent of your contribution goes to the holiday gift bag project. For each \$25 contribution you make, you will receive a gift card to send to a friend or relative, letting them know that a holiday gift bag has been given in their honor.

YES! I'd like to bring cheer to a disabled or homebound older adult by sponsoring the following:

1 bag at \$25 2 bags at \$50 3 bags at \$75 4 bags at \$100

Other contribution amount: \$_____

Corporate donation of \$_____ Name of Corporation: _____

Would you like an "In Honor Of" gift card for each \$25 contribution made?

Yes, please provide to me for each \$25 donation (e.g., for \$50 donation, I will receive two cards)

Yes, but I request only this number of cards: _____

No thank you.

Contact Information:

Name: _____ Phone: _____

Address: _____ City/state/zip: _____

Check Payment:

Credit card payments can be made at www.bchd.org/holidaygiftbags

My check payable to "Beach Cities Health District" is enclosed.

Submit this form and check to:

Beach Cities Health District
Attn: Volunteer Services/Holiday Gift Bags
1200 Del Amo Street
Redondo Beach, CA 90277

If you have any questions, please contact Kate Ekman in Volunteer Services at (310) 374-3426, ext. 199 or kate.ekman@bchd.org.