



Communicating With Your Membership

One of the important activities you can participate in is posting bulletin notices about Hearts and Hands in your weekly email, or bulletins, for members. Ideally, sharing a new notice every other month keeps the information fresh and interesting to readers. Feel free to edit the samples below.

Bulletin 1

There are 720 hours in a 30- day month. How do we use that time?

Church...Family...Work.... Chores...Sleep.... Recreation...Community.

Can you spare 2 hours a month to help a senior in need this Holiday season?

Hearts and Hands provides free caregiver respite for seniors 60+. Help a caregiver run their holiday errands by visiting with your senior neighbor. Select only the requests which fit your schedule.

Join us by calling (716) 401-8311 or go to volunteerhnh.org to complete an on-line registration form.

Bulletin 2

Is there an empty seat in your car?

Why not take an older adult grocery shopping when you shop?

You will help someone in your neighborhood access healthy food, while enjoying friendly conversation. We will pay for your gas, with mileage reimbursement. Take only requests which fit your schedule. To learn more or schedule a 1-hour volunteer training call (716) 406-8311 or complete the on-line application by visiting volunteerhnh.org.

Heart and Hands, neighbor helping neighbor since 2003.

Bulletin 3

Hearts and Hands: Faith in Action has been serving older adults and adults with physical challenges since 2003. Volunteers provide free transportation for medical appointments, grocery shopping, and to **places of worship**.

Live out the spirit of giving this advent season by sharing your time and talents with your neighbors in need! Call (716) 406- 8311 or visit volunteerhnh.org to get started