News-Herald

TAYLOR GOODFELLOWS

PUBLISHED BY **Media**News Group

TAYLOR

Goodfellows gear up for another year of fundraising, gift-giving

Every year the holiday season seems to come around faster than the year before.

As we enter into our 6th year of providing for Taylor families, we are amazed at how much this organization has grown.

we were able to help 81 families, totaling 193 children during the 2021 holiday season.

have received applications for over 200 children needing assistance this holiday season — with weeks each child. to go before the deadline.

With the help of our community, tion. Our volunteers spend countless hours making sure that the children in our community are not without. We are always look-

us fundraise during our newspaper drive, and organize the gifts for

When a family receives a holi-The Taylor Goodfellows is a day package from the Taylor Good-100% volunteer-based organiza- fellows, it is a package tailored to the needs and wishes of their children. We continue to see families asking for basic necessities that we often take for granted. That is why

At the time of writing this, we ing for more helpful elves to help we provide not only toys, crafts, and sporting equipment, but also include essentials, such as cold weather gear, hygiene products, and food.

> Every donation we receive goes lows president toward our goal of ensuring there is "No Child Without a Christmas." If you would like to donate the most valuable thing — your time please contact us or visit our Face-

book page for more information.

We thank you for your generosity, and wish you a happy and healthy holiday season!

-Sara El-Rifaai, Taylor Goodfel-

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How to become an environmental volunteer



Environmental volunteerism offers many opportunities to eco-conscious men, women and children who want to use their free time to protect the planet.

PHOTO COURTESY OF METRO CREATIVE CONNECTION

People who want to volunteer their time have of oil produced in the world many opportunities to choose from. Volunteer efwarding when individu- nually. als choose causes that have For some, this may mean helping animals, championing research to cure a particular disease or helping to provide services for disadvantaged youth.

likely want to get involved environmental causes. with nonprofit groups that focus on conservation. Climate change and the imsider some of these facts, importance of biodiversity. courtesy of Eco-Friendly Habits:

- One hundred acres of ery day.
- of the biggest causes of deforestation.

- end up in oceans every year.
- Plastics kill more than forts can be even more re- one million sea animals an-

Environmental volunprofound meaning to them. teering, which refers to work undertaken to benefit the natural environment, may be the right opportunity for those looking to get involved. Here are some volunteering efforts Environmental stewards and groups that champion

International efforts

Amigos is a program that pact of human activity on operates in Costa Rica, Colthe planet concerns people orado and Ecuador. Various in all corners of the globe. projects help preserve bio-Many people feel that the diversity, explore sustaintime has come to prioritize able farming practices and protecting the planet. Coneducate people about the

Fire brigade

Many countries employ rainforests are cut down ev- volunteer fire brigades to handle wildfires. This type Beef production is one of volunteerism often involves training and activ- Story courtesy of Metro ity in the field, so it requires Creative Connection

 About five million tons a significant dedication of time and effort.

Beach sweeps

Various organizations coordinate regional beach clean-up efforts. Worldpackers, Clean Ocean Action and others rely on volunteers to help sweep trash from beaches.

Environmental education

Individuals who are teachers or specialists in certain areas of ecology may want to share their knowledge with others. They may be able to volunteer at the elementary, high school or even college level and educate young people about various environmental topics.

Environmental volunteerism offers many opportunities to eco-conscious men, women and children who want to use their free time to protect the planet.



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Everything you need to donate a car

Have an older car sit- gitimate charities may not there's always the option lize donations. to clean it up and attempt duction.

even pick up the vehicle Consumer Affairs. and do much of the legwork for donors.

part of the process.

ting around? While fully disclose how they uti-

Keep in mind that not to sell it, chances are it too long ago a person won't generate much of a could deduct the "fair profit. And it may prove market value" of the veto be more work than it's hicle donated, but that is worth. There is another no longer the case, says option for unloading an Edmunds.com. It's imporold car, and that includes tant for donors to learn donating it for a tax de- the proper procedures, which may require find-As you navigate the ing out what the charity process of donating a car, ends up selling the doit's best to get the facts nated vehicle for. If the and work with reputable car is valued at \$1,000, organizations. This en- but the charity gets \$500 sures the easiest and saf- for it, then that person est donation process. In should only deduct \$500 fact, some charities will on their taxes, indicates

Charitable groups often have different procedures First and foremost, en- regarding vehicle donasure the charitable orga-tions. For example, the nization is qualified to re- National Kidney Foundaceive tax-deductible dona- tion's TowKars program tions and has a 501(c)(3) will have a towing comstatus with the Internal pany pick up the vehicle Revenue Service. The IRS after a person visits the Tax Exempt Organization website or calls to register Search Tool can be a use- the donation. After that, ful resource during this the vehicle will be picked up and then a tax receipt accept car donations. Secondly, research the will be sent. Forbes Advicharity and confirm that it sor lists Habitat for Huis transparent with its ef- manity, Disabled Amerforts, including what per- ican Veterans and the centage of contributions Make-A-Wish Foundation go to charitable programs. as well-known and repu-Keep in mind that even le-table charity groups that Creative Connection



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Donating a car may be an option for those looking to help others and unload an old car.

Donating a car may be an option for those looking to help others and unload an old car.

Story courtesy of Metro





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Ways for individuals with disabilities to give back

power to make a significant levels. difference.

commodations that help itations they might have. specific issues. That means that giving back through various charspite of any disability.

ities are urged to get in- groups help volunteers with

The World Health Or- volved because of the posiganization reports that tive effects of volunteering. around 15% of the world's Volunteerism can benefit population, or roughly 1 bil- individuals and the commulion people, have some sort nities they call home. The of disability, making them social lives of those with the world's largest minor- either physical or developity demographic. A group mental disabilities can benwith such a large footprint efit from further interacon society has the collective tions with others on deeper

People with disabilities Individuals with disabil- can be part of any charitaities often can do anything ble organization. They can they choose, thanks to ad- reach out to the organizavancements in medicine, tion to find out how they accessibility and other ac- can become volunteers, and what accommodations are people rise above any lim- made to assist people with

Advocating for issues that directly relate to them with disabilities want to Individuals with disabil- pursue. Various charitable



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Individuals with disabilities are urged to get involved because of the positive effects of volunteering.

are some of those groups.

itable efforts is possible in may be something people disabilities find the support ganization was formed in quality of life for children they need. The following 1919 by Edgar Allen in response to the lack of med-• Easterseals. This or- ical care available to peo- assists hundreds of thou- Creative Connection

terseals today provides job them to live independently training and other support and productively. services.

individuals. The Special Olympics is now a global movement that empowers land lasting careers. athletes of all abilities and events.

 United Cerebral Palsy. This organization was may find working with orfounded in 1949 by the Goldensons to improve disabled to be especially rewith cerebral palsy and other disabilities. Today it Story courtesy of Metro

ple with disabilities. Eas- sands of people, helping

 Goodwill Industries. Special Olympics. This organization was The Special Olympics was founded by Reverend Edgar started by the Shriver fam- Helms in Boston in 1902. It ily after a friend expressed is the leading provider of frustration regarding the educational and workforcelack of recreational op- related services. It helps portunities for disabled people overcome barriers to employment, including disability, to find work and

People with disabilities ages. It provides year-round are urged to get involved sports training and athletic in any way they can. In addition to general charitable groups, such individuals ganizations devoted to the warding.





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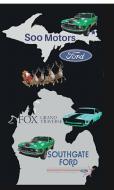
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Avoid these 4 charity scams

in 2021. According to Blackbaud Institute, a social good innovator, giving not only increased after COVID-19, but actually rebounded more than it had in a decade — increasing in the United States by 9% overall.

Annual private philanthropy as a percentage of GDP is about 1.44% in the groups have an online rate in Canada is 0.77%.

most to charity at the end of the year. While legitimate organizations may step up their solicitation of donatheir deceptive tactics to dress of a charity, if you something is amiss.

viduals at this time of year.

Here are four common charity scams that every prospective donor should be aware of.

Most philanthropic

1. Impersonating another charity

United States. Philanthropy presence in some shape or Roundtable reports that form. Scammers will replihappy to welcome a donacate the look of the charita-People tend to give the ble group's website or social media account, or may contact you through email or text to solicit funds. Thinking it is a legitimate chartions at this time, scammers ity, you may follow a link to also realize the months of enter donation information. only by cash, gift card or November and December To avoid this scam, do not is prime giving season. So click on any links. Rather, difficult to trace), and this many scammers increase enter the exact email ad-

Charitable giving grew cheat unsuspecting indi- know it, or use a trusted re- 3. A thank-you for source like Charity Navigator for contact information. If you're still leery about oncharity and ask to be sent a donation statement in the mail, which you should be able to mail back postagepaid.

2. The hard sell

A legitimate charity is tion any time you're able to give it. A scam operation may employ a hard sell or a deadline by which the donation must be made. In addition, a fraudulent "charity" might ask for payment wire transfer (because it is should raise a red flag that

vour donation

AARP warns that some line transactions, call the scammers will send you a thank-you for a donation that you supposedly already made to entice you to give again. This is designed to lower your inhibitions about a soliciting charity. It's always a good idea to keep records of charitable giving, especially for tax-related reporting, so you can government of Ukraine an- to confirm that money is beeasily verify if you gave to a nounced it would be accepting sent to the right place. group in the past.

4. Cryptocurrency wallet

As methods of making payments change, scam groups often ride the wave. headed to a private wallet. The Federal Trade Commis-



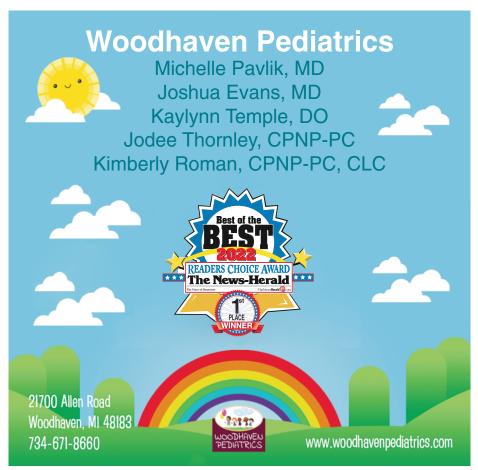
PHOTO COURTESY OF METRO CREATIVE CONNECTION

Individuals need to be extra cautious with charitable giving to avoid common scams.

ing donations to support Typically you can't reverse their efforts via a crypto- cryptocurrency payments, currency wallet, scammers so due diligence is required. started getting in on the action. But instead of the funds extra cautious with charitagetting sent to the govern- ble giving to avoid common ment's wallet, the donations scams.

Always conduct an online Story courtesy of Metro sion learned that when the search of the wallet address Creative Connection

Individuals need to be







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Give life with blood and plasma donations

Financial donations and volunteering are popular ways to give back to nonprofit organizations. However, there are many additional ways to give back, including donations that can help save lives.

Donating blood can be a worthwhile effort for someone looking to make a difference. The U.S. Department of Health and Human Services says every two seconds someone in the United States needs blood or blood products. When people ery 56 days. Individuals must be in good think of donating blood products, they may think about donating whole blood. However, there's a need for other components, namely plasma. Here's a deeper look but only AB plasma type is universal. Peoat what's involved in the blood and plasma ple with AB blood are considered elite donation process.

Blood versus plasma

Whole blood donations include donating all four blood components: red blood cells, white blood cells, platelets, and plasma. Whole blood is used to treat blood loss that occurs during an injury or surgery.

cancer, immunodeficiencies or rare diseases that can benefit from plasma treatment. Additionally, there is a global demand for plasma-derived medicine, such as immunoglobulin, according to the Immune Deficiency Foundation. One patient who needs Ig for a year requires 130 to 1,200 plasma donations to procure enough plasma.

Plasma is separated from whole blood, and there is not enough plasma in the whole blood supply to cover the demand for whole blood as well as plasma separately.

Eligibility

Donors must meet some eligibility requirements, according to the American Red Cross.

Blood: Blood can be donated once evhealth, at least 16 years old in most areas. and must weigh at least 110 pounds.

Plasma: All blood types can give plasma, plasma donors. Plasma can be donated once every 28 days.

Good health is required and donors must be at least 17 years old and weight no less than 110 pounds.

Donors also can donate red blood cells and platelets separately from whole blood or plasma. There are different eligibility Patients in need of plasma may have requirements for these blood components.

Time commitment

It takes roughly 60 minutes to make a whole blood donation, says HHS. Plasma donation wait times can vary. An initial donation can take about two hours, while subsequent donations may be 90 minutes.

Benefits



PHOTOS COURTESY OF METRO CREATIVE CONNECTION

Donating whole blood, plasma and other blood products can make a difference in the lives of many.

Apart from the feeling of satisfaction from helping others, donating blood can help save the lives of up to three people. Since plasma donations are so important, and there is a greater time commitment to donation, some plasma donors are financially reimbursed.

Preparation

Individuals interested in donating blood products are urged to maintain a healthy lifestyle. Twenty-four hours before the appointment, the American Red Cross recommends drinking nine to 13 cups of water, and an additional two cups prior to the donation. Meals full of iron and protein are essential, and caffeine, alcohol, tobacco, and fatty foods should be avoided.

Donating whole blood, plasma and other blood products can make a difference in the lives of many. Visit redcrossblood.org to learn more about becoming a blood do-

Story courtesy of Metro Creative Connection



Donating blood can be a worthwhile effort for someone looking to make a difference.





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Using Family Volunteer Day to deepen children's civic engagement

nities. Increasingly, par- plify your efforts: ents of young children are placing a larger focus on civic engagement and giving back, and this annual impactful way to get inevent is a great way for volved, especially on Famyour family to get started ily Volunteer Day. Whether or strengthen your involvement.

ance? The following ac- Light's DIY project guides, tions draw upon Points there are plenty of options of Light's Civic Circle, a for families of all ages and framework that helps peo- abilities. Consider projple understand the many ects that focus on issue arfacets of civic engagement eas that children can easand provides an opportu- ily understand and get innity to show children the volved with, such as food variety of ways they can insecurity, animal welfare support causes they care and climate change.

Volunteer Day, a global day teer Day. Combine these of service that empowers ideas to engage your families to work together whole family, strengthen to support their commu- your community and am-

. Volunteer. Hands-▲ on action is always an you find time to volunteer at a local organiza-Need some guid-tion or use one of Points of

Nov. 19, 2022 is Family about this Family Volun-olunteer Day, a global day teer Day. Combine these **2**. Donate. Most orga-nizations need financial support to continue their operations and deliver on their missions. Having a family fundraiser can be a great way to support an organization or cause. Whether you run a lemonade stand, plan a virtual fundraiser, sell friendship bracelets or do something else creative, activities like these help youth learn planning skills and the value of supporting organizations financially.

> **3** . Purchase Power. With the holiday season quickly approaching, gift giving is on many people's minds. Have young people help you select gifts from

small local businesses or BIPOC- or women-owned businesses. You can also find and support companies that give back - either with a percentage of proceeds or by working sustainably.

4. Listen and Learn. A critical element of civic engagement is listening to and learning from the community you hope to serve. Before taking action, learn about what's really needed. If you can't talk to those directly impacted, ask a local nonprofit organization if they

have suggestions or more information. You can also read books, listen to podcasts or watch documentaries about the causes you wish to support.

5 . Use Your Voice. Helping kids find their voice is important because they can use it to harness their power in bringing awareness to important causes. Kids can share information by telling friends and family what they learned over a dinner, sharing a report at school, or providing information for others with an action

item to take.

If you're looking for tactical ideas, Points of Light's website has family-friendly toolkits for youth of all ages that incorporates some of these elements. Visit pointsoflight.org/familyvolunteerday/ to find a project that's right for you.

Family Volunteer Day can be just a starting point. Taking action and understanding the impact of your work can lead to a lifetime of civic engagement and service.

Story courtesy of StatePoint Media



PHOTO COURTESY OF STATEPOINT MEDIA

Family Volunteer Day is a great way for your family to get started with civic engagement or strengthen your involvement.



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When is the right time for kids to start volunteering?

sence of life is "to serve others and do good." It's well documented that volunteerism offers many benefits to those who are recipients of the charitable work as well as the volunteers.

According to The Corporation for National & Community Service, one in four Americans volunteers. Volunteers come from all walks of life and various age groups. Nearly onequarter of all volunteers are people under the age of 24.

Parents and guardians who want to introduce their chilknow when is the right age to do so. Many experts agree that there isn't a definitive age for children to get involved in volunteering. In fact, no child is too young to volunteer.

helping out during the toddler liver them to the recycling cenand preschool years helps shape a child's sense of morality.

adults should focus on finding the right activity to match and towels to donate to an animal rescue. However, a toddler or preschooler may not have the dren's hospital and deliver gifts stamina to complete a 5K walk. to youngsters battling illnesses.

dren to volunteerism may not have to be in the traditional sense of working with an established charity. A youngster can pick flowers from a field and deliver them to an elderly neighbor. Or a preschooler can ing back that benefits younginvite a child playing alone to sters throughout their lives. Joseph F. Hagan Jr., M.D., a come play together. A toddler clinical professor of pediatrics who loves sorting items can Story courtesy of Metro at Larner College of Medicine at help sort recycling items at Creative Connection

Aristotle once said the es- the University of Vermont, says home and watch a parent de-

Another way to engage kids Rather than wondering if a in volunteer work is to match child is too young to volunteer, their interests with the tasks. Many kids can't get enough of animals, so they may want to the child's age. For example, a help out an animal organizathree- or four-year-old child can tion or be involved with a confill bags or boxes with donated servation group. A child can food or help gather blankets collect change to "adopt" an endangered species.

Kids also can visit a chil-Volunteerism doesn't even In such situations, kids may be more engaged if they can help kids their own ages.

> Children are never too young to volunteer. Finding the right fit can inspire a lifetime of giv-



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Children are never too young to volunteer. Finding the right fit can inspire a lifetime of giving back that benefits youngsters throughout their lives.





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Find the right volunteer opportunity for you

Giving back to one's community can provide a sense of purpose and improve an individual's overall well-being. Data from Volunteer Hub indicates that people who volunteer improve their health by strengthening their bodies, improving their moods and reducing stress.

Volunteerism also produces additional benefits, including boosting one's positive perception to others. A study from Career-Builder found 60% of hiring managers see volunteerism as a valuable asset when making recruitment decisions. Furthermore, human resources executives attest that contributing to a nonprofit can improve leadership skills.

By understanding the value behind volunteer work - for the people ororganization on the receiving end as well as the volunteer — more individuals may decide to donate their time and services. However, finding the right volunteer opportunity may take some trial and error.

The following are some tips for finding the right fit.

 Consider skills and interests. Before choosing a volunteer opportunity, you enjoy. This may help ing, you may volunteer to much free time you have clean up a local park.

 Assess your skill levels. Is there something you these parameters. are particularly adept at ing tasks for the elderly or trustworthy. less fortunate.



to volunteer by mentoring such as CreativeVolunteer the right place for you. young accounting students, that vet charitable groups or doing taxes or bookkeep- to determine if they are joy to a person's life, espe-

 Define your goals. • Think about commit- Have goals in mind when ment level. Figure out how selecting opportunities. Story courtesy of Metro much time you can spend Defining a goal can help Creative Connection

a project through to completion.

• Start small. Wade can help you choose op- into a volunteer opportuportunities that fit within nity slowly to see if it is the right fit. This may in- Research potential or- clude volunteering one day doing? For example, if you ganizations. Not all non- a week or month. Increase are a certified public ac- profit groups are created the time you spend voluncountant, you may be able equal. Utilize resources teering once you've found

> Volunteering can bring cially when individuals find an inspiring opportunity.



Volunteering can bring joy to a person's life, especially when individuals find an inspiring opportunity.

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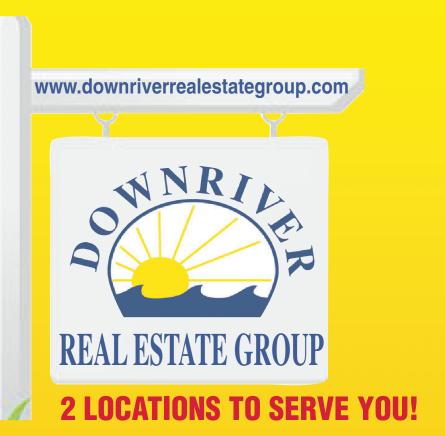
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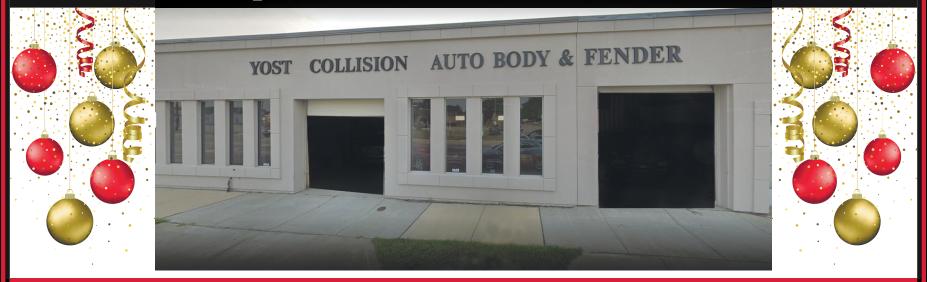






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