



An excellent resource for Denver area medical staffing! 303-980-1000 November 2011

TAKE ACTION – DO WHAT YOU CAN

SELF MOTIVATION When polio paralyzed my father’s arms, he returned to work as an engineer/inventor for 35 more years. His powerful belief was, “Until science can repair me, I’ll use my brain and **do what I can.**”

“If you think you can or you think you can’t, you are right.” Henry Ford, Ford Motors
“For the best soup, add quality ingredients, and stir your own pot.” Chef James Johnson
“Stop complaining. Find something TO DO to make it better.” Moms & Dads
“If it is to be, it is up to me.” Rex Gamble, author, poet

GIVING- LITTLE OR NO MONEY NEEDED

It’s the holiday season when hearts want to outreach. In addition to valuable volunteering and charity, food, and clothing donations, tap into your creative giving ideas. Looking at a bigger picture, we can even help rebuild the USA economy by buying products and services from local entrepreneurs and “made in the USA” businesses.

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has.” Margaret Mead, social scientist and researcher.

- ***HELP PRESCHOOLERS LEARN.** Many Colorado pediatric clinics give free books and have volunteers read to young patients. See the on-profit website for Reach Out and Read or call the Colorado office. 720-284-3700.
- ***ORGAN DONATION.** Give Life. Sign up on your Drivers License or with Donor Alliance. 303-329-4747
- ***DONATE BLOOD** – Contact Bonfils Blood Bank 303-341-4000
- ***RECYCLE EYE GLASSES** Sponsored by the Lions Clubs, take glasses to any Pearl Vision or Lenscrafter store.
- ***CONTRIBUTE HEARING AIDS** Contact any Knights of Columbus group or Sertoma Club.
- ***THINK FOOD** As you prepare meals, freeze extra servings to share. Be a Meals-on-Wheels helper or driver.
- ***CONTACT FRIENDS AND FAMILY MEMBERS** You never know who is lonely, needing, or missing you!

- ***BABYSIT** That overworked young couple or caregiver often needs free time for appointments, chores, or relief!
- ***THINK ABOUT THE ENVIRONMENT** Pick up trash, feed birds, remove weeds, recycle paper-plastic, plant trees.
- ***USE YOUR SKILLS** Service organizations, churches, and schools often know people who need assistance:
Can you translate a language – help with an Email – drive to a store/MD – mail a package – hook up a DVD player set up a Facebook account – shovel a walk – feed a cat – walk with a single neighbor – entertain/teach a group?
- ***BUY LOCAL SERVICE AND PRODUCTS** Give certificates for housecleaning, oil changes, haircuts, computer tune ups, kids sports teams, lawn mowing, and how-to classes. Discover and share handmade crafts-food-jewelry, books, poetry, music, photos, artwork and CDs autographed by local authors and musicians.
Remember, “Small business is the engine that drives the economy.” Small Business Administration, USA.
- ***RECHARGE YOURSELF** with favorite healthy activities and allow time to be nurtured by beauty, joy, and love.

Have a Happy 2011 Holidays!