



UNITED WAY OF CENTRAL IOWA  
**HOLIDAY**  
HELPING HAND



2016

Celebrating 100 Years

United  
Way



of Central Iowa

# 11 WAYS TO LEND A HAND

*and help meet our neighbors' needs this holiday season*

**1 | ADOPT A FAMILY OR CHILD**

Purchase gifts such as food, clothing, or toys for a family or child in need.

**2 | DONATE ITEMS FOR FOOD BASKETS**

Provide items for a Thanksgiving and/or holiday dinner.

**3 | VISIT THE ELDERLY**

Be a surrogate family to an elderly person or provide gifts.

**4 | VOLUNTEER TO DRIVE**

Transport people to events/shopping or deliver meals to the homebound.

**5 | PROVIDE A FEAST**

Prepare and serve a feast for Thanksgiving and/or the holidays.

**6 | DONATE CANNED FOOD**

**7 | DONATE NEW CLOTHES OR PERSONAL CARE ITEMS**

**8 | DONATE TOYS OR BOOKS**

**9 | HELP WITH HOLIDAY PARTIES**

Help host events, special organizational activities, and parties.

**10 | HELP WITH HOLIDAY PROJECTS**

Wrap gifts, assemble baskets, make cookies, and much more.

**11 | DONATE OTHER GIFTS**

Provide gift cards, gift certificates, etc.



Search holiday volunteer opportunities at  
[www.HolidayHelpingHand.org](http://www.HolidayHelpingHand.org)

# ADOPT A FAMILY OR CHILD

*Purchase gifts such as food, clothing, or toys for a family or child in need.*

## **AMANDA THE PANDA**

Erica Sherman  
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## **BIG BROTHERS BIG SISTERS OF CENTRAL IOWA**

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## **BOYS & GIRLS CLUBS OF CENTRAL IOWA**

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## **CHILDREN & FAMILIES OF IOWA**

Heather Lee  
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(515) 697-7968

## **COURAGE LEAGUE SPORTS**

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(515) 421-4022

## **HAWTHORN HILL**

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(515) 244-9748

## **HOPE INITIATIVE FAMILIES AT OAKRIDGE**

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## **HOME, INC**

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## **IOWA DEPARTMENT OF HUMAN SERVICES**

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## **IOWA HOMELESS YOUTH CENTERS**

Taylor McKee  
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## **JOSHUA CHRISTIAN ACADEMY**

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## **LEUKEMIA & LYMPHOMA SOCIETY**

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## **LINK ASSOCIATES**

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## **LUTHERAN SERVICES IN IOWA**

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## **MENTOR IOWA**

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## **NEW OPPORTUNITIES DALLAS COUNTY FAMILY DEVELOPMENT CENTER**

Brandi Valdez  
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## **OAKRIDGE NEIGHBORHOOD SERVICES**

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## **ORCHARD PLACE**

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(515) 287-9621

## **POLK COUNTY FAMILY ENRICHMENT CENTER**

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## **U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS**

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## **VISITING NURSE SERVICES OF IOWA**

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## **WEST DES MOINES HUMAN SERVICES**

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## **YOUTH EMERGENCY SERVICES & SHELTER (YESS)**

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## **YOUTH JUSTICE INITIATIVE**

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(515) 371-0218

# DONATE ITEMS FOR FOOD BASKETS

*Provide items for a Thanksgiving and/or holiday dinner.*

## **BIDWELL RIVERSIDE CENTER**

Missy Reams  
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(515) 244-6251

## **CROSSROADS OF IOWA**

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## **EASTER SEALS IOWA**

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(515) 309-2396

## **EMBARC**

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## **FOOD BANK OF IOWA**

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## **HAWTHORN HILL**

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## **HISPANIC EDUCATIONAL RESOURCES**

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## **JOHNSTON PARTNERSHIP FOR A HEALTHY COMMUNITY**

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## **JOSHUA CHRISTIAN ACADEMY**

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## **LEUKEMIA & LYMPHOMA SOCIETY**

Melanie Brown  
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## **LINK ASSOCIATES**

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## **LUTHERAN SERVICES IN IOWA**

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## **NEW OPPORTUNITIES DALLAS COUNTY FAMILY DEVELOPMENT CENTER**

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## **SOCIETY OF ST. VINCENT DEPAUL**

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## **URBANDALE FOOD PANTRY**

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## **VISITING NURSE SERVICES OF IOWA**

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## **WEST DES MOINES HUMAN SERVICES**

Melinda Hotovec  
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# VISIT THE ELDERLY

*Be a surrogate family to an elderly person or provide gifts.*

## **LUTHERAN SERVICES IN IOWA**

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(515) 633-3057

## **WESLEY ACRES**

Morgan Lehmann  
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# VOLUNTEER TO DRIVE

*Transport people to events/shopping or deliver meals to the homebound.*

## **EMBARC**

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## **JOHNSTON PARTNERSHIP FOR A HEALTHY COMMUNITY**

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## **FOOD BANK OF IOWA**

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## **NORWALK CHRISTIAN CHURCH**

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# PROVIDE A FEAST

*Prepare and serve a feast for Thanksgiving and/or the holidays.*

## **CHILDREN & FAMILY URBAN MOVEMENT**

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## **IOWA HOMELESS YOUTH CENTERS**

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## **FOOD BANK OF IOWA**

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## **LUTHERAN SERVICES IN IOWA**

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## **HOPE MINISTRIES**

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## **SOCIETY OF ST. VINCENT DEPAUL**

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## **IOWA DEPARTMENT OF HUMAN SERVICES**

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## **U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS**

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(515) 528-7525 ext. 2508

# DONATE CANNED FOOD

## **BIDWELL RIVERSIDE CENTER**

Missy Reams  
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(515) 244-6251

## **BOYS & GIRLS CLUBS OF CENTRAL IOWA**

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## **CENTRAL IOWA SHELTER & SERVICES**

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## **CHILDREN & FAMILIES OF IOWA**

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## **DMARC**

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## **EASTER SEALS IOWA**

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## **JOHNSTON PARTNERSHIP FOR A HEALTHY COMMUNITY**

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## **MEALS FROM THE HEARTLAND**

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## **NEW OPPORTUNITIES DALLAS COUNTY FAMILY DEVELOPMENT CENTER**

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## **POLK COUNTY FAMILY ENRICHMENT CENTER**

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## **SOCIETY OF ST. VINCENT DEPAUL**

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## **WEST DES MOINES HUMAN SERVICES**

Melinda Hotovec  
Melinda.Hotovec@wdm.iowa.gov  
(515) 222-3663

# DONATE NEW CLOTHES OR ITEMS

## **BIDWELL RIVERSIDE CENTER**

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## **BOYS & GIRLS CLUBS OF CENTRAL IOWA**

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## **CENTRAL IOWA SHELTER & SERVICES**

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## **DRESS FOR SUCCESS DES MOINES**

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## **HOPE MINISTRIES**

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## **IOWA HOMELESS YOUTH CENTERS**

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## **LEUKEMIA & LYMPHOMA SOCIETY**

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## **OAKRIDGE NEIGHBORHOOD SERVICES**

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# DONATE TOYS OR BOOKS

## **BIDWELL RIVERSIDE CENTER**

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## **EVERYBODY WINS! IOWA**

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## **HISPANIC EDUCATIONAL RESOURCES**

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## **IOWA DANCE THEATRE**

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## **IOWA HOMELESS YOUTH CENTERS**

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## **WEST DES MOINES HUMAN SERVICES**

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## **YOUTH EMERGENCY SERVICES & SHELTER (YESS)**

Jana Daisy  
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# HELP WITH HOLIDAY PARTIES

*Help host events, special organizational activities, and parties.*

## **CENTRAL IOWA SHELTER & SERVICES**

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## **CHILDREN & FAMILIES OF IOWA**

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## **CHILDREN & FAMILY URBAN MOVEMENT**

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## **COMMUNITY YOUTH CONCEPTS**

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## **DES MOINES EUROPEAN HERITAGE ASSOCIATION**

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## **DMARC**

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## **GOODWILL OF CENTRAL IOWA**

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## **LUTHERAN SERVICES IN IOWA**

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## **MAKE-A-WISH IOWA**

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## **MENTOR IOWA**

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## **ORCHARD PLACE**

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## **SALISBURY HOUSE FOUNDATION**

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## **WESLEY ACRES**

Morgan Lehmann  
mlehmann@wesleylife.org  
(515) 271-6796

# HELP WITH HOLIDAY PROJECTS

*Help wrap gifts, assemble baskets, make cookies, and much more.*

## **AMERICAN RED CROSS**

Jamie Giusti  
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(515) 471-8328

## **BIDWELL RIVERSIDE CENTER**

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## **SOCIETY OF ST. VINCENT DEPAUL**

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# DONATE OTHER GIFTS

*Provide gift cards, gift certificates, etc.*

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