

## Why not try volunteering?

I'm sure many of you are not aware of all the benefits volunteering has to offer. Volunteering provides you with an opportunity to help others, as well as yourself. It's perfect because you get two for the price of one! It allows you to meet new people and form connections with them. Also, it's helpful in developing and improving social skills, and gaining work experience. Most importantly, volunteering provides you with the opportunity to make a difference in the lives of others, while gaining the feeling of being wanted and needed. This will greatly improve your self-esteem!

Fortunately, there are many different volunteer opportunities that fit the interests of each individual. Are you interested in helping children? If so, then you may want to volunteer at the YMCA or Boys and Girls Club, helping with after-school activities. Do you like to create and build things? Then maybe you'd be a good candidate to volunteer at Habitat for Humanity, assisting in building homes for those in need. Do you love animals? If so, you may want to consider volunteering for animal rescue. Have you ever wanted to help out a lonely senior citizen? Do you have any special skills that you'd like to be able to teach to a class? In addition to these, there are many more places that you could volunteer for, and they're all conveniently located within 5 miles of the Windsor House!

If you're interested in making a difference in your community, and improving yourself overall, please consider volunteering. If you're apprehensive, come talk to me with any questions or concerns you may have. If you decide that you'd like (Continued on Page 2)



## FREE MEDICAL CARE

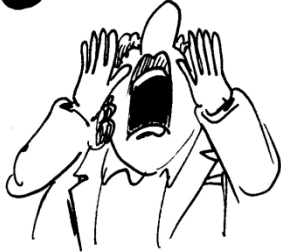
The Sharewood Project is now offering free health care open to all! No insurance, appointment, or green card needed! Run by Malden Family Health Center Physicians who offer: diagnosis, treatment and referrals, flu and hepatitis B shots, pregnancy testing, blood pressure screening, diabetes evaluation, confidential HIV and STI testing, and referrals for Tufts dental clinic, health insurance, and social services. Free eye health exams will be offered on the first Tuesday of every month.

OPEN EVERY TUESDAY NIGHT 6:30  
PM TO 9:00 PM  
First Church of Malden  
184 Pleasant Street  
Malden, MA 02148

Public Transportation: Take Orange Line to  
Malden Center T Stop

Call with any questions (781) 324-8991

# Volunteers!



(Continued from Page 1) to volunteer, come talk to me and I'll help you decide what would be the best place for you to volunteer. I'll assist you throughout the whole process, by looking up the information, helping you make phone calls, giving you directions to the places, even meeting you there and helping you apply if I have to. My office hours are Mondays and Fridays from 10 to 2, Wednesdays from 10 to 3, and Thursdays from 11 to 6. I look forward to helping you find the perfect volunteer opportunity!

## UPCOMING EVENTS

### **Half Price Sale**

Tuesday, Feb 2 10:00a to 2:00p at [Lawrence General Hospital](#)

The Lawrence General Hospital Auxiliary is having a Half Price Sale at their Thrift Shop from February 2nd – February 12th. All merchandise in the store will be half price. Don't miss the bargains. All proceeds benefit the Lawrence General Hospital Auxiliary. The Thrift Shop is located across the street from the hospital - enter by lot 2.

### **Sweetheart Valentine's Dance at the Methuen YMCA**

Saturday, February 13- 6:00 pm to 8:00 pm

Come out for a night of dancing, music, food and fun! Casual attire or wear your best dress or suit. Register early for this event at \$10 per family.

### **Skateland Family Night Trip at the Lawrence YMCA**

Tuesday, February 16 6:00 pm to 8:00 pm  
Show off your roller skating skills and join us for a night of family fun at Skateland in Haverhill, MA. Transportation will be provided from the Lawrence Branch. Please reserve your tickets and bus seats at the Lawrence Branch Member Services Desk- \$10 per person.

### **Eggsellent Easter Event at the Andover/North Andover YMCA**

Saturday, March 20- 8:30 am  
Join us for a delightful breakfast, spring-themed activities, and the best bunny trail in town! Register at the andover/north andover branch.

### **Indoor Triathlon at the Andover/North Andover YMCA**

Saturday, March 20  
Join us for our annual triathlon for youth and adults! Race will consist of a 30 minute swim, 30 minute pre-race bike race, and 30 minute treadmill run. For more information contact Sharon Johnson at 978-685-3541.

### **Ping Pong Tournament at Methuen YMCA**

Saturday, March 27- 12:00 pm to 5:00 pm  
Show off your ping-pong skills! There will be a youth division and an adult division. Prizes for winners in both divisions. \$10 per member of \$20 per participant.



## **It's Never Too Late to Vaccinate!**

How do you know if you have the seasonal flu or swine flu or just a cold? The symptoms of the seasonal flu and seasonal flu are very similar. They include: fever, coughing and/or sore throat, runny or stuffy nose, headaches and/or body aches, chills, and fatigue. However, additional symptoms such as vomiting and diarrhea may indicate the presence of the swine flu. Seek medical attention immediately if you: have difficulty breathing or chest pains, have purple or blue discoloration of your lips, are vomiting and unable to keep liquids down, or show signs of dehydration, such as feeling dizzy when standing or being unable to urinate.

With both the seasonal flu and H1N1 circulating throughout the country this flu season, it's very important to take steps to protect yourself from getting sick. The best way to protect yourself from the seasonal and H1N1 flu is to get a flu vaccine as soon as possible. The government is recommending that people in high-risk categories should get the H1N1 shot immediately, including pregnant women, caregivers of children under 6 months, health care and emergency medical personnel, people from 6 months to 24 years of age, and people ages 25 to 64 with high-risk medical conditions. However, just because you don't fall into one of those categories, doesn't mean you're not at risk for becoming ill. Regardless of circumstances, everybody should make a conscious effort to get their annual flu shots, especially this flu season.

Here is a list of nearby places that provide the H1N1 vaccine. If you have any questions, feel free to call them, as I've included the contact information. If you need any assistance with directions or transportation, feel free to drop by and ask.



### **Walgreens**

135 Broadway St, Lawrence 978-735-3221  
220 S. Broadway, Lawrence 978-794-8130  
14 Jackson St, Methuen 978-681-0409  
800 Waverly Rd, N. Andover 978-681-1530

\*H1N1 vaccine will be available at Walgreens until June 30, 2010.

### **Rite Aid**

256 Pleasant St, Methuen 978-683-4980  
\*H1N1 vaccine will be available at Rite Aid until April 30, 2010 by appointment only!

### **Target**

67 Pleasant Valley St, Methuen 978-983-2321  
\*H1N1 vaccine available at Target until June 30, 2010.

In addition to getting the flu vaccine, there are other steps you can take to prevent yourself from getting sick and spreading the virus to others. In order to do so, the government advises doing the following:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people
- Stay home if you are sick until at least 24 hours after you no longer have a fever (100 degrees F or 37.8 degrees C) or signs of a fever without the use of a fever-inducing medicine



## Looking for Something to do on Saturday Afternoons?

How about joining the Lawrence Public Library Book Club! It's a great way to meet new people and read some interesting novels. The next book club meeting will be on February 20 to discuss *The Scenic Route* by Binnie Kirshenbaum. Following that one will be March 20 to discuss *Checkout: A Life on the Tills* by Anne Sam. Discussions will take place on designated Saturday afternoons on the third floor of the Lawrence Public Library at 51 Lawrence Street at 1:00 pm. For more information contact Louise Sandberg at 978-620-3606 or [lsandberg@mvlc.org](mailto:lsandberg@mvlc.org).



## Transitional Aid to Families with Dependent Children

Transitional Aid to Families with Dependent Children (TAFDC) is a state and federally funded program which provides cash assistance to families with children and pregnant women in the last 120 days of pregnancy, with little or no assets or income. Participants receive child care and transportation support associated with job assistance and can access a number of supportive referrals to substance abuse and mental health services, and domestic violence specialists.

As part of TAFDC, participants may be required to perform a work-related activity in order to receive benefits. DTA provides job assistance to TAFDC participants including job training, job search, and placements into jobs. Other key services include Access to Basic Education, English for Employment, Graduate Equivalency Diploma (GED) assistance, work readiness and skills training. DTA offers many [job assistance programs](#) to provide clients with access to employment and training opportunities.

To be eligible for TAFDC, a recipient must:

- have at least one dependent child under 18 or 19 or pregnant women with no children (child is expected to be born within 120 days of application)
- meet income and asset limits
- be a U.S. citizen or legal immigrant
- live in Massachusetts

For questions, more information, or to see if you qualify for TAFDC please visit the Lawrence Office at:

15 Union Street  
Lawrence, MA 01840  
Phone: 978-725-7100

Office Hours: Mon-Fri 7:00 am to 5:00 pm



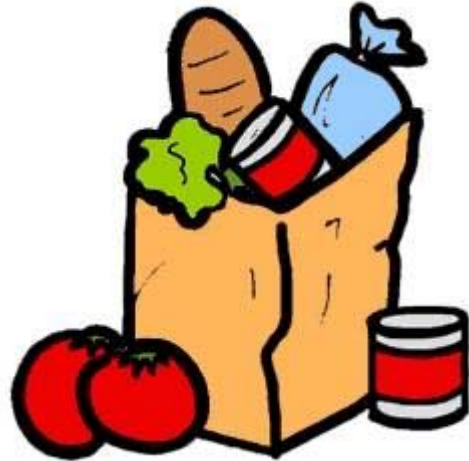
## **Attention Windsor House Residents!**

As many of you know, Neighbors in Need generously donates bags of food to the Windsor House every week. It's very important that the people who need the food receive a bag each week, and that people don't get more than one bag, as it is not fair to the other residents. Therefore, I'm asking that those of you who receive food bags regularly (you know who you are) please come by the office every Monday to pick one up! If you don't pick up your food on Monday, there is a chance that it will be given to somebody else, and may no longer be available to you. Thank you for your help in making this matter run smoothly. If you need additional assistance in obtaining food, please come talk to me, Brittany, and I will help you.



## **PRACTICE SAFE SEX!**

Use a condom every time you engage in sexual activities! It is the most effective way to prevent pregnancy and the spread of diseases. Starting next week, there will be condoms and lubrication available in the Windsor House office for all who need them. They are absolutely free of charge, so please feel free to come by and take some whenever Sam and I are around.



## **Immigrant Assistance**

The International Institute of Greater Lawrence offers a wide range of services to refugees and other immigrants to help them become self-sufficient members of their communities. Services are free, except for certain legal and citizenship services which are offered at a reasonable fee. Services may vary by location.

International Institute of Greater Lawrence  
125 Aimsbury Street  
Lawrence, MA 01840  
Phone: 978-687-0981



