



Community Action Network

You CAN make a difference!



*Leadership Franklin County
2008 Team Project (5-27-09)*

Project Description

This booklet of service organization profiles is a team project of the Leadership Franklin County Class of 2007-08. Its objective is to inform the public of how they can make a difference in their community by helping service organizations with their time, expertise, and financial support.

The idea for this project grew out of television coverage of the California wildfires and hearing an interviewee comment, “the government isn’t doing enough.” This led to the desire to hear stories of how individuals and non-profits are helping the victims of the wildfires, and incited our Project Team to ask, “How are people and organizations in Franklin County helping other people?” Answering this question formed the basis of our project, “How can the interested public help Franklin County’s non-profit organizations helping people?” To answer this question, our Project Team asked community service organizations about their need for volunteers and financial support. We also asked them to describe their mission and work. The organizations we collected information from address the needs of people, animals, or environment of Franklin County.

The choice of organizations profiled is largely a result of a Project Team member’s or coach’s familiarity with an organization and how to contact them. In addition, United Way helped our Team by distributing a profile questionnaire that highlights an organization’s needs. We acknowledge this collection of profiles does not fully represent all the invaluable community service occurring in the county. Our inclusion of organizations was limited by our Team’s time, capacity, familiarity with an organization, and access to information. No organizations were purposely excluded.

Acknowledgements

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Helping Children

CHAMBERSBURG BOYS AND GIRLS CLUB**How YOU can make a difference**

- Volunteer your **time and talent** to:
 - ✓ Assist students with homework or reading programs.
 - ✓ Coach specific sports and recreational activities.
 - ✓ Provide expertise in special arts programs such as photography, dance, music, etc.
 - ✓ Provide specific knowledge to program areas: sports, arts, life skills, health, technology etc.
 - ✓ Provide technical support for the Club's technology center, keeping it current and working out technical problems as they arise.
 - ✓ Provide general assistance in program areas and be an added adult presence.
 - ✓ Help with fundraisers (Annual Dinner, Golf Tournament, Steak & Burger Dinner, etc.)
 - ✓ Develop resources for the organization as a whole, as well as for individual programs.
- Provide your **financial support** through sponsorships and donations for program materials and staffing:
 - ✓ Club Tech (Computer and Technology program)
 - ✓ Dance
 - ✓ Image Makers (Photography)
 - ✓ Sports Fitness and Recreation (for needs such as mats, balls, jump ropes)
 - ✓ Healthy Habits (specifically for the Club's cooking program)
 - ✓ Torch Club (leadership program for ages 10-15)

Mission: The Boys and Girls Club enables all young people, especially those who need support and involvement of caring individuals, to become responsible, productive, and caring citizens.

Whom they help: The Boys and Girls Club serves children ages 5-15 by providing structured programs for summer and after-school hours.

How they help: The Club takes a well-rounded approach by providing a place where children feel safe and important, while encouraging them to participate in programs. The programs cover five key areas: Education and Career Development; Health and Life Skills; Sports, Fitness and Recreation; Arts; and Character and Leadership Development. Programs include activities such as homework help and interest in the arts, sports, recreation, learning technology, community service, and more.

How they have made a difference: The Boys and Girls Club is a safe place for children to be when they are not in school, and often times, when a parent is not in the home. Families use the Club as an outlet to other services they need, and as a place where their children are valued and are encouraged to participate in rewarding and meaningful activities. The Boys and Girls Club have seen participating children advance reading levels, do better in school, and consult with staff members before making major decisions.

Contact Information:

Ashley Keeney, Unit Director

Chambersburg Boys and Girls Club; 440 West Washington Street; Chambersburg, PA 17201

Phone: 717-261-5761

CHAMBERSBURG FAMILY OUTREACH

Program of Catholic Charities

How YOU can make a difference

- Volunteer your **time and talent** for secretarial and housecleaning duties at their two facilities (religious affiliation not relevant, but a child abuse clearance may be necessary).
- Provide your **financial support**:
 - ✓ Donate a reliable vehicle.
 - ✓ Purchase WalMart, grocery store, or department store gift cards, or gas cards to assist clients in meeting basic needs. Donate winter coats.
 - ✓ Donate to the program to ensure its continued operation.

Mission: Chambersburg Family Outreach provides services in Franklin County through their Family-Based Mental Health Services Program (FBMHS). It is designed to prevent hospitalization or out-of-home placement of a child or adolescent with emotional disturbances, and to strengthen the family unit to enable them to cope with a child who has a mental health diagnosis. The program also provides Family Support Services, designed to empower the family to care for their child with special needs.

Whom they help: Chambersburg Family Outreach helps children and adolescents (ages 0-21) with emotional disturbances and/or behavioral issues, and their families. The child must have a DSM-IV mental health diagnosis, and a licensed psychologist or medical doctor must recommend them to FBMHS. One adult family member must be willing to participate.

How they help: Chambersburg Family Outreach provides quality professional services.

- Services general take place in the home or the community.
- A team of two therapists is assigned to work intensively with the family.
- Weekly family therapy sessions are scheduled. Individual and parenting sessions are an option.
- Case management and coordination with agencies and schools are handled by the staff.
- Crisis management is available 24/7 for enrolled families.
- Family support services are available and are consistent with treatment needs (e.g., emergency fuel/rent/utility assistance, membership fees, and respite care).

How they have made a difference: In the past year, Chambersburg Family Outreach was able to impact over 35 children and their families. The organization reports it was able to keep at least two thirds of the families “intact” (of those children removed from the home, the precipitating factor was often “unsafe living conditions”). Sixty-six percent of children were reported as attending school on a consistent basis, making passing grades, and having had no involvement with the legal system since discharge from the program. In the words of one of its clients, “Chambersburg Family Outreach has reduced our guilt and blame,” and “they helped [our family] to see things that we took for granted.”

Contact Information:

Kaye Ringer, M.S.W., Program Director

Chambersburg Family Outreach; 336 Philadelphia Avenue; Chambersburg, PA 17201

Phone: 717-264-2332 Email: mringer@hbgdiocese.org

CHILDREN'S AID SOCIETY
At Frances Leiter Center and Waynesboro Center

How YOU can make a difference

- Volunteer your **time and talent** to help with fundraising efforts.
- Provide your **financial support** to supplement the cost of counseling sessions, which some families may not be able to fully afford.
- Contribute items on their Wish List. See: http://www.cassd.org/index_files/Wish.htm

Mission: Children's Aid Society is a non-profit organization committed to helping children and their families build stronger, healthier lives through compassionate and professional services.

Whom they help: Children's Aid Society helps children ages 2-18 at-risk for emotional and mental health disorders from challenges such as:

- Sexual, physical, or emotional abuse
- Feelings of depression, low self-esteem, anxiety
- Significant loss, such as death of a loved one
- Behavior problems at home or school, including ADHD and learning or developmental disabilities
- Challenges associated with chronic medical disorders
- Family or other conflict in their lives, including separation and divorce
- Lack of parenting skills and neglect.

How they help: Children's Aid Society provides quality professional services that include outpatient assessment and treatment, parent support groups, case management, and a residential crisis nursery. The organization uses the tools of play therapy and art therapy. The organization's work improves the quality of life for children at risk for emotional and mental health disorders. It also works with the parents of these children to offer support and teach them constructive parenting skills.

How they have made a difference: Total lack of social skills challenged a neurologically impaired girl who was receiving services from the Children's Aid Society. It took six years of working with her in therapy for her to be able to call her therapist by name. She grew very comfortable interacting with the therapist; however, when the therapist would ask her if she would allow an intern to sit in on a session, she repeatedly said "no." One day, one of the interns was at the office, and once again, the girl was asked if an intern could join the session. She thought about it, and then said "yes." Not only did the intern sit in on the session, the girl engaged her and showed very appropriate social interaction skills. For this particular child, this progression was the equivalent of climbing Mount Everest.

Contact Information:

Becky Carnes, Administrative Coordinator
Frances Leiter Center; 539 Lincoln Way East; Chambersburg, PA 17201
Phone: 717-264-8552 Email: bcarnes@cassd.org Website: www.cassd.org

COMMUNITIES THAT CARE Waynesboro Area

How YOU can make a difference

- Volunteer your **time and talent** to:
 - ✓ Plan and conduct programs and activities
 - ✓ Fundraise for programs and events
 - ✓ Provide data entry and programming on youth-related statistics
 - ✓ Serve on the Board of Directors
 - ✓ Be involved with youth (high school and college students).
- Provide your **financial support**:
 - ✓ Enable programs and activities that address youth issues.
 - ✓ Maintain the operation of the organization.

Mission: The Waynesboro Area Communities That Care is dedicated to creating an environment that encourages children to become healthy, responsible, and productive citizens. They use assets within the community, schools, family, and peer groups to develop strategies to prevent problem behaviors among the community's youth.

Whom they help: Communities That Care reaches children of all ages, from kindergarten to high school. One of the organization's chief concerns is prevention of alcohol and drug abuse among youth.

How they help: Communities That Care address youth challenges with programs such as:

- Too Good For Drugs – is a long-term, school-based prevention program (appropriate per grade) designed to reduce students' intentions to use alcohol, tobacco, and illegal drugs.
- STARS (Start Taking Alcohol Risks Seriously) for Families – is a health promotion program for preventing alcohol use among at-risk middle and junior high school youths with the goal of encouraging them to postpone alcohol use until adulthood.
- Guiding Good Choices – is a family training program that promotes healthy, protective parent-child interactions and reduces the children's risk for substance use. The program requires children to attend one session on peer pressure, and their parents four sessions on: risk factors, parenting skills, managing conflict, and providing positive child involvement in family activities.
- Generation to Generation – is a luncheon that brings senior citizens and students together.
- Asset Building Events – are instructional presentations and events geared to youth and intended to raise awareness about problem behaviors and how to avoid or address them.
- Parents that Host Lose the Most – are billboards aimed at parents who enable underage drinking.

How they have made a difference: There may be nothing more rewarding to Communities That Care volunteers than when a high school student recounts how the "Too Good For Drugs" or other prevention or healthy living messages they heard earlier in their life has stuck with them.

Contact Information:

K. Marilyn Smith, CTC Mobilizer

Communities That Care; Waynesboro, PA 17268

Phone: 717-762-3433 Email: kmsrn@embarqmail.com Website: www.waynesboroctc.org

ESCAPE PARENT CHILD CENTER**How YOU can make a difference**

- Volunteer your **time and talent**:
 - ✓ Assist with childcare.
 - ✓ Assist with office tasks.
- Provide your **financial support**:
 - ✓ Sponsor parent educator services.
 - ✓ Assist with client specific needs.
 - ✓ Contribute to the purchase of craft supplies or snacks for childcare classes.

Mission: ESCAPE Parent Child Center (ESCAPE) is dedicated to the prevention of child abuse and neglect.

Whom they help: ESCAPE provides help to residents of Franklin and Fulton Counties through parenting classes and parent education services. It focuses its efforts mainly on the issues of proper care, nurturing, and discipline of children.

How they help: ESCAPE provides parenting classes, parent support groups, and parent educator services. ESCAPE can work one on one with a specific parent. This service is often provided under contract with Children and Youth Services, but can also be provided through private funding and/or community sponsorship.

How they have made a difference: As a result of its services, ESCAPE has received the following positive comments from parents:

- “[The staff person was] more of a life coach than a parent educator.”
- “I was learning new things such as positive ways to discipline my child and how to spend more one on one time with my child.”
- “[I had a] very positive experience. I came to class intimidated and came out happy with a lot of useful information.”

Contact Information:

Mandy Rhodes, Coordinator

ESCAPE Parent Child Center; 450 Cleveland Avenue, Suite 2; Chambersburg, PA 17201

Phone: 717-263-7707 Email: mrhodes@manitoway.com Website: www.manito-inc.org

FRANKLIN COUNTY HEAD START

How YOU can make a difference

- Volunteer your **time and talent**:
 - ✓ If you are a retired teacher, become a mentor to a new teacher.
 - ✓ Help coordinate projects with children.
 - ✓ Read to children.
 - ✓ Help with grant writing.
- Provide your **financial support** for:
 - ✓ Classroom supplies
 - ✓ Renovations
 - ✓ Bus/transportation repairs.

Mission: Franklin County Head Start provides quality social and educational opportunities and services to eligible children and their families to enhance social competence and self-sufficiency.

Whom they help: Franklin County Head Start is a federal non-profit program that helps economically disadvantaged preschool children ages 3-5, and their families, living in Franklin County.

How they help: Franklin County Head Start provides a comprehensive program that is family-centered. It focuses on providing preschoolers with new skills in literacy, math, and science, while providing a nutritious breakfast and lunch. It also ensures that immunization, physical and mental health, and developmental growth are on track. Head Start prepares children for elementary school and identifies those with development delays and mental health behaviors, and refers children to services that will further prepare them for school. Head Start helps involved families set goals to enhance their child's environment by getting more education, finding better jobs, and becoming involved parents. Most important to Head Start is showing each child that dreams are possible.

How they have made a difference:

- Head Start serves approximately 290 low-income children in Franklin County annually.
- Head Start has 17 classrooms throughout the county (Waynesboro, Greencastle, Mercersburg, Chambersburg).
- The average number of children on the waiting list each year is 115.
- Twenty-five percent of its students have special needs in speech and language.
- Head Start screens all children (with necessary follow-up evaluations within 45 days) in the areas of: speech, language, vision, hearing, mental health, dental, physicals, and cognitive development.
- Head Start provides assistance and referrals for special family needs such as: drug and alcohol abuse, mental health, job loss, employment, homelessness, medical needs, continuing education, parenting skills, and other family crisis issues.

Contact Information:

Carol Sutton, Executive Director
Franklin County Head Start; 275 Southgate Shopping Center; Chambersburg, PA 17201
Phone: 717-263-8019 Email: csutton@fchsonline.org

GIRL SCOUTS IN THE HEART OF PENNSYLVANIA

How YOU can make a difference

- Volunteer your **time and talent**:
 - ✓ Serve girls through leading troop or group meetings.
 - ✓ Serve girls as a Service Unit Leader.
 - ✓ Serve adult volunteers as a Volunteer Trainer.
 - ✓ Serve girls and adults by volunteering as an Episodic Volunteer at special Girl Scout events.
- Provide your **financial support** to:
 - ✓ Develop resource materials for adult volunteers, special program events and activities for girls, and recruitment materials.
 - ✓ Assist girls who cannot afford the \$10 annual membership dues to Girl Scouts of the USA, or badges, sashes and vests, and program focus books.

Mission: Girl Scouts in the Heart of Pennsylvania (Girl Scouts) builds girls of courage, confidence, and character who make the world a better place.

Whom they help: Girl Scouts in the Heart of Pennsylvania serves girls, age 5-17 years, who reside in Franklin County.

How they help: The Girl Scout Leadership Development Experience creates a framework for girls to be active producers of their own experiences and challenges.

- By helping girls to develop intrinsic motivation, they develop the desire to discover, connect, and take action on the important issues related to their lives.
- By encouraging them to discover, girls engage in new experiences, have fun while acquiring new skills, connect with peers, learn to take good care of themselves, and embrace challenges.
- By teaching girls to connect, they speak up and advocate for themselves, listen with respect, learn to motivate others, and serve as role models for peers.
- By teaching them to take action, girls gain self-awareness and self-management and apply these skills in a meaningful way through community service and action.

In 2008, Girl Scouts identified four program focus areas, based on community need: Healthy Living; Science, Technology, Engineering, and Mathematics; Being Safe; and Literacy.

How they have made a difference: Two examples in Franklin County are:

- The Girl Scouts SHAPE-Up Stars program has become part of gym classes in the Fannett-Metal Elementary and Middle Schools as part of the healthy girl initiative.
- Twenty-two Girl Scout troops from the Conococheague Service Unit in Franklin County collected money for 4,140 boxes of Girl Scout cookies that were sent to Franklin County soldiers in the area and stationed overseas. The total value of the cookies sent was \$14,490.

Contact Information:

Girl Scouts in the Heart of Pennsylvania; 350 Hale Avenue; Harrisburg, PA 17104
Phone: 800-692-7816 Website: www.gshpa.org

MAKE-A-WISH FOUNDATION OF GREATER PA

How YOU can make a difference

- Volunteer your **time and talent**:
 - ✓ Become a wish granter. Wish granters must be 21 or older, have a criminal background check completed, and attend training. They visit “Wish children” and their families, find out what the child’s wish is, serve as a liaison between the Wish office and the family, and help to complete paperwork.
 - ✓ Help with special events, including Wish Truck Convoy, Golf Tournament, and parties.
 - ✓ As a student, participate in the Kids for Wish Kids Program. Students can be in elementary school, high school, or college. They participate by helping to raise funds through projects. These funds help to fulfill the wishes of children in their county.
- Provide your **financial support** to make a wish come true for a child in your county. The average cost of granting a wish is \$3,400. Donations of this amount are considered a “wishmaker” donation, and receive a plaque and recognition. Donations over \$500 are listed on the organization’s website and in its annual report.

Mission: Make-A-Wish Foundation grants wishes to children with life-threatening medical conditions to enrich the human experience with hope, strength, and joy.

Whom they help: Make-A-Wish Foundation helps children ages 2½ up to 18 who have been diagnosed with life-threatening medical conditions.

How they help: Through wish granting, the organization helps children by empowering them to dream again. Many of them have lost control of their lives as they battle their illness. Children are excited when the Make-A-Wish Foundation gives them a chance to be in charge of at least one thing happening in their lives. Many children, families, and medical professional report that the program has given the child hope and strength, and more than 80% percent go on to live long, healthy lives. The power of a wish can give the child new strength to fight the medical challenges in their lives. A wish also enables the child’s family to re-bond and spend needed time together, relaxing and enjoying one another. Wonderful memories result from the magical wishes granted.

How they have made a difference: “Wish families” tell us how their child is renewed from the anticipation and planning of a wish, and the actual wish itself. Recently, in a volunteer training class, one of the trainees announced that she had received a wish when she was five years old and suffering from leukemia. Now a woman in her 20’s, she decided she to give back and help others. She told the class that she fondly remembered her wish, which was to visit Cape May, NJ with her family. She remembers it being a wonderful time spent with them, without the interruptions of doctor visits or chemotherapy.

Contact Information:

Ann Waltman, Regional Manager; Make-A-Wish Foundation of Greater PA
York Regional Office (covers Adams, Bedford, Franklin, Fulton, and York Counties)
2951 Whiteford Road, Suite 304; York, PA 17402
Phone: 717-757-9474 Email: awaltman@wishworld.org Website: www.wishgreaterpa.org

Helping Those with Special Needs

ADVOCACY AND RESOURCES FOR CITIZENS

Franklin and Fulton Counties

How YOU can make a difference

- Volunteer your **time and talent**:
 - ✓ Socialize or serve food at monthly socials.
 - ✓ Answer the phones, run errands, and assist with phone solicitation for fundraising.
- Provide your **financial support**:
 - ✓ Support and contribute to fundraising events.
 - ✓ Help ARC meet its match requirement for a wheelchair accessible van. They have received a grant from PennDOT to purchase a van, but PennDOT only covers 80 percent of the cost, and ARC must raise the remaining match.
 - ✓ Contribute to the procuring of baked goods, office supplies, and entertainment.

Mission: Advocacy and Resources for Citizens (ARC) serves those with cognitive, intellectual, and developmental disabilities. ARC's purpose is to foster, protect, and nurture people with disabilities. All are valuable members of society and have the same rights to a free and appropriate education in an integrated setting. People with disabilities have the right to live in a comfortable residence in their local community, and to protection from health and safety hazards in their environment. They have the right to work at a meaningful wage in a vocation appropriate to their talents. They have the right to social and personal relationships, and to participate in the recreational and cultural activities in their communities. ARC of Franklin and Fulton Counties works to enable people with mental retardation to fully participate in civil, social, educational, health, and employment activities where they reside, with the opportunity to grow to their fullest potential.

Whom they help: ARC provides programs and services to children and adults with cognitive, intellectual, and developmental disabilities.

How they help: ARC provides short-term care to give families a temporary break from caring for their son or daughter. This is an opportunity for the parents to grocery shop, attend medical appointments, or go out to dinner. They also provide overnight care for family emergencies, vacations, and other needs the family may have. ARC provides transportation for adult consumers from their home to day programming. Additionally, ARC provides a social and recreational evening program for adult consumers that might include going out to eat, bowling, movies, and shopping.

How they have made a difference: Recently, a father of an 11-year-old son with disabilities needed respite care, so he could visit his wife who was in critical condition in the hospital. ARC cared for their son over a three-week period. Unfortunately, his wife passed away and the father and son will continue to need support.

Contact Information:

Lorrie Miller, Executive Director

ARC of Franklin and Fulton Counties; 4351 Philadelphia Avenue; Chambersburg, PA 17202

Phone: 717-264-4390 Email: arc4390@embarqmail.com

**AMERICAN HEART ASSOCIATION
Franklin/Fulton Division****How YOU can make a difference**

- Volunteer your **time and talent**:
 - ✓ Assist with: phone calls, assembling packets and mailings, and folding t-shirts.
 - ✓ Serve as a speaker on a heart-healthy topic.
 - ✓ Serve on the Heart Walk Committee; assist with securing corporate sponsorships and teams. Volunteer on the day of the event.
 - ✓ Serve on the Nominating Committee, recruited business leadership to lend support to AHA.
- Provide your **financial support**:
 - ✓ Sponsor the September Heart Walk. Corporate support for the Heart Walk is one-third of the division's income. Sponsorships are available ranging from \$250 - \$25,000.
 - ✓ Form a corporate team or family team for the Heart Walk and secure pledges.
 - ✓ Underwrite or provide in-kind gifts for the "Go Red for Women" program/dinner in May.
 - ✓ Support other fundraising events.

Mission: The American Heart Association's (AHA) mission is to build healthier lives, free of cardiovascular diseases and stroke.

Whom they help: The American Heart Association helps those experiencing cardiovascular diseases and stroke, and those at risk for developing cardiovascular diseases and stroke.

How they help: AHA engages in advocacy and works with state and federal legislators on issues pertaining to the Clean Indoor Air Act, stroke, improved nutrition in the schools, and quality physical education in the schools. AHA's priority areas include:

- Women & Heart Disease – "Go Red for Women" program, open to anyone.
- Childhood Obesity – Alliance for Healthier Generation, a partnership with global reach through the Clinton Foundation and Nickelodeon. Website is geared toward young people.
- Stroke – Power to End Stroke, target population is African Americans.
- Physical Inactivity – Start! a movement to get adults walking. Targets area work places.
- CPR – Training available through Summit Health Training Center. "CPR Anytime" kits for adult or pediatrics aids families in learning CPR at home via a DVD and mini manikin.
- Search Your Heart – Faith-based program with 8 modules targeting heart and stroke risk factors.

How they have made a difference: Death rates from heart disease and stroke are down more than 25 percent since 1999. Rates of uncontrolled high blood pressure, high blood cholesterol, and prevalence of smoking are also down. AHA also enables the sharing of worldwide research advances.

Contact Information:

Sharon Strike, Division Director

AHA, Franklin/Fulton Division; 417 Phoenix Drive, Suite A; Chambersburg, PA 17201

Phone: 717-263-2870 ext. 4260 Email: sharon.strike@heart.org Website: www.americanheart.org

FRANKLIN COUNTY LITERACY COUNCIL**How YOU can make a difference**

- Volunteer your **time and talent:**
 - ✓ Provide one-to-one tutoring.
 - ✓ Help with administrative tasks, including organizing, tracking, and maintaining a lending library and setting up a health literacy network.
 - ✓ Assist with fundraising events such as “buck-a-book” and annual golf tournament.
- Provide your **financial support:**
 - ✓ Contribute to the purchase of books, phonics program, computer-based learning programs, videos, and audio equipment for students.
 - ✓ Donate storage furniture and containers, as needed.
 - ✓ Subsidize transportation to enable students to get to tutoring sessions (via the Franklin County Transportation System).
 - ✓ Contribute to the operation of the organization.

Mission: The Franklin County Literacy Council (Literacy Council) seeks to empower adults through literacy by providing free literacy services to adult residents and to assist them in the pursuit of life goals through the advancement of literacy.

Whom they help: The Literacy Council helps adults with low literacy (reading below fifth grade level) that are seeking to better themselves or seeking to learn English as a second language.

How they help: The Literacy Council offers free one-to-one tutoring and learning support for adults who need assistance with life skill development through literacy, GED preparation, adult basic education support for employability or secondary educational opportunities, and English as a second language instruction.

How they have made a difference: A 27 year old woman who had lived all her life in Pennsylvania was identified as learning disabled. She became frustrated in high school and quit in eleventh grade. She was affected by poor health and was receiving assistance through Social Security. She was physically unable to work the jobs available to high school dropouts. She contacted the Literacy Council in order to continue her learning and obtain a GED. A tutor now meets with her two times a week. She has completed two levels of a learning series in eight months. Health improvements have been noticed through the raised health literacy she has shown while studying with her tutor. Her doctor, in fact, has recently witnessed a change in her health management and self awareness. She is working towards and achieving greater empowerment.

Contact Information:

Marie Steinbacher, Education Coordinator
LIU12 Franklin County Literacy Council; 305 W. Commerce Street; Chambersburg, PA 17201
Phone: 717-504-4459 ext. 3504 Email: liufacic@liu12.org

FRANKLIN COUNTY THERAPEUTIC RIDING CENTER**How YOU can make a difference**

- Volunteer your **time and talent**:
 - ✓ Assist riders during lessons (must be able to walk for 30 minutes and to run some of that time).
 - ✓ Assist instructors to lead horses in late afternoons during the week.
 - ✓ Perform chores during the week and on Saturdays, such as repairing fences, painting, spouting work, watering, etc.
 - ✓ Develop a website for the program.
- Provide your **financial support** to:
 - ✓ Provide insurance for one rider - \$50/year.
 - ✓ Sponsor one day in the program - \$100/year.
 - ✓ Provide a scholarship for one rider - \$280/year.
 - ✓ Sponsor a horse - \$1500/year.

Mission: The Franklin County Therapeutic Riding Center provides therapy through horseman activities to people with physical or learning disabilities to increase their balance, flexibility, muscle control, strength, concentration, and interpersonal skills.

Whom they help: The Franklin County Therapeutic Riding Center provides horsemanship activities to people with physical or learning disabilities.

How they help: The Franklin County Therapeutic Riding Center offers weekly lessons to disabled riders of all ages and teaches them to ride and care for a horse. The three-dimensional motion can strengthen muscles, improve balance, and improve self-esteem. Riding can lead to increased concentration, and the relationship with a horse can improve interpersonal skills. The Center is located on 25 acres and includes a 10 horse stable, tack room accessible by wheelchair, indoor arena, and two outdoor riding arenas.

How they have made a difference: Riders have improved physically and mentally through the therapeutic program. It provides a social activity for them. One example is a rider who improved so well physically by riding, that her doctor cancelled her back surgery.

Contact Information:

Robert Kessler, Coordinator

Therapeutic Riding Center; 181 Franklin Farm Lane; Chambersburg, PA 17202

Phone: 717-263-9226 Email: rxk4@psu.edu

OCCUPATIONAL SERVICES, INCORPORATED**How YOU can make a difference**

- Provide your **financial support**:
 - ✓ Contribute to the support of programs for individuals with disabilities and other barriers to employment.
 - ✓ Contribute to a capital campaign for purchasing or constructing a larger facility for the organization.

Mission: Occupational Services, Incorporated (OSI) strives to create purposeful experiences and opportunities that will enhance and embrace the abilities of individuals. Through partnerships and participation in the community, OSI responsibly and creatively seeks solutions to develop a quality workforce and the resources necessary to enhance services that benefit individual achievement and organizational success. It strives to be the provider of choice for these services and a model for other providers to follow.

Whom they help: OSI serves persons with developmental disabilities and mental health concerns. It has expanded its target population to include anyone with barriers to employment. For these individuals, OSI works to find them gainful employment to enable them to become more independent and less reliant on entitlement programs.

How they help: OSI offers various employment programs designed to enable individuals with disabilities to obtain employment opportunities. These programs include: Vocational Evaluation, Community Work Based Assessment, Work Adjustment Training, Employment Skills Training, Job Placement Services, and Transitional Employment Services.

How they have made a difference: Individuals with developmental disabilities and mental health concern are able to work and be productive in the community through the assistance of placement staff and job coaches. Many of these individuals would not otherwise have the opportunity to be productive and feel worthwhile. As noted by one of the parents of an adult child with disabilities, "Our son has been at OSI for twenty-five years. Going to OSI daily is the biggest thing in his life. OSI has given him goals, a means of self-expression, a daily social interchange, and a sense of pride and achievement. He is in a safe and controlled environment, doing meaningful work in his peer group, and under the care and direction of a competent and understanding professional staff."

Contact Information:

Michael Jamison, Executive Director

Occupational Services, Incorporated; 17 Redwood Street; Chambersburg, PA 17201

Phone: 717-263-9293 Email: mjamison@osinc.org Website: www.osinc.org

SPECIAL OLYMPICS PENNSYLVANIA

Franklin County

How YOU can make a difference

- Volunteer your **time and talent**:
 - ✓ Help at one-day events, by being a timer, driver, concessions helper, etc.
 - ✓ Participate in or help coordinate fundraising events.
 - ✓ Coach participants of a specific sporting event. (Security clearance may be required.)
- Provide your **financial support**:
 - ✓ Contribute to the purchase of, or donate specified types of, uniforms, ribbons and awards, snacks, stop watches, sports equipment, and markers denoting accomplishments.
 - ✓ Contribute to a fund to pay for entry fees, transportation, specialized equipment, and similar large costs.

Mission: Special Olympics Pennsylvania provides year-round sports training and competition in a variety of Olympic-type sports for children and adults with intellectual disabilities. These activities give them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympics athletes, and the community.

Whom they help: Special Olympics Pennsylvania helps children and adults with intellectual disabilities ages 5 to 40. The goal is twofold: 1) to bring intellectual disabilities out of the darkness and into the light of public acceptance and understanding; and 2) to give all persons with an intellectual disability the opportunity to become useful and productive citizens who are accepted and respected in their communities.

How they help: Special Olympics Pennsylvania believes that competition among those of equal ability is the best way to test athletes' skills and ensure that every athlete has a chance to succeed. In Franklin County, athletes participate in the following sports at the local, regional, and state levels: golf, bowling, swimming, track, basketball, volleyball, bocce ball, long distance walking/racing, and skiing.

How they have made a difference: Special Olympics Pennsylvania give Franklin County athletes confidence. If they can try and succeed at a sport, they are much more willing to try something new in their daily lives. The organization and the events bring families together that might otherwise go separate ways. For Special Olympics volunteers, "a smile on an athlete's face says it all."

Contact Information:

Regina Mancuso, Coordinator
Franklin County Special Olympics Pennsylvania
CAMS; 1151 East McKinley Street; Chambersburg, PA 17201
Phone: 717-261-3385 Email: rampgh@innernet.net Website: www.specialolympicspa.org

Helping Those that Need a Little Extra Support

CHRIST AMONG NEIGHBORS

How YOU can make a difference

- Volunteer your **time** on a Saturday morning (once a month), 8:45 am – 11:00 am, to interview applicants requesting assistance.
- Provide your **financial support**:
 - ✓ Assist approved applicants with legitimate needs, such as utility payments, rent, gas, food, and other basic needs.
 - ✓ Donate basic items, such as toothpaste, soap, laundry detergent, deodorant, toothpaste, etc.

Mission: Christ Among Neighbors desires to serve as disciples of the Lord Jesus Christ by offering a crisis intervention service to the community through assisting neighbors who have exhausted every available means to obtain basic needs.

Whom they help: Christ Among Neighbors helps those in the Shippensburg Area School District and village of Walnut Bottom who have exhausted every available means to pay for or obtain adequate food, rent, clothing, utilities, medical care, gas, transportation, etc. Assistance may include emergency service delivery, and/or referrals to other agencies or organizations with the means to solve problems.

How they help: Those with needs complete an application. Applications are reviewed by a screening board. For applicants and needs approved by the board, financial assistance is provided to address eviction notices, shut-off notices, and crisis situations. Christ Among Neighbors also offers budgeting programs and referrals to other available programs. It encourages applicants to attend a local church of their choice to learn about Christ and obtain a larger support network.

How they have made a difference: In the past six years, Christ Among Neighbors has responded to over 1,200 requests for assistance. For instance, it has helped families that have fallen on hard times, and seniors who have trouble making a health insurance co-pay. A recent, memorable effort was Christ Among Neighbors' support and assistance in obtaining a hearing aid for an 80 year-old woman. The smile on her face and her delight at hearing sounds that had been lost for years was the best expression of gratitude.

Contact Information:

Christ Among Neighbors; 130 Penn Street; Shippensburg, PA 17257
(Mailing address: P.O. Box 401; Shippensburg, PA 17257)
Phone: 717-532-7577 (leave a message)

CUMBERLAND VALLEY RELIEF CENTER

How YOU can make a difference

- Volunteer your **time and talent** by sewing, quilting, or cutting fabrics for various projects.
- Provide your **financial support**:
 - ✓ Donate soap, toothpaste, towels, and similar items that are sent overseas for refugees.
 - ✓ Donate fabrics that are used to make quilts to be sold at the PA Relief Sale held annually in Harrisburg, or that are used to make comforters to be shipped overseas.
 - ✓ Donate money that will be used to purchase items needed for relief kits, health kits, sewing kits, newborn kits, AIDs Care kits, and school kits.

Mission: Cumberland Valley Relief Center (Center) supports the work of the Mennonite Central Committee to provide hunger relief and material aid in the name of Christ.

Whom they help: The Center prepares and sends material aid supplies to areas of need in other countries.

How they help: The Center supports the worldwide relief, development, and peace making programs of the Mennonite Central Committee by preparing relief supplies for refugees and others in need.

How they have made a difference: Despondent persons living in refugee camps have been encouraged by receiving the Center’s gifts of love. Receiving some small necessities from the Center, when they had nothing, has enriched their lives.

Contact Information:

Cumberland Valley Relief Center; 4225 Molly Pitcher Highway South; Chambersburg, PA 17202
Phone: 717-375-2088 Email: cvrc@pa.net Brochure available upon request.
Also visit the Mennonite Central Committee website: www.mcc.org

FRANKLIN COUNTY MILITARY OUTREACH PROGRAM

How YOU can make a difference

- Volunteer your **time and talent**:
 - ✓ For civilians and veterans who understand the challenges of deployment, offer your guidance, experience, and organizational skills to the Program.
 - ✓ Help with fundraising efforts.
 - ✓ Maintain a website with links, or prepare presentations, organizational charts, and briefs.
 - ✓ Locate office space in downtown Chambersburg.
- Provide your **financial support**:
 - ✓ Contribute to a fund that is set aside for approved special needs of deployed soldiers, newly disabled service members, and their immediate families.
 - ✓ Contribute to a fund to support the organization's start-up and operational costs.

Mission: Franklin County Military Outreach Program (FCMOP) provides assistance to the spouses and immediate family of all local military service members on a variety of military and veteran's related topics and needs.

Whom they help: FCMOP seeks to help local military service members, newly disabled service members, and their immediate families.

How they help: Franklin County Military Outreach Program provides the following assistance:

- Offers fellowship and camaraderie, benefit counseling assistance, and referral assistance to behavioral health counseling services of the various local, state, and national service organizations equipped to address these needs.
- Helps deployed service members and their immediate families receive all the community support possible within its capabilities, especially during times of deployment.
- Provides limited financial support (for example, phone cards, gas cards, emergency transportation funds, and similar monetary grants), based on a real need and FCMOP's ability to provide such support at the time of the request.
- Helps newly disabled service members and their immediate families locate and contact the proper government agencies, and facilitate their application for Veterans Administration disability and medical care.

How they have made a difference: The organization has recently been set-up and organized. It will be the "go-to" organization for service members navigating the red tape of government benefits and for connecting family members with their deployed soldiers.

Contact Information:

Fred Bucci, Director

Franklin County Military Outreach Program; 2705 Lincoln Way West; Chambersburg, PA 17202

Phone: 717-264-5958 Email: fbucci@comcast.net Website: www.fcmop.homestead.com

FRANKLIN COUNTY SHELTER FOR THE HOMELESS

South Central Community Action Programs, Inc.

How YOU can make a difference

- Volunteer your **time and talent**:
 - ✓ Bring a home-cooked meal or baked goods for clients to the Shelter.
 - ✓ Assist with various Shelter activities, including painting, sorting, and organizing.
 - ✓ Share an interest with clients, such as singing, playing an instrument, or other talent.
- Provide your **financial support**:
 - ✓ Support the operation of the Shelter.
 - ✓ Support a particular need of the Shelter, such as food, housing supplies, or office supplies.
 - ✓ Donate hygiene and paper products, bleach and cleaning supplies, etc.
 - ✓ Donate self-help books for inclusion in the Shelter's "Client Resource Center."

Mission: The Franklin County Shelter for the Homeless (Shelter) provides a safe, sanitary place for homeless families and single men and women. Its goal is to assist clients to find permanent housing and stable incomes, and provide other skills and services to prevent them from returning to homelessness.

Whom they help: The Shelter provides temporary, emergency shelter and services for homeless families and individuals in Franklin County. Homelessness can stem from loss of housing due to divorce, loss of a spouse or significant other, eviction, condemned property, foreclosure, mental health issues, serious illness, natural disaster, loss of income, domestic violence, incarceration, or residing somewhere but not on the lease.

How they help: In addition to providing temporary housing and food, a Shelter case manager assesses client needs, and an Individual Service Plan with short-term goals is devised for stabilization. Agency referrals and coordination of services is conducted to move clients from poverty, stabilize their lives, achieve self-sufficiency, and decrease dependence on social services. The Shelter provides internal, on-site weekly Life Skills classes, a Budgeting and Savings Program, Parent/Child Enrichment Program, Nutrition and Health instruction, housekeeping/rental maintenance class, G.E.D. testing, E.S.L. training, and a Client Resource Center (self-help library and computer lab).

How they have made a difference: If the Shelter did not exist, there would be many living in vehicles or on the streets, having served over 5,000 clients since 1989. One particular man battled drug addiction and his family estranged themselves from him after his incarceration. Upon release from prison, he came to the Shelter for services. At first, he had adjustment problems and tended to isolate himself, becoming depressed. After a few weeks, he settled into the Shelter routine and began working on his goals. He acquired a job, and stayed drug free. He began to come out of his shell and realize his own potential. He re-established ties with his family, saved money, paid his fines, and found housing. Three years after his discharge, he has a fiancée, visits his family, remains drug free, and has a good job.

Contact Information:

Trudy Wesley, Program Coordinator

Franklin County Shelter for the Homeless; 233 South Main Street; Chambersburg, PA 17201

Phone: 717-267-3669 Email: twesley@sccap.org

HABITAT FOR HUMANITY OF FRANKLIN COUNTY

How YOU can make a difference

- Volunteer your **time and talent**:
 - ✓ Help build a house by assisting with: framing, roofing, siding installation, drywall installation, cabinetry installation, finish carpentry, painting, landscaping, and/or general labor.
 - ✓ Serve on one of the following committees: Building, Church Relations, Family Selection, Family Support, Finance/Fundraising, Human Resources, Public Relations, Site Selection, or Work Site Volunteer Coordination.
 - ✓ Help sell tickets for an annual dinner and auction, which is a chief fundraising event.
 - ✓ Participate in fundraising events such as bake sales, yard sales, and automobile donations.
- Provide your **financial support**:
 - ✓ Donate or offer a building lot in Franklin County at an affordable price.
 - ✓ For the annual dinner and auction, donate items to be auctioned, sponsor trips and prizes, or donate a vacation home for a week or other prize.
 - ✓ Contribute directly to funding of construction activities.

Mission: Habitat for Humanity of Franklin County (Habitat) works in partnership with God and people everywhere to develop communities with God's people in need by building and renovating houses so that there are decent houses in decent communities in which people can live and grow into all that God intended. Also, Habitat builds relationships within the Franklin County community that transcends the boundaries of culture, status, and race through the sharing of a common goal, and it employs the economics as taught in the Bible, *i.e.*, "If you lend money to one of my people...do not act like a money lender; charge him no interest." (Exodus 22:25).

Whom they help: Habitat helps low income families buy a house, which they turn into a home for their family.

How they help: Habitat builds safe, affordable houses using volunteer labor and charging no profit on the construction. The houses are sold to partner families who qualify under HUD guidelines and are financed with an affordable no interest loan.

How they have made a difference: Families that purchase a house from Habitat turn it into a home. For most of the participating families, this is their first opportunity to own a real house and to become members of a neighborhood. This is also their first opportunity to work together on landscaping their property. Their children now have a safe place to grow and they can have a pet. These children tend to improve their school grades. Their parents have an investment in their future security, become a part of the community, and pay property taxes. Habitat volunteers and contributors, in turn, take pride in making a difference in the lives of these homeowners.

Contact Information:

Michelle Bowen, Executive Director
Habitat for Humanity; 23 North Third Street; Chambersburg, PA 17201
Phone: 717-267-1899 Email: hfhfc@innernet.net

HEARTLAND HEALTH CARE & HOSPICE

How YOU can make a difference

- Volunteer your **time and talent** to:
 - ✓ Help patients face their challenges by providing friendship and a listening ear
 - ✓ Create cards, quilts, and comfort pillows to encourage patients
 - ✓ Read, play music, sing, make crafts, and provide pet therapy
 - ✓ Assist in office with filing, copying, mailing, and preparing packets
 - ✓ Provide presence and support in the last hours of life by being part of a vigil team
- Provide your **financial support**:
 - For patient and family medical and burial needs via the Hospice Memorial Fund

Mission: Heartland Home Care & Hospice is a growing company dedicated to providing compassionate high quality home health care. We will achieve this by recruiting professional, caring staff, encouraging patients to become active participants in care, and by creating atmosphere of supportive leadership. We value strong, mutually beneficial relationships with referral sources, employees, patients and caregivers and community at large.

Whom they help: Heartland Hospice volunteers work with individuals coping with terminal illness.

How they help: Volunteers learn to focus on the whole person and their loved ones physical, spiritual and emotional well-being.

Programs:

Types of Volunteers

Training

*Level 1 Administrative/Special Project Volunteer	4 hours
*Level 2 Companion/Friendly Visitor Volunteer	14 hours
*Level 3 Professional Health Care Provider Volunteer	15 hours
*Level 4 Bereavement Volunteer	16 hours
*Level 5 Vigil Volunteer	16 hours

How they have made a difference: Hospice Volunteers provide comfort and support so patients do not have to die alone.

Contact Information:

Pauline Goulet, Volunteer Coordinator, Heartland Home Health Care & Hospice, 1200 Walnut Bottom Road, Carlisle, PA 17015

Phone: 866-274-5031 or 717-240-0018 Email: york4675officestaff19@hcr-manorcare.com

Website: www.heartlandhomehealth.com

HELPING HANDS WITH HEARTS

How YOU can make a difference

- Volunteer your **time and talent** as a:
 - ✓ Team leader to coordinate projects.
 - ✓ Licensed electrician, plumber, or mechanic on short-term projects.
 - ✓ Less skilled volunteer, but willing and able to paint, clean-up and do odd jobs.
- Provide your **financial support** to buy materials and supplies, and provide technical support to accomplish home repairs for our low-income neighbors.

Mission: Helping Hands with Hearts' sole purpose is to help the poor, aged, disabled, and underprivileged by making needed repairs and improvements to their residences in Franklin County.

Whom they help: Helping Hands with Hearts helps underprivileged and disabled residents of the county, as screened and referred to them by the social service agencies of Franklin County.

How they help: Helping Hands with Hearts have helped:

- Restore and remodel the Marantha Food Bank, previously destroyed by flooding.
- Construct wheelchair ramps.
- Install grab bars and railing.
- Install or widen doors for accessibility.
- Install energy efficient windows.
- Paint various projects.

How they have made a difference: With its volunteer work force of mostly senior adults, Helping Hands with Hearts has completed 94 repair and renovation projects in the past three years (2005-07). Volunteers find it rewarding to see what a difference construction of a wheelchair ramp can make to a household, to hear what difference new energy-efficient windows have made in the utility bill of a senior on a fixed income, or to receive a letter of gratitude from a disabled person whom they served.

Contact Information:

Fred Ailes, Client Coordinator

Helping Hands with Hearts; 6912 Fairway Drive East; Fayetteville, PA 17222

Phone: 717-496-7997 Email: hhinc@comcast.net Website: www.helpinghandswithhearts.org

KEYSTONE HEALTH CENTER**How YOU can make a difference**

- Provide your **financial support** to assist in the treatment of individuals in Franklin County that are uninsured or underserved. Keystone Health Services does receive federal grants but these do not even provide for 25 percent of the total cost of care for the uninsured or underserved.

Mission: Keystone Health Center (Keystone) provides health care to anyone and everyone in the community and works to remove barriers to access of care.

Whom they help: Keystone provides health-related services to men, women, and children of all ages, races, and economic backgrounds.

How they help: Keystone is a full-service, family-centered primary care facility that eliminates barriers to health care by providing affordable, accessible, and compassionate medical, dental, behavioral, and support services. It is staffed by a diverse team of primary care providers including family medicine physicians, internal medicine physicians, obstetrician/gynecologists, pediatricians, psychiatrists, cardiologists, nurse practitioners, physician assistants, certified nurse midwives, dentists, dental hygienists, and psychotherapists. For those who have no insurance and are low-income, Keystone provides a sliding fee schedule, which can cost very little in some instances. In addition, a federal 340B Drug Pricing Program provides medications to individuals that have no money to purchase desperately needed medications.

How they have made a difference: Every year many parents who have no insurance and come to Keystone Health Center offer the staff food, jewelry, or make offers to wash windows or clean because they are so grateful that their child or children were able to receive dental, medical or behavioral health care at a reasonable cost. Keystone has received hundreds of letters and cards from grateful individuals and families.

Contact Information:

Development Department

Keystone Health Center; 820 Fifth Avenue; Chambersburg, PA 17201

Phone: 717-217-6006 Website: www.keystonehealth.org

LUTHERAN HOME CARE & HOSPICE, INC.

How YOU can make a difference

- Volunteer your **time and talent**:
 - ✓ Provide direct care services, including listening and support to hospice clients and family members, or staying with a client while the family runs errands or rests. Volunteers can also provide companionship, perform errands, prepare meals, take a client or family to appointments, assist with child care, or any other kindnesses in support of hospice families.
 - ✓ Provide comfort to clients who are dying and alone, usually in a skilled nursing center. Provide bereavement support, includes making telephone calls and/or visits to the family.
 - ✓ Make and deliver bereavement bread.
 - ✓ Make comfort shawls.
 - ✓ Do light office work.
- Provide your **financial support** to cover the benevolent care that Lutheran Home Care & Hospice, Inc. provides to home health and hospice clients who do not have health insurance and are unable to pay for services.

Mission: Lutheran Home Care & Hospice, Inc. answers Christ’s call by providing health care and related services to those who are striving to achieve their highest possible quality of life, health, and comfort.

Whom they help: Lutheran Home Care & Hospice, Inc. can help anyone in need of health care, hospice care (end-of-life care), or non-medical support in the home.

How they help: Lutheran Home Care & Hospice, Inc. provides:

- Home Health Services – for those who need medical care at home such as nursing care and physical therapy (when it is difficult or impossible to get to an outpatient setting for care).
- In-Home Support Services – for those who need non-medical help to remain independent at home (such as dressing, bathing, other personal care, light housekeeping, meal preparation, transportation, and errands). This can be temporary or long term.
- Hospice Care – for those living with a terminal illness and their families. This care is provided by a multi-disciplinary team of professionals and volunteers to manage pain and symptoms, provide personal care, support and counsel the family and help with emotional support and long term planning, spiritual support, and bereavement support.

How they have made a difference: In the words of actual clients and families:

- “They became our friends and our family. We knew we were never alone.”
- “I would not have healed so fast nor felt so secure after lung surgery if I had not had their help.”
- "I am very grateful to hospice so I could be with my husband [at home] in his last hours. That was such a comfort to me."

Contact Information:

Lutheran Social Services of South Central Pennsylvania; 1050 Pennsylvania Avenue; York, PA 17404
Phone: 717-264-8178 or 800-840-9081 Website: www.lutheranhomecare.org

MARANATHA

How YOU can make a difference

- Volunteer your **time and talent**:
 - ✓ Help at the Maranatha Food Pantry by stocking and assisting patrons.
 - ✓ Drive clients to medical, legal, or business appointments.
 - ✓ Mentor those who are getting back on their feet financially.
 - ✓ Help with cleaning, upkeep, and painting at the facilities overseen by Maranatha.
- Provide your **financial support**:
 - ✓ Donate food items for the food pantry.
 - ✓ Donate sheets, pillows, and blankets.
 - ✓ Donate office chairs, filing cabinet, cleaning supplies, and paper products.
 - ✓ Contribute to a fund that helps those in need pay for food or utilities.
 - ✓ Contribute money or gift cards for gas, groceries, housewares, and personal items.

Mission: Maranatha's purpose is to share the love of Christ with those searching for something missing in their lives. Maranatha does this by providing food, budgeting, housing, healing, freedom from prison, or just listening as people share their fears and disappointments. Through love of one to another, the disappointments of life can lessen. Maranatha gives a "hand up," not just a "hand out."

Whom they help: Maranatha helps those experiencing financial difficulty, homeless families in the community, and those who qualify for food stamps or meet other qualifications.

How they help: Helping those in need:

- Maranatha educates the consumer on proper financial management. A financial counselor will assist those experiencing difficulty to develop a budget and with overall financial management skills.
- With proper consent, Maranatha provides representative payee services, where it assists individuals receiving Social Security to set aside income for basic needs, utilities, and services.
- Maranatha provides housing and a 180-day intensive program for homeless individuals and families at their Candleheart facility. The program includes counseling on budgeting, anger management, drug and alcohol abuse, life skills, and Bible study. They also direct residents to county programs.
- Maranatha offers a Transitional Housing Program for those experiencing financial difficulty and housing problems. Maranatha will pay a portion of rent and utilities, up to 24 months.
- For those who qualify for food stamps, Maranatha's Food Pantry provides necessary food and necessities until they have achieved a level of self-sufficiency.

How they have made a difference: Maranatha has touched many peoples' lives and have helped many experiencing financial difficulty get back on their feet. One person, who was helped years ago, now plays a major role in the organization's operations and in helping others.

Contact Information:

Christina Newcomer, Director
Maranatha; 527 Lincoln Way East (P.O. Box 507); Chambersburg, PA 17201
Phone: 717-261-0057 Email: christina@maranathamministries.net

MIDPENN LEGAL SERVICES

How YOU can make a difference

- Volunteer your **time and talent** if you are an attorney, law student, or paralegal. Your skills are needed to help prepare letters and legal documents for the organizations' cases.
- Provide your **financial support**:
 - ✓ Obtain office equipment
 - ✓ Purchase supplies
 - ✓ Support salaries and services for clients.

Mission: MidPenn Legal Services is a non-profit, public-interest law firm dedicated to providing equal access to justice and high quality civil legal services to low-income residents and survivors of domestic violence.

Whom they help: MidPenn Legal Services helps low-income residents of Franklin and Fulton Counties. It strives to protect families, incomes, and homes.

How they help: MidPenn Legal Services offers advice and representation in landlord/tenant cases, public benefit cases, unemployment cases, consumer cases (including those dealing with credit card lawsuits), repossessions, bankruptcies, custody, and divorce.

How they have made a difference: MidPenn recently helped a gentleman who paid disability insurance on his credit card. He became disabled and advised the credit card company of this disability. He heard nothing further from the company for two years. His church helped him purchase a mobile home, and approximately two months later, he was served with a lawsuit from the credit card company for the money still owed on his account. When the sheriff served him, they advised him to get help or their next step may be to take his home. MidPenn was able to show that he did not owe this money. The lawsuit was dismissed, enabling the man to keep his home.

MidPenn recently helped another man obtain custody of his son, after the child's mother fled from Pennsylvania to take up residence with a new boyfriend in Oklahoma. Before filing the complaint for custody, a MidPenn attorney was able to locate the child's school, so the father had some idea where his son was. Based upon MidPenn's filing of the complaint, the father was able to obtain custody of his son and spend the Christmas holiday with him.

Contact Information:

Carrie M. Bowmaster, Managing Attorney
MidPenn Legal Services; 230 Lincoln Way East, Suite A; Chambersburg, PA 17201
Phone: 717-264-5354 ext. 2306 Email: cbowmaster@midpenn.org

PREGNANCY MINISTRIES

How YOU can make a difference

- Volunteer your **time and talent** as:
 - ✓ Peer counselor
 - ✓ Receptionist
 - ✓ Helpline worker
 - ✓ Assist with laundry
- Provide your **financial support**:
 - ✓ Donate baby items.
 - ✓ Contribute to the mission and operations of the organization.
 - ✓ Provide or support housing for the girls/women with no place to stay.

Mission: Pregnancy Ministries is a Christ-centered ministry committed to applying and proclaiming the Gospel by demonstrating the love of Christ and upholding the sanctity of human life. This is done by providing education and assistance in the areas of pregnancy, post-abortion trauma, and sexual abstinence until marriage.

Whom they help: Pregnancy Ministries helps women cope with pregnancy and post-abortion trauma, and they teach sexual abstinence until marriage.

How they help: Centers are staffed with trained peer counselors who are ready to listen in a compassionate, non-judgmental setting. They provide:

- Pregnancy testing
- Peer counseling, education about pregnancy and pregnancy options
- Maternity clothing
- Referrals for medical care and other social services
- Help in preparing for birth and parenting
- Baby clothing and furniture
- Post-abortion support
- Other assistance, depending on particular circumstances and needs.

How they have made a difference: Pregnancy Ministries had an abortion-minded client arrive at the center. She was sure she needed to have an abortion. After seeing her baby on ultra sound and learning about the support Pregnancy Ministries offers, she chose life for her baby. In addition, Pregnancy Ministries helps clients who need material assistance, such as car seats, cribs, diapers, clothes or formula for their babies.

Contact Information:

Linda Barr, Executive Director
Pregnancy Ministries; PO Box 941; Chambersburg, PA 17201
Phone: 800-638-0743 Website: www.pregnacyministries.org

THE HOUSE OF GRACE

How YOU can make a difference

- Volunteer your **time and talent** (women only):
 - ✓ Teach participating women a life skill or lesson.
 - ✓ Mentor other women and seek Christ-centered, relational opportunities.
 - ✓ Provide assistance at the organization's thrift shop, "Dressed to a Tea."
- Provide your **financial support**:
 - ✓ Donate needed food items, and craft and sewing supplies.
 - ✓ Donate gently worn women's business and work-appropriate clothing.
 - ✓ Donate gift cards from area stores to help women in need.
 - ✓ Contribute to a fund that helps support the organization's operations.
 - ✓ Contribute to a fund to pay off the organization's mortgage.

Mission: The House of Grace provides a safe, nurturing "home" atmosphere, where women can learn, grow, and have fun together. It is a nonresidential program that provides an integrated learning and supportive environment, where women can gain confidence, increase self worth, and obtain skills to be successful parents, employees, and productive members of society.

Whom they help: The House of Grace serves women, 18 years of age or older. The House of Grace has helped women with physical, emotional, or developmental disabilities; women released from prison; women who have been abused; lonely women; women who are homeless or need a support system; and women who are single parents, needing support to maintain a stable home environment for their children.

How they help: The House of Grace provides:

- Christ-centered, bible study and teaching.
- Role modeling and informal, one-on-one mentoring.
- A highly interactive, learning and growing experience in a home atmosphere, including nutritional meal planning and preparation; budgeting; parenting skills; computer skills; household skills; and crafts.
- A career clothing thrift shop. It helps women build a wardrobe appropriate for work environments. Also, women can volunteer here and gain valuable work experience in the shop.
- Training on how to dress for an interview and get a job.

How they have made a difference: Participants refer to the House of Grace as a "home away from home." The House of Grace has made a huge difference in the lives of women, having helped them address specific problems, be prepared to seek a job, through lonely times, turn their lives around, and in some cases, give back by mentoring other women.

Contact Information:

The House of Grace; 307 Lincoln Way East; Chambersburg, PA 17201
Phone: 717-709-0085 Website: houseofgrace@innernet.net

THE SALVATION ARMY Chambersburg Corps

How YOU can make a difference

- Volunteer your **time and talent**:
 - ✓ Help prepare and/or serve meals (one meal at lunchtime provided 5 days a week).
 - ✓ Assist with mentoring children during a late afternoon Children's Program (meal is served).
 - ✓ Help prepare for and raise money for events, such as Thanksgiving and Christmas dinners.
 - ✓ Help with Christmas food and gift drives and distribution.
 - ✓ Help in the Thrift Store.
 - ✓ Provide telephone coverage and dispatch a disaster vehicle and crew, after being trained.
 - ✓ Complete training and become qualified to staff disaster vehicle.
 - ✓ Care for Salvation Army facilities.
- Provide your **financial support**:
 - ✓ Donate prescribed food items for meals.
 - ✓ Donate a vehicle.
 - ✓ Cover operational costs.

Mission: Motivated by the love of God and as a leader in Christian faith-based human services, Salvation Army is committed to serve the body, soul, and spirit, with integrity and respect, using creative solutions to positively transform lives. Its objectives are the advancement of the Christian religion and education, relief of poverty, and other charitable objectives beneficial to society and the community.

Whom they help: The Salvation Army is an evangelistic church that believes in being a "hand up" to people by meeting the needs in the community not met by others. They are pastors, teachers, caseworkers, and those who want to help others.

How they help: The Salvation Army, Chambersburg Corps:

- Provides a feeding program that serves one meal a day, five days a week (35,000 meals annually).
- Serves Thanksgiving and Christmas dinners to those who would otherwise go without.
- Collects and distributes Christmas gifts and necessary items.
- Operates a thrift store to offer clothing and household items at very reasonable prices.
- Provides a disaster vehicle with qualified staff and volunteers to serve first responders; provides spiritual aid in disasters; and helps displaced people with services not provided by the Red Cross.

How they have made a difference: The Salvation Army has been a "hand up" to people living in the Chambersburg area. Its spiritual teaching, counseling, meals, holiday events, and disaster relief offers encouragement and hope to those in need. Its Children's Program helps children believe in something and have dreams. Salvation Army's holiday meals and gifts brighten people's lives at difficult times.

Contact Information:

Pat Hughes, Coordinator

The Salvation Army-Chambersburg Corps; 159 Lincoln Way West; Chambersburg, PA 17201

Phone: 717-264-6169 Email: pat.hughes@use.salvationarmy.org

UNITED WAY OF FRANKLIN COUNTY

How YOU can make a difference

- Volunteer your **time and talent**:
 - ✓ Help with administrative tasks, including greeting people, answering phones, clerical duties, and website administration.
 - ✓ Assist with campaign outreach by raising awareness of the annual campaign within the community or organizing a campaign within your organization.
 - ✓ Participate in “May of Caring” projects.
- Provide your **financial support** by donating to the Annual Campaign that supports 28 non-profit organizations within Franklin County.

Mission: United Way of Franklin County (United Way) serves as the catalyst that brings the community together to focus on human service needs.

Whom they help: United Way provides financial support, networking resources, volunteer resources, gift in-kind donations, and educational resources to non-profits within Franklin County in order to strengthen their services.

How they help: The annual fundraising campaign of United Way directly supports the non-profit community. United Way also coordinates information, volunteers, and donations for the non-profit community and provides educational offerings for them.

How they have made a difference: Almost every individual living in Franklin County has accessed a non-profit organization at some point in their life. United Way’s resources support Scouting, early childhood education and intervention, youth services, health services, emergency services, crisis intervention, family support, and end of life services.

Contact Information:

Amy Hicks, Executive Director
United Way of Franklin County: 182 South Second Street; Chambersburg, PA 17201
Phone: 717-262-0015 Email: ahicks@franklincountypaunitedway.org
Website: www.franklincountypaunitedway.org

VOLUNTEER TRANSPORTATION NETWORK

Franklin County

How YOU can make a difference

- Volunteer your **time and talent** to drive your own vehicle to transport low income county residents to medical appointments outside county boundaries. (Drivers are reimbursed .505 cents per mile to help compensate for fuel and maintenance costs. Driving records are checked on each prospective volunteer.)

Mission: Through their Volunteer Transportation Network (VTN), the Franklin County Transportation System will coordinate transportation to medical appointments outside Franklin County for residents who have an active medical assistance card. The service was established to address the overwhelming need for transportation in Franklin County. Their motto is “neighbors helping neighbors,” which is evident in the fact that volunteers administer its services.

Whom they help: The Volunteer Transportation Network helps county residents with an active medical assistance card who need medical attention outside Franklin County, and who do not have their own transportation. Those in need of the VTN must register in advance with Franklin County Transportation System. The registration process involves verifying client eligibility for VTN’s service. A two-week notice is required to schedule transportation.

How they help: The Franklin County Transportation System helps medical assistance recipients get to and from medical providers outside of Franklin County, including: doctors, dentists, psychologists, psychiatrist, drug and alcohol treatment clinics, hospitals and laboratories.

How they have made a difference: The Volunteer Transportation Network makes an obvious difference to medical assistance recipients who need to access care. A difference is also made in the lives of those who volunteer. Drivers generously provide use of their vehicle and companionship.

Contact Information:

Odessa Trinkle, MATP Coordinator

Franklin County Transportation System; 201 Franklin Farm Lane; Chambersburg, PA 17202

Phone: 717-264-5225 ext. 7 Email: omtrinkl@co.franklin.pa.us

WAYNESBORO AREA YMCA**How YOU can make a difference**

- Volunteer your **time and talent** as a:
 - ✓ Program Volunteer – adults and youth help with various programs.
 - ✓ Campaign Volunteer – helps to raise funds to offset scholarships for youth and adults.
 - ✓ Campus Volunteer – helps with landscaping and outdoor work.
 - ✓ Mentors – help with childcare, in the computer lab, etc.
 - ✓ Administrative Aids – help with administrative duties such as phone, filing, tours, etc.
- Provide your **financial support**:
 - ✓ Contribute funds for membership scholarships for youth and adults, known as the Open Door Financial Support Scholarship.
 - ✓ Contribute funds to an endowment that will secure the future of the YMCA.
 - ✓ Contribute funds for capital improvements.
 - ✓ Contribute funds to reduce or eliminate the debt of current capital improvement projects.

Mission: The YMCA puts the Christian principles of caring, honesty, responsibility, and respect into practice through programs that build a healthy spirit, mind, and body for all.

Whom they help: The YMCA strives to welcome and assist all, regardless of gender, race, religion, disabilities, income, etc.

How they help: The YMCA's builds healthy spirits, minds, and bodies through its programs, collaborations, facilities, and other incentives. These tools are targeted to serve the people that come to the YMCA. This is enabled by the YMCA's Open Door Financial Assistance program that provides scholarships to those who do not have the financial means to belong.

How they have made a difference: The YMCA touches lives everyday. Demonstrations of this include providing day care for dual income families, offering a free community event for moms – Mom's Time Out, and working with community agencies to provide facilities and services such as aquatic therapy with Waynesboro Hospital and swim lessons for all fourth graders in the Waynesboro Area School District.

Contact Information:

Alan Smith, Executive Director

Waynesboro Area YMCA; 810 East Main Street; Waynesboro, PA 17268

Phone: 717-762-6012 Email: alansmith@waynesboroymca.org Website: www.waynesboroymca.org

WOMEN IN NEED, INC.**How YOU can make a difference**

- Volunteer your **time and talent**:
 - ✓ Raise funds for the annual golf tournament.
 - ✓ Help present education programs at the schools.
 - ✓ Provide childcare (an hour or two) for programs conducted at WIN.*
 - ✓ Work the hotline after hours.*
 - ✓ Work in the shelter with women and children (other than in a counseling capacity).*
 - ✓ Help with a summer camp for abused children, specifically by providing instruction for dance classes, crafts, etc., designed to help build children's' self esteem.*
 - ✓ Provide services for women such as hairdressing.*

*NOTE: To work directly with clients, WIN requires and provides 65 hours of training.
- Provide your **financial support**:
 - ✓ Provide new computer equipment or funds to purchase equipment.
 - ✓ Purchase Sheetz gas cards (in \$10 increments).
 - ✓ Purchase gift cards to local stores (for client use or to use for WIN events).
 - ✓ Donate personal care paper products (toilet paper, paper towels, etc.).
 - ✓ Donate food (please call for a list of specific food items needed).
 - ✓ Donate cell phones with batteries, recycled through a Shelter Alliance program.
 - ✓ Sponsor and/or participate in the annual golf tournament.
 - ✓ Donate cash for general operations.

Mission: Women in Need Inc. (WIN) provides crisis and advocacy services, as well as shelter services.

Whom they help: WIN helps adults and children who are victims of domestic violence or sexual assault.

How they help: The programs provided by WIN include a 24-hour hotline and shelter, counseling, legal assistance, education programs for the community and schools, and the Sexual Assault Response Team (SART).

How they have made a difference: WIN joined with Summit Health to start the Sexual Assault Response Team program. The program provides examinations and other assistance to victims of sexual assault through the hospital. Before SART, there was no specialized service for victims of sexual assault in the area. The hospital provides nurses who are dedicated to the program and participate in specialized training. These nurses also perform examinations and testify in court. Each year, the program responds to approximately 30 sexual assaults at the hospital.

Contact Information:

Lisa Dougherty, Shelter Manager

Women in Need, Inc.; P. O. Box 25; Chambersburg, PA 17201

Phone: 717-264-3056 Email: bac@winservices.org

Alternately, send an email with questions or information to bac@winservices.org. WIN prepares regular newsletters and publications that provide information on the organization and its programs.

Helping to Safeguard our Resources

CUMBERLAND VALLEY ANIMAL SHELTER, INC.**How YOU can make a difference**

- Volunteer your **time and talent**:
 - ✓ Walk, bath, and play with dogs.
 - ✓ Exercise and play with cats.
 - ✓ Clean animal areas in the morning.
 - ✓ Help with fundraising and special events, including dog walks, dinners, Christmas Open House, and PetSmart adoptions.
 - ✓ Assist with office work.
 - ✓ Help maintain the grounds.
- Provide your **financial support**:
 - ✓ Enable CVAS to relocate to a new facility in a quieter setting.
 - ✓ Support the Second Chance Fund for CVAS animals with injuries or medical conditions.
 - ✓ Contribute to the CVAS' spay/neuter program, kennel sponsorships, or daily operations.

Mission: The Cumberland Valley Animal Shelter (CVAS) protects, shelters, and adopts homeless animals to responsible owners.

Whom they help: CVAS accepts stray and owner-surrendered animals from their jurisdiction and works to give them a second chance to find a forever home.

How they help: CVAS houses, feeds, spays or neuters, medicates, and treats the animals in its care. It makes the animals as comfortable as possible, and tests each animal for temperament to get an idea of its behavior and personality. CVAS takes animals out into the community, including pet therapy for the elderly and troubled teens. It provides education opportunities for area schools, churches, and scout troops to learn about the shelter, and education is the key to helping reduce the homeless pet population. CVAS also provides animal control services by taking in stray animals, providing Rabies quarantine for pets that have bitten a human, providing humane trap rentals, and taking dangerous animals off the streets. It is a contact agency for emergency animal rescue. Additionally, CVAS reunites lost pets with their owners and offers micro-chipping services.

How they have made a difference: CVAS gives animals a second chance to find a loving home. Out of hundreds of success stories, a recent one involved a cat named Holly. Holly was dropped outside the shelter overnight. After she was fixed up and adopted, her new "dad" recounts finding a companion. A couple of days after his cat of 18-plus years died, he visited the shelter. He adopted Holly who kept catching his attention by putting her paws as far out of her cage as possible. Holly has been a charmer. She loves to pose for a camera, loves to play, loves her food dish, and loves to race up and down the stairs. She greets her dad at the front door, loves to sit in a chair with him or by his feet, and sleeps on the bed with him. "Holly has been a dream that your shelter has assisted in making come true."

Contact Information:

Jamie Kasarda, Executive Director, or Jennifer Vanderau, Director of Communications
Cumberland Valley Animal Shelter, Inc.; 2325 Country Road; Chambersburg, PA 17202
Phone: 717-263-5791 Email: cvasoc@innernet.net Website: www.cvas-pets.org

FRANKLIN COUNTY HISTORICAL SOCIETY-KITTOCHTINNY**How YOU can make a difference**

- Volunteer your **time and talent**:
 - ✓ Serve as a museum tour guide (experienced volunteers will train you).
 - ✓ Provide assistance in the genealogical library.
 - ✓ Serve as an interpreter for the John Brown House, or a guide at the Brown's Mill School.
 - ✓ Assist with the cataloging and care of artifacts.
- Provide your **financial support**:
 - ✓ Contribute to the rehabilitation of the historic gallows.
 - ✓ Build the financial match needed to seek grants to install a humidity control system.
 - ✓ Enable the hiring or increased hours of professional staff.

Mission: The Franklin County Historical Society-Kittochtinny (Historical Society) fosters the increased knowledge of the local history of Franklin County and the Cumberland Valley; sponsors a library and museum in which historical books, documents, and artifacts are preserved; publishes the papers of the Society; preserves and maintains the properties to which it has been entrusted; and promotes the preservation and maintenance of historic structures and sites in Franklin County.

Whom they help: The Historical Society teaches school children about the region's heritage; helps those involved in genealogical research; assists those desiring to preserve the county's heritage; and provides venues for those wishing to experience Franklin County's history.

How they help: The Historical Society:

- Sponsors a museum on Franklin County's heritage, which is open to the public.
- Sponsors a genealogical library, which is open to the public.
- Preserves a select few of Franklin County's historic properties, including the John Brown House, Brown's Mill School, Turnpike Toll House (St. Thomas), and Carrick Furnace.
- Preserves the area's historic artifacts, records, and stories for posterity.
- Conducts educational and outreach programs at their properties, and in the form of loaned exhibits and road shows.

How they have made a difference: Without the efforts of a group of concerned citizens in the late 1960s, "urban renewal" nearly destined Franklin County's "Old Jail" to oblivion. The group attended meetings, knocked on legislators' doors, raised money, and eventually bought and renovated an important piece of Franklin County's history. Without their efforts, residents and visitors would never be able to experience: prisoner's quarters of 1818; solitary confinement in the dungeon; 1880 "state-of-the-art" jail cell addition; prisoners' carvings and writings on the walls and woodwork; and artifacts and stories related to a county jail from 1818 to 1970, as well as life in Franklin County during this period.

Contact Information:

Ann Hull, President

Franklin County Historical Society-Kittochtinny; 175 East King Street; Chambersburg, PA 17201

Phone: 717-264-1667 Email: history@pa.net Website: www.pafch.tripod.com

IZAAK WALTON LEAGUE OF AMERICA
Franklin County Chapter

How YOU can make a difference

- Volunteer your **time and talent**:
 - ✓ Keep the Franklin County sections of the Conococheague Creek clean.
 - ✓ Maintain Chapter-owned grounds.
 - ✓ Assist in maintaining bird nesting boxes.
 - ✓ Assist in raising quail.
 - ✓ Monitor water quality in local streams.
- Provide your **financial support** to:
 - ✓ Maintain the operation of the organization.
 - ✓ Enable Chapter programs and activities to be conducted.

Mission: The Franklin County Chapter of the Izaak Walton League conserves, maintains, protects, and restores the soil, forest, water, and other natural resources of the area; and promotes the means and opportunities for the education of the public with respect to such resources, their enjoyment, and wholesome utilization.

What issues do they address: The Franklin County Chapter of the Izaak Walton League addresses conservation, maintenance, and protection of Franklin County's natural resources. This includes watershed protection and wildlife management, among other things.

How do they address them: The Franklin County Chapter of the Izaak Walton League address issues of concern by:

- Working with the Franklin County Watershed Association on the Dennis Creek project and maintaining over 50 bluebird nesting boxes.
- Financially supporting the Franklin County Sportsmen for Youth Field Day.
- Owning and maintaining 26 acres of land along the Conococheague Creek where there is a pavilion for use by the public for picnics, reunions, weddings, and fishing.
- Providing its grounds for conservation education for Chambersburg Area School District students, scouts, and others.
- Raising quail and trying to reestablish a natural breeding population of this bird in Franklin County.
- Providing a wildlife habitat on their grounds.
- Maintaining a tree identification trail on its grounds.

How they have made a difference: The Franklin County Chapter has conserved, maintained, and protected 26 acres of the Conococheague Creek's watershed, and made it available to the public for conservation education and recreational purposes.

Contact Information:

Merl Waltz, Secretary; Franklin County Chapter of the Izaak Walton League, Inc.
2923 Roosevelt Drive; Chambersburg, PA 17202
Phone: 717-263-2681

How YOU can make a difference

If you would like your organization included in this network of community service opportunities, please fill out and return the following questionnaire. Mail or email to:

Service Access Coordinator; Franklin County Community Services Department;
51 South Main Street; Chambersburg, PA 17201 snagy@co.franklin.pa.us

Questionnaire

1. How can others help your organization?
 - a. By volunteering their time or talent to (be specific about tasks or needs):

 - b. By providing financial support for (be specific about needs):

2. How can your organization be contacted (point of contact, address, phone, email)? Do you have a website?

3. What is your organization's mission?

4. Whom do you help (or what issues do you address)?

5. How do you help or address issues of concern? Please describe programs.

6. Give an example of how your organization has made a difference in someone's life or in the community.

7. Does your organization have a project a Leadership Franklin County student group could accomplish this year (October 2008-May 2009)? Describe.