



## *Strength in Numbers*

Either Firebelles Helping Hands or another member of our community will provide the needed assistance depending on the nature of the request.



## *Become a Volunteer*

Would you like to help individuals in our LOP community by joining our team of volunteers? Call or email Jeannie DePalma and let her know how you wish to serve. (The names of the volunteers are available only on a “need to know” basis.)



*Firebelles*  
Lake of the Pines  
**Helping  
Hands**

### MISSION STATEMENT

**The purpose of Firebelles “Helping Hands” is to provide temporary assistance in times of need to our LOP community.**

**Individuals receiving Helping Hands’ services must reside in LOP, but do not need to be a member of Firebelles.**

# Who to Contact for Temporary Services

The Firebelles Helping Hands Chairperson and Service Volunteer support team are ready, willing and able to help you during your temporary time of need. Contact ....

★ **Jeannie DePalma**

Phone: (310) 963-3322

Email: [idreamofjeannieshomes@gmail.com](mailto:idreamofjeannieshomes@gmail.com)



## Silence is Golden

Individuals assisted and the types of assistance provided is kept strictly confidential .

**IMPORTANT:** *Individuals using this Temporary Service are required to sign a “Release of Liability” form*

# List of Temporary Services

## MEDICAL

- Rides to doctor appointments
- Pick-up prescriptions



## SOCIAL

- Rides to LOP social events
- Drop in visits, emails and phone calls
- Hold your hand or provide a shoulder to cry on while you are going through a rough patch

## SHOPPING—ERRANDS—MEALS

- Grocery shopping
- Meal set up
- Meal delivery
- Rides to local hair salon



## LIGHT MAINTENANCE

- Take out trash cans & bring them back in
- Change light bulbs
- Other light maintenance help available subject to Helping Hands Chairperson approval

## CLERICAL

- Assist client to record a list of emergency and non-emergency contacts for easy access including names, phone numbers, and email addresses
- Data/Info is coming from the client to recording by the Service Volunteer



## RESOURCE CENTER

- If Firebelles Helping Hands cannot provide the service you need, we will do our best to connect you to other resources who can