

YOUTH PULSE

volunteer!

Youth Pulse is here to show you how to get plugged into where your community needs you most. Get involved and show how important youth involvement is to the Bay Area!

Each month we focus on a different community need and highlight volunteer opportunities that will allow you to apply your talents and skills to that need while giving back to your community!

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September

2009

With the health-care debate running through the halls of Congress and every town and city in our country, we've decided that September is Helping Health month! Take some time this month to look around you and improve your health in some way ... and while you're at it, why not help someone else and their health, too?

Health is one of those things that many people don't appreciate until it's gone. We've got a bunch of volunteer opportunities lined up for you, so get reading, get out there, and get helping!

Youth Pulse Highlight

There are many connections in the world of health. Eating right and exercising lowers your risk for heart disease, and smoking increases your risk for lung cancer, but the original connection is between a mother's health and the health of her unborn baby. The Homeless Prenatal Program (HPP) works hard with families to break the cycle of homelessness and poverty -- and to increase the health of mothers, babies and families as a whole.

HPP joins with families to help them recognize their strengths





and trust in their capacity to transform their lives -- and you can help!

Rebecca Reiner, the Volunteer Coordinator for HPP says, "HPP uses youth volunteers to sustain many of our onsite programs such as childcare, art class,

donation program, and HPP's emergency food pantry. Youth come to HPP with lots of motivation, fresh ideas, and an excitement to be part of the HPP community and to help others. Our youth volunteers never say "I don't want to do that," as they are always willing to learn and try new things. HPP would not be the complete family we are without our wonderful youth volunteers."

To find out more about how you can get connected to the Homeless Prenatal Program, [click here!](#)

Light the Night!

Leukemia is a cancer of the bone marrow, which prevents the normal manufacturing process of red and white blood cells and platelets. Lymphoma is a cancer or tumor that attacks a person's lymph nodes. The Leukemia & Lymphoma Society is looking for dedicated volunteers like you with a passion for serving in key roles on their Community Leadership Committees.



**The Leukemia &
Lymphoma Society**

Fighting Blood-Related Cancers

These members will help the Leukemia & Lymphoma Society increase their presence and public awareness about Light the Night, The Leukemia & Lymphoma Society's (LLS) nationwide evening fundraising walk, which celebrates and commemorates lives touched by cancer.

Light the Night participants walk along a two to three-mile route, carrying illuminated balloons-white for survivors, red for supporters and gold in memory of loved ones lost, and in 2008, Light The Night Walk raised in excess of \$38 million nationally for research and patient services!

So how can you help? There are 4 walks in the Silicon Valley and Monterey Bay Area -- one on each Saturday in October -- but The Leukemia & Lymphoma Society needs volunteers NOW to spread the word in each of our walk communities.

Are you interested in helping The Leukemia & Lymphoma Society light the night? If so, please [click here!](#)

Make their voices heard!

The health care debate continues to rage across the country, and the United States is closer than it's ever been to government subsidized health care for all citizens. MyAmericanHealthcareStory.org is dedicated to making sure that everyone's voice is heard in this debate. So, how do you help?

 MyAmericanHealthcareStory.org is looking for interns with the time, energy and know-how to jump into this critical project during the final months of the healthcare debate, by filming new videos and generating website content as well as making sure that MyAmericanHealthcareStory.org has a strong presence on related blogs and social networking forums. Social networking for good? Sign me up!

MyAmericanHealthcareStory.org is looking for youth with skills in videography, social networking, community organizing and political action.

Interested in helping MyAmericanHealthcareStory.org get the word out? Then [click here!](#)

Help Saint Francis help San Francisco!

Saint Francis Memorial Hospital offers health care services to people all across San Francisco, and they're looking for dedicated



volunteers just
like you to work
in over 40 hospital departments!



Saint Francis Memorial Hospital
A member of CHW

Saint Francis Memorial Hospital's Volunteer Program provides on the job training and can work with your busy schedule!

So, if you only have a couple of hours to volunteer each week and are interested in learning more about the volunteer positions that are available, please [click here!](#)

So there you go! Hopefully, this month's Youth Pulse gave you an organization you'd be proud to volunteer with. If not, don't fret! [The Volunteer Center's website](#) has all these volunteer opportunities and hundreds more! Hop online, and find a way to contribute to your community that's meaningful to you.

In the meantime, I'll be talking to nonprofits and researching volunteer opportunities across San Francisco and San Mateo Counties to make sure that each issue of Youth Pulse is as interesting and helpful as it can be!

Peace!
Damien

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