



East New York Community Newsletter



The Gift of Giving Back to Your Community

By Ashley Govan

This year has presented some rough financial hardships for most individuals and families. Some are still recouping from loss during the pandemic and inflation is furthering the climb back to financial recovery. This leaves more people in need than those who are able to give, but giving does not have to mean digging into your wallet. Consider some ways of giving to your family and community that doesn't send you to the bank.

One of the best gifts you can give someone is time; checking in with elderly family members and neighbors can be very uplifting for them. If you don't have elderly family members nearby you can provide support for seniors in your community by helping to retrieve groceries or assisting with transportation to appointments, etc. Volunteering your time at a soup kitchen is also very heartwarming for yourself and others.

Start a food drive or an initiative for donating any essentials for people in need. This could include non-perishable food items, blankets and clothes you no longer need, even toys and books for less fortunate children. Get creative with the gift of love for your family and your neighbors this holiday season.

Community Resources Highlights

St. John's Bread & Life

795 Lexington Ave.

Brooklyn, NY 11221

Tel: (718) 574-0058

E: info@breadandlife.org

Website:

<https://breadandlife.org>

Housing Works East New York Health Center

2640 Pitkin Ave.

Brooklyn, NY 11208

Tel: (718) 277-0386

Email:

g.saunders@housingworks.org

Website:

<https://nhchc.org/east-newyork-health-center-housing-worksinc-2/>

Tomorrow's Leaders NYC Nonprofit

Tel: (718) 928-7170

Email: info@tlnyc.org

Website: <https://tlnyc.org/>