

## HOW DO I GET INVOLVED WITH HEARTS-TO-HANDS?

Please fill out this application form and mail it to the Monterey Bay Holistic Alliance, P.O. Box 249, Marina, California, 93933 or call (831) 272-2781

Name:

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Profession:

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Mailing Address:

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Employer/Business:

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Business Address:

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Work Phone:

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Home Phone:

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E-mail:

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### Please check any or all that apply.

\_\_\_ I want to volunteer with Hearts-to-Hands. Please call me or mail me information.

\_\_\_ I am a health professional or educator and would like to volunteer my services teaching a health education class or providing therapy or medical care. Please contact me.

\_\_\_ I would like to donate products to Hearts-to-Hands. Please mail me a list of currently needed items or call me.

\_\_\_ I would like to donate a check to go toward the Hearts-to-Hands Program. I have enclosed \$\_\_\_\_\_ (any amount).

\_\_\_ I am an individual or a family in need of healthcare services or products. Please contact me and/or mail me the application for your grant money and/or services.

\_\_\_ I am a nonprofit 501 (c) 3 organization serving the California central coast in the area of health and wellness. Please send me a grant application for products and or services.

\_\_\_ I would like to join your quarterly meetings and network with others who are passionate about health and wellness.

\_\_\_ I am interested in membership to the MBHA and have enclosed a check for \_\_\_\_\_ for annual membership dues.

\_\_\_ I am interested in being a Benefactor of the MBHA and have enclosed a check for \$\_\_\_\_\_ (minimum \$250 for Benefactors).

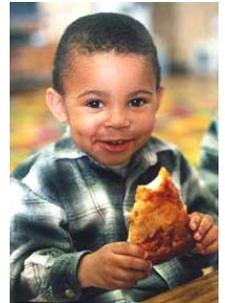


**"Open Eyes, Open Hearts,  
Open Hands"**

**Funded by the Monterey Bay  
Holistic Alliance**

### WHAT IS IT?

"Hearts-to-Hands" is a forward-giving program of the MBHA, the Monterey Bay Holistic Alliance, a 501 (c) 3 non-profit providing funding, products and services.



Your contribution to "Hearts-to-Hands" will be a significant help to many individuals living in the surrounding Monterey county area.

**[www.montereybayholistic.com](http://www.montereybayholistic.com)  
(831) 272-2781**



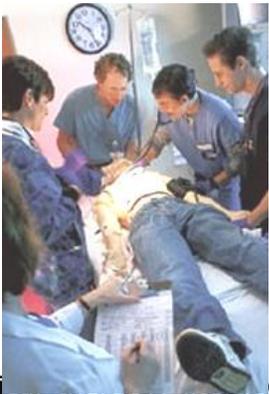
## WHAT PRODUCTS?

Hearts-to-Hands Program provides a variety of health products and such as: food, diapers, pillows, blankets, clothing, medical prescriptions, infant formula, furniture, books,

strollers, diabetic supplies, blood pressure cuffs, wheel-chairs, walkers, splints, braces, canes, etc. The intention of the Hearts-to-Hands program is to aid families, individuals and organizations in providing basic products that are essential for healthy living.

## WHAT TYPES OF SERVICES?

In addition to providing needed health products, we will provide funding for health education classes, treatment, therapy, and preventative care programs. This would include prenatal care, physical programs, early childhood education programs, medical care for uninsured, and others.



## DO YOU NEED VOLUNTEERS?

Yes, volunteers can help out with 1) Direct Services, 2) Administrative Services, or 3) Fundraising Services.

### Direct services

involves collecting and/or delivering products (such as sorting and bagging donated groceries, going to local stores and purchasing medical supplies, books, blankets, or furniture) and delivering the items to the agencies or individuals. It also could include volunteering time as a licensed healthcare professional, medical doctor, healthcare assistant or activity assistant (setting up equipment or chairs, passing out materials, greeting people, teaching or leading a group activity, etc). This can be either at the events scheduled by the MBHA or a health related class, therapy session or medical care session or treatment held at another location, yet funded by the MBHA Hearts-to-Hands Program.



### Administrative Services

could include typing, filing, and/or phone calling, notifying grants recipients or donors, keeping account of all money donated

and updating our "Items Needed" lists as we receive requests for health products and supplies from individuals and health and wellness agencies in the central coast local communities.

### Fundraising Services

involves calling donors and recipients and/or meeting with them. Volunteers would specifically discuss with donors and recipients what types of products, services or monetary donations they would like to contribute or receive, answering their questions and making suggestions, and assisting grants recipients in filing out the grant forms.

## WHO CAN BENEFIT?



Agencies and individuals or families on the central California coast who are in need of healthcare products and services, including single pregnant women, low income and minority groups, disabled individuals, elderly, infants, and at-risk youth and adults, and educators, therapists, counselors, or practitioners providing programs or services.