

## Splendid ideas from Dr. Donna Beegle... :-)

### Ideas for giving...

1. Send puzzles, cards and games to the prison near you. We have more youth and adults in cages than any other country. Most can not read at 8th grade level and almost half have untreated mental health issues. This is one small way to help people in cages keep their sanity. I am giving to Warner Creek Correctional Institution. If you want to give here, they have particularly asked for puzzles with Native American images. Address: 20654 Rabbit Hill Rd, Lakeview, OR 97630 [\(541\) 947-8200](tel:5419478200)

2. Go to your local utility company and tell them you want to pay utilities for someone who has a 72 hour notice. You do not have to get their name (confidential) but they can randomly select someone who is about to lose their water or electricity.

3. Wrap some fun gifts for various ages (senior to infant) and go to your local welfare or unemployment office. Hand them out randomly and make someone's day.

4. Go to your local food bank and hand out gift cards for local stores. That will allow people to buy something for those they love. If you can, along with the gift card, give a roll of tape, wrapping paper and a name tag.

5. Find the school with the highest free and reduced lunch and offer to come in to share with the kids what you do to earn a living. The isolation of poverty perpetuates it.

6. Go to a pharmacy such as Walgreens or Walmart and pay the copay on someone's medicine. You will make their day!

7. Go to a Laundromat in a high poverty community. Bring gift bags of treats and gift cards for local shops.

8. I also personally know of six Oregon families who will not have gifts. If you want to assist, email me directly [dbeegle@combarriers.com](mailto:dbeegle@combarriers.com) and I'll give you the details.

Thanks for all you do!