

What's Your Resolution?



12/30/14
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Dec. 30, 2014

THE *village* SPIRIT!



newsletter no. 96

Happy New Year!

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Dear valleyvillage.development@gmail.com,

Thank you!

In 2014, your support has improved the lives of 400 men and women with developmental challenges. They have been able to go more places and take on new challenges.

If you haven't already made your 2014 contribution, it's not too late. [Donate now](#) for improved lives every day, transportation into the community, complete dental health, recreation, social integration, creative arts therapy, and so much more...including the development of our new [Karen Linn Home](#) - a new nursing home for the developmentally challenged and medically fragile.

You can help.

Sincerely,
Your friends at [Valley Village](#)



Susie and Bobby with
our Music Teacher,
Juno Rada

Your Best Ever New Year's Resolution

Volunteering

Here we go again - another year, another set of resolutions. This year, **let us tell you about the best resolution ever**, one that will improve your health, lower your stress, provide friendship, challenge you in a good way, help others, and make the world a better place.

That one activity is volunteering. Various scientific studies have shown the multiple benefits of volunteering, and volunteers themselves agree. Many volunteers feel they benefit even more than the clients, which is saying a lot. The documented benefits of volunteering include:

- A sense of purpose
- Better physical health
- Better mental health
- Improved job skills
- Better time management skills
- Friendships
- Leadership skills
- Helping deserving people
- A better community



Volunteers Jamie Angel To, Georgeanne Barrett and Amira Abdalla and our client Julie are all smiles at Community-at-Large Day at the Getty Villa.

After the confetti settles, find out how you can help your community and yourself. **We need volunteers here at Valley Village**, especially for our Saturday outings. Contact us by [clicking here](#), or call Jo Ellen at [\(818\) 587-9450, ext. 120](tel:8185879450).

Groups are welcome, too. You might want to participate with your service group, such as Kiwanis International. Your company may be involved in corporate volunteering, or you may want to help your small company get involved. Be sure to ask about group volunteering, and adopt-a-house programs.

If you want to check out a great piece on Valley Village, Milo Anderson's online radio program [Volunteer in the Valley](#) at KPCRadio.com interviewed us. You can also follow VolunteerMatch.com to find our latest volunteer opportunities.

Happy New Year. It will be a great year for volunteering!

2014 Calendar

January 1, 2015

New Year's Day. Office and day programs closed.

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January 19

Martin Luther King, Jr. Day. Day programs and office

closed.

"May your walls know joy; may every room hold laughter and every window open to great possibility."
- Maryanne Radmacher-Hershey

Happy New Year!

[DONATE NOW](#)



Eddie celebrating Hanukkah at the Valley Village Adult Development Center

Stay Connected.
Events & Photos are always on Facebook First!



ValleyVillage.org

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