



August 2018

WWW.harlestonneighbor2neighbor.com

VOLUNTEER TUESDAY AND THURSDAY MORNINGS AT COLONIAL LAKE

Get connected with one of Harleston Village's greatest assets – Colonial Lake. Dedicated volunteers can be found at the Lake most Tuesday and Thursday mornings doing whatever is needed to keep “our park” the beautiful place that it is. Go to www.charlestonparksconservancy.org/volunteer to become a Park Angel and volunteer in our own neighborhood or any of the other city parks. ARE YOU READY TO GET YOUR WINGS?

MEALS ON WHEELS NEEDS VOLUNTEERS

The Meals on Wheels of Charleston needs volunteers early in the morning and as close to Noon as possible. There are some other options involving the downtown route. The program is based at the Charleston Area Senior Center at 259 Meeting Street downtown. For more information please contact Samantha Cannon at volunteercord@charlestonareaseniors.com or 843-722-4127.

SATURDAY, SEPT. 29 (date change) SEMINAR ON MEDITATION AT GAGE HALL

The next education seminar in our Saturday morning series in Gage Hall will be 9:30 a.m.-11:30, Saturday, September 29. Please note the date change. The topic will be *Why Might I Meditate?*, and the speaker will be Gary Smith, who has been the facilitator of a meditation group in Charleston and taught mindfulness in local schools for four years. This program will offer information on the benefits of meditation and mindfulness, how to begin a personal program, and where one can find local resources and participate as a beginner. Gary will also suggest articles and books to help you get started. For more information contact Thu Leshner at 843-408-6783 or email dtlesher@gmail.com.

BE A VOLUNTEER OMBUDSMAN VISITING SKILLED NURSING FACILITIES

Through this statewide program, operated locally through the Trident Area Agency on Aging, volunteers provide “friendly visits” to residents in nursing homes and assisted living facilities. Volunteers undergo background screening and receive a full day of training. They are asked to volunteer 1-2 hours a week and to make a commitment to serve at least one year. For more information, contact Kathie Braddock, Long-Term Care Ombudsman, at 834-529-3695, KBraddock@tridentaaa.org. Kathie will make a brief presentation at our September 22 seminar at Gage Hall and will be available to answer questions.

2nd WEDNESDAY NEIGHBORHOOD HAPPY HOURS—Aug. 8 & Sept. 12