



The JDF Footprints



By Executive Director Carolyn D. Jenkins

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Spring has sprung! Trees are budding, and flowers are blooming. Winter is officially over. It's time to hang up the heavy coats and pull out jackets and sweaters again 😊.

Spring excitement is contagious. Warmer days, outside activities and family events inspire and energize us. Recommitting to those New Year's fitness resolutions is much easier. Gardening and enjoying the landscapes change colors refresh us. And we can't forget Easter and Passover festivities. These celebrations bring smiles to our faces and families together.

In the midst of all this budding excitement, April also provides us an

opportunity to spend time helping others. **National Volunteer Week is April 15- 22, 2018.** There are thousands of non-profit organizations who rely on volunteers to help them meet the needs of others.

Volunteering can be done individually, as a couple, a team or as a family. Delivering meals to the shut-in, reading to the elderly, mentoring youth, helping feed the homeless at shelters and collecting new and gently used shoes are just a few year-round volunteer opportunities.

The great thing about **collecting new and gently used shoes** is that it can be done easily within limited time constraints. **The JDF** team is extremely **thankful for all of our volunteers.** Families, individuals, kids and a jogging group are some of the people who have contacted at www.volunteermatch.com. A local Girl Scout troop is volunteering to collect shoes again this year with us.



If it's been awhile since you've volunteered, April provides you with the perfect time to reconnect. **The JDF team always appreciates extra hands.** New and gently used shoes can be collected from friends, family members, co-workers, church groups and individuals who want to clean out their closets.

Yes, spring is not only inspiring and energizing, but it is also **Spring Cleaning time!** You can begin in your closet and work your way out! When you contact us at thejdf@jdfffeet.org, we can send you all the information you need to get started collecting shoes.

Wanna' help us in different ways? **The JDF team connects with podiatrists** so we can help Free Clinic patients receive foot care services. If you can recommend someone we should connect with, email us at thejdf@jdfffeet.org. As importantly, your **financial donations to The JDF** enable us to continue to provide new shoes and foot care supplies to those in need. Click the donate button on our home page, jdfffeet.org.

Mark you calenders for April 15-22. Volunteering is addictive and one of the kindest acts we can all do for others. We all need a little help once in a while. **Thank You.**

