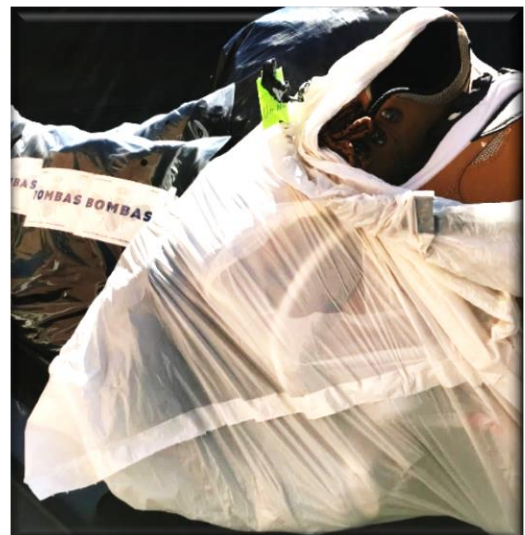


The JDF Footprints



By Executive Director Carolyn D. Jenkins

April 2019



There are so many reasons to love April! The cold winter weather dissipates, the days are longer, and the cool April showers promise to bring May flowers. *April is also National Foot Health Month and National Volunteer Month.* Promoting good foot health and volunteerism are two of our favorite things to do!

Most of us have dozens of pairs of shoes and socks we can slip on at any time. Unfortunately, these basic necessities that most of us take for granted are coveted possessions for the homeless and underserved. Owning these two simple items helps

protect our feet and improves our foot health. This spring our volunteer teams are packing and distributing

Donate to The JDF at jdffet.org or text **NEWSHOES to 44-321**

shoes and **Bombas socks** to shelters and those in need.

How can you help the underserved this spring? Local shelters always need gently used and new shoes. As you spring clean this season, consider cleaning out your shoe closet and donating the shoes the gently used and new shoes you no longer wear to a shelter near you.

Some shelters support clients who work each day and these clients need shoes for their environments. Other shelters support those living on the street and these clients need sturdy shoes they can walk in. Contact us at thejdf@jdfffeet.org for more details. You can make a big difference in someone's life this spring.

"There's nothing stronger the heart of a volunteer."
Col. Jimmy Doolittle. Low-income families and the homeless have special foot care concerns that often go neglected. **Local Free Clinics** rarely have a podiatrist available to treat the underserved. Pro-bono services are in high demand. We can help find grateful clinics for those who share their gifts. **Telepodiatry** is also a great option! Contact us at thejdf@jdfffeet.org for more details.



The largest Free Medical Clinic in the USA is June 28-30, 2019. Remote Area Medical, RAM, Wise County, VA is looking for volunteers. Patients in rural Virginia line up for days in advance to receive free medical care. We have additional **RAM opportunities listed below. Contact ramusa.org for more information on volunteer opportunities.**

Remote Area Medical Clinics

Apr 5- 7- Ashtabula, OH
May 4 Chesapeake, VA
May 4-5- Memphis, TN
May 17-19- Smyth County, VA
June 1- Cleveland, TN
Jun 22- Empori, VA
Jun 22- Selmer, TN
Aug. 17 Springfield, TN
Sep. 20- Lee County, VA
Apr 5- 7- Ashtabula, OH
May 4 Chesapeake, VA
May 4-5- Memphis, TN
May 17-19- Smyth County, VA
June 1- Cleveland, TN
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Thank you for all you do for others!