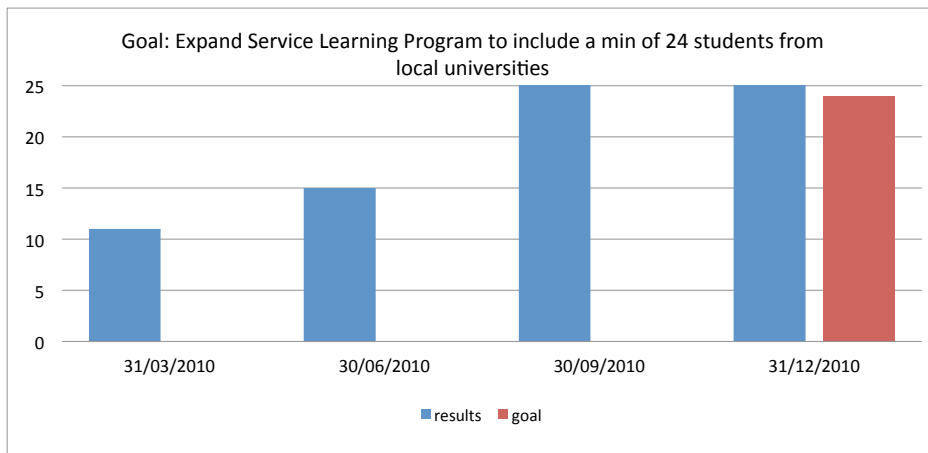


A Helping Hand

A Helping Hand is a non-profit organization that serves adults 65+ years of age in the Orange, Durham, Chatham and western Wake counties of North Carolina. It also serves younger adults who have a temporary or ongoing need due to an accident, illness, injury or disability. Services include companionship, transportation and in-home assistance.



A Helping Hand's commentary: A Helping Hand's comments: For Q4 we were able to exceed our year-end goal of recruiting 225 volunteers by consistently offering group volunteering opportunities (nine projects were completed this quarter) and striving for best matches between companions and volunteers. In Q4 we updated our Volunteer Match listings and also received a few volunteers from a column we wrote for *The Chapel Hill News* and *The Durham News*. We are already ramping up our volunteer recruiting efforts for February's Valentine Delivery and Serenade - an opportunity to get volunteers in the door for ongoing opportunities.



A Helping Hand's commentary: While we successfully met our year-long goal for our internship program in Q3, our fall interns continued working on projects through the end of the year. Cumulatively, 32 interns of differing areas of study worked with A Helping Hand during this past year. Our interns helped with a number of exciting projects including social media efforts, production of our latest issue of our newsletter in addition to writing articles for the next, participation in community events and coordination of sensitivity training for children. The size of our pre-health internship class will double in spring 2011 due to popular demand. Our PR and computer science internship opportunities will also continue into 2011.

