



Lotsa Helping Hands  
create community



**HELP IS HERE.** Help is our middle name – whether you need help or you want to provide help. You may be caring for an ill loved one, an aging parent, a child with special needs or a veteran. You may want to volunteer to help a friend or others in your neighborhood. However you define help – this is your home.



### **I Am a Caregiver**

You are juggling the demands of caring for your loved one, but who is caring for you? Let us help you get the help you need.



### **I Want to Help a Loved One**

You watch your friend or family member care for their loved one. You can give them the gift of help. Deliver a meal, organize visits, provide what they need so that they can care for their loved one.



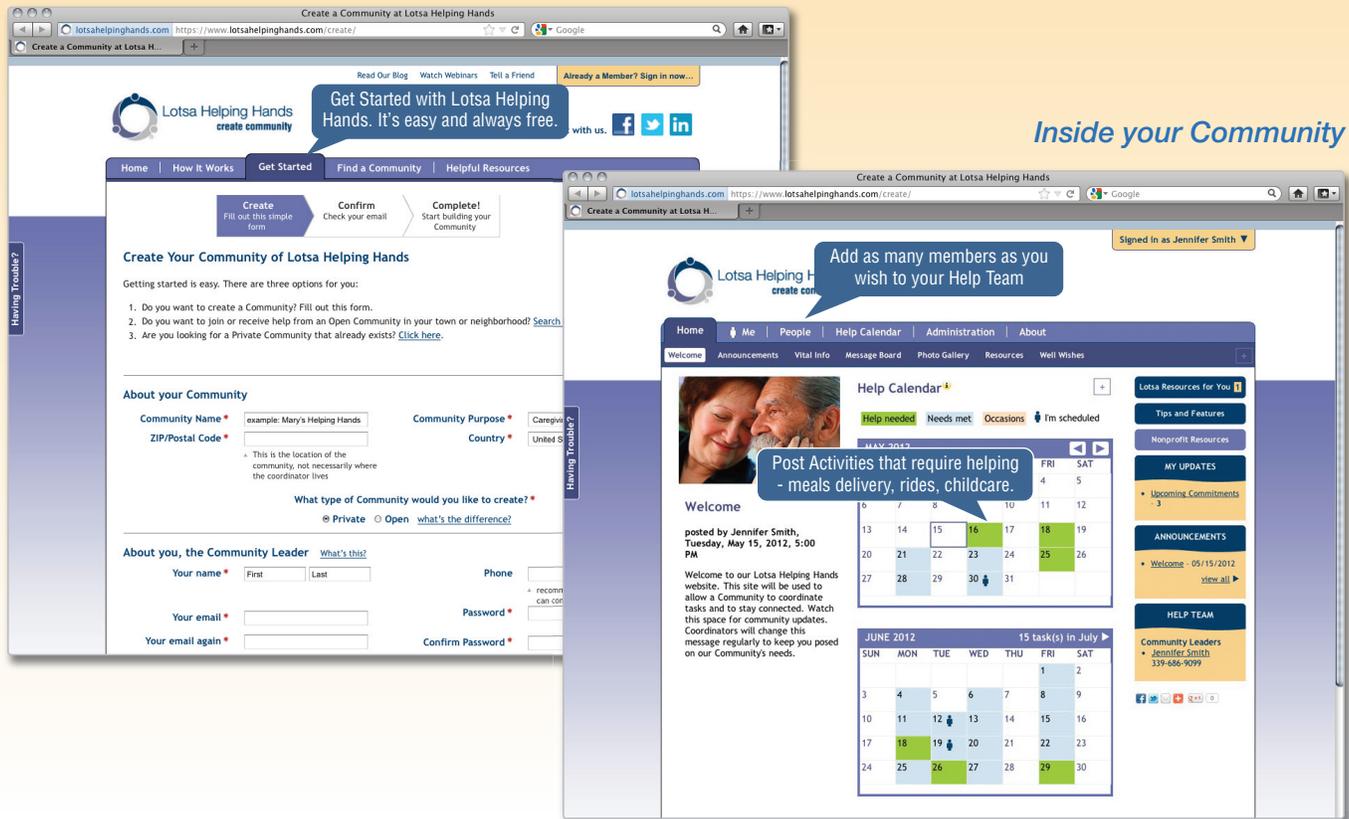
### **I Want to Volunteer**

Open Communities connect volunteers, like you, with caregivers and others who are in need. Join hands with us today through one of our Open Communities and help us care for those in need.

Visit [www.lotsahelpinghands.com](http://www.lotsahelpinghands.com) to get started. It's free and easy.

**LOTSA HELPING HANDS** powers online caring Communities that help restore health and balance to caregivers' lives. Our service brings together caregivers and volunteers through online Communities that organize daily life during times of medical crisis or caregiver exhaustion in neighborhoods and communities worldwide. Caregivers benefit from the gifts of much needed help, emotional support, and peace of mind, while volunteers find meaning in giving back to those in need.

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**Invite family**, friends, neighbors and colleagues to help in your Community.

**Enter volunteer tasks** through the Help Calendar such as meals delivery or rides to appointments.

**Keep everyone updated** through message boards, personal blogs, photos, and well wishes.



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