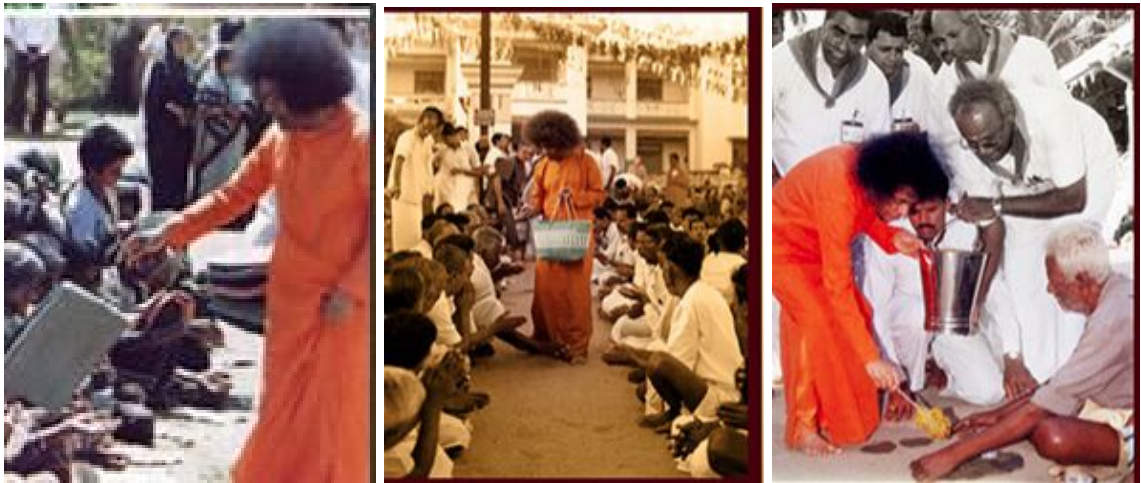


Devotees may choose to participate in either or both of these service projects:

1. Distribute winter survival kits to homeless

**“To help the helpless is the only way to please, follow and reach him”
- Baba**



As winter is fast approaching, the Global Akhanda Bhajan (GAB) team has identified the need for winter kits to homeless men and women in our communities. These kits will not only keep them warm during winter months and also could be re-purposed as an emergency kit during natural disasters.

Proposed kit contains a Blanket, 2 pairs of Socks, Winter Gloves and a Cap. Each center can determine the total number of kits depending upon their community needs or service capacity.

These items can be purchased individually and assembled as a kit. Center Service coordinators are requested to coordinate this effort including purchasing and distribution of kits to homeless members in their local community parks or shelters.

GAB team has identified the supplier sources below.

Walmart	TWIN XL Mainstays Value Blanket	\$5.88
Costco	Socks 6 pair for men / 4 pair for women	\$9.99
Call Yogesh (925-876-6535)	Knit Cap	\$1.49
Call Yogesh (925-876-6535)	Gloves	\$2.29

Please contact GAB Service Co-lead Siva Palle for additional details

Shiva Palle Email: shiva_palle@yahoo.com Tel: 408-203-0155

2. Medical Supplies Drive for Ashland Free Medical Clinic



“Be kind to one another because I am in everyone.”

– Baba



The Ashland Medical Clinic (AFMC) provides free medical care for low income people who do not have health insurance. They provide non-emergency care for both acute and chronic conditions. The clinic (<http://www.afmconline.org/>) is staffed by volunteer physicians, nurse practitioners and other support staff. AFMC provides medications and supplies to patients, free of charge.

Devotees have the opportunity to participate in this drive and donate medical supplies to AFMC. Monetary contributions to AFMC are tax deductible.

AFMC is in need of the following medical supplies:

Lancing Device- Bionime GD 500	25 numbers
Lancets- Bionime size 30G 100 Count	50 boxes
Glucose Test Strips- Bionime GS550 50PCS	100 boxes
Glucose monitoring system-Bionime GM550	25 numbers

Further, AFMC is also in need of the following non-medical supplies:

Toner for printer - TN-630	5 numbers
Colored paper for printer (yellow if possible)	5 numbers
Scrubs for the AFMC volunteers	12 with logo printed

Please sign-up [AFMC Supply List](#) and / or contact GAB Service Co-lead Senthil Kumar for additional details and shipment address

Senthil Kumar Email: sekumar@gmail.com Tel: 510-396-0993