



FOR IMMEDIATE RELEASE

October 16, 2023

Contact: Mary England, President & CEO
Cell Phone: 619-251-7730
Email: maryengland@lamesachamber.com

Join the La Mesa Chamber of Commerce and Assist Homebound Seniors This Holiday Season!

La Mesa, California, October 16, 2023 - The La Mesa Chamber of Commerce encourages you to join them and make a difference in the lives of La Mesa homebound seniors. Each year the Chamber has assisted homebound seniors. This year we shall assist a total of 16 seniors, 12 women and 4 men. The Chamber is now beginning to gather items for these seniors. It is the goal of the Chamber to collect, purchase and assemble items and place them in large gift baskets and gift bags. All these gift bags are delivered to the selected seniors by the La Mesa Retired Senior Volunteer Patrol. Due to delivery schedule, the deadline to receive the gifts for our seniors is **Friday, December 1st**. This will allow time to wrap all the items, prepare all the gift baskets and purchase the items needed. The Chamber plans to make this holiday special for these wonderful members of our community!

We ask that if you wish to donate items from your pantry, please double check the expiration date on those items and make sure they have not expired. Here are items that we suggest you can purchase to donate to this year's gift baskets: Canned soups, canned vegetables, canned fruits, packets of crackers, packets of pasta or macaroni & cheese, bars of soap, tubes of toothpaste, packs of tissues, bottles of hand soaps, bottles of hand sanitizer, pens and pads of paper. Gift cards in any denomination from the following locations: Walmart, Target, or any grocery store. If you have other items you believe will put a smile on their faces, by all means drop them off! We want to make this a memorable holiday for our home bound seniors again this year.

Remember, all donated items must be received by **Friday, December 1st** to be included in the senior gift baskets and bags. They may be delivered to the La Mesa Chamber office: 8080 La Mesa Blvd., Suite 214, La Mesa to Fran Smith, Monday - Friday between the hours of 11:00 a.m. and 3:00 p.m. Mary England is also available 7 days a week to meet donors and pick up those items directly from you. Contact Mary England on her cell 619-251-7730.

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