volunteer

WE NEED YOU
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HELP US.
HELP THEM.
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# BE THE CHANGE.
# VOLUNTEER

**We Need You. We Need You. We Need You**

Providing these programs would not be possible without the assistance of our volunteers.

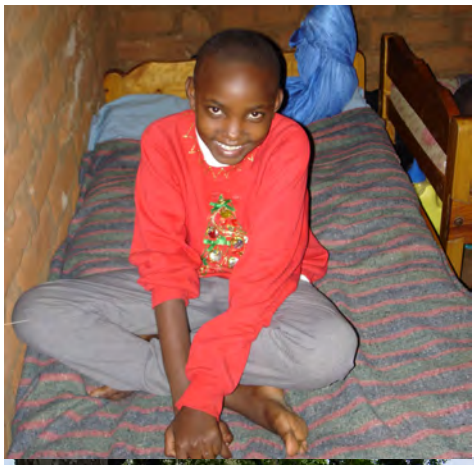
**To Contact Us:**
Email - amy@gilderfluke.com
Telephone: 818 377 5120

**For More Information View Our Websites:**

Cayenne Wellness Center -
www.cayennewellness.org

The Machao Orphanage Foundation -
www.machaoorphanage.org

*Photos:*
*Top right:* The Machao Orphanage Foundation
*Bottom right:* Girls Scouts raising money for The Machao Orphanage Foundation



## Volunteering gives you an opportunity to change lives, including your own.

## Cayenne Wellness Center and Children's Foundation

Cayenne Wellness Center and Children's Foundation has operated as a non-profit organization since 2000. In ten years, we have began several programs - both domestic and international.

**Machao Orphanage Foundation - www.machaoorphanage.org**

The Machao Orphanage Foundation was founded by Dr. Rowley in 2005 in response to the needs of the orphaned children in Kenya, East Africa. The goals are fourfold: to provide a dormitory large enough to house the children, to provide a clean, water system, to provide solar panels as electricity and to assist the children to be self sufficient by providing sustainable agriculture.

**Sickle Cell Disease Adult Support Group - www.cayennewellness.org**

Sickle Cell Disease is an inherited blood disease which affects people globally. Those with Sickle Cell may have pain and various other health complications. There are two locations where adults with Sickle Cell Disease can turn for support (Glendale and Culver City). June 19th is the official World Sickle Cell Day and September is National Sickle Cell Disease Awareness Month.

**Miscarriage Support Group of Southern California - www.cayennewellness.org**

In 2008, Dr. Rowley founded the Miscarriage Support Group of Southern California in response to patients who had undergone a miscarriage and had no where to turn for support. There are two groups - both meet Thursday evenings.

## How can you help?

**General Volunteer.** We need people to volunteer year round for all three programs, from stuffing envelopes to sending out email blasts.

**Machao Orphanage Foundation volunteer.** We need volunteers to send email blasts and contact schools to get them interested in fundraising for Machao.

**Sickle Cell Disease Adult Support Group volunteer.** We need volunteers primarily in August, September and December for stuffing envelopes and passing out literature.

**Miscarriage Support Group of Southern California volunteer.** We need people to contact hospitals and emergency rooms making sure they have our tri-fold brochures.

Be the change. 2010

## Volunteer

For more information on how to volunteer, contact Amy Tori at 818 377 5120 or via email at: amy@gilderfluke.com