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## For A Good Cause: Ways you can help others



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PUBLISHED: November 7, 2021 at 6:00 a.m. | UPDATED: November 7, 2021 at 6:01 a.m.



LONG BEACH —

More than \$72,000 was raised at the AbilityFirst Long Beach luncheon at The Grand on Oct. 16. AbilityFirst helps people with disabilities reach their full potential.

The Long Beach Area Chamber of Commerce has donated \$15,000 to Long Beach Police Foundation and Friends of Long Beach Firefighters Foundation.

The 7th annual CANstruction runs through Nov. 14 at Trademark Brewing, 233 E. Anaheim St. Teams from three local architectural and engineering firms constructed “artistic masterpieces” from canned goods, which are then donated to Food Finders.

The Long Beach Gray Panthers are collecting new and gently used blankets and coats to help seniors deal with the winter. Donations are accepted from 9 a.m. to 3 p.m. Monday through Friday at the Long Beach Senior Center, 1150 E. Fourth St.

It costs the Long Beach Rescue Mission just \$2.20 to provide a Thanksgiving meal to those in need. They ask that you contribute what you can. Go to [www.lbrm.org](http://www.lbrm.org).

The Meals on Wheels Holiday Food Drive is underway and continues through Dec. 31. Go to [mowlb.org](http://mowlb.org) and find out what items they need.

The Long Beach Community Improvement League, which creates quality public service programs for all aspects of life in Long Beach, is requesting donations to help in its work. Go to [www.lbcil.org](http://www.lbcil.org).

The Salvation Army is accepting non-monetary donations including canned food, vegetables, beans, pasta, cereal, small oatmeal packages and more from 9 a.m. to 4 p.m. weekdays in front of the food bank at 3092 Long Beach Blvd.

The Heart of Ida will provide a free, twice weekly message from “a warm and friendly person” for seniors, their families and caregivers. Sign up by calling 562-570-3548 or send an email to [dbheartofida@gmail.com](mailto:dbheartofida@gmail.com).

Wrap The Kids, which provides help and hygiene for the homeless, could use some help. Donations can be mailed or dropped off at 297 Artesia Blvd., Long Beach, CA 90805.

Goals For Life is accepting donations for its work in helping young boys and girls become men and women. The group is made up exclusively of former NFL players. To donate, go to [goalsforlife.net/donate](http://goalsforlife.net/donate).

Precious Life Shelter, which helps homeless pregnant women, is seeking donations and volunteers for its thrift shop. Call 562-431-5025 or email [Tammy@PreciousLifeShelter.org](mailto:Tammy@PreciousLifeShelter.org).

Fisher House Southern California, which supports houses in Southern California including Long Beach, is seeking donations of gift cards, food and other items. Fisher Houses provide accommodations for families so they may be near a loved one receiving medical care at VA facilities. Visit [www.fisherhouseocal.org](http://www.fisherhouseocal.org).

