

December 2009

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Atlantan Brian Johnston and his son, Brennan, meet life's challenges as a team. p. 26

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ARM YOURSELF WITH HPV FACTS

Gifts that Give More

Grow your generosity (and your joy!) this season with goodwill gifts p. 39

For ways to volunteer, see our Give-Back Guide p. 55

Atlanta's Feel Good, Look Good, Do Good Guide

Grow your generosity (and your joy!) this season with goodwill gifts

By Amy Meadows



Gifts More that give

Giving someone a gift makes you feel good. Giving to charity makes you feel good, too.

Now imagine how you would feel if you could combine these two gratifying gestures. Find out this holiday season by taking a philanthropic approach to gift giving and choosing presents for family and friends that support charitable efforts either close to home or around the nation and the world.

“When you give a gift that helps someone else, it’s like a boomerang,” says Robyn Spizman, “chief gift officer” at TheGiftionary.com and co-author of *Do Your Giving While You Are Living: Inspirational Lessons on What You Can Do Today to Make a Difference Tomorrow*. ●

Give the gift of good eating

There's no doubt that the holiday season makes you think of eating. This year, give the gift of good eats to your loved ones while extending the same service to others in need. **Good Measure Meals**, which is celebrating its fifth anniversary, offers healthy, convenient meals for fitness-conscious individuals, busy professionals and people with special dietary requirements due to health conditions such as diabetes, high blood pressure or abnormal body-fat levels. Why not purchase a 5- or 7-day meal plan? 100 percent of the profits go to Atlanta-based **Open Hand**, which provides home-delivered meals and nutrition education to senior citizens and individuals struggling with a chronic, critical or terminal illness in 17 metro-Atlanta counties. For more information, visit www.goodmeasuremeals.com.

Adventures in giving, Atlanta-style

If you want to give a charitable gift in someone's name that benefits children specifically, there's an organization right here in Atlanta that will give you that wonderful opportunity. Consider contributing to **Bert's Big Adventure**, which provides families of chronically or terminally ill children ages 5 to 12 with a special trip to Walt Disney World. In addition to giving them the time of their life mingling with Mickey and his friends, the trip allows families to step away from the hospital and truly enjoy each other, creating memories that will last a lifetime. And because the opportunity is available to children who live in The Bert Show (WWWQ-FM/99.7) listening area, you and your gift recipient will know that you've helped little ones close to home. Learn more about Bert's Big Adventure and donate online at www.bertsbigadventure.org.

Fly high this holiday season

If you would like your charitable giving to include an animal-oriented organization that helps people, too, **Flying Change**, one of the nation's oldest Equine Assisted Psychotherapy programs, is the perfect charity for you. Based in Vinings, Flying Change is a leader in the field of Equine Assisted Growth and Learning for people of all ages, helping them overcome emotional and physical challenges as they are motivated by the guidance, acceptance and love of a horse. Consider giving a healing session to someone you love, or simply make a donation to the organization in that person's name. Another great option is to sponsor a Flying Change horse (the program now accepts rescue horses for use in its psychotherapy program); your contribution will allow the animal to receive the highest-quality feed, hay, veterinary treatment and much more. For more information, visit www.flyingchange.org. ●

Want to send seasons greetings that really mean something this year? **Purchase holiday cards through Children's Healthcare of Atlanta.** Each of the cards is designed by a local metro-area child and can be purchased at www.choa.org. Your purchase directly benefits the patients and families of Children's Healthcare of Atlanta.



♥ (left) Consider giving a healing session to someone you love. Flying Change helps people of all ages to overcome emotional and physical challenges.

♥ (right) Bert's Big Adventure provides families of chronically or terminally ill children ages 5 to 12 with a special trip to Walt Disney World.