

# Christmas in July



## Catch the holiday spirit early!

Below is a wish list that you or your faith or civic group can use to remember our community's elderly in need. ***Your kindness and generosity will let seniors know that someone cares.***

### Hygiene/Health

- Adult diapers (pull-ups: sizes M, L & XL)
- Hand sanitizer
- Tissues
- Anti-bacterial liquid soap
- Adult wipes/towelettes
- Disposable bed pads
- Men's & women's deodorant
- Shaving cream
- Shampoo
- Body lotion

### Household Helps

- Dishwashing liquid
- Paper towels
- Toilet paper

- Laundry detergent
- Cleaning wipes
- Dish towels
- Dish cloths
- Regular size bath towels

### Food

- Boost or Ensure (plain, vanilla and chocolate)
- Small canned hams
- Canned chicken, tuna or salmon
- Crackers/cheese crackers
- Canned fruit
- Peanut butter/peanut butter crackers
- Cereal
- Jell-O cups
- Sugar-free pudding cups

- Canned beef stew
- Single servings of fruit cups/applesauce
- Soups-vegetable/chicken noodle
- Canned vegetables-peas, green beans, spinach, potatoes
- Canned ravioli
- 100% fruit juice boxes (single serving size)

**Please bring donated items to Senior Services or a Piedmont Federal office by the end of July.**

***Thank you!***



**SENIOR SERVICES**  
Helping Our Elderly Live With Dignity

2895 Shorefair Drive, Winston-Salem, NC  
27105 **For info or directions, call 725-0907**  
or visit [www.seniorservicesinc.org](http://www.seniorservicesinc.org)

**Piedmont**  
FEDERAL

For locations or directions to a Piedmont Federal office, **call 770-1000** or visit our website at [www.piedmontfederal.com](http://www.piedmontfederal.com)