

## **Livermore Division Wishlist**

### **VOLUNTARY SERVICE NEEDS LIST**

The Palo Alto Health Care System does not solicit for donations nor do they allow the name of the VA to be used in solicitations through other organizations. However, for those organizations or individuals who inquire as to our needs. The following is a list you can use as a guide for our special needs program support and/or equipment. None of these items are available through our normal budget. Please note **ALL DONATIONS ARE TAX DEDUCTIBLE.**

#### **Patient Comfort Items individual size:** (Please do not send glass)

1. Shampoo & Conditioner (Men's & Women's) standard sizes
2. Deodorant (Men's & Women's)
3. Body Wash (standard size)
4. Toothpaste
5. Razors & Shaving Cream
6. Stamps
7. Gift Cards: Target, Walmart, Safeway and Gas cards "activation receipts"
8. Finger Nail Clippers
9. Healthy Snacks (Granola Bars, Cheese Its, Danish, Cookies) pre-packaged
10. Sweat pants and shirts (Size: Medium – 3XL)
11. Non-skid socks
12. T Shirts
13. Fingerless Wheelchair Gloves
14. Hats (beanie, baseball, etc.)

#### **List of recommended snacks from Dietician for Friday Sally's Pub**

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|--|---|
| 1. Fresh fruit                                 | 12. Granola Bars                                    |
| 2. Fruit cups                                  | 13. Cereal Bars                                     |
| 3. Applesauce cps                              | 14. Fig Newton's                                    |
| 4. Greek Yogurt                                | 15. Graham Crackers                                 |
| 5. Frozen fruit bars                           | 16. Individual packages of nuts or trail mix        |
| 6. Frozen yogurt bars                          | 17. String cheese or other low fat cheese sticks    |
| 7. Frozen fudge bars                           | 18. Meat and Cheese trays                           |
| 8. Mini ice-cream sandwiches                   | 19. Diet and natural sodas (like Hansen's) are best |
| 9. Low fat pudding cups                        | 20. Natural fruit juices                            |
| 10. Gelatin cups                               |   |
| 11. 100 calorie packets of crackers or cookies |   |

#### **Monetary Donations**

Please earmark your donation by indicating in the lower left corner of your check the intent of your donation. An accompanying letter of intent is appreciated. Thank you for your consideration of this request.