# WHERE I'VE HELPED

## **SEMESTER ONE:**

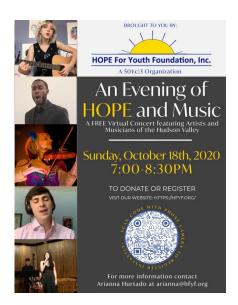
October 18, 2020



#### AN EVENING OF HOPE AND MUSIC

The HOPE For Youth Foundation was founded in 1986 in order to raise money for local charitable organizations in the Hudson Valley. The HOPE For Youth Foundation has managed to raise close to \$4.5 million dollars for a variety of different charitable organizations and has established scholarship programs at the Peekskill, Walter Panas, Putnam Valley and Lakeland High Schools.

I participated in this free virtual concert along with other featured artists and musicians from the Hudson Valley. For more information visit our website at https://hfyf.org/ 100% of the funds we raise go to benefit the charities we support- donations can be made during the event!



August 18, 2020

## SCOLIOSIS PRESENTATION



Sandra Ribiero, DPT is a local Doctor of Physical Therapy and an Adjunct Professor at LaGuardia Community college teaching physical therapy in the graduate school. Dr. Ribiero was creating a presentation on a particular treatment for scoliosis she is skilled in and wanted to share the treatment methods with her students. Since teaching was online for her during the pandemic, I volunteered to be her patient to document her session via video and photography.



August 23, 2020

### MAKE UP ARTIST PORTFOLIO

Local Makeup artist, Jackie Barsky was perfecting her portfolio for an interview regarding acceptance to the Screen Actors Guild. I volunteered to be Jackie's model to represent 1940's hair and make up for her portfolio.



April 17, 2021

#### PUTNAM VALLEY FOOD PANTRY



The Putnam Valley Community Food Pantry's mission is to increase access to food and to supply the ingredients for healthy balanced meals for struggling families in northern Westchester and Southern Putnam county, NY communities.

Grace United Methodist Church, The Reform Temple of Putnam Valley, St. Luke's Lutheran Church, St. Columbanus Roman Catholic Church and the Putnam Valley Rotary Club each wanted to reach out to The Putnam Valley Community. Leadership of the food pantry is an interfaith and community-based venture. As a member of St. Columbanus, I have volunteered at the Putnam Valley Food Pantry in the past and I was delighted to be there for them again preparing "pick and pack" bags of groceries for local seniors and families.