

ACLU of Ohio Foundation
 ADA Ohio
 Africentric Personal Development Shop
 Appalachian Nutrition Network
 Asian American Community Services
 BRAVO Buckeye Region Anti - Violence Organization
 Camp Fire USA Central Ohio Council
 Camp Sunrise
 Capital Area Humane Society
 CASA of Franklin County
 Cat Welfare
 Center for Effective Discipline
 Center for Humane Options in Childbirth
 Center for Wholeness
 Central Ohio Green Ed Fund
 City Year Columbus
 Coalition on Homelessness and Housing in Ohio
 Columbus Historical Society
 Columbus Landmarks Foundation
 Consider Biking
 COSI Columbus
 Deaf Services Center
 Dreams on Horseback
 Earthtouch
 Enhanced Life Styles Training Facility
 Free Geek Columbus
The Free Press
 Friends of the Scioto River
 Greater Linden Development Corporation
 Habitat for Humanity-Greater Columbus
 Heart of the City
 Hocking Athens Perry Community Action
 Inn at Broad
 Interfaith Center for Peace
 Kaleidoscope Youth Coalition
 MAP Furniture Bank
 Mercy For Animals
 MOBILE Mid Ohio Board for an Independent Living Environment
 Native American Indian Center of Central Ohio
 NARAL/Pro Choice Ohio Education Foundation
 Neighborhood Services, Inc.
 Ohio Alliance for Arts Education
 Ohio Citizen Action
 Ohio Domestic Violence Network
 Ohio Ecological Food and Farm Association
 Ohio League for the Mentally Retarded
 Ohio Literacy Network
 Ohio NOW Education and Legal Fund
 Pater Noster House
 Project Open Hand Columbus
 Simply Living
 Stonewall Columbus
 Stop the Suffering
 SAVE Strategies Against Violence Everywhere
 Vietnam Veterans of Ohio
 Waldorf Education Columbus
 Wright Choice Intern Program



Connect with your community

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A New Year, A Greener & Healthier You

Columbus, OH - Another New Year means the setting of new resolutions. For those of you wishing to establish greener and healthier habits, Community Shares member agencies have a few suggestions on where to start.

For those with their health and a diet in mind, the Ohio Ecological Food and Farm Association (OEFFA) encourages consumers to eat organic foods, especially those from local farms.

“By purchasing locally grown foods, you help preserve farmland by keeping local farms economically viable,” Carol Goland, OEFFA executive director, explains. “Organic foods reduce production of greenhouse gas because petroleum-based chemical pesticides and fertilizers are not used which helps to conserve soils and protect water quality.

OEFFA offers the Good Earth Guide, which links consumers to local foods available from organic and ecological farms and gardens. The guide can be found on their website at www.oeffa.org.

After using OEFFA’s Good Earth Guide to find local organic foods you can consider joining Simply Living to make friends, join in community and find great ways to use your organic foods. A Simply Living membership includes access to a monthly calendar, bi-monthly newsletter, access to list servers full of information and news, supporting community radio through WCRS, conferences and much more. Individual memberships are \$30 while family memberships are \$45. Simply Living is located at 2929 N High St Suite A Columbus, OH 43202. For more information on memberships, you can call Simply Living at 614-447-0296.

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To keep your body in shape after enjoying your organic food you can take yoga classes through the Center for Wholeness. The center offers classes for multiple experience levels of yoga. A \$25 membership to Center for Wholeness includes discounts to classes, a quarterly newsletter and a monthly calendar. Center for Wholeness is located at 3408 Indianola Avenue Columbus, OH 43214. For additional information on memberships, you can go to the Center for Wholeness's website at www.cfwohio.org or call at 614-784-8488.

Each New Year also brings the desire for completing more home improvements. Whether it be remodeling, additions, finishing a project or trying to figure out what to do with leftover material be sure to check out Habitat for Humanity's Restore before going to the local hardware store. The ReStore, adjacent to the Habitat offices at 3140 Westerville Road, offers new and gently used building materials at a discount to the public. Individuals and businesses who are remodeling or demolishing a property donate reusable materials to the store.

"The public benefits by having access to affordable building materials; the environment benefits because we aren't clogging landfills with all these reusable items; and most importantly, the families we serve benefit from our reduced operating costs. Being green just makes good sense," said Habitat for Humanity-Greater Columbus CEO E.J. Thomas.

After you finish the remodeling, you will probably be inspired to do some re-decorating. You can donate the furniture that does not fit the new décor to MAP Furniture Bank. Your used furniture will go to a family in need and MAP provides free pick up. For more information on donating furniture and scheduling a pick-up, you can go to MAP's website at www.mapfurniturebank.org or calling at 614-272-9566.

These are just a few of the tips and suggestions from Community Shares and its member agencies to help you implement a healthier and greener lifestyle. For additional information, tips and ideas be sure to log on to our website at www.communityshares.net.

With 15 years of success in workplace fundraising, Community Shares of Mid Ohio assists local area non-profits in new options to receive donations. Through workplace fundraising drives done in public and private sector workplaces, employees are given the opportunity to donate directly to the non-profit agencies they care about most through payroll contributions.

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