

# Life Reset

October/November Newsletter

Volume 5:1

## October/November Highlights

- Pet Toy donations
- Food Bank 10/25
- Hope for the Hills 11/15
- Tree Planting 11/15
- CPR Certificate Class 11/22
- Thanksgiving Food Prep & Distribution 11/25-11/27

## Editor's Note:

Welcome to the start of our 2025-2026 service year! We're excited to greet our new members and warmly welcome back our returning members. Life Reset once again has the opportunity to make a real difference by serving our community with dedication. Let's make this year a memorable and impactful one!



## Pet Toy Donations

This October, Life Reset members created pet toys for animals in need. We delivered boxes of homemade pet toys and blankets to our local animal shelter, helping enrich the lives of animals awaiting homes.

# Food Bank 10/25

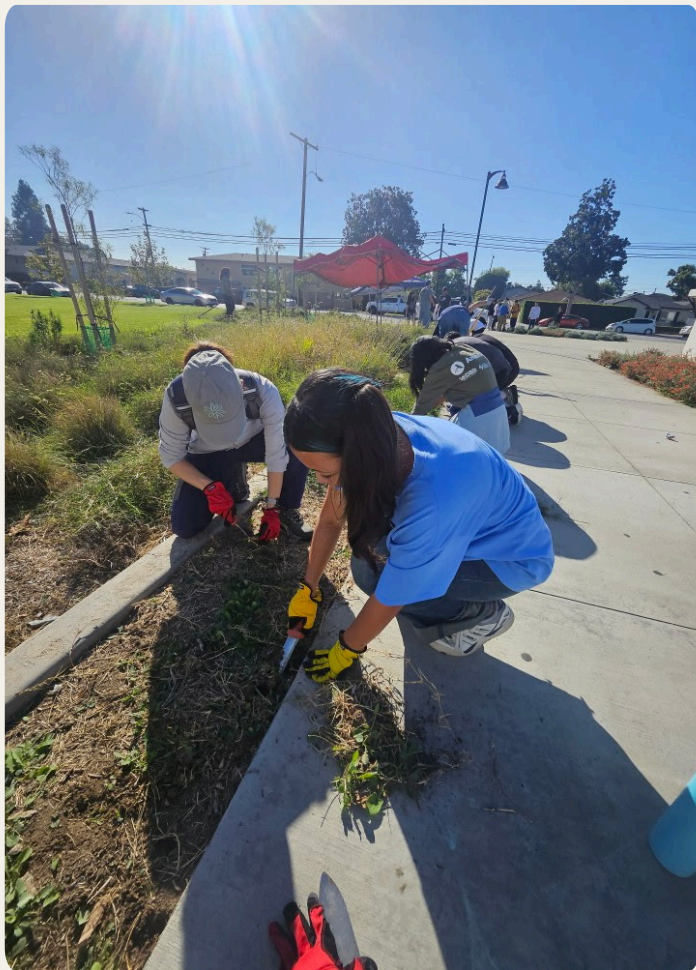
Life Reset members worked with Pomona Valley Food Bank this October. We helped sort and distribute essential grocery items to people around the community. This experience allowed us to make a meaningful impact and strengthen our connection with the community.



# Hope for the Hills Clean-up 11/15

Our volunteers came together on the 15<sup>th</sup> to participate in a park clean-up. Hope of the Hills is a park that Life Reset adopted in 2023, and we strive to keep it a welcoming environment. With paper bags and trash pickers, we removed litter from the Hope for the Hills park. We created a cleaner and healthier environment for local families and wildlife.



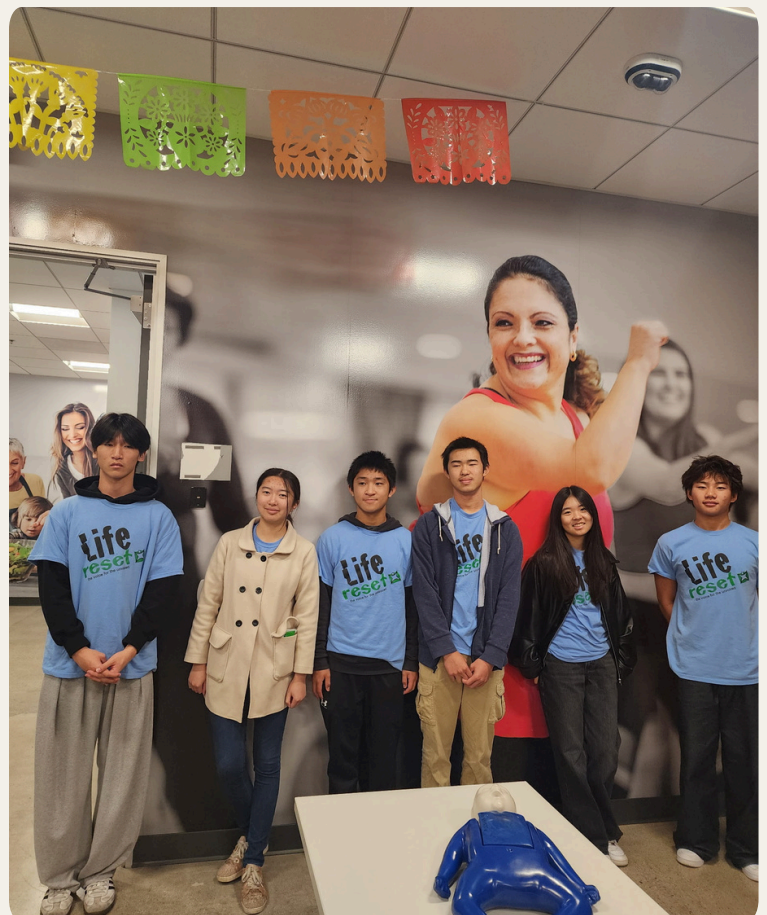


## Tree Planting 11/15

This November, our volunteers participated in a tree-planting event to help improve local environments. We cleared out weeds and planted new plants. This experience allowed us to contribute to a more sustainable future for our community.

## CPR Certificate Class 11/22

Life Reset volunteers participated in a 3-hour CPR and First Aid class. After learning about the basics of safety from our instructor, we practiced performing CPR on both adult and children mannequins. At the end, we all received a CPR certification. We all found this experience to be both meaningful and valuable.







## Thanksgiving Food Prep & Distribution 11/25-11/27

Life Reser volunteers worked with Claremont United Church of Christ for a Thanksgiving event. We helped prepare and distribute food to the homeless, needy, and seniors. On November 25<sup>th</sup>-26<sup>th</sup>, we assisted in preparing these holiday meals, and distributed them on Thanksgiving day. This was a meaningful way to give our support to the community during the holiday season.