

Burlington resident spreads kindness through nonprofit HELPIS

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Every national movement starts locally. In this case, the movement to spread the message of and encourage acts of kindness started at the dining room table of Burlington resident Joyce Deliyannis in 2009, who is the founder of Massachusetts-based nonprofit HELPIS.

HELPIS has grown into a network of a few hundred individual volunteer donors who step in and step up to fulfill requests from numerous organizations across eastern Massachusetts. Civic organizations, including the Burlington Area Chamber of Commerce, hold annual fundraisers to support HELPIS' mission.

On a weekly and/or as-needed basis, HELPIS fulfills needs for:

- Boston Healthcare for the Homeless Program
- Burlington Youth and Family Services
- Funding for temporary housing for individual families in crisis, agency referral or self-referral
- Plummer Youth Promise
- Project Hope
- Veterans Northeast Outreach Center
- Disabled and Limbless Veterans
- Woburn Memorial High School's Tanner Closet
- Old Colony YMCA

HELPIS is holding its second Celebration of Kindness on Wednesday, May 29,

from 6:30-9 p.m. The celebration will be held at the Grand View Farm, located at 55 Center St., Burlington. The goal of the event is to connect and celebrate the people, work, and power of kindness in our communities.

Speakers will include representatives from agencies that receive support from HELPIS, and HELPIS will award college scholarships to three high school students who have overcome extraordinary adversity and epitomize the kindness mission of HELPIS.

For tickets, visit <https://monthofmay2019.eventbrite.com> or <https://www.facebook.com/events/800405310331422/>. The event includes complimentary food by Sophia's Greek Pantry of Belmont, a 50/50 raffle, and many raffle items. While the event is free, HELPIS is asking that each attendee bring a financial donation, Target gift cards, monetary gift cards, or adult or children's coloring books, colored pens and pencils to support our ongoing work with veterans, individuals facing homelessness, and family shelters around the greater Boston area!

Additional donations will be accepted. HELPIS is a 501 c 3 nonprofit charitable organization. For more information, go to www.helpis.org.

In 2016, HELPIS, with support from State Rep. Ken Gordon, the late State Sen. Ken Donnelly, and Gov. Charlie Baker designated May as the month of kindness in the state of Massachusetts. HELPIS has begun work to lay the foundation to make the month of May a nationally observed celebration of giving help and saluting those who promote generosity and kindness.

"This is about the people who have risen up," said Deliyiannis. "It is a celebration of their resilience and survival and a recognition of the generosity of our amazing network of people who help us to help others on a daily basis."