In the city of Boston, MA there are people who go to sleep hungry, children who suffer each day from emotional and behavioral problems and women who live a homeless and often hopeless lifestyle. Volunteer and charitable donations can make a decisive difference.

To tourists who visit Boston, MA, the city is alive and sparkling with great shopping venues, theaters, museums and great monuments to its long history. But for some residents the sparkle is hard to see. There are families and single individuals who often go to bed hungry with no idea where the next day's meals are going to come from. There are children who suffer from emotional, behavioral and learning problems that leave them on the margins feeling alone and afraid of their own future. There are women who, alone or with young children, wander the streets without any permanent place to live and no idea of what to do about it. But fortunately there are people who respond to volunteer and charitable donation suggestions in Boston that help to turn some of these difficult living conditions around.

1. Project Bread - The Walk for Hunger

2. Camp Starfish - Too often in our society the youngest members and their problems somehow get lost in the shuffle. Camp Starfish is a small but genuine effort to counteract the many challenges that children face. Camp Starfish takes children with severe developmental problems and immerses them in the fresh air and joy of a true summer camp experience in New Hampshire. There the children experience three and a half weeks of camp activities like swimming, team sports and arts and crafts.

What makes Camp Starfish different is that the goal of the camp is not to turn out Olympians but rather to let children be children and experience the joy of their own growth. The other difference is that the ratio of children to counselors is an amazing 1:1. This means that children get the support, guidance, affirmation and when needed the positive correction that will help lift their self esteem and their hopes for a better tomorrow.

Camp Starfish operates totally on donations from private individuals and corporations. Because 95% of the campers are on scholarship to this camp, Starfish becomes a great volunteer and charitable donation suggestion for those who want to make a real difference in the lives of these very needy children. To find out more about Camp Starfish, to volunteer or make a donation contact the camp at www.campstarfish.org.

3. Rosie's Place

There are many wonderful and important volunteer and charitable donation suggestions that might be made in the Boston area. But these three, because they serve the most endangered of our species - the starving, the young and homeless women - surely deserve our attention as a community and as individuals.