

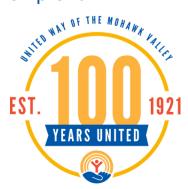
WITH UNITED WAY OF THE MOHAWK VALLEY

VOLUNTEER

- 1. Volunteer using our Volunteers United platform.
- 2. Join United Way MV's ELU to help with their annual Spring Clean Up.
- 3. Mentor a local student.
- 4. Tutor a local student.
- 5. Help your elderly neighbor with household chores (i.e. mowing the lawn, taking out the trash, etc.)
- 6. Shop for groceries and other needed items for the elderly.
- 7. Volunteer at or help develop a local community garden.
- 8. Volunteer at a local soup kitchen or food pantry.
- 9. Become penpals with a local nursing home resident.
- 10. Help install Born Learning Activity Trails at United Way's Day of Action.
- 11. Join a United Way MV Committee.
- 12. Help people develop their resumes.
- 13. Read books to local elementary school children.
- 14. Do a service project with your coworkers for United Way.
- 15. Bring a friend to make volunteering fun and memorable.
- 16. Volunteer to clean/wash gravestones at your local cemetery.
- 17. Spend some time picking up trash outside around your community.
- 18. Offer your professional skill sets or talents to help a local non-profit.

GIVE

- 19. Make a donation to United Way MV, whether it's \$10, \$100,
- or \$1000 every dollar makes a difference!
- 20. Donate your can/bottle return money to United Way MV.
- 21. Donate food to a local food pantry.
- 22. Donate items to **ELU's Hygiene Drive**.





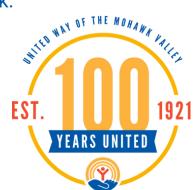
- 23. Make a clothing donation to a local shelter.
- 24. Make a <u>legacy donation</u> to United Way MV. You can even become one of our Legacy Society's Founder's Circle members as part of our 100th year!
- 25. Participate in your local Stuff the Bus during the holidays.
- 26. Donate stocks to United Way MV.
- 27. Kids! Donate a portion of your weekly allowance to United Way MV.
- 28. Donate blood to a local hospital or the American Red Cross.
- 29. Donate extra school supplies to a local school.
- 30. Donate books to your local childcare center or school.
- 31. Donate lightly worn professional clothing.
- 32. Give back while you shop and choose United Way MV as your <u>Amazon Smile charity</u>.
- 33. Donate baby clothes to a local shelter.
- 34. Donate in someone's memory.
- 35. "Adopt" an individual/family during the holiday season.
- 36. Add an option to donate to United Way on your Wedding Registry.
- 37. Donate stuffed animals to hospitals.
- 38. Host a garage sale and donate the proceeds to United Way MV.
- 39. Donate your babysitting money to United Way MV.
- 40. Make a "class of..." donation to United Way MV.
- 41. Auction off artwork for United Way MV.
- 42. Cash in your loose change and donate to United Way MV.
- 43. Ask your friends on Facebook to donate to United Way MV for your birthday.
- 44. Donate to United Way MV on Giving Tuesday.
- 45. Ask 10 friends and family to donate \$10 to United Way MV.
- 46. Make a donation in honor of our 100 Heroes.
- 47. Cash old bonds and donate them to United Way MV.
- 48. Donate unused medical supplies (bandages, crutches, etc.) to local shelters.
- 49. Donate musical instruments to local schools.
- 50. Implement a donation box on your college campus.
- 51. Donate your credit card rewards points to United Way MV.
- 52. Donate board games to local elementary schools.
- 53. Donate unwanted furniture to local your goodwill or Habitat for Humanity.



100 WAYS to celebrate */** To celebrate */** 100 YEARS

ACT

- 54. Nominate someone you think is a local hero as one of our 100 Heroes
- 55. Sign up for United Way MV's e-Newsletter.
- 56. Share your volunteer experience with family and friends and encourage them to volunteer with us through <u>Volunteers United</u>.
- 57. Participate in your company's Workplace Campaign to support United Way.
- 58. Be active with your employer's workplace campaign or advocate to start one.
- 59. Create a donor appreciation wall at your workplace.
- 60. Advocate for funding for education funding or access to healthcare.
- 61. Share information about 211 with your friends, family, and neighbors.
- 62. Thank one of **United Way MV's local heroes**.
- 63. Thank your child's teacher in support of United Way's education efforts.
- 64. Thank your local legislator for supporting education or health initiatives.
- 65. Sign up to receive 30 free "You Matter" cards. Give them to people who make a difference in your life.
- 66. Say "I like your shirt!" to anyone wearing a LIVE UNITED t-shirt.
- 67. Encourage someone between the ages of 21-40 to become an ELU member.
- 68. Showcase the importance of healthy lifestyles and do 100 jumping jacks a day for 100 days.
- 69. Invite us to speak with your company leadership about partnership opportunities.
- 70. Show your support by putting United Way signage in your office window.
- 71. Make your New Year's resolution to volunteer more in your community.
- 72. Get your friends and family to sponsor you on a 100-mile walk or bike ride and donate your proceeds to United Way.
- 73. Tell us about how you have a new solution to an old problem in our community.
- 74. Wear your LIVE UNITED t-shirt while at the gym or on a walk.
- 75. Take a meal to an elderly person in your neighborhood.
- 76. Be kind. Compliment a stranger every day for 100 days.
- 77. Thank a local emergency service worker.
- 78. Bring the kids to visit one of our 'Born Learning' trails at a local park.





- 79. Collect 100 jars of coins from your area elementary schools and donate them to United Way.
- 80. Buy a bag of our "Birthday Blend" coffee at Utica Coffee (available Nov 2021.)
- 81. Learn more about United Way's initiatives | R4K | Housing | 211 | ESPRI

LET'S PHILANTRO-PARTY

- 82. Post a photo in your LIVE UNITED t-shirt and pledge to donate.
- 83. Sponsor an event.
- 84. Attend United Way's 100th Birthday Party
- 85. Spend a night out with friends or coworkers at Saranac Thursdays.
- 86. Have a backyard or neighborhood dance party with families on your street to promote a fun, healthy lifestyle for kids of all ages.
- 87. Run the Boilermaker or other race in your LIVE UNITED t-shirt.
- 88. Tee-off at our ELU Golf Tournament.
- 89. Attend our Women United event, or buy a ticket for someone as a gift.
- 90. Ask for a donation to United Way at your next birthday party instead of a gift.
- 91. Celebrate Random Acts of Kindness Day on February 17, 2022, by doing something kind for someone.

GET SOCIAL

- 92. "Like" UWMV on Facebook & Instagram and follow us on Twitter & LinkedIn.
- 93. Share our <u>upcoming events</u> on your social media pages.
- 94. Post pictures on social media of you volunteering to raise awareness.
- 95. Snap a selfie and tag us using the hashtag #UWMV100 and tell us why you are a hand-raiser or game-changer in your community.
- 96. Send us #TBT photos of you or your company supporting United Way through the years.
- 97. Add United Way to your volunteer experience on your LinkedIn profile.
- 98. Share our e-Newsletter via email or with your social network using #UWMV100.
- 99. Share our 100 Heroes nomination details on social media.
- 100. Share our impact video on social media.

