

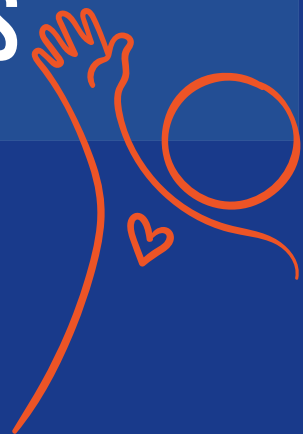


THOSE WHO CAN DO, DO.
THOSE WHO CAN DO MORE, VOLUNTEER.

UNITED WAY OF THE ADIRONDACK REGION'S

ANNUAL DAY OF CARING

SATURDAY, APRIL 22, 2023



SUGGESTED VOLUNTEER OPPORTUNITIES

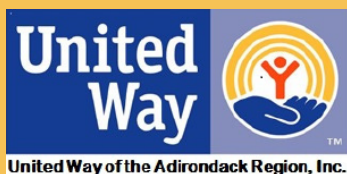
PROMOTE MENTAL HEALTH & WELLNESS: Visit, call or message people who may need your kindness. Share messages of wellness.

DONATE NEEDED FUNDS: Make a monetary donation to a local or regional charity of your choice. You can go to www.unitedwayadk.org for a list of partner agencies or contact us for additional information.

HELPING NEIGHBORS: In accordance with local guidelines and when deemed safe, help an elderly or disabled person with yard work, minor repairs or spring cleaning. Help to clean and beautify public places for the enjoyment of all.

DONATE FOOD TO ALLEVIATE HUNGER: Conduct a food drive or donate food to a food shelf of your choice. Please contact the food shelf directly to ensure they are accepting donations and to arrange for drop off.

ACTS OF KINDNESS: Create your own unique opportunities as a person, family or group to help make a difference in the Adirondack Region.



For more information: Call (518) 563-0028