

# WHAT CAN YOU DO TO LIVE UNITED?

**Give 110% in 2010.**

## **GIVE**

- Donate 10 new or gently used professional clothing to an organization assisting individuals in seeking employment.
- Purchase 10 personal care items such as deodorant, toothbrushes and soap and drop them off at a homeless shelter.
- Purchase 10 school supplies and donate to your local school.
- Take 10 non-perishable food items to a local food bank.
- Drop off 10 gently used children's books at a daycare center or library.
- Take a homemade treat to the newest members of your neighborhood.
- Give \$10 gift certificates for food to a local hot meal site.
- Donate old eyeglasses to the Lion's Club.
- Add your favorite charity as a beneficiary of a life insurance policy/retirement plan.
- Make a donation for the first time or increase your donation by 10% to United Way of the Quad Cities Area's annual campaign.

## **ADVOCATE**

- Register to vote.
- Write a letter to the editor.
- Contact your elected officials and advocate for programs about which you are passionate.
- Respectfully share your views on local blogs.
- Send 10 thank-you notes to people you feel has made a difference in our community.
- Thank a teacher that has helped develop a child in your life.
- Attend a political forum.

## **VOLUNTEER**

- Participate in our annual Day of Caring on September 1.
- Visit [unitedwayqc.org](http://unitedwayqc.org) and find a volunteer opportunity in our community.
- Organize a book drive with your family, co-workers, school or club.
- Beautify our community by picking up trash and debris.
- Support local culture by visiting arts and learning facilities you have not been to before.
- Volunteer for Achieve Quad Cities by visiting [achieveqc.org](http://achieveqc.org).
- Bring a child in your life to a bank and open up a savings account to set them on the road to financial responsibility.
- Give blood.
- Volunteer your time at a local senior center.
- Be a cheerleader! Attend a youth sporting event and cheer for both sides.
- Learn CPR.
- Invite someone to dinner who would otherwise eat alone.
- Knit 10 mittens, scarves and hats for area children.
- Sign up to deliver meals to the homebound or elderly.
- Send 10 greeting cards to an older adult who would not otherwise receive mail.
- Write 10 letters of encouragement to members of the armed forces.