For United Way of Wyoming Valley or partner agency specific volunteer opportunities, please reach out Yvette Magistro at 570.270.9117 or ymagistro@unitedwaywb.org.

**Neighborhood clean-up:** Spend a few hours, alone or with your family and pick up trash around your neighborhood. Target a particularly dirty area, and see what a huge difference a few hours can make.

**Help an elderly or infirm neighbor:** Cut your neighbor’s grass, plant flowers, ask if there is a gardening task, they need help with.

**Smile signs:** Spread cheer around your neighborhood by creating Smile Signs which can be placed in your (or a neighbor’s) front yard.

**Rock Painting:** Get crafty! Grab some rocks from outside and paint them with positive messages or pictures. Then, walk around your local community, leaving the rocks in random places for others to find your hint of happiness. Or, drop them off at a community agency to spread cheer.

**Encouragement bookmarks:** Create bookmarks with words of encouragement, positive thoughts or inspirational quotes that can be shared with students, schools or the elderly.

**Cards/Art for seniors or hospice patients:** Paint pictures, create handmade or use store-bought cards to write messages to seniors or those who are terminally ill. These can be shared via meal delivery or sent directly to Senior Centers/Nursing Homes to brighten days of solitude.

**Thank a healthcare worker:** Now more than ever, healthcare workers are putting themselves in high-risk situations to help us, our families and our communities. Volunteers can create brief videos thanking these individuals or send cards.

**Thank your mail carrier:** Leave a note in your mailbox to say thank you for their hard work.

**Thank a First Responders:** Virtually or via a card/video, thank EMTs, police and fire department for keeping your community safe and well.

**Thank Frontline Workers:** Virtually or via a card/video, thank grocery store employees, delivery drivers, city workers, warehouse workers, cleaning crews, etc. who are providing the community with much needed goods and services.

**Thank a Teacher:** The education system has shifted and teachers had to quickly and efficiently adapt. Thank your child’s teacher with a video or card.

**Card for the homeless:** Make cards that are delivered to those who receive meals through a curbside meal program.

**Share the gift of music:** Record yourself playing a musical instrument and send it to a local senior care or hospice facility to share your talent with those who need it most.

**Creating Protective Face Masks:** Sew cloth face masks for friends, family or service agencies.

**Donate Blood:** Give the gift of life. Help local blood centers by donating blood or plasma.

**Virtual Pen Pal:** Make a new connection and become a pen pal to someone who is need of a friend.