

100 WAYS to celebrate 100 YEARS

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 legacy donation 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 Amazon Smile charity.
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.



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 [Volunteers United](#).
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 [upcoming events](#) 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.

