



United Way  
of Yellowstone County

60 *Birthday*  
BLOWOUT

# 60 MINUTES OF VOLUNTEERING

## IT'S UP TO US!

- **Give Blood**
  - Sign-up with Vitalant to donate much needed blood to save lives.
- **Inclusion Matters**
  - There is more awareness about DEI (Diversity, Equity and Inclusion) in our conversations today.
  - [Watch this video](#) and reflect on what you can do to promote inclusiveness in your workplace and your life.
- **Multiple Your Caring..Pass It On**
  - Check out the [Multiply Your Caring](#) spotlight for ways to promote COVID safety guidelines and share your appreciation for those who have taken care of us during the pandemic.
- **SMILE!**
  - Smile through your mask (your eyes will smile) and acknowledge those you pass.

## BRIGHTEN SOMEONE'S DAY!

- **Write a Note**
  - Write and mail notes or letters to just say "hello I'm thinking of you."
- **Positivity Campaign**
  - Make notes of encouragement and leave them under windshield wipers on cars.
  - Put sticky notes with uplifting messages on bathroom mirrors.
  - Send a positive text message to 5 people right now.
  - Leave a positive note and/or surprise treat on a co-workers desk.
- **Kindness Rocks**
  - Paint small rocks with a smiley face or short message of encouragement and leave them for people to find and pick up.
- **Start the Ripple**
  - Design and print business card-size notes to acknowledge good deeds or offer an encouraging word. Hand them out with a message to pass it on.
  - Flood social media with positive and encouraging messages.
- **Make a Sweet Treat**
  - Make a batch of cookies to share with someone.
  - Think of a neighbor, the local fire station, a teacher, or others.
- **Lend a Hand**
  - Help someone with their groceries or hold a door for a stranger.
- **Buy Coffee**
  - Buy coffee for the person behind you or purchase some coffee cards and hand them out to those coming into the coffee shop with a "have a good day" greeting.
- **Neighbor to Neighbor**
  - Check in with a neighbor who can't get out much and do a good deed for them such as picking up groceries or taking them supper.
- **A Reading Surprise**
  - Gather up and leave books or magazines at a Laundromat for others to have.

## IT'S THE BASICS!

- **Spring into Spring**
  - Go through your closet and take clean spring and summer clothes in good condition to a basic needs agency or thrift shop.
- **Housewarming Baskets**
  - A "Welcome Home" basket for a new family or individual at Mission Apartment will help guests exiting the shelter feel welcome and supported on their path toward fully independent living.
    - Ideas for items: dish towels and cloths, dish soap, bath towels, throw blanket, can opener, wastebasket.
  - Contact Andrea at 406-259-3805, ext 116 for delivery to MRM.
- **T-shirt Bags**
  - Make bags out of T-shirts to be used by youth for carrying items they receive from Tumbleweed: food, clothes, hygiene items
    - [Follow this link](#) for instructions
  - Contact Tumbleweed at 406-259-2558 for delivery.
- **Seedlings to Food**
  - Start vegetable seeds that can be transplanted and give the seedlings to a community garden.
  - The Amend Park Community Garden depends on plant donations to get their gardens going to be given to organizations that directly address food insecurity.
  - Contact Paul at 406-657-8308 or reinhardtp@billingsmt.gov to arrange for delivery.
- **Salsa Garden**
  - Start plants that can be used for salsa and donate them to the Salsa Garden project at the Boys and Girls Ranch.
  - Contact Jasmine at 406-655-21250 or jhansen@ybgr.org to arrange drop off.

## THE WORLD AROUND US!

- **Litter Walk**
  - Go for a walk, take a bag and pick up litter along the way.
- **Make it Green**
  - Plant a tree for Earth Day or Arbor Day
  - Thursday, April 22 and Friday, April 30
- **Rake-a-thon**
  - Organize an hour for you, family or neighbors to rake yards in your neighborhood for those who might have trouble doing so.
- **Tools for Others**
  - Go through your garage or garden shed and give items in good condition that you don't need to someone who could use them.

Take pictures and tag us on Social Media!  
Use the hashtag #UnitedForYC