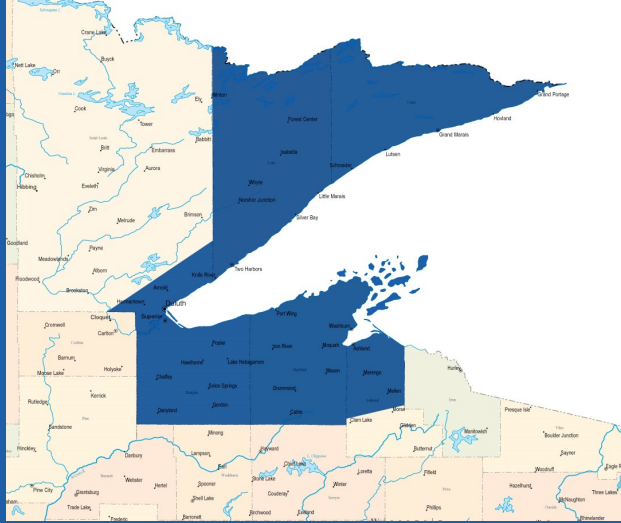


HEAD OF THE LAKES UNITED WAY VOLUNTEER CENTER



SPEED VOLUNTEERING OPPORTUNITIES

HOW TO USE THIS GUIDE:

In this handbook, you will find speed volunteering opportunities, that can be done anywhere with a team of your co-workers, your family, your friends or you as an individual.

Each project you complete will benefit a local non-profit of your choosing. Please contact the agency when submitting projects. If you have questions, contact the Volunteer Center at 218-726-4889 or email epawlik@hlunitedway.org. Enjoy!



AGENCIES FEATURED IN THIS GUIDE:



Age Well Arrowhead
306 West Superior St.
10 Alworth Building
Duluth, MN 55802
Contact: Kim Hileman,
kimh@agewellarrowhead.org
Phone: 218-623-7805



Life House
102 W 1st St.
Duluth, MN 55802
Contact: Maude Dornfeld,
maude.dornfeld@life-house.org
Phone: 218-722-7431



Lincoln Park Children and Families Collaborative
2424 W 5th St.
Duluth, MN 55806
Contact: Jodi Broadwell,
jodi.lpcfc@gmail.com
Phone: 218-940-3500



Center Against Sexual & Domestic Abuse, Inc.

Center for Against Sexual and Domestic Violence
318 21st Ave. East
Superior, WI 54880
Contact: Jill Hinners, jill@casda.org
Phone: 715-392-3136



Circle of Hope
5204 Otsego St.
Duluth, MN 55804
Contact: Peggy Anderson,
peggy@circleofhopeduluth.org
Phone: 218-464-1626



Just Kids Dental
1313 Fairgrounds Road
Two Harbors, MN 55616
Contact: Nik Humes,
nik@justkidsdentalinc.org
Phone: (218)-206-4327



Chris Jensen Health & Rehabilitation
2501 Rice Lake Rd
Duluth, MN 55811
Contact: Kasey Mitchell,
kmitchell@chrisjensenhealth.com
Phone: 218-625-6427



Second Harvest Northern Lakes Food Bank
4503 Airpark Boulevard
Duluth, MN 55811
Contact: Jill Ruthford,
jill@northernlakesfoodbank.org
Phone: 218-336-2303



Community Action Duluth
2424 W 5th St. Suite 102
Duluth, MN 55806
Contact: Sarah Priest,
sarah@communityactionduluth.org
Phone: 218-726-1665



YMCA-Duluth
302 W 1st St.
Duluth, MN 55802
Contact: Gina Miller,
gmillier@duluthymca.org
Phone: 218-722-4745 x159



Damiano Center
206 W 4th St.
Duluth, MN 55806
Contact: Crystal Detlefsen,
cdetlefsen@damianocenter.org
Phone: 218-940-3500

eliminating racism
empowering women
YWCA of Duluth

YWCA– Girl Power
32 E 1st Street Suite 202
Duluth, MN 55802
Contact: Alice Jacobson,
alice@ywcaduluth.org
Phone: (218) 722-7425 x116



Harbor House Crisis Shelters
1531 Hughitt Ave
Superior, WI 54880
Contact: Kathy Thompson,
kathy.thompson@harborhousecs.org
Phone: 715-394-9608

LITTLE EXPLORER BACK PACKS



QUALITY OUT OF SCHOOL TIME EARLY LEARNING/EARLY LITERACY SPEED VOLUNTEERING OPPORTUNITY

Grab a backpack or bag and create a Little Explorer Back Pack. You choose what fun activities go in it. When you're finished, bring it to Harbor House Crisis Shelters, Center Against Sexual & Domestic Abuse, Inc., YWCA of Duluth, Duluth YMCA, Lincoln Park Children and Families Collaborative, or Second Harvest Northern Lakes Food Bank.

SUPPLIES, INSTRUCTIONS AND REFLECTION

Supplies

- Board games
- Backpack or bag
- Stickers
- Books
- Simple sports equipment
- Art supplies
- Small toys or stuffed animals
- Coloring/Activity books and crayons

Instructions

1. Collect or buy the necessary supplies. Make sure the activities are age appropriate. You choose what activities and items to include. You can even choose a theme (sports, animals, etc.)
2. Fill the backpack with the supplies and label with the child's age.
3. If you'd like, add a note to the child who will receive the backpack.
4. Take a picture of you, your team, and your finished project and send to Volunteer Center Coordinator epawlik@hlunitedway.org to share and inspire your community– Plus You.

Why Little Explorer Back Packs?

Play is one of the most important jobs children have. You can make sure that a child in your community has the opportunity to read, create, and just have fun by donating a Little Explorer Packs.

Let's give our kids the chance to use their time outside of school to keep learning, growing, and having fun. Embrace your inner child and help another one while doing a fun activity!

Reflection

1. What games, toys, and activities did you love playing with as a child? How would your childhood have been different if you didn't have them?
2. How did making this Little Explorers Back Pack impact your life? How will it impact the child you help?

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BACK TO SCHOOL BACKPACKS



FINANCIAL STABILITY, QUALITY OUT OF SCHOOL TIME SPEED VOLUNTEERING OPPORTUNITY

Take a new backpack and fill it with school supplies for a local child. Bring them to local schools and Harbor House Crisis Shelters, Community Action Duluth, Center Against Sexual & Domestic Abuse, Inc., YWCA of Duluth, Duluth YMCA, Lincoln Park Children and Families Collaborative, or Second Harvest Northern Lakes Food Bank.

SUPPLIES, INSTRUCTIONS AND REFLECTION

Supplies

Elementary:

- Backpack
- Notebook
- Folders
- Pencil case
- Pencils
- Crayons
- Scissors
- Glue sticks

Middle & High School:

- Backpack
- Notebooks
- Folders
- Pencil case
- Pens & pencils
- Highlighters
- Colored pencils
- 3 ring binder
- Calculator

Why Back to School Backpacks?

Low income families have a harder time providing the necessary school supplies for children to be confident and enthusiastic about learning. By creating a Back to School Backpack, you will be giving a local child the necessary tools to learn and be successful at school.

Instructions

1. Decide if you will be making a backpack for an elementary student or an older student.
2. Buy or collect the new school supplies.
3. Place all the supplies in the backpack and label it with a tag noting the appropriate age and the supplies included in the backpack.
4. Take a picture of you, your team, and your finished project and send to Volunteer Center Coordinator epawlik@hlunitedway.org to share and inspire your community– Plus You.

Reflection

1. How was your school experience affected by the supplies you used?
2. How did making this Back to School Backpack impact your life? How will it impact the child you help?

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BASKETS OF HOPE



FINANCIAL STABILITY, HOMELESSNESS SPEED VOLUNTEERING OPPORTUNITY

Package some basic house supplies for local families moving out of shelters and into permanent housing. Bring your packed laundry basket to Harbor House Crisis Shelters, Community Action Duluth, Center Against Sexual & Domestic Abuse, Inc., Life House, or Second Harvest Northern Lakes Food Bank.

SUPPLIES, INSTRUCTIONS AND REFLECTION

Supplies

- Laundry basket
- Bath towels
- Hand towels
- Washcloths
- Laundry soap
- Feminine hygiene
- Antibacterial wipes
- Toilet paper
- Paper towels
- Hand soap
- Dish soap
- Laundry gift cards

Instructions

1. Buy or collect a laundry basket and new supplies.
2. Fill your laundry basket with the supplies. If you'd like, include an encouraging note.
3. Take a picture of you, your team, and your finished project and send to Volunteer Center Coordinator epawlik@hlunitedway.org to share, inspire, and empower your community– Plus You.

Reflection

1. What are some challenges that come with moving to a new place?
2. How did making this laundry basket impact your life? How will it impact the family you help?

Why Baskets of Hope?

No shelter is a permanent living situation for local families. When families are ready to move out of shelters and into permanent housing, they need basic household supplies to get them started. By providing a local family with some of those supplies, you are making that transition a little easier and supporting their self-sufficiency.

CARDS OF KINDNESS



SPEED VOLUNTEERING OPPORTUNITY

Make some cards for local veterans, nursing home residents, hospital patients, or troops overseas. Bring them to Circle of Hope, Harbor House Crisis Shelters, Chris Jensen Health & Rehabilitation, Life House, or Second Harvest Northern Lakes Food Bank.

SUPPLIES, INSTRUCTIONS AND REFLECTION

Supplies

- Paper or cardstock (multiple colors)
- Ribbon/feathers/jewels
- Glue or double-sided tape
- Stamps and inkpads
- Markers
- Pens
- Scissors
- Envelopes

Instructions

1. Decide who you will be writing your card to (veteran, current military serviceman or woman, nursing home resident, hospital patient, etc).
2. Gather the necessary supplies. You can use whatever craft supplies you have around the house, or buy new supplies.
3. Take the cardstock or paper and fold it to create a card.
4. Write a note of encouragement, hope, or thanks (based on the recipient) and sign your first name. - "Thank You", "Birthday", "Thinking of You", etc.
5. Decorate the card however you want!
6. Repeat as many times as you'd like.
7. Take a picture of you, your team, and your finished project and send to Volunteer Center Coordinator epawlik@hlunitedway.org to share and inspire your community— Plus You.

Why Cards of Kindness?

Many community members like veterans, the elderly, and others, often feel isolated, lonely, or unappreciated. By reaching out to them with a personal card and words of encouragement, you are helping them feel connected to our community and brightening their day. Small gestures like this can make a big difference in the recipient's life, as well as your own.

Reflection

1. How do you feel when you get a personal card or note?
2. How did making this card impact your life? How will it impact the individual who receives it?

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CLOSET CLEAN-OUT



FINANCIAL STABILITY, HOMELESSNESS SPEED VOLUNTEERING OPPORTUNITY

Clean out your closet and bring any items that a person could use to dress their best and plan for professionalism. Donate your gently used casual and professional clothing to Harbor House, Damiano Center, Crisis Shelters, or Community Action Duluth.

SUPPLIES, INSTRUCTIONS AND REFLECTION

Supplies

- Dress shirts, pants (male or female)
- Ties
- Business dresses and skirts
- Casual clothing (gently used)
- Dress shoes
- Purse/wallet
- Planner
- DTA bus pass
- Laundry gift cards

Instructions

1. Go through your closet. Grab any professional clothing still in good shape and related supplies that you want to donate (think clothing appropriate for interviews).
2. Fold the clothing and place everything in a box or bag.
3. Take a picture of you, your team, and your finished project and send to Volunteer Center Coordinator epawlik@hlunitedway.org to share and inspire your community– Plus You.

Why Closet Clean-out?

Everyone knows that first impressions are important. Many individuals struggling to find jobs have a difficult time getting through the interview process, sometimes simply because they cannot afford professional clothing.

By cleaning out your closet you'll be providing an opportunity for a community member to get back on their feet.

Reflection

1. Was there anything that you took away from this activity that you did not expect?
2. How did completing this project impact your life? How will it impact the individuals seeking employment?

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BLANKETS OF WARMTH



HOMELESSNESS SPEED VOLUNTEERING OPPORTUNITY

Take fleece fabric and make a tie-blanket for a family in our community. When you're done, bring the blankets to the Circle of Hope, Age Well Arrowhead, Harbor House Crisis Shelters, Chris Jensen Health & Rehabilitation, Lincoln Park Children Families Collaborative, or Second Harvest Northern Lakes Food Bank.

SUPPLIES, INSTRUCTIONS AND REFLECTION

Supplies

- Fleece fabric (bright colors and patterns are encouraged!)
- Scissors
- Ruler

Instructions

1. Decide if you're making a small or a large blanket. A small blanket should be 30" long and a large should be 60". You do not need to alter the width of the blanket; keep it the standard size it is on the bolt.
2. Select your fabric and alter the length.
3. Cut a 3" by 3" square out of each corner.
4. Fringe each side of the fleece by cutting 3" by 1" strips that you will later tie.
5. When all four sides have been fringed, begin tying each separate fringe. Make each knot tight but do not make it flush to the edge of the blanket (or else the blanket will bunch up and not lay nicely).
6. Take a picture of you, your team, and your finished project and send to Volunteer Center Coordinator epawlik@hlunitedway.org to share and inspire your community— Plus You.

Why Blankets of Warmth?

Sometimes a small gesture goes a long way. By creating a Blanket of Warmth for a community member, you are providing a personal and special gift for someone who will appreciate it. Children (and adults) in the hospital or in transitional housing are often scared and looking for comfort. A simple Blanket of Warmth might be just the thing to provide some comfort and warmth for these community members.

Reflection

1. What do you think this blanket might mean to a child or family member in the hospital or transitional housing?
2. How did making this Blanket of Warmth impact your life? How will it impact the child or adult who receives it?

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MEAL-IN-A-BAG



ACCESS TO FOOD, QUALITY OUT OF SCHOOL TIME SPEED VOLUNTEERING OPPORTUNITY

Take some breakfast, lunch, or dinner supplies and package them together for a quick and easy meal that a local family or individual can make and enjoy together. Bring your items to Harbor House Crisis Shelters, Community Action Duluth, YWCA of Duluth, Life House, or Second Harvest Northern Lakes Food Bank.

SUPPLIES, INSTRUCTIONS AND REFLECTION

Supplies

- Large paper bag
- Oatmeal, bowls, and spoons
- Cereal, shelf-stable milk, bowls, and spoons
- Muffin mix, a muffin tin, a mixing bowl, and a stirring spoon
- Peanut butter, jelly, bread, and a butter knife
- Spaghetti noodles, sauce, colander, pot, a stirring spoon, plates, and forks
- Cans of soup, saltine crackers, bowls, and spoons
- Any other non-perishable meal ideas. Be creative!

Instructions

1. Choose what meal (or meals) you will be packaging up.
2. Gather or buy the necessary supplies – make sure everything is sealed and hasn't expired.
3. Make sure to include disposable or real cutlery, plates or bowls, and prep dishes.
4. Put the meal and all supplies into the paper bag. If you want, decorate the bag beforehand!
5. Include a note with cooking directions and words of encouragement, hope, etc.
6. Take a picture of you, your team, and your finished project and send to Volunteer Center Coordinator epawlik@hlunitedway.org to share and inspire your community– Plus You.

Why Meal in a Bag?

Many local families are considered food insecure. By creating a Meal in a Bag, you are not only providing a meal to those experiencing food insecurity, but you are also giving that family the opportunity to talk, laugh and connect over the meal. This is a simple way for us to help create stronger, healthier families in our community.

Reflection

1. Why is sitting down and eating a meal together as a family important?
2. How did making this Meal-in-a-Bag impact your life? How will it impact the family you help?

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NEWBORN BASKETS



EARLY LEARNING/EARLY LITERACY, ACCESS TO FOOD SPEED VOLUNTEERING OPPORTUNITY

Gather some items for the newest members of our community and bring them to Harbor House Crisis Shelters, Center Against Sexual & Domestic Abuse, Inc., Lincoln Park Children and Families Collaborative, or Second Harvest Northern Lakes Food Bank.

SUPPLIES, INSTRUCTIONS AND REFLECTION

Supplies

- Diapers
- Baby wipes
- Baby powder
- Baby shampoo/soap
- Pacifiers
- Blankets
- Onesies (0-3 months)
- Bibs
- Bottles
- Board books or newborn toys
- Diaper bag / basket / tote bag

Why Newborn Baskets?

Babies need love, attention, and lots of stuff. For example, by the age of two, a baby has gone through 7,300 diapers! You can help make the lives of parents in our community a little easier by providing them with some basic necessities for their child. Help welcome a child to the world with a Newborn Basket.

Instructions

1. Gather your supplies
2. Pack them in a diaper bag, laundry hamper, basket, or tote bag – depending on how many items you've chosen to include.
3. If you want, include an encouraging note to the new parents.
4. Take a picture of you, your team, and your finished project and send to Volunteer Center Coordinator epawlik@hlunitedway.org to share and inspire your community– Plus You.

Reflection

1. Why did you decide to make a Newborn Basket? Are there children in your life that you thought about while creating it?
2. How did making this Newborn Basket impact your life? How will it impact the child and his or her caretaker?

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PILLOW PACKS



HOMELESSNESS, QUALITY OUT OF SCHOOL TIME SPEED VOLUNTEERING OPPORTUNITY

Grab a pillowcase and fill it with toiletries for local kids and teens in need. When you're finished, tie it with a ribbon, label it, and bring it to Age Well Arrowhead, Harbor House Crisis Shelters, Center Against Sexual & Domestic Abuse, Inc., YWCA of Duluth, Life House, or Second Harvest Northern Lakes Food Bank.

SUPPLIES, INSTRUCTIONS AND REFLECTION

Supplies

- Pillowcase
- Ribbon
- Shampoo and conditioner
- Soap
- Hairbrush/comb
- Hair accessories
- Toothbrush
- Toothpaste
- Deodorant
- Lip balm
- Washcloth or hand towel
- Feminine hygiene products
- Lotion

Why Pillow Packs?

All children and young adults in our community deserve the necessities for basic hygiene. Many local students are experiencing homelessness, which makes accessing these necessities extremely difficult. It's vital for kids in need to have access to these supplies for school, extracurricular activities like sports, and even part-time jobs. Spending a little time making a Pillowcase Pack will help a local teen feel good, and you'll feel good doing it.

Instructions

1. Collect or buy the necessary supplies. If you want, customize it for a kid of a specific age or gender.
2. Fill your pillowcase with the supplies.
3. Tie the pillowcase shut with ribbons, and if you want, attach a label ("From a friend who cares," etc).
4. Take a picture of you, your team, and your finished project and send to Volunteer Center Coordinator epawlik@hlunitedway.org to share and inspire your community— Plus You.

Reflection

1. Think about what your life would be like without basic supplies for hygiene. Would you be able to do all the things you enjoy? Would you be treated differently?
2. How did making this Pillow Pack impact your life? How will it impact the child you help?

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THE SHOEBOX PROJECT



HOMELESSNESS SPEED VOLUNTEERING OPPORTUNITY

Find a shoebox and fill it with toiletries and other basic necessities for homeless individuals and community members living in shelters or transitional housing. Drop it off at Age Well Arrowhead, Harbor House Crisis Shelters, Center Against Sexual & Domestic Abuse, Inc., Life House, or Second Harvest Northern Lakes Food Bank.

SUPPLIES, INSTRUCTIONS AND REFLECTION

Supplies

- Shoebox
- Travel size shampoo & conditioner
- Bar soap
- Lotion
- Deodorant
- Toothbrush
- Toothpaste
- Sunscreen
- Hair comb/brush
- Hand towels
- Bandages and antibiotic ointment
- Socks
- Tampons/panty liners
- Razors
- Tissues
- Re-sealable zipper storage bags
- Rain ponchos
- Bus passes
- Laundry gift cards

Why The Shoebox Project?

Families and individuals in our community struggling with homelessness deserve access to basic necessities for hygiene and health. You can give a helping hand to individuals who are homeless or living in transitional housing by simply creating a shoebox and filling it with toiletries. Easy opportunities like this strengthen our community and provide relief to those in need.

Instructions

1. Find a shoebox. Decorate it however you want!
2. Purchase or collect new supplies.
3. Fill the shoebox with the supplies. Please note that the shoeboxes may be opened for safety inspections before being delivered.
4. Take a picture of you, your team, and your finished project and send to Volunteer Center Coordinator epawlik@hlunitedway.org to share and inspire your community– Plus You.

Reflection

1. How would your life be different if you didn't have access to basic health and hygiene supplies?
2. How did participating in the Shoebox Project impact your life? How will it impact the individual you help?

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DENTAL KIT ASSEMBLY



QUALITY OUT OF SCHOOL TIME, ACCESS TO HEALTH SPEED VOLUNTEERING OPPORTUNITY

Assemble toothbrush kits and fill with a toothbrush, toothpaste, floss, and a pencil for a local underserved child. Just Kids Dental will provide all supplies

SUPPLIES, INSTRUCTIONS AND REFLECTION

Supplies

- You, your time, and talent
- Toothbrush
- Toothpaste
- Floss
- Pencil

Instructions

1. Please contact JKD to set up a date, location, and time to assemble toothbrush kits. 218-206-4327.
2. Place assembled toothbrush kits into totes provided by Just Kids Dental.
3. Please contact JKD when completed and a representative will pick-up kits.
4. Take a picture of you, your team, and your finished project and send to Volunteer Center Coordinator epawlik@hlunitedway.org to share and inspire your community– Plus You.

Why Dental Kit Assembly?

Tooth decay is the most common chronic disease of childhood.

Many local children do not own a toothbrush or have never been to the dentist.

By providing toothbrush kits to children during school-based dental clinics and education presentations, underserved children have the necessary tools to help prevent tooth decay.

Good oral health helps prevent overall health issues later in life such as diabetes and heart disease.

Reflection

1. Why is oral health personally important to you?
2. How has assembling toothbrush kits positively impacted your life?
3. How may your gift of time impact an underserved child?

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