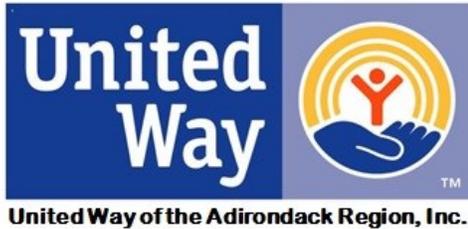


United Way of the Adirondack Region, Inc. "Virtual" Week of Caring

Monday, April 20 to Saturday, April 25, 2020



**Clinton,
Essex & Franklin
Counties**



Opportunities For Virtual Volunteering

Monday, April 20, 2020

THANK THE FRONTLINE: Show your gratitude to medical staff, first responders, law enforcement and essential workers by writing letters, sending messages, posting videos, hanging signs and other ways of giving thanks.

Tuesday, April 21, 2020

PROMOTE MENTAL HEALTH AND WELLNESS: Call or message people who may need your kindness. Share messages of wellness. View the documentary "[Addicted to Hope](#)".

Wednesday, April 22, 2020

DONATE OR MAKE PERSONAL PROTECTIVE EQUIPMENT (PPE): Donate unopened Masks, Gloves, Hand Sanitizers and Disinfectants to your local hospital or County Collection Points (Call for details, if needed). Make your own Face Coverings and other PPE by following [CDC Guidelines](#).

Thursday, April 23, 2020

COMPLETE THE CENSUS: Utilize internet, phone or mail to complete the Census 2020. By doing so, you are helping to ensure critical resources, services and representation for our region. To complete by telephone Dial 844-330-2020, to complete on-line, click [here](#) or return mailer, if received.

Friday, April 24, 2020

DONATE NEEDED FUNDS: Make a monetary contribution of any size to the [Special and Urgent Needs \(SUN\) Fund](#). This fund helps to support Food Programs, Basic Needs, Non-Profits and other initiatives focused on alleviating the community impact of the COVID-19 crisis. **Other Options:** North Country Chamber of Commerce's "[Feed the Frontline](#)", United Way's "[Emily Fund](#)"

Saturday, April 25, 2020

FINALE: Share your good deeds and those of others on social media using **#UWADKWeekofCaring**. Help to be a role model and to inspire other acts of kindness.

Please follow Public Health and CDC Guidelines at all times.

For More Information: 518-563-0028/ Kathy@unitedwayadk.org

Our Partners:

