



Once you have completed a task please share a photo via social media & use [#helplinecenter](#) to share to the Helpline Center Facebook or Instagram pages if able to.

Write and mail letters for nursing home residence or hospital patients.	Volunteer to drive veterans or seniors to a Dr appointment.	Donate books to a local school, church, homeless shelter or non-profit in need.	Sidewalk Chalk positive messages in your neighborhood share the picture via social media.	Pick up trash in a local park/ neighborhood.
Complete a Summer of DIY project from the <a href="http://helplinecenter.org">helplinecenter.org</a> website. Remember to share via social media <a href="#">#helplinecenter</a> .	Sign up for the Helpline Center's weekly volunteer opportunities email via <a href="http://helplinecenter.org/volunteer">helplinecenter.org/volunteer</a>	Create cards and send thank you/thinking of you cards to first responders/ essential employees.	Thank a local non-profit for their work! Utilize social media & be sure to tag <a href="#">#helplinecenter</a> .	Sign up via <a href="http://helplinecenter.org">helplinecenter.org</a> or call 211 to make/donate masks to area organizations in need.
Share this BINGO & encourage others to play – get at least 1 person to join in.	Volunteer to deliver necessities to someone's home who is not able to go out.	<b>Free</b>	Provide a care package to a veteran or military family.	Donate small thinking of you gifts for residents at a local nursing home or hospitals.
Volunteer to be a mentor – call that person weekly or meet them at a park for example.	Host a neighborhood food drive – collect food for local food pantry.	Visit the Helpline Center Volunteer Database to see what volunteer opportunities are available!	Volunteer for a food service organization. (Pack meals, deliver meals, etc.)	Donate Blood.
Donate a snack/meal to a local police or fire station.	Make toys for or donate to the local animal shelter.	Connect with an isolated senior citizen – call them weekly or mail them a note weekly.	Follow the Helpline Center on social media. Be sure to like & follow our page!	Nominate someone who makes a difference for the Helpline Volunteer of the Month!

**Once you have a completed BINGO (5 squares in a row) send a copy of your bingo card & any additional activity photos to the Helpline Center Volunteer Connections staff to win a prize! Please email your entry to your area email below by July 31<sup>st</sup> to receive your prize.**

Black Hills Area – [bhvol@helplinecenter.org](mailto:bhvol@helplinecenter.org)

Brookings Area – [bkvol@helplinecenter.org](mailto:bkvol@helplinecenter.org)

Sioux Falls Area – [vol@helplinecenter.org](mailto:vol@helplinecenter.org)

*COVID-19 Reminder: Please remember to ensure your health and safety is 1<sup>st</sup> priority with all community engagement activities. Please follow all CDC guidelines when completing any volunteer activity.*

### **Contact Information:**

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

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