

Continuing Operations During and After a Pandemic

Prepared by: South St. Louis County DWI Court
100 North 5th Avenue West, Duluth, MN 55802

Ideas for Virtual Volunteering & Remote CSW

-**Write and mail handwritten notes** to nursing homes, health care workers, or first responders letting them know you appreciate their work and are thinking of them

-**Artwork, written work, or a dance that expresses what you are grateful for**

-Make a **Tik Tok** video of gratitude and post it

-Write **positive messages in chalk on the sidewalk** for others to read

-**Paint rocks with positive messages** and scatter on trails for others to read

-Place **stuffed animals** in your window, encourage others to do the same, and take your kids for a walk to spot them in your neighbor's windows

-**Pick up and bag trash/garbage** in your neighborhood

-**Make masks** for people to use during the pandemic:

<https://www.nytimes.com/2020/03/31/opinion/coronavirus-n95-mask.html>

-Become a **Chemo Angel** and send letters to patients undergoing chemotherapy:

<https://www.chemoangels.com/angel-pre-app>

-Download the "**Be My Eyes**" app and become a sighted volunteer for blind and low-vision people:

<https://www.bemyeyes.com/>

-Work on eBooks through **Project Gutenberg**:

https://www.gutenberg.org/wiki/Gutenberg:Volunteering_for_Project_Gutenberg

-Become a digital volunteer for the **Smithsonian**: <https://www.si.edu/volunteer/DigitalVolunteers>

-Visit **Catchafire** for virtual service opportunities: <https://www.catchafire.org/>

-**Second Harvest** is looking for volunteers: <https://northernlakesfoodbank.org/>

-**Volunteer Match**: This site has volunteer opportunities for people looking to help out. You type in your zip code, capabilities, and interests, and they match you to opportunities, with e-mail updates when new opportunities come up. They even have virtual options during COVID-19!

<https://www.volunteermatch.org>

-**St. Louis County Public Health and Human Services** is joining other counties to establish a pool of volunteers willing to help in the fight against COVID-19. Volunteers are needed for a variety of tasks (shopping, delivering groceries & medications, and providing support to St. Louis County PHHS staff.) St. Louis County is using the Minnesota Responds system to register volunteers. To sign up, visit

mnresponds.org. Anyone who wants to help is encouraged to sign up regardless of whether they have medical training or experience.

...and much, much more! The sky is the limit & we value your creative ideas and input.