

The Annual Day of Caring 

CNY Region Information <CNY-REGION-INFORMATION@LISTSERV.OMH.NY.GOV>

on behalf of

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To: CNY-REGION-INFORMATION@LISTSERV.OMH.NY.GOV <CNY-REGION-INFORMATION@LISTSERV.OMH.NY.GOV>

UNITED WAY OF THE
ADIRONDACK REGION'S

Annual Day of Caring



SATURDAY, APRIL 23, 2022

Serving Clinton, Essex & Franklin Counties

SUGGESTED VOLUNTEER OPPORTUNITIES

PROMOTE MENTAL HEALTH & WELLNESS: Visit, call or message people who may need your kindness. Share messages of wellness.

DONATE NEEDED FUNDS: Make a monetary donation to a local or regional charity of your choice. You can go to www.unitedwayadk.org for a list of partner agencies or contact us for additional information.

HELPING NEIGHBORS: In accordance with local guidelines and when deemed safe, help an elderly or disabled person with yard work, minor repairs or spring cleaning. Help to clean and beautify public places for the enjoyment of all.

DONATE FOOD TO ALLEVIATE HUNGER: Conduct a food drive or donate food to a food shelf of your choice. Please contact the food shelf directly to ensure they are accepting donations and to arrange for drop off.

ACTS OF KINDNESS: Create your own unique opportunities as a person, family or group to help make a difference in the Adirondack Region.

Our Partners:



For more information:
call (518) 563-0028

[Unsubscribe regina.shoen@omh.ny.gov](mailto:regina.shoen@omh.ny.gov)

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Feeling stressed by the COVID-19 pandemic? You are not alone. Call the NY Project Hope Emotional Support Helpline 7 days a week, 8am-10pm at 1-844-863-9314 or visit <https://nyprojecthope.org>

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