



**Studies have shown that people who volunteer feel more socially connected, thus warding off loneliness and depression.**

**-Harvard Medical School**

**Research shows that feel good hormones and brain activity spike during volunteer activities. It results from a release of dopamine in the brain, just like after exercise.**

**-John Hopkins University**

## **How to Help:**

Volunteer Connections has compiled a list of meaningful volunteer activities you can safely engage in to ease the burdens that so many face right now. This list will continue to grow and change so please check back often. Please note that availability of these activities may change as community policies and needs shift.

## **Direct Volunteer Opportunities**

[www.helpcoloradonow.org](http://www.helpcoloradonow.org) is a Colorado-wide list-serve which provides information on how to help in support of the COVID-19 crisis.

- Volunteer opportunities
- Donation information
- Resources for hard-hit non-profit organizations

[United Way](#), [Food Bank of the Rockies](#), [Volunteers of America](#) have volunteer needs available for low-risk and healthy individuals.

- Or check in with your local Food Pantry, Church, or homeless shelter

[Spark The Change Colorado](#) has even more volunteer opportunities to explore.

## Community Support

Complete the [2020 Census](#), post on your social media and remind those who are not online to complete theirs. If you are a member of a faith community or other group, encourage them to spread the word. Here is more [information](#).

[Vitalant](#) needs blood donors. Learn more about safe ways to give blood while social distancing.

Local animal shelters may have opportunities to foster a pet – check with your local shelter.

If you can sew, Joann Fabrics is running a home-made face-mask campaign called [Make to Give](#). They will provide all of the supplies and instruction for free.

History Colorado is developing a museum [collection on COVID-19](#). They have created an online survey to capture the experience of fellow Coloradans.

Download the [Wooftrax](#) app. Use it every time you take your dog on a walk and they will donate funds to your local animal shelter.

Write positive online reviews of businesses you like. It makes a difference.

Be an outdoor steward - do trash pick-up or park clean-up with your household, then post pics of your full trash bags to your social media

## Mutual Aid Networks

Build a “mutual aid” network where neighbors can sign up to run errands, make donations and otherwise support high-risk people.

- Google how-to-build a mutual aid network or use this [resource](#)
- Use [NextDoor.com](#) to reach out to your neighbors
- [Kingsoopers.com](#) – your high risk neighbor can order and pay online, and then you can pick the items up.
- Create a phone tree to make regular check-ins with friends and family to maintain social norms, from a distance.
- If it snows, shovel your neighbor’s walk and driveway
- Build a kit for an elderly neighbor or a person experiencing homelessness:
  - A card, favorite easy recipes, Soduko printouts, hand soap, sealed tea packets, large print book, etc.
  - A card, EmergenC packets, hand sanitizer, sunscreen, granola bars, pair of socks, toilet paper, etc

## Even More Feel Good Ideas

Post Thank You's for your mail carrier, your delivery person, your trash-man.

Make side-walk art or paint rocks with uplifting colors and messages.

Google Acts of Kindness you can do at home or online with friends & family.

Place a toy bear in a visible spot for kids who are ["Going on a Bear Hunt."](#)

Decorate your visible windows with [Colorful Hearts](#).

Run a snail-mail-chain campaign: Mail 3+ hand-written notes to your family and friends. Nominate them to do the same.

Order supplies online directly from your favorite small businesses.

Order no-touch delivery or take-out from your favorite local restaurants.

Share your acts of compassion on social media because kindness is what we all need right now!

If you have other great ideas or would like to share a story of how you made a difference, please email Nira Duvan at [nduvan@arapahoegov.com](mailto:nduvan@arapahoegov.com).

**Thank you for doing your part** by staying home, hand-washing and social-distancing as the [CDC recommends](#). We will communicate volunteer programming updates with you as this situation unfolds. Please feel free to contact me with questions.

