

# Merrilee Boyack

[MerrileeBoyack.com](http://MerrileeBoyack.com)

## IDEAS FOR COMMUNITY INVOLVEMENT

**We're so happy you're wanting to serve. Remember our motto from Gandhi: "YOU must be the change you wish to see in the world!" Feel free to email me for help! Happy serving!!! Always contact the organization FIRST to see what they want.**

### MAKE PROJECTS

Contact the local firestations and ask how many beds they have. Make quilts for the beds (using sheets and tying - easy.) and/or bake chocolate chip cookies for them and then deliver them to the firestations. They would LOVE that!!

Make T-shirt dresses

Crochet hats for kids in other countries

Contact local military base – make letters/cards for them

Make placemats for nursing homes or soup kitchens

Make CDs with singing or performing and give out to needy

Make hygiene kits – donate to LDS Humanitarian or shelters

Make baby layettes – donate to LDS Humanitarian or to local Life Choices Counseling centers

Make quilts – easiest is two sheets, batting in middle, tie with yard

Make book bags or simple backpacks

Make quillows – quilts that fold up to a pillow (directions on the internet)

Make TLC kits – small bags with goodies – lotions, books, jewelry – for women's shelters

Make kid packs – small bags with kids items for shelters

Make bedrolls (you use two old ties, an old blanket, and a square of fabric to make a pocket), etc.

Make birthday cards for seniors, shut-ins, nursing homes

Make a "New Kid" survival kit for new kids starting schools

Make a bookbag, put in a book and a CD of you reading the book and donate to schools

Make double-sided easels and donate overseas or local schools/shelters

Make pillowcases for children in pediatric unit of hospital

Make clothes for stillborn babies

Make heart pillows for heart patients to support chest when cough

Make small pillows for mastectomy patients to put under arm

Make birthday bags for food bank – cake mix, frosting, candles, streamers, balloons

### DO PROJECTS

Read books for the blind

Make a service jar – do a service, take a candy

Good works bracelets distribution – get a charm when you finish doing a service

Ronald McDonald House – make a meal

Become a mentor for an adolescent – just call your school district to volunteer

## **MORE DO PROJECTS**

Help out in your child's classroom at school

Recycle all your cans and bottles and donate the money to a charity

Volunteer in your local hospital

Volunteer for the Girl Scouts or Boy Scouts – and perhaps help out on a district level

Go play the piano once a week at a local rest home

Invite all your neighbors over for a potluck and do it once a year

Deliver birthday flowers and/or cards to Meals on Wheels recipients

Contact the Red Cross to sign up and volunteer

Run a blood drive

Donate blood regularly

Take your family to help serve dinner one night at a soup kitchen

If you're a retired businessperson, volunteer for a group like SCORE

Call the local hospitals and see if they can go to the children's sections and read stories

Contact nursing homes - things to do there:

- Have a sing-a-long of the old songs (like You Are My Sunshine, etc.) and perform a few numbers.

- Offer to go in and record a short life-history (for privacy reasons, you have to leave THEM the recording when you're done so make them a CD). This is SOOO cool. Have a prepared list of questions: "Did you fight in the war?" "What would you have done differently?" "What was your BEST day?" "Tell me about your first job/school/etc.?" Very neat. Offer to paint nails, do hair, etc.

- Offer to conduct a craft session or activity, etc. Interaction is the key here - not just stand apart and perform.

- Remember, treats need to be sugar-free.

- Take them on a walk (or "wheel") outside to enjoy the day

Contact the city to ask about low-income housing. Offer to go in and do a craft class for the children. A neat one is for them to make their own book - they do the pages. You staple the middle and voila! LOTS of fun and cheap!

Contact Habitat for Humanity and volunteer (they have a website).

Do a Scavenger Hunt for the food bank. Get a bunch of vans and trucks and go door to door with boxes and say "We're on a Scavenger Hunt for food. All donations will be given to the FoodBank." collect the food (NO PERISHABLES OR GLASS) and take it to the Foodbank.

Call the School District and ask if you can go clean up around a school. Take hoes, shovels, rakes, gloves and do some REAL clean-up work.

Contact the City and ask if you can adopt a park. Go in and clean it up and plant flowers!

A real fun one is to buy lots of flowers (6-packs at a plant nursery) and go around to all the seniors homes and just go plant the flowers. We did this one at night as a surprise for all the seniors and they were absolutely delighted. Just show up with bags of dirt and flowers and have at it!

Do 10 minutes life histories at the local senior center. Take in computers and a printer. Have a list of 5 questions. Type it up for the seniors and give them a printout. They would LOVE it!

Invite a serviceman/woman for dinner or a holiday

Sign up to be a blood marrow donor

## **EVEN MORE DO PROJECTS**

Sign up to be an organ donor (see online)

Donate plasma

Donate hair to [locksoflove.org](http://locksoflove.org)

Offer to babysit to give parents a break! Or care for a senior and give their caregiver a break.

Donate DVDs to the children's hospital or shelter

Do a "We appreciate the Custodian!" activity

Clean the yard of someone who is old or disabled

Volunteer to help at a Special Olympics

Contact your local service club (Rotary, Kiwanis, Soroptimists, Elks, Lions) and volunteer

Plan a Memorial Day or Veterans Day program or other veterans recognition/appreciation event

Plant a tree

Crochet an afghan for babies

Paint park benches, fences, or a seniors home

Do childcare during a community/school meeting

Do a reading time at your local school or library or shelter

Clean up a beach or riverbed

Plant native flowers in public places

Help a senior learn how to use computers

Get with friends and form a Clean Up Club to help elderly with house cleaning

Take a pet to a nursing home

Help Meals on Wheels deliver food to seniors

Help with repairs at local shelter or church

Take a CPR course – better yet, organize one for a group!

Give out 20 hugs in one day

Contact the County and ask what their foster children need – do it!

Deliver sack lunches to the homeless

Hold events for nonprofits – having a dinner for them (doesn't have to be fundraising) is great!

Have a librarian appreciation event – invite them to an event in their honor or take them TLC things.

Organize a Make a Difference Day (it's national, in October)

Develop a community garden and donate the food to the foodbank or the needy

Clear brush for fire department

Ronald McDonald House – make dinner for families

Make Blessing bags – Ziploc bags with socks, crackers, gum, note, toiletries, etc. for homeless

Holiday parties at special needs, children's homes, senior

Clean up a Cemetery

Write letters to Military – mail to Operation Gratitude, 17330 Victory Blvd., Van Nuys, CA 91406

## **COLLECT PROJECTS**

Take food once a month to a foodbank

Collect children's toys for a battered women's shelter – clean them and deliver

Save all your change all year and just before Christmas, give them to a charity or homeless shelter (cash them in first!)

## **MORE COLLECT PROJECTS**

Take used books to a homeless shelter  
Save your magazines and donate them to a shelter  
Give your old children's books to your school  
Have a birthday party where people bring toys to donate to the poor or other items  
Collect CDs and DVDs for shelters, hospitals, schools, or military  
Collects used clothing/items for Salvation Army/Deseret Industries or other organization  
Collect sports equipment for shelters or possibly Big Brothers/Sisters  
Collect suits/dresses for women's transitional housing (they also need briefcases and pantyhose!)  
Collect jeans for teens  
Collect unused eyeglasses and donate them  
Collect gift cards and donate to shelters, foster youth, etc.  
Diaper drive for food bank or shelters

## **SPEAK UP PROJECTS**

Learn how to e-mail your government representatives and do so regularly!  
Join your PTA  
Go meet with your Congressman  
Call the City to volunteer to serve on a committee  
Write a letter to the editor about an issue you feel passionately about  
Organize a political forum to meet candidates and discuss issues  
Go talk to your city councilman  
Organize your neighborhood for emergency preparedness  
Organize your neighborhood into a Neighborhood Watch group  
Use blogs, Facebook and Twitter to spread your opinions  
**VOTE EVERY TIME ON ISSUES YOU HAVE STUDIED FIRST!!**

## **FUNDRAISERS**

Have sponsors sign up for book-reading marathon  
Giant rummage sale – donate proceeds  
Bake sale  
Service sale – off range of services, donate whatever they want to pay  
Car wash  
Dinner or performance  
Cleaning marathon – get sponsors and go clean a park, roadside, etc.  
Boutique – especially crafts, holiday stuff, etc.  
Run a concession stand  
Organize a run/walk/bike ride for charity  
Sell painted rocks from children  
Frame children's art and hold an art auction

## **LDS PROJECTS**

Collect for Deseret Industries  
Add \$5 to your church contribution and designate "Humanitarian Aid"  
Put your testimony in a Book of Mormon and give it to the missionaries  
Contact LDS Social Services to volunteer to be a foster parent

Go to Bishop's Storehouse and volunteer – ask about kits you can make

***52 Weeks of Family Service Projects (from the book “52 Weeks of Fun Family Service” by Merrilee Boyack, published by Deseret Book)***

1. Thank You Week
2. Recycling Week
3. Make Quilt
4. Sing to Seniors
5. Read and Record Books
6. Firefighters Appreciation Day
7. Heart Attack a Grandma
8. Assemble Hygiene Kit – LDS Humanitarian
9. Bake Sale for the Hungry Fundraiser
10. Make Placemats for Seniors
11. Collect Magazines and Books for Shelters
12. Neighborhood Potluck
13. Military Messages
14. Charity Garage Sale
15. Letters to Grandparents
16. Toy Collection Bonanza
17. Gardening for the Hungry
18. Be Flower Fairies
19. Help a Primary Around the World
20. Lemonade Stand for Love
21. FHE for Friends
22. Write the Missionaries
23. Baked Treats Doorbell Ditch
24. Visit a Senior and Record Their Oral History
25. Plant a Tree
26. Volunteer for a Community Event
27. Rock Art Sale
28. Deseret Industries Drive
29. CPR/ First Aid Week
30. Birthday Cards for Kids
31. Assemble a Baby Kit
32. Sew a T-shirt Dress
33. Pet Week
34. Adopt a Park or Trail Week
35. Support Your Hospital Auxiliary
36. Service Scavenger Hunt
37. Clean the Church
38. Paint-athon
39. Welcome Baby Day
40. Food for the Homeless
41. Librarian Appreciation Day

42. Art Gallery Fundraiser
43. Rake/Shovel/Sweep in the Neighborhood Week
44. Charity Catalog Collection
45. Charity Birthday Party
46. Flag Week
47. Make a Difference Day
48. Trick or Treat for UNICEF
49. Donate Halloween Candy
50. Christmas Jar
51. Adopt a Family
52. Twelve-day Nativity

Go on the internet and type in “Community Service Ideas” There’s zillions more!!!

Some I like:

DoOneNiceThing.org      DoSomething.org      KIVA.org  
EveryMondayMatters.com      Charity Navigator.org      United Way

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