

Dear United Way Volunteer:

Thank you for participating in last year's MLK Day Equity Challenge. This year United Way of the Dutchess-Orange Region is hosting another 21 Day Equity Challenge in his honor, **as well as hosting several volunteer opportunities**, both in-person and virtual. **If you are interested in participating in this year's Equity challenge, please reply and we will send you calendar invites with links to educational materials.**

Dr. Martin Luther King, Jr., said that, "Life's most persistent and urgent question is, 'What are you doing for others?'" Throughout the month of January, United Way of the Dutchess-Orange Region is providing opportunities for individuals to do something for others. Volunteer opportunities are available both virtually and socially distanced on the grounds. Our group volunteer events are designed with safety in mind, adhering to the health protocols that are set in place.

We are honored to bring people together in Dutchess and Orange Counties to join the fight for equity, health, education and financial stability of every person in every community.

In observance of MLK Day 2022, we have arranged the following volunteer opportunities and activities. Virtual and in-person opportunities are available. Please reply by email, or call 845-471-1900 (ext. 3106) if you are interested in volunteering with us at any of these events.

Lunchbox at Dutchess Outreach - Join us at Dutchess Outreach on **January 28th** to assist us in preparing and distributing hot meals to the community. Available shifts are **9-11am** (2 volunteers needed) or **11am-1pm** (2 volunteers needed.)

Food Bank of the Hudson Valley - We invite you to join us on **January 26th at 5pm** in our efforts in sorting food items at the Food Bank so they can be well-distributed into the community. Your efforts will help low-income families stretch their limited budgets and eat better. **5 volunteers** are needed for this event.

United Way of the Dutchess-Orange Region - Join us at our UWDOR office on **January 24th at 3pm** to assist with unpacking and organizing our donations which will be distributed throughout the community to families in

need of essential items including diapers, clothing, and various household necessities.

We also have 2 opportunities to deliver food to families in need, **1 in Dutchess County and 1 in Orange County**. Please contact Katie (kconstable@uwdor.org) directly if you are interested in either of these opportunities.

Hygiene product drive -- UWDOR will be collecting hygiene products including Shaving cream, bandaids, lip balm, feminine products, facecloths, nail clippers, laundry detergent, bar soap, deodorant, shampoo, conditioner, toothpaste and toothbrushes. Items can be dropped off at the UWDOR office in Poughkeepsie.

****Virtual Activities****

Join us on **January 19th from 12-1pm** for a virtual speech writing activity via Zoom where we will be writing our own "I Have a Dream" speeches.

Join us on **January 20th at 4pm** for a viewing of "Just Mercy," the powerful true story about the Equal Justice Initiative.

We will be hosting 2 letter writing parties on **January 10th & 14th at 11am**. Join us in sending notes of encouragement to socially isolated seniors in our community!

Please reply to this email or call our office (ext. 3106) if you are interested in participating in any of these events! We hope to see you there!!

Sincerely,
Katie Constable

Financial Pathways VISTA
ext. 3106