

# HSHSL Day of Service

## Ways to Serve

The inaugural HSHSL Day of Service will take place on **Tuesday, June 23<sup>rd</sup>** – choose any hour that day to serve! Going forward, the Day of Service will be a monthly event.

- Email photos of and/or reflections about your project to Tara and we'll inspire each other: [twink@hshsl.umaryland.edu](mailto:twink@hshsl.umaryland.edu)

Here are some ideas to get you started:

- [\*\*VOLUNTEER\*\*](#)
- [\*\*BECOME A CHAMPION FOR SOCIAL JUSTICE\*\*](#)
- [\*\*BECOME A CITIZEN SCIENTIST\*\*](#)



**Websites to Search for Local Volunteer Opportunities:** [\[Back to Top\]](#)

[UMB Community Engagement Center Volunteer Opportunities](#)

[VolunteerMatch](#)

[All For Good](#)

[Just Serve](#)

## Local Volunteer Opportunities (continued):

[United Way](#)

[Do Something](#)

[Habitat for Humanity](#)

[Give Pulse](#)

[AARP- Create the Good](#)

[Feeding America](#)

[American Red Cross](#)

[Special Olympics](#)

[Idealist](#)

## Volunteer at your Favorite Places:

Love the theatre? Thrift shops or parks? Art galleries or coops? The hospital that helped you or a loved one? They are always looking for volunteers and most have information about volunteering on their websites – feel free to call and offer your service, if not.

## Things You Can Do on Your Own – General Ideas:

- Start your own [Little Free Library](#) – Anyone can!
- Sign up to be a [YouthWorks](#) mentor this summer – it's virtual this year.
- Send [cards to soldiers](#) serving overseas, health professionals on the front lines of COVID-19, residents of nursing homes, pediatric patients, or neighbors who need some cheer
- Participate in a charity fundraising race, many are virtual right now
- Celebrate 2020 Graduates with a sign in your window or yard
- Collect toiletries, toys, books, games, clothing and outerwear to donate to a shelter for abused women or homeless shelter
- Apply to serve on the board of your local library, museum, or other organization
- Pick up trash in community spaces
- Write positive chalk messages along a walking/running/bike path
- Paint rocks with positive messages and leave them for others to find along paths or deliver them to people in need of cheer
- Promote [voter registration](#)
- Promote civic engagement
- Encourage participation in the [2020 Census](#)

## Help Children and Schools

- Become a virtual tutor for kids
- Donate stuffed animals to children in hospitals
- Knit or crochet baby blankets to be donated to hospitals or homeless shelters
- Collect baby clothes and supplies to donate to new parents
- Sponsor a bike give-away for kids in your community, providing safety gear like helmets and knee pads, too
- Collect used sports equipment to donate to families and after-school programs
- Sponsor a child living in a foreign country, either on your own or as part of a group
- Promote your library's summer reading program to encourage kids in your community to read
- Create a new game for children to play or downloadable PDFs of puzzles/games to share via your neighborhood listserv
- Partner with your local school or library and organize virtual story times for children
- Donate used children's books to a school library

## Help Senior Citizens

- Call retirement/senior homes to volunteer for virtual visits
- Deliver groceries and meals to elderly neighbors
- Mow an elderly neighbor's lawn, rake leaves or shovel snow
- Help spiff up a senior neighbor's home – wash windows, wack weeds
- Put bird feeders or bird baths up for older neighbors
- Make birthday or thinking-of-you cards for older neighbors
- Organize a virtual project to ask residents of a retirement home to tell you about their lives and record their stories for posterity
- Pick up medicine for an elderly neighbor
- Deliver cookies to a homebound senior citizen

## Help Animals and the Environment

- Take care of cats and dogs at an animal shelter
- Clean up a local park
- Raise money to provide a bulletproof vest for a police dog
- Plant a tree for Arbor Day
- Place a bird feeder and bird fountain in your backyard, offer to do the same for neighbors
- Start a butterfly garden in your community
- Sponsor a recycling contest
- Grow flowers in your backyard then give bouquets to hospital patients or people who are housebound
- Help create a new walking trail at a nature center or park
- Update the signs along a nature trail
- Adopt an acre of rainforest
- Help train service dogs
- Participate in the cleanup of a local river, pond, or lake
- Foster animals that shelters don't have space for
- Organize a spay and neuter your pet program
- Sponsor an animal at your local zoo
- Sponsor an endangered animal
- Build and set up a bird house, offer to do the same for neighbors or community centers

## **Help Animals and the Environment (continued)**

- Campaign for more bike lanes in your town
- Test the water quality of a lake or river near you
- Plant native flowers or plants along highways

## **Help the Hungry and/or Homeless**

- Deliver sandwiches, fresh fruit and water to areas where homeless people gather
- Build a house with [Habitat for Humanity](#)
- Build flower boxes for Habitat for Humanity houses
- Donate your old clothes or used books
- Volunteer at a soup kitchen or food bank
- Donate old eyeglasses to an organization that distributes them to people in need
- Donate non-perishable food to a food bank
- Donate blankets to a homeless or abuse shelter
- Donate toiletry “kits” to shelters
- Prepare a home-cooked meal for the residents of a local shelter
- Collect grocery coupons to give to a local food bank
- Help repair or paint a local shelter
- Donate art supplies to kids in a local shelter
- Help organize and sort donations at a local shelter
- Bake a batch of cookies or loaf of bread and deliver it to a soup kitchen
- Organize a winter clothes drive to collect coats, hats, scarves, and gloves to be donated
- Make first aid kits for residents of local shelters

## **Reduce Crime and Promote Safety**

- Paint over graffiti in your neighborhood
- Organize the creation of a community mural with a positive image or message
- Organize a drug-free campaign
- Start or join a neighborhood watch program
- Create and distribute a list of hotlines for people who might need help
- Create a TV or radio public service announcement against drug and alcohol use

## **Promote Community Enhancement**

- Paint park benches
- Donate used books to your local library
- Repaint community fences
- Plant flowers in bare public areas
- Organize a campaign to fund new playground equipment for a community park
- Clean up vacant lot
- Produce a neighborhood newspaper
- Campaign for more lighting along poorly lit streets
- Create a newcomers group in your neighborhood to help welcome new families
- Clean up trash in community spaces
- Adopt a local highway or road and clean up trash along it



## Become a Champion for Social Justice: [\[Back to Top\]](#)

One way to become a champion for social justice is to educate yourself and share educational resources with others. Here are a few suggestions on the topic of racism in America:

### **Read:**

*White Fragility* by Robin DiAngelo

*How to Be an Anti-Racist* by Ibram X. Kendi

*The New Jim Crow* by Michelle Alexander

*Divided Sisters* by Midge Wilson and Kathy Russell

*The Bluest Eye* by Toni Morrison

*Their Eyes Were Watching God* by Zora Neale Hurston

*They Can't Kill Us All* by Wesley Lowery

*I Know Why the Caged Bird Sings* by Maya Angelou

*Fatal Invention: How Science, Politics, and Big Business Re-create Race in the Twenty-first Century* by Dorothy Roberts

*Locking Up Our Own* by James Forman

*The Miner's Canary* by Lani Guiner and Gerald Torres

*The Wretched of the Earth* by Frantz Fanon

*Freedom Is a Constant Struggle: Ferguson, Palestine, and the Foundations of a Movement* by Angela Y. Davis

### **Watch:**

13<sup>th</sup>

American Son

I Am Not Your Negro

Dear White People

If Beale Street Could Talk

King in the Wilderness

See You Yesterday

The Hate You Give

The Central Park Five

When They See Us

## Become a Champion for Social Justice (continued):

### Listen (Podcasts):

1619

About Race

Code Switch

Intersectionality Matters!

Momentum: A Race Forward Podcast

Pod for the Cause (Leadership Conference on Civil & Human Rights)

Seeing White

Fare of the Free Child

### Volunteer for Social Justice Organizations:

Many of the volunteer sites listed in the **Volunteer** section have a “social justice” category so opportunities can be found via searching them, but you can also reach out to organizations dedicated solely to social justice issues.

There are many organizations doing important and impactful social justice work – this necessarily incomplete list includes some doing urgent work now:

[American Civil Liberties Union \(ACLU\)](#)

[Black Lives Matter](#)

[Lambda Legal](#)

[Rescue.org](#)

[Planned Parenthood](#)

[Human Rights Campaign](#)

[Council for American-Islamic Relations \(CAIR\)](#)

[United We Dream](#)

[Big Brothers Big Sisters](#)

[Coalition for Social Justice](#)

[Center for Economic and Social Justice](#)



## Become a Citizen Scientist! [\[Back to Top\]](#)

### These resources will help you contribute to advancements in science:

(An incomplete list but suggestions to get you started)

#### Book, published in 2020:

[\*The Field Guide to Citizen Science: How You Can Contribute to Scientific Research and Make a Difference\*](#) by Darlene Cavalier, Catherine Hoffman and Caren Cooper

#### Citizen Science Websites:

##### [SciStarter](#)

SciStarter connects you to thousands of projects in need of your help. When you create an account, you can track your contributions to science on your dashboard. Add your interests and location to your profile to get custom project and event recommendations. You can also find apps specific to your interests and connect to the thousands of other citizen scientists in our community to answer questions, share experiences, and more.

- [Scistarter search for Maryland and Apps](#)

##### [National Geographic Citizen Science Projects](#)

Did you know snapping mountain-top photos of smog and listening for frog calls can help scientists? Get ideas for how you can participate in citizen science—projects in which volunteers and scientists work together to answer real-world questions and gather data.

##### [Zooniverse](#)

The Zooniverse is the world's largest and most popular platform for people-powered research. This research is made possible by volunteers — more than a million people around the world who come together to assist professional researchers.

##### [CitizenScience.gov](#)

CitizenScience.gov is an official government website designed to accelerate the use of crowdsourcing and citizen science across the U.S. government. The site provides a portal to three key components: [a catalog](#) of federally supported citizen science projects, [a toolkit](#) to assist federal practitioners with designing and maintaining their projects, and a [gateway to a community](#) of hundreds of citizen science practitioners and coordinators across government as called for in the [Crowdsourcing and Citizen Science Act of 2016 \(15 USC 3724\)](#).

## Become a Citizen Scientist! (continued):

### [PBS Citizen Science at Home](#)

Some of PBS's favorite projects and resources for partaking in citizen science at home. If you're interested in keeping up with Nature's citizen science community, join their [Citizen Science Facebook Group HERE](#).

### [iNaturalist](#)

Every observation can contribute to biodiversity science, from the rarest butterfly to the most common backyard weed. We share your findings with scientific data repositories like the [Global Biodiversity Information Facility](#) to help scientists find and use your data. All you have to do is observe.

### [The Crowd & The Cloud](#)

Citizen science has amazing promise, but also raises questions about data quality and privacy. Its potential and challenges are explored in *The Crowd & The Cloud*, a 4-part public television series which first premiered in April 2017. Hosted by former NASA Chief Scientist Waleed Abdalati, each episode takes viewers on a global tour of the projects and people on the front lines of this disruptive transformation in how science is done, and shows how anyone, anywhere can participate.

## Citizen Science Apps & Games:

- Search Google Play or the Apple App Store for "Citizen Science" or areas of interest like "nature", "birds", "stars", "noise", etc.

### [Science Friday – Citizen Science during a Pandemic](#)

### [Smithsonian Science Education Center \(SSEC\)](#) – list of apps

### [Scientific American](#) – list of apps

### [Citizen Science Center Games](#)

### [Project Noah](#) (Wildlife Tracking)

### [EarthDay.org Earth Challenge 2020](#)

### [LeafSnap](#)

### [JourneyNorth](#) (Monarch Migration Tracking)

### [BumbleBee Watch](#)

### [EDDMaps](#) (Invasive Species Mapping)

### [NoiseTube](#) (Noise Pollution Mapping)

## **Citizen Science Apps & Games (continued):**

Birdwatch and record your findings:

- [Great Backyard Bird Count](#)
- [Feeder Watch](#)
- [Nest Watch](#)
- [Hummingbirds at Home](#)
- [eBird](#)
- [Christmas Bird Count](#)
- [North American Breeding Bird Survey](#)
- [Celebrate Urban Birds](#)



**However you choose to participate,**

**THANK YOU**

**for pitching in to make the world a better place!**