

July 2009

Use the following suggestions to help engage volunteers at your unit:

1. [Lend a hand](#) to a local military family.
 - Perform free services such as car washes, lawn mowing, repair projects, etc.
 - Provide childcare while parents attend important informational or support group meetings.
 - Mentor or teach children and students through activities such as reading, mentoring college-bound students or providing arts or sports workshops.
2. Support [military veterans](#). Reach out to veteran health facilities: play games, conduct exercise programs, distribute books or help plant and cultivate healing gardens.
3. Thank Red Cross contributors. Participate in a [Thank-a-Thon](#). Give 2 - 3 hours of your time to thank friends and neighbors who support the mission of the Red Cross.
4. Give the [gift of life](#)—become a [blood donor](#) or [volunteer](#) for a blood drive.
5. Challenge friends and family. Be the first to recruit the most blood donors, sign up the most participants for CPR and First Aid classes or enlist the most people to become “[Red Cross Ready](#)” by taking the 10-minute online Red Cross education program.
6. Help neighbors be prepared for a disaster.
 - Distribute [information](#) about disasters and other emergencies common in your community—home fires, floods, earthquakes, tornadoes, power outages etc.
 - Build [disaster kits](#) to help friends and neighbors prepare for local emergencies, or comfort kits for those personally affected by disasters.
7. Ensure your community has adequate sheltering capacity in the event of an emergency by visiting and [evaluating shelter sites](#).
8. Share your caring and humanity with [people around the world](#).
 - Join the world-wide movement to vaccinate children against measles by raising awareness of the [Red Cross Measles Initiative](#).
 - Make your neighbors aware of Red Cross services to help [locate loved ones](#) in other countries separated by disasters and war.
 - Share the values of the Geneva Conventions by [distributing information on International Humanitarian Law](#)

9. Use your technology skills to become a virtual volunteer. [Join us](#) online and use your social media prowess to connect your local Red Cross unit with the social networking community. Be an online advocate for your unit and the mission of the American Red Cross.

10. When there is a major disaster in your local community, ask for time and skills to [support the Red Cross disaster relief effort](#).