

# 75 WAYS TO LIVEUNITED Facebook Challenge



## **YOU'VE BEEN CHALLENGED!**

You have been challenged to participate in our 75 WAYS TO LIVEUNITED Facebook challenge! Throughout this year, we challenge you to take action by performing acts of kindness in your community. Each act of kindness is unique, so feel free to go beyond the list provided.

Each little act of kindness is like a drop, and each drop creates a wave. And we want to see the effects of that wave through social media. So with every act of random kindness you perform, take a picture, post it to the Merrill Area United Way Facebook page and share!

Challenge your friends. Challenge your neighbors. Challenge other businesses!

## **FAQS:**

### **WHAT IS IT?**

It is an organically driven Facebook blitz to encourage community members to become active in their community through small acts of kindness, giving, and ways to get involved.

### **HOW DOES IT WORK?**

See our list of **75 WAYS TO LIVEUNITED!**

The rules: Each person/business is encouraged to complete AT LEAST 1 task in each category. With each task, the participant will post a picture of their task/experience on Facebook and tag 1-3 friends/businesses in each post to participate in the challenge. This is a great way to show your involvement in your community. The list provided is simply an example, feel free to get creative with your random acts of kindness!

### **WHY SHOULD I PARTICIPATE?**

By participating in a community challenge, you show that you are committed to your community's health, well-being and success.

### **WHEN IS THE FACEBOOK CHALLENGE?**

NOW - 12/31/2022

### **WHAT IS THE PRIZE?**

Our community wins and you win! The greatest prize is the pride that you are making small and meaningful steps towards a large impact in our community. Congratulations!

---

## **Merrill Area United Way**

503 S Center Ave, Ste 5  
Merrill WI 54452  
715-536-2016  
merrillareaunitedway.org



**Find us on Facebook**

# 75 WAYS TO LIVE UNITED

## Facebook Challenge



With every act of random kindness you perform, take a picture, post it to the Merrill Area United Way Facebook page and share! Then challenge friends or businesses to participate!

### PARTNER AGENCIES

1. Donate hygiene items to one of our partners (HAVEN, MAC Home, St. Vincent De Paul Outreach, Our Sisters House.)
2. Volunteer at the Merrill Community Food Pantry or Community Warming Center.
3. Clean out your closet and send any donations to our partner agency, St. Vincent De Paul Outreach.
4. Volunteer as a Big Brother or Big Sister.
5. Donate non-perishable food to Merrill Community Food Pantry.
6. Schedule an appointment to donate blood through the local blood bank.
7. Deliver meals to senior citizens through the Aging & Disabilities Resource Center MEALS program.
8. Donate cleaning and laundry products to United Way partners (HAVEN, MAC Home, Our Sisters House).
9. Do some research to learn more about the services 211 Helpline offers. Put the number on your fridge to serve as a reminder that is a helpful resource for yourself, your family, and friends.
10. Review our partner agencies and find a cause you are passionate about and how you can volunteer!
11. Consider getting involved with the Boy Scouts or Girl Scouts to mentor our youth.
12. Seek caring people who are interested in being a childcare provider, and direct them to our United Way partner, Childcaring, Inc., for assistance, training, and certifications (if desired).

### EDUCATION

13. Invite a friend, neighbor, family member to attend a school board meeting with you.
14. Organize a book drive with your family, co-workers, school, club, or faith community.
15. Read to children in your family, at your library, church youth programs, or with a local non-profit.
16. Purchase school supplies for children who need supplies. The local Backpack Program is organized through the Family Resource Center, a United Way partner.
17. Enroll your child in a reading program at a local library.
18. Donate your newspaper subscription to a local school when you go on vacation or away for the winter.
19. Allow a high school student to shadow you at work and show them how to apply things you learned in school.
20. Take a child to a local museum, exhibit or play.
21. Mentor an at-risk youth at your neighborhood school.
22. Donate a few books to the free mini library stands around town (i.e., Normal Park) or get another stand going.
23. Donate gently used books to a partner agency.
24. Be a mealtime partner for a pre-school class to help kids develop social skills.
25. Watch for educational developments on the Merrill Area Public Schools website or Facebook pages and share important posts.

### INCOME

26. Take a child to a bank to have a tour and open a savings account.
27. Tutor at an adult literacy or technology program, perhaps through the library or an area college.
28. Donate new or gently used professional clothing to an organization assisting individuals in seeking employment.
29. Randomly give a gift card for a meal to someone, or child, or teenager.
30. Volunteer to assist low-income families with getting their tax returns files (perhaps online).
31. Contact your local representative about an issue affecting working people in your community.
32. Ask your bank if they offer free checking and savings accounts to low-income families and encourage them to start if they don't.
33. Engage with a middle school to teach a class on how to save money and watch with them as it grows.
34. Help senior citizens learn how to detect and prevent fraud.
35. Purchase bus tokens, or cab fares and give them to the United Way partners agencies for patrons and clients to use, (HAVEN, MAC Home, Parkside Preschool Center, St. Vincent De Paul Outreach, Merrill Food Pantry, veterans' groups).
36. Offer to assist someone needing a job with developing their resume and tips for applying online.
37. Pay for someone's lunch or coffee.
38. Provide baby items to a new mother in needs of diapers, formula, baby food, or care items.

## HEALTH

39. Contact your local health clinic to aid in anything from distributing fliers to serving on an event committee to writing a letter to the editor on their behalf.
40. Check into what healthy snacks are or are not available in your local schools and call on others to promote tasty healthy meals and fun exercise ideas at school.
41. Start a walking group for friends, families, neighbors and/or community members that meets regularly at a set time and location.
42. Get a flu shot and encourage community members to get one as well!
43. Buy pedometers for your friends and have a fun competition for who can walk the most steps.
44. Purchase personal items such as new, unused underwear, t-shirts, and socks for a homeless shelter.
45. Help transport or suggest transportation services for families to get to necessary medical appointments.
46. Call or visit an elderly shut-in to give them company and ask them to share their story. You will learn a lot!
47. Teach someone how to cook a healthy meal.
48. Share your garden vegetables with someone who needs them.
49. Leave a pack of baby wipes at the baby changing station.

## GIVE

50. If you've never donated to United Way before, consider donating \$75 or even just \$7.50.
51. Increase your yearly contribution to United Way by \$75.
52. Consider lending materials/services that can help United Way.
53. Start an employee and employer campaign at work! Visit our website for more information. Contact the Merrill Area United Way for more information and assistance.
54. Getting married? Consider asking guests to donate to the Merrill Area United Way instead of asking for gifts.
55. Encourage your friends to donate and educate them on what their donation provides through United Way.

## VOLUNTEER

56. Learn more about how you can get involved in "Make A Difference Day", held in October.
57. Consider signing up as a campaign volunteer.
58. Volunteer to help with the Christmas Spirit Appeal program, a United Way partner program that provides Christmas gifts for families in need. Volunteer work done in November and early December.
59. Volunteer for any cause you are passionate about.

## ADVOCATE

60. Like, follow and share the Merrill Area United Way Facebook page.
61. If you see a family member, friend or community member struggling with an issue, learn how you can speak up for them and inspire change to help them and others in the same situation.
62. Share a cause on Facebook and express why it is important to inspire community change.
63. Read a professional study about a cause and share with those who will benefit from the knowledge.
64. Attend a local city council meeting, or any public meeting where discussion of a cause is present.
65. Share your story of why you support Merrill Area United Way.
66. Be a mentor.
67. Empower someone today by sharing information that will prove valuable to their success personally and professionally.
68. Learn more about the United Way Mission and work, as well as the partner agencies supported by United Way and then share the word!

## RANDOM ACTS OF KINDNESS

69. Write a kind letter to a veteran or active military member.
70. Write a thank you letter or letter of encouragement to a friend or family member.
71. Hold the door for someone.
72. Write a moment you were affected by a random act of kindness and share on social media (we need more good news!)
73. Send some treats and a thank you letter to your local police and fire department.
74. Help a senior or disabled person to cross a street, carry a package, or sit with them a few minutes to talk.
75. Compliment someone and make them smile. Smile at 5 people a day. "A smile is nothing, unless you give it to someone".

---

### Merrill Area United Way

503 S Center Ave, Ste 5  
Merrill WI 54452  
715-536-2016  
merrillareaunderway.org



**Find us on Facebook**