

UNITED WAY OF CENTRAL IOWA

HOLIDAY HELPING HAND

2018

A guide to volunteer
opportunities in central
Iowa this holiday season



United Way
of Central Iowa

11 WAYS TO LEND A HAND

and help meet our neighbors' needs this holiday season

- 1 | **ADOPT A FAMILY OR CHILD** Page 3
Purchase gifts such as food, clothing, or toys for a family or child in need.
- 2 | **DONATE CANNED FOOD** Page 4
- 3 | **DONATE CLOTHES** Page 5
- 4 | **DONATE TOYS OR BOOKS** Page 6
- 5 | **DONATE ITEMS FOR FOOD BASKETS** Page 7
Provide items for a Thanksgiving and/or holiday dinner.
- 6 | **HELP WITH HOLIDAY PARTIES** Page 8
Help host events, special organizational activities, and parties.
- 7 | **HELP WITH HOLIDAY PROJECTS** Page 8
Wrap gifts, assemble baskets, make cookies, and much more.
- 8 | **DONATE OTHER GIFTS** Page 9
Provide gift cards, gift certificates, blankets, package meals, etc.
- 9 | **PROVIDE A FEAST** Page 10
Prepare and serve a feast for Thanksgiving and/or the holidays.
- 10 | **VISIT THE ELDERLY** Page 11
- 11 | **VOLUNTEER TO DRIVE** Page 11
Transport people to events/shopping or deliver meals to the homebound.



Search for more volunteer opportunities online at www.holidayhelpinghand.org

ADOPT A FAMILY OR CHILD

Purchase gifts such as food, clothing, or toys for a family or child in need.

ANAWIM HOUSING

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BIDWELL RIVERSIDE CENTER

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DONATE CANNED FOOD

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DONATE CLOTHES

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DONATE TOYS OR BOOKS

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DONATE ITEMS FOR FOOD BASKETS

Provide items for a Thanksgiving and/or holiday dinner.

BIDWELL RIVERSIDE CENTER

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“In 2017 a volunteer provided gifts and food for an individual served at Link Associates for the Christmas holiday. The person served has no family around to share the joy of the season and was thoroughly delighted by the generosity and kindness of just one volunteer.”

HELP WITH HOLIDAY PARTIES

Help host events, special organizational activities, and parties.

CATHOLIC CHARITIES

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CHILDREN & FAMILIES OF IOWA

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COMMUNITY YOUTH CONCEPTS

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UNITYPOINT HOSPICE

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HELP WITH HOLIDAY PROJECTS

Help wrap gifts, assemble baskets, make cookies, and much more.

CANDEO

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SOUTH SUBURBAN YMCA

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WESLEYLIFE

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515-252-5399

DONATE OTHER GIFTS AND SERVICES

Provide gift cards, gift certificates, blankets, package meals, etc.

BIRTHRIGHT OF DES MOINES

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YOUNG WOMEN'S RESOURCE CENTER

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515-244-4901

YOUTH EMERGENCY SERVICES & SHELTER (YESS)

Jana Daisy
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515-282-9377

"We have wonderful groups of Des Moines University students who help us wrap gifts every holiday season. We so appreciate this wonderful gesture and these young people giving their time and gift-wrapping talents to help us make the holidays brighter for Hawthorn Hill's families!"



PROVIDE A FEAST

Prepare and serve a feast for Thanksgiving and/or the holidays.

BIDWELL RIVERSIDE CENTER

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CATHOLIC CHARITIES

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The UnityPoint Hospice Taylor House team and volunteers host holiday dinners for patients and their families during their stay. Volunteer Robin says, "Food is comfort. Holiday meals with all the fixin's are provided and volunteers ensure personalized service, making sure everyone has a good meal and even refilling coffee cups so that patients and guests can enjoy the day with no worries!"



VISIT THE ELDERLY

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VOLUNTEER TO DRIVE

Transport people to events/shopping or deliver meals to the homebound.

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