

NOVEMBER SERVICE IDEAS

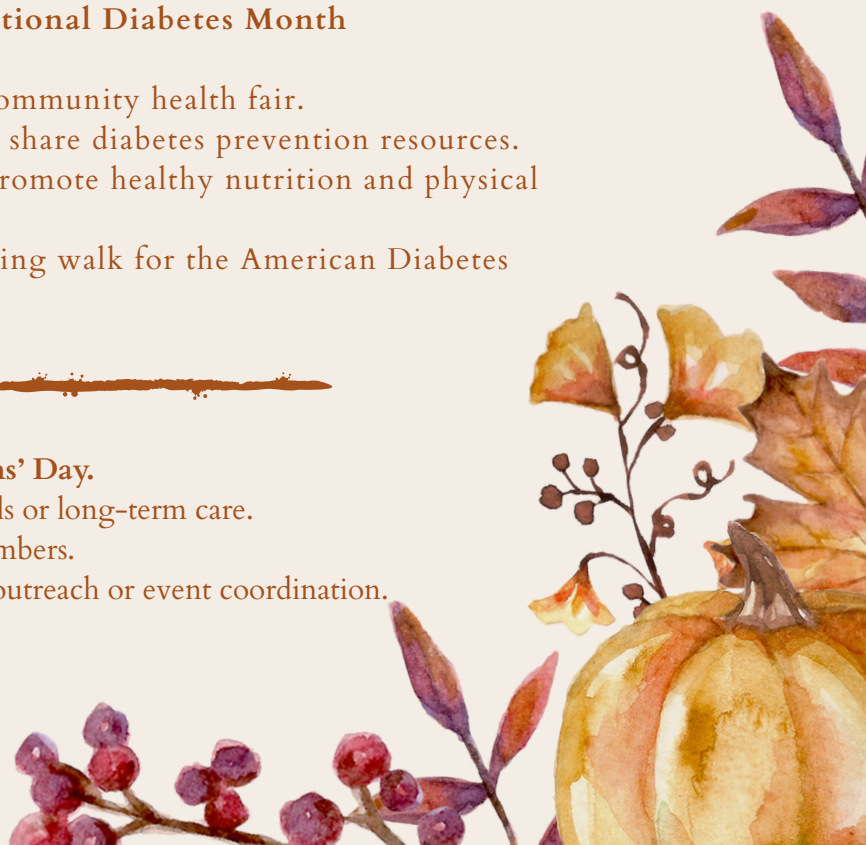
Gratitude, Wellness & Giving Back

November is a time to focus on gratitude and community. This month's national observances highlight opportunities to serve others, promote wellness, and support those most in need. Whether you volunteer your time, share educational resources, or coordinate a small community effort — every act of service makes an impact.

November is National Diabetes Month

- Volunteer at a local screening or community health fair.
- Partner with local organizations to share diabetes prevention resources.
- Create educational materials that promote healthy nutrition and physical activity.
- Participate in or support a fundraising walk for the American Diabetes Association.

November 11th is Veterans' Day.

- Write thank-you cards for veterans in hospitals or long-term care.
 - Create care packages for deployed service members.
 - Volunteer at a Veterans Center to assist with outreach or event coordination.
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Community Engagement



Community & Food Insecurity

- Host or contribute to a Thanksgiving Food Drive for local pantries.
- Volunteer with a meal distribution program
- Assist with gleaning or farm-to-table donation programs before winter.
- Join a meal-packing event to provide meals statewide

Homelessness & Warmth

- Collect and donate coats, socks, gloves, or blankets for local shelters.
- Volunteer at a warming center or community shelter to serve meals or provide companionship.
- Organize a hygiene kit or winter-care drive for people experiencing homelessness.
- Collaborate with local health departments to distribute Naloxone kits or harm-reduction materials.

Environmental & Community Care

- Participate in a fall park cleanup or help seniors with yardwork before winter.
- Organize a clothing swap or recycling drive to promote sustainability.

Don't forget — hours completed through community or professional service count toward your UNE GPPH Service Cord.

Learn how you can earn your service cord!

<https://success.une.edu/public-health/service-cord/>

Log your activity on your Service Activity Log or reach out to Kristina Stewart, kstewart19@une.edu with questions.