

# *Compassion* **WARMTH**

*AND gIVING!*

December marks one of our most meaningful GPPH traditions—Volunteer Week, now in its 9th year. This is our largest service event of the year, and a chance for all of us across the Graduate Programs in Public Health to come together in the spirit of compassion, community, and purpose.

This year, we are proud to support the United Community Living Center (UCLC) Community Center in Augusta, Maine—a safe haven and resource hub that has transformed support for unhoused community members since opening in April 2025.

## **How You Can Make an Impact—Wherever You Are**

Not near campus? You can still participate!

We encourage all GPPH students—online and on-campus—to support unhoused and food-insecure neighbors wherever you live by:

- Donating to a local shelter or warming center
- Supporting a food pantry or holiday meal program
- Collecting winter essentials for outreach organizations
- Volunteering your time at a community meal or distribution site

Every act of service—big or small—reflects the values of our public health

community



All hours completed through community or professional service count toward your UNE GPPH Service Cord.

Log your activity at:

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

## Volunteer Ideas

### Hunger & Holiday Giving

- Volunteer with a holiday meal program or food distribution event through organizations like food pantries.
- Coordinate a “Stock the Shelves” Food Drive to replenish pantries after Thanksgiving.
- Join or lead a community meal-packing project to provide meals to families in need.
- Support local senior centers or community groups hosting holiday dinners for residents.

### Homelessness & Winter Warmth

- Host a Winter Warmth Drive collecting coats, gloves, hats, socks, and blankets for local shelters.
- Volunteer at a warming center or community shelter to serve meals or organize donations.
- Assemble winter care kits with hygiene items, snacks, and hand warmers for people experiencing homelessness.
- Partner with local harm reduction programs to distribute Naloxone kits and share overdose prevention resources.



@une\_online

Contact [kstewart19@une.edu](mailto:kstewart19@une.edu) with questions