

October

is PT Month of Service!

**Celebrate October by
keeping the community
service going all month long!**

This year, we're giving you the flexibility to pursue your passions while keeping the WUPT community and those we serve safe!



Ready to Participate?



Choose an organization. Don't know where to start? Take a look at our list of suggested service sites (see page 5).



Reach out to this organization about opportunities to serve October 1st-31st. This is a great time to check that the service activity follows the guidelines for reducing COVID-19 transmission.



Go out and perform your service! Have fun! Remember to follow the guidelines when serving:

- Take the WashU self-screening before heading out
- Wear your mask and make sure all other participants are doing the same
- Serve outside or in a virtual way
- Stay 6 feet apart from others during the activity
- Wash or sanitize hands frequently



Post your descriptions and photos of your service with the #WUPTService tag to Twitter, this will be an easily search-able tag that can be used to document who has volunteered. Don't forget to also mention the Twitter account @wustl_pt for Global PT Day of Service!

- Feel free to tag the organization you are serving with.
- Make sure to ask for consent of anyone in the photo before posting.

If you do not have a Twitter account but would like to participate, email your name and activity to

a.bussell@wustl.edu

Keep the service going all month long!



Special Opportunities

42 Doors of Hope

Hope Lodge and American Cancer Society have placed 42 doors painted by local artists to celebrate their new lodge as well as the journeys of those they serve. And you can help!

- Find as many doors as you can!
- Take pictures and upload them to your twitter and other social media with the hashtags of #42Doors #HopeisHome.
- More information and a map of the doors can be found at:

<https://www.hopeishome.org/42-doors-of-hope>

Think you can find the most doors of anyone in Hope Lodge's 42 doors of Hope Campaign? The winner of this will have a \$50 donation to Hope Lodge made in their name and eternal bragging rights!



Letters Against Isolation

A fun and easy way to participate in community service. Have a spare five minutes? Want to brighten someone's day? Bring a smile to someone's face? Letters Against Isolation connects with nursing homes across the country to deliver cheerful mail and spread love to those who may be lonely.

How to participate:

- Write a generalized cheerful letter or note. Feel free to be creative and even decorate a card if you would like. Make sure to leave all personal or identifying information (such as your phone number, name, address, etc.) off of the card.
- Bring your letter sealed in an envelope to the drop-box, located in the 6th floor cafeteria area where collection boxes will be available. Make sure you have postage on your letter!
- That's it! We'll make sure the letter is addressed properly and sent to our local St. Louis nursing homes we have partnered with this month.



Special Opportunities

Donation Collection for Ronald McDonald House

What? Ronald McDonald Houses provide a home-away-from-home for families so they can stay by their hospitalized child at little to no cost. Ronald McDonald houses are located near St. Louis Children's Hospital and Mercy Hospital.

They are not taking volunteers currently due to COVID-19, but they are in need of Wish List items:

<https://rmhcstl.com/wishlist/>

In addition, here's a link to Ronald McDonald's Amazon wish list, which you can use to ship directly to the house:

https://www.amazon.com/registry/wishlist/3C4X60LY6LJ71/ref=cm_sw_r_cp_ep_ws_zKE4Bb2JQPJQZ

When? Anytime in October!

How? Bring items to the 6th floor cafeteria area where collection boxes will be available and we will take the items to the Ronald McDonald House at the end of the month. Please make sure to bring in items only when you are already on campus for other activities.

Donation Collection for Doorways

What? Doorways provides safe housing and related services to individuals affected by HIV/AIDS. They work to serve individuals in every state of the disease at all ages. They are in need of a variety of items to help better serve their community: <https://www.doorwayshousing.org/get-involved/current-needs/>

When? Anytime in October !

How? Bring items to the 6th floor cafeteria area where collection boxes will be available and we will take the items to Doorways at the end of the month. Please make sure to bring in items only when you are already on campus for other activities.

Items from the Doorways wish list may also be purchased from Amazon and shipped to 4385 Maryland Ave, St. MO 63108



Want to make an even bigger difference for one of your favorite charities? If you participate in any way throughout the month and post or email a.bussell@wustl.edu your service, you will be entered into a drawing to win a \$50 donation to a charity of your choice!

Suggested Service Sites

Here are a few suggestions of places to serve throughout the St. Louis Area. Please check with sites individually for opportunities. Make sure all required precautions including remaining outside or serving virtually will be followed in your specific activity before volunteering. Some sites may require advanced notice so plan ahead!

Gardening/Neighborhood Cleanup

Urban Harvest

<https://www.urbanharveststl.org/volunteer>

Kingdom House

<https://www.lifewisestl.org/get-involved/individual-opportunities/>

Doorways

<https://www.doorwayshousing.org/get-involved/current-needs/>

Food Delivery

Meals on Wheels of Greater St. Louis

<http://www.mowstl.org/volunteer.html>

Phone: 314-374-9549

Food Outreach

<https://foodoutreach.org/get-involved/volunteer/>

Furry Friends

APA Missouri (Fostering and donations only)

Humane Society of Missouri (Fostering and donations only)

Stray Rescue of St. Louis

Gateway Pet Guardians

Virtual Walks/Runs for Charity

Depaul: No Place Like Home

- **What?** This is a 5K Walk/Run to raise money to support permanent supportive housing to youth and adults who are chronically homeless with untreated mental illnesses in STL.
- **When?** October 3, 2020
- **How?** <https://depaulusa.org/events/5k/> and click the orange "register"

Suggested Service Sites

More Virtual Walks/Runs for Charity

Walk to End Alzheimer's

- **What?** World's largest event to raise money and awareness for Alzheimer's care, support, and research.
- **When?** October 24, 2020
- **How?** https://act.alz.org/site/TR/Walk2020/MO-GreaterMissouri?fr_id=13574&pg=entry

Cardinal Glennon's Sun Run

- **What?** 5k and 1 mile walk supports pediatric health care provided at SSM Health Cardinal Glennon Children's Hospital.
- **When?** October 25, 2020
- **How?** <https://sunraise.glennon.org/event/2020-sun-run/e271835> and click the purple "register"

Atlas Youth Outreach: Running Towards a Brighter Tomorrow

- **What?** Participants can run, jog, walk or bike this 5k in support of Atlas Youth Outreach. Atlas Youth Outreach aims to create a safe place for adolescents living in Jefferson County, ages 13-18, to participate in therapeutic services. Atlas Youth Outreach strives to provide therapeutic, psycho-educational, and support groups that are relevant to the emotional and social growth of adolescents.
- **When?** October 25, 2020
- **How?** <https://runsignup.com/Race/MO/Arnold/AtlasVirtual5K?remMeAttempt=>

Pride 5K and 10K

- **What?** The Pride 5K & 10K is the annual fundraising effort that sustains St. Louis Frontrunners' year-round nonprofit endeavors. For nearly 20 years, St. Louis Frontrunners, as the local chapter of International Frontrunners, has sought to provide an outlet where lesbian, gay, bisexual, transgender (LGBT) individuals and allies can come together under the common goal of a healthy lifestyle through running and walking.
- **When?** October 31, 2020
- **How?** <https://raceroster.com/events/2020/28516/pride-5k10k> Click the orange "Register" on the right side.

**Looking for service that's not on this list?
Hundreds more STL non-profits listed here:
<https://www.givestday.org/index.php>**