



SHOW YOUR
LOCAL LOVE
TAKE ACTION TODAY



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UP FOR THE CHALLENGE?

At United Way of Olmsted County, our mission is to serve the needs of our local community and to ignite the desire in everyone to improve this community we call home.

We're excited you're joining us.

ACT 1

Pick up litter from a park, playground, or public space.

ACT 2

Cook a meal for somebody.

Or volunteer at a local food pantry or kitchen.

ACT 3

Send a letter or an email to show your gratitude to a health care worker or teacher.

Visit www.uwolmsted.org/volunteer to find out more.

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ACT 4

Spend some time with a neighbor who may be lonely.

More than 40% of seniors regularly feel lonely.

ACT 5

Tell someone about a social issue that's important to you

Learn more about local issues at www.uwolmsted.org/research

ACT 6

Donate a book to your local mini library.

If you are unsure, please feel free to visit the mini library located outside the United Way building at 903 West Center Street, Rochester MN, 55902.

DID YOU KNOW?

United Way invests 100% locally to build healthy, caring, and inclusive communities across Olmsted County.

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ACT 7

Offer a neighbor, friend, or coworker some help.

Learn why connections matter at www.uwolmsted.org

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ACT 8

Write a letter or email to your state representative, city councilperson, or Senator.

Visit www.uwolmsted.org/advocate to find out more.

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ACT 9

Make a donation to your favorite cause.

Visit www.uwolmsted.org/give to find out more.

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ACT 10

Visit the Farmer's Market to buy healthy foods from a local farmer.

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DID YOU KNOW?

20% of Olmsted County residents say they feel they live in a neighborhood where people don't know each other.

How can you help bring your neighborhood together?

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ACT 11

Read a book to child.

42% of Olmsted County third graders do not read at grade level by the end of 3rd grade.

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ACT 12

Ask someone how they are doing. Really mean it.

Nearly 1 in 3 Olmsted County residents are at risk of depression.

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ACT 13

If you're eligible to vote, make sure your voter registration is up to date.

Visit www.uwolmsted.org/advocate to find out more.

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ACT 14

Volunteer at a local nonprofit.

Find volunteer opportunities
at www.volunteer.uwolmsted.org

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ACT 15

¡Hola!
Salaam alaykum!
Xin chào!

Introduce yourself to a neighbor who
speaks a different language than
you.

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ACT 16

Dispose of unused prescriptions
safely at a prescription drug
takeback box.

A box is located at the Olmsted
County Adult Detention Center

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ACT 17

Donate toiletries to a local shelter.

Nearly 500 people experience
homelessness in Southeast
Minnesota on any given night.

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DID YOU KNOW?

An act of local love can take many
forms. Through United Way you can
mobilize people to address a local
issue, collaborate with a network of
partners to solve a problem, or
give financially to support our
community programs.

It's all local love!

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ACT 18

Make a statement: wear a tshirt
or post a yard sign supporting an
organization or cause you
care about.

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ACT 19

Learn when Homeless Day on the Hill
is this year - put it on your calendar!

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ACT 20

Visit the library and check out
a book by a Native American author.

Many communities celebrate
Indigenous People's Day
each October.

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ACT 21

Rake leaves for an elderly neighbor.

ACT 22

Explore a Born Learning Trail with a child.

ACT 23

Wildcard!

ACT 24

Donate school supplies to give kids a running start to reach their full potential in school.

Born Learning Trails are located at Silver Lake Park and the Rochester-Olmsted Recreation Area.

Create your own act of local love.

Find out how at www.uwolmsted.org/rs

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DID YOU KNOW?

15% of youth in Olmsted County feel that adults in the community do not care about them.

ACT 25

Watch a movie about someone's life in another country.

ACT 26

Take the Be Counted Pledge and ensure that Olmsted County is fully represented on the 2020 Census.

DID YOU KNOW?

United Way 211 is a comprehensive information and referral service available by phone, text, and online that connects individuals across Minnesota to health and human services information and resources.

How can you help improve the life of a child in our community?

Visit www.uwolmsted.org/advocate to find out more.

Just dial 211!

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ACT 27

Bring food to your local little food pantries.

Little food pantries are located outside the YMCA and near Snappy Stop off Broadway South.

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ACT 28

Create a welcome package for newly arrived immigrants or refugees.

Connect with Catholic Charities for more information and age-appropriate ideas.

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ACT 29

Attend a multi-cultural or LGBTQIA event to celebrate Olmsted County's diverse communities.

Contact the Rochester Public Library for more information.

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ACT 30

Donate needed clothes or supplies to a Full-Service Community School.

Visit www.uwolmsted.org/education to find out more.

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ACT SMALL. DREAM BIG!

We want to inspire acts of local love throughout Olmsted County.

Watch our Local Love in Action video, read full interviews, and join our 30 Day Challenge at: UWolmsted.org/ShowYourLocalLove

Activate, then participate! Go to UWolmsted.org/ShowYourLocalLove to activate your deck and join the movement. **It's simple as that!**

#ShowYourLocalLove
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THANK YOU!

You have made our community better through your acts of local love.

What now? Play it forward! Pass this deck on to somebody else, or distribute the next card to encourage others to take the challenge.

Or go to uwolmsted.org/get-involved to continue improving our community!

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UWolmsted.org/ShowYourLocalLove



UP FOR THE CHALLENGE?!

I've just completed *30 Acts of Local Love.*

Now I'm challenging you to unleash your local love!

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— THIS IS WHAT —
LOCAL LOVE
— LOOKS LIKE! —

#ShowYourLocalLove
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