

ROTARY DISTRICT 6400 ASSEMBLY
RANDOM ACTS OF KINDNESS SESSION
APRIL 30, 2016

September: Basic Education and Literacy

- Adopt a School – Detroit Public Schools – provide supplies
- Book giveaway – English as a Second Language (ESL)
- Club speakers sign a book and donate it to a local school
- Coordinate volunteer activities with school reading program
- Curb cycle books
- Donate/pass out books
- Donate books to apartments
- Donate children's books to a Day Care Center
- Donate children's books to K-6 students so that they can build a classroom library
- Donate books to a library
- Donate books to a Little Free Library
- Donate books to a school
- Donate money and materials for instruments and school trips
- Drop off school supplies to a teacher
- Establish a curbside library
- Fill a book bag
- Give a gift card to a student
- Give away a book
- Help children with homework
- Help someone learn to read
- Invite local children's author to visit schools to read and supply copies of books
- Involve Interact club members in literacy/education programs
- Join a literacy group – book club, Pro-Literacy Detroit, etc.
- Nursing Homes – drop off books and magazines (i.e., The Rotarian, veterans or flower magazines)
- Offer to do a story reading time at a Day Care Center
- Partner with a library
- Partner with a school – have books, pencils, etc. available
- Provide Barnes & Noble gift card to elementary students
- Provide books for a needy school (i.e., budget cuts, low income students, special needs)
- Provide incentives for reading (i.e., give out concert tickets)
- Provide reading material in waiting rooms
- Read to children
- Read to a classroom – guest readers for elementary classes
- Read to senior citizens
- Start a Little Free Library
- Support local community education/literacy groups (i.e., Trenton Children in Reading)
- Volunteer as a reader to early elementary school children
- Volunteer to help Pro-Literacy Detroit
- Volunteer at a public library – help students who are studying, assist staff
- Volunteer as a school tutor

October: Economic and Community Development

- Assist in publicizing a community event
- Clean up a park
- Clean/pickup an empty lot
- Clean/remove debris from a river or stream
- Compliment a business owner in person or on Facebook
- Conduct mock interviews for people looking for jobs
- Create/donate a tree seedling dish
- Cut grass for a senior citizen/disabled person or randomly for a neighbor/friend
- Cut grass randomly for a neighbor or friend
- Distribute seedlings to members of community
- Donate free tickets to a community event
- Donate plants to community gardens
- Drop off a meal for someone in your community
- Educate and support new businesses in community
- Feature a business at a Rotary club meeting – possibly a new business
- Feature a business on social media
- Fix up/paint a home for a needy person
- Give out \$1.00 coins at grocery stores to people returning carts – provide a card with Rotary information
- Help a homebound person
- Help pack food baskets for local food pantry
- Help pay a utility bill for a person or family who is struggling
- Help someone with their yard work
- Host a business and bagels meeting
- Host a fundraiser to provide money for needed community services
- Host a meeting at a new or struggling business
- Litter pickup – i.e., Earth Day
- Network with local stores regarding Rotary club activities
- Organize a program for young people in community
- Paint lighthouse landmark
- Patronize/make purchases at various businesses in local community
- Provide an incentive for individuals with beautiful yards
- Provide financial support and time/expertise to Junior Achievement
- Provide food for a needy family
- Provide hot cider/hot chocolate/coffee on street corners for street help
- Provide money for a family in need – recommended by Social Services
- Purchase/donate heirloom seeds @ Eastern Market to introduce 2017 season
- Rake neighbor's leaves
- Randomly give a \$5.00 bill to people
- Recognize First Responders – local Army Reserve tent – community thank you
- Serve as a role model/mentor for someone in your community
- Support foster children
- Take a meal to a neighbor or family
- Take a senior citizen grocery shopping or to a doctor's appointment
- Teach codes of success
- Visit Girl Guides/local clubs – look for needs and ways to support groups
- Visit/volunteer/help at a Senior Center
- Volunteer at a Soup Kitchen
- Weed community gardens and flower bed

December: Disease Prevention and Treatment

- Carry a first aid kit in your car
- Cover cost of medication or immunization
- Discuss importance of handwashing
- Distribute masks during flu season
- Donate blood – i.e., first time or many times
- Drive someone to a dialysis appointment
- Drive someone to get a flu shot
- Give a ride to a senior citizen or cancer patient to a doctor or physical therapy appointment
- Hand out toothbrushes and toothpaste to promote good oral health
- Hold a blood drive
- Hold free blood pressure screening
- Make sure that drinking fountains are clean
- Offer flu shots – i.e., Salvation Army
- Pass out hand sanitizer
- Pay someone's parking fee at a local hospital or medical center
- Provide hygiene kits to those in need
- Provide malaria netting for international partners
- Provide soap in public bathrooms
- Provide socks, mittens and mufflers to those in need
- Shovel snow for a senior citizen or person with medical challenges – be a “snow angel”
- Sponsor a general health screening event – partner with the Health Department or local hospital/clinic
- Sponsor a youth health screening event
- Supply boxes of Kleenex to schools
- Support a vaccine education program
- Support doctors who donate time with needy local families
- Take blood pressure at schools
- Take someone to the dentist for a check-up or dental work
- Volunteer at a Cancer Center
- Work with doctors in Monroe who donate their time to those in need

January: Vocational Service

- Bring a child to work
- Bring a young person to work – i.e., someone from a single parent family
- Buy coffee for a community servant
- Celebrate medical/nursing professionals
- Conduct mock interviews – teach individuals how to prepare for interviews
- Deliver bagels to an Emergency Room
- Donate suits for job interviews and high school graduation
- Give eyeglasses to a needy person
- Give flowers to a teacher
- Hand out bags of coins to vendors to give out when someone needs extra change
- Help someone get a job
- Help students prepare job resumes
- Host a Career Day at your place of work

January: Vocational Service (continued)

- Host a Job Fair
- Host a Teacher Appreciation Week
- Host a vocational workshop
- Mentor a vocational educational student
- Participate in a mentoring day with a chosen student
- Provide community job opening list for applicants
- Provide feedback or review of job resumes
- Recognize unlikely deserving individuals
- Return shopping carts at grocery/drug stores
- Serve on a committee for your professional association
- Share work experience with other like services
- Show appreciation for a variety of professions
- Teach young people how to tie a tie
- Thank people who serve – i.e., janitors, waitresses, car wash employees, etc.
- Volunteer to speak about your vocation
- Work with schools on a mentorship program similar to the one hosted by the Rotary Club of Benton Harbor

February: Peace and Conflict Prevention/Resolution

- Build a buddy bench where someone can go sit when they need a friend
- Buy coffee for person in drive-through lane
- Buy lunch for a public servant
- Buy lunch for a veteran
- Conduct conflict resolution training
- Do something especially focused on teens – possibly a dance – part of a marathon – gift card to someone who doesn't stop
- Donate items to immigrants – i.e., household things
- Hand out flowers as a sign of peace
- Have a group discussion regarding Syrian refugees
- Have teens organize a thank you to the local police
- Host a meeting with neighboring communities to discuss issues of conflict
- Partner with school looking to honor "peacemakers"
- Pay for lunch for a police officer or soldier
- Personally thank a police officer for keeping the community safe
- Provide dinner for referees
- Sponsor a Turn Off the Violence event
- Stop bullying in process
- Thank a soldier, police officer or fireman for their service
- Try to help a friend resolve a conflict
- Volunteer to serve at an event/location hosting people of diverse populations
- Welcome newcomers to community – i.e., Neighborhood Welcome Wagon
- Work with the local Police Department on conflict prevention/resolution workshop in a troubled area

March: Water and Sanitation

- Clean a bathroom
- Clean county drain
- Clean up community parks
- Clean water areas – i.e., rivers and creeks
- Clean water off water basin in lavatories
- Distribute hand sanitizer (small tube) at park restrooms
- Donate hygiene kits and toiletries to shelters
- Donate soap and towels, etc. to public facilities
- Donate bottles of water to Flint area
- Donate toilet paper to shelters
- Give away bottles of water
- Go into schools and clean drinking fountains
- Grab bag for homeless individuals – include water and individual servings of food
- Hand out toilet paper to homeless individuals
- Hand out water bottles at sporting event
- Make coffee available – pay it forward – i.e., Starbucks, Biggys
- Organize an area to clean up and volunteers to work – i.e., Adopt a Highway
- Participate in Ralph Bunche event at Wayne State University
- Pass out water bottles to needy/homeless people
- Pay water or sanitation person
- Provide bottles of water to schools
- Take flowers and gift cards to custodians and janitors
- Thank a janitor for their service
- Thank washroom cleaning person for their service
- Tip the bathroom attendant
- Volunteer at the Center for Conflict Resolution at Wayne State University
- Work with local Water Department on educating the community about water and sanitation

April: Maternal and Child Health

- Assist Social Services in helping families in need on an emergency basis – provide services within 24 hours of notification
- Babysit for a young mom
- Buy baby bottles and diapers for a young family
- Deliver fresh fruit to a local day care center
- Doctor's office – donate a toy for a child who is a patient
- Donate diapers to Hiatus House
- Donate baby food, formula and diapers to a food bank
- Donate items for new mothers and babies
- Drop off diapers at shelter
- Help a new mother dealing with post-partum depression
- Help a single parent with challenges
- Host a morning breakfast at an area school – i.e., Best Start
- Maintain contact with Social Services Department – randomly assist on short term emergency situations
- Offer to babysit for a working mom
- Offer to sit with children while mother has doctor's appointment

April: Maternal and Child Health (continued)

- Participate in Coats for Kids program – Operation Warm
- Pay for a child's meal
- Provide personal hygiene kits including soap
- Provide maternity kits for new mothers
- Provide small care packages to local hospitals
- Purchase and distribute feminine hygiene products to shelters
- Support general health care for mothers and children
- Support moms and kids dealing with day-to-day as well as emotional issues
- Volunteer at Children's Advocacy Center
- Volunteer to drive expectant mother to doctor's appointment
- Work with and support children in the foster care program
- Work with local Health Department to support children in need

May: Youth Services

- Allow a student to job shadow you at work
- Be a Big Brother or Big Sister
- CASA or DHS Christmas gifts for foster children
- Coach sports team
- Contact local youth group to identify/learn about their needs
- Donate a day at the local YMCA or YWCA
- Donate art supplies to students to create an indoor or outdoor art exhibit
- Donate clothes, coats and suits to those in need
- Have a discussion with young people related to career planning and college selection
- Have Interact/Rotaract clubs partner with community projects
- Invite students to participate in a school/community partnership program – students take on specific responsibilities
- Participate in Operation Pinstripe – Rotary Club of Detroit AM program (suits for young men)
- Plan a youth project involving a beautification event – i.e., clean up a garden, pull weeds
- Provide a paid internship to a student
- Provide \$5.00 gift card to deserving students
- Provide pizza for a youth team
- Provide Rotary recognition award to the local high school
- Provide Rotary recognition award to local high school students – contact counselors for assistance
- Schedule a mock interview – provide advice/tips to students
- Sponsor a team treat – i.e., Frosty Boy (available at various stores)
- Supply a bully bench for emotional support – i.e., Need a Hug
- Take a young person/student to lunch
- Take a Youth Exchange student to a community/Rotary function
- Take cookies to an Interact/Rotaract meeting
- Volunteer to host a RYLA student
- Volunteer to work at a community youth activity
- Work with local high school to provide money for a prom dress for a needy student
- Work with local schools to partner on youth programs
- Work with Rainbow Connection – contact is Darlene Delk