

## Make an IMPACT

***“Action is our entire task.”***

*- St. Vincent de Paul*

<b>Donate Blood</b>	Right now, the general population is afraid to donate blood, but it is in fact completely safe to donate blood. Because of this fear, the nation is experiencing a severe blood shortage, with some hospitals only having one day’s supply of blood. Look into local organizations who accept donations such as the <a href="#">American Red Cross</a> and <a href="#">Connect Life</a> .
<b>Virtual Volunteering</b>	<ul style="list-style-type: none"><li>● <a href="https://www.dosomething.org/us/articles/9-places-to-volunteer-online-and-make-a-real-impact">https://www.dosomething.org/us/articles/9-places-to-volunteer-online-and-make-a-real-impact</a></li><li>● <a href="http://www.catchafire.org">www.catchafire.org</a></li><li>● <a href="https://www.theguardian.com/society/shortcuts/2020/mar/17/how-to-help-food-banks-during-the-coronavirus-outbreak">https://www.theguardian.com/society/shortcuts/2020/mar/17/how-to-help-food-banks-during-the-coronavirus-outbreak</a></li><li>● <a href="https://www.portlandmercury.com/blogtown/2020/03/16/28153356/coronavirus-in-portland-how-you-can-help-those-who-are-struggling">https://www.portlandmercury.com/blogtown/2020/03/16/28153356/coronavirus-in-portland-how-you-can-help-those-who-are-struggling</a></li><li>● <a href="https://www.uopeople.edu/blog/how-to-get-more-involved-volunteer-virtually/">https://www.uopeople.edu/blog/how-to-get-more-involved-volunteer-virtually/</a></li></ul>
<b>#HaltHate</b>	Taking place on April 2, 2020, Halt Hate asks that you spend 24 hours choosing not to hate, inspiring others, consciously seeking to understand, to practice tolerance, and gain perspective.  <b>How to participate: Follow Leadership Niagara and Niagara IMPACT on social media and share the story about how YOU chose to #HaltHate. For more information contact <a href="mailto:bdepietro@niagara.edu">bdepietro@niagara.edu</a>.</b>
<b>Other Ideas</b>	<ul style="list-style-type: none"><li>● Support Small Businesses - buy a gift certificate to use once stores reopen</li><li>● Video messages/emails to nursing homes (get local contacts)</li><li>● Donate!</li></ul>