

# Community Service Activities

Please choose **ONE** of the following activities to complete. This is only for member who have not yet completed a Community Service Activity. If you have completed a Community Service Activity please fill in the information onto your Member Reflection Page.

1. **Thanking Community Helpers:** choose at least two of the options below to connect with helpers within your own community or workers who are ensuring the safety of communities.
  - a. Prince County Hospital Foundation: Please send your thank you letters and/or drawings to the following email ([bdwoodacre@ihis.org](mailto:bdwoodacre@ihis.org)) or through Facebook Messenger.
  - b. Queen Elizabeth Hospital Foundation: Please send your thank you letters and/or drawings through Facebook Messenger.
  - c. Manor's and Community Care Center's: Contact any assisted living centers in your community and see if there is an email through which you could send a message.
  - d. Farmer's: Thank a Farmer! They are an integral part of food getting to our table all year round, take a moment to contact a farmer in your area and show appreciation.
  - e. ADL: ADL is an example of a company that is an "essential service" – as they are a part of the larger food production chain. Send your thanks and/or drawings to the following email ([jmacphail@adl.ca](mailto:jmacphail@adl.ca)).
2. **Interview a Service Worker:** connect with a worker in your community that is doing a job that would be considered an "essential service" and ask about how their job has a role in community health and wellness.
  - a. What is their job?
  - b. How is their job an "essential service" / or how is their job keeping us healthy!
  - c. What role does it have in community health and wellness?
  - d. Has their job changed in the past few weeks?
  - e. Think of two more questions to ask....
3. **Create a "How to":** What is your favourite activity or game that you have been using in your household to keep busy and stay safe? List the materials needed and write up a "How to Play/Make/Do" so that others could follow along!
4. **Write a One-Page Reflection on the Following Theme:**
  - a. "How Social Distancing is a Community Service Act"
5. **Contact Two Seniors in your Area:**
  - a. Give them a phone call/ Facetime/ Facebook Video chat or Zoom call! Send a nice message their way and spend a moment connected to some of the vulnerable in your community.
  - b. Is there anything you could do for them while still practising safe social and physical distancing? Show them a talent over the call or anything else you can think of!