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For more information,

contact: Julie Smith

Family Resource Management and Entrepreneurship, Wildcat Extension District

[juliesmith@ksu.edu](mailto:juliesmith@ksu.edu), 620-238-0704

## **Make A Difference Day: Saturday Oct. 24<sup>th</sup>**

In a year full of quarantine, sickness, and financial difficulty, I cannot think of a better time to celebrate Make a Difference Day. This event was originally started in 1992 by a national newspaper and has evolved into an unofficial observance that emphasizes community services and volunteerism. It is held the fourth Saturday in October which, this year, falls on Oct. 24<sup>th</sup>.

No matter how big or how small the project, we all have the opportunity to make a difference in the lives of those in our own communities. Here are a few ideas to get you thinking about projects that you may want to be a part of.

- 1) Organize a food drive. Local food pantries are always looking for non-perishable items to stock their shelves, and sometimes they need specific perishable items. Contact your local pantry and find out what their needs are, then put together a plan to collect items.
- 2) Write encouraging notes to senior citizens. COVID-19 has had a large impact on the mental health of many of our older neighbors. Those in facilities are isolated from their friends and families and those who are able to live independently have altered their daily lives to protect themselves from the virus. From picking up the phone to check on an elderly neighbor to dropping off a pile of signed “thinking of you” cards at your local nursing home, you can make a difference in someone’s day.
- 3) Volunteer at an animal shelter. Contact your local humane society and ask how you can help. From walking dogs to cleaning pens, you will make a difference in the lives of the animals and also the employees of the facility.

The possibilities to “Make a Difference” are truly endless. No time to organize an event? You could pay for the person’s order behind you in a drive thru or even give extra compliments to strangers on Make a Difference Day this year.

Our lives are busy and often it feels like we don't have the time to give to our own families, let alone others. Author Elizabeth Andrew said, "Volunteers do not necessarily have the time; they just have the heart." Take the time. Make a difference.

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