



5 DAYS OF CARING

United Way of Hernando County is hosting "5 Days of Caring" during the month of November. This month-long initiative promotes local VOLUNTEERISM & GIVING, bringing people together who have a passion for helping others!

Week 1



Friday, November 1st

DEMENTIA CARE SEMINAR

→ WHEN: Friday, November 1st from 9:00am-1:00pm **RSVP**

WHERE: The Residence at Timber Pines - 3140 Forest Road, Spring Hill, FL, 34606

PURPOSE: Often times, caregivers forget to care for themselves. You are not alone! This FREE seminar is for families and caregivers focusing on loved ones living with dementia or Alzheimer's. This seminar is a must-attend event for both caregivers & family members. On-site respite will be provided by Always Near Home Care.

TAKE ACTION: RSVP! Visit www.UnitedWayHernando.org/DementiaFall2024 ←

Week 2



Friday, November 8th

GRANDPARENTS SEMINAR

→ WHEN: Friday, November 8th from 9:30am - 3:15pm **RSVP**

WHERE: PHSC Spring Hill Campus - 450 Beverly Ct, Spring Hill, FL 34606

PURPOSE: Grandparents caring for their grandchildren are invited to this specialized seminar, geared towards services, resources, & workshops catered to them! In partnership with Hernando Schools' Parent Academy, we recognize the crucial role grandparents play in children's lives. Join us for this hands-on, interactive initiative!

TAKE ACTION: RSVP! Visit www.UnitedWayHernando.org/GRG2024 ←

Week 3



Friday, November 15th

UNITED WAY BLOOD DRIVE

→ WHEN: Friday, November 15th from 10:00am - 4:00pm **Join Us**

WHERE: United Way of Hernando County - 4028 Commercial Way, Spring Hill, FL, 34606

PURPOSE: You LIVE here, you GIVE here, it STAYS here! Much like how our United Way functions, our friends at LifeSouth Community Blood Center have very similar values. All donations stay here in Hernando and benefit our friends, families, and neighbors for when they're in need. BLOOD IS CRITICALLY NEEDED! Save someone's life today by making an appointment to donate blood during this Community Blood Drive!

TAKE ACTION: Call to make an appointment 352-596-2002 or show up on site! ←

Week 4



Monday, November 18th

BORN LEARNING TRAIL

→ WHEN: Monday, November 18th from 9:00am - 1:30pm **Volunteer**

WHERE: Delta Woods Park - 3400 Deltona Blvd., Spring Hill, FL 34606

PURPOSE: Thanks to our Proud Partners at the Early Learning Coalition of Pasco/Hernando, their team has sponsored the Delta Woods Park Born Learning Trail reinstallation! This trail consists of sidewalk art and 10 trail signs encouraging caregivers to engage with their young children *Sing* *Listen* *Talk* *Play*

TAKE ACTION: Join fellow volunteers! www.UnitedWayHernando.org/Volunteer ←

Week 5



Tuesday, November 26th






FOOD DRIVE DISTRIBUTION

→ WHEN: Friday, November 26th from 8:30am - 1:30pm **Volunteer**

WHERE: Win the Day Foundation - 392 Beverly Court, Spring Hill, FL 34606

TAKE ACTION: Volunteer for Week #5 and help United Way sort, count, and distribute thousands of pounds of food collected during October's "GIVE THANKS, GIVE FOOD" Drive. Sign up by visiting www.UnitedWayHernando.org/Volunteer ←

The following pantries and shelters will be stocked for the holidays:

To participate in any of the above activities, visit UnitedWayHernando.org/5days-2024 to sign-up!
Please contact the UWHC office with any questions 352-688-2026 or email impact@UnitedWayHernando.org