

Volunteer Activities

Physically In The Lupus Ontario Head Office

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| <input type="checkbox"/> Answer Phones | <input type="checkbox"/> Stuff Envelopes | <input type="checkbox"/> Fold Brochures |
| <input type="checkbox"/> Input Data/Type | <input type="checkbox"/> Make Phone Calls | <input type="checkbox"/> Emails |
| <input type="checkbox"/> Spreadsheets | <input type="checkbox"/> Printing | <input type="checkbox"/> Count Product T-shirts |
| <input type="checkbox"/> Membership Kit | <input type="checkbox"/> Product Donations | <input type="checkbox"/> Service Donations |
| <input type="checkbox"/> Funeral Home Kit | <input type="checkbox"/> Medical Kit | <input type="checkbox"/> Advocacy Kit |
| <input type="checkbox"/> Face to Face Peer Support | | <input type="checkbox"/> Assemble Info Packages |
| <input type="checkbox"/> Mail Out New Member Packages | | <input type="checkbox"/> Clean Office |

By Email, Phone, Fax or Zoom

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| <input type="checkbox"/> Word Documents | <input type="checkbox"/> Spreadsheets | <input type="checkbox"/> Phone Contacts |
| <input type="checkbox"/> Membership Renewals-email, phone | | <input type="checkbox"/> Find Speakers |
| <input type="checkbox"/> Membership Pkg | <input type="checkbox"/> Product Donations | <input type="checkbox"/> Service Donations |
| <input type="checkbox"/> Email Support | <input type="checkbox"/> Phone Support | <input type="checkbox"/> Zoom Mtg Support |
| <input type="checkbox"/> Lupus Education Presentation Zoom Mtg/Webinar or Online Support Mtg | | |

At Events

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|---|---|--|
| <input type="checkbox"/> Registration | <input type="checkbox"/> Set Up | <input type="checkbox"/> Tear Down |
| <input type="checkbox"/> Info/Display Table | <input type="checkbox"/> Introductions | <input type="checkbox"/> Thank Guests |
| <input type="checkbox"/> Post Advertising | <input type="checkbox"/> Handout Swag | <input type="checkbox"/> Handout Product |
| <input type="checkbox"/> Post Signage | <input type="checkbox"/> Greeter | <input type="checkbox"/> Be a Speaker |
| <input type="checkbox"/> Silent Auction | <input type="checkbox"/> 50/50 or Draws | <input type="checkbox"/> Product Sales Table |
| <input type="checkbox"/> Product Donations | <input type="checkbox"/> Service Donations | <input type="checkbox"/> Peer Support Table |
| <input type="checkbox"/> Attend Event for Lupus Ontario | | <input type="checkbox"/> Membership Table |
| <input type="checkbox"/> Volunteer Driver | <input type="checkbox"/> Deliveries to Office | <input type="checkbox"/> Deliver Materials to Site |

Community

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|---|--|--|
| <input type="checkbox"/> Volunteer Driver | <input type="checkbox"/> Shopper | <input type="checkbox"/> Cook |
| <input type="checkbox"/> Friendly Visitor | <input type="checkbox"/> Housework | <input type="checkbox"/> Gardening |
| <input type="checkbox"/> Post Flyers | <input type="checkbox"/> Visit Medical Offices/Practitioners | |
| <input type="checkbox"/> Mall/Medical Clinic Display/Information Table or Booth | | |
| <input type="checkbox"/> Service Club Presentations | | <input type="checkbox"/> Lupus Walk |
| <input type="checkbox"/> Face to Face Support Group Facilitator | | <input type="checkbox"/> High School Presentation |
| <input type="checkbox"/> Hold 3 rd Party Fundraising Event | | <input type="checkbox"/> 3 rd Party Product Sales |

Committees

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| <input type="checkbox"/> Emails | <input type="checkbox"/> Phone Calls | <input type="checkbox"/> Market Research |
| <input type="checkbox"/> Mailings | <input type="checkbox"/> Write Articles | <input type="checkbox"/> Contact Sponsors |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |