



Helping people.



United Way of Greater St. Louis

UMSL Month of Community Giving 2018

Give Now

Participate in the UMSL Month of Community Giving by making a donation [HERE!](#)*

Donate Your Time

UMSL Staff members are eligible to take paid time off to volunteer at a qualifying volunteer organization in the Greater St. Louis area. Check out the [United Way volunteer organizations list](#) and make plans to donate your time. Click [here](#) for more information on the Employee Volunteer Program.

Take Care of Yourself

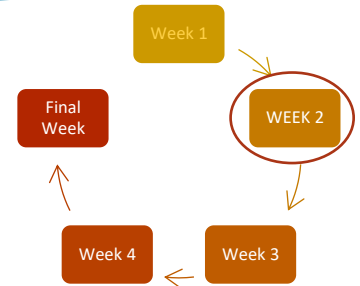
Join the Staff Association and Recreation & Wellness Center on October 11th from 2:00 to 4:30 p.m. on the Recreation and Wellness Center lawn to celebrate the start of fall and kick off the 2019 Wellness Incentive! [Pre-register today](#) to enjoy delicious snacks and fun activities including a Water Balloon Toss, Chair Yoga, POUND Fitness, and more. Individual and group prizes will be awarded!

A Community of Givers

The UMSL community is made up of generous staff, faculty, and students. Every year they go above and beyond to make a difference. Student philanthropy is an important part of how UMSL serves. Here are some upcoming events to raise money for their charities!

- Support the women of Zeta Tau Alpha-Theta Kappa by participating in their annual washers tournament on October 13 from 11 a.m. – 2 p.m. at Vago Park. All proceeds will go to the ZTA Foundation to help fund Breast Cancer Education and Research. Register [here](#).
- Alpha Xi Delta's Autism Speaks Walk will be held October 13. The walk starts at 10 a.m. in the Upper Muny Lot in Forest Park. To register or donate to the walk, click [here](#).

If you have time this weekend, get out and show your support. With our combined efforts, we will make a difference in our community.



It is already the second week of October! Send in your donation and cross it off of your to-do list!

Triton Mobile Food Pantry

This event will take place on Friday, October 19th. It is a one day outdoor resource for students, faculty, staff and community members facing food insecurity. Together, we will work to ensure no member of our UMSL community goes hungry. Click [here](#) to register to volunteer for this event.

The Triton Pop-up Food Pantry is supported by the St. Louis Area Foodbank, a United Way agency.

9-1-1 for Emergencies. 4-1-1 for Information. 2-1-1 for ??

2-1-1 is a nationwide, 24/7 connection to agencies and resources. 2-1-1 connects people to services that help them live their best possible lives. For basic needs to healthcare, human social service organizations, childcare, disaster relief and counseling, contact 2-1-1 by phone, text, or [online](#). Critical services are available that can improve and save lives. 2-1-1 is committed to being the first, most essential resource to anyone in a time of need.



Questions?
Contact Patricia Zahn
314.516.5267
zahnp@umsl.edu