

VIRTUAL VOLUNTEER OPPORTUNITIES [CORPORATE]

We are here to ensure that making an impact is simple, easy, and fun.

For each of these volunteer opportunities, you will be paired with a MS Society Staff Partner who will guide your volunteer experience, provide detailed instructions, and manage communications with your volunteer team on what to expect and how to prepare.



Host a Virtual E-Card Party

Get your friends, co-workers, or family members together for an hour-long e-card party. A user-friendly online platform allows volunteers to connect with one another while writing e-cards for those who fuel the MS movement.



Write Thank You Notes and Greeting Cards

If writing is more your style, we always need help thanking our participants and fundraisers, and keeping in touch with people affected by MS. You provide the words and sentiments, and we will send them to our constituents.



Host a Virtual Rest Stop or Cheer for Walk MS, Bike MS, Challenge Walk MS

Virtually engage with our event participants by hosting a virtual rest stop. It is quick and easy to set up and is a great way to support and interact with our fundraisers.



Create Inspirational and Motivational Signs

Create signs and posters to share with your local Walk MS and Bike MS participants.



“I know I am making a difference in small and big ways to spread the word about MS, to support others and myself with MS, and to support those working so hard behind the scenes. I will continue to do all I can to support others with MS and the awesome team at the Society!”

-Jennifer Frame, Volunteer

[Learn more about Jennifer's impact story here.](#)

VIRTUAL E-CARD PARTY

Looking for a way to engage staff while creating fellowship and a sense of community around a common cause? Spend an hour making an impact by co-hosting a Virtual E-Card Party. Volunteers will gather virtually to write e-cards to fundraisers, Partners in MS Care, and other Society Constituents who fuel the MS community.



Though we cannot be together in person, we can connect with purpose.

Engage your team in a 1-hour Virtual Card Party!

Time Commitment:

10 minutes pre-work, 1 hour on-event

Materials:

- Computer with high-speed internet
- Basic familiarity of Microsoft Teams, Zoom, or similar virtual meetings spaces
- Familiarity of basic excel and Google sheets

Project Details:

- You will be paired with a MS Society Staff Partner who will guide your volunteer experience, provide detailed instructions, and manage communications with your volunteer team on what to expect and how to prepare.
- Your Staff Partner can act as a co-host during the Virtual Card Party or can simply be available in the background for troubleshooting while you run the show.
- Make it a fun and memorable experience for your team: create a theme, turn up the music, bring the competition with a costume contest, best dressed, and more...the opportunities are endless.

Interested? Let's Connect!

volunteerMS@nmss.org

In the past 75 years, we've seen our share of challenges and crises. But we won't stop until we have a cure for every person living with this disease.

WRITE THANK YOU NOTES | GREETING CARDS

Help write greeting cards to people who ensure the MS movement maintains momentum. Fundraisers, healthcare partners, caregivers, participants, and those affected by MS all keep us focused and connected to the mission. Create a personalized note guided by our easy-to-use templates and scripts. Take as much or as little time as you need in creating these individualized notes.



Create a connection, make a memory, and send a smile.

Time Commitment:

No maximum or minimum requirement

Materials:

- General thank you cards / stationary; Printable templates can be provided by the MS Society
- Art Supplies
 - Pens
 - Markers
 - Stickers

Project Details:

- You will be connected to a Volunteer Engagement Specialist who will discuss your recipient list, suggest phrases, and content, and ensure you feel equipped to complete the project.
- Once your team is finished, cards can be mailed or dropped off at your local MS Society office and MS Society Staff will ensure notes are stamped and mailed. If you would like to donate stamps to offset costs, please let us know!
- Make it a fun and memorable experience for your team: Send out customized material to your team to include in the notes, compete to see who writes the most in a week, or who can be the most creative.

Interested? Let's Connect!

volunteerMS@nmss.org

Together, we have transformed what it means to live with MS and we won't stop until we have a cure for every person living with this disease.

HOST A VIRTUAL REST STOP | CHEER EM' ON

Looking for a way to engage staff while supporting our participants in a fun and creative way? Host a virtual rest stop! You can pick the theme, dress up, and have a mini activity for the participants to do when they join via video. This is a great way to all be together when we cannot be in-person.

Volunteers play a vital role at Society fundraising events and this is a great way to support people who fuel the MS movement.



Though we cannot be together in person, we can create positive spaces for meaningful interaction.

Time Commitment:

30-60 minutes pre-work, 30-60 minutes on-event

Materials:

- Computer with high-speed internet
- Basic familiarity of Microsoft Teams, Zoom, or similar virtual meeting spaces
- Props/costumes that go with the theme of choice, etc.

Project Details:

- You will be paired with a local Volunteer Engagement Specialist who will guide your volunteer experience, provide detailed instructions, and manage communications with your volunteer team on what to expect and how to prepare. They can also help you come up with ideas for your rest stop theme/activities if needed.
- Your Staff Partner will also be on the virtual rest stop to help with any troubleshooting and any support you might need.
- Make it a fun and memorable experience for your team: create a theme, host trivia, play name that tune, create a scavenger hunt, and more...the opportunities are endless.

Interested? Let's Connect!

volunteerMS@nmss.org

The National MS Society paved the way for nearly all of the treatment options available today—none of which existed just 30 years ago.

CREATE INSPIRATIONAL/MOTIVATIONAL SIGNS

As the National MS Society prepares for COVID-19 friendly events we are looking for groups to make inspirational and motivational signs to create a fun atmosphere. Although we will not have large volunteer groups cheering on participants this year, we hope these signs will create a lively and inviting space as participants cross the finish line.



Make the start line, route, and finish line memorable and motivational!

Time Commitment:

1-hour +

Materials:

- Poster board
- Art Supplies
 - Pens
 - Markers
 - Stickers

Project Details:

- You will be put in contact with a local Volunteer Engagement Specialist and they will provide you with more information on the project. During this time, you will get a better understanding of the specific event(s) where these posters will be featured and some suggested phrases to use.
- Once your team has completed the project you can drop the posters off at your local MS Society office or discuss a porch pick up with your staff partner.
- Make it a fun and memorable experience for your team: Turn it into a contest to see whose poster is most creative, create a challenge on using a specific medium or material...the options are endless!

Interested? Let's Connect!

volunteerMS@nmss.org

The next chapter in our story could be the last chapter for MS. Together, we can be the generation that ends the disease and changes life for millions of people affected by MS.