

How I Can Help My “Neighbor” During These Difficult Times

If you are looking for ways to help others during this time of “social distancing” and “quarantine,” here are some ideas:

- Go grocery shopping for someone who cannot get out. When you shop for yourself, pick up items for someone who is shut in or who cannot otherwise safely get out.
- Help someone get their medications. Drive them to the pharmacy or pick up the medications yourself.
- Call people you know are essentially shut in, people who are unable to get out. Let them know you are thinking about them and are available to assist them if needed.
- Leave the corners of your fields unharvested for the sake of the most vulnerable (see Leviticus 23:22). By that we mean, for example, don’t be a hoarder when it comes to toilet paper, bottled water, soap, frozen pizza and the like. Leave some for the next person who is in need. As another example, donate your time to help in new and, likely, unusual ways. Be available to those who cannot get out, who are lonely, who are desperate to see a smile and hear a friendly voice. And as a final example, remember that this virus is affecting the entire world, so it’s not just “all about me.” Seek ways to build community – in your neighborhood to start with. Reach out and show people what it means to be a Christian – when times are good and when times are tough.
- Volunteer at FeedMore. FeedMore is in need of volunteers for their Community Kitchen. The Community Kitchen is where all of the Meals on Wheels meals are prepared. As they are seeing more older adults in need of Meals on Wheels due to the quarantine, more volunteers will be needed. To apply to be a volunteer, please visit: <https://feedmore.org/volunteer-application-form/>
- Volunteer to call seniors and others adults and provide a friendly, comforting voice in this time of uncertainty. Here is a list of some of the agencies who need volunteers to make phone calls:

Commonwealth Catholic Charities Call Reassurance: Caring volunteers call seniors and persons with disabilities to chat with them and check on their well-being. Participants are called twice per week. This program serves the greater Richmond area. Contact: Diane Hargraves - diane.hargraves@cccofva.org. 804-545-5916

Family Lifeline; Visiting Volunteers: Trained volunteers create connections, build relationships and provide companionship through weekly social visits. This program serves older adults and persons with disabilities in the greater Richmond area. Contact: Michelle Middleton, mmiddleton@familylifeline.org. 804-249-5397.

JFS Richmond: Friendly Visitors make weekly social visits with older or home-bound adults. Telephone Reassurance volunteers call every weekday morning to check in,

chat and make sure everything is okay. Contact: Teresa Baldwin,
vol1@jfsrichmond.org. 804-282-5644, ext 244

Senior Connections' TeleBridges: The TeleBridges program provides friendly, concerned, volunteers who will stay in touch with seniors two to five times per week. Each phone call provides reassurance- offering a listening ear and an encouraging word. This program serves the greater Richmond area. Contact: Shana Beverly - sbeverly@youraaa.org. 804-343-3024

- Contribute your financial resources to agencies and organizations involved in serving our community.