HELPING OTHERS DURING THE PANDEMIC

In times like this Fred Rogers' words ring true. "When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will find people who are helping."

Find out who needs help.
Offer a hand to the elderly or disabled.

Share your supplies.
Many people have turned into hoarders during the coronavirus pandemic. Make up for bad behavior at the store and share.

Maintain your friendships
Times of isolation can get lonely. Ask a friend to take a walk with you. It's a chance to get fresh air while practicing social distancing.

Support your favorite restaurant
If you can afford to, support your favorite local restaurants by buying a gift card or getting take out.

Make care packages
Create care packages for people with a preexisting conditions or seniors. Contact a nursing home or community groups to see if there is a need.

Donate to a cause.
No Kid Hungry (nokidhungry.org) is a non-profit that helps students who rely on school meals. You can donate to many organizations online or donate to local groups like H.E.L.P. and Alms House.

Pharmacy Run
Organize a pharmacy run for medically fragile people who might not be comfortable going out.
As long as you have their birth date and name, you can likely pick up medicines on their behalf.

Feed someone else
Make an extra meal and share it with your neighbor.

If you need help
*WARM LINE 1-800-400-6428 is a peer run service created to help when you need someone to talk to.
*Mental Health America Virginia mhav.org offers mental health resources.
*Pregnancy Support Center of Southside Virginia 434-392-8483. Need help? Free pregnancy tests, baby items and classes.