

# Ideas for Caring for our Neighbors During COVID-19

Please note: These opportunities are subject to change as medical professionals and state officials daily adjust guidelines for slowing the spread. At some point, some of these opportunities may not be an appropriate route to take.

## 1. Check in on your literal next door neighbor

- Consider calling, texting, or leaving a note on their doorstep with your phone number if they don't yet have it and check in. See if there is anything you can help them with.
- If they have kids, offer to help. Take them on a walk, riding bikes, etc. Something outside with a good amount of social distancing.
- Share your TP ;)

## 2. Give money

- Give to [Workbooks for Davis Students](#). Davis is an elementary school in Rockwood serving the needs of families that are majority low-income and some who are without access to technology. 94% of Davis families qualify for free or reduced lunch. Help provide necessary tools for continued education in this unknown time when kids are at home with family.
- Give to the [“Neighborhood Fund” at Embrace Oregon](#). This will help to meet the influx of tangible needs (e.g. groceries, household supplies, etc.) anticipated for kids and families impacted by foster care. Donations can specifically be made to the “Neighborhood Fund” by indicating this in the notes section of your donation.
- Give to [Refugee Care Collective](#) who is purchasing and delivering groceries, cleaning supplies, and other household items to refugee families in our community.

## 3. Give gifts cards

- Gift cards to Fred Meyer, Winco, Safeway, Walmart, Trader Joe's, Target are all great for groceries and household items. Neighbors who may have lost a job, have a big family, have unstable housing or work, are a foster family, or anyone else the Lord brings to your mind.
- \$5 gift cards for coffee for Child Welfare staff\*, grocery store workers, or medical professionals. Starbucks may be the only option at this point, but many like that best anyway! This will speak volumes to overworked and overwhelmed workers.
- Purchase meals/gift cards for restaurants or stores with curbside pick-up to be delivered for families who have more mouths to feed multiple times a day for the next few weeks. (Start first with families in your

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communities, but you may also send gift cards to Walmart, Fred Meyer, Target, Whole Foods, and Amazon to the Embrace Oregon office: 809 N Russell St, Ste 203, Portland, OR 97227.)

#### **4. Shop for others while you shop for yourself**

- Consider picking up some extra snacks that are individually packaged to assemble food care packages to keep in your car and hand to neighbors who are houseless or drop off with a family in your neighborhood. Beans and rice are great staples, too.
- Offer to shop for your neighbors, particularly the elderly and immunocompromised.

#### **5. Become a driver for Meals on Wheels**

- Meals on Wheels' vision is that no senior would go hungry. Many of their drivers are elders themselves and have understandably stopped delivering meals, so they are in great need of drivers to deliver meals. If you are interested in delivering meals to some of our most at-risk neighbors, you can get started [here](#).

#### **6. Send notes of encouragement and gratitude**

- A simple "Thank you and I see you" note can go a long way right now. Write some for the grocery store staff at the store you've been frequenting, transit workers, first responders and health professionals you know, or staff of Child Welfare\*.
- Consider sending one encouraging text of gratitude per day to people you know working in these sectors.

#### **7. Clean DHS visitation offices**

- Sign up for a cleaning day at a DHS office. The visitation rooms are already being sanitized after every visit by staff, but staff could use some help. To view cleaning schedules, click [Midtown Volunteer Opportunities](#) and enter the Access Code: "MidtownVolunteers"; click [Alberta Volunteer Opportunities](#) and enter the Access Code: "AlbertaVolunteers" when prompted.

#### **8. Support local restaurants**

- As long as they are open, consider ordering take out from locally owned businesses. A quick Google search is a great place to start. We just had a *wonderful* taco Tuesday at a family owned Mexican restaurant called Villa Hermosa on the eastside.

**Questions?** Contact Brooke Nolte Shellman at [brooke.nolte@bridgetown.church](mailto:brooke.nolte@bridgetown.church)

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