

Even though we are being asked to distance ourselves from others at this time - it doesn't mean that we cannot reach out to help others through acts of Christian Charity. Below are some ideas for staying connected to others through acts of kindness -while also staying within a safe distance. I have broken it down by categories. I would recommend picking a category each day and finding something that you can do to help out! Kindness and Love are what will hold us together in these uncertain times.

Prayer is always a good first step. It is something that can be infused into each of the following projects and should not be skipped over. It is something that connects us all - no matter where we are in the world.

Mobile Serve has also put together a list of ideas on their website.

<https://info.mobileserve.com/virtual-volunteering>

Elderly

- Write letters to those who are completely isolated at this time. Many of the nursing homes/senior learning facilities are not allowing visitors at all. Here are a few we have a service connection to that you can look up addresses and send general notes/cards to be distributed by the staff.
 - St. Charles Community
 - Sisters of Notre Dame, Lourdes Hall, Sisters on the 4th floor of NDA
 - Madonna Manor
 - The Pavilion at Kenton (Covington)
 - Charter Senior Living, Edgewood
- Call your Grandparents, great-grand parents, older aunts and uncles, neighbors - have a phone conversation with them (or Facetime) - ask them about times in their past (proms, jobs, school, long distance relationships, faith, favorite vacations/trips etc.)
- If you have a musical talent - video tape yourself singing a song, playing a song, doing a dance etc and send it to the volunteer coordinators and ask them to share it with their residents. A song can go a long way (and you get to practice your performance skills).
- If you have an elderly neighbor that has trouble getting out - offer to take their garbage cans to the street (and back to their house) the night before/after garbage night.
- Works for taking mail up to their doors if their mailbox is at the street.
- MobileServe is teaming up with [Trilogy Health Services](#) and [Live a Dream](#) to connect volunteers to our most socially isolated seniors. In these challenging times, please consider the impact your volunteers can have (from home) by submitting a short video letting those in nursing facilities know they are missed and remembered. Click on the image below or [submit your video here!](#)

Family

- Help with your younger siblings - play a game with them, read them a book, watch a movie, help them with their school work - give your parents a bit of a break to do their work or just relax for a few minutes.
- Help with chores (without being asked to!) - do a load of laundry, wash dishes, sweep the floor, clean the windows, wipe down surfaces etc. (THis will go a long way with your parents!)

Neighborhood

- Create rainbows to place in their windows for the neighborhood to see, so when going for a walk, everyone can be on the hunt for rainbows (or hearts or Easter eggs). Fun for all!

Environment

- Take a bag with you on your walk and pick up any garbage you see on the way
- Plant something!
- Weed the garden/flowers

Social Service agencies

- Donate money/supplies to social service agencies that are being utilized more at this time. Below are a few that I know are looking for monetary contributions etc.
 - Go Pantry (they are providing Go Bags for all their students - but with more in them as they are not in school - \$50 creates a bag)
 - St. Vincent De Paul - they have a food pantry that is providing food for many.
 - BeConcerned in Covington
 - Action Ministries in Latonia
 - Brighton Center in Newport

Misc.

- I know that there is a need for facemasks. I have seen online ways for people to make fabric masks. At one point JoAnn Fabric was offering the materials to anyone who would make them and then bring them back to be distributed to hospitals and nursing homes. I think that Joann's is closed at this time - but if you have fabric and elastic at your house

and access to a sewing machine - you can find directions on Pinterest and Facebook.

HOW TO MAKE A MASK

Supply List:

- 1 piece cotton fabric (any print for women and men) for the front panel measuring 9" x 6" for the front facing piece
- 2 pieces of cotton for the pocket for inserts in the back measuring 9" x 4"
- 1 piece of Cotton flannel as a layer in the middle measuring 9" x 6"
- 1/8" flat braided elastic, any elastic will work but 1/8" to 1/4" is ideal, cut the elastic 7" long for an adult

Directions:

1. Cut all pieces out
2. Put right sides of cotton and flannel fabric together
 - Flannel on the bottom
 - 9" x 6" cotton print facing up
3. Pin elastic on the corners top to bottom
4. Sew end of elastic to corner – few stitches forward and back will hold this
5. Lay 2 pieces for pocket on top of it, facing down with turned edges touching in the middle and sew around the whole thing
6. Turn the mask inside out via the pocket
7. Sew to next corner and sew in the other end of the same elastic
8. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction. Sew around the edge of the mask twice
9. Sew around the edge of the mask twice. Be sure any fabric design is placed horizontally



Drop Off Location:

St. Elizabeth Hospice Grief Center

Monday – Friday, 8 a.m. to 4:30 p.m.

Located at 483 South Loop Drive; which is the building to the right of the Hospice Center.
If you are not familiar with the South Loop drive and are driving from:

From Turkeyfoot Road: Turn onto Thomas Moore Parkway. After passing the 1A Main Entrance of the hospital, turn right at the next light which is South Loop Drive. Turn left at the 3rd driveway to enter the parking area of Hospice.

From Dudley Road: Turn onto Medical Village Drive. Turn right at the first stop sign which is South Loop Drive. Turn right at the 2nd drive to enter the parking area for Hospice.

- A couple students have mentioned making Hand Sanitizer and dropping it off at local Senior Care Facilities that are out of it. I am sure you can look up recipes for making this. I would just recommend that you call the senior care facilities ahead of time so that you know that they will take it - some may not.