

Hello, Everyone,

At this point, we have had many kind offers of help for both volunteering and for donations. It seems that it might be helpful if we answered two important questions right now:

How can you **give help**, if you can, right now? and How can you **get help** right now or in the future?

You may not need this information today, but we ask that you please copy this information and put it in a place where it may be found later on.

1. How can I **give help** to my neighbors in Strafford right now?

- A. Neighbors Helping Neighbors helps people to arrange for deliveries of items from town such as prescriptions and can help to pay bills as well as help with special needs. To donate, a check may be written to Neighbors Helping Neighbors and sent to Sandy Preston at Post Office Box 37, South Strafford, VT 05070. Also, please let Sandy know if you would like to be added to the list of volunteers willing to shop and pick up items in town.
- B. United Church of Strafford Deacon's Fund can help people pay bills and cover expenses. To contribute to the fund, send a check made out to UCS Deacon's Fund and send it to United Church of Strafford, PO Box 124, Strafford, VT 05072 (Attention: Becky Bailey)
- C. Strafford Community Food Shelf at Coburn's Store can provide food items. A check can be made out to the Strafford Community Food Shelf and given/sent to Sue Coburn or Chrissy Jamieson.

D. Sharon Food Shelf provides food and some household items. A check can be made out to the Sharon Food Shelf and sent to Sharon Food Shelf, PO Box 42, Sharon, VT, 05065. If you would like to volunteer your time at the food shelf, give director Mary Stoddard a call at 914-391-6441.

2. How can I **get help** right now or in the future?

- A. Neighbors Helping Neighbors, working along side the Sanborn Fund, can help to arrange for deliveries of items from town such as prescriptions, can help to pay bills and can help with special needs. Call Sandy Preston at 765-4068 to ask for help from Neighbors Helping Neighbors. To ask for help from the Sanborn Fund, contact Rose Sillaway or Barbara Murray.
- B. United Church of Strafford Deacon's Fund can help people pay bills and cover expenses. Call Becky Bailey at 765-4703 to seek assistance.
- C. Strafford Community Food Shelf at Coburn's Store can help you to obtain food. You may access the food shelf by shopping off of the shelves at Coburn's Store up to twice a month and spending up to \$75 each visit. Note that there are some restrictions on what can be purchased. (No tobacco products, no alcohol, etc.) Call or talk with either Sue Coburn or Chrissy Jamieson at Coburn's. (Note: if you wish to access the food shelf anonymously, please contact one of the Outreach Committee members listed at the end of this message.)

D. Sharon Food Shelf is located in the Lighthouse building, just past the Town Office in Sharon, VT. The hours are Tuesday and Thursday evenings from 4:30-6:30pm and on Saturday morning from 10:00-noon. If you would like food delivered to you, contact Danette Harris at 765-4312.

E. Coburn's Store is also delivering food orders or providing curbside delivery at the store. To place an order, please send an email to: coburnsstore77@gmail.com

F. There is also help available for senior citizens, aged 60 and over, who can qualify for pick up meals and special needs. Contact Sue Peire at 763-7386 on Tuesdays and Thursdays or at Barrett Hall on Wednesdays.

If you need help with issues that you do not see listed here, please give one of us a call. We also ask that you pass along this information to your neighbors who may not have access to it.

Also, please give one of us a call if you know of someone that needs to be checked on.

We ask that you remember, please, that you may have a support system in place now of relatives or neighbors or friends, but, if that support system is not available to you, please give one of us a call to get the help you need.

Thanks for everything that everyone is doing. Many of you are offering rides, checking on neighbors, delivering food and many things that we will never even know about. We are all working together to help and support everyone and we are so grateful for the efforts of so many of you. Take care, please.

Most sincerely,
The Strafford Community Outreach Committee

Rebecca Bailey (765-4703)

Danette Harris (765-4312)

Joey Hawkins (765-4040)

Sandy Preston (765-4068)