

## GYSO 2020 SPECIAL EDITION

**TEACH SOMEONE HOW TO STAY IN TOUCH:** Just because you are staying home does not mean you cannot interact with your friends and family by phone, email or video chat, right? Consider teaching someone who does not know how to use chatting apps. Walk them through how to install and use certain apps like [FaceTime](#), [Skype](#), [Google Duo](#), or [WhatsApp](#). Be patient and remember to clean electronic surfaces like phones, iPads and computers before and after you touch them. It is important that seniors are still communicating with others so they are connected socially and for health safety. In addition, you can help them practice by using the new technology to check in on them. Practice makes perfect!

**CHECK IN ON HIGH-RISK INDIVIDUALS:** While social isolation often has a negative connotation, right now staying home is critical to the health of many in our community. Reach out to older adults, individuals with disabilities and those with compromised immune systems in your neighborhood with a phone call or email to see if there is anything you can do to help during this time. Offering to deliver groceries or pick up necessities can help our most vulnerable community members avoid COVID-19.

**CONSIDER DONATING BLOOD:** Right now, there is a severe blood shortage because blood drives across the country have been cancelled. American Red Cross is seeking healthy individuals to make an appointment to help patients in need. **\*\*Must be at least 16 years old.\*\***

**CREATE AND SHARE A LIST OF YOUR FAVORITE BOOKS, MOVIES, AND ACTIVITIES:** A lot of people are trying to think of ways to fill their time and focus on informative, fun activities. Recently find a great Netflix special? Let people know! Have a favorite book that you haven't read in years? Tell people about it, and maybe even start a virtual book club. Are you good at crafting, art, music, or another hobby? Show your skills, teach them to others, and challenge your friends to do the same. Help your community out by sharing your ideas and skills.

**CONSIDER SUPPORTING YOUR FAVORITE SMALL/LOCAL BUSINESS:** With shutdowns and quarantines, many small businesses are struggling to stay open. Try finding their website and buy online, purchasing a gift card, or ordering take-out (if offered). If take-out is an option from a local restaurant, consider calling a local medical center and seeing if some staff members could use a meal. You can also start a GoFundMe to support a local organization or another group hit hard by coronavirus (medical centers, food banks, elderly living facilities, and more).

**CLEAN UP TRASH IN THE NEIGHBORHOOD, IN YOUR YARD, OR IN A PARK:** Social distancing and self isolation practices are the nation's top priority, and social distancing doesn't mean you have to be stuck inside 24/7. Many local parks and nature trails are still open so that people can get out, get fresh air, exercise, and enjoy nature. If you do get outdoors, help out our environment and natural spaces by putting on some gloves and cleaning up litter.

**VOLUNTEER WITH FOOD BANKS:** Contact representatives at your local food pantries and see if they need help distributing food to people in need. Offer to pick up non-perishables from friends and neighbors, and deliver them to local food banks. With many people unable to work during this time, food can be even harder to afford than it normally is, and food service places need more help than ever getting their products out to the community.

**DO A FAMILY PROJECT OR VIRTUAL FIELD TRIP:** Many of the projects suggested on [Points of Light's DIY Volunteer Projects List](#) have positive environmental, community, and social impacts. Take a look at these low-cost ideas and pick your favorite to complete with family. There are also many different [virtual field trip](#) options to experience zoos, museums, national parks, animal live cams, and even Mars. You can also offer to do these activities with or read storybooks to younger kids you might know (possibly over a video chat) to help tired parents take a break.

**OFFER TO HELP WITH CHILD CARE:** With schools in Virginia closed, many families will find themselves in need of child care. Offer to support your trusted friends and neighbors if you have time, ability to help and a safe environment in which to do so.

**MINIMIZE MISINFORMATION:** Social media can be a great place to get information and stay informed, but misinformation can spread like wildfire, too. Do your best to think critically about what is true and what is misinformation about Coronavirus and the news cycle. Consider what the source of the information is, and if you don't recognize it, try to check it out. Is the information from places like the CDC and WHO, or does it come from something a little more random without evidence? Is the information recent? If the word choice used in the headline and the article seems like it's written to scare or target people, the information may be more conspiratorial and fear-mongering. You might not always know what source is the best to listen to, but data and reliable evidence are always good places to start. If you see misinformation out there, don't share it and direct people you know to The World Health Organization's "EPI-WIN" page (the COVID-19 section).

**PRACTICE SELF-CARE, AND HELP OTHERS DO THE SAME:** Taking care of ourselves and each other at a time like this can be difficult, anxiety-inducing, and confusing. Do your best to keep reasonable expectations for yourself, and know that each day might feel different. Try developing a personalized list of healthy self-care activities (like journaling, yoga, hobbies, meditation, cooking, trying something new, connecting with a family member or friend, healthy distractions, and more) for yourself, and help others to do the same. Take breaks from screens, social media, and news, and seek out accounts and sites that make you feel positive while you are using your devices. Remember that it's okay to feel off-balance, and that we're all experiencing this together.

**ORAL HISTORY INTERVIEW USING THE "TABLE TALK" RESOURCES:** Now is an excellent time to connect with people close to us, and staying home gives us the opportunity to find out more about each other. Interviewing an older family member or friends provides an excellent chance to understand history and the lived experiences of our loved ones. By interviewing an older family member or friend, you might hear new stories and details that you had never known. Asking someone questions makes them feel interesting, cared about, and valued. [Table Talk](#)

**MAKING FACE MASKS FOR YOURSELF OR OTHERS:** Directions can be found on the Joann Fabrics website. <https://www.joann.com/make-to-give-response/>

**DYI No-sew Face Mask Option.** Using a bandana and two rubber bands, anyone can make a DIY no sew face mask very quickly and easily. Stay safe and healthy everyone! <https://youtu.be/1r2C1zGUHbU>

**"WE'RE GOING ON A BEAR HUNT."** : Some neighbors in Hanover are helping one another find a little joy in this difficult time by placing bears in their windows. Families can make a game of spotting the bears on display as their walk around their neighborhood, practicing social distancing. The concept comes from a book written by Michael Rosen entitled "We're going on a bear hunt."

\* For Easter some families are placing decorative eggs in their windows for neighbors may enjoy for an egg hunt.\*

**SAY THANK YOU TO A COMMUNITY VOLUNTEER FOR NATIONAL VOLUNTEER WEEK, APRIL 19-25.** Make a card, send a nice message, drop off flowers on their porch or give someone a call to tell them you appreciate them and the services they provide to the community.

**YARD WORK AND PLANTING TO SUPPORT EARTH DAY, APRIL 22:** Help someone in the garden, help spread mulch, pick up sticks, rake leaves, plant flowers or trees. Great exercise and can be done with others...6 feet apart.

**SUBMIT A PROPOSAL FOR A COMMUNITY SERVICE EFFORT TO COMBAT HUNGER**

Please write two to three paragraphs introducing your idea for a community wide effort that can help combat childhood hunger and support families throughout the summer.

For example, write about solving this issue. It seems that snack supplies are running low in everyone's household, either someone else enjoyed it or we have not restocked the pantry. But I am still hungry! Attempt to answer questions like, how do we help families that do not have the ability to go grocery shopping during the COVID -19 Stay at home era?

Youth who would like to participate, please email a well thought out proposal that shares their view of the local situation and explains the preparation and planning needed to take action. Please list desired goals of the project.

The Hanover Youth Service Council will review each project idea proposal and as a group, select the project with the most community impact. HYSC will help the selected youth project lead, accomplish the project with funds and service hours. [hanoveryouthvolunteers@gmail.com](mailto:hanoveryouthvolunteers@gmail.com)