



*hello* neighbor,  
how can I help you?

In a time of ongoing uncertainty, I would like you to know you're not alone. If you can't go out, feel vulnerable in any way or just need a helping hand, please reach out! Let me know how I can care for you.

## I can help:

- Pick up groceries
- Deliver a meal to your door
- Run errands
- Get urgent (or non-urgent) supplies
- Pick up medication
- Help with yard work or chores
- Walk your pets
- Send / pick up mail
- Check in with a phone call
- Other \_\_\_\_\_

## Call or text me, any time.

My name is: \_\_\_\_\_

My phone number is: \_\_\_\_\_

My email is: \_\_\_\_\_