Despite the current restrictions due to the pandemic, there are many ways to show that you care! Here are few ideas to help you brainstorm:

- ✓ Find some smooth stones (e.g., river rock) and paint them with encouraging messages or uplifting images and leave them randomly in your neighborhood! You may be able to find paint at the Dollar Store if you don't have any (preferably not water color!).
- ✓ Create a special message of encouragement in your front window (be creative!) or maybe with chalk on the sidewalk. Many people are taking walks – help lift their spirits!
- ✓ Make cards to show your support for local "heros" –
  - Frontline workers in the medical field (hospitals, nursing homes, American Red Cross and other blood draw sites, etc.)
  - Police, fire, and ambulance personnel
  - "Essential businesses" employees (e.g., grocery stores, USPS workers and other delivery carriers, sanitation employees, etc.)
  - Local restaurants
- ✓ Make cards to lift the spirits of residents in nursing homes, patients in hospitals (local and maybe CHOP in Philadelphia), or even for inmates in prisons *(perhaps even make a "puzzle" to put in the card to give the something to do – crossword, find a word, etc.)*
    - You could mail/deliver the cards yourself, your send them to "The Giving Tree" (see below)
- ✓ PRAY!
  - Take time to pray in the church (or at home if you don't want to be in public) for an end to the Coronavirus and other intentions for which you've been asked to pray (e.g., 30 minutes a day for 4 days)
  - Join in the Rosary Campaign for an end to the Coronavirus with the Office for Evangelization over 4 nights (does not need to be consecutive)
    - http://www.phillyevang.org/rosary/
- ✓ Offer to help an elderly neighbor with yard work
- ✓ Go through your clothing and other "stuff" and donate things you don't need.
- ✓ Check out "The Giving Tree" website for more inspiration to brainstorm ideas or participate in their events Their May Newsletter has some great tips: https://givingtreefamilies.org/