



YES, I am happy to

(check all that apply)

- ☐ Prepare/deliver a simple meal
- ☐ Visit someone in the hospital
- ☐ Visit someone in their home
- ☐ Telephone someone to check up on how they are doing
- ☐ Send emails to people who would appreciate encouragement, cheer, congratulations
- ☐ Do simple grocery shopping
- ☐ Pick up prescriptions from a pharmacy
- ☐ Do light housework while someone is recovering
- ☐ Do light housework while someone is recovering
- ☐ Drive someone to a medical appointment
- ☐ Offer someone a ride to church service or activity
- ☐ Contact folks who haven't been around much lately
- ☐ Send a card to someone
- ☐ Walk a pet, if the owner cannot
- ☐ Sit with someone so a caregiver can have 2-3 hours 'away' time
- ☐ Tutoring a child
- ☐ Other ways that I/we can help

Your name

Your phone number

Your email

*When all is quiet and we are small and the night is dark, may we hear the tender breathing of all who lie awake with us in suffering and fear, that together we may gather strength to answer compassion's call, and to live with love, kindness, and courage.*

Rev. Jane Rzepka, adapted