



Ways to Serve Your Community While Staying at Home

Pledge to Stay Home, Work Safe. Individual families can print out a [pledge sheet](#) or complete it as a fillable form. ([See sample](#).) On the back, students can write a thank you note, poem, drawing, etc. to send to a hospital, grocery store, fire station, local restaurant, etc. Individual families can make multiple copies of the form if they want, put them in envelopes, and mail to various recipients. Families could even include a contribution if they'd like.

Check on your neighbors. Consider taping notes on neighbors' doors to let them know how you can help their family.

- Here is a link to a suggested door sign that you can use. Of course, you can create your own, too! https://cbcpdfs.s3.amazonaws.com/neighbor_card.pdf

Buy a T-Shirt. Your donations can help keep small business owners open and help feed those struggling to get meals.

- Here is the link to the website to purchase T-Shirts and other fun items. <https://inthistogethersa.com/collections/all-products>

Support health care workers. Write a letter, poem or song. Draw a picture. Google the address of the hospital closest to you and send encouragement to the professionals on the front lines taking care of those who may already be sick with COVID-19.

Support your neighborhood grocery store. Write a letter, poem or song. Draw a picture. Google the address and send encouragement to the employees working so hard to make sure we have all the food and supplies we need.

- HEB has launched "Texans Helping Texans" which is helping to pair seniors aged 60 and over with a personal shopper from Favor who will shop for the senior and deliver their items the same day. Use the link to find out more about this program. <https://newsroom.heb.com/h-e-b-launches-community-care-efforts-across-the-state-to-assist-our-most-vulnerable-neighbors/>
- If you would like to help contribute to this program, here is another link to the program through Favor where it is stated that "100% of contributions will be directly applied to seniors' orders to ensure they have low-cost access to home delivery during the COVID-19 outbreak." <https://favordelivery.com/seniors>
- When ordering your groceries, or shopping in the store, you can pick up one extra of one of the following items to donate to the Food Bank- peanut butter, cereal, tuna, beans, rice, mac & cheese, chili & soups, baby food & diapers, canned lunch meats, pet food, full meals can/box and pop top food items. Another way to help the Food Bank, is donating money. <https://safoodbank.org/ways-to-help/>

Support a local restaurant. Write a letter, poem or song. Draw a picture. Google the address and send encouragement to the employees thanking them for providing curbside and/or delivery service. Consider buying gift cards which can be used once the establishment reopens.

Make face masks. Seal them in plastic bags and donate them to your neighbors, a local fire station or police station, or hospital.

- How to Sew a Surgical Face Mask for Hospitals: <https://sarahmaker.com/how-to-sew-a-surgical-face-mask-for-hospitals-free-pattern/>
- How to Make a No-Sew Face Mask with At Home Materials: <https://sarahmaker.com/how-to-make-a-no-sew-face-mask-with-at-home-materials/>
- Easy 2-Layer No-Sew Face Mask: <https://jennifermaker.com/no-sew-face-mask-tshirt/>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Write a letter to a staff member or senior living in a nursing home. SMH Middle School has been paired with Parklane West in Alamo Heights. Please send as many letters as you wish to:



**ADOPT A
NURSING HOME**

[A Special Staff Member] and/or [A Special Resident]
c/o PARKLANE WEST
2 TOWERS PARK LANE
SAN ANTONIO, TX 78209

When sending your letter, card, or artwork, follow a few important guidelines below:

- Write in large, legible font. Include pictures or photos if you want!
- If possible, open up and tell your story. Share who you are, big moments and accomplishments, great memories, and more. Whatever you are comfortable with!
- Avoid licking envelopes if possible. Our facilities will hold all mail for 24 hours to protect residents and staff as a precaution regardless.
- Be creative and stay positive—you are a source of comfort and strength for our residents and our staff!
- Encourage family and friends to get involved too, at AdoptANursingHome.com

Please also consider visiting our Facebook and/or Twitter pages to share our Adopt A Nursing Home posts with your friends and family!!

 <https://www.facebook.com/TXHCA/>

 <https://twitter.com/txhca>

#AdoptANursingHome

Your efforts are making the world better right now. Thank you and stay safe!

Sincerely,
The Texas Health Care Association

Volunteer to help with a FUNdraiser to support SNIPSA.

Pet owners will donate \$25 to SNIPSA, and in return they will receive a one-of-a-kind portrait of their favorite fur ball.

Owners will submit the photos here: <http://bit.ly/snipsa-pet-portraits>, and then volunteers will make a portrait of their pet.



SNIPSA PET PORTRAIT INSTRUCTIONS & GUIDELINES

Thank you for signing up to volunteer for our SNIPSA Pet Portrait FUNdraiser! We are so appreciative of your willingness to help. Below is some information regarding the fundraiser and pet portrait requirements.

STEP 1:

Pet owners will donate \$25 to SNIPSA, and in return they will receive a one-of-a-kind portrait of the favorite fur ball. Owners will submit a photo of their pet on our website. This is where YOU come in!

STEP 2:

Once we receive submissions, we will send the photos to you via email, along with the owner and pet's name (so you can label the drawing on the back when finished). It is possible you will receive around 5-10 submissions (or more/less depending on your availability). So please check your email regularly!

STEP 3:

-You'll have one week to complete the sketches from the date that we send them to you, then you can drop off or mail the drawing to our office (address below).*
*Digital artists will email their drawing to snipsalexie@gmail.com
-We are aiming to mail the finished drawings out to participants within 2 weeks of their submission.
-Please make sure to write the first & last name of the owner on the back of the drawing (or on a sticky note).

OFFICE ADDRESS: 4216 MCCULLOUGH AVE



DRAWING REQUIREMENTS

- Please only spend 10-20 minutes maximum on each drawing. The drawings do NOT have to be perfect... try your best to capture the features of the pet, but we do not expect perfect/realistic drawings.
- Please use a paper size that's no larger than 8.5"x11," but smaller sizes are also allowed. Cardstock is suggested, but not required.
- We want you to use your creativity! Feel free to use many different mediums, play with lots of fun colors, or even add a witty caption. Just make sure the art can be mailed in a flat envelope!
- Please make sure to write the first & last name of the owner on the back of the finished drawing (or use a sticky note).

Any questions, please call Lexie at 713-444-8809 or email snipsalexie@gmail.com

