We are living through a difficult time – for most of us the first global health crisis that has knocked right at our own doors. It's important that each of us take the simple, commonsense prevention steps urged by public health experts the world over: maintain social distance, wash your hands, frequently wipe down surfaces, stay home if you're sick, cover your cough. I know many are also asking 'what else can I do to support my community? My neighbors? Our schools?

Here's a list of organizations, manning the front lines of our community's health and safety, who have opportunities to volunteer and assist in other ways. Check them out:

Red Cross – www.RedCrossBlood.org

Manna Food Center - https://www.mannafood.org/

Teens Helping Seniors (student led group mobilizing volunteers to do no-contact grocery delivery for older and at-risk residents)-
- Email for more information - teenshelpingseniors@gmail.com

EveryMind - https://www.every-mind.org/

Montgomery County Volunteer Center – (clearinghouse for all types of volunteer opportunities)- https://www.montgomerycountymd.gov/volunteercenter/