

# Tikkun Olam - How to Help in a time of Social Distancing

Dear Or Atid Community,

As we continue to weather the crisis of Covid-19 in our communities, we are reminded of those around us who are in need of a helping hand, a warm meal, a handmade card. We have created a list of volunteer opportunities in the Metrowest and Boston area that we thought may be of interest to all of you. In no means is this an exhaustive list, but just a start. There are so many ways to help and make a difference in peoples' lives.

If you have any questions, please do not hesitate to contact us.

Thank you!

Social Action Co-Chairs

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**\*\*If you have any photos of your volunteering, please forward them to us!\*\***

## Volunteer Opportunities in the Community

Note: Please read each website for requirements and restrictions regarding who may volunteer on site, i.e. CORI forms, age, pre-existing conditions, etc. Those allowing onsite volunteers will be observing social distancing. If masks and gloves are not provided, you may want to bring your own.

- Volunteer onsite at **Community Servings** (Jamaica Plain). Mission: 'to actively engage the community to provide medically tailored, nutritious, scratch-made meals to chronically and critically ill individuals and their families'.
  - *Join the kitchen staff to prepare and package meals for clients.* [Community Servings](#)
- Volunteer onsite at the **Greater Boston Food Bank**. The Greater Boston Food Bank is a member of Feeding America, the nation's largest hunger-relief organization. They work to distribute nutritious food to those who struggle to provide enough for themselves and their families.
  - *Help pack food boxes as well as assist in food sorting projects.* [Greater Boston Food Bank](#)
- Volunteer onsite at **Family Table**. Mission: 'to end hunger in the Greater Boston Jewish community while serving people who need our assistance regardless of religious affiliation.'

- *Volunteer to pack and deliver groceries* starting at the JFCS headquarters in Waltham. [Family Table Distribution Schedule](#). Please call or send an email to [lkatz@jfcsboston.org](mailto:lkatz@jfcsboston.org). Note: All volunteers 18 and older must undergo a CORI background check conducted by JF&CS. The link to the form is on the site above.
- **Deliver Meals for Jewish Family Services of Metrowest.** Our partners at JFS of Metrowest are in need of volunteers to *deliver meals* to isolated older adults and immigrant families in the metrowest area.
  - If you are interested in *helping to deliver these meals*, please contact Gail Gregory at [ggregory@jfsmw.org](mailto:ggregory@jfsmw.org)
- **Deliver Meals to Jewish Medical Professionals.**
  - Many Jewish medical professionals in the Boston area are working around the clock to fight COVID-19. Unfortunately, their long hours at work limit their ability to shop for food, or make a Shabbat meal. They need our help. A brand-new initiative, “JewBer”, needs your help in making sure they can celebrate Shabbat by *delivering Shabbat meals and ritual items*. To volunteer, complete this form: [JewBer Meal Delivery to Jewish Medical Professionals](#).
- Volunteer onsite or remotely with **Rescuing Leftover Cuisine Massachusetts**. This is a non-profit food rescue organization, operating in 16 cities and headquartered in New York City, that provides solutions to prevent excess wholesome cuisine from being wasted. [Rescuing Leftover Cuisine Massachusetts](#). Since the start of the COVID-19 pandemic, Rescuing Leftover Cuisine Massachusetts has custom-routed and transported over 15,000 meals to their Human Service Agency partners, Rapid Rehousing residents and Boston Public Schools families via their network of Volunteer Rescuers. The organization is currently looking for additional Virtual Volunteers to help identify and outreach to food donors within MA as well as agencies and individuals outside of Boston in need of food. Volunteers are also needed to pick up and deliver food.
  - Learn more about supporting the organization’s mission to provide fresh meals for those experiencing food insecurity during this crisis. [Rescuing Leftover Cuisine Signup](#). If you have any questions, please reach out to Beth Winograd at [bawinograd12@gmail.com](mailto:bawinograd12@gmail.com).
- Volunteer onsite at **Food for Free**.(Cambridge headquarters) Mission: ‘Food Rescue is the heart of Food For Free’s work. By recapturing fresh food that might otherwise be discarded, we reduce food waste while guaranteeing access to fresh produce and healthy meals for emergency food programs and individuals in need’. The food that is rescued is distributed to 100+ food programs in Arlington, Boston, Cambridge, Chelsea, Lynn, Malden, Medford, Revere, Somerville, and Watertown.
  - Opportunities include *packing donated food into meals*, as well as *helping deliver the meals*. Please fill out this form if you are interested in volunteering: [Food for Free Volunteer Opportunities](#).
- **Maven Project.** Are you an active or retired physician who can serve in person or via telehealth? If so, please complete this form [Maven Project](#) and contact [llevine@mavenproject.org](mailto:llevine@mavenproject.org) .
- **2Life Communities** (Framingham, Newton, Brighton)

- *Volunteer at 2Life Communities* to help meet the needs of their residents: help run their front desk, and run mail and packages to residents. Strict safety protocols and requirements for volunteers are in place.
  - *Grocery shop for 2Life Community residents.*
  - Email [helpingheroes@2lifecommunities.org](mailto:helpingheroes@2lifecommunities.org) to get involved.
- Other ways to help locally. **Neighbor Brigade.** Mission: ‘to establish community-specific networks of volunteers that can be mobilized to help residents facing sudden crises manage day-to-day tasks such as meal preparation, rides, and basic household chores’. There are chapters throughout MA. Click here to find the one that serves your town: [Neighbor Brigade Location Finder](#).

## Hands-on Projects at Home

- **Jewish Family & Children’s Services (JFCS).**
  - Write personalized “Thinking of You” cards that we can send to isolated older adult clients. In the past, this generation primarily communicated through handwritten notes and letters, so your personally written note will be particularly meaningful.
  - Caring Crafts - knit, crochet or craft for JFCS clients. Make scarves, lap blankets, or a shawl for isolated older adults.
  - For more information and contacts: [JFCS Volunteer Projects](#).
- **Hebrew Senior Life.** During the Covid-19 pandemic, HSL is asking that you support their residents and staff by sending words of encouragement to them on cards, posters, and pictures. To learn more about this and other volunteer opportunities, including where to send the well wishes: [Hebrew Senior Life Volunteer Opportunities](#).
- **Making Masks.** Lexington Eye Associates has requested cloth masks for their staff and for any patients arriving for an appointment without one. If you are able to make or purchase masks, please contact Mandi Kunen at [mkunen@comcast.net](mailto:mkunen@comcast.net) to coordinate.
- **Thanking our Frontline Medical Professionals.** A pediatrician at Boston Medical Center is organizing a mass “thank you note” writing campaign for frontline medical professionals.
  - Please mail your thank you note to: Boston Medical Center, % Kyndall White re: Thank You Note, 801 Mass Ave, Floor 1, Boston, MA 02118
- **Tikkun Olam as a Family.** This is a resource site of projects and ways to virtually connect to others while maintaining social distance. [Doing Good Together Resource Guide](#).

## Collections/Donations for Organizations in the Community

- **Bristol Lodge Soup Kitchen** (Waltham). The Soup Kitchen, during the Covid-19 crisis, is providing take out meals 7 days a week to all who are in need. They are currently asking for donations of:
  - Juice boxes
  - Individual small water bottles
  - Individual packets of salad dressing
  - Individual packets of snacks such as chips, pretzels, cookies, trail mix, etc.

Please consider purchasing these items when you do your weekly shopping. These items may be dropped off at the soup kitchen daily from 2:30 - 3:00 pm, at the Immanuel United Methodist Church, 545 Moody Street in Waltham. The entrance to the soup kitchen is at the side door of the church on Cherry Street.

If this is not convenient for you, please contact Maggie Rubin at [maggiezrubin@gmail.com](mailto:maggiezrubin@gmail.com) and she will coordinate getting your donations to Bristol Lodge.

- **Family Table.** Each month Or Atid collects cans of vegetarian soup (ideally kosher and low sodium) and vegetables. Current additional needs are for kosher canned beans and canned salmon.
  - If you are able to pick up a few extra cans when you do your weekly shopping, or order some extras online, please contact Beth Winograd at [bawinograd12@gmail.com](mailto:bawinograd12@gmail.com) and she will coordinate getting your canned goods donations to Family Table. Please do not ship canned items directly to Family Table.
- **A Place to Turn** (Natick). Mission: ‘to provide emergency food and clothing to our neighbors in the Metrowest community’. A Place to Turn is in need of **any** non-perishable food/items at this time.
  - Donations of all non-perishable items are currently being accepted on Mondays between 10 AM and 12 PM. Drop offs can be made at 99 Hartford Street, Natick, MA on the grounds of the Hartford Street Presbyterian Church.
- **Donate Blood.** Learn more about the types of donations and the requirements: [Red Cross Blood Donation Info](#). Schedule an appointment: [Red Cross Blood Donation Schedule](#).
- **Jewish Family & Children’s Services.** Purchase needed items for families with young children through Amazon’s Wish List. [JF&CS Amazon Wish List](#).
- **Cradles to Crayons.** Mission: ‘to provide children from birth through age 12, living in homeless or low-income situations, with the essential items they need to thrive – at home, at school and at play’. Cradles to Crayons is encouraging those looking for an at-home service project to get a head start on spring cleaning, and clean out their closets to collect gently-used clothing and footwear donations for children in need! In light of the current events, Cradles to Crayons is not currently open to drop off donations.
  - Please check [When Cradles to Crayons will Accept Donations](#). Donations can be bagged and stored until they reopen, as they anticipate facing a critical need for essentials at that time. This link will bring you to a list of most needed items: [Cradles to Crayons Donations](#).

## Community Resources

- **Jewish Boston.** This site can connect you to a variety of resources for getting help, giving help, parenting, spirituality, health and wellbeing, and virtual events. [Jewish Boston Coronavirus Resource Guide](#).

## Social Justice

- **Jewish Alliance for Law and Social Action.** JALSA is hosting a weekly Jewish social justice conversation every Thursday at 7PM through Zoom. <https://zoom.us/j/784798603>

## Congressional representatives

- Congressional Representatives are holding town halls to discuss the pandemic and the financial relief packages.
  - Katherine Clark. <https://katherineclark.house.gov>
  - Lori Trahan. <https://trahan.house.gov>
  - Joseph Kennedy, III. <https://kennedy.house.gov>

## Continue to Monetarily Support Our Social Action Partners

- Whether it's the value of what you would normally spend on groceries for a Community Cooks meal, a Family Promise grocery list, a Bristol Lodge Sunday night volunteer dinner or a contribution to a food drive for A Place to Turn, please consider donating directly to these vital assistance programs using the links below.
  - [Community Cooks](#)
  - [Family Promise Metrowest](#)
  - [Bristol Lodge](#)
  - [A Place to Turn](#)