

- Write notes of thanks to people you are thankful for, or notes of encouragement to health care workers and 1st Responders. If you know people who are vulnerable, lonely, isolated, or who do not have access to computers or smart phones, send them a Scripture Card of encouragement, telling them you are praying for them.
- Support Local Partners: Consider partnering with other agencies, churches, organizations who are doing excellent work in our community to promote health and wellness, including: Cannon Beach or Seaside Food Pantry, Helping Hands, Seaside Providence Hospital, Columbia Memorial Hospital, among other partners.
- Use Facebook groups, Instagram, or other digital (social) media to share needs in your local community network to help with shopping for groceries, or other practical support.
- When you shop, if you are able, purchase an extra item and donate it to our local Food Pantry, or to a needy neighbor.
- Pray for needy people in our community.
- Give thanks for health-care workers; ask God to protect them.