



WAYS TO CARE AND BE CARED FOR DURING THE COVID 19 CRISIS

WAYS TO GIVE BACK

- Buy art from local artists
- Buy merch from your favorite musician
- Get delivery/take-out from a local restaurant
- Shop online from local businesses
- Create Cards to send to nursing homes and hospitals
- Donate blood
- Buy gift cards for local services such as hairdressers, spas, dog groomers, restaurants and bars
- Watch livestreams of personal trainers
- Donate to Meals on Wheels
- Do grocery/pharmacy deliveries for the elderly
- Donate to a food bank or shelter
- Foster an animal from a local shelter
- Sew face masks for healthcare workers
- Advocate for individuals/organizations that need help
- Order food from a local restaurant to be delivered to clients or employees working from home.
- Check on at-risk family members/neighbors
- Follow recommendations to slow the spread
- Donate to the city's COVID-19 Response Fund
- Spread positivity
- Continue to pay domestic workers through the crisis (ie. nanny's, cleaners, landscaping services ect.)

HAVE SOME FUN

- Get outside and exercise to improve mental and physical health
- Use this opportunity to spend time with your family
- Crafts/knit or crochet/candle or soap making/scrapbook
- Have a virtual wine tasting with friends
- Try new recipes
- Have a family game or movie night
- Organize closets, drawers and storage areas
- Learn a new language
- Make a list of things for which you are grateful
- Teach your dog to do tricks
- Meditate or make homemade sugar scrubs
- Let your kids give you a makeover
- Try a new sport
- Write thank you notes to healthcare workers
- Learn a new style of dance via YouTube or TikTok
- Take virtual field trips to museums or foreign countries
- Write letters to family and friends
- Make your bucket list
- Try on all your clothes and determine whether they "spark joy"
- Write a short story or get started on that novel
- Rearrange your furniture for a new look
- BE silly - try moving in super-slow motion., study the art of beatboxing, try to speak in pig Latin

GET HELP

- *Local School Districts are providing breakfast and lunch for students under the age of 18. Check your district websites for pickup locations and times.*
- *If you were laid off, or your hours were just cut back, you may be eligible for unemployment benefits. For more info visit <https://www.twc.texas.gov>. Small businesses and nonprofits can now apply for emergency loans from the U.S. Small Business Administration at <https://www.sba.gov/funding-programs>*
- *The Austin Creative Alliance has set up an emergency fund to support local artists during the coronavirus pandemic. The Artists Emergency Relief Fund allows artists to apply for up to \$500 to replace lost income due to event or project cancellations. <https://www.austincreativealliance.org/>*
- *Several grocery stores, like Whole Foods, Randalls, HEB, Walmart, Target and Fiesta, are implementing preferential queuing policies to allow older individuals to shop in small numbers before the doors open up to the public. Check the stores website for details.*
- *Drive A Senior West has a free emergency food pantry for any senior in its service area. Seniors can call the office at 512-472-6339 to register for temporary services.*
- *Austin Disaster Relief Network is asking people to drop off personal protection supplies for healthcare workers. People can drop off donations at ADRN Headquarters, Celebration Church, Greater Mt. Zion or Life Austin.*
- *Austin Energy has said it would suspend all shutoffs of utilities due to unpaid bills. This includes electricity, water, trash collection and recycling. <http://www.austintexas.gov/COVID19>*
- *Evictions have been paused in the Austin area. Landlords can still file evictions during the pandemic, but Travis County judges are not hearing these cases. Judges suspended eviction hearings until at least May 9 as part of the effort to slow the spread.*
- *Austin Animal Center is closed to the public now but is still looking for people to foster animals. Its goal is to get at least 50% of shelter animals into foster homes during the closure. To foster go to austininanimalcenter.org.*
- *Charter Communications is offering free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students. To enroll, call 1-844-488-8395.*

GIVE HELP

- *The Central Texas Food Bank anticipates a dramatic increase in the need for its services in the coming weeks and months. The food bank says a \$25 donation provides 100 meals for neighbors in need. www.centraltexasfoodbank.org/*
- *The Society of St. Vincent de Paul Diocesan Council of Austin, a charity network, is seeking donations to help those in need. It's looking for canned vegetables, non-perishable snacks and meals, toilet paper, hand sanitizer, toiletries and more. Donations can be dropped off from 9 a.m. to 5 p.m. at 901 W. Braker Ln.*
- *You can still support local businesses while you're stuck at home. Though you can't go out to restaurants and bars right now, you can still order food and alcoholic beverages to-go. Nonessential businesses have been ordered to close for now, but if you want to support your favorite store, you might be able to buy a gift card online to use later on.*
- *KUT's sister station, KUTX, has an entire guide devoted to helping Austin musicians and the businesses that support them. <https://kutx.org/austin-music-experience/how-to-support-austin-venues>*
- *The SIMS Foundation is a local group dedicated to providing mental health and substance use recovery services for the Austin music community. Call 512-472-HELP (4357) – a 24/7 helpline for those in mental health crisis.*
- *Aspire to Age is seeking volunteers for 20-minute virtual and phone check-ins with seniors. Drive A Senior West needs volunteers for its food pantry, as well as food and paper-good donations. www.aspiretoage.com*
- *Austin-Travis County EMS Explorer Post 247, an organization for youth to learn about careers in emergency medical services, is raising money to buy supplies for homeless people who no longer have services because organizations have had to close. <https://www.austintexas.gov/department/explorer-post-247>*
- *Salvation Army of Austin is seeking donations for cleaning supplies. You can make donations by buying supplies at Salvation Army's Amazon wish list. <http://salvationarmyaustin.org/>*
- *Lifeworks Austin, which serves younger Austinites experiencing homelessness, is asking people to donate gift cards for grocery stores - specifically H-E-B, Walmart or Target. Mail in or drop off gift cards at Lifeworks on 3700 S. First St., Austin.*
- *Foundation Communities, a local nonprofit that provides affordable housing and support services in Austin and North Texas, is seeking donations for its Emergency Assistance Fund. The fund helps residents who are experiencing health concerns or lost wages to afford rent, utilities, household items, transport and more. FoundCom.org.*
- *Austin Pets Alive! is also looking for people to foster animals. People can adopt pets or make monetary or in-kind donations. The organization is looking for supplies like towels, leashes, bleach, hand sanitizer, Clorox wipes and more during this time. <https://www.austinpetsalive.org/>*

We're all in this together

www.austintitle.com

Sources include: <https://www.kut.org/post/how-get-help-and-help-austin-during-coronavirus-pandemic> / <https://do512.com/p/ways-to-give-back-during-coronavirus>
<https://www.austinchronicle.com/daily/events/2020-03-16/austin-donation-and-volunteer-opportunities-during-coronavirus-outbreak/>