



Can you volunteer as Block Contact for KFNA? Let us know. We are not certain of a contact person for your block. Please email info@kingfield.org - thanks.

Dear Kingfield Neighbors—

The current Covid-19 pandemic has all of us changing personal behaviors, social distancing and isolating ourselves, and feeling uncertain of the future. As we scramble to take care of our families and those that we love, we are also concerned about those in our community who are elderly and may need to change their habits even more than the rest of us to avoid social interactions. KFNA wants to identify these individuals and find ways to link them into existing networks, as well as create new bonds on a local level by connecting them to immediate neighbors.

Are you a senior who is concerned about grocery shopping during this time? Here are some options:

Sign up for Meals on Wheels: Call 612-822-6040

Receive hot, nutritious meals delivered to your home. Meals are delivered between 11 AM to noon, Monday through Friday by neighborhood volunteers. You do not need to sign a contract or commit to any length of service, and you can choose to receive meals between 1 and 5 times per week. There is no restriction based on religion, race, color, creed, national origin, sex, or income.

Meals are hot, tasty, and well balanced. Each meal provides one third of the minimum daily nutrition requirement. Special diets prescribed by your doctor are available at no added costs. The full cost of each meal is \$6.50. If you are age 60 and older subsidy funds may be available if needed. Statements are delivered at the beginning of each month for the previous month's meals.

If you have friends that also need this service but they live outside the South Central Territory (roughly Cedar Avenue to the Chain of Lakes, and Lake Street to Minnehaha Creek), or if they are unsure of what territory they live in have them contact Metro Meals on Wheels at 612-623-3363.

Sign up for Help at Your Door: 651-642-1892 or email <https://helpatyourdoor.org/request-a-service/>

This organization has online or call in options to place grocery store orders. They will shop for you and a volunteer will, if needed, help you unload the groceries and put them away, or make arrangements with you to leave them on your stoop. EBT payments/SNAP benefits are accepted.

If you want to use a traditional grocery store here is a chart (<https://bit.ly/GroceryStoreComparison>) to compare delivery and pick-up options and costs. If you need help figuring out how to set up your first order just contact KFNA at 612-823-5980. We have volunteers who will call you back and assist you.

Are you a neighbor of any age that needs additional help or support? Contact KFNA at info@kingfield.org or 612-823-5980.

We will connect you with a Helper. We will pair you with a neighbor that can help run errands for you, if you need assistance. Medications, paper towels, grocery needs, lawn care? You will be able to call them and ask for help.

We will connect you with a Buddy. Are you worried about going stir crazy, trapped indoors for days at a time? Someone to talk to, play online games with, be a friend? We will pair you with a Buddy. Together you will make a plan to talk by phone, email, or text daily. By watching out for each other, we will make sure that no one falls through the cracks and we all get help when we need it.



Are you an able-bodied neighbor interested in helping?

Please fill out the form, found at bit.ly/KingfieldCorona, so we can communicate with you as needs arise in the future. In the meantime here are a few options for you to consider right now.

Direct Volunteering Opportunities:

The Aliveness Project, at 38th & Nicollet is moving to delivering meals to their clients. You can volunteer by contacting Volunteer Manager Eamon Whiteaker at Eamon@aliveness.org or 612.824.5433x221.

St. Stephen's Human Services in Minneapolis is in need of frozen meal donations to feed guests at its emergency shelters. Meals must be able to serve 50, which generally takes the form of eight 9-inch by 13-inch pans — side dishes are encouraged but not required. Many restaurants are now also cooking these meals and you can donate funds for a catered meal. St. Stephen's is also accepting donations of critically needed items; the list of what is needed is at www.ststephensmpls.org/latest/covid-19. Those hoping to donate should contact Hancer to schedule a drop-off (AHancer@ststephensmpls.org or 612-481-9501.)

Kingfield Neighborhood Association Block Contact

We need a Block Contact willing to be our connection on every block. This person will figure out how to print and deliver written communications, as needed, and also work to collect contact information for every household on their block. Needs like handing out a flyer (like this one!) may arise in the near future too, and it is critical that we can reach people quickly, and not rely on the internet or the US Postal Service. **Sign up here if you can serve in this role in the coming months:** bit.ly/KingfieldBlockContact

Make Monetary Donations to local nonprofits that are working to assist residents in need:

- [Second Harvest: www.2harvest.org](http://www.2harvest.org)
- [Incarnation Church Food Shelf: http://bit.ly/IncarnationFoodShelf](http://bit.ly/IncarnationFoodShelf)
- [The Aliveness Project: www.aliveness.org/donate/#donate-form](http://www.aliveness.org/donate/#donate-form)

For a list of all Minneapolis food shelves, go to <http://bit.ly/MNFoodShelves>

Support Kingfield's local business community. You can continue supporting our small business community by purchasing gift cards at our local businesses, ideally over the phone or online and ordering take-out meals. It is an easy way to support them with critical cash flow during this crisis, allowing you to redeem them later when the virus spread has subsided.

You can also visit <https://bit.ly/KingfieldRestaurants> to see a list of local restaurants' hours and food pick-up options. This site is updated daily by neighborhood volunteers.

Lastly: please **join the free weekly Kingfield E-mail List found on the righthand side of the page at www.kingfield.org AND the [Kingfield Neighborhood Facebook Group](#).** Many neighbors are using that site to post both needs and wants, and also community ideas.

Don't be afraid to reach out for help. And thank you for being there for others in Kingfield—

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