

April 2020



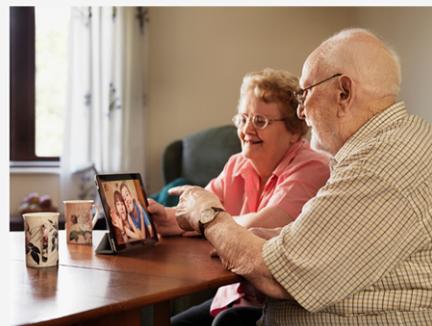
KSKJ Life Buzz

YOUR COMMUNITY CONNECTION.

Welcome to your Monthly KSKJ Life Buzz!

"No winter lasts forever, no spring skips its turn." — Hal Borland

How to Practice Fraternalism From Your Home



HOW TO BE
FRATERNAL
DURING A
PANDEMIC

As a fraternal benefit society, our mission is to give back to our communities and engage in fraternalism, or the practice of "being brotherly" and helping those around

us when they need it most. During this pandemic, we have seen countless ways people are stepping up to give aid to those most affected, such as patients, healthcare workers, nursing homes residents and those who are struggling financially. We will continue to share ideas, resources and feel-good stories through The Buzz and on our [Facebook page](#) on ways our members are helping out - and how you can too!

There is a plethora of ways you can still embrace our mission and give back to your local community from the comfort of your home during this time:

- **Check in With Your Neighbors - Especially Those Most At-Risk**

Call to check in with your relatives and neighbors who might be more at-risk. If you are healthy and can make the trip, see if you can pick them up groceries, medicine or other essential needs. Some volunteers are even ["adopting" seniors](#) who are most vulnerable or setting up their own micropantries in their yard so others can take what they need.

In addition, Nextdoor - an online community of your own local neighbors - has introduced the Help Map – an interactive map of your area where neighbors can mark themselves as someone who can pitch in for those who need help. Add yourself to the Help Map and share how you can help support others in your area. Add yourself to Nextdoor's Help Map here: www.nextdoor.com/helpmap

- **Make Masks for Hospital Staff and Front-Line Workers**

Many communities are experiencing a shortage of face masks and other protective gear to help in the fight against the coronavirus. Check to see if a hospital or charity near you is collecting masks before you begin. Here's a [YouTube tutorial](#) that teaches how to sew them.

- **Support Your Local Food Bank**

Check with your local food banks or through organizations like Feeding America and Family-to-Family, and donate food or money.

- **Help Set up Technology for Those Who are Homebound**

Technology can go a long way to ease the loneliness of being stuck at home to avoid coronavirus exposure. If you're technologically savvy, offer to help a neighbor, friend or relative get set up streaming, video chat apps, or telemedicine visits or offer to help troubleshoot if they're having problems.

- **Donate Blood**

Blood supplies are critically low due to the cancellation of many drives, and donated blood is crucial for patients who need surgery, suffer severe injuries or are fighting cancer. If you are healthy, consider setting up a [virtual drive](#) through the American Red Cross.

- **Engage in Online Storytelling**

If you are an educator or just enjoy storytelling, you can organize a Facebook event and read to kids online. Many celebrities are already reading for kids through a new initiative by [Save The Children](#), which also provides books and food for kids affected by coronavirus.

- **Send a Hand Written Card**

Lots of people are becoming "Pandemic Pen Pals" so it's a great opportunity to get back to the basics. [Love For the Elderly](#) is an organization that accepts handwritten letters for nursing home residents and other elders who need extra support during this time.

- **...Or a Virtual One**

Send a virtual card to elderly neighbors of a who are in quarantine or socially distancing. Or set up a Skype Call or Zoom conference to keep in touch with your loved ones.

- **Support Local Restaurants**

Many restaurants still offer food delivery and carry-out options, or purchase a gift card to use later and continue supporting local businesses.

- **Raise Funds or Donate for a Worthy Cause**

Set up an online fundraiser for a local charity or one that holds dear to your hearts, such as the American Red Cross, No Kid Hungry, Meals on Wheels. Or consider crowdfunding for employees of a local restaurant or store that had to close due to the coronavirus.

We Want to Hear From You!

[Click here to share how you are giving back during this time](#)

...and you could be featured in our next member spotlight!