COVID-19
CALLING ALL
NORTH PLAINS RESIDENTS
Every healthy North Plains Area resident can safely help their community during these difficult
times. Here are some ways you can make a difference:

**Deliver Meals or Shop for the Homebound**
Vulnerable seniors are at greatest risk amid COVID-19. Let’s help keep them safe and care for them. Contact the local Meals on Wheels program at 503-647-5666. If your local program is not taking volunteers at this time, consider donating non-perishable items or money.

If you are healthy and will shop or do errands for homebound North Plains Area residents, call 503-647-2207 or email covid-19volunteer@northplainschamberofcommerce.org for more information.

**Donate to the North Plains Pantry**
During this time organizations are running low on food and household items. Help them stay well stocked for those in need. Donations can be dropped off at the North Plains Senior Center at 31450 NW Commercial Street, North Plains, 9:00 am to 1:00 pm, Monday through Friday.

**Volunteer at a food bank**
Food banks are in great need of volunteers to help pack and sort food. They are taking precautions to prioritize volunteer safety. Visit Oregon Food Bank at [www.oregonfoodbank.org](http://www.oregonfoodbank.org).

**Support Nonprofits**
Nonprofit organizations serving vulnerable communities – like seniors and low-income families – need your help. Donate cash or checks at the North Plains Senior Center, 31450 NW Commercial Street, North Plains, 9:00 am to 1:00 pm Monday through Friday. You can also donate to North Plains Christian Church, 503-647-2208 or St. Edwards Catholic Church 503-647-2131. All funds will be used to support residents in the North Plains community.

**Wellness Checks**
Check on older neighbors with a Call, Text or Talk through the door. You can also contact the North Plains Senior Center Meals on Wheels program to help with Wellness Checks in the Metro area. Call 503-647-5666.

**Prepare Hygiene Kits or Donate Products**
Create hygiene kits for our vulnerable seniors and homeless. Package in individual plastic or paper bags and drop off at the North Plains Senior Center, 31450 NW Commercial Street, North Plains. Include hand sanitizer, antibacterial soap, lotion, disposable gloves, tissue, toilet paper and reusable masks. Or donate these items so that kits can be assembled.

**Donate Blood**
Donated blood has decreased dramatically. Healthy, eligible donors are urged to come out and give to ensure there’s lifesaving blood on the shelves for those who need it most. Visit the American Red Cross: [www.redcrossblood.org/local/oregon](http://www.redcrossblood.org/local/oregon).

Prepared by the City of North Plains and the North Plains Chamber of Commerce