

# NEIGHBORS HELPING NEIGHBORS

Could you use a helping hand?



**Are you elderly, disabled, or have a compromised immune system? Do you need assistance with groceries, medicine, errands? For assistance**

**EMAIL: [HelpSONC@gmail.com](mailto:HelpSONC@gmail.com)**

**Subject of Email: "NEED HELP"**

**Include: your name & number and the help you need (groceries, prescriptions, help with pets, someone to call and check-in.)**

**CAN YOU HELP?**

**Email: [HelpSONC@gmail.com](mailto:HelpSONC@gmail.com)  
Include your name, cell number, and how you can help.**

