



## Community Found!



"We cannot live only for ourselves.  
A thousand fibers connect us with our fellow men."  
~ Herman Melville

## CBCF Is Supporting Local Food Pantries Will You Join Us?

Support Our Food Pantry Fundraiser

### What CBCF Is Doing

The Colonial Beach Community Foundation (CBCF) has donated \$1,500 to Healthy Harvest Food Bank in Warsaw to aid food distribution within the 22443 zip code. CBCF also is purchasing \$3,500 in Food Lion and Hall's gift cards, and donating them to the food pantries in Colonial Beach. The food pantries then can use their own discretion in handing out the gift cards to families who needs are not met by available items. Those gift cards

cannot be used to purchase alcohol or tobacco products.

"We reached out to the local churches, service organizations, schools, and other nonprofits in Town to see what needs they are facing during the COVID-19 pandemic," said CBCF President, Eric Nelson. "The greatest need seems to be food; with so many people out of work, the pantries are seeing an increase in customers. Our mission is to improve the quality of life in and around Colonial Beach, so we want to help the community."

In the past, food pantry clients could look through the inventory and choose what they needed. However, because of public-gathering limitations and social-distancing guidelines, the pantries are putting together food bags and giving the bags to those who need them. The gift cards will give the clients a bit of control over other items they may need. Several churches in Colonial Beach support food pantries, and their schedules vary. So, those who need the pantries should check with each church for availability and procedures.

The CBCF also is providing financial support to BAMB (Beach Arts, Music, and Mentoring) as they help keep Colonial Beach students engaged. BAMB volunteers are putting together activity bags for students based on age group. Those activity bags will be handed out with the meals that the school provides.

## What You Can Do

We urge all who can, to us help others; no donation is too small, especially when we all pitch in. Please support our food pantry [online fundraiser](#) or mail a check to CBCF, P. O. Box 375, Colonial Beach, VA 22443. Note "food pantry" on the memo line. If you have questions, feel free to [email us](#).

You also can help by spreading the news. Forward this newsletter to friends and family; or, select the button below to go to our online Food Pantry Fundraiser and then select the Facebook Share icon to share it on your Facebook page.

[Support Our Food Pantry Fundraiser](#)

## More Ways to Help

Please pay attention to neighbors who are especially vulnerable for whatever reason (e.g., age, chronic illness or general poor health, alone with no other support system or adult help, etc.). Check on them with regular phone calls; when going to the store, offer to pick up what they need; and help them connect to services, such as Bay Aging's [Helping Neighbors](#), or information provided by the resources below.

## Resources Reminder

Federal Government

- [Centers for Disease Control and Prevention](#)
- [coronavirus.gov \(combined federal agencies\)](#)
- [Internal Revenue Service](#)
- [Government Response to COVID-19](#) -- This webpage, a part of [usa.gov](#), has an extensive list of topics relating to COVID-19 and its widespread impact, with links to information regarding each. It is a good place to start when looking for information that might apply to you personally, such as information for medicare recipients, student borrowers, cancer patients, veterans, older adults, and people with disabilities. It also has links to useful information, such as protecting yourself financially and avoiding scams and fraud.

#### Virginia State and Local Government

- [Commonwealth of Virginia](#)
- [Virginia Department of Emergency Management](#)
- [Virginia Department of Health](#)
- [Virginia Coronavirus Fraud Task Force](#)
- [Westmoreland County](#)
- [Town of Colonial Beach](#)

Follow [CDC guidelines](#) for correctly wearing and making face masks. You can find many video tutorials on YouTube for sewing face masks; just ensure the instructions follow the guidelines.

## Thank You ...

#### Foundation Friends

- Dabney Vaccaro (Dabney Vaccaro, LLC and Rooted in Wellness)
- Sam Triandos



And, all who are supporting our local food pantries and students.

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