SENIOR CITIZENS & IMMUNO-COMPROMISED FRIENDS
WHO ARE AT HIGH RISK DURING THE COVID-19 PANDEMIC:

We have hundreds of volunteers ready to help you so you don't have to leave your house during this pandemic crisis (in most areas of DC, Virginia, and Maryland).

We can help you by:
- Doing your grocery shopping
- Picking up prescriptions and supplies
- Walking your dog
- Driving you to the doctor
- Doing regular phone or video chats to foster community and friendship

Visit: www.TheTableChurchDC.org/Coronavirus

On this website you can:
- Request Assistance
- Volunteer to assist others
- Donate supplies or funds for at-risk community members.

Please take care of your health and the health in our communities by letting us do the things you shouldn't be doing outside of your home right now.

The less people become exposed to the virus, the more our health care system will be able to cope with the onslaught of patients.