

COVID-19 Resource Guide

Springfield Area

FOOD ASSISTANCE AND DONATIONS

WHERE TO GET FOOD:

On Campus- UIS Cares/Stars Food Pantry – contact uiscares@uis.edu 217-206-7716

Food Locator – Search by County - visit <https://www.centralilfoodbank.org/Get-Help/food-locator/>

WHERE TO DONATE FOOD:

Non-Perishables - We are currently asking all donations be dropped off in the donation bin located in the West Entrance of the UIS Student Union. For a list of items requested visit <https://www.uis.edu/volunteer/uiscares/>

Financial Gifts – Monetary giving helps ensure plenty of food and personal hygiene items are available for students visiting the pantry, especially when non-perishable donations are low. This fund is crucial to keeping the pantry open. Visit <https://portal.uif.uillinois.edu/UIF-billing-form>

Visit [this link](#) for resources and information provided by The City of Springfield:

Open for Business	School District 186 Meal Service
Virtual Career Support	Victims of Domestic Violence and Sexual Assault
Sangamon Mass Transit District	Expired Drivers License/Registration
Family Assistance	Springfield Families Helping Families
Payment Assistance	COVID-19 Response Fund
New Federal Stimulus Bill	

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SPRINGFIELD VOLUNTEER OPPORTUNITIES

Call For Masks: Lutheran Senior Services is seeking masks for Concordia Village. We are asking for home made or medical grade masks (PPE). Completed masks can be dropped off in the main entrance bin at Concordia Village 4101 W. Iles. Patterns and directions can be found at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Donate blood: The American Red Cross is experiencing a severe shortage of blood donations. Additional health screenings, sanitation measures and social distancing guidelines have been implemented to ensure donor and staff safety. [Learn more about where to donate.](#)

Make a Meal for Winter Warming Station -

<https://www.mealtrain.com/trains/0yd689?fbclid=IwAR23l6jIB7Aza7Sq-CUTA-CU3tnYXL770H-arrDOltYE8EHympoMBwU8SDo>

Meal Packaging and Delivery: Area Agencies on Aging need assistance in the form of non face-to-face contact with our older adults; including the delivery of meals and telephone reassurance programs. Sangamon County - Email [Jennifer Hopper](mailto:Jennifer.Hopper) or call 217-787-9234

Senior Home Sharing, which serves senior citizens, needs help with grocery store trips, pharmacy pickups and meal donations. To volunteer, contact Courtney Simek, executive director, at csimek@seniorhomesharing.org or call 630-201-7080.

Send a letter to the Elderly Nursing homes and assisted living communities are always looking for mail to be distributed to residents during this time without visitors. Write a letter, create art, or send positive thoughts to brighten someone's day.

Check in on your neighbors through call or text: As more and more people experience isolation, we encourage you to call and check in on your neighbors, especially those who may not have support networks or adequate resources. It's easy to feel overwhelmed right now but building connections and empathy can go a long way in reducing stress. Calling and texting is a

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good example of responsible social distancing. “CAP” is a great way to remember your neighbors:

C – Check on your neighbors (through call or text)

A – Assess needs and assist when possible

P – Protect self and neighbors by adhering to social distancing guidelines

VETERAN VOLUNTEER OPPORTUNITIES

Team Rubicon serves communities by mobilizing veterans to continue their service, leveraging their skills and experience to help people prepare, respond, and recover from disasters and humanitarian crises. <https://teamrubiconusa.org/volunteer>

VIRTUAL VOLUNTEER OPPORTUNITIES

Charity Miles lets you turn a neighborhood jog or weekend hike into a fundraiser for good. Just choose a charity and get moving. The app tracks your movement. For every mile you log, you help earn money for your chosen charity (via corporate sponsors). <https://charitymiles.org/>

Be My Eyes Be is a free app that connects blind and low-vision people with sighted volunteers and company representatives for visual assistance through a live video call.

<https://www.bemyeyes.com/>

Catchafire is a community of individuals seeking to support and strengthen the social good sector. We do this by matching professionals who want to donate their time and talent with nonprofits who need those skills. <https://www.catchafire.org/>

30 Deeds in 30 Days - In recognition of April’s National Volunteer Month, participate in these easy, fun, commitment free activities to serve others, benefit personal health & wellness or support a cause important to you. Daily themes will be posted on the Volunteer & Civic Engagement Center social media. #UIS30Deedsin30Days #UISNationalVolunteerMonth

Questions? Contact The Volunteer & Civic Engagement Center at (217) 206-7716
volunteer@uis.edu or contact us via Social Media