

Special NVFS Insider Edition: Resources for You During the COVID-19 Public Health Outbreak

Message from CEO Stephanie Berkowitz

To all of our neighbors:

NVFS has seen a lot in its nearly 100 years, and one thing is constant: despite the emergency, whatever the need, our community takes care of one another. Thank you for partnering with us, for your financial support, for your donations of food and diapers and so much more.



Please know that during these difficult times, NVFS is helping lead the way. We are working hard to provide the community with resources and assistance, and to ensure that services that are safe to deliver will continue. We are collaborating with our public, private, philanthropic and community partners throughout the region to get support to those who need it most.

We will provide regular updates through email, on our website, and on social media as we have them. Thank you for coming together with us and all of our neighbors to tackle this unprecedented challenge.

Please take care of yourselves and those close to you.

A handwritten signature in black ink that reads "Stephanie". The signature is written in a cursive, flowing style.

How to Survive Working from Home

Whether this is your first time working from home or your hundredth, here are some tips to help you stay focused and help balance the demands of work and home life while coronavirus remains a concern.

- **Manage expectations.** Ask your manager what the priorities are, how your team will discuss projects, and if there will be standing meetings at certain times to get everyone on the same page. This is an ongoing conversation and a time to be honest about what works and what doesn't.
- **Get your technology in order.** If you don't have access, discuss what you can and can't do with your team and supervisor. Find out what applications or technology you'll need to get from your IT department.
- **Know yourself (and your weaknesses).** Do you get easily distracted? Try getting into the workflow by engaging in your normal routine (getting dressed, etc.). The next bullet point also helps with this. Are you the type to never take breaks? Set a timer. Try to maintain normal working hours.



- **Create your workspace.** Pick a spot where you can feel organized, with the tools you need to get your work done.
 - **If you have children, create a schedule.** Stick to a schedule that replicates a normal school day. Juggling responsibilities with a partner? Try alternating shifts where one partner watches the kids and the other gets to have uninterrupted work time.
 - **Watch your physical and mental well-being.** Lines between home and work will blur for the next few weeks. You might feel yourself struggling to protect your mental health while caring for your family's physical health. Be proactive to prioritize your health and well-being. Some of the above and below will help maintain a feeling of normalcy.
 - **Take a break.** Get outside, grab a snack, or indulge in your favorite podcast. Don't let any sort of guilt or shame prevent you from taking a moment to relax.

 - **Limit screen time.** Set a daily allowance on social media.
 - **Practice self-compassion and express gratitude.** This is a tough time for everyone right now. Be kind to yourself. Recognize and accept that some things may not get accomplished and forgive yourself. Even in a crisis, there is probably something you can think of to be thankful for. Write out a quick list or share your gratitude with your family or friends.
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Do You Need Assistance?



As news of the coronavirus in Northern Virginia unfolds, we continue to prioritize the health and wellbeing of our community. We are closely following the guidance of our local and state health departments as well as city and county governments across the region. At the same time, we are working on longer-term strategies and planning.

If you need assistance or know someones who does, [please complete this form](#) and upload the required documentation.

Free Resources for Parents and Caretakers with Children Ages 2-18



This is a tough time for everyone. If you're caring for a child or children and practicing social distancing, you may be at a loss as to how to engage your child(ren) most of the day. We hope that some of these resources are helpful for you and your family.

- Scholastic has created a [free digital learning hub called Scholastic Learn at Home](#) to support virtual learning. According to their website, daily learning journeys are divided into four grade spans—Pre-K–K, Grades 1–2, Grades 3–5, and Grades 6–9+, covering ELA, STEM, Science, Social Studies, and Social-Emotional Learning.
- Author and Illustrator, Mo Willems, is offering a [lunch-time doodle session](#) every day. New episodes will be posted each weekday at 1:00 pm ET.
- Take a **virtual visit** to any number of museums, aquariums, or the [surface of Mars](#). Try the [San Diego Zoo](#), the [Louvre in Paris](#), or [Discovery's robotics and manufacturing](#) field trip. Many more are available through [here](#).
- Feeling ambitious? Try any of these projects from [NASA's Jet Propulsion Laboratory](#).
- Our local library systems offer numerous resources for all ages and levels. Virtual story hours, homework help, magazines, and more are available for free.
- Sign up for [PBS LearningMedia](#) to design at home learning across grade levels or sign up for the [PBS Kids daily newsletter](#) for tips, tools, and support for children ages 2-8.
- [Big History Project](#) is an online social studies course that emphasizes skill development as high school students learn to draw connections between past, present, and future.
- Learn a language with your kids. Download the [Duolingo app](#) to practice every day.

Activities You Can Engage in to Stay Healthy and Calm



At the end of the day, humans generally need community to be happy. Don't be ashamed for leaning into your support systems. We're all trying to get through this. Here are a few ideas to help you take the proactive approach to prioritizing your health and well-being during this time. Remember social distancing does not mean social isolation. Please note, not all of the resources below are free.

- Set a time every week to **check-in virtually** with friends and family.
- Ever wanted to learn [how to meditate](#)? The NYTimes offers advice on how to start. I have a few friends who also swear by the [Headspace app](#).
- **Livestream a yoga session or workout** from one of these [many area studios](#).
- **Learn a new skill or hobby** through [Coursera](#), [Skillshare](#), or [Open Culture](#).
- Go on a **nature scavenger hunt** with your children and/or partner around the neighborhood.
- Take your dog (or your neighbor's dog) for a long walk and enjoy the vitamin D.

Are You Hungry to Help?

If you are healthy, ARE NOT a part of the identified high risk groups, haven't traveled in commercial modes of transportation within the last 14 days, and are comfortable leaving your home at this time, we welcome you to volunteer. Volunteering for even one shift is helpful and greatly appreciated.

Please click the button below to sign up for a shift. The names of the opportunities are "HRC Warehouse Volunteers" & "HRC Warehouse Volunteers Short Term."

[Volunteer](#)

NVFS on The Kojo Nnamdi Show: How Will Coronavirus Affect Our Most Vulnerable Communities

[Listen Here](#)

How You Can Be a Community Champion



These are unprecedented times. The ramifications of this outbreak will reverberate for months to come for families across our community. We have already seen an amazing outpouring from our supporters for members of our community who are struggling financially, mentally, and physically. If you are able to and looking for a way to help, below are few ways you can assist your neighbor in need today.

- If you're able and not showing symptoms, consider helping a neighbor in need with a grocery delivery or [volunteering at our Hunger Resource Center](#) in Manassas.
- Purchase these high need items from our [Amazon Wish List](#) for a family in need.
- [Donate online](#) or send a check to 10455 White Granite Drive, Suite 100, Oakton, VA, 22124.

[Donate Now](#)

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