

NORTHSIDE NEWS

Health & Safety Special Edition

Stay Safe, Stay Connected: A Message from The Jackson Center

In a time of crisis, it is easy for us to succumb to immobilizing fear or to ignore the severity of the situation and continue lives as usual; either option can be dangerous for us and our community. And neither option recognizes the incredible wealth of creativity, wisdom, and care that this community exemplifies and that is so critical to making it through unprecedented times like these. We are printing this special issue of the Northside News to share critical local resources, neighbors' spiritual guidance, and ways we can continue to connect as a community while staying safe (in this case, physically distant from one another during this pandemic). Many of you have wisely advised us that access to food, healthcare, and supplies will be difficult in the weeks ahead (in many cases, it already is). We are committed to doing all we can to help you access critical information and supplies - starting with this special issue.

The Jackson Center operates on an “abundance model” meaning we believe in activating an economy and community of shared gifts and resources instead of operating in scarcity. In a time like this, supporting one another is more critical than ever, and yet finding ways to do so without spreading the virus is paramount. Please be in touch with us if you have access challenges or resources or information you are wanting to share with other neighbors. Like most other local organizations, the Jackson Center will be closing our offices to the public but we will be increasing many aspects of our work: conducting daily wellness calls to neighbors, making supply runs for critical needs, connecting volunteers to food distribution opportunities, continuing emergency repairs and affordable housing construction, working on our oral history trust and education curriculum and finding ways to share this with all of you, and supporting creative connection and technology access. **Our office phone line (919-960-1670) will still reach us from 9 am- 5 pm Monday-Friday as well.** We welcome your suggestions, guidance, and support as we work on creative ways to adjust and support all of you. Thank you for showing us what it means to be a resilient, generous, faithful, and inspiring community.

Faith & Wisdom: A Message from First Baptist

I wanted to share with you some vital information regarding FBC's response to the recent COVID-19/Coronavirus pandemic. After meeting with various leaders, we've decided to suspend all in-person activities/services held at FBC until further notice. This includes worship services, and all ministry/community meetings and gatherings. This decision was made based on recommendations given to and from our church leaders, which upholds our church's mission to keep our members' safety, while on our church campus, as a top priority.

This decision is NOT based on fear, nor lack of faith in God, **but an execution of Godly wisdom to take care of the members in our community.** We know and understand that “God didn’t give us the spirit of fear, but of power, love and a sound mind,” as stated in 1 Timothy 1:7. In our calling to operate in love for our members and execute “sound-minded” judgment, we also lean on Proverbs 4:6 by “not forsaking wisdom” and allowing the institution of wisdom to protect us and watch over us.

Blessings in Abundance.

Blessings in Abundance,
-Dr. Rodney Coleman, Pastor

Notices from the Jackson Center

* **Heavenly Groceries:** The church has decided to close Heavenly Groceries for at least the next three weeks. We know food access will be critical during this time and are going to see if there is any way to continue some aspect of this healthfully. In the meantime, we are sharing other food resources throughout this paper.

* **Northside Festival:** We're postponing the Northside Festival, indefinitely and are still hoping we can reschedule at a future date.

Special ideas for this time:

***Northside “Happy Hours”** - On a nice day, please come out on your porch between 3-5 pm. Outside air is important during this time, and we can talk to our neighbors from porch to porch. (Maintain a “social distancing” of at least 6 ft.) On Wednesdays and Fridays, the Jackson Center staff will walk by (from a distance) to wave and check-in.

***Phone wellness checks:** Jackson Center staff are making daily phone calls to check-in, find out information from neighbors that's important to pass on, and share information and resources as well. If you are interested in participating or having us add a loved one of yours to the call list, please call us at 919-960-1670 to get added!

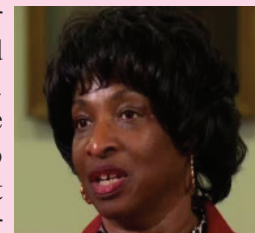
***Connecting Virtually:** We can help you be more connected with those you care about by assisting you with video chatting, so you can see each other as you talk. If you'd like someone to help you figure out how to connect with video either using your cell phone or computer, call the Jackson Center at 919-960-1670.

***Resource sharing:** If you have come across an abundance of an essential supply and want to ensure that our shut-in neighbors have some of it, please let us know and we are happy to find a safe way to distribute it.

For more information and regular updates about local resources, go to our facebook page (mcjcenter). More in depth information is also available on our blog: www.jacksoncenter.info/blog/blog.

A Special Message from Senator Foushee

As expected, the COVID-19 situation is impacting every facet of our daily lives. Changes are occurring rapidly with new measures enacted from the national to state and county levels. Overcoming this event will require diligence in taking care of your health and that of your families and our communities. In the meantime, practice compassion and generosity, and take care of yourselves and our neighbors. This is serious and for vulnerable populations, we have to work hard to keep them safe. It means that we have to practice safe social distances. We must be careful about how closely we are associated physically, no matter our familiarity. This does not mean that we love any less; in fact, it means we love more because we are doing this to protect our loved ones and get ahead of the virus so we eliminate the chances for community spread. Together, we can ensure the vulnerable are protected, lessen the devastating impacts on our economy, and ensure a return to normalcy as soon as possible.



Northside Porch “Happy Hours”: As mentioned above, please come out onto your porch between 3-5 pm if you can! It will be a great common time to talk to neighbors from porch to porch. And, on Wednesdays and Fridays, we’ll be walking by to check-in from a distance!



Ask Keith

Q: Do you know of any organizations, besides commercial companies, that would bring meals to seniors who don't participate in Meals on Wheels, but find themselves shut in because of the coronavirus?

A: There are no specific delivery services that offer free food delivery to seniors. Please see the section of this issue of the Northside News that lists organizations where people can pick up food. If you or someone you know is shut-in or in need, they can call the Jackson Center at 919-960-1670 for more information.

As fear grips our country, let us choose love. During this time when we cannot physically wrap our arms around each other, let us yet find ways to be the loving embrace of God to our neighbors. Amen.

-Rev. Dr. William J. Barber II

Resources for up-to-date local healthcare information

Online:

- [orangecountync.gov/coronavirus](https://www.orangecountync.gov/coronavirus)
- [ncdhhs.gov/coronavirus](https://www.ncdhhs.gov/coronavirus)
- [cdc.gov/coronavirus/novel-coronavirus-2019.html](https://www.cdc.gov/coronavirus/novel-coronavirus-2019.html)

Coronavirus Questions?

NC Dept of Health & Human Services (24/7):

866-462-3821

Chapel Hill Call Center (8:30-5):

919-969-5005

Orange County Health Department (8:30-5):

919-245-6111

Northside News Special Edition

FAQs with Professor Robinson

We are blessed to have a public health professor in our community. We'd like to share some of Whitney's wisdom with neighbors.

What is COVID-19? It's a sickness caused by a type of virus that just recently started spreading among humans.

What are the symptoms? Fever, dry cough, feeling really tired. But symptoms can get worse and require hospitalization.

Who is most at risk? The older someone is, the more they are at risk of getting very sick. In particular, we really have to protect anyone aged 60 years or over. Also people with suppressed immune systems or who have conditions like heart disease or diabetes are also at higher risk. The good news is that infants and small kids rarely get sick from COVID-19, although they might still be able to spread it.

What makes this virus different from the flu? (1) It is new to us so there is no vaccine to prevent people from catching it. (2) It spreads more easily than the flu. (3) It's more deadly than the flu. (4) It has a longer incubation time. An infected person can feel fine for 5-14 days before they start feeling sick. It's possible that they could be infecting others during this time.

What should I do if I think someone in my home has COVID-19? CALL first. Call your doctor or the Orange County Health Department at (919) 245-6111. They will ask you about your symptoms and give you advice.

Why are businesses and schools closing? Our community is using "social distancing" to slow down the spread of the virus. If COVID-19 spreads really fast and everyone gets sick at once, then the hospitals will be overwhelmed. There would not be enough staff, space, medical equipment, etc., to deal with everyone getting sick at the same time. So we are trying to "flatten the curve" and slow down and spread out the spread of the virus, and give more time to develop treatments.

What can I do to help if I'm not sick? Wash your hands often and practice "social distancing": When you go outside, stay 6 feet away from other people and try not to touch playground equipment, etc.

I'm worried about money if people in my family can't work. The state of North Carolina says they are making changes to make it easier to get unemployment. The school system is packing meals at Northside Elementary for take-away around lunch time. Many national businesses and banks are saying that they will let people pay bills late or without interest. Reach out now to see what's out there to help.

What's next? Things are going to seem worse before they get better. Soon there will be more cases in the news (1) because there is going to be more testing and (2) because of the incubation period. People who just got infected may not start to feel sick for another week or two. But hopefully the steps we are all taking will slow things down.

How do I get more information? You can go to this website <<https://www.orangecountync.gov/2332/Coronavirus-COVID-19>> or call the Orange County Health department or your doctor. Orange County has created a hotline for residents with questions about COVID-19 or its impacts on Orange County services. Call (919) 245-6111 between the hours of 8:30 a.m. to 5 p.m. Spanish language and other languages available.

**WASH YOUR HANDS!
CLEAN THINGS YOU TOUCH OFTEN!
AND LOVE FROM A DISTANCE!**

Food Access Resources

**THE WHEELS ON THE BUS ARE GOING AROUND AND AROUND...
And They will be delivering Free Meals in Your Community
Offered from CHCCS Child Nutrition Monday through Friday**

Who: children 0-18 (can be picked up by an adult)
What: Pre-packaged grab and go lunch with a *bonus* snack
When: Monday through Friday March 16th through April 3rd
Where: at 20+ community sites in your area (see below)
How: visit a site and **look for the big yellow bus** at the designated time!



Northside Elementary

Hot Entrée here only! Pizza, chicken nuggets and more. All the things kids love. Drive through and get lunch and a snack for your crew
Open **12-12:30** Monday through Friday starting Monday, March 16th

Pick up lunch and a snack for your crew at the sites below!

The below sites are open **11:30-12:00** Monday through Friday starting Monday, March 16th

<ul style="list-style-type: none">• Craig-Gomains• The Crest• Dobbins Hill• Eastwood• Estes Park• Greenfield	<ul style="list-style-type: none">• Kingswood• Pine Grove Mobile Homes• Ridgefield/S Estes (in the back at bball court/playground)• Royal Park• Trinity Court
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Additional school-related information, including food resources:

Online info: <https://www.chccs.org/Page/10491>
Phone (8am-4pm): 919-967-8211

Other Food/Supply Resources:

IFC food pantry (100 W. Rosemary) is still open and offering daily meals. Anyone who is interested in this food service needs to call for an appointment: (919) 929-6380.

The Seymour Center at 2551 Homestead Rd, Chapel Hill, NC 27516 is doing drive by boxed lunches at noon for people already in their lunch program.

Wal-mart, Harris Teeter, Food Lion, Whole Foods, and other local grocery stores offer online grocery shopping where you can pick up your groceries from the store or have them delivered to your house free of cost. If you need help with this, please call the Jackson Center -(919) 960-1670.

*If you are interested in more information for Orange County food pantries and school pick-up locations, please call the Jackson Center.

SOCIAL DISTANCING

What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and cancelling events.

AVOID

- Group gatherings
- Sleepovers
- Playdates
- Concerts
- Theater outings
- Traveling
- Athletic events
- Crowded retail stores
- Malls
- Workouts in gyms
- Church Services
- Visitors in your house
- Non-essential workers in your house
- Mass transit systems

KEEP YOUR DISTANCE

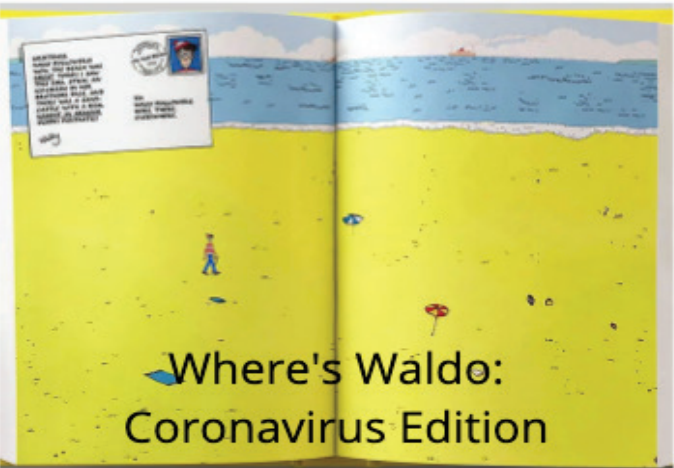
- Visit a local restaurant to get take out
- Visit grocery store
- Pick up medications
- Play tennis in a park
- Keep at least 6' - 8' between yourself and others

SAFE TO DO

- Take a walk
- Go for a hike
- Yard work
- Play in your yard
- Clean out a closet
- Read a good book
- Listen to music
- Cook a meal
- Family game night
- Go for a drive
- Group video chats
- Stream a favorite show
- Check on a friend or elderly neighbor

Remember: Laughter Is Medicine

Got this big roll of toilet paper as a gag gift for Christmas. Whose laughing now!?



**PLEASE AVOID MASS GATHERINGS
Grocery stores 10 minutes later:**



Spiritual Resources Shared by Neighbors

I pray that out of his glorious riches he may strengthen you with power
through his Spirit in your inner being.

(Ephesians 3:16)

-Shared by Pat Jackson

Be Anxious For Nothing (Philippians 4 - 8)

This season is here for a purpose, and it is not the time to be led by fear and all of the loud voices screaming and shouting at us. We must block out the negativity, but yet, be informed, be prepared, and be:

CALM (Taken from a local pastor)

- C - Celebrate God promises that he will never leave or forsake us. Know that God is good all the time and he is in control. (Eph. 6:13)
- A - Ask Pray and be specific in what you want. (Psa. 43:9 Matt. 7:9)
- L - List Make a list of all the things that you are grateful for and remember that 'Gratitude is the Opposite of Anxiety.' (Psa. 37:25, 1 Thes. 5:17)
- M - Meditate Trust God's words. The voice of the Holy Spirit is telling us to be still. God's presence is always with us. (Psa. 91, Psa 23, Psa 107:20, Psa.3:5)

Family First (Taken in part from Pastor Tim Timberlake)

It is also important that families surround themselves with God, and don't get tripped up on petty things. God has given us dominion and authority. It is time for us to 'Stand Up, Step Up' and to govern our homes with the presence of the Lord. God is silencing our darkness and pulling us into his marvelous light. We must respond to this season and not just react. Lean into the presence of God and let the peace of God rule your heart. Finally, our communities are stronger together. If you have been blessed, pay it forward.

-- Shared by Freda Andrews

He shall cover thee with his feathers, and under his wings shalt thou trust.

(Psalm 91:4)

-Shared by Phyllis Joyner

Spiritual Resources Shared by Neighbors

A Prayer

From Red Letter Christians UK,
added to by Rev. Dr. William J. Barber II

May we who know justice and compassion
repent for those who have let the viruses of greed and lies
make a difficult situation worse.

May those who have gone along with the lies
just to please narcissism break free and tell the truth.

May we who are merely inconvenienced
remember those whose lives are at stake.

May we who have no risk factors
remember those most vulnerable.

May we who have the luxury of working from home
remember those who must choose between
preserving their health or making their rent.

May we who have the flexibility to care for
our children when their schools close
remember those who have no options.

May we who have to cancel our trips
remember those who have no safe place to go.

May we who are losing our margin money
in the tumult of the economic market
remember those who have no margin at all.

May we who settle in for a quarantine at home
remember those who have no home.

As fear grips our country, let us choose love.

During this time when we cannot physically
wrap our arms around each other, let us yet find ways to be
the loving embrace of God to our neighbors.

Amen.