

Des Moines Community Resources



HELPFUL TIPS

- Shop dedicated hours for vulnerable individuals at local grocery stores. *Please check with stores directly as hours are subject to change.*
 - Fareway, daily, 8-9 a.m.
 - HyVee, daily, 7-8 a.m.
- Many local restaurants are offering the opportunity to purchase a meal for yourself and a meal for a vulnerable loved one, friend or neighbor. Ask for the options when you order.
- Instacart.com - sign up for an account through their website or app and have your groceries and supplies delivered right to your door.

IOWANS HELPING IOWANS

Iowa State Auditor Rob Sand is spearheading this program to help those in need. *See back for graphic provided by @RobSandIA*

THE SHORES AT PLEASANT HILL

Immanuel's The Shores at Pleasant Hill, located just minutes from downtown Des Moines, offers supportive small town comforts with big city conveniences. With services ranging from independent living to assisted living and compassionate Alzheimer's and dementia support, seniors can find a home perfect for their retirement needs and lifestyle. Learn more at [Immanuel.com](https://www.immanuel.com)

At Immanuel, our not-for-profit mission guides us to provide Christ-centered service to seniors, each other and the community. Since our founding in 1887, our priorities have always been to serve those in need, especially in troubling times. We're proud of our teams in their support of preventative precautions to keep senior residents, participants and employees safe and well. If you are supporting an aging loved one or are worried about what's next—we're here for you.

For more details on Immanuel's response to COVID-19, and other trusted resources, check our updates page. <https://www.immanuel.com/important/covid19updates>

Help Iowans

Local restaurants need customers.

Struggling & Serving Iowans can do that, with our help.

I HAVE MONEY & WANT TO HELP:

1. Venmo \$ to @IowaHi **or** Paypal \$ to HelpIowansHelpIowans@gmail.com
2. Know that all of it goes to someone unemployed, who *also* spent \$ at a small business hurt by pandemic closing orders.
3. You're done. Thanks, helper.
4. Find another good deed to do.

I'M STRUGGLING IN IOWA & WANT TO HELP:

1. Apply for Iowa unemployment or food stamps.
2. Help a local restaurant affected by closure orders by getting a big meal. Tip nicely.
3. Email to HelpIowansHelpIowans@gmail.com:
 - a. the confirmation email received after #1 or your SNAP card, and
 - b. your receipt from #2, and
 - c. your Venmo or PayPal account.
4. Get \$40 into that account, as long as there's enough donations to support this effort.
5. Repeat twice for a total of 3 meals.
6. Check @robsandia on Twitter for donation levels.

I'M SELF-EMPLOYED & WANT TO HELP:

6. Help a local restaurant affected by closure orders by getting a big meal. Tip nicely.
7. Email HelpIowansHelpIowans@gmail.com:
 - a. your receipt from #1, and
 - b. one of your business card or EIN certificate or business's facebook page, and
 - c. your Venmo or PayPal account.
8. Get \$40 into that account, as long as there's enough donations to support this effort.
9. Repeat twice for a total of 3 meals.
10. Check @robsandia on Twitter for donation levels.

I'M a 1st RESPONDER or GROCERY STORE EMPLOYEE & WANT TO HELP:

1. Help a local restaurant affected by closure orders by getting a big meal. Tip nicely.
2. Email HelpIowansHelpIowans@gmail.com:
 - a. your receipt from #1, and
 - b. proof of your job, like a pic of your work ID or nametag that matches your email address name; OR a paycheck stub, AND
 - c. your Venmo or PayPal account.
3. Get \$40 into that account, as long as there's enough donations to support this effort.
4. Repeat twice for a total of 3 meals.
5. Check @robsandia on Twitter for donation levels.

Each recipient can participate up to 3 times. Donations not tax-deductible, and are intended as "gifts" not taxed to the recipient(s). 100% of all gifts will be passed through to recipients. No information collected will be shared nor used for any other purpose.



Immanuel.com

Affiliated with the Nebraska Synod, Evangelical Lutheran Church in America

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Here for you. Not for profit.