



To our Arcadia Neighbors:

We recognize this is a challenging and frightening time and we want you to know you are not alone. If you need assistance, we are here to connect you to help.

Please call Lisa at **410-371-4404** if you need help with any of the following:

- Picking up groceries / finding free meals
- Picking up prescriptions
- Walking your dog
- Social/emotional support
- Something else? Let us know

If you need to leave a message, tell us your name, address, phone number, and what you need. We will call you back. If you have a computer, you can also email us at president@arcadia-baltimore.org or sign up for assistance on your own by going to shorturl.at/bpA79.

This service is not for emergencies

If you have a medical emergency and need immediate treatment, call 911. For other urgent needs, the United Way assistance line is available 24/7: Dial 2-1-1.

What will happen next?

Depending on your need, we will help you ourselves or we will connect you with the right resource. We will keep in touch with you by phone or email – your choice.

Know someone who needs help?

Please make sure they know help is available and direct them to this service if you cannot assist.

Wishing you health - *The Arcadia Improvement Association*