

Community during Covid

Maintaining NWA Social Networks & Connection
through Social Distance



'THE GREATNESS OF A COMMUNITY IS MOST ACCURATELY MEASURED BY THE
COMPASSIONATE ACTIONS OF ITS MEMBERS'
CORETTA SCOTT KING

Dear NWA Community



We miss you IRL & wish you were here, but....

Nothing can stop our communities from staying connected and close.

The purpose of this guide is to give you some ways you can support & ask for help.

We hope you feel inspired & find some ideas to build joy & play into your day.

We are here for you - always & forever!

Love Your Regional Neighbors



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CONNECT

WAYS TO REACH OUT & HAVE FUN WITH FRIENDS & FAMILY

- Video chat with Google Hangouts or Zoom
- Party via Houseparty & play games while chatting
- Host a movie & pizza night with friends at Netflix Party.
- Remember letters & postcards? Mail is safe & so fun to write & receive
- Go retro with online card games
- Build a Rainbow scavenger hunt in your neighborhood
- Check your mate with a Chess game online
- Use your phone to actually CALL someone
- Draw & write notes together on this collaborative whiteboard
- Write an online storytelling game with friends

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ARTS & CULTURE

WAYS TO TRAVEL THE WORLD FROM NWA, AR.

- Explore museums and art collections around the world with [Google arts & culture](#)
- Take a virtual tour inside the [Natural History Museum in London](#)
- Experience nightly mind blowing opera streams from the [Metropolitan Opera](#)
- [Go outside](#), [inside](#) & explore fjords, volcanoes & caverns at our incredible national parks
- The ocean is full of wonders and you can watch [10 live cams](#) at the Monterey Aquarium
- The High Museum of Art in Atlanta shares significant [Civil Rights Movement](#) photography
- Leave earth at the [NASA Glenn Center](#)
- Watch the sweet [Pandas](#) at the Atlanta Zoo
- Learn local with online exhibits at [Crystal Bridges Museum of American Art](#), the [Momentary](#) & the [Museum of Native American History](#)

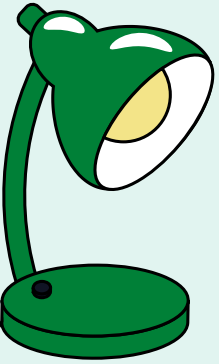
GIVE FROM HOME

WAYS TO VOLUNTEER IN NWA NOW

- GivePulse from UARK shares up to date volunteer opportunities in our community
- Sew or donate funds to AAFF to make protective masks for our local healthcarers'
- April 2nd is the day NWA Gives generously to non profits & causes across the region
- Small businesses need support now. Purchase gift cards here to redeem now or later
- Tip NWA service industry workers directly via this virtual tip jar
- Provide critical translating services to Translators without Borders if you are fluent in 1+ language other than your native tongue
- Crisis text line needs night owls to share caring texts with those experiencing personal crisis
- Help Feeding America feed NWA via local food banks

REMOTE WORKING

WAYS TO WORK WELL



A dedicated workspace in your home builds focus and clarity

Keep a glass of water on your desk to stay hydrated



Build a structured day with boundaries & breaks & stick with it

Dress for work every work day



Learn to utilize appropriate video conferencing options for different purposes



Build social time with friends & colleagues into your day & week



FOCUS ON WELL BEING

WAYS TO STAY HEALTHY & FEEL GOOD

- Smiling Mind is a free high quality mindfulness app & meditation guide
- Rogers Activity Center is a wonderful space in downtown Rogers currently closed to the public but offering all NWA residents a variety of free online exercise and yoga classes; just create a free account and join.
- For a limited time the YMCA360 is offering online classes for free
- To get kids jumping, playing & moving, Joe hosts PE classes on Youtube
- Insight Timer is a huge library of free guided meditations for more restful sleep
- Adriene hosts a sweet yoga class for kids but adults can totally join in
- The Science of Well Being is one of the most popular courses ever taught at Yale University and is now available for free on Coursera

JUST FOR KIDS

WAYS TO KEEP THEM ENGAGED

- Send them to a magical world where the wonders of learning never cease

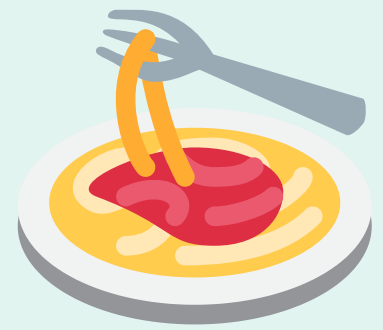
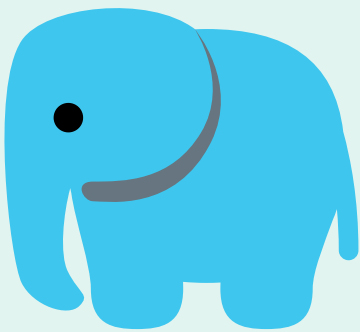


- If you have a future engineer on your hands here are some high quality computer science courses available for free for a limited time
- Don't let the pigeon drive the bus but do let Mo Willems teach you to doodle at lunch
- Learning a language has never been as easy & fun as Duolingo makes it
- Science is less of a mystery with mystery science
- Register your student with TEDEd for high quality lessons & learnings
- Wonderful source for simple outdoor activities, tinkergarten is creative & play driven
- Amazing free real world lessons & projects
- Make music for real in this online music lab
- Resource list for free quality education sites

JUST FOR KIDS

WAYS TO KEEP THEM ENGAGED IRL

- Amazeum launched Amazeum YOU for all the kids from 1-199 with daily activities & play starts with a 10am check-in. It's interactive & amaZing
- Build an epic cardboard fort
- Learn to write your name or anything in ancient Egyptian hieroglyphs with the Ontario Museum
- Play with water - here are some ideas
- Join the free Chop Chop cooking club & eat up
- Do elephants brush their teeth? Maybe they would if they had some giant toothpaste
- Design an epic treasure hunt for the kids
- Hopscotch inside with painters tape.
- Listen to a bunch of awesome podcasts
- Make some pasta jewellery.
- Don't drink the Kool-Aid, make play doh with it!
- Make an indoor blanket or sheet fort



'WE LIVE IN A WORLD IN WHICH WE NEED TO SHARE RESPONSIBILITY. IT'S EASY TO SAY 'IT'S NOT MY CHILD, NOT MY COMMUNITY, NOT MY WORLD, NOT MY PROBLEM.' THEN THERE ARE THOSE WHO SEE THE NEED AND RESPOND. I CONSIDER THOSE PEOPLE MY HEROES.' MR. ROGERS

COMMUNITY-19

WAYS THAT WE LOVE NWA

1. NWA Medical systems are jointly working together 24/7 to take care of us
2. HarkNWA is here to help our community connect to vital resources & unexpected financial assistance
3. NWA small businesses can apply for relief loans under Declaration #16372
4. Amazeum has launched Amazeum YOU for all the kids from 1-199
5. Fayetteville Independent Restaurant Association has set up an aid fund for the hospitality industry.
6. Beloved Bentonville teachers organized a car parade to see their students
7. Y'allidarity! NWA Mutual Aid was set up by volunteers to provide free support & delivery services across the region

'IN TIMES OF STRESS, THE BEST THING WE CAN DO FOR EACH OTHER IS TO LISTEN WITH OUR EARS AND OUR HEARTS AND TO BE ASSURED THAT OUR QUESTIONS ARE JUST AS IMPORTANT AS OUR ANSWERS.'MR. ROGERS

COMMUNITY-19

WAYS THAT WE LOVE NWA

8. We knew that Sam's Club Associates are incredible but now the whole world knows it
9. And we can't forgot our home grown start up that could, Walmart & all they are doing in our community & the world right now.
10. But we also have Tyson who are helping keep food on our families tables
11. J.B. Hunt drivers & field personnel are still working & the company pays them a bonus to show their appreciation
12. Local artists & makers created the Aerosol Box Project NWA to fabricate equipment to provide extra protection to doctors during endotracheal intubation
13. Uplift Arkansas is a directory & information resource on accessible businesses & services in NWA & across AR at this challenging time

'ALL OF US, AT SOME TIME OR OTHER, NEED HELP. WHETHER WE'RE GIVING OR RECEIVING HELP, EACH ONE OF US HAS SOMETHING VALUABLE TO BRING TO THIS WORLD. THAT'S ONE OF THE THINGS THAT CONNECTS US AS NEIGHBORS—IN OUR OWN WAY, EACH ONE OF US IS A GIVER AND A RECEIVER.' MR. ROGERS

COMMUNITY-19

WAYS THAT WE LOVE NWA

14. Once Upon a Time Books is hosting daily book giveaways from their amazing store
15. Bentonville Neighbors organized a cute 'Bear Hunt' for the community kids - join in or start one
16. NWA Alive are presenting the At Home Concert Series with local artists -tune in
17. Fayetteville residents are picking up litter between 3.23-28 to help support the city team while taking quarantine friendly walks
18. Trike Theatre has launched interactive Storyboxes for all..check them out
19. Residents all over NWA are stocking Little Free Pantries as they are out & about on their social distance friendly walks. Join your neighbors to walk in your neighborhood with your family, pick up litter as you go & stock food in free pantries along the way. And always staying safe as you go.

*Never doubt that a
small group of
thoughtful,
committed, citizens
can change the world.
Indeed; it is the only
thing that ever has.*

Margaret Mead

