

30 Ways to Care for Yourself, Others and Immigrants During COVID-19 Script Content

Slide 1 (Stacey)-Title Slide- RCUSA

Welcome, this webinar is the second in a series of webinars on supporting refugees during COVID-19. Other webinars in the series, along with related tools and resources, can be found at www.rcusa.org/covid-19

Slide 2(Stacey)- Welcome Slide

We want to start off by saying thank you for your care and support of refugee newcomers especially during this difficult time. Due to the COVID-19 pandemic and the necessary social distancing measures in place, we recognize that volunteering to welcome and support refugees may look drastically different over the next few months. In light of the current situation, we created this webinar and a tool called “30 Ways to Care for Yourself, Others and Immigrants During COVID 19”.

Slide 3- Presenters Slide -(Christine)

Presenting today is myself, Christine Baer, and my colleague, Stacey Clack, we are Faith Community Organizers for Church World Service. At Church World Service, Stacey and I work to engage community members, faith partners and resettlement staff in welcoming refugees to their communities. We are also joined by Mustafa Nuur, a refugee community leader and owner of Bridge, a small business connecting people through culture and food. And Derek Feldman, a Community Engagement Coordinator from Kentucky Refugee Ministries in Lexington, who works to connect community members to recently arrived refugees.

Slide 4 (Christine)- Learning Objectives Slide

By the end of today’s webinar, you will be able to:

- Utilize the tool ‘30 Ways...’ in your home
- Identify multiple ways to support refugees during COVID-19
- Access a platform to share their stories of community sponsorship during Covid 19.

Slide 5(Stacey)- Intro to ‘30 Ways...’ Tool-- *The purpose of the tool*

As community members concerned about welcoming and supporting refugees, you may have found that in the past few months, your typical ways to welcome have been paused. In the past you may have led teams on airport pickups, offered in-home English language tutoring, or coordinated donation drives to stock local agency shelves of needed items for arriving families. With physical distancing orders in place, how you connect with refugees and your neighbors has changed.

This tool was designed to focus on building a healthy community starting with you, expanding to your family, your neighborhood, and the refugee community at large. The purpose of this tool is to provide you with suggestions, activities, and educational opportunities that you can do from the safety of your home.

Community members across America are utilizing this tool in their home. There is not a right or wrong way to use the tool. But here are some ideas

- You could hang the chart on the fridge and choose an activity a day/week and do it together as a family.
- You could print multiple charts out for each family member and have them complete their own. You could then use the chart as a discussion piece at dinner with everyone sharing how they supported their community that day.
- You could share an activity each day with your community sponsorship or welcome team and do the activities together.

It is important to remember the COVID-19 pandemic may be preventing us from being in the physical presence of our community, however, it doesn't have to stop us from participating and being an active community member. Community is telling others that they matter to you. It's letting people know they are important. It's extending support. Providing care. All these actions can be done whether we are with someone in person or not.

Slide 6(Christine) - Ways others are welcoming--- closer look at a few activities on the list

Along with the 30 Ways to Welcome tool, the CWS Community Sponsor Toolkit for COVID also features ideas of how to welcome refugees remotely. There are refugee families across the country who arrived throughout this past year. Some arrived in the weeks leading up to the COVID outbreak and are now facing isolation in a community where they do not have many connections. Supportive organizations are doing what we can to equip these families with resources to shelter in place, however, we realize that one big part of the first months of transition is getting to know your neighbors and new community. Let's explore a few ways that you can still work to share smiles and friendship with refugees.

1- In partnership with the resettlement office, set up a Skype/WhatsApp video account between yourself and a newly arrived refugee family. This will assist newly arrived families in practicing English as many ESL classes are closed, it will provide social integration, as well as ease the cultural adjustment. Set a scheduled time (every other day or weekly) when you will meet so the refugee knows they can count on you.

2- Order a meal for a newly arrived family from a local restaurant to support local immigrant businesses.

3- Write a letter to a family! Have your children color pictures and send them via snail mail.

Throughout the past month, communities across the country have creatively come together to support one another. There has been recognition of essential workers, donations to food pantries, and community efforts to make face masks. Refugees and immigrants are included in these awesome actions of togetherness. Both as givers and receivers of gifted items.

Our colleagues in this work, Mustafa and Derek, will share some of the ways that they have been working to offer aid and welcome to their communities.

Slide 7 (Mustafa) – Mustafa (will speak for 7-10 minutes)

1. Share an example of the welcome you received when you came to America and what it meant to you as a newcomer.
2. Share about why welcoming at this time is so important in the work of refugee resettlement
3. Share how you are welcoming others in his community here in the US

(Stacey) - Thank you Mustafa for sharing these examples! We will now move to Derek Feldman to hear about his work.

Slide 8(Derek) - Derek (will speak for 7-10 minutes)

1. Share about your work and what motivates you to extend welcome to refugees.
2. Share a volunteer story from someone who is welcoming during this time from Lexington.
3. Share 3-4 ways listeners can welcome during this time from home.

(Christine) Thank you, Derek! Now...

Slide 9(Christine) - 30 Ways... What ways are YOU welcoming in your community? We would like to invite you to share your stories of welcoming refugees during COVID-19. You can do so by utilizing the form link found in the webinar description or by emailing your story to communitysponsorship@rcusa.org.

We know that communities across the country are coming together in this time and we want to share examples of the welcome that you are providing!

Slide 10(Stacey) – Thank you for joining us. We hope this webinar was both helpful and an encouragement as you work to care for yourself, others, and immigrants during the Covid 19 pandemic.