



Calling Pelham 1-2-3

Pelham Together, in partnership with the Pelham Council of PTAs, wants to help everyone get connected in this time of physical separation. Is there a neighbor you haven't seen? A friend you haven't heard from? Who can you check in on or connect with today? Take a minute this spring to reach out—a simple text, call, or note lets someone know you noticed. Be that someone! And pay it forward when someone reaches out to you!

Calling Pelham 1-2-3 is a 'pay-it-forward' campaign that encourages each of us to reach out to others and then *pay-it-forward* when someone connects with us. Everyone will have their own way to do this, but here are some ideas to get us going. Most importantly, make it your own!

- If your teen used to babysit or tutor, suggest they send that child a note or text. Can they continue to tutor or meet with that child over Zoom?
- Does your child miss their teacher? Nothing like sending them a homemade card...you can scan and send in an email too!
- Ask your teen(s) to reach out to a friend to see how they're doing, someone outside of their usual circle. Maybe it's simply a matter of posting an encouraging comment or emoji on an Instagram post of someone who might need it most.
- Do you have an elderly neighbor you can check in on with a phone call?
- Who did you used to see on a daily basis as part of regular life? Crossing guard, custodian, those you bought your coffee from? Many of these people live locally and would love to hear from you...maybe write a note?
- Zoom your book club, knitting group, or other social groups
- Send a funny video of the family to grandparents...maybe a Family Tik Tok?

- Post cards to friends...as if we're all on an extended vacation, a quick note from a sunny place, perhaps?
- Handwritten notes to a neighbor you haven't seen in a while
- Candy bars with a personal note
- Drop off a pizza for someone's family to enjoy for lunch
- Simple text, maybe including a funny meme to make them laugh
- Sidewalk chalk message on their driveway or in front of their home
- For the crafty person, a painting, drawing, or other special creation as a surprise delivery on the front step
- If you're listening to a song that makes you get up and dance, send a link to that song to your friend
- Phone call or Face Time

Whatever it is, however you do it, if it's personal and from the heart, it will have an impact. Take a minute this spring, when schools are less structured and sunny weather is upon us to channel that restlessness into making sure someone feels noticed. It can make all the difference.

It's really is as easy as 1-2-3.