



The JDF Footprints



Promoting foot health and healthy lifestyles!

By Executive Director Carolyn D. Jenkins

April 2020



**Thank you to the
doctors, nurses
and hospital
workers!**



Serving during COVID-19 is challenging! Our mission promoting healthy lifestyles, as breadwinners are laid off and families are homebound, is still moving forward. We're giving goods and necessities to low-income families because personal products and cleaners run out quickly. Homebound kids need a few healthy distractions too! The toys we deliver are a welcome relief.



Time on your hands? Amidst the pandemic, spring flowers are still blooming and birds are still singing. Homebound families are spending more time together than ever before. Here are suggestions to make your time at home more enjoyable:
Play games-Read books-Put puzzles together-Take walks-Bake-Write down daily blessings and discuss each evening-Paint-Begin a new hobby-Exercise-Garden-Chat with your kids and loved ones-Enjoy the outdoors-Help neighbors-Learn a new language-Find a way to fill a need-Practice yoga-Journal-Create music-Limit the news-Laugh aloud.

Our new 2020 DoubleBlessing campaign helps us double our outreach! Your generous donations help us meet our goal. Text 2020DB or go to jdfffeet.org to donate today!

