

Middleburg Community News



Week of May 1, 2020



Greetings friends! As May gets underway and we face another month of social distancing, be sure to stay safe, healthy and enjoy some sunshine. Take a walk in your neighborhood or enjoy the sidewalks around Middleburg. Don't forget to wear a mask when in public and keep 6 feet away from anyone not in your household.

Please don't hesitate to reach out to me by email for any needs of your household, questions or just to check in.

Child Care & Baby Supplies

- ◆ Child Care Aware of Virginia helps families locate child care. Visit vachildcare.com
- ◆ Loudoun County Health Department's Women, Infants, and Children (WIC) program provides services through virtual visits. Call 703-777-0239.
- ◆ Mobile Hope provides diapers and food assistance. Call 703-771-1400.
- ◆ Women Giving Back provides groceries with a limited supply of diaper, wipes, formula, baby food, toiletries, and feminine products; no-contact drive-thru in Sterling. Call 703-928-0903.
- ◆ INMED's Family and Youth Opportunity Center provides diapers, wipes, and some food. Call 703-729-4951 or email rtobar@inmed.org.
- ◆ It Takes a Village Baby provides baby gear and supplies. Email lauren@itavb.org or visit itavb.org.

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COVID-19 Basic Needs Resource List

- Verizon is waiving activation fees on new lines of service and upgrade fees. If you're currently a Verizon customer experiencing economic hardships because of COVID-19, contact Verizon Customer Service at 800-922-0204 to have late fees waived with no disruptions to your service before May 13, 2020.
- Loudoun County offers financial assistance for rent & utility costs. Call 703-777-0420. The Salvation Army continues to offer gas, water, and electric bill assistance. Call 703-771-3371. Catholic Charities offers financial assistance for utilities. Call 703-443-2481.
- Grace Episcopal Church in the Plains offers a **drive-up food pantry** "Peas & Grace" on Tuesdays and Saturdays from 10am-2pm. Food items are pre-bagged and will be brought to your vehicle. The entrance is under the clock tower at 6507 Main Street, The Plains.
- **Stimulus Checks** - If you have not received your check yet please call the IRS at 1-800-829-1040. They are available from 7 a.m. – 7 p.m. Monday thru Friday. **The best time to call is early in the morning.** The first question the automated system will ask you is to choose your language. Once you've set your language, do NOT choose Option 1 (regarding refund info). Or visit <https://www.irs.gov/coronavirus/non-filers-enter-payment-info-here>

Staying Safe from Online Predators



As kids are home from school, many of them are spending more and more time online, making them more likely to encounter online child predators. Here are

some guidelines to teach your kids:

- **Avoid using suggestive screen names or photos**
- **Never give out your full name, family names, address or financial information**
- **If someone is flattering you online, you should be wary**
- **Don't talk to anyone who wants to get too personal**
- **Remember that people are not always who they say they are**
- **Never arrange to meet with someone you met online**
- **Tell a parent or trusted adult if you encounter a problem**

For more tips and links on how to talk to your kids about this issue, visit: <https://edu.gcfglobal.org/en/internetsafetyforkids/staying-safe-from-online-predators/1/>

If you or someone you know are experiencing domestic or sexual violence:

Call or text 9-1-1 if anyone is in immediate danger.



* Call Loudoun County's Domestic and Sexual Violence hotline 24/7: 703-777-6552.

* Call the National Domestic Violence Hotline at 1-800-799-7233 or TTY 1-800-787-3224. If you're unable to speak safely, you can [log onto thehotline.org](https://thehotline.org) or text LOVEIS to 22522.

* Call the National Sexual Assault Hotline (RAINN) at 800.656.HOPE (4673). Survivors can call RAINN or [chat on the website](https://www.rainn.org). It's free and confidential.

Employment

Has your employment been affected by Covid-19? It is not too late to apply for **unemployment benefits!** This site breaks down the steps and information you may need to pursue these benefits:

- <https://eligibility.com/unemployment/virginia-va-unemployment-benefits>

Ready to apply? Go to:

- <https://www.vec.virginia.gov/>

Need help or have questions?

- **Email Claire at clouis@clrserv.org or Tami**

Visit the **Loudoun County Workforce Resource Center** for job connections, virtual employment training workshops and other resources.

- <https://www.loudoun.gov/1592/Workforce-Resource-Center>

- **Crossroads Jobs** provides services virtually, including orientation classes in English and Spanish. Call 703-771-4112 or visit crossroadsjobs.org.

Recipe Corner

We know that meat can sometimes be hard to come by at our local grocery store. Here is a **meat-free chili recipe with basic ingredients**. Ideas: Stir in cheese & sour cream for a chili dip to eat with chips or mix in your favorite noodle for chili pasta!

Ingredients:

- (1 or 2) 15 oz can Kidney beans, drained & rinsed
- (1) 15 oz can Black beans, drained & rinsed
- (1) 15 oz can Pinto beans, drained & rinsed
- 1 cup frozen corn
- 1 –2 red & green bell peppers, diced (optional)
- 1 onion, diced
- (1) 28 oz can crushed tomatoes
- 1 cup broth (vegetable or meat)
- 5 cloves garlic, minced
- 1 Tablespoon Chili Powder
- 1 teaspoon each: cumin, coriander, unsweetened cocoa powder, paprika, garlic powder, soy sauce—don't have these? Experiment with your favorite spices!
- 1/2 tsp salt



Directions:

Chop & saute onions & peppers for 5 minutes. Add everything else, bring to a boil. Reduce heat & simmer for 30 minutes or longer as needed. Season to taste!