

Looking out for neighbors in Truro

Program volunteers pick up and deliver mail, food and other essentials during pandemic

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Published 5:11 p.m. ET April 26, 2020 | Updated 7:21 a.m. ET April 27, 2020

TRURO — Can't leave the house? Tied up watching the kids? Afraid to go to the grocery store?

Good Neighbor Truro is here to help.

The volunteer program started by Regan McCarthy and Jennifer Cohen connects people in need with volunteers who can lend a hand. The initiative offers free pickup and delivery of mail, and prepared, packaged and prepaid food and essential items to people in Truro who can't or don't want to leave their homes.

"So far, Truro is faring well in general under COVID-19, but our elderly and our working families with kids at home are beginning to feel the stress more acutely," McCarthy said. "We expect this will grow, so we want to let folks know help is in place now. No one should feel alone or be alone. Truro is a sturdy, resilient community and we have many folks willing and able to step in to help keep us all healthy and safe."

People can make requests online, by email or over the phone for errands in Provincetown, Truro, Wellfleet and Orleans.

“If they have any concerns about their health being in jeopardy by leaving their homes, they don’t have to,” McCarthy said.

The program has had about 100 requests in its first few weeks, mostly for shopping and mail pickups.

McCarthy wanted to help the older and immunocompromised people in town, but the service isn’t only for them. If a young family needs help grabbing something from the store, Good Neighbor Truro can help them, too, she said.

While the main priority is food security, the group can also go to hardware stores or get household items.

McCarthy, past president of the Truro Part-Time Resident Taxpayers’ Association, said the online volunteer and errand request forms can be found on the association’s website.

Nancy Medoff has been volunteering with the group, picking up mail for two families. Truro doesn’t have mail delivery, so residents have post office boxes.

“For me, I’m going to the post office anyway,” Medoff said.

The process of volunteering and putting in requests is easy, and Medoff urged anyone who needs a helping hand to not be shy in asking.

“It’s shockingly simple to do,” she said.

For mail runs, people can leave their key for the volunteers and they’ll give them back once the pandemic subsides. After the errands, the volunteers usually leave the groceries or mail outside, making for a contactless drop off.

The mail is important, especially for her requestees.

“A lot of people get their meds via the mail,” she said. “I’m kind of like a mailman I guess.”

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