

**A woman named Rebecca Mehra wrote this true story and posted it on Twitter:**

I went to the grocery store this afternoon. As I was walking in, I heard a woman yell to me from her car. I walked over and found an elderly woman and her husband. She cracked her window open a little and explained to me, nearly in tears, that they were afraid to go in the store. She said, “We are afraid to get sick because we are in our 80’s, and we hear that coronavirus is affecting older people the most. And we don’t have family around to help us out.”

Through the crack in the window, she handed me a \$100 bill and a grocery list, and she asked if I would be willing to buy her groceries. I bought the groceries and put them in the trunk of her car, and I gave her back the change. She told me she had been sitting in the car for nearly 45 minutes before I arrived, waiting to ask the right person for help.

I know it’s a time when everyone is feeling nervous and scared, but remember to help anyone you can. Not everyone has people to turn to.