

## **Neighborhood Support Teams (NST)**

We're all in this together.

One part of Montana rural tradition is neighbors helping neighbors in times of trouble or crisis. The five NSTs created on GRR follow in that tradition. They have a very practical aspect described below. They can also be a means by which newcomers and others who don't know each other interact in a mutually beneficial way; a way to get to know each other better.

If one of us becomes ill with a respiratory disease and has to quarantine at home, we, as a neighborhood, should do what we can support that person or family. The NSTs are one way to organize the neighborhood response on GRR. We can do is to provide that person or family with the provisions they need during quarantine by either shopping for them or donating items. There will be no face-to-face contact; therefore, there should be no more infection risk to team members than that associated with food shopping. If any shopping is done, it will be strictly for necessities and will be as local as possible, with a drop off of those items at the team member's front door.

These teams are not created to provide medical or in-home caregiver services. If a team member who lives alone is quarantined or chooses to shelter in place, at least one team member should consider checking by phone on a daily basis.

Team Coordinators:

NST Southeast: Patti Draude and Sue Wassersleben

NST Southwest: Vanessa McMurray

NST West: To be appointed

NST Central: John Andrews

NST North: Jorge Gonzalez