



## **COVID-19 Vinalhaven Emergency Operations Center (EOC)**

**Andrew Dorr**  
Town Manager

**Marc Candage**  
EMA Director

**Kerry McKee**  
EMS Director

**Jen Desmond**  
Public Health Officer

**Pat Lundholm**  
Public Information Officer

**Gabrian McPhail**  
Community Outreach  
Coordinator

**Tanya Robishaw**  
EOC Support Staff

**Janica Barrows**  
EOC Support Staff

**EOC Contact**  
VHEOC@  
[townofvinalhaven.org](mailto:townofvinalhaven.org)  
207-863-2168

**Town of Vinalhaven**  
19 Washington School Rd  
Vinalhaven, Maine 04863  
Phone: 207-863-2042  
Cell: 207-266-7806  
Fax: 207-863-4393  
[www.townofvinalhaven.org](http://www.townofvinalhaven.org)

# **COVID-19 Daily Update 4-18-20**

## **LIVING BETWEEN THE LINES PART 2**

We asked our Public Health Team how they are managing to remain resilient. Many of us are struggling with too much time on our hands, but Andy, Kerry, Marc and Jen are always on duty, and taxed with leading us through this scary and uncharted territory.

Today we hear from Marc and Jen about how they direct their lives so they are “living between the lines.”

### **From Marc**

“Staying between those lines has become a challenge for all of us during these times.

One thing that helps is that I am very fortunate to be able to continue working. Being able to work with a team that is very supportive of each other has been so important. I can only speak for myself, but I am very proud of the work we are doing. The feeling of going home and knowing that at the end of the day we have done our best to help support our community helps me to stay positive.

Talking with family and friends on the telephone daily helps not only me but them, to stay positive and maintain a sense of normalcy. Getting out and doing some yard work on a nice spring weekend has also been a nice stress reliever.

The thing that lifts me up the most, though, is talking with and seeing my grandchildren via Facetime. Although I have not been able to visit or hug them, it gives me so much joy to see their smiling faces and watch them run around. There is nothing better in this world then to hear the words ‘I love you Bumpa’ and to have them both give the phone a big virtual hug.”

### **From Jen**

“Hmmm...resiliency....that’s a tough one after the past few days. I do my absolute best to make sure that I get a walk in every day. I need open space, the open ocean, someplace there is wind and waves. I try to turn what I find on my walks into art; making mobiles from found beach treasures is something my father taught me long ago, and we still both do this.

I am the oldest of seven, and have a text thread with my siblings, whose stories and pictures keep me smiling and grounded. Elsea and Kevin haven’t gotten the best that I have to offer lately, and so I try to appreciate any time I get with them. Some nights, if you drive to the end of Dogtown, you will find Elsea and I jumping on the trampoline, singing songs and yelling at the top of our lungs—a way to get out our frustrations from the day.

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I consider myself very blessed to have Island colleagues and friends who I can share my frustrations with over a phone call or text. I am (im)patiently waiting for the day my seeds come in the mail and Sonny and I can start working in the garden (with masks, and six feet apart, of course!!)”

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### ***How are you coping?***

What tools are you using to get through this difficult time?

Will you share your ideas and solutions?

Has anyone built a fort or obstacle course?

Is there a book you’ve read that took you away from today’s troubles?

Have you visited a trail that you newly discovered?

Have you succeeded in playing a game on Zoom?

Please send anything you are willing to share, including photos, to **[VHEOC@townofvinalhaven.org](mailto:VHEOC@townofvinalhaven.org)**

*As always, please contact the EOC with your questions and for assistance.*

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