



COVID-19 Vinalhaven Emergency Operations Center (EOC)

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Town of Vinalhaven

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VINALHAVEN COVID-19 RESOURCE GUIDE

This is a very challenging time for so many. Please do your part. Follow all CDC and Community Safety Guidelines. If you or someone you know needs help, reach out now; don't wait. There are many state and local resources available to assist you. This guide was last revised on January 16, 2021.

For local COVID-19 information and concerns, call the Town Emergency Operations Center **(207) 863-2042** email VHEOC@townofvinalhaven.org or visit townofvinalhaven.org for COVID-19 resources.

To receive COVID-19 Updates in your email inbox, go to "Subscribe" at townofvinalhaven.org and subscribe to "Town Alerts"

General COVID-19 and Resources

Maine's 2-1-1 Resource List for Covid-19 help. 211maine.org

Office of Governor Janet T. Mills maine.gov/covid19

Maine Health and Human Services Hotline: Dial **2-1-1** or **(866) 811-5695**, Get answers about COVID-19 by calling or texting your zipcode to **898-211**, or by emailing info@211maine.org

Maine Center for Disease Control & Prevention **(207) 287-8016**
maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml

United States Centers for Disease Control and Prevention **(800) CDC-INFO**
(800) 232-4686 cdc.gov/coronavirus/2019-ncov/index.html?s_cid=bb-coronavirus-2019-ncov-NCIRD

Help with Finances for Those in Need

General Assistance is a town program to help people in need by providing financial assistance for basic necessities, such as housing, utilities, and food. Contact **Andrew Dorr, Town Manager** **(207) 863-2042**
townmanager@townofvinalhaven.org

Vinalhaven Community Outreach helps islanders who have been directly, financially affected by COVID-19. Contact vhcommunityoutreach@gmail.com

Deliveries ICMS will pay for deliveries from any business downtown. Call Vinalhaven Taxi to arrange deliveries **(207) 720-0056**

Penquis Low Income Assistance Program **(207) 973-3630**

MaineHousing COVID-19 Rental Relief Program will offer rental assistance for those affected by Covid-19 (begins sometime in January 2021) mainehousing.org/programs-services/rental/rentaldetail/covid-19-rental-relief-program

Maine Seacoast Mission provides financial resources, assistance with food access, medical and mental healthcare, and eldercare support. Contact Douglas Cornman **(207) 479-0707** dcornman@seacoastmission.org

Help Getting Food

The Brown Door at the Union Church offers free grocery staples. Contact **Holly (207) 363-3423**

Meals on Wheels delivers prepared meals to those unable to leave their homes. Contact **Linda (207) 863-9980** or **(207) 863-9343** or **Shelly (207) 863-2058**

Open Bible Baptist Church Corona Virus Relief Fund (CVRF) purchases and delivers food for anyone in need. Contact **Cathy (207) 286-2550** **Kate (207) 409-2969** or **Maggie (207) 863-2185**

Area Interfaith Outreach (AIO) in Rockland offers food assistance. Contact **email@aiofoodpantry.org (207) 596-1043**

**Friendly Reminder that Carvers Harbor Market offers curbside pickup and delivery of groceries. Contact orders@carversharbormarket.com*

Help Paying Utility Bills

Vinalhaven Fuel Fund helps pay for up to 100 gallons of fuel. Contact **Sue (207) 863-4822**

Penquis HEAP Program (207) 973-3630

Area Interfaith Outreach (AIO) in Rockland offers hearing assistance. Call **(207) 596-1043** Press "1" to leave a message and someone will call you back or email **energyassistance@aiofoodpantry.org**

FIEC recommends contacting the Shaws Fund for Marriner's children at **(207) 677-2070** or **cmacleod@shawfund.org** or the Low Income Assistance Program at Penquis **(207) 973-3630**

Maine Water will work with customers to make payment arrangements. **(800) 287-16431**

Consolidated Communications (CCI) offers discounted rates to income eligible customers. To learn more go to **consolidated.com/support/residential-support/lifeline-assistance-programs**

Charter Communications (Spectrum) offers affordable internet to income eligible families **spectrum.com/internet/spectrum-internet-assist?opredirect=browse-content-spectrum-internet-assist**

Help Managing Stress and Anxiety

Maine Statewide Crisis Hotline 24/7 for immediate crisis-oriented help. **(888) 568-1112**

Maine Warm Line 24/7 for connecting with someone if you need mental and emotional support. **(866) 771-9276**

ICMS offers behavioral health services. Contact **Jeff Wilber, LCSW** at **(207) 449-9448** or **Dan Keniston, LCSW, (207) 837-4057**

Anonymous Online Peer Recovery Programs
SAMHSA's National Helpline **(800) 662-HELP (4357)**
Portland Recovery Center **portlandrecovery.org**
Narcotics Anonymous **namaine.org**
Alcoholics Anonymous **csoaamaine.org**
Nar-Anon **nar-anon.org** and Al-Anon **maineafg.org**

StrengthenME is a state program that offers free stress management and resiliency resources to anyone in Maine experiencing stress related to the COVID-19 Pandemic. Call **(207) 221-8198** or go to **maine.gov/dhhs/samhs/virtual-recovery.shtml** for online and phone substance use disorder recovery support

Help for Businesses, the Self-Employed and Nonprofits

The Town has a list of resources to help businesses, the self-employed and non-profits. Go to **townofvinalhaven.org/home/pages/help-businesses**

MANP (Maine Association of Nonprofits) has compiled a list of resources to help nonprofits. **nonprofitmaine.org/learn/resources/covid-19**

How You Can Help

Stay Home. Travel only for essential purposes.

Maintain a Six Foot Distance from those not in your household or pod.

Wear a Mask in public.

Wash Your Hands and clean surfaces well and often.

Volunteer in a Safe Way by reaching out to community groups and individuals to see if they need help.

Donate to Groups and Organizations working to support our community.