



COVID-19 Vinalhaven Emergency Operations Center (EOC)

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COVID-19 Update 5-27-20

Archive Addition HOW CAN WE HELP?

We originally published this Update on April 6. Since we still hear from folks regularly asking how they can help in a safe way, we thought we'd repost this, with a few revisions. *So... here are some great ways to help!*

Stay Home

First and foremost, the best way we can help is to follow Governor Mills' mandate! Stay home. Only leave home for necessary things like

- going to work
- getting groceries or other essentials that we can't get delivered
- going to a medical appointment
- making a once-or-twice-a-week trip to the Post Office
- traveling to a location to exercise

If you do go out, always keep at least 6 feet away from others who do not live in your household.

Wear a Cloth Face Covering

With a couple of exceptions, we are all required to wear cloth face covering when in public. Wearing a cloth face covering reduces the chance we will pass the virus to another. We could be contagious without having any signs or symptoms of the virus.

Make Cloth Face Coverings

Not everyone is adept with a sewing machine or a pair of scissors. If you are, make cloth masks for family and friends or anyone who needs one. If you need a cloth mask, the Town can help! Email VHEOC@townofvinalhaven.org.

Reach Out to Others

Calling friends, relatives, and neighbors is a great way to cheer ourselves and those we care about. There are many online tools, like Zoom, FaceTime, Google Hangouts, and Skype (to name a few), that you can use to stay connected and interact by video with friends and family. To learn more about online tools for socializing, check out the Island Institute's resource guide. Scroll down until you see "Online Tools for Meetings & Events". islandinstitute.org/coronavirus

Pay It Forward

We can do our best to support Vinalhaven businesses that have been hit hard by the changes they've had to make. Utilize take-out and curbside to-go services. Purchase merchandise from businesses' websites. Buy gift cards or gift certificates and pass them along to friends and family or someone in need.

Donate

Many island organizations are working with our community to offer help directly during this time. If we are fortunate enough to have an extra dollar or two, we can consider donating to a cause in need. A few (but certainly not all) are mentioned here. And don't forget to support non-profits that have had to cancel fundraising events this summer!

Vinalhaven Community Outreach

Mail checks with Covid-19 in the memo line to **VCO, PO Box 15, Vinalhaven, ME 04863**

Vinalhaven Fuel Fund

Contact Sue Radley **1-207-863-4822**

The Brown Door (Food Pantry at the Union Church)

Contact Holly Sault **1-207-363-3423**

Community Lunchbox (Meal Delivery Program)

Contact Candi Barton **1-207-863-2001**

Meals on Wheels (Meal Delivery Program)

Contact Linda Lynch **1-207-863-9980** or **1-207-863-9343** or Shelly Ames **1-207-863-2058**

Open Bible Baptist Church Corona Virus Relief Fund (CVRF) (Meal Delivery Program)

Contact Cathy Watt **1-207-286-2550**, Kate Bennard **1-207-409-2969**, or Maggie Olson **1-207-863-2185**

Do Your Best to Care for Yourself

If we are feeling a lot of stress (or know someone who is) it is much better to reach out for help now rather than waiting until we feel worse. ICMS Behavioral Health Providers are waiting to help! Call **Dan Keniston** at **1-207-863-9959**, choose **option 3** and leave a message. Dan will return your call.

For other ways to manage stress and anxiety, watch "Coping with Corona", a recorded conversation with ICMS psychologist Avrum Weiss, and meditation teacher, Kelly Richards. The recording is available on the Town's YouTube channel. youtu.be/vGmmQZFJwn4

Other resources for help are listed in the Town's Resources for Coping with the COVID-19 Pandemic townofvinalhaven.org/sites/vinalhavenme/files/uploads/covid19resources_040620.pdf

As always, please contact the EOC with your questions and for assistance. We are here to help!