



## Chebeague United Methodist Church

258 North Road

Chebeague Island, Maine 04017

March 17, 2020

Dear Island Friends and Neighbors,

The Island Council, Food Pantry, and the Chebeague United Methodist Church are partnering together to facilitate community support as we face the uncertainties surrounding COVID-19. We realize that this may pose challenges for many islanders, particularly those who do not wish to travel to the mainland for risk of exposure. We are confident that this community has many rich resources to share and that we will get through this time together, just like we have gotten through so many challenges throughout our island history. We want to make sure that everyone is aware of resources that are in place to help us weather this time together.

Therefore, we recommend:

- Check your prescription refills. Many pharmacies are allowing for an early refill of medications so that people can have supplies on hand. Check with your pharmacy.
- Check in on your neighbors regularly. It is important that people know there are those on the island willing and able to help one another with any needs, especially those who are more at risk.
- Make extra (freezable) meals. Whenever you bake a meal or casserole that is easy to freeze, consider making two so that one can be stored in your freezer to share if there is a need. We have some space in the Parish House refrigerator and freezer to store food, but don't have the capacity for significant long-term storage, so please don't bring any prepared food until we ask.
- Follow the CDC's recommendations around requesting medical assistance. You can find the information at <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml>. You can also find the link on chebeague.org.

The Food Pantry is looking for donations so that anyone who needs food – due to delivery delays or inability to get to the grocery store – can get what they need. You can find a list of current needed items on chebeague.org or on the church's website. You can also donate funds. Items can be dropped off in the back room of the Parish House at any time. Call or text Jen Corson (415-271-0096) before donating perishable items. We encourage people to use the Island Market for necessary items. We are looking into a weekly Hannaford-to-Go run for fruits and vegetables if there is a need, and looking at coordinating orders with the Crown O' Maine Organic Cooperative.

You can also avail yourself of the Island Council's additional resources. They can assist people with food cards for items that it is difficult for the Food Pantry to store, heating assistance, and medication assistance. They also administer CTC tickets for regular medical therapies and scholarship funds to the Commons for assistance with Chebeague Cares.

Finally, we are putting together a list of volunteers who are willing to help check in on neighbors. If you are interested in helping out, please contact Donna Damon at [publicservantone@gmail.com](mailto:publicservantone@gmail.com) or at 846-5140. We are also putting together a list of other resources – anything from making food, to assisting with childcare. Let Melissa know at 846-4106 or at [ml.yosuadavis@gmail.com](mailto:ml.yosuadavis@gmail.com) what you can do to help.

Chebeague Swap/Sell on Facebook (<https://www.facebook.com/groups/786976688023112>) is a great place to share needs like picking up prescriptions or groceries or other supplies. If you have a need but don't have internet or Facebook, or if you would like assistance getting on to Facebook or using videos to talk with family and friends, Eliza Jane Adams is willing to help (233-8533).

Remember that social distancing does not have to mean isolation. We encourage people to continue to remain connected with one another. We know how to pull together and care for one another, and that is what we will all be relying on in the days and weeks to come.

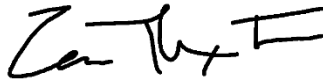
Please don't hesitate to be in touch with any questions or concerns you may have.

Peace,



Melissa Yosua-Davis

Chebeague UMC



Ann Thaxter

Island Council



Jen Corson

Food Pantry

#### **Food Pantry Needs:**

We are in need of donations of all kinds, but these items would be especially useful:

Frozen turkey breast  
Frozen meatballs  
Frozen vegetables  
Onions  
Potatoes  
Pasta and sauce  
Apple Sauce  
Shelf Stable Milk  
Taco Kits  
Oatmeal  
Rice

Flour and yeast  
Vegetable oil (small)  
Whole Wheat Bread (w/o seeds)  
Canned soup (chicken noodle, chicken with rice, veggie)  
Mixes (quick bread, cookies)  
Crackers (saltines, graham)  
Canned fish (tuna and sardines)

Hydration fluid (Gatorade, pedialyte)  
Condiments  
Paper Products  
Laundry detergent (small)  
Dish soap (small)  
Fresh foods when possible  
Kids snacks

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