



Be Safe * Be Consistent * Be Kind



COVID-19: OCTOBER 2 UPDATE to the Chebeague Community

In the center of the island, under tall pines and mighty oaks there is wise advice on an old hand painted sign. It says “Help Be Safe Please.” We have a moment to pause with the end of Summer and celebrate all we have done together that has helped prevent an outbreak of COVID-19 on the island.

As we face the transition to colder weather and more time spent inside, we also enter the cold & flu season. Our risk of exposure to COVID-19 greatly increases. The lessons we have learned about how to stay healthy and safe this Summer can help us maintain personal wellness and be consistent with CDC safety guidelines this winter. Keeping a check on [symptoms](#) will be more important than ever. Wearing masks (and cleaning them), distancing wherever possible as we are inside more, and disinfecting surfaces will continue to help us make it through the autumn and winter-together. Yes, *together*, we are all going through this challenging time.

This newsletter is an update to the Chebeague Island community with information on COVID-19 safety practices during the state of emergency precipitated by the coronavirus global pandemic. This update is from the Town of Chebeague and the Community Response Action Team (CART), a Town committee of volunteers representing the Town, School, Church, various nonprofit organizations and local citizens. The COVID-19 Update can be found on the Town website www.townofchebeagueisland.org, Bev’s website www.chebeague.org under the tab “COVID-19” and ChebWeb www.chebweb.com. For a hard copy email: townofchebeaguecovid19@gmail.com.)

Latest News

Back in School and Keeping Well The Chebeague Island School is underway with preK-5th graders attending every day. Staff, students and their families are successfully following CDC guidelines. Island students in grades 6-12 attending Yarmouth Schools (Harrison Middle School and Yarmouth High School) are in a “hybrid” model with two cohorts (divided alphabetically) who attend in-person classes twice a week with three days remote learning (with Wednesday a remote learning day for all students.) [Click here](#) for a COVID web section of the Yarmouth Schools for updates on cases and virus-related news. The CTC “school boats” run each day at 7:05am from Chebeague and 2:20pm from Cousins. Each day, students and families are reminded to do a daily **COVID-19 Symptoms Check**. All island families with school age children have been sent a Symptoms Checker magnet with information provided by the Maine Department of Education.

Flu Season Preparation Have you and your family had your flu shot? If not, get it right away. The [CDC recommends](#) a flu shot for anyone over 6 months old. The Annual Chebeague Flu Clinic is **Wednesday, October 7th** at the Hall. There is no charge for a flu shot but bring your insurance card if you have health care coverage. If you do not have insurance, the Island Council provides payment. Completing the paperwork

COVID-19
Pre-Screening Tool
for School Attendance

Within the past 24 hours have you had a fever (100.4 and above) or used any fever reducing medicine? YES

Do you feel sick with any of the most common symptoms? (See symptoms list to the right) YES

Have you been in close contact with a person who has COVID-19? YES

Have you traveled outside of the state in the past 14 days? YES

Stay home with any YES response to the questions above OR with two or more of the "less common" symptoms listed to the right.

Attend school when all answers are NO and your child is feeling well with no other symptoms at dress. Call or see your school nurse or other designated person at school if you have questions.

ISSUED 8.31.20

Keeping Chebeague Island informed and safe
CCTI: Chebeague COVID Testing Team
text 347-656-7524 call 207-264-0007

MOST COMMON SYMPTOMS OF COVID-19:
Cough
Shortness of breath or difficulty breathing
Fever (100.4)
Chills
New loss of taste or smell

LESS COMMON SYMPTOMS OF COVID-19 (2 or more):
Muscle pain
Stomach pain or diarrhea
Fatigue
Headache
Rash
Swelling or redness of hands/feet
Red eyes/eye drainage
Congestion/runny nose

ahead of time will speed things up. You can pick up a form at the Wellness Center any Friday between 9-11am. The Maine Health Nurse will have the flu vaccine available all winter if you cannot make the clinic.

State of Emergency The State of Maine remains in a civil State of Emergency. Maine continues to be one of the most successful states, within a successful region (New England) "[flattening the curve](#)" since March. Maine had a downward case profile until recently. The new spike in cases in York and Oxford counties are a reminder that there is no reason for complacency. Chebeague Island also remains in a [State of Emergency](#), with Town Administrator, Marjorie Stratton serving as the Emergency Director with support from the Chebeague Fire and Rescue Chief Ralph Munroe and our elected Board of Selectmen.

Community Survey on COVID Between August 6-31st, more than 275 islanders took a survey assessing how the island was coping in the face of the pandemic. A full report is available at the Town office ([click here](#)). The majority of respondents, two thirds, ranked the island's overall response and adjustments as effective and 99% felt informed about the CDC core safety measures (social distancing, wearing protective face coverings, frequent hand washing, disinfecting surfaces and avoiding large group settings (50 person limit for inside gatherings and 100 person limit for outside events.)

Elections Voting on November 3rd will be essentially the same as any other election. You can vote in person at the Hall from 8:00 am to 8:00 pm. Election workers will be behind plastic shields. The Town will sanitize in-between voters and there will be fewer voting booths. Masks are required and will be made available if you don't have one. Hand sanitizer will be available and social distancing will be practiced. Absentee Ballots are also available upon request. All you have to do is contact the Town Office at 846-3148. Please plan ahead if you plan to vote absentee. There will be a secure drop box outside the Town Office door for people that want to drop off the ballot. The Town expects to receive the ballots from the Secretary of State Office **the first week in October**. Absentee ballots will be mailed at that time to those that have requested them. Don't forget to sign the outside of the envelope. As always, just call the Town Office if you have questions at 846-3148.

[Letter from Town Administrator, Marjorie E. Stratton \(October 2, 2020\)](#) With the change in seasons, and risk of cold & flu season, keeping vigilant to your physical and emotional wellbeing is more important than ever. The first place we can start is to follow CDC recommendation and get a flu shot.

WHAT TO DO IF YOU FEEL SICK

If You Think You May Be Sick With COVID-19, please call your primary care provider if you have any combination of the primary [COVID-19 symptoms: fever, dry cough, shortness of breath, fatigue or recent loss of smell and taste](#). Your provider is likely to recommend that you stay home, self-monitor and self-isolate as long as your symptoms do not require emergency care. This puts the fewest people at risk of contracting the highly contagious virus.

If you have an emergency, as always, DIAL 911. The Chebeague Island Emergency Medical Service (EMS) and Fire & Rescue are equipped and ready for all 911 calls. In addition, the Chebeague COVID Testing Team ([CCTT](#)) is available to answer general questions about the coronavirus and testing options.

If you do not have a provider, [call 211](#) for help finding a healthcare professional and related social services to assist you. In addition, the [CDC](#) has extensive resources for any coronavirus questions and is the trusted source of information. The [State of Maine maintains a list of approved mainland COVID-19 Testing facilities](#). If you choose one of these facilities, make sure to call in advance because their requirements change frequently and are not always reflected online.

[Chebeague Covid Testing Team \(CCTT\)](#) is a safe, reliable on-island option for testing if you think you have been exposed to someone currently with COVID-19 or you are exhibiting symptoms and do not want to risk leaving the island. **CCTT's** direct connection with CDC Augusta means that tests and requisition forms are provided by CDC Maine. The CCTT is staffed by island volunteer medical professionals who will come to your

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home, and safely guide you through a self-administered “swab and send” test. CCTT viral samples are processed directly at the State of Maine CDC lab in Augusta. Test results are being returned in 72 hours or less. For more information, contact Jenny Hackel, R.N. (Text **347-656-7524** or Call **207-264-0007**).

CCTT does not provide ongoing medical care. However, the island volunteer professionals are a resource for questions about COVID-19. There is no charge for testing. Click here for [Frequently Asked Questions](#) about on-island testing. To date the CCTT has performed over 100 tests and provided health information and education about COVID-19 to many more Chebeague residents and visitors. Proactive reporting of positive cases has enabled the CCTT to undertake rapid tracing and testing of contacts, preventing at least 4 instances to date that otherwise might have grown into outbreaks. It has helped to keep island businesses and offices open with its rapid deployment of testing to contacts.

Mental Wellness If you, or someone you love is concerned about mental health or are experiencing anxiety, depression or any other emotional health issues, you have many resources. [Maine’s 211](#) can link you 24/7 to social services and support programs including mental health. On October 21 from 7pm-8:30pm there will be a **Community Conversation: Coping with COVID (as we approach Winter)** with Maine’s Greg Marley, National Alliance on Mental Illness (NAMI), Kate Braestrep, author and Maine Game Warden Service chaplain with moderator Leslie Hyde, Town of Yarmouth chaplain, mental health advocate and community leader. More information on the webinar will be posted on [chebeague.org](#).

[Click here](#) for a list of resources at the local and state level to support you. **You are not alone.** Some Chebeaguers with mental health backgrounds can offer you an ear, or help you find the right kind of help including: Melissa Yosua Davis, Eliza Jane Adams, Lola Armstrong, Janna Hobbs, Michael Hollander, Sarah McKinnon, Jackie Trask, Betts Mayer, Vika Johnson Wood and Tracy Calder to name a few. Reach out, connect and care for each other.

The Island Council’s Wellness Center is open for routine care. **Dr. Heidi Larson**, a Family Practice doctor will see patients of all ages every Friday morning from 9-11:30 AM. Masks required. Call Dr. Larson directly at 233-2502 to discuss her services and family practice offerings.

STAYING SAFE ON THE ISLAND & VISITING THE ISLAND

Maine has been successful flattening the curve. As of this publication, Maine’s positivity rate has remained one of the lowest in the nation (.4%) according to [Johns Hopkins University Coronavirus Resource Center](#). To date, there has been no outbreak of COVID-19 on Chebeague. (the definition of an outbreak is 3 cases linked directly to one another.)

As of this publication, **Massachusetts** has been added to the list of states that **do not require a 14 day quarantine upon arrival to Maine due to comparable low positivity rates: Connecticut, New Jersey, New Hampshire, New York and Vermont.** [Residents from all other states](#) are required to [quarantine for 14 days](#) upon arrival to Chebeague Island or have proof of a negative COVID-19 test within 72 hours of arrival. Seasonal homeowners, workers traveling to Maine, and other visitors may utilize a recent negative COVID-19 test as an alternative to the required 14-day quarantine in Maine.

[How to Quarantine on Chebeague](#), a helpful chart outlining the specifics of self quarantine including what island activities are safely permitted during a 14-day quarantine.

GETTING TO THE ISLAND

Chebeague Transportation Co. (CTC) Visit the [CTC COVID website](#) to sign up for emails and texts on fast changing COVID-19 updates, reduced schedules, and changes to CTC COVID-19 safety procedures for crew and passengers. Masks are mandatory and boats are limited to ensure social distancing and public health safety. The CTC is working to maintain the highest level of precautions and safety for passengers and crew. All updates and schedules are posted at the very top of their home page (www.chebeaguetrans.com). Please read the [Frequently Asked Questions](#) for details of the CTC coronavirus response.

For those coming to the island from out-of-state, the CTC offers barging to travel to the island safely for those who plan to quarantine upon arrival. Contact the office (846-3700) for more information. Again, please sign up on their website for the latest, as things are swiftly changing. Stay in the loop and travel safely.

Casco Bay Lines (CBL) 774-7871, cascobaylines.com. The Fall 2020 Modified Schedule of Portland to Chebeague service is [here](#).

SHIPPING/PROVISIONING AND CHANDLER'S WHARF

- One vehicle at a time is permitted on Chandler's Wharf
- No cars are allowed while the Casco Bay Lines is loading and unloading
- Masks are required on all wharves, piers, roads (any and all crowded island public locations where it is difficult to maintain 6 feet of social distance. (sample public places: The Transfer Station, Post Office, Boatyard, The Store, Slowbell, Food Pantry)
- Wherever possible, group your packages and shipping dates to minimize impact on delivery teams
- **Break down cardboard boxes as part of recycling at the Transfer Station**
- Chedemption is closed for the season

OPEN ON THE ISLAND

Food

Slow Bell check [online here](#) for updates or look on FaceBook and Chebeague.org for the latest from May Hall about the weekly specials and hours at the Slow Bell. Curbside service, outdoor eating, ice cream and take out are all options. Call 846-3078.

Island Market curbside service if you call ahead to Julie at 846-9997. Check updates on [FaceBook](#), M-Sat 9-3:00pm, closed Sundays.

Second Wind Farm is brimming with fresh veggies. Everything has been pre-packaged into paper bags and ready to go. Choose single-bagged items such as potatoes or green beans at various prices, or a large bag of assorted items for \$10. Current harvest includes white potatoes, blue potatoes, garlic, onions, leeks, Swiss chard, beet greens, basil, carrots, tomatoes and fresh cut flowers, all grown right here on Chebeague. The farm stand is by honor system and open every day from at least 10 am-2pm but usually later.

The Food Pantry was transformed in March to provide food and fresh produce to give all islanders access to fresh food and provisions, thus avoiding a trip to the mainland. The Chebeague Island United Methodist Church Food Pantry **has changed its day from Wednesdays to Sundays after worship from 11:30-12:30** in the Parish House on North Road. The food pantry offers fruits and vegetables, meats/poultry as well as canned/ jarred and dried foods. Supplies like sponges, paper towels, and trash bags as well as personal hygiene products are available as well. It is possible to arrange pick up or delivery at other times as needed. Please bring a bag, stay 6 feet apart and wear a mask. You can also email us a list of items the night before

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and we will package them and bring them outside for you to pick up. Contact: Polly (207-233-8382) Denise (207-838-6107) or Jessie (802-279-5410). Donations are not necessary however they are appreciated and can be made [here](#).

Shadygrove Farm look for hours and announcements from the island's newest roadside Farm stand from Jen and Chip Corson. For more information, please contact Jen at (415-271-0096).

[Click here for a list](#) compiled last Summer as a **welcome packet** for people quarantining or just coming to the island. The list is sampling of the island-friendly food providers. With the season change, double check services ahead of time.

[Otto's pizza delivery](#) from the Portland restaurant comes to the island on **Wednesdays** if you place your order by 1pm. Pick up is at the Stone Pier at 5:30pm.

Services

Post Office is following all required COVID-19 protections. Saturday hours are 8:00a-12:00p, (M-F hours remain 8:30a-3:30p). Residents are encouraged to pick up larger parcels at the Post Office.

Chebeague Island Boatyard with marine services, gas pump. [Click here](#) for hours and services.

School playground is now open at 4pm each weekday and on weekends. All children and families are asked to **wear masks when six feet of distancing is not possible**. No public bathrooms, nor drinking fountains are available at this time, so please plan ahead.

Chebeague Recreation Center (CRC) Welcome to Kiran Grewal, an Island Institute Fellow assigned to the Chebeague Rec Center for the next two years to provide programming with a focus on youth and community! Kiran is originally from New Jersey and a graduate of Bucknell University with a degree in Environmental Studies. Kiran spent a portion of last year in the Peace Corps living in Zambia. Since arriving on Chebeague, Kiran has coordinated two events with the COVID Education Teen Ambassadors. The programs for the Chebeague Island School (CIS) students included a DJ Dance party and a Sidewalk Chalk party. Look for an upcoming "Howl at the Moon" event for the community. In mid-October there will be an evening program for high school seniors and families about various resources and planning support for post-graduation.

Kiran will be holding a Zoom to solicit ideas and propose plans for celebrating Halloween on the island during the pandemic. Keep posted, and (hint) stock up on candy! Contact Kiran at 347-598-3572 or email her at kgrewal@islandinstitute.org

The Kids' Place welcomes Emily Short of Yarmouth as Head Child Care teacher and Melissa Ames of Chebeague Island as Assistant Childcare Teacher. The Kids' Place opened on Sept. 14 and is open Monday-Thursday from 7:30am-4:30pm. The Kids' Place is currently serving 10 children and seven families and welcomes all. Contact Emily at 846-812.

The CRC Fitness Center is open by appointment to members with online scheduling. The tennis court/pickleball court is also open.

Island Commons/Red Studio Family members are allowed to visit residents with CDC safety precautions, please call ahead at 846-5610 for up to date procedures. The Red Studio is open on Saturdays from

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10am-noon and by appointment. The Commons is a full capacity and continues to offer its stellar, safe, compassionate care for its residents.

The Chebeague Island United Methodist Church (CUMC) continues to hold weekly services via Zoom (Meeting ID: 308 728 697 Password: 20152020), a book club and other community outreach. [Click here](#) for updates. A wonderful, safe outside Sunday worship was held at Chandler's field on September 19th as a special event. Based on this success, CUMC will hold two additional outdoors services on Sunday, October 4th and October 11th at 10am.

Masks Sewing Group The Chebeague sewing volunteers have donated hundreds of masks since March and continue to create gorgeous safe face coverings and masks. Contact Polly (207-233-8382) to obtain home-sewn cloth face coverings.

The Library is open for curbside service on Wednesday, Friday and Saturdays, 10-1pm. [Click here](#) for an update. (Patrons can browse books using the on-line catalog and check out the new books under the "Whats New" tab <https://cheplib.wixsite.com/chebeaguelibrary/new-books-movies>)

The Historical Society is offering its annual lecture series via ZOOM ([info here](#)) and has announced their [new online store](#) where you can find a wonderful selection of items available for mailing or pick up at the Museum. [Project Resilience](#) continues to collect creative works made during the pandemic from verse to film to photography, please send in your submissions.

CLOSED/CANCELLED

The Inn (with select, small private events) ; all public bathrooms; The Hall; Chedemption; Transfer Station give-aways; The Church (Sunday services via Zoom); The Parish House; The Historical Society (Online store open, Zoom lectures); The Whalers; Chebeague Water Taxi; The Niblic.

KEEPING INFORMED ON CHEBEAGUE

TOWN MEETINGS VIA ZOOM Town meetings are being conducted remotely via [ZOOM](#). Meetings are listed on the Town website and open to the public. You may listen via phone too. All information is available on the [Town website](#). (ZOOM 326 962 753, passcode 175989).

CHEBEAGUE ACTION RESPONSE TEAM (CART) This volunteer task force is made up of elected officials and community leaders with co-chairs, Donna Damon and Melissa Yosua-Davis. All meetings are open to the public. CART meets every other Thursday at 4pm on the Town [ZOOM](#).

CHEBEAGUE SCHOOL COMMITTEE meetings are held on the first and third Tuesday of every month at 6pm and held via Zoom on the Town's number (ZOOM 326 962 753, passcode 175989). Contact: Ann Kirkpatrick, kirkpatrick@chebeagueschool.net.

COVID-19 UPDATES and KEY RESOURCES

[Click here](#) to view videos produced by Dr. Kip Webb and Chip Emery on COVID-19:

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["Quarantining"](#)

["What To Do If I Have Been Exposed"](#)

["Travelling Safely to Chebeague"](#)

["The Quiet Summer"](#)

["The Importance of Masks"](#)

["CTC SERVICES"](#)

["Keeping Each Other Safe on Chebeague"](#)

From the Town Administrator, Marjorie E. Stratton

[Letter from July 23, 2020](#) a letter reminding us to take good care of ourselves and maintain good mental health practices.

[Letter from July 8, 2020](#) setting out the emergency response to July 4th exposure, testing options and a call to action for safe Covid practices: "...you know what to do- wear a mask, socially distance of 6 feet or more, practice hand hygiene and disinfect surfaces regularly. Together we will get through this."

[Letter from July 3, 2020](#) a letter to set up the 4th of July safety measures, as well as the "Know Before You Go" policy set forth by Governor Janet Mills of Maine based on state by state positivity rates and quarantine requirements for non-residents.

[Letter from June 15, 2020](#) Marjorie E. Stratton, Emergency Director, outlines recent Governor's announcements, a recap of the local elections for the Town, news that Chebeague Island received a Keep Maine Healthy grant for COVID-19 public health services, education and infrastructure.

[Letter from May 15, 2020](#) Getting to the island safely and Gov Mills' latest orders.

[Letter from April 22, 2020](#) how the island is affected by the Governor's "Keep Healthy At Home" and restriction for essential service definitions and the community's ability to respond to the emergency.

Past COVID-19 Updates

[August 13 COVID UPDATE TO THE CHEBEAGUE COMMUNITY](#)

[June 15th COVID UPDATE TO THE CHEBEAGUE COMMUNITY](#)

[May 8th COVID UPDATE TO THE CHEBEAGUE COMMUNITY](#)

[April 15th COVID UPDATE TO THE CHEBEAGUE COMMUNITY](#)

RESOURCES ON COVID-19

[Maine CDC](#)

[CDC](#)

[Governor Janet Mills "Keep Maine Healthy/Know Before You Go"](#)

[Johns Hopkins University COVID-19 Resource Center](#)

[Bangor Daily News Covid Tracker](#)

POEM "[CORONA](#)" by Suhail Bisharat

[THE ISLAND VIDEO MOVIE](#) by John and Chip Emery, poem by Barry Shepherd for **Recompense Fund**

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