

Important Contact Numbers
(COVID-19 and Existing Resources)

Emergencies (fire, police, medical)	911
Police Dispatch	207-874-8575
Peaks Island Health Center	207-874-2466

Maine Emotional Health Support (Emergency Numbers):

- National Suicide Prevention 800-273-TALK (8255)
- Maine Emotional Health Crisis Hotline 888-568-1112
- Maine Domestic Violence Hotline 207-874-1973
- Alcoholics Anonymous 207-774-4335
- Poison Center 800-222-1222

Peaks Island Emotional Health Support:

Emotional Health Support Team: Provides 1 to 1 connection, peer support, and group meetings. Call or email Dorothy Cady at (cady.dorothy@gmail.com) or 207-653-0902 for more info.

Weekly Zoom Groups

- Mindfulness and Coping: Faith York 207-766-5763 fyonpi@aol.com
- Writing for Health: Candy Anderson 860-402-7795 candy@candyanderson.com

Pastoral/Spiritual Care

- Pastor Will Green, Brackett Church: 774-212-0900- brackettmumc@gmail.com
- Candy Anderson: 860-402-7795 candy@candyanderson.com

Parent Support

- Deb Rosenberg: 207-245-4057 debbielrosenberg@gmail.com

Peaks Island Food Assistance:

- Food Pantry: Susan Hanley 207-332-2443 susan.hanley123@gmail.com
- Meals on Wheels: Tookie Harris 732-306-8736 iamtookie@gmail.com
- Shopping Assistance: Betsey Ramage-Healey 207-622-2084 remagehealey@gmail.com

Other Helpful Numbers:

- Casco Bay Lines 207-774-7871
- Hannigan's 207-766-2351



Peaks Island COVID 19 Response Committee Fact Sheet #3

May 8, 2020

State of Maine Information Resources Regarding COVID 19

Conversations on NextDoor over the past week or so have highlighted the confusion we may all be feeling regarding what we should or should not be doing to keep ourselves and others healthy in the face of COVID 19.

According to a representative of the Maine CDC who communicated directly with PIC members, the best source of information is the Maine CDC Website entitled **2019 Novel Coronavirus – (COVID-19)-Updates and Information** which can be found here:
<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml>

On that page there is a link entitled **Read the Full List of Frequently Asked Questions (PDF)**. The document is updated at least every 24 hours. According to the ME CDC representative, this is where the details of the Governor's Orders and Proclamations, as well as statements by the Director of Maine CDC are officially explained to the public. This document is highly informative and can be found here: <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/documents/Public-COVID19-FAQ-6May2020.pdf>

This information resource is quite important and we all should become more and more familiar with it. As you use this resource, keep in mind the complexity and severity of the challenge we are all facing. In deciding what you should or should not be doing in the face of COVID 19, be sure to protect yourself and others the best you can.

Words of Encouragement

The past several weeks has made manifest all of the neighborliness, compassion, and care that we so naturally share on this island. At this point in the pandemic, we seem to have so far avoided the worst-case scenarios. But it isn't just because we're lucky. Peaks Island is well-prepared and well-practiced in how to creatively and wisely look out for each other in practical, appropriate, and meaningful ways. It's all the many ways we support our neighbors, from washing our hands, to checking in by phone, to smiling even when wearing a mask and keeping distance! In the face of so much uncertainty, let us keep it up as we continue in all the ways we stay Peaks Island Strong.

(See listing of important contact phone numbers and addresses, on reverse)