

## **ORCAS UPDATE 06/04/20**

### **From the Orcas Island Community Foundation**

Here is some information you may want to know about. You may receive this from different sources.

## **GIVING HELPS EVERYONE**

Thank you to the over 400 community members who have contributed to the Emergency Community Response Fund at OICF. If you have not given yet or would like to make an additional gift, this is a great week to do so, as OICF is participating in the ALL IN WASHINGTON campaign which will match the first \$25 Million raised across Washington to provide support to communities impacted by the Covid crisis. As we look forward, we know these funds will be critical to help feed and house our community. OICF does not charge fees, so 100% of contributions go directly to support the community. Donate now to this fund through the OICF website [OICF.us](https://oicf.us) and mark ALL IN WA in the Tribute line so we can apply for the match.

## **BE A PART OF A COMMUNITY SOLUTION**

OICF and the Community Emergency Response Fund are launching a community process working on Economic Recovery and Resilience. The process is being facilitated by the Pomegranate Center and will run 8-10 weeks via Zoom meetings. The hope is to gather a group of 25 who are representative of the diversity and demographics of the Orcas community to gain a common understanding of current conditions and start crafting long term solutions that will allow Orcas to emerge a healthier and more vital community going forward. If you are interested in participating, please complete an application (due June 5 at noon) and submit to [applications@oicf.us](mailto:applications@oicf.us).

## **MASKS: EVERYONE MUST DO IT!**

A new San Juan County' mandate **requires** you to wear a face mask in all indoor public spaces. The Orcas Island Community Foundation has created a series of posters for businesses and organizations to use as they see fit to encourage mask wearing in their establishments. There are seven posters both in English and Spanish with different messages. They are bright, cheerful and easily seen from a distance.

Establishments can use the messages that they feel most comfortable with and that will speak best to their clientele. You can also chose to mix and match if you wish.

The PDFs are print-ready 8.5x11s and can be printed out by you. Click [HERE](#) for English. Click [HERE](#) for Spanish

San Juan County also offers a poster that can be used. You can find it [HERE](#).

## **FREE MASKS AVAILABLE AND HELP MAKING MASKS IS NEEDED**

The Orcas mask-sewers are able to provide homemade individually, clean bagged face masks available free of charge at Rays Pharmacy, Island Hardware, and through the Orcas Food Co-op catalog. Or contact Mary Gropp at [Masks4Orcas@gmail.com](mailto:Masks4Orcas@gmail.com)

These masks are available as gifts to Islanders who need them. Donations are greatly appreciated to cover the expenses of our materials through the Community Emergency Response Fund of OICF. Please contact [www.oicf.us](http://www.oicf.us) for more information.

We are truly grateful to all who have worked tirelessly to make masks for our community and to all of you who have supported and will continue to support our efforts.

**WE STILL NEED HELP SEWING!** Now more than ever. Here's how to help:  
E-mail: Nancy Schafer at [orcasmaskmakers@gmail.com](mailto:orcasmaskmakers@gmail.com) to sew, donate fabrics, supplies.  
If you need to borrow a sewing machine to help make masks: contact  
[Asifa@Exchangeorcas.org](mailto:Asifa@Exchangeorcas.org)

### **ORCAS COMMUNITY RESOURCE CENTER (OCRC)**

Megan Ehrmantraut is joining the Resource Center and will be a new voice on the other side of the phone for our clients while our beloved Dorothy recovers from her stroke. Welcome, Megan! For information on Dorothy's recovery, and to send her a message, visit Dorothy's [CaringBridge](https://caringbridge.org/visit/dorothyosborn) site: <https://caringbridge.org/visit/dorothyosborn>

We are excited to announce that Marcy Montgomery will be administering her [One Canoe Veggie Rx](#) program through the Resource Center as a new volunteer, and will be enrolling qualifying individuals and households this week and into June.

For more information on OCRC programs and services, visit [orcascrc.org](http://orcascrc.org), call 360-376-3184, or email [info@orcascrc.org](mailto:info@orcascrc.org).

### **FOOD BANK UPDATE**

Thanks to all who responded to our requests for food bank volunteers. We're currently fully staffed but may be reaching out again as our situation changes. We also no longer need donated boxes. Thanks, everyone!

A standing ovation to all our volunteers and donors last month. We served 1,637 individuals using 658 volunteer hours, wow. Bless you, all! #NeighborsHelpingNeighbors

Our summer outside market set-up has been a great success! This new system allows customers to safely choose from our selection of offerings, including local produce, baked bread, and various other locally made and donated items. We continue with our free vegetable-starts program, which supports customers to strengthen their relationship with nature and food. Many thanks to all the local growers donating starts.

This week we secured our first Food Bank garden for our pilot program with the Orcas Community Participatory Agriculture group. This program will teach four FB customers on how to plan, plant, maintain, and harvest a large garden plot. Food harvested will go directly back to the Food Bank. This pilot program is in response to improving mental health and the current food insecurity brought on by this COVID-19 outbreak. Garden plot and equipment generously donated by Pete Welty.

The Food Bank is open Tuesdays and Fridays, 3:00-6:00 pm. Orcas residents needing food may come both days. At the OIFB, you always have a seat at the table!

## **OPALCO SUPPORT FOR BUSINESS**

Commercial members (requires commercial meter and tariff) in need can benefit from the following COVID-19 relief measures through June 30 on a first-come, first-served basis as long as funding lasts:

- Fee and disconnect waivers
- Temporarily disconnect meter (no bill during disruption)
- Waive service access charge (base fee) with EAP-C assistance
- \$25 bill credit with Rock Island (if on EAP-C)
- Switch it Up! payment deferral

Please see [chart](#) online full details or contact OPALCO at [\(360\)376-3500](tel:(360)376-3500) for more information.

## **ORCAS SMALL BUSINESS HELP**

Are you lost in the maze? A group of island experts has teamed up with Orcas Island Library to help you navigate the various business financial assistance programs. For small business owners, independent contractors, and sole proprietorships facing a web of confusing information and paperwork while seeking to apply for federal and state financial assistance programs, the team can help.

- Go here to get started: <http://www.orcaslibrary.org/SBHelp.html> will link to Orcas Small Business Help
- Fill out and submit the form for requesting assistance
- A Library Navigator will contact you to help guide you through the process

Many areas can be addressed like identifying the most appropriate programs, coping with current bottlenecks and constraints, submitting your application, and how to follow through to ensure your application is considered. You will also find answers to frequently asked questions listed on the site.

Developed in conjunction with the Orcas Island Community Foundation (OICF), the Small Business Coronavirus Support Network is free and ready to help today.

## **SAFE SAN JUANS**

SAFE San Juans is a community-based nonprofit agency serving San Juan County residents and visitors who have experienced domestic violence or sexual assault/abuse.

DOMESTIC VIOLENCE is the physical harm, bodily injury, assault, or the infliction of fear of imminent physical harm, bodily injury or assault, sexual assault, or stalking of one intimate partner by another intimate partner; or of one family or household member by another family or household member.

SEXUAL ASSAULT occurs when a person is forced, coerced, or manipulated into any unwanted sexual activity. It is not your fault if someone does this to you.

The SAFE staff personally understand the trauma of domestic violence and/or sexual abuse, and during this COVID-19 crisis they are working hard to keep the agency's doors open to those

who are suffering. We secured additional office space in order to create a place for clients where appropriate distances can be maintained and surfaces disinfected. Some of our staff are single parents who wound up having to stay home to care for and homeschool their children. We created home offices for them so they can continue serving to the best of their ability, confident that however things unfold, we will carry out our mission well.

**If you are suffering from domestic or sexual violence or their longer term effects, please reach out to us at 360-376-5979**

### **SENIOR RESOURCES**

1) Home delivered meals are provided to seniors on Mondays, Wednesdays, and Fridays. Please contact Heidi Bruce with Senior Services at 360-370-0591 or [heidib@sanjuanco.com](mailto:heidib@sanjuanco.com) to get signed up for Meals on Wheels.

2) Delivery of essential household goods such as food or medicine is available. Please contact Heidi Bruce with Senior Services at 360-370-0591 or [heidib@sanjuanco.com](mailto:heidib@sanjuanco.com), or contact Jana Daniel-Webb with the Orcas Community Resource Center at 360-376-3184 or [jana@orcascrc.org](mailto:jana@orcascrc.org).

3) Are you a senior? Would you appreciate a regular phone check-in by an Orcas Senior Center volunteer during your self-isolation? We have contacted a number of you already, but we are missing many phone numbers. If you want to participate in the Orcas Senior Center Buddies Check-In Program, email [Buddies@orcasseniors.org](mailto:Buddies@orcasseniors.org) or call John Slater at (360) 919-9318.

### **ESSENTIAL GOODS HOME DELIVERIES**

In addition to Senior Services, during this COVID-19 emergency: vulnerable persons **of any age** who need home delivery of essential household goods such as food or medicine can call the resource center or senior services. If you need this assistance, please call Jana Webb at the Orcas Community Resource Center, 360-376-3184, or Heidi Bruce with Senior Services, 360-370-0591.

### **RENT OR MORTGAGE PAYMENT ASSISTANCE:**

If you need help paying your rent or mortgage, please fill out the form (available in English and Spanish) at OPAL Community Land Trust's website: [www.opalclt.org](http://www.opalclt.org).

### **FROM THE RECOVERY COMMUNITY:**

**Alcoholics Anonymous** offers 10 zoom meetings/week, covering every day of the week. Their website is [www.orcasislandaa.org](http://www.orcasislandaa.org). There is a local phone number for info/requests: 360-376-4522.

### **ARE YOU FEELING OVERWHELMED?**

The outbreak of COVID-19 has led many people to feel anxiety, grief and stress. San Juan County has created an online resource guide that includes a variety of substance abuse, mental health, and crisis support services for adults, families and children. The directory also offers resource links for caregiving and advocacy, as well as access to a local network of therapists.

In addition to the county website, a local nonprofit called [Thero.org](https://thero.org) maintains an extensive directory of mental health resources. Their directory includes therapists, clinics, substance abuse treatment centers, crisis lines and organizations that provide advocacy and support. Anyone can search for therapists and clinics that provide telehealth and they are recruiting volunteers to help keep the information updated. To learn how to help the volunteer team or partner with Thero.org send an inquiry to [info@thero.org](mailto:info@thero.org).

To find out more about mental and behavioral health resources available to our county-wide community, visit: <https://www.sanjuanco.com/1697/Resources-for-Mental-Health-Support>

**ISLAND REPRODUCTIVE HEALTH INITIATIVE (IRHI)** is providing the following:

**CONDOMS** are FREE for anyone at—OCRC, SAFE SJs, Ray's Pharmacy, Orcas Food Coop, The Kitchen, Doe Bay Store

**PLAN B (Morning After Pill)** and **PREGNANCY TEST kits** at Ray's Pharmacy: FREE for IRHI patients.

**REPRODUCTIVE HEALTH CARE:** Most Services FREE for IRHI patients. Doctors are available during the Covid-19 pandemic.

**Call first!** Orcas Family Health Center (OFHC) 360-376-7778, or UW Medicine Orcas Island 360-376-2561

**Eligibility for IRHI coverage**—anyone who is uninsured, under-insured (health insurance deductible over \$250), cannot meet deductible, or for reason of confidentiality is unable to pay for medication or medical care.

For more information, go to [www.irhiorcas.weebly](http://www.irhiorcas.weebly), [www.facebook.com/IRHI/orcas](https://www.facebook.com/IRHI/orcas), or contact Jean Henigson (360-376-6549), for Spanish contact Alex Stephenson (808-430-7885)

### **ORCAS ISLAND LIBRARY**

We are working toward implementation of a curbside pickup service under Phase Two, once we and other public libraries in Washington can receive a go-ahead from State and County officials. We'll get the word out as soon as possible once this is feasible. We would quarantine all returning materials for four days or as otherwise approved, and follow practices similar to retail curbside pickup.

In the meantime, continue to call 360-376-4985 (staff members are in the building from time to time), or email Library Director Phil Heikkinen at [pheikkinen@orcaslibrary.org](mailto:pheikkinen@orcaslibrary.org) with any questions.