

ORCAS UPDATE 06/25/20

From the Orcas Island Community Foundation

Here is some information you may want to know about. You may receive this from different sources. NOTE: After today's weekly update, this will be going out once a month.

100% MATCH TO THE COMMUNITY EMERGENCY RESPONSE FUND (CERF)

Due to our partnership with "All in Washington" donations made between now and July 7th to the Orcas Island Community Foundation Emergency Response Fund will be matched 100% if the donors mention #AllinWA

"All In WA" is statewide campaign working to address COVID recovery and racial equity (www.allinwa.org) and they have partnered with the Orcas Island Community Foundation.

Right now we have an incredible opportunity to put islanders back to work, transition our economy, begin addressing racial equity, and give our youth support they need through the creation of the Orcas Island Civilian Conservation Corps. This program will provide training in forest practices and wildfire risk reduction. Similar to professional apprenticeships, participants will be paid during their training. Following the training, participants will be employed in local conservation crews – creating local jobs where currently we recruit from off island. The program will also dramatically expand the Youth Conservation Corps.

Please make a donation at oicf.us to the Community Emergency Response Fund. You MUST write #AllinWA in the tribute line for us to get the match.

TOWN HALL ABOUT THE FUTURE OF THE MEDICAL CLINIC

The Orcas Island Health Care District (OIHCD) is hosting a Town Hall meeting to update the community on the status of the Medical Clinic Operator Request for Proposal (RFP) that closes on June 26th. **The meeting will be held via Zoom on Tuesday, June 30th from 5 pm – 7 pm.**

The format will include a brief presentation by the Board, and the majority of time will allow for community questions and feedback.

We will have questions submitted via the Chat function on Zoom. For more details, go to: <https://orcashs.org/2020/06/23/june-30th-town-hall-meeting/>

If you don't have access to a device that accommodates the Zoom Chat function, you can either submit questions in advance to Superintendent Presson at annep@orcashs.org, or she will accept questions during the Town Hall via text at 415-999-5611.

FUNHOUSE REMOTE SUMMER DAY CAMP!

The Funhouse Commons is bringing Day Camp to you! Our staff have been working hard on creating fun, themed, activities that **you can do at home** throughout the week for our Remote Summer Day Camps! We have a private Facebook group available for sharing materials and interacting with other campers and staff, as well as physical materials for you to use that you can

pick up at the beginning of each themed week! These remote camps will run every week of the summer!

Did we mention Remote **Summer Day Camp is FREE?** We just need you to register! Please visit our website for more information and registration! Our first session begins Monday the 22nd, and the theme is "All About Me". <https://www.funhousecommons.org/programs/summer-camp/>

ORCAS ISLAND LIBRARY

The Orcas Island Library continues offering curbside pickup for reserved materials. Also--Summer Reading Program has begun!

We invite you to reserve books, DVDs, and other materials through our website at www.orcaslibrary.org, by searching the online catalog, identifying items you want, and placing the request (or "hold") using your account information. You may have a total of up to ten holds at a time on one account. Look for an email when your holds are available. If you don't have an email address on your account, we'll give you a call.

Items will be available for pickup at our front entrance between 12 and 3 pm on Mondays, Wednesdays, Fridays, and Saturdays. This approval is for curbside pickup only, and no one is allowed inside the building. When approaching the pickup table, please maintain the 6' spacing requirement and wear a facemask.

Please visit our website for more details, or call us at 360-376-4985 with any questions or concerns. If you don't have internet access to place requests, we can place them over the phone for you. Our book returns are all open, so please begin returning items you've had since our closure on March 16.

Also--Summer Reading Program packets are now available! You can pick them up during curbside pickup hours. Our Children's Librarian, Jenny De Groot, has set up a registration table at the former building entrance. Come see what she has created during this unusual time using the theme "Imagine Your Story." More details are available on our website.

ORCAS COMMUNITY RESOURCE CENTER (OCRC)

Reminder: Coates' Cabinet now runs the first and third Tuesday of every month from 3:30-5:00pm. Our next dates are July 7 and July 21. Please contact Holly the week before your pickup date with your list of needed supplies: 376-3184 / holly@orcascrc.org.

Think 'Safety first!' as we reenter the workforce in Phase 2 and Phase 3. Check out the new COVID-19 Worker Safety Guide videos, available in English and Spanish [on our website](#), for safety tips and best practices recommended by the CDC. If you are self-employed and/or in need of a PPE kit for your job, please contact the OCRC.

Veterans behind on their rent, or in danger of losing housing, may qualify for assistance through September. Please contact Jana at 376-3184 or jana@orcascrc.org. For more information on these and other OCRC programs and services, visit orcascrc.org, call 376-3184, or email info@orcascrc.org.

FOOD BANK UPDATE

Although we no longer need boxes, we do need egg cartons and paper grocery bags. You can drop off anytime in the blue donation bin on the left side of our building.

Gardeners! Did you plant more than you can eat? For all gardeners or Farms hoping to donate produce or meat this season, we have special instructions on how to do that on our website. Check out the "How to help" tab and look under donate items, then see how to create and submit a fresh sheet under the header Local Producer Guidelines. If we work together and do some harvest and processing planning, we can definitely help you feed our community members with your garden offerings. We continue to accept any garden starts that are not yet past prime; those can be dropped-off under the tent anytime outside of our service hours. Many thanks to all the local growers donating this season.

We are hosting a booth in our parking lot on Friday, July 10th for San Juan County Fair and 4H in efforts to help keep our county tradition alive during this COVID-19 disruption. They will be taking submissions for fruit, vegetables, and garden photo entries. All produce entries will be entered digitally, and the produce entry will be donated to the food bank for distribution. We are excited to encourage our customers who have been taking veggie starts, some first-time garden growers, to enter their garden pictures—more details to come.

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

OPALCO members in need can get some help paying their electric bill **NOW THROUGH AUGUST 31ST**. There are additional measures for commercial members (requires commercial meter and tariff).

Apply online: <https://www.opalco.com/bill-payment-plan/>. Please see chart online full details or contact OPALCO at (360)376-3500 for more information.

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 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, or contact Jana Daniel-Webb with the Orcas Community Resource Center at 360-376-3184 or 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 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.

FROM THE RECOVERY COMMUNITY:

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

Recovery in Community (RIC) is available to help Orcas Islanders with mental health and substance abuse problems who do not currently have access to the kinds of supports and resources they need. Trained RIC volunteer advocates can help these islanders to access treatment, transportation, therapy, housing, food, legal services and social supports. Where an islander cannot do it on their own, Recovery in Community may be able to help. If you or someone you know needs assistance, call 360-317-3119 and find out more about us at www.ricorcasm.com.

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 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.

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, and Sequel.

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.irhiorcias.weebly](http://www.irhiorcias.weebly.com), www.facebook.com/IRHI/orcas, or contact Jean Henigson (360-376-6549), for Spanish contact Alex Stephenson (808-430-7885)

COOP CURBSIDE AND HOME DELIVERY

The Orcas Food Co-op has curbside and home delivery. There are three ways to shop:

- **Curbside Pick-up** - Curbside pick-up is available for everyone. Place orders by 6 pm for next day pick-up.
- **Member Express Pick-up** - Co-op members order by noon for same day pick-up (10 items or fewer).
- **Home Delivery** - Wednesday and Saturday deliveries (Orders of \$50 or more).

Find more information and place orders online at www.orcasfood.coop.