

ORCAS UPDATE 06/18/20
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 and mark ALL IN WA in the Tribute line so we can apply for the match.

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)

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 360-376-3184 or jana@orcascrc.org. For more information on these and other OCRC programs and services, visit orcascrc.org, call 360-376-3184, or email 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!

We continue with our free vegetable-starts program for FB customers. Plants this week include tomatoes, squash, and pumpkins. If you wish to donate starts, you can do so by dropping them off under our big white tent anytime outside of service hours. Many thanks to all the local growers donating starts.

We are working on how to collaborate with the San Juan County Fair and 4H in efforts to help keep our county tradition alive during this COVID-19 disruption. And perhaps create some new traditions. We hope to host a booth in the parking lot 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](tel:3603763500) 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.ricorcas.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](http://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

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, 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.