

Town of Westmoreland

Office of Emergency Management

March, 2020

The Office of Emergency Management wanted to reach out to the town's residents concerning the coronavirus disease. With the many considerations of sheltering in place, social distancing, etc. we understand this may be challenging and stressful for many people.

The Selectmen and the Office of Emergency Management realize there is a need to make sure our neighbors are secure within their home. If you or someone you know is in need, please contact us.

Points of contact:

- Jo Ann LaBarre 399-4471 - Town Office
- Bill Chase 399-4957 - days
- Tom Finnegan 399-7272 - evenings
- Bob Hamilton -399-3316 - days

Some thoughts on how we might assist those unable to get out of their homes:

- Shopping for food
- Picking up prescriptions
- Checking the welfare of those sheltering in place
- Coordinating with a group of friends and/or neighbors, so one person can shop for a few families, each taking turns once a week, preventing the weekly need for every family to go into town
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This link and information are from the CDC Website pertaining to stress and coping. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. I found this website quite informative. <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

For those people who might have anxiety regarding self-isolating, I also found this video: <https://www.theguardian.com/world/video/2020/mar/19/coronavirus-how-to-cope-with-anxiety-and-self-isolation-video-explainer>

If your time is available to volunteer in helping those in need, please contact one of us.

Please give us a call with concerns you may have. Remember as we all follow-up with our loved ones, to also check on our neighbors -- or if needed, phone one of us and we'll reach out directly. We are all in this together.

Respectfully,

Tom Finnegan
Emergency Manager Director

Bill Chase / Bob Hamilton
Deputies Emergency Management

The Town Hall is closed thru April 4th, except by appointment, circumstances could alter the re-open date.

All Town meetings, except the BOS, have been postponed.