
Resources for Coping with the COVID-19 Pandemic—Rockland, Maine Region



We hope this local, state and national resource guide will help our community navigate this pandemic. We've tried to assemble up-to-date information for the many organizations who have changed their services due to COVID-19 (the new coronavirus). The guide was last updated on 3/23/20, and will be updated often. Find the newest version at: www.tinyurl.com/rockland-resources.

Want paper copies or have information to add or alter? Write us at RocklandRegionalResources@gmail.com.

Please be assured that as this situation evolves, medical services, pharmacies, grocery stores, gas stations, and other essential services will remain open. Additionally, providers of water, electricity, natural gas, and telephones have been required by the State of Maine to maintain services, regardless of payment, during the COVID-19 crisis.

We advise you to stay hunkered down as much as possible, wash hands and surfaces often and take extra precautions at work or in public. Act as if you and everyone near you may be infected. The public health goal is now less about testing, and more about people staying in, and hospitals caring for those who are most sick. Take care of yourself and one another. Ask for what you need; share and give. With an abundance of caution and care, our community will get through this.

Contents:

● COVID-19 Symptoms	1
● Health Precautions	1
● Finding updated information on COVID-19	1
● Medical Concerns and Testing	2
● Rockland Municipal Resources	3
● Regional School Unit 13	4
● Childcare	4
● Food	5
● Housing	6
● Financial Assistance	7
● Domestic and Sexual Violence Support	7
● Toilet Paper/Hygiene Products	7
● Local COVID-19 Facebook groups	8
● Transportation	8
● Workers' Rights/Unemployment/Paid Sick Leave	9
● Court/Jail/Legal	12
● Substances/Recovery	14
● Additional Resources	14
● How can I help?	16
● State-wide Elected Officials	17
● Local Media	17
● Emotional Health	18

COVID-19 Symptoms

- The primary symptoms are: fever, coughing, and shortness of breath.
- While we are still learning about this new form of the coronavirus, it is currently thought that in about 80% of cases, the symptoms are fairly mild.
- People can be asymptomatic and have, and transmit, COVID-19.
- About 90% of people with symptomatic COVID-19 will have a fever.
- It appears that COVID-19 poses no significant mortality risk in children.
- Nearly 40% of adult COVID-19 hospitalizations in the U.S. are of 20-54-year-olds.
- It can be life-threatening, especially for those with additional health issues, or people over 60—sometimes leading to severe pneumonia with respiratory failure and septic shock.

Health Precautions

- If at all possible, shelter-in-place: Go into public only when necessary.
- Practice “physical distancing”: try to stay at least 6 feet away from others and always avoid touching. Particularly avoid close contact with those who are sick.
- If you have to sneeze or cough, cover your mouth and nose with a tissue or sleeve, or into your elbow (not into your hands).
- Wash hands often with soap and water for at least 20 seconds
- If soap and water are not available, use an alcohol-based hand sanitizer that contains 60-95% alcohol and let your hands dry.
- Avoid touching your eyes, nose, and mouth.
- Clean frequently touched public surfaces daily. Soap and water are quite effective.
- If you are sick, practice diligent social isolation, but if you *must* go out, wear a mask.
- For healthy members of the public, wearing a facemask is contested. It may help some, but may create a false sense of security, and an increase in touching your face to adjust it.
- Health care workers, first responders and others with frontline jobs (such as cashiers, cleaners, and personal care aides) should take extra precautions.

Finding updated information on COVID-19

Maine Health and Human Services Hotline: Dial 2-1-1 (or 1-866-811-5695), Get answers about COVID-19 anytime by calling or texting your zipcode to 898-211, or e-mailing info@211maine.org

Maine Center for Disease Control & Prevention: (207) 287-8016
www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml

United States Centers for Disease Control and Prevention: 1-800-CDC-INFO (1-800-232-4686)
www.cdc.gov/coronavirus/2019-ncov/index.html?s_cid=bb-coronavirus-2019-ncov-NCIRD

Knox County Emergency Management Agency: (207) 594-5155; 301 Park St, Rockland.
www.knoxcountymaine.gov/ema

World Health Organization: www.who.int/emergencies/diseases/novel-coronavirus-2019

Medical Concerns and Testing

Pen Bay Medical Center: (207) 301-8000. <https://mainehealth.org/pen-bay-medical-center>.
6 Glen Cove Drive, Rockport.

Pen Bay Medical Center has opened an Acute Respiratory Care Center at the hospital for addressing COVID-19. It is open 9AM-4PM.

If you suspect you have COVID-19:

- Call your primary care provider to discuss a referral to the Acute Respiratory Care Center.
- If you do not have a primary care provider, call the hospital at (207) 301-8000 and ask to speak with the Acute Respiratory Care Center.
- If it is after-hours, call your primary care provider to reach an on-call doctor, call the Emergency Room at (207) 301-8315, or call 9-1-1.
- *Note that as of March 22, the public health response is now focused less on testing, and more on begging people to stay in, while focusing on treating those who are most sick.

If you need to go to the Emergency Room for suspected COVID-19 symptoms:

- If possible, before your arrival at the ER, call the ER at (207) 301-8315, or call 9-1-1 and let them know you have concerns you may have COVID-19.
- If you call an ambulance, tell the 9-1-1 dispatcher that you have COVID-19 concerns.
- If you need to go to the emergency room immediately, just go. Tell them when you arrive.

Pen Bay Medical Center's Emergency Department staff will not refuse treatment to anyone, regardless of ability to pay for services.

Suspending non-urgent visits: Maine Health has suspended all non-urgent procedures and office appointments. Visitor Policy: Pen Bay Medical Center is limiting hospital visitation, and all visitors will be screened with a set of health questions upon entrance; for full details: <https://mainehealth.org/pen-bay-medical-center/patients-visitors/visiting>

Maine Family Planning: (207) 922-3222. Financially accessible, non judgemental reproductive health care. People also sometimes use Maine Family Planning as primary care providers. Maine Family Planning is seeing patients by appointment, providing services and support, but no walk-in appointments or online booking are being offered currently. They are offering some online telehealth services, will attempt to refill any prescriptions, and are "committed to providing you with excellent, reliable sexual and reproductive health care while dealing with the COVID-19 pandemic in our communities. We are doing all we can to meet patient needs at this time." Call (207) 922-3222 to see how they can help you and to make an appointment. <https://mainefamilyplanning.org/our-services/covid19/>

Knox County Health Clinic: (207) 301-6996 info@knoxclinic.org <https://www.knoxclinic.org/>

A volunteer-based non-profit providing free/low cost medical, dental, prescription assistance, mental health and wellness services to the uninsured and underinsured in Knox County, plus our border towns. The Wednesday night Health Clinic is cancelled through April 1, but you can call for help. The Knox Clinic: 22 White Street, Rockland; The Dental Clinic: 1019 Commercial St. Rockport.

Free Testing Costs: A [law passed by the federal government](#) makes COVID-19 testing free for all, regardless of insurance status. However, a shortage of testing kits persists. Additionally, Governor Mills had previously made an “insurance emergency order” and the state has committed to cover COVID-19 testing for those with Mainecare. However, the cost of treatment is still not necessarily covered by all insurance plans. If you are concerned about treatment costs, speak with the Knox County Health Clinic, or inquire about a waiver at Pen Bay Medical Center.

State of Maine Civil State of Emergency Declaration

On March 18, 2020, Governor Mills gave an [executive order](#) requiring all restaurants and bars in Maine to be take-out, delivery, or drive-through only until at least March 31. The Governor has also prohibited social gatherings of more than 10 people until further notice. This does not apply to workplaces. She urged non-essential public businesses to close for two weeks. Full declaration: <https://www.maine.gov/governor/mills/news/governor-mills-takes-further-steps-respond-covid-19-protect-health-and-safety-maine-people>

Rockland Municipal Resources

Rockland City Hall: Rockland City Hall is closed to the public until April 6. Staff will be available to answer calls Monday-Friday 8AM-4:30PM: (207) 594-0300; City Clerk (207) 594-0304.

Rockland General Assistance: If you are a Rockland resident in immediate and dire need of economic assistance, food vouchers, or rent checks due to the COVID-19 pandemic, call the General Assistance Office at (207) 594-0302. The City has expanded General Assistance support for those in need at this time. Calls will be checked and returned daily.

Contact City Staff and City Councilors: In addition to making policy to protect public health, the city is looking into creative ideas to help reduce harm in our community during this crisis. Your input and concerns are welcome.

Individual contact information via Rockland’s website: www.rocklandmaine.gov.

City Manager, Tom Luttrell, at tluttrell@rocklandmaine.gov

Sign up for direct emails regarding city business by emailing ssylvester@rocklandmaine.gov.

Regular City Council meetings are cancelled until March 31st. Budget meetings are postponed until May. City Committee meetings are canceled until further notice.

The Rockland Public Library: The library is closed but has many digital services available for free online, and will be hosting online events and sharing resources. Do not return borrowed material until they re-open. Wi-Fi is available in the Library’s parking lot. Network: rplwireless,

Password: love2read. Staff is available to answer questions M-F, 9-5 at (207) 594-0310, on Facebook, or e-mail: library@rocklandmaine.gov. "If you just need to hear a friendly voice, we are here for that, too." <https://rocklandmaine.gov/municipal/departments/library/>

The Transfer Station will remain open, but the City asks that people go only once a week. All other city buildings, including the Flanagan Community Center, are closed to the public. Please do not flush wet wipes; they can clog up the city's water system.

General municipal updates can be found on the city's website, in local media, as well as the Facebook pages for the Rockland Maine Police Department, Rockland Maine Fire & EMS Department.

Regional School Unit 13

[RSU13 schools are closed](#). They will reopen when Governor Mills removes the state of emergency, unless local conditions dictate otherwise. The schools will likely be closed at least through April 27th. For free meals for any child in the RSU13 area, provided by RSU13, see "Food."

Each teacher will provide materials for students to maintain their education during the closure. Students will also receive hard copies of materials. Contact teachers or individual schools for more information. Those resources are available: [here](#). Check www.rsu13.org for updates.

Primary Contact: (207) 596-6620 Kathy Blais, Central Office
Oceanside High School: (207) 596-2010; Oceanside Middle School: (207) 354-2502; Cushing Community School: (207) 354-2312; Ash Point Community School: (207) 594-5650; Thomaston Grammar School: (207) 354-6353; South School: (207) 596-2020

Childcare

Provide childcare at home with a member of the household if possible.

As our community rapidly tries to meet the needs of working families with children home from school, please keep in mind that while children are not at high-risk of harm, they can potentially spread the virus quickly around the community. If in-home childcare is not possible, choose one person or family to provide childcare for the duration of the pandemic. Playdates and sleepovers are discouraged. Use daycares only if that is the only option available for your household, and be prepared for daycare closures. Keep your child home if they show any symptoms of COVID-19 (fever, cough, shortness of breath). Do not return your child to group settings until they have been free of symptoms for 72 hours. Keep updated on the best practices.

Daycare

Find a daycare setting with a small number of children. Do not send them to daycare if they're sick. The daycare providers should be frequently wiping down toys, especially plastic ones, with disinfecting cleaners like Clorox wipes or a bleach solution. Evidence suggests COVID-19 can live

on surfaces like plastic for up to 72 hours, though it becomes less and less viable. There is also some evidence that the virus is shed in stool, so those giving diaper changes may be at risk. Info from: <https://www.mainepublic.org/post/its-time-get-serious-about-social-distancing-heres-how>

Five Towns Babysitting Task Force on Facebook. fivetownsbtf@gmail.com. The Five Towns Babysitting Task Force provides free childcare to those who need it in this COVID-19 crisis. “Our goal is to provide working class families who can't afford regular childcare with the help they need. If you can pay a care professional, please allow our volunteers to aid the families who don't have any other option.”

RSU #13 Afterschool Programs: <https://www.facebook.com/rsu13afterschool/>
Sharing resources for children while schools are closed.

Food

RSU13 is Providing Meals for all children under 18 in the school district: Breakfast, lunch, and snacks – for all children under 18 in Cushing, Owls Head, Rockland, South Thomaston, and Thomaston. Seven days worth of bagged meals will be provided. Children do not have to be enrolled in school to receive food, nor do they have to qualify for free or reduced-priced lunch to participate. Food is available for pick up between 11AM-1PM Monday-Friday at South School, Oceanside High School and Oceanside Middle School, and starting 3/24 at Cushing Community School. If you're unable to pick up the meals during these times, call Kathy Blais at RSU 13 to ask for delivery schedule and times: (207) 596-6620. www.rsu13.org/

Area Interfaith Outreach Food Pantry (AIO): (207) 596-1043; email@aiofoodpantry.org
70 Thomaston St., Rockland. Monday, Wednesday, Friday 9:30AM – 12:00PM; Wednesday 5:00 – 6:30PM. One visit per month. Pre-packed bags of non-perishable food, according to family size. Stay in your vehicle, food will be brought to you. In the parking lot, a volunteer will ask for your name, town of residence, and family size. Please show ID. Clients will be given a number, asked to stay in the vehicle, and line up to receive bags of food. Clients will be served in their vehicle when their number is called. Toilet paper, toothpaste and soap from One Less Worry will be included.

Community Produce Project: closed for now.

WIC (Midcoast Maine Community Action): Appointments over the phone, checks will be mailed. Make sure they have an up-to-date phone number for you. Call or text: (207) 319-04757 or e-mail sarah.lash@mmcacorp.org. 7 Union St., Rockland. <https://midcoastmainecommunityaction.org/>

Thomaston Food Pantry (Serves all of Knox County): 246 Main St, 2nd floor, (207) 354-6004. www.thomastonfoodpantry.org; Tues and Thurs 9-11AM

Rockland Salvation Army: (207) 594-5326; 27 Payne Avenue, Rockland. Inside of the building will be closed. USDA Food Boxes available Tuesday and Thursday 10AM-1PM (Ring doorbell); Fresh rescue room items pre-bagged W-F 10-1, Saturday 10-12; All other social services by appointment. Call Captains Shannon or Keith Davis to schedule: (603) 974- 3872; (603) 974-3873.

Free Meals:

Saint Bernard's *Bagged* lunches, M-F 11:30 AM-12 PM, 150 Broadway Ave., Rockland (207) 594-5204

Saint Peter's Episcopal Church Loaves and Fishes Soup Kitchen: Weekend *bagged lunches to go*; Saturday 12:30; Sunday 1:00; 11 White Street, Rockland (207) 594-8232

Meals on Wheels for Seniors 60+ MCH Rockland Kitchen Manager (207) 594-2740

Stores Offering Shopping Hours for Seniors 60+, People with Disabilities, Immunocompromised, Pregnant and other potentially vulnerable people:

Camden and Rockland Hannaford: Starting 3/24, Tuesday-Thursday, 6-7AM. Stores close at 9PM.

Shaw's: Tuesdays and Thursdays, 7-9AM. The store now closes at 8PM.

Walmart: Tuesdays, 6-7AM. The store now closes at 8:30PM.

Maine Farm Directory of Direct Food Pickup and Delivery: Many farms across Maine have added alternative ways customers can obtain farm products to accommodate for social distancing:

https://extension.umaine.edu/agriculture/farm-product-and-pickup-directory/?fbclid=IwAR0cquBAWtWENm---aI1MbYiP-6M0mqU_QkTv7yZQfwIjmTku3fy-DiLjtg

Maine's Working Waterfront-Seafood Connect: "In the midst of everything happening in the world, the fishing community has been hit hard. With seafood distributors and restaurants closing their doors, we connect you with the fresh seafood you're looking for at an "off the boat" price. You need food- We need to unload traps-Let's connect." Oysters, lobsters, crabs, etc. Mostly in Rockland, Thomaston, Belfast.

https://www.facebook.com/Maines-Working-Waterfront-Seafood-Connect-109503980681535/?_tn=%2Cd%2CP-R&eid=ARBRJcyUAhDFeM3CAdqrRZnewqZW4fyBM3EU0us-jiX1V9ep5ArlDqBiMVyOgQcsP8rjFLNxNPjpBdV4

Working list of Rockland-area restaurants, café and bars offering take-out and delivery:

<https://www.penbaypilot.com/article/working-list-all-midcoast-bars-restaurants-and-delivery-services-offering-food-alcohol/131938>

Housing

Knox County Homeless Coalition: Rockport Campus: (207) 593-8151

The Landing Place: (207) 466-9285. Reach out by phone first rather than physically dropping in. Many life-saving support services will be available to those who need it by contacting a Case Manager via phone. Hospitality House Family Shelter has suspended visitation both to the shelter and the Welcome Center until further notice. Participants of the shelter may only leave for essential needs such as employment. The Landing Place Drop-In Center is closed. Call The Landing Place staff for virtual support. Online donations are encouraged, but clothing, furniture and household items are not accepted until further notice. Needs for food or goods should be put in a request through a case manager by phone. Van transportation is suspended. Every effort will be made to accommodate emergency and employment transportation needs through other means.

www.homehelphope.org

Financial Assistance

Maine People's Alliance Covid-19 Community Assistance Fund: <https://mainerstogether.com/>

Bartender Emergency Relief Foundation: <https://www.usbgfoundation.org/beap>

Southern Maine Democratic Socialists of America COVID-19 Mutual Aid Response:
<http://southernmainedsa.org/covid/>

Small Business Emergency Assistance: The U.S. Small Business Administration (SBA) has said that Maine small business owners can begin applying for these loans. Apply for Economic Impact Disaster Loans at www.sba.gov/disaster. An SBA toll-free line has been established to answer questions at 1(800) 659-2955.

Tax Day: The Federal Government has moved Tax Day to July 15, 2020, this year.

Mortgage Relief: Homeowners who have lost income or their jobs because of the coronavirus outbreak [will be eligible to have their mortgage payments reduced or suspended for up to 12 months](#) if their loans are guaranteed by Fannie Mae and Freddie Mac. Homeowners will need to testify to their lender over the phone, and document the hardship later, and work out a payment plan.

Student Debt Relief: Borrowers with a federally-held student loan can request to have their payments suspended for at least 60 days, or let it be automatically suspended. FMI:
<https://thewirecutter.com/money/federal-student-loan-interest-waiver-coronavirus/>

Domestic and Sexual Violence Support

New Hope for Women: Domestic violence helpline remains open 24/7: 1 (800) 522-3304. New Hope for Women offers non-judgemental advocacy, support as well as legal assistance for those who are victims/survivors of domestic violence, dating violence, and stalking. www.newhopeforwomen.org/ "To all of the victim-survivors that will likely be disproportionately impacted by the coronavirus/COVID-19 pandemic: We see you. You Matter. We are here for you."

Statewide Domestic Violence Helpline: 1 (866) 834-4357; www.mcedv.org. Information, crisis counseling, emotional support and advocacy.

Sexual Assault Support Services of Midcoast Maine: 24/7 Helpline: 1 (800) 871-7741; texting M-F 8AM-5PM; <https://www.sassmm.org/>

Toilet Paper/Hygiene Products One Less Worry: Provides pads and tampons to folks who need them and also distributes toilet paper, soap and toothpaste. Especially needed during the COVID-19 crisis are: soap, toilet paper, tissues, hand sanitizer, or money for these items. Contact: onelessworry.maine@gmail.com. Products can be dropped off or mailed to: One Less Worry, 108 Beech Street, Rockland, ME 04841.

Local COVID-19 Facebook Groups

Coping During Quarantine: “Our hope is that we can use this group to share tips, tricks, and activities that can help to manage feelings of stress and anxiety and promote self-care.”

<https://www.facebook.com/groups/916013965524956/>

Five Town Samaritans (Covid-19). Provides connection resources to 5-towns residents (Camden-Rockport-Lincolntonville-Hope-Appleton) who require assistance during the COVID-19 outbreak and quarantine. A neighborly way to offer help to community members who may not have the resources in their networks to get important help and support outside of official sources.

<https://www.facebook.com/groups/FiveTownSamaritans/>

Midcoast Care Collective. Mobilizing collective response to needs in the Midcoast Community. Ask for help, offer help. Crowdsourcing needs for food and resources, virtual educational resources, opportunities for online social connection, mental/physical/emotional/spiritual health support, and updated information on various community organizations.

<https://www.facebook.com/groups/517135442496135/>

Midcoast Maine Helpers. Crowdsourcing for local needs and support, such as childcare, food, toilet paper, diapers, mental health, rides, money, etc.

<https://www.facebook.com/groups/631981134013798/>

Maine Coronavirus Community Assistance. Community aid related to the Coronavirus response. <https://www.facebook.com/groups/mainecoronaviruscommunityassistance/>

Suddenly Homeschooling Support Group. For families with children, homeschoolers, and educators affected by the COVID-19 virus school closures.

<https://www.facebook.com/groups/224050045444679/>

Transportation

Concord Coachlines: Bus service is suspended for “the foreseeable future” in Searsport, Belfast, Lincolntonville, Camden/Rockport, Rockland, Waldoboro, Damariscotta, Wiscasset, Bath and Brunswick. No bus service to New York City. Service continues through Portland, but has reduced trips to Boston. <https://concordcoachlines.com/>

DASH Bus, Midcoast Public Transportation: (800) 439-7865; info@midcoastpublictransportation.org. The local bus appears to be functioning as usual. <https://midcoastpublictransportation.org/index.php/rockland-dash>

Workers' Rights/Unemployment/Paid Sick Leave

Southern Maine Workers' Center: (207) 888-1010 www.maineworkers.org Community organizing group supporting and advocating for the rights and livelihood of all Maine workers.

Unemployment: File a claim here: <https://reemployme.maine.gov>* or call 1 (800) 593-7660 Monday-Friday, between 8AM-12:15PM.

*Note: Many people are getting locked out of their online account when they apply for unemployment. Before you file online, please see instructions below in order to fix this issue.

The State of Maine has adjusted the requirements to receive benefits:

The Unemployment Insurance program now includes situations not typically covered, such as:

1. Employer temporarily ceases operation due to COVID-19.
2. An individual is quarantined with the expectation of returning to work once the quarantine is over.
3. An individual leaves employment due to risk of exposure or infection or to care for a family member.

Additionally, the one week waiting period for benefits has been temporarily waived, allowing workers to obtain benefits immediately.

- The legislation also waives the work search requirement for individuals still connected to their employer.
- Claims for Unemployment Insurance will not affect an employer's experience rating.
- These temporary measures are meant to help relieve the burden of temporary layoffs, isolation, and quarantine for workers and small businesses.

Maine Department of Labor Unemployment Insurance FAQs about COVID-19:

https://www.maine.gov/labor/news_events/article.shtml?id=2241241

Maine Department of Labor COVID-19 page at www.maine.gov/labor/covid19/

Maine Department of Labor on Facebook @MElabor and Twitter @maine_labor.

Maine Department of Labor website: <https://www.maine.gov/labor/>

***How to avoid being locked out of your online unemployment account:** Beware of failed password attempts. Currently you get two attempts to enter your password correctly. If you fail to provide the correct password a third consecutive time, your account will be locked and can only be unlocked by an unemployment representative. We recommend that if you have entered your password incorrectly twice that you use the forgot password or forgot username links provided.

As long as you have activated the email address associated with the account when the account was created, you can click on the "Forgot Password" link underneath the login boxes to have a new temporary password generated and sent to the email address on file.

Refer to the section below for instructions on how to activate your email if you have not done so already. You will be able to use this temporary password to log in and will be prompted to set up a new password, personal to you, at that time.

For more information, please visit the ReEmployME Login Information page at <https://www.maine.gov/unemployment/remelogin/>

How to activate your email address in order to reset your own password:

To reset your own password, you need to activate the email address associated with your ReEmployME account. Activating your email will also allow you to receive notifications via email when new information is added to your account, such as forms and decisions.

If you have not yet activated your email address, or are not sure if you have, please do the following:

1. Log in to your ReEmployME account.
2. Navigate to Benefits Maintenance > Update Claimant Profile > Verify E-mail.
3. On the next screen either enter your Verification Code received at the email address on file to activate your email or click on the word 'here' to have a new code generated and sent to the email address on file. (If you need another verification code, click 'here'. An email will be sent to you with a new verification code.)
4. If a new verification code is sent to you, go back to step 2 on the same screen and enter the code to complete the activation process.

You are now ready to reset your own password should you forget it. Remember to only try entering your password twice, or you will be locked out and require staff assistance to unlock your account!

If an individual needs to have a password reset (the usual reason for being “locked out” of an account), the best route is to call the CareerCenter staff at Centers where they can now help with the resetting: Augusta, Bangor, Northern Kennebec Valley, Lewiston CareerCenter, Presque Isle, Portland and Rockland (for phone numbers, visit: www.mainecareercenter.gov)

Maine AFL-CIO: (207) 622-9675. Will help with questions about accessing unemployment insurance if you are unable to reach the Maine Department of Labor. <https://maineaflcio.org/>

Paid Sick Leave: The Federal Government [passed a law \(Families First Coronavirus Response Act\) on March 18, 2020](#) which mandates certain employers temporarily offer paid sick leave to employees in certain situations related to COVID-19, to begin on about April 2. Unfortunately, many people will not be eligible for this expanded paid sick leave. House Democrats [attempted to pass legislation](#) that would have provided full-time employees with seven paid sick days on a permanent basis, and 14 additional paid sick days to be used during the duration of the current public health emergency. However, in order to pass through the Republican-led Senate, the final version includes exemptions which will disqualify millions of people.

You might qualify for the temporary sick leave expansion if you:

- Work for the government, or for a company with fewer than 500 employees. You may be eligible for two weeks of sick leave at your regular pay rate to either quarantine, or to seek a COVID-19 diagnosis or preventive care for yourself.
- You will also be eligible for two weeks of paid sick leave at no less than two-thirds your regular pay rate if you are caring for a family member with a COVID-19 diagnosis, or for a child whose school or daycare has closed as a result of coronavirus concerns.
- Full-time employees will be entitled to 80 hours worth of paid sick time. Part-time employees will be entitled to the number of hours they normally work in a two-week period.
- Additionally, an expanded Family and Medical Leave Act will provide government employees and those who have worked for companies with fewer than 500 employees for at least 30 days with 10 weeks of emergency paid leave to care for children whose schools or daycare facilities were closed.

Who is excluded?

- The Department of Labor will be allowed to exempt businesses with fewer than 50 employees from providing workers with paid emergency leave “when the imposition of such requirements would jeopardize the viability of the business.”
- Companies with more than 500 employees are excluded from the paid leave mandate.
- Quarantined workers, or those who were caring for afflicted family members, will not be eligible.
- Healthcare providers and other first responders can also be excluded.

What does it mean for a business?

Companies with less than 500 employees will pay the costs of paid sick and emergency leave upfront, but will later be eligible for reimbursement tax credits from the government. For paid sick leave wages provided to employees who must quarantine because they are sick with COVID-19 or are trying to obtain a diagnosis, companies will be reimbursed up to \$511 per employee per day. For paid sick leave wages provided to employees caring for loved ones, employers will be reimbursed up to \$200 per worker per day. Self-employed individuals are also eligible for the reimbursable tax credits. Companies with less than 50 employers who wish to apply for an exemption to the paid leave mandate because they think it would “jeopardize the viability” of their business will be able to reach out to the Department of Labor.

Full text of the law: <https://www.congress.gov/bill/116th-congress/house-bill/6201/text/enr>

Court/Jail/Legal

[FAQ about the many COVID-19 court changes in Maine from Pine Tree Legal Assistance:](#)

I heard the courts were closed. Is my court case still happening?

Most civil and criminal cases are going to be delayed until at least May 1st. This means cases like:

- Evictions, Small claims cases, Divorce and parental rights and responsibilities hearings

But it is a little more complicated than that – not everything is postponed. Here is the basic guidance from the courts:

- All in-person court events for family, civil, and criminal dockets are postponed until at least May 1st, 2020. This means if you have a hearing, court appearance, conference, or other related matter scheduled in the courts between now and then, it will be rescheduled for a later date.
- All scheduled in person family mediations are postponed, but video mediation may be an option. The court clerk will contact you.
- The courts are still open to the public. If you have questions about your case or what is going on in the courts, you can call the clerk of the court where your case was being held. Here's a list of courts by County, click yours to find their contact information:
http://www.courts.maine.gov/maine_courts/district/index.shtml
- You can ask the court to hear your case because it's urgent. The courts will only allow it in special cases. If the other side asks the court to hear the case, you can write to the court to say why it is not urgent.

What if my court case is an emergency or about my safety?

Some court cases where safety or important legal rights are in question, including Protection from Abuse and Child Protective cases, will still be scheduled and held during this time.

The courts will schedule and hear only the following:

- Arraignments and first appearances of defendants held in custody
- Motions for review of bail
- Juvenile detention hearings
- Protection from Abuse requests and hearings
- Protection from Harassment requests and hearings
- Child Protection petitions and hearings
- Mental health requests and hearings
- Hearings granted on motion

Maine Equal Justice: 1 (866) 626-7059. Nonprofit civil legal aid and economic justice organization working to increase economic security, opportunity, and equity for people in Maine. <https://maineequaljustice.org/people/covid-19-resources/>

New Hope for Women: Domestic violence helpline remains open 24/7: 1 (800) 522-3304. New Hope for Women offers non-judgemental advocacy, support as well as legal assistance for those who are victims/survivors of domestic violence, dating violence, and stalking. www.newhopeforwomen.org/

Pine Tree Legal Assistance: (207) 622-4731; call-in hours for the office that serves Knox County are Mondays 12PM-2:30PM, Tuesdays 9AM-11:30AM, and Thursdays 9AM-11:30AM. <https://ptla.org/> Pine Tree Legal Assistance provides free civil legal assistance “in cases where it can make a difference in one’s ability to meet one’s basic human needs or in enforcing one’s basic human rights, including access to housing, food, income, safety, education, and healthcare.”

Maine Department of Corrections: All Department Of Corrections facilities have suspended visits from March 14-March 28. This includes visits from family, friends, other non-professional visitors and volunteers who lead programs and activities. They are actively working to reduce the cost of phone calls during this two week period.

From Knox County Sheriff Tim Carroll: The Knox County Correctional Facility has suspended contact visits, fingerprint collections, all new Civil Process, non-emergent matters that can be handled by phone first. All meetings will be conducted by phone if possible. In person meetings will be conducted outside if possible. Knox County **Sheriff’s Office:** 301 Park St., Rockland; (207) 594-0429; **Knox County Correctional Facility:** 327 Park St., Rockland; (207) 594-0430

The Maine Judiciary: <https://www.courts.maine.gov/> Outstanding arrest warrants for unpaid fines, unpaid court-appointed fees, failure to appear for unpaid fine hearings, and other failure to appear for unpaid items in court have been vacated. The order does not erase the requirement to pay the fines or other assessments. District Attorney Natasha Irving said the state does not want anyone arrested on warrants unless absolutely necessary to public safety.

Knox County Probate Court: The Knox County Courthouse will be closed to the public. During this time, Probate staff will still be in our office during regular business hours and can assist via phone or email. For submitting documents, you can send them by mail or drop them off using a drop box inside the main entrance of the courthouse on Union Street. During this closure, Probate is closed to processing Passports. If you need a passport before the County reopens, you will need to find another location. Go to travel.state.gov to search for another location. All in-person court events for Knox County Probate Court are postponed, unless otherwise ordered by the Court. All previously scheduled cases are postponed but may be held telephonically. Contested hearings will be postponed until further notice. The court may hear the following matters by telephonic conferencing: Guardianships/conservatorships; Estate matters; Adoptions; Name Changes. 62 Union St. Rockland, Maine 04841; (207) 594-0427; probate@knoxcountymaine.gov

Substances/Recovery

Alcoholics Anonymous meetings by phone: 2PM daily; 425-436-6360; access code: 422932#

Alcoholics Anonymous: 1-(800) 737-6237

Narcotics Anonymous meetings online: <https://virtual-na.org/meetings/>

Narcotics Anonymous: 1 (800) 974-0062; www.namaine.org.

Naloxone from Maine Access Points: (207) 319-8823. For naloxone (Narcan), reach out via text or phone: "We are doing brief video chat or phone training and will mail you a kit to any location in Maine. Sending much love and care."

Rockland Recovery Dharma: Meetings online for the time being. Wednesdays and Sundays 6-7:30PM. To connect via zoom: <https://zoom.us/j/592507685>; Meeting ID: 592 507 685; the call-in number, if you need to connect by phone is +1 (929) 205 6099.

Statewide Al-Anon: 1-800-498-1844; www.maineafg.org. Help for families and friends of people struggling with alcoholism.

Additional Resources

Maine Department of Health and Human Services (DHHS): 1 (855) 797-4357, M-F 7AM-4:30PM. Clients can fill out applications in person but are encouraged to call to speak with an agent, or access the online system. DHHS is limiting its interactions with the public to accepting paperwork for drop-off. Clients are encouraged to submit applications and reviews for programs, including Temporary Assistance for Needy Families (TANF), the Supplemental Nutrition Assistance Program (SNAP), and MaineCare online through *My Maine Connection*: <https://www1.maine.gov/benefits/account/login.html>. Paperwork sent by fax, email or mail is ok.

DHHS issued an emergency rule effective Friday, March 13 allowing all TANF applications and annual review interviews (which are required to determine eligibility) to be held by telephone rather than in person. TANF orientations, which are completed during the application process, will be held by phone rather than through visits to one of the Department's vendor locations (also known as Fedcap Opportunity Centers). Fedcap is limiting in-person contact for ASPIRE participants, encouraging and facilitating remote participation.

DHHS has requested approval from the federal government to allow for additional flexibility, including extending annual review periods for TANF, SNAP and MaineCare for up to three months.

For more information on how DHHS is lessening the hardship of the pandemic, including waiving copays for Mainecare and increasing access to health care and social services:

https://www.maine.gov/dhhs/press-release.shtml?id=2227379&fbclid=IwAR18q7RCydRf_xb_W1ZWYIY-0e5Z3fXZbUi-FPyIM_BjFOge5FYVYQPDARsQ

Maine Equal Justice: 1 (866) 626-7059. Nonprofit civil legal aid and economic justice organization working to increase economic security, opportunity, and equity for people in Maine. <https://maineequaljustice.org/people/covid-19-resources/> “If you are having trouble getting assistance like SNAP, MaineCare, TANF or General Assistance, but think you should qualify, please call us at (207) 626-7058, ext 205, or leave a message.”

Open Maine: Check website for virtual meet-ups <http://openmaine.org>
Crowdsourced resources for Maine residents related to COVID-19:
https://docs.google.com/document/d/1adYdqIA_VXgyYW07nfmLZKAN3KZHBGrI-SyFVN8Mecw/edit?fbclid=IwAR2HF73lnwHlIFuvSqQu4DOUAaHHGFlsyZRGbsxSQ6vsHlIZu76TsS2gWKU

OUTMaine: Aims to create safe, affirming communities for LGBTQI+ youth. Check their website www.outmaine.org for updates and follow on Facebook, Twitter (@OutMaine) and Instagram (out_maine) for more details “as new ways of staying connected unfold.” Rainbow Ball Weekend 2020 has been cancelled. However, Rainbow Ball Weekend 2021 will be April 30-May 2, 2021.

Penquis Community Action Program: Offices are closed to the general public. For specific questions, call (207) 973-3500, send a message to info@penquis.org or message their [facebook page](#) as it is checked often. Assists individuals and families in preventing, reducing, or eliminating poverty in their lives and, through partnerships, to engage the community in addressing economic and social needs. While some Penquis services remain fully operational such as Assisted Living, Residential Services, Transportation, and the Child’s Advocacy Center, they are adapting other services. Family Time Coaching will be connecting with families remotely rather than in-person; Penquis Child Development: Child Development Centers, Head Start and Early Head Start services and Pre-K programs will be closed. The closure will last for a minimum of two weeks, until March 30, 2020 pending additional guidance from the U.S. and Maine Centers for Disease Control. Staff will be in touch with families by phone to check in to see how they can be a resource during the time of classroom closures. (207) 596-0361; <https://www.penquis.org> 315 Main Street, Suite 205, Rockland.

Social Security Administration Field Office, Rockland: 1 (855) 269-9179; 169 Camden St., Rockland. Social Security’s field office networks will be closed to the public in most situations until further notice because of the coronavirus public health crisis. Service will continue to be available via the agency’s phone number, (800) 772-1213, and its website. Payments to more than 69 million Social Security beneficiaries are not affected. Field offices will only offer in-person assistance on a very short list of crucial services, including reinstatement of benefits in dire circumstances; assistance to people with severe disabilities, blindness or terminal illnesses; and people in dire need of eligibility decisions for Supplemental Security Income or Medicaid eligibility related to work status. Those seeking these services must call in advance. If you had an appointment already set up, they will contact you. <https://www.ssa.gov/onlineservices/>

How can I help?

Area Interfaith Outreach Food Pantry (AIO): (207) 596-1043; email@aiofoodpantry.org
70 Thomaston St., Rockland. AIO Food Pantry currently needs donations of new reusable grocery bags and new plastic shopping bags. Drop bags off at AIO (rear door) M, W, F 8:30-11:30AM and W 5-6PM. AIO is no longer asking for locally purchased food donations (due to the limited supplies in grocery stores). Instead, they are asking for financial donations so they can place large orders through Good Shepard Food Bank.

Donate to the AIO Food Pantry: Help Feed a Family Now Fundraiser:
<https://www.facebook.com/donate/215463046195821/3326954854000568/>

To volunteer, email aiovolunteer@gmail.com. AIO's full COVID-19 policy:
<https://www.aiofoodpantry.org/modified-client-service.html>

Housing: "Have an empty airbnb? Know someone who does? Do you have connections to a hotel or motel? Or maybe you just know where some vacant housing is? Here's an important way you can help our community. I am working with the Knox County Homeless Coalition to find creative solutions to find safe and secure housing for people who need it. The need is real. People who have been couch surfing or living in their car suddenly need consistent internet access or they will lose their jobs. People living with unsafe partners, parents, or roommates are especially vulnerable as we move toward isolation. Reaching out is in no way making a commitment. It is the beginning of a conversation where Knox County Homeless Coalition will work with you. They will mitigate safety and peace of mind between the host and the clients. Financial compensation is available. Ok folks, let's step up and do this. Send me a message to start a conversation:"

<https://www.facebook.com/angela.mf.mcintyre>

Extra Personal Protective Equipment: Not only are many health care workers begging us all to stay in to keep the virus from spreading, many are in need of personal protective equipment. At the moment, Pen Bay Medical Center has enough, but they may need more soon. If you have extra N95 masks or respirators, the Rockland Fire Department Chief is asking for them; you can also donate throughout the state of Maine via this link:

https://docs.google.com/forms/d/e/1FAIpQLSf5xiUx0AOfWs06_kaXL3PsKMQ1otUX70l7bqhG4lPHmHI7gQ/viewform?fbclid=IwAR0Ex8SvLNDPCmITg-Y2ONMxqllH5_8Tb_0eRDvQACBqejFpXuvdcsZzAjc

Mid-Coast Pop Up PPE Factory: midcoastpopupfactory@gmail.com; (207)691-7291. "Mid-Coast PPE is a nonprofit, volunteer effort. We are starting operations on Tuesday, March 24th for protective gear distribution and prototype planning. We are in urgent need of key medical protective gear (PPE) for redistribution to medical providers and also for low risk uses, such as distributing canned food etc.

One Less Worry: Especially needed during the COVID-19 crisis are: soap, toilet paper, tissues, hand sanitizer, or money for these items. Contact: onelessworry.maine@gmail.com. Products can be dropped off or mailed to: One Less Worry, 108 Beech Street, Rockland, ME 04841.

United Midcoast Charities: admin@unitedmidcoastcharities.org; (207) 236-2299; <https://unitedmidcoastcharities.org/> UMC'S RAPID RESPONSE FUND: In response to the COVID-19 pandemic, UMC established a Rapid Response Fund. This fund will be used to make responsive grants to local nonprofits who are meeting the immediate needs of individuals seeking help in Knox and Waldo counties. The Fund supports urgent needs and anticipates the likelihood that local nonprofits will find themselves under-resourced to serve a growing demand for their services. Donate here: https://secure.lglforms.com/form_engine/s/Tzzb4f9pqIAtTjmSCVIMBg

State-wide Elected Officials

Governor Janet Mills: (207) 287-3531; twitter updates: @GovJanetMills

<https://www.maine.gov/governor/mills/contact>

State Representative Pinny Beebe-Center (Rockland, Owls Head): Home: (207) 596-3937;

Pinny.Beebe-Center@legislature.maine.gov

State Senator David Miramant (District 12, includes Rockland): Home: (207) 236-4845; Senate Democratic Office (207) 287-1515; David.Miramant@legislature.maine.gov

U.S. Representative Chellie Pingree: (207) 774-5019; <https://pingree.house.gov/contact/>

U.S. Senator Angus King: (202) 224-5344; <https://www.king.senate.gov/contact>

U.S. Senator Susan Collins: (202) 224-2523; <https://www.collins.senate.gov/CONTACT>

Local Media

(Be heard! Send letters to the editor for publication, or send news tips.)

The Free Press: (207) 596-0055; copyedit@freepressonline.com; www.freepressonline.com

Penobscot Bay Pilot: editor@penbaypilot.com; www.penbaypilot.com

Village Soup: news@villagesoup.com; www.knox.villagesoup.com Free during the pandemic.

Bangor Daily News: news@bangordailynews.com; www.bangordailynews.com

Emotional Health

Maine Statewide Crisis Hotline 24/7: 1 (888) 568-1112. For immediate crisis-oriented help.

Maine Warm Line 24/7

1 (866) 771-9276. If your phone's area code is not (207), call 2-1-1 and ask to be transferred to the Maine Warm Line. "The warm line is a place to call when you need to connect with someone. Reasons for calling might be needing support, feeling isolated, or learning about recovery skills. It is not a crisis line (traditionally called a hot line), but rather a place to talk and be listened to run by peer supporters, all of whom have personal experience with mental illness and recovery."

Maine Behavioral Healthcare

(207) 701-4400; 12 Union Street, Rockland. Currently remains open. Counseling, Mental Health.

NAMI Maine

<https://www.namimaine.org/> Grassroots support, education and advocacy organization committed to the issue of mental health.

Rockland Peer Support Center

Closed until at least March 31. If looking for support or have questions specific to the Peer Center, call (207) 317-3012, M-F 9AM-5PM.

Some emotional health ideas during this time of isolation and uncertainty



REST. Sleep, drink water, eat well. Unplug. Meditate. Journal. Take at least one slow, deep breath a day. Watch a film. Enjoy comedians, podcasts. Read a book. Go outside; notice the stars.

CONNECT. Stay in touch via text, video chats, calls. Engage in acts of "caremongering," a phrase invented in Canada during this pandemic. Play music. Write letters to near and far friends and family, your future self, elders, the media and elected officials.

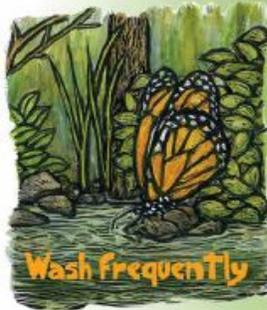
ACCEPT. Expect less of yourself and others. If you find yourself especially angry at a loved one, take a time out. Expect that you are likely to feel strong emotions now. Accept help and support.

LEARN. Learn something new. Perhaps look into mental health skills such as Emotional CPR or DBT. Practice a new language.

Learn nonviolent communication, carpentry, plumbing, or community organizing skills.

ACTIVATE: Clean. Fix. Play games. Exercise. Channel anger and fear usefully, perhaps into art, community engagement, activism, and advocacy. Be silly. If you have needs, ask.

OFFER: If you have extra, give.. Skills, wisdom, material goods, money. Be gentle with yourself and others. Plant extra seeds, and soon we will have enough fruit, vegetables, and flowers to share.



*What to do
in a pandemic...
Our cousins know.*

© 2020 Ricardo Levine Morales P1017
Poster and free downloads for noncommercial use available at RLMArtStudio.com

Additional info or corrections for this resource list? Want paper copies?
Email: RocklandRegionalResources@gmail.com.
When the COVID-19 pandemic ends, we hope to update this list of local resources
and share it widely for community use. ♥ Please take good care.