



THE MILLER'S RUN

Wheelock Community Initiative **<https://wheelockcmty.org/> ^Email [wheelockcmty@gmail](mailto:wheelockcmty@gmail.com)
Phone: 802-626-3109 and leave a message

New Free WiFi

With grants from Microsoft and RTO Wireless, the Vt. Dept. of Public Service rolled out installations of new hotspots for small towns lacking public WiFi access. Wheelock was the first to sign up. Access is **FREE** from the Town Hall parking lot. No password needed; entering the building is not required.

Town Hall Office

The Town Hall Office is closed to the public during the pandemic. Please contact Clerk/Treasurer Vanessa Seguin at wheelocktown@gmail.com or call **626-9094**.

Selectboard Meetings

Meetings are scheduled at 6pm, the second Monday of the month and conducted by phone or video chat only. The agenda and log-in information are posted 5 days ahead at the Town Hall, transfer station, South Wheelock Fire Station, Facebook & Front Porch Forum.

Welcome to The Miller's Run!

Since the start of Vermont's coronavirus emergency, the Wheelock Community Initiative has been posting information on its website**, Front Porch Forum, the "Wheelock, Then and Now" Facebook page, and via email ^. With this print edition, we hope to reach neighbors who may not use email or the Internet. Watch for new editions on the second Friday of the month.

Thanks to a generous donor, the newsletters are protected from the weather in new 'information boxes' at Town Hall, the transfer station, and the Wheelock Store.

Sheffield Food Pantry

During the COVID 19 pandemic crisis, the goal is to keep you and the pantry team safe, so pre-made food boxes will either be delivered OR available by curbside pickup by appointment **only**. The income bracket for eligibility has increased to 300% during this time. Before, during, and after this crisis food assistance is offered to anyone who needs the help—**regardless of age**.

DATE/TIME CHANGE: MAY 29th- 30th (call for time)
For more information/sign up please contact Sara Camber 802-328-0960 or 802-397-2263 or saracamber68@gmail.com

Free Face Masks: The Selectboard purchased masks for anyone who needs one at no cost. Thanks to the Wheelock Store for serving as the pickup location.

Recycling Reopening

Wheelock Transfer Station recycling will reopen on Saturday, May 16. Hours 8:00-5:00 every Wed.& Sat. Note: "social distancing" required in the building.

Local Health Care Offices Starting to Reopen

Appointments available by phone, video, or in person. Contact your provider about your care or for a referral to schedule elective surgery or COVID19 screening at NVRH.

Green Up! Day

Green Up! postponed to Sat. May, 30. Green Up! bags will be available during transfer station hours and Town Hall during normal hours (must call ahead first). Road crew will collect at roadside after 5/30.

Next Selectboard Meeting

Monday, June 8, 6:00 PM.

Need More Info about Vermont Statewide Resources?

Dial 211

Free and Confidential

Safely Connect with Friends and Family

Recommended practices to help you weigh the risks and plan accordingly

Staying home is still the best way to lower our risk of COVID-19, but many of us are eager to take small steps to safely see our friends and family again. This guidance helps you weigh the risks to prevent new cases and serious illness from quickly increasing.



healthvermont.gov/COVID19

Take health & safety precautions

These steps will help protect you and others and keep COVID-19 from spreading.

- ✓ Keep a 6-ft distance from other people.
- ✓ Wear a face mask or cloth face covering.
- ✓ Wash your hands with soap and water or use hand sanitizer.
- ✓ Stay home if you are sick or have recently been exposed to someone who has COVID-19. Call your doctor to see if you should be tested.



Stay close to home

This lowers the chance of having to stop along the way where you may be in close contact with others or exposed to contaminated surfaces.

- ✓ Limit non-essential travel to short distances.
- ✓ Consider outdoor spaces and open areas where it is not too crowded and easier to keep a physical distance.
- ✓ Choose activities that do not require sharing food or touching shared objects or other surfaces.

Keep your social circle small

This will make it easier to know who else may have been exposed and needs to self-isolate if someone gets sick.

- ✓ Choose one other trusted household that is also taking health and safety precautions. This could be another family, or members of your own family who live in a separate household.
- ✓ Limit your group to 10 people or fewer.
- ✓ Keep a list of who you have been in close contact with each day.

Protect those at higher risk

People age 65 and over and people with underlying medical conditions are more likely to develop more severe illness.

- ✓ Those at higher risk for serious illness should continue to stay at home.
- ✓ Connect with one another by phone, computer or video.

2020 Census Reminder



49.5% of Vermonters have completed the census, compared to **58.5%** of the nation.

It is quick and easy to complete yours. Return your form in the mail or complete by phone

844-330-2020

Need More Info about NEK Resources?

Visit the NEK Collaborative Website at:

<http://nekcollaborative.org/>