



THE MILLER'S RUN

Wheelock Community Initiative <https://wheelockcmty.org/> **Email:** wheelockcmty@gmail
Phone: 802-626-3109 and leave a message

Worried about lost income and putting food on the table?

The USDA is extending the “**Farmers to Families**” food distribution program during the summer for those in need due to the pandemic.

NEK distribution dates: July 16, 23, and 30 in Newport and/or St. Johnsbury. **Online registration is required at:** <https://humanresources.vermont.gov/food-help>



3SquaresVT

Also known as “SNAP,” helps low-income individuals and families buy the food they need with a debit card that is accepted at most groceries and many farmer’s markets. There is enough assistance available for everyone who needs it, so if you qualify, you are not taking benefits away from anyone.

The **income limits have increased** since the pandemic. To qualify call toll free at: **855-855-6181**



A Neighbor Helping Her Neighbors

When Beth Norris retired from her faculty position in the Music and Business Industry program at NVU

Lyndon, her husband Kris gave her a gift of a long arm sewing machine for her quilting projects. When the Covid-19 pandemic hit, she felt that more people would wear a face mask if they had easy access to them. Beth had a “stand in the shower” moment of inspiration on how she could apply her sewing skills to help reduce the spread of the virus.

Her daughter Kate was enlisted early into the project. They figured out a way to grid out over 100 masks at a time. Using polyester king-size sheets for the liners and quilters’ cotton for the outer layers, they set to work sewing and steaming the fabric. Lengths of narrow clothesline rope form the ties and that’s the job of her grandchildren Ella and Johnny.

Beth has commercial orders for masks, such as 560 for the Koffee Kup Bakery, but locally **she provides simpler masks for free** at White’s Market and Dollar General. They are posted with instructions on how to finish and adjust the mask to fit and a request to take **one per person**. Beth goes daily to add more masks and says: “I figure if I want to see change, the best thing I can do is offer a little solution.”

United States®
**Census
 2020**

It’s Not Too Late!

Wheelock’s completion rate for the **2020 Census is just 40.9%**. Census results affect our everyday lives: school lunches, highway monies, families in need, and firefighters. There’s still time to call **844-330-2020** or go online at **my2020census.gov**
It is very quick and easy to complete, so do it now!

Other Food Assistance



For pregnant women and parents/caregivers of children 5 and younger. **WIC** provides healthy foods, nutrition education and counseling, and breastfeeding support. To apply call **800-479-6151** or Text **'VTWIC'** to **855-11**, online at

<https://www.healthvermont.gov/family/wic>



Food assistance for older (60+) Vermonters is also available through **3SquaresVT (see above)**; 9 out of 10 who apply receive \$50 or more a month. You can receive benefits even if you own a home and a car.

Northeast Kingdom Council on Aging can also assist with obtaining food or home-delivered meals. Call their helpline: **(800) 642-5119** or **(802) 748-5182**.



Sheffield Food Shelf

For information contact Sara Camber **802-328-0960** or **802-397-2263** saracamber68@gmail.com

Resource Hub for the NEK

The Northeast Kingdom Collaborative had a name change; it's now "**NEK Strong**" with a new easy-to-use website focused on the same important mission — connecting NEK residents with the information and services they need, especially in these challenging times.



Resources are arranged by interest area: individuals and families; businesses and non-profits; and communities. It's the go-to-website for help with issues such as housing, healthcare, unemployment, loans and grants, and how to reopen a business. Check it out at: <https://nekstrong.com/>

Your Vote is Your Voice

Vermont has two upcoming elections, a primary on **Aug. 11** and the **Nov. 3** Presidential and Vermont general election. Wheelock voters who do not want to vote in person have two voting options. You can **vote early** —ballots are available now at the Town Clerk's office—or **vote by mail**—request an "absentee ballot" either online at the Vt. Secretary of State's website or simply return the **postage paid postcard** you recently received in the mail. The postcard goes directly to our town clerk (yes, that is Wheelock's mailing address!).



Trash Talk

Vermont state law bans food scraps in the trash as of **July 1**. Wheelock residents are members of the **Northeast Kingdom Waste Management District (NEKWMD)** where we can get advice and equipment for **backyard composting** (lots of options) or take advantage of the **free drop-off** for food scraps at either the transfer station (in the recycling space) or NEKWMD in Lyndon. Reach them at: www.nekwmd.org or call **Mon.—Fri., 8 to 4, 626-3532**