

The Hallowell Champion



Hallowell All-Age-Friendly Newsletter Volume 1 Issue 3

Spring 2020

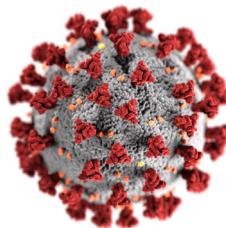
COVID-19 SPECIAL EDITION

Hallowell Responds

As we all strive to understand this Pandemic around us, we are facing a “New Normal,” at least for the next few months. The City of Hallowell has taken steps to ensure safety for its citizens and our City employees, while also managing the delivery of essential city services.

City Manager Rudy issued Executive Order 20-01 effective March 18, 2020, which instituted a State of Emergency. The City Council then renewed the State of Emergency on March 23rd, and adopted by means of Council Order 20-02, an Emergency Operations Plan. City Manager Rudy issued Order 20-03 on April 3rd. These Orders restricted social gatherings and closed bars and restaurants; closed operations of nonessential businesses in line with the Order of Governor Mills; and closed city buildings and most city-owned property. City staff are working under new conditions and schedules. The Emergency Plan and Orders are found on the City website.

The City Council has held two Special City Council meetings in the last three weeks; and the City hosted two “Community Forums” on Wednesday April 8th and Thursday April 9th to help



The course of this pandemic changes quickly. The information presented here, while accurate when written, may become dated

by the course of the disease and the evolution of strategies for dealing with it.

answer resident questions. The rail trail and the waterfront bulkhead remain open, but citizens must practice safe distancing. Vaughan Woods has been closed to assure no transmission of COVID-19. The Hallowell Food Bank has provided food to those in need every Friday.

As told in other sections of this edition, the community has rallied to help others. Spectrum Generations delivers meals; Hallowell Helps is up and operating (Page 2); more than \$12,000 has been raised to assist our City restaurant employees who may be out of work; and other fundraising is taking place to assist those in need.

While our citizens are isolated due to the mandated Stay in Place orders, we remember that Hallowell is a social city. But in times of need, our citizens rise to the occasion and will strive to endure this challenge while helping others. My best to all of you during these challenging times. Be well, stay healthy and happy!

Mark L. Walker
Hallowell Mayor

CDC COVID-19 Basics

The Centers for Disease Control and Prevention has issued the following information on its website about the Coronavirus Disease 2019:

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

- The best way to prevent illness is to avoid being exposed to this virus.

- The virus is thought to spread mainly from person-to-person between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Symptoms

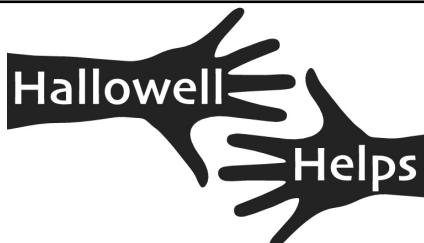
These symptoms may appear 2–14 days after exposure (based on the incubation period of MERS-CoV viruses).

- Fever
- Cough
- Shortness of breath

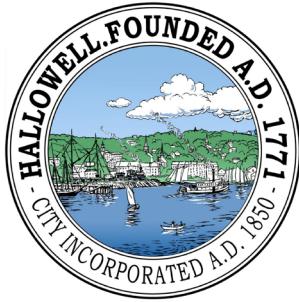
If you develop emergency warning signs for COVID-19, get medical attention immediately.

- Trouble breathing
- Persistent pain or pressure in the

BASICS Continued on page 3



**Need help? Want to help?
Call (207) 370-1406 or
visit hallowellhelps.org
(see page 2)**



Important City Info

All City of Hallowell buildings are closed until May 4, 2020.

The Playground at Vaughan Field is closed until further notice.

Citizens and other members of the

public are strongly urged to conduct business with the City by mail or online whenever possible.

The City began hosting public meetings using remote meeting technology including Zoom meetings and conference calls on March 18. The City website features a calendar with details on how to access the meetings, which are open to the public. If you cannot attend a meeting using video conferencing, a phone option is available. This is provided for under the state legislation "An Act to Implement Provisions Necessary to the Health, Welfare and Safety of the Citizens of Maine in Response to the COVID-19 Public Health Emergency."

Also, please make a personal

commitment to social distancing including not attending gatherings of more than 10 people and maintaining a distance of 6 feet from other people. These efforts to reduce one-on-one spread of the disease will help to "flatten the curve."

The Hallowell Water District office closed on March 17, 2020, and will be closed until further notice. The District will continue to serve its customers with quality drinking water. Customers can reach the District at (207) 623-9151.

When necessary, arrangements for Vehicle Registrations, General Assistance Applications, Code Enforcement Applications, and Marriage Licenses may be made by calling (207) 623-4021.



Hallowell Helps

Many hands make light work, and in this time of need your gloved hand could be especially helpful. There are many organizations in and around Hallowell that continue to have volunteer opportunities available. If you have the time, energy, and interest, your assistance would be greatly appreciated. CDC and Maine Protocols will apply.

Hallowell Helpers: What began as an effort to generate support for HallDale Elementary School has grown into a community support network. People can sign up online to be a Helper. Individuals who need assistance can call Representative Charlotte Warren at (207) 441-9116. "I have lists of available resources specific to Hallowell, Manchester, and West Gardiner. Once we get through helping folks 65 years and older, we'll move down the lists by age."

All-Age-Friendly Drivers and Companions: Do you have time to drive someone to a medical appointment or for shopping/errands (following CDC and

Maine protocols) or to make phone assurance calls? Contact Lynn Kidd at SEARCH in Augusta at 530-0137, a program of Catholic Charities. She will explain the opportunities and the volunteer options.

Hallowell Food Bank: Help is needed for a number of tasks, from picking up food to stocking shelves. Call Jeanne Langsdorf at (207) 992-6899.

Drivers, Medicare Info Specialists, Trainers, and Program Support Helpers
Cohen Center and Spectrum Generations:

- Meals on Wheels: Assist in preparing healthy meals, as well as drive and deliver meals.
- State Medicare Patrol: Share your knowledge of insurance programs.
- Healthy Living for ME: Needs trainers.
- The Adult Day Care program: Share your love of arts and crafts and creativity.

Contact Jessica Bucklin at (207) 620-1684.

Hallowell Hug

*A Hallowell Hug is a gentle thing
Like a breath of air in the early spring
Or a quiet smile on an easy day
When everything else is looking gray*

*It's a way to reach a tired soul
Who's growing sad in the endless cold
A Hallowell Hug can soon replace
The lonely look that's lacking grace*

So, don't be afraid to hug someone
In the winter's cold or the summer's sun
Light and easy like a bird on the wing
Singing its song in the early spring*

*A Hallowell Hug for you and me
Feels just like a walk by the sea
Touches the mind and gladdens the heart
Like a single note from a well-played harp.*

Richard Marsano, May 2014
Used with permission

***Actual hugging is to be avoided at this time. Air hugs from six feet is the recommended action. It is the thought that counts!**

How Long Does the Coronavirus Live on Surfaces?

The World Health Organization website says, “It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g., type of surface, temperature, or humidity of the environment). If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others. Clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose.”

Researchers still have a lot to learn about the new coronavirus that causes COVID-19 like whether exposure to heat, cold, or sunlight affects how long it lives on surfaces.

The website WebMD gives examples of how long coronaviruses could live on surfaces you probably touch daily.

Food Coronavirus doesn't seem to spread through exposure to food. Still, it's a good idea to wash fruits and vegetables under running water before you eat them. Scrub them with a brush or your hands to remove any germs that might be on their surface. Wash your hands after you visit the supermarket. If you have a weakened immune system, you might want to buy frozen or canned produce.

Water Coronavirus hasn't been found in drinking water. If it does get into the water supply, our local water treatment plant filters and disinfects the water, which should kill any germs.

Metal (doorknobs, jewelry, silverware), **Glass** (drinking glasses, measuring cups, mirrors, windows), **Ceramics** (dishes,

pottery, mugs) – 5 days.

Wood (furniture, decking) – 4 days.

Plastics (packaging like milk containers and detergent bottles, taxi and bus seats, backpacks, elevator buttons), **Stainless steel** (refrigerators, pots and pans, sinks, some water bottles) – 2–3 days.

Cardboard (shipping boxes) 1 day.

Clean and disinfect all surfaces and objects in your home and office every day, including countertops, tables, doorknobs, bathroom fixtures, phones, keyboards, remote controls, and toilets to reduce your chance of catching or spreading coronavirus. Use a household cleaning spray or wipe. If the surfaces are dirty, clean them first with soap and water and then disinfect them.

<https://www.webmd.com/>

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

BASICS Continued from page 1

chest

- New confusion or inability to arouse
- Bluish lips or face

This list is not all-inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Take steps to protect yourself

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact, especially

with people who are sick.

• Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Take steps to protect others

If you are sick:

- Stay home if you are sick, except to get medical care.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash and immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- Cover your mouth and nose with a cloth face cover when around others. You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example, to the grocery store or to pick up other necessities. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the cover without assistance. The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a face mask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

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<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Back Page: Hallowell's Vaccination Connection

Not our first rodeo

Researchers are struggling to develop a vaccination for the Coronavirus. Hallowell had a significant role to play in an earlier pandemic.

One of the first physicians to treat patients in Hallowell was Dr. Benjamin Page. Emma Huntington Nason in her book *Old Hallowell on the Kennebec* writes about Dr. Page: "He was a man of large stature, good form, and of a mild and benignant countenance." He must also have been a good doctor as he was called by her account "the beloved Physician."

Dr. Benjamin Vaughan settled in Hallowell in 1797. He had earned

his medical credentials in England and Scotland, but never practiced. Nonetheless, he kept up with discoveries in science and medicine. He learned of the successful experiments of London surgeon Dr. Edward Jenner in developing a vaccine against smallpox. At the beginning of the 19th century, the world was gripped by the spread of the disease. Dr. Vaughan obtained samples of the vaccine from Dr. Jenner and provided them to Dr. Page, who administered them here in one of the first field trials of an experimental vaccine in the history of American medicine.

The *Boston Medical and Surgical Journal* reports, "he [Dr. Page] was furnished with some vaccine matter

by his most intimate and attached friend, Benjamin Vaughan, Esq., who had just received it directly from the hands of Dr. Jenner, of London. He immediately made use of it and was the first American physician, be it known, who applied the vaccine virus to the arm of a human subject in this country." The results were among the findings reported

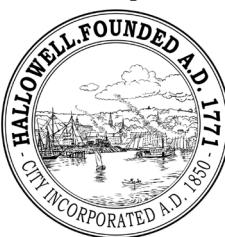
to Jenner in London and in part helped win Parliamentary approval for widespread distribution of the vaccine."

It is interesting to note that the last naturally occurring case of smallpox was diagnosed in October 1977, and the World Health Organization (WHO) certified the global eradication of the disease in 1980. There is hope in this challenging time.



The Cow-Pock-or the Wonderful Effects of the New Inoculation! Section of caricature by James Gillray in 1802 from Library of Congress collection showing a scene at the Smallpox and Inoculation Hospital at St. Pancras. Dr. Edward Jenner is vaccinating a frightened young woman, while cows emerge from different parts of people's bodies.

The Champion Publishing Partners:



Vaughan Woods & Historic Homestead

Written by Bob McIntire
Edited by Maggie Warren
Graphic Design by Brian Ayotte

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