

## August 2020 Happenings & News



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### **Changes to SW@Home Services and Activities; plus Protocols and Guidelines**

The COVID-19 pandemic has created stress and uncertainty for everyone.

We are committed to providing an innovative, flexible, yet safe approach to services for the community we are grateful to be able to serve during our reopening process.

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### COVID-19 Updates

Due to the nature of the pandemic, rules and regulations are constantly changing. The Board of Directors for South Whidbey at Home are not health experts; therefore, we are committed to following the recommendations from both the Washington State Coronavirus Response (COVID-19) and Island County Department of Emergency Management.

South Whidbey at Home is prepared to change our business practices if necessary, to maintain essential operations. Depending on how the pandemic progresses, we may need to limit or change Service Request availability, suspend operations, and/or add additional safety measures.

We care deeply for our Volunteers and Members, and want both to feel safe and remain healthy. We take the health risk related to the COVID-19 virus seriously, so consequently, for the foreseeable future, a “no contact between Volunteers and Members” policy has been implemented.

Our Reopening Plan will be thoughtful and measured based on several factors which include but are not limited to the guidelines from health officials, volunteer availability, and member participation.

Volunteers and Members can count on the Board of Directors for clear

communication, so please reach out with any questions or concerns.

### ➤ COVID Safe Activities with an SW@Home Volunteer

We provide:

- Safe-distanced walking buddies and coffee chats
- ZOOM instruction and interactions and meetings, coffee optional. 😊
- Technical computer assistance to get connected to your community, friends and events
- Help with gardening, and yard cleanup (who isn't gardening this summer?)
- Grocery and prescription pick up
- Recycling and trash delivery to the recycling center.
- Socially distanced organizing projects in garages or out-buildings.
- Online jigsaw puzzle partners
- There are few limitations to what we can provide as long as we keep everyone's safety in mind. Please contact us with your own ideas. We depend on you for comments and suggestions.

### Upcoming Events of Interest to the South Whidbey at Home Community!

#### ➤ Farms-to-Families Free Food Distribution August 15th

Catholic Community Services (CCS), along with Pacific Coast Fruit Company (PCFC), is coordinating food delivery sites for the Farms-to-Families free food distribution.

Catholic Community Services has offered to bring a truck to **St. Hubert's Church in Langley** with 500 boxes each with the approximate contents listed below. (a total of 1500 boxes)

Delivery is currently scheduled to arrive on South Whidbey on **Saturday, August 15<sup>th</sup>**.

Boxes of fresh perishable foods will be trucked in by refrigerated vehicles. We want to get fresh farm food out to people in need due to COVID.

If you are interested in a box of food, sharing a box of food, or mixing and matching from the 3 boxes that are offered, **PLEASE call the SW@Home Office at 360-331-1971 by Friday, August 7<sup>th</sup> for signup**, and leave a

message. **Include the following information.**

**We need to know if you can come by St. Hubert's church around noon on Saturday, August 15<sup>th</sup> and pick up your order in a safe-distanced drive-thru, OR if you would like someone to deliver it to you. Either choice is fine, we just need to know your preferences. The boxes are 25 pounds and can be packaged in manageable amounts to carry.**

Food boxes include: dairy box, vegetable/fruit box, and combination box with dairy, lunchmeat, & vegetables. More information is available on this program via these links:

<https://www.youtube.com/watch?v=UmRUY0hVcUw&feature=youtu.be>

<https://www.ams.usda.gov/selling-food-to-usda/farmers-to-families-food-box>

#### **Box 1 approximately 25.1 pounds**

Apple Varietal 3#, Oranges 3#, Strawberries 1#, Potato Russet 5#, Onion Yellow 3#, Broccoli Floret 2#, Cauliflower 1 head, Celery 1 ea, Romaine Lettuce 3 heads, Carrots cello 1#

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### Box 2 approximately 25 pounds

Egg Large 2 Dzn, Milk 2% 1 gallon, Milk non-fat 1 gallon ½ & ½ - 1 quart, Butter Salted 1#, Yogurt Plain 32 oz, Cheddar Cheese 8 oz, Jack Cheese 8 oz

### Box 3 approximately 27.1 pounds

Deli Ham Sliced 1#, Deli Oven Roast Chicken 1#, Butter Salted 1#, Milk 2%-1 gallon, Cheese Cheddar 8 oz, Cheese Jack 8 oz, Lettuce Romaine 3 head, Potato Russet 5#, Onion Yellow 3#

### ➤ SHRED EVENT Saturday, Aug. 22<sup>nd</sup>, 10am to 2pm

Location: SaviBank  
5575 Harbor Avenue Freeland, WA

#### Minimum Donation:

\$5.00 Bankers box or grocery bag

\$10.00 Oversized bag/box

*All proceeds benefit Soroptimist International of South Whidbey Programs and Scholarships*

### ➤ Ask a Master Gardener

Join the **Island County Master Gardeners** on the **first and third Saturdays of the month** to get your burning plant and gardening questions answered and to learn more about month by month gardening activities.

Spring may be over but there is still much to do in your garden!

Master Gardeners are a friendly group that loves to talk about gardening! Please join them at **2 p.m. on August 1, and 15, September 5, and 19 and October 3, and 17** to ask your plant and garden questions.

This link will work for you with all the clinics so save this to your calendars and set reminder notifications so you will not miss this opportunity!

Join from PC, Mac, Linux, iOS, or Android:

<https://wsu.zoom.us/j/92586177662?pwd=VjN5KzhzZ3RxT0JES2t4bVVYa1gxQT09>

**Meeting ID: 925 8617 7662**  
**Password: 509241**

For security reasons, all participants must have a free Zoom account and be signed in to join.

To join the meeting by phone without a Zoom account, call (long distance) +1 253 215 8782 and enter the meeting password: 509241

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### ➤ South Whidbey School Farms

Join Farmer Kylie for Veggie egg scramble! Live ZOOM breakfast cooking class on **Friday, July 31st at 9 am.**

[HERE](#) is the form to sign up for the cooking class and order school farm veggies for your scramble! See Farmer Kylie's video how to make it [HERE](#)! Join in the class or watch the video, or both. <https://whidbeyschoolgardens.wordpress.com/2020/07/28/veggie-egg-scramble-breakfast-cooking-class/>

If you aren't on the South Whidbey School Garden program's email program, you should sign up! They offer exceptional gardening information each week. They also offer volunteer opportunities to work in the garden so you can get some of that exercise you have been craving.

And lastly, they offer free plant starts sometimes with easy pick-up at the elementary school on Maxwellton. A recent offering was for basil and lettuce starts. Some useful contact numbers are:

- Subscribe to their website <https://whidbeyschoolgardens.wordpress.com/>
- Subscribe to the School Farm at Home YouTube channel

[https://www.youtube.com/channel/UCjrarJK\\_rbOfOPSeUkG23fg](https://www.youtube.com/channel/UCjrarJK_rbOfOPSeUkG23fg)

- Follow on Facebook at <https://www.facebook.com/swschoolfarms/>
- Contact Cary Peterson to be put on their email list. [cpeterson@sw.wednet.edu](mailto:cpeterson@sw.wednet.edu)

### ➤ South Whidbey Tilth Educational "Farmer's Shadow" Food Growing 1<sup>st</sup> Tuesday monthly

**August 4th at 6:00 pm to 7:30 pm**

Meet other food growers, ask questions and learn the joy of food gardening. Join the "Farmer's Shadow" class to encourage the best and easiest way to grow your own food. What can we plant now? What needs care to be harvested in a timely manner? We'll share recipe suggestions, too. Someday we can meet in a garden and have a feast, but this month, contact Anza for the Zoom meeting link at [education@southwhidbeytilth.org](mailto:education@southwhidbeytilth.org)

➤ Some Links of Interest  
During These Challenging  
Times

**Washington State Department  
of Health COVID-19 Data  
Dashboard**

<https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020COVID19/DataDashboard>

**Washington State COVID-19 -  
risk assessment dashboard**

<https://coronavirus.wa.gov/what-you-need-know/covid-19-risk-assessment-dashboard>

**Harvard Global Health  
Institute - Pandemics  
Explained (Risk Levels by  
State/County)**

<https://globalepidemics.org/key-metrics-for-covid-suppression/>

**World COVID-19 Stats (Site  
created by a local Mercer  
Island high schooler)**

<https://ncov2019.live/data>



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### South Whidbey at Home in Action!

