Volume 8, Issue 8 Published Monthly February 2021

# The Organized Caregiver

### 2021 Town Meeting Delayed Until June

By Lise Hanners As the pandemic surges ahead with no sign of slowing down, the Whitefield Select Board voted to delay Town Meeting until June 5. The Board is looking into arrangements for the meeting to be held outside, perhaps at the Whitefield School, to minimize risk to all involved and to allow more time for discussion than was possible last year. Town elections will be held in March as usual.



At some point in your life you are likely to be a caregiver for someone or on the receiving end of caregiving. At the present time, when you are not allowed to accompany the person into the hospital to

help them provide needed information, perhaps having some ready records placed where they can be easily found would be a wise way to make January/February "Get Organized Month".

First, have a folder with the person's medical history:

Who is the Primary Care Provider? (We use to call them doctors way back when.)

What medications does this person already take?

What medical history should be known about? And, most important of all, who pays? Locate any insurance coverage cards.

Make sure to make duplicates because you can trust these will get lost.

You will be asked if there is a living will /an advanced care directive or who has a medical power of attorney in order to make decisions if necessary. It doesn't matter if you have already filed one with the medical practice. They are not about to search the files for this.

At home it would be good to know where to find: Insurance information of all kinds; Banking and other financial information such as credit cards;

Passwords for online accounts – don't keep them stored in your head!
Last will & testament including any durable power of attorney.

Believe me, I know whereof I speak. For the past five years I have had Durable Power of Attorney for an older sister who has dementia and is in an assisted living facility.

The Powers That Be will not work with you without producing that document and, I have had ER experience with all that I have mentioned as well. I can't imagine trying to take care of these issues while waiting in a car in the hospital parking lot. We never expect to be the one who is being cared for but locating this information, putting it in a file folder and telling someone where it can be found

might provide some peace of mind in an incredibly

stressful time.

By Harriet Vaughan
Coopers Mills

549-7850



By Tony Marple

Around six years ago Dana Rogers started his trash hauling business in town and now has over 50 customers. He charges a very low price for each bag of garbage on his Thursday morning pickup. He is very reliable, regardless of the weather and you're notified if the pickup is rescheduled due to a holiday.

Dana also offers some unique services that others don't. Because of the recycling market, Lincoln County no longer accepts mixed plastic, but Hatch Hill does. Number 2 clear or colored plastic or rigid plastic like laundry baskets should be brought to Whitefield Recycling. While Dana took bags of mixed plastic to be recycled for the same \$2.50/bag, Hatch Hill recently changed their policy and now only accepts the plastic if delivered by individuals and limits it to #2 or #5.

Dana also recycles metal. So if you have tire rims, metal pipes, washers, dryers, stoves or other pieces of metal, he hauls it away to a local Scrap yard to be recycled. Tin cans can be brought to White-field recycling. Last summer, Dana disassembled and removed our wood hot water boiler, a long unused oil burner and a huge hot water tank and took the metal to be recycled. Much of the material was heavy and awkward, but he managed it very well.

Our property includes an old gravel pit with lots of trash including old tires which he will help us with next summer. If your property has junk such as old tires on it he'll take them for \$5 a tire.

It's always good to support our local businesses and I just wanted people to be aware of Dana's great service.

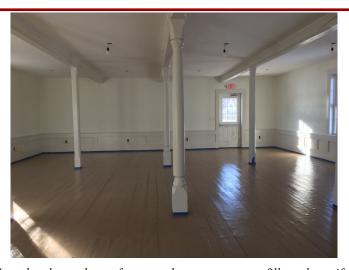


Dana Rogers, Whitefield Trash Service Photo by Tony Marple

# **Need Help? Call Town Office**

By Lise Hanners

Because of the prior generosity of Whitefield residents, several emergency funds have been established in our Town to assist people in need. This year a donation was made to Jellison Fuels to provide emergency heating fuel to Whitefield residents. In addition, a fund created in previous years can be used for emergency assistance with heating fuel, propane, or firewood. Two additional funds are available for help with rent, food, and other needs. Whitefield residents who need support from any of these funds should call Yolanda Violette at the Whitefield Town Office (549-5175) and she will assist with filling out the simple, newly drafted Whitefield Emergency Assistance Form. The General Assistance fund is also available, should a resident meet the requirements of support. General Assistance forms may be requested at Town Office as well. The Food Pantry is open the first Friday of the month from 10:00-2:00 and every Saturday from 10:00-12:00 except for the Saturday following the first Friday. Anyone wishing to donate to the heating assistance fund may do so by mailing it marked "heating assistance donation" to the Town Office, Attention Yolanda.



It took only two hours for our volunteer crew to refill our beautiful newly renovated Library with books.



Surrounded with books, our volunteers are ready to organize the library and complete the "finish" work on our new bathroom, kitchen & hallway. Our goal is to be ready in the Spring to begin exterior renovations.

## A view from Whitefield Students

### The Cold

#### **By Hannah Ratcliff**

The cool, gush of air that fills my lungs as I take a deep breath lopes throughout the rest of my body.

The icy atmosphere around me forces me to shiver, my teeth chattering at a steady rhythm.

The trees are bare, and the only living animals I see are the sorrow-filled crows that caw every night at this exact time. Screeching to one another communicating in some foreign way.

Snow banks tower in front, and behind me maybe even all around me. They are mighty tall and almost look like the mountains that you hear about so



Photo by Lana McCormick

often. The one's way far

from your own home. It confuses me, and razzes my brain how an environment can be

so dreadful yet calm.

How even though the screeching fowl that torment me every evening can be so

reassuring.

Someone tell me how the fragile, naked, trees can be so breathtaking to look at.

Along with the grand snow banks that only reap what you sow.

I've come to the conclusion that I do.

I do like the cold.



Photo by Lana McCormick

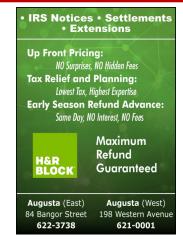
#### Winter By Maddie Andreasen

There's snow on the ground
That's a sign of winter
Frost on the window
Here it is again
Icicles hanging from ledge
That's winter alright
Now it will never end

## Whitefield Trash Service

Weekly Household Garbage
Pickup
Free Metal Removal
Appliances (no Freon),
woodstoves
batteries (auto, marine,
lawnmover)
ANY METAL ITEM!

Call Dana Rogers 485-3991 Free Estimates for Clean-outs



# Whitefield Historical Society "Just Yesterday"



This child's red wooden sled was found in Mike Sodano's barn. The Sodano's farm was the former Donovan, Kinsella, Vigue property. The sled was donated by Mike to the Historical Society. We wondered if it would go as fast as the modern plastic sleds.

Courtesy of Whitefield Historical Society





# Chelsea and Whitefield Students Grades 3-8 \_Camp Chelsea February Vacation FREE CAMP Grades 3-8 Tues, Wed, Thurs and Friday from 8-12 Looking for something to do over February Break, Come to Camp Chelsea for Four Days of Learning, Laughter, Outdoor fun, Field Trips, STEM Activities, and More. Transportation: Free to and from Camp by bus Time: 8 am-12 pm Cost: FREE Breakfast and Lunch Served Daily Grades: 3-8

## **Select Board Notes**

December 15-January 15, 2021

By Lise Hanners

Below are issues of likely interest to the residents of Whitefield from the Select Board meetings of the previous month. For a complete description of the issues before the Board each meeting, please click this link: <a href="https://">https://</a> townofwhitefield.com/agendas-minutes/ to go to the Town website and read the Select Board minutes.

The Select Board voted to delay the 2021 Town Meeting until June 5 because of the continued severity of the pandemic. The Board completed a first draft of the 2021-2022 budget but has delayed convening the Budget Committee until March 2. The Town still needs two more volunteers to serve on the Budget Committee; please contact Yolanda Violette at Town Office (549-5175) if you are interested.

Whitefield elections will still be held in March as usual. Two open seats are available for School Board and three seats are available for the Planning Board. Please step up to support your town and run for these seats!

Town Office will be painted when the weather improves. Eugene Winchenbach Painting won the bid and will perform the work.

With Yolanda Violette, the Board drafted a Whitefield Emergency Assistance Request Form, that can be used by Town residents seeking support for heating fuel, rent, food and other needs. This form is much simpler than the information needed for support by General Assistance and the Board is hoping that residents in need will take advantage of funds available in Town.

## Great after school opportunity for kids!!!

The 21st Century Community Learning Center After School Program has partnered with the Boys and Girls Clubs of Kennebec Valley to offer academic enrichment and support to students in grades 3-8. The program will be held at Chelsea Elementary school on Mondays, Tuesdays, Thursdays, and Fridays from 2:30-4:30 and will offer a rich variety of hands-on activities that provide students with alternative learning opportunities. The goals are to improve students' grades and standardized test scores from fall to spring, escalate students' goals and leadership skills, and educate students using a variety of enrichment activities. Don't miss this amazing opportunity for your child.

If you are interested in signing up your child or have questions about the program please contact Meagan Soule, Program Coordinator at <u>msoule@svrsu.or</u> or msoule@bgck.org.

Here are some program quick facts:

\*For Whom: Grades 3-8 Whitefield/Chelsea Students

\*Days of Operation: Mondays, Tuesdays, Thursdays and Fridays

\*Times: 2:30-4:30

\*Cost: FREE

\*Transportation:Transportation to and from is provided by school bus or by parent pickup

\*Open February and April Vacation weeks!!!

\*Closed on snow days, early release days and holidays

### FEBRUARY 2021 COMMUNITY EVENTS CALENDAR.

IF YOU HAVE QUESTIONS, CONTACT THE GROUP OR MEETING PLACE TO SEE IF YOUR EVENT IS STILL OCCURRING

**1st** ROADS COMMITTEE, Central Fire Station, 4:00 pm

**2nd SELECT BOARD** 6 pm Central Fire Station

**5th** WHITEFIELD FOOD PANTRY, St. Denis Hall, 10-12 pm

11th RSU 12 BOARD OF DIRECTORS MEETING 6:30—9:00 pm

13th WHITEFIELD FOOD PANTRY, St. Denis Hall, 10-12 pm

16th SELECT BOARD 6 pm Central Fire Station 17th PLANNING BOARD, Town Office 6:00 pm

**20th** WHITEFIELD FOOD PANTRY, St. Denis Hall, 10-12 pm





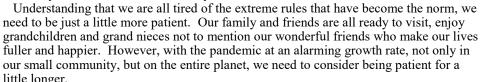
### **Patience**

By Debbie Rogers

Welcome 2021! We are so happy you're here! It has been exceedingly difficult this

past 10 months, abiding by the rules, practicing safe contact or no contact with our family and friends. During the lockdown we were, for the most part, all incredibly careful. Wearing masks, limiting our contact, washing hands, surfaces, clothing, and basically avoiding the multiple ways you could become a statistic of the Covid virus. The benefit of all that care was that Maine stood out in the country as having extremely low transmission of the virus and low numbers of sick individuals.

Fast forward to the holidays and the virus is spreading at an alarming rate. Today we had 704 new cases, 11 died and 70 hospitalized. Also, the current number of our family and friends that have had the virus is extremely alarming. No longer is it so easy to say you do not know anyone that has been affected by this disease.



We have a vaccine, we are all (for the most part) using masks and being aware of other's spaces. It will be better this Summer when we can all be outside again, and a larger portion of the population have been vaccinated.

So, hang in there, be careful, continue to practice social distancing and wear a mask. We have been very blessed so far, let us try and keep it that way. We are all in this together.

# STUFF FOR SALE- This is a free service. Email

## whitefieldtownnews@gmail.com

- Blaze King wood stove for sale. In good condition, huge wood stove. \$800 OBO 485-3991
- 2. Antique Wood Dog Sled, touring style. Asking price based off appraisal. Please call 549-4902 for further information.



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#### Whitefield Country Preschool

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> For information, please call Joan Kierstead - 549-5019



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Sun 7:30 AM-9 PM

Gas, Groceries, Deli, Pizzas, Sandwiches, Meats and MORE!

Deadline for newsletter submissions is the 15th of the month. whitefieldtownnews@gmail.com
Whitefield Newsletter Committee: Cheryle Joslyn, Kit Pfeiffer, Sue McKeen, Tony Marple, Christine Lapado-Breglia, Lise Hanners &
Debbie Rogers.