



## Community Found!



"We cannot live only for ourselves. A thousand fibers connect us with our fellow men."

*~ Herman Melville*

*Photograph by Joanie Millward*

## Staying Home

### Our New, But Temporary, Normal

As we all know, Governor Ralph Northam has issued a *statewide stay at home order* to help combat the public health crisis caused by coronavirus disease 2019, or COVID-19. Consequently, Mayor Eddie Blunt has issued a *local Code Red announcement* that further defines what "stay at home" means for those of us who live in Colonial Beach full time, as well as for those who own second homes here.



To many, those stay-at-home directives might seem extreme, but they are not made easily or lightly -- they are decisions made in an effort to keep all of us as safe as possible from exposure to the virus. Many of our neighbors are at high-risk, so staying in helps protect the most vulnerable among us, as well as ourselves and our loved ones.

## Resources

We are being inundated with information regarding COVID-19. The 24-hour news media, social media, neighborhood grapevines, and the Internet are loaded with information -- some of that information is good and reliable; however, some is rooted in rumor, half-truths, misunderstandings, misinterpretations, and opinions, all of which contribute to heightened anxieties, fears, and uncertainties. Always consider the source of information you gather, and look at it objectively and critically. Links to COVID-19 information sources that might be of interest and provide answers to your questions are provided below.

### Federal Government

- [\*Centers for Disease Control and Prevention\*](#)
- [\*coronavirus.gov \(combined federal agencies\)\*](#)
- [\*Internal Revenue Service\*](#)
- [\*Government Response to COVID-19\*](#) -- This webpage, a part of [\*usa.gov\*](#), has an extensive list of topics relating to COVID-19 and its widespread impact, with links to information regarding each. It is a good place to start when looking for information that might apply to you personally, such as information for medicare recipients, student borrowers, cancer patients, veterans, older adults, and people with disabilities. It also has links to useful information, such as protecting yourself financially and avoiding scams and fraud.

### VA State and Local Government

- [\*Commonwealth of Virginia\*](#)
- [\*Virginia Department of Emergency Management\*](#)
- [\*Virginia Department of Health\*](#)
- [\*Virginia Coronavirus Fraud Task Force\*](#)
- [\*Westmoreland County\*](#)
- [\*Town of Colonial Beach\*](#)

### MD and DC Government (for those with primary residences elsewhere)

- [\*State of Maryland\*](#)
- [\*Maryland Emergency Management Agency\*](#)
- [\*Maryland Department of Health\*](#)
- [\*DC Health\*](#)

### Nearby Healthcare Systems

- [\*Mary Washington Healthcare\*](#)
- [\*Spotsylvania Regional Medical Center\*](#)
- [\*Riverside Health System\*](#)

Also check out the websites for your health insurance carrier and, if your primary residence is elsewhere, your local healthcare systems and

hospitals.

## Business-Related Information and Assistance

*U.S. Small Business Administration*

*U.S. Chamber of Commerce*

*Virginia Chamber*

If you are an employee whose job has been affected, consult the *Virginia Employment Commission*. Also, keep current on support and actions posted on <https://www.virginia.gov/coronavirus/> under the heading **Employment and Financial Support**.

## Community Volunteer and Request for Assistance Program

Bay Aging is setting up a Community Volunteer and Request for Assistance Program to help high-risk individuals who are home bound or quarantined. Complete this online *form* to volunteer or request assistance. *Email* or call 804-758-2386 if you have questions or require more information.

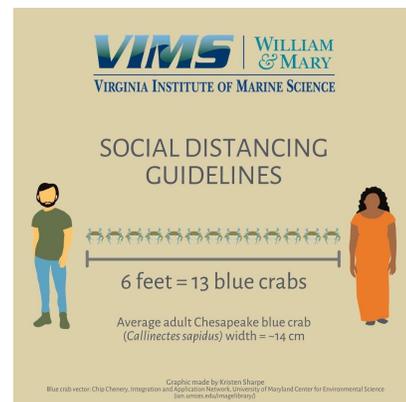
## Look Out for Each Other

Please pay attention to neighbors who are especially vulnerable for whatever reason (age, chronic illness or general poor health, alone with no other support system or adult help, etc.). Check on them with regular phone calls; when going to the grocery or drug store, offer to pick up what they need; and help them connect to services, such as Bay Aging's Community Volunteer and Request for Assistance Program, or information provided by these links.

## Prevention

We can take the following measures to help protect ourselves and others:

- Follow directives to stay at home.
- Practice social distancing; keep at least 6 feet between you and others.
- Wash your hands frequently with soap and water for 20 seconds.
- Do not touch your face with unwashed hands.
- Know COVID-19 signs and symptoms.
- Avoid people who are sick and do not go out if you are sick.
- Clean and disinfect frequently touched surfaces.



Find details on those measures at the *Virginia Department of Health*.

## Surgeon General's Videos

U.S. Surgeon General Jerome Adams has filmed the following Public Service Announcements relevant to staying safe that are available on YouTube.

- *5 Things About Handwashing*
- *5 Things About Household Cleaning*
- *Important Information for People at High Risk*
- *Making a Face Mask*

Follow *CDC guidelines* for correctly wearing and making face masks. You can find many video tutorials on YouTube for sewing face masks; just ensure the instructions follow the guidelines.

## CBCF Events 2020

The community cleanup in honor of Earth Day (April 20), as well as the annual Clean the Bay Day in June that many residents have participated in throughout the years, have both been cancelled. Nevertheless, you can help our environment and keep our town clean as you enjoy a walk, bike ride, or golf cart drive -- simply carry a grocery bag or small trash bag with you, and pick up any trash you see. Please dispose of or recycle trash as appropriate. When outside for exercise and/or a dose of fresh air and vitamin D, remember to practice social distancing and limit groups to your immediate family who share your home.

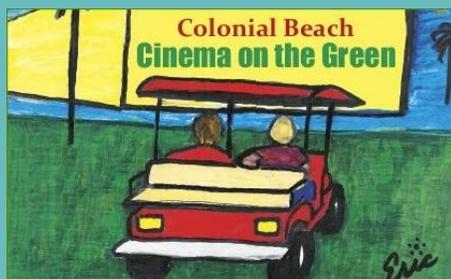
The Osprey Festival, which was scheduled for the first weekend in May, also has been cancelled.



Community Cleanup  
Saturday, April 18  
**CANCELLED**



Wine & Design  
Saturday, April 18  
**CANCELLED**



Cinema on the Green at Town Hill



4th Annual B.A.M.M. Benefit  
Concert at the Community  
Center  
May 23

May 16, June 6, July 11,  
August 1, & September 5

The first two scheduled movies  
are cancelled to comply with  
Governor Northam's directive;  
subsequent dates will be  
evaluated as we get closer.



3rd Annual NNK Beach Music  
Festival at Town Hill  
September 12

**CANCELLED**



1st Annual CBCF Gala &  
Community Awards at Birdies  
October 17

## Thank You ...

### Foundation Friends

- Dabney Vaccaro (Dabney Vaccaro, LLC and Rooted in Wellness)
- Sam Triandos



*Help our community thrive with a donation to CBCF.*

*Reserve the Community Center for your event.*

*Became a WWER 88.1 FM Member.*

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