



Town of Chebeague Island

192 North Road

Chebeague Island, ME 04017

TownAdmin@townofchebeagueisland.org

www.townofchebeagueisland.org

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To the Chebeague Community,

The message today is to take the time to take care of yourself. We are all so tired of Mr. Coronavirus looking over our shoulder. Do you have your mask? Did you wash your hands? How about hand sanitizer? How far away are you from those people? Is this person in my pod? I want to itch my nose, but I am not supposed to touch my face. Where is my mask? We are all exhausted trying to please Mr. Coronavirus.

We miss the music that is summer on Chebeague, literally, but also the music of life. The laughter and conversation. The dinners and cocktails and the fund raising. Yes, the fund raising! We miss each other. The people. The hugs! It just plain hurts.

I listen to people ask about coming to Chebeague. First, they ask, can I come? What will people say? Will I be accepted? Then, how do I get there? Everyone is anxious and really wants to do the right thing to protect the community and to protect themselves. If I am in quarantine, how do I go to the store or the transfer station? The answer is that we will help you. We will help each other.

So back to taking care of yourself - if you listen to the state epidemiologist, Dr. Nirav Shah, you have heard him talk about taking care of yourself during this difficult time. Keep up with your medical appointments. Take a little time for you. Do whatever is relaxing or comforting. Just breathe. And please, ask for help if you need it. Let me say that again, if you need assistance, please do not hesitate to call me or someone else. We need to take care of each other.

Thank you for doing your part in protecting this precious community.

Be kind to one another,

Marjorie E. Stratton
Town Administrator