



April 16, 2020

Important Dates:

- Election Day is currently **May 19th**. Absentee (by mail) ballots will be available next week. [Click here](#) for more information.
- The Town Meeting has been rescheduled to **June 12**.

Helpful Links:

- [Uxbridge Board of Health](#)
- [Massachusetts DPH](#)
- [CDC COVID-19 Info](#)

The Week in Numbers

Reported COVID-19 cases in Uxbridge residents*	24
Meals provided to students by Uxbridge Public Schools last week	744
People that received meals from the People First Food Pantry in March	249

*This is the total number of cases reported in Uxbridge as of 12 PM on 4/16/20 and includes both active and inactive cases.

COVID-19 Weekly Update

Status Update

Important Information Regarding Your Tax Bill: The due date of Uxbridge real and personal property tax bills has been extended to **June 1, 2020**. June 1, 2020 is the new due date even if the due date for payment on your previously mailed tax bill is May 4, 2020. For more information, click [here](#).

Support and Services: The current pandemic situation has created many new needs in the community. If you or a loved one is struggling, know that there are many resources available to you to help get through this difficult time.

- If you are facing **food insecurity**: [People First Food Pantry](#) provides food assistance and personal care items for residents of Uxbridge.
- If you need **meals for students**: [Uxbridge Food Service](#) is providing bagged breakfast and lunch to anyone aged 0-21, regardless of residency.

Blackstone Millville Regional School District is providing meals at the stops listed [here](#) on Mondays and Wednesdays to any person aged 0-21 regardless of residency. Email Maureen at mgonsalves@bmrds.net for more information.

- If you need to **fill a prescription**: [CVS Pharmacy](#) has waived shipping fees for mailed prescriptions. One hour (9-10 AM) is reserved for at-risk shoppers daily.
- If you are **unemployed or unable to work**: Massachusetts state government has filed emergency legislation that allow people to collect unemployment if their workplace is shut down. For more information, click [here](#).
- If you are concerned about **eviction**: Please visit the [RAFT program](#), which has recently been expanded. The Consumer Financial Protection Bureau has also issued [this guidance](#) about mortgage relief options. More housing and shelter resources can be found [here](#).
- If you are concerned about your **small business**: Find programs aimed at protecting small businesses through the U.S. Small Business Association [here](#).

We are practicing social distancing to keep each other safe, but you are not alone. For a full list of support services, click [here](#). If you have questions about these services, or if you have a need that is not listed above, please contact the Board of Health at **508-278-8600 ext. 8**.

About this Publication: The COVID-19 Weekly Update is produced by the Uxbridge Board of Health on behalf of the Town of Uxbridge to provide the town with relevant and timely updates about the COVID-19 situation and related news from the community. It is published every Thursday, and is accurate up to the time of publication.

Sign up for CodeRED!

CodeRED is a telephone and computer-based system that notifies residents and businesses of critical and emergency situations and provides timely information regarding actions that residents can take. [Click here](#) to sign up!

For real-time updates about the Massachusetts COVID-19 response, text **COVIDMA** to **888-777**



BEWARE!

Please use caution if you are approached with offers of a COVID-19 test, especially on social media. Currently, tests are considered reliable only if they are ordered by a physician or performed at an official government testing facility. Do not trust a testing source that asks for payment in cash or offers to come to your home, even if it claims to have FDA approval.

Questions?

If you cannot find the answer online, call the Board of Health at:

508-278-8600 ext. 8

Community Updates

Introducing **Uxbridge HELPS**, a service that seeks to match those looking to give resources or time with those whose needs are not being met with the resources listed on Page 1. Available resources include food and essential supply assistance, transportation, face masks, pet care, and check-ins by phone. If you have a need that is not listed, submit a request and we will do our best to meet it! Please note that requests will be processed weekly. If your request is more urgent, please contact the Board of Health for help. For information about the organizations involved, how to become a contributing organization, and how you can request services, click [here](#).

Advice on Coping during COVID-19

Outbreaks are stressful, and we all react in different ways, including increased fear or worry, changing sleeping patterns, worsening of mental health conditions, or increased use of alcohol, tobacco, or other drugs. If you are experiencing increased stress:

- Try to get plenty of sleep
- Walk or exercise everyday, preferably outdoors (**remember to wear your face covering and practice social distancing!**)
- Find social connections (try Facetime, Zoom, or even chat with someone across the street)
- Take time **away from screens** and the news
- Be kind to yourself and others

For more resources about stress and coping, including what to do **if you are overwhelmed** by depression, anxiety, or feel like you want to hurt yourself or others, click [here](#). For information about helping children cope with the changes resulting from COVID-19, click [here](#).



- **Giving blood is safe** and is one of the best ways to help your community right now
- [Make an appointment online](#) or by phone (1-800-733-2767)



Staff from the COVID-19 Unit at Beth Israel Deaconess Hospital visited Fenway this week. The Red Sox also [donated four tickets](#) to the hospital staff for life!

The Good News Corner

Representative Soter along with the help of over 25 volunteers **delivered a total of 308 meals in Uxbridge** on Sunday, April 12th and well over 650 throughout the 8th Worcester District. The meals were delivered to residents in need throughout the district. A booklet that included positive and inspirational messages from children in the Representative's District was also distributed.

Representative Soter commented, "The Rising Up Initiative was established to help raise hope and to stress the importance we play in each other's lives during this pandemic. Although in many cases we cannot see each other, it is important now more than ever that we do as much as we can to help our neighbors and share a message of positivity. As a community, we can Rise Up and get through these tough times together."