

May 14, 2020

Important Dates:

- End of current Stay-at-Home Order: **May 18**
- Annual Town Election: **May 19**
- Spring Annual Town Meeting: **June 12**

Helpful Links:

- [Uxbridge COVID-19 Webpage](#)
- [Uxbridge Support Services](#)
- [Massachusetts DPH](#)
- [CDC COVID-19 Info](#)

The Week in Numbers

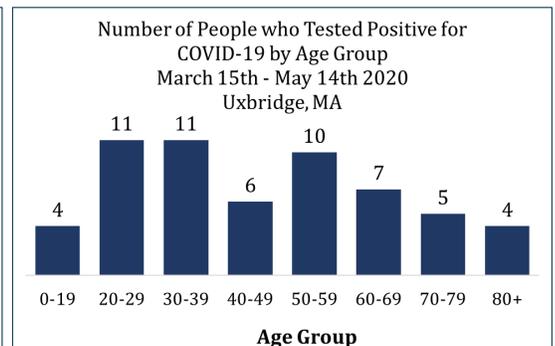
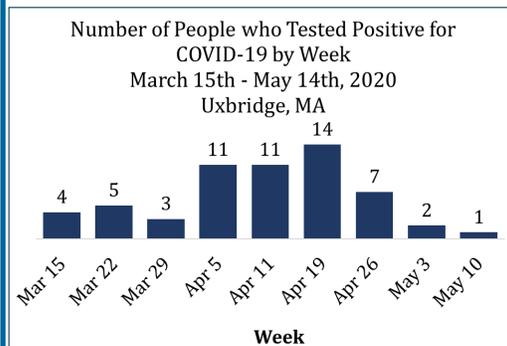
Total reported COVID-19 cases in Uxbridge residents	58
Number of COVID-19 cases in Uxbridge out of isolation	36
Number of meals provided to students by Uxbridge Public Schools last week	4,728
Number of meals served by the Uxbridge Senior Center last week	200

COVID-19 Weekly Update

Status Update

Supporting Local Businesses: This week, Governor Baker announced a four-phase plan to open non-essential businesses, which will start on or after May 18. When restrictions are eased and these businesses reopen, many will have new protocols and guidelines to keep you and their employees safe, such as reduced capacity, new systems for ordering, and altered flow through indoor spaces. These changes may result in longer wait times or limited service availability. [Please be patient as we all adapt to these changes. They may cause some frustration in the beginning, but they are there to keep everyone healthy.](#) Until businesses reopen, [these local Uxbridge restaurants](#) are currently offering takeout.

COVID-19 in Uxbridge: The graphs below show trends of confirmed COVID-19 cases in Uxbridge. It is important to note that these are only cases that have been confirmed via testing and that not all of these individuals had symptoms.



Safe Voting: The town election is May 19. If you are voting by absentee ballot, please remember [that absentee ballots are due by the end of election day.](#) Ballots can be dropped off at Town Hall until 8pm on Election day. Using the silver [Drop Box](#)(located outside of Town Hall) is recommended, and it will be checked every hour. If you require personal assistance, please ring the doorbell.

If you plan to vote in person, the town clerk’s office has been working to make sure that voting in person is safe. You must wear a [face covering](#) at your polling place in accordance with the state mandate, and [please follow guidance from poll workers](#) to maintain appropriate distance from workers and other voters.

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.

Community Updates

For town updates, sign up for emergency notifications via [CodeRED](#) and other alerts and announcements through the town's website via [E-Alerts](#). The E-Alert service allows you to customize your alert settings to specific department news and announcements, meetings, agendas and other information.

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

Support for Postal Workers



The United States Postal Service has consistently seen increased demand since the beginning of the COVID-19 pandemic. Postal workers continue to work hard to keep us connected to loved ones and deliver things to us when we cannot go to the store. **Remember to thank your postal worker!**

Questions?

If you cannot find the answer online, call the Board of Health at:
508-278-8600 ext. 8

Where do we go from here?

Our social roles have changed abruptly—parents home schooling while working from home. Routine choices are now difficult—grocery shopping requires equipment and planning. Taking care of others has reached a new level—each of us has a role to play in preventing the spread of disease. We all experience some degree of fear or anxiety about a virus which we cannot see or touch and can show up unpredictably. We are being called upon to adjust to the “new normal” without knowing what it looks like.

The loss of what was previously considered normal naturally produces a reaction of grief, with all of its stages of shock, denial, anger, bargaining, depression, testing, and acceptance. These stages come and go in no particular order and can reoccur at any time. The process of grieving is accompanied by emotions which can range from a vague sense of unease to overwhelming outrage. These are all natural, expected and understandable reactions. For many of us grieving the loss of normal is compounded by grieving the loss of a loved one or financial security. For a good discussion of COVID and grief [click here](#).

Psychologists and other counselors are experienced in helping people deal with grief. Local counseling agencies such as [Riverside Community Care](#) and [Family Continuity](#) are available by appointment and continue to offer services remotely.

Help is available by calling the Disaster Distress Hotline at (877)870-4673 or the Samaritans Helpline at (800)985-5990. Both are open 24/7.

Friends and family can help by listening as if we were listening to someone grieving a significant loss. [Be kind to yourself and to others](#). It is always the right thing to do.

Food Donations Needed: The People First Food Pantry continues to see increased demand compared to pre-outbreak levels. If you are able, please consider donating. Nonperishable items are happily accepted, and there is currently an increased need for the following items:

- Personal care items
- Paper goods
- Detergent
- Canned chicken
- Canned beef stew
- Pasta sauce

For donation drop locations and other ways you can help, [click here](#).

Uxbridge HELPS: Are you in need of face masks, food assistance, pet care, or other services related to COVID-19? Uxbridge HELPS is a service connecting community organizations with those in needs. For more information and to request assistance, [click here](#).



The Good News Corner

Social distancing measures are resulting in fewer cars and people in city streets. The empty space left behind has led to increased wildlife sightings in some unusual places. [Click here](#) to see how animals have taken advantage of having a little more room to roam.