



# WINOOSKI SCHOOL DISTRICT NEWS!

ALSO INCLUDES 7 PAGES OF **Community News!**  
STARTING ON PAGE 11

OCTOBER 2020

## *Celebrating Our Achievements!*



### **New School Year Launches Smoothly**

*By Sean McMannon, Superintendent*

The routine of our first few weeks of school went fabulously! Our school nurses/ COVID-19 Co-Coordinator, Liz Parris & Katharine Monje and their assistants, our Facilities Supervisor Cheyne Racine & his team, my assistant Krista Parisi, the WSD Leadership team, and other staff did an amazing job planning, training, and welcoming students back to school safely.

All the hard work under incredibly challenging circumstances has paid off to benefit our wonderful students! Many thanks to our families and students for doing your part to keep everyone safe and learning together again.



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PRESS RELEASE: WINOOSKI, SEPTEMBER 16, 2020

## Winooski School District School Resource Officer Retained for 2020/2021 School Year

By Emily Hecker, Communications and Development Director

The Winooski School District (WSD) School Resource Officer (SRO), Jason Ziter, will return to WSD on Thursday, September 17.

The SRO will drive an unmarked car and wear a soft uniform, which is khaki pants and a polo shirt with the Winooski Police Department (WPD) insignia. The SRO will be armed, per the Winooski Police Department's General Order issued by the chief of police, which states that the SRO is an active duty police officer while serving the school district.

Suppression of the SRO position was one of the eight demands presented to the WSD Board of Trustees and Leadership Team by the Winooski Students for Antiracism (WSA) in July. Read the original eight demands at [wsdvt.org/antiracism-work-in-winooski/](http://wsdvt.org/antiracism-work-in-winooski/).

WSD Board meetings addressing the WSA demands, including by members of the school and Winooski community

during public comments, were held on July 15, July 20, July 22, August 12, and September 6. Read the minutes from these meetings at [wsdvt.org/about/board-of-education/board-minutes/](http://wsdvt.org/about/board-of-education/board-minutes/).

On August 10 and 11 the WSA met with the WSD Leadership Team. Through this discussion process, the WSA revised their demands and the revision was discussed at the August 12th board meeting. Read the WSA's August 12 revised demands here: [wsdvt.org/antiracism-work-in-winooski/](http://wsdvt.org/antiracism-work-in-winooski/)

On September 15, Superintendent McMannon and the WSD Board of Trustees reviewed WSD policies and discussed the fact that their process of adopting the WSA's demands was in conflict with their board's governance processes. This reflection led them to amend their adoption of the WSA demands, specifically the SRO position. The WSD Board voted 4-1 in favor of

amending the adoption of the WSA Demands, accepting Demands #1 and #4-8 and not accepting #2 and #3 as stated.

During the 9/15 meeting, the board discussed how they had not provided sufficient opportunity for community engagement related to the issue of the SRO. In the coming months, the board plans to lead a public education and engagement process about the future of the SRO position, in order to make a decision during the budget cycle for the 2021-22 school year. A third-party facilitator will lead this public education and engagement process, and members of WSA, City of Winooski and WSD will participate in the design and implementation of this process.

## Off-Site Meal Distribution Continues for 2020-2021 School Year

While students continue to attend school remotely for several days a week, the Winooski School District will continue to distribute meals in three locations in the community. Meals will be provided to all children without charge and are the same for all children regardless of race, color, national origin, sex, age or disability.

Meals will be provided, at a first come, first serve basis on **Wednesdays from 9:00-10:00am at the following locations:**

- Winooski Family Center, 87 Elm Street
- O'Brien Community Center, 32 Malletts Bay Avenue
- Winooski School District, 60 Normand Street

Families will be able to pick up **three days worth of meals** on Wednesdays. Students who are doing full remote learning will be able to pick up **five days worth of meals** at the WSD pick up location on Wednesdays.

More information about the meal menus and social distancing requirements at meal pick-up sites can be found on the school district's website at [www.wsdvt.org/meal-distribution](http://www.wsdvt.org/meal-distribution).

*This institution is an equal opportunity provider.*



# School Board Update

By Mike Decarreau, Board of School Trustees



**WINOOSKI SCHOOLS**  
*We are the future.*

Welcome to fall. This past summer has proven to be an interesting time for many things. COVID-19 being the most memorable item on a long list. The impact of this pandemic on our health and well-being is certainly different for all of us yet common among us.

One of the impacts I had no way to know was that of the changes in our board meetings. Moving from in person meetings where you can see facial expressions and body language to an environment where, through Zoom, you can sometimes see the speaker and it is difficult to judge body language was a huge shift. We have had relatively few meetings where we have drawn large crowds in our board meetings over the past 10 years. This summer with the Black Lives Matter revolution we had full meetings to discuss actively becoming an anti-racist district. These sessions were very different than those we had in person. With Zoom, initially, there were chats going on during the regular board discussions and the comments from the public were not controlled so there were many interruptions. As we moved through the summer and learned from others we were able to make some changes to enable clear discussion among the board members and still invite public comments at key points.

I want to let you know that we welcome public comments on ANY topics in our meetings and specific comments on specific comments on the topic at hand. Comments on ANY topic not on the agenda will not be taken up in that specific meeting but can be brought back in future meetings. Comments on Agenda topics for that evening can be made to guide our decisions before we vote.

For those that have attended some of these meetings over the summer we appreciate your support and understanding as we have moved through this interesting time. As a public body where we must meet and have discussions in a public forum we really need the time for these board only discussions to ensure we have all our viewpoints in the open before we vote.

With regards to the Anti-Racist demands from the WSA we will be seeking public comments and input on this to inform us on moving forward. Please get involved. You can reach me at 802-310-4032 or by email at [mdecarreau@wsdvt.org](mailto:mdecarreau@wsdvt.org).

*“We cannot always build the future for our youth, but we can build our youth for the future.”*

— Franklin D Roosevelt



## Miss a School Board Meeting? Watch it Online!

Did you know you can watch Winooski School Board meetings on the internet on your own schedule? Visit [www.retn.org](http://www.retn.org) and click on “Meetings” under the “Watch” heading. You will find Winooski School Board listed alphabetically at the bottom of the list of area schools.

## WINOOSKI PUBLIC SCHOOLS

[www.wsdvt.org](http://www.wsdvt.org)

### Superintendent of Schools

Sean McMannon: 655-0485  
[smcmannon@wsdvt.org](mailto:smcmannon@wsdvt.org)

### John F. Kennedy Elementary School

Principal: Sara Raabe  
802-655-0411  
[sraabe@wsdvt.org](mailto:sraabe@wsdvt.org)

### Winooski Middle and High School

Co-Principals:  
Kate Grodin and Jean Berthiaume  
802-655-3530  
[kgrodin@wsdvt.org](mailto:kgrodin@wsdvt.org)  
[jberthiaume@wsdvt.org](mailto:jberthiaume@wsdvt.org)

### Board of School Trustees

Tori Cleiland, President, 802-655-7678  
[tcleiland@wsdvt.org](mailto:tcleiland@wsdvt.org)  
Mike Decarreau, 802-310-4032  
[mdecarreau@wsdvt.org](mailto:mdecarreau@wsdvt.org)  
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Dr. Alex Yin, 516-423-9601  
[ayin@wsdvt.org](mailto:ayin@wsdvt.org)

### WSD ENDS STATEMENT

All students will graduate from the Winooski School District (WSD) college and career ready at a cost supported by a majority of the Winooski community. WSD students will lead healthy, productive and successful lives and engage with their local and global community.

### ABOUT OUR DISTRICT

The Winooski School District is a PreK through 12 system that is housed in one educational center. At press time, there were 490 students attending JFK Elementary (grades PreK-5) and 396 attending Winooski Middle/High School (grades 6-12).

As one of the most diverse school districts in the state of Vermont, Winooski's teachers and staff are highly involved in professional development programs that help increase student achievement, address the needs of a diverse student population, and allow students to thrive in an engaging environment with high expectations.

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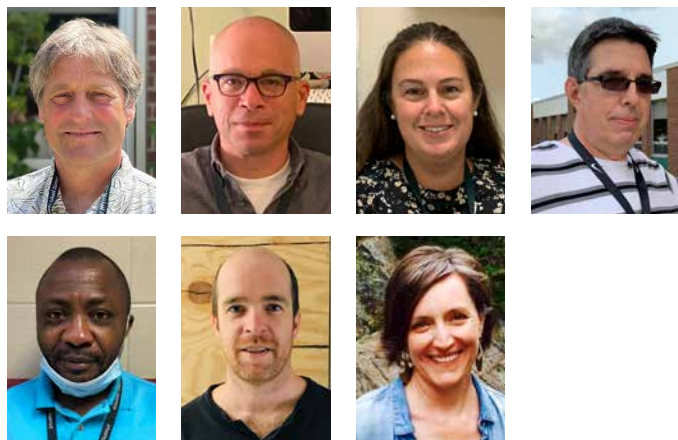
## WELCOME NEW SCHOOL STAFF



### Welcome New JFK Staff

Top row left to right: **Stephanie Beland**, 2nd Grade Teacher; **Patrick Cafferky**, 4th Grade Teacher; **Meghan Hjerpe**, Art Teacher, JFK; **Pirawan Ratanapratum**, 4th Grade Teacher - Long Term Substitute, JFK

Second row left to right: **Keirstan Lague**, Instructional Assistant, JFK; **Matthew Karp**, Teacher - Long Term Substitute, JFK; **Sarah Haynes**, Teacher - Long Term Substitute, JFK



### Welcome Other New Staff

Top row left to right: **Michael Eppolito**, Director of Curriculum and Learning; **Paul Pagnucco**, Speech Language Pathologist; **Julie Pecor**, Health Office Assistant; **Robert Phipps**, Custodian;

Second row left to right: **Wilondja Nganwa**, Custodian; **Matt Francis**, Treasurer; **Nicole Mace**, Finance Manager



### Welcome New Middle and High School Staff

Top row left to right: **Martha Phelps**, Program Assistant, Middle School; **Renee Willard**, Instructional Assistant, Middle School; **Alexander Benevento**, Instructional Assistant, Middle School

Second row left to right: **Maeve Poleman**, Teacher - Long Term Substitute, High School; **Joanne Beaubien**, Teacher, ELL Program, Long Term Substitute, Middle School; **Tessie Sakai**, Instructional Assistant, Middle School

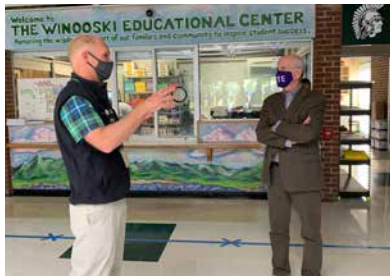
Not pictured: **Trevor Daniels**, Instructional Assistant, Middle School

## Back-to-school for Congressman Peter Welch

By Emily Hecker, Communications and Development Director

The Vermont Representative visited our district the second week of school to experience our reopening procedures firsthand. After completing a health screening and temperature check, Welch was able to see a few classrooms in action and got a quick tour of the ongoing construction progress.

He was very impressed with how well each Winooski student followed our health and safety guidelines and extends his congratulations to every Winooski parent, teacher, support staff, and administrator on successfully reopening our schools!



*"Thanks to the teachers and staff in Winooski for showing me the safe and nurturing environment they have created for their students. I am in awe of the teachers, administrators, students, and parents who are trying to make back-to-school safe and successful this year!"*



## WSD Alumni Profile: ThaZin Aye

Winooski School District prepares students to lead healthy, productive and successful lives. The paths our students take after graduating can be as different — and interesting — as our incredibly diverse students themselves. So, we created a place to celebrate the work WSD grads are doing in Winooski, in Vermont and around the world. If you know of a person who should be featured, please email Emily Hecker, ehecker@wsdvt.org.

### What are you doing now?

I'm going to the Community College of Vermont, studying business.

### How did WSD prepare you for your current success?

It was like a family, and I liked getting to know people and getting to know their stories. I still live in Winooski and I really love it. Winooski taught me a lot about diversity and different perspectives.

### Tell me more about your background?

I'm from a refugee camp in Thailand. We came here on June 3rd, 2008. I was 8 years old. At first, it was hard adjusting to a new environment...I'd never seen a cement road before. In Thailand, we had a very country life with dirt floors...I saw so many new things. At the airport, I was surprised because I'd never seen an escalator. It was mind-blowing. My grandma came here first so we already knew a little bit. We knew it was a good opportunity for our education. My parents always say education is very important because they never went to school and they want us to have a better future than they were able to have. They escaped the war in Burma and life was very hard for them in their homeland. They had a lot of struggles and hardships. They are very happy here.

### What are you most proud of?

Going to school and making my parents proud. Being able to continue my education after high school.

### Why business?

Originally, I wanted to be a culinary chef, but CCV doesn't have a culinary degree so I'm studying business, which I think will be helpful for later on down the road. In my senior year, I went to Tech, for hands-on learning. I had the opportunity to learn about professional food at Essex Tech. It was great. I still love food culture and want to pursue culinary work in the future.

### What is your advice for current students?

Follow your first instinct. Get to know yourself first. Make the right decisions will be easier if you are true to yourself.

### Why do you heart Winooski?

I love the diversity. I love the people. I love the culture of blending different foods, and music and styles.

### Fondest memory?

When I started in 2008, I met Ms. Devost and Ms. Savage during a summer program. I was so scared, and I wouldn't eat anything because my parents always told me, "don't take food from strangers," and they were strangers to me. I didn't trust anybody. They were so patient and kind, they earned my trust and changed my life.



ThaZin Aye  
Class of 2019

## Capital Project Updates

By Emily Hecker, Communications and Development Director

Mike Hollister, ReArch Project Manager, provided these updates about where Capital Project construction will be at the end of September and what construction activities are expected in October.



Looking west/southwest towards new Elementary addition. Excavation and concrete foundations are under way. In October, structural steel installation will begin.



Looking north from inside new gym addition. Structural masonry walls being installed. End of Sept, roof steel will be installed. October, roofing system and concrete slab will be installed.



Looking east towards new gym addition. Structural masonry walls being installed. End of Sept, roof steel will be installed. October, roofing system and concrete slab will be installed. (existing roof vents are for visiting locker rooms)



Looking west at existing Pre-K/K wing. The yellow truck is where the old Pre-K playground was located. Excavation and concrete foundations are under way.



Looking northwest from above George Street parking lot. The area above the playgrounds is where new underground utilities were/are being installed. Also the temp path from JFK entrance is shown (crushed stone path across the dirt).



Looking northeast towards Field House. Showing stockpile of soil. Some of this material will be used as backfill of foundations, some will be spread around the site for new grades, some removed from the site. The metal box in front is a trench box, used during deeper excavations so the walls do not cave in.

## ANNOUNCEMENTS

### Winooski Students to Participate in UVM Reporting and Documentary Storytelling Project

By Richard Watts, Co-Director, Reporting & Documentary Storytelling, UVM

We are intending to dial up the Winooski News this fall with students, and have hired a professional editor, Cory Dawson to coordinate and edit the student's work. Soon we'll introduce the two students we hope to have covering the City. At the same time, our partnership with CCV continues and there may some CCV students involved with this in the future as well.

Visit <https://thewinooskinews.com/> to stay up to date on their work.



### Winooski School District Student Registration

This is a reminder that all students need to register online at the WSD web site ([wsdvt.org](http://wsdvt.org)). We currently have over 200 students that still need to do this. This process replaces the first day packets that were sent home at the beginning of each year.

All returning students were mailed a snap code necessary to complete the form. If you need this information again, please contact:

- Linda Casier for PK-5 655-0411
- Angie Small for 6-12 655-3530

Thanks in advance for your prompt attention to this matter.

### Thank You!

By Emily Hecker, Communications and Development Director

The Winooski School District is grateful to the VT COVID-19 Response Fund of the Vermont Community Foundation for their generous \$10,000 grant.

Thanks to this support we were able to provide critical communications such as safety videos translated into seven languages for all Winooski families leading up to the reopening of our schools. The remainder of the funds will be spent on additional services to support Winooski families during this time of intense need.

### PTO Welcomes You Back!

By Kate Simone

Hello and happy new school year! The Winooski PTO is regrouping and reimagining itself within the COVID-19 reality. As we will be unable to undertake most of our regular activities, we are very much open to everyone's ideas as to how best support the school and students.

The PTO meets the third Wednesday of every month during the school year, now via Zoom. Please email us at [pto@wsdvt.org](mailto:pto@wsdvt.org) and ask to be included on email notifications for upcoming meetings. Whether or not you're able to attend, we would love to hear from you.

For those who want to join in but are not able to commit to monthly meetings, email us and ask to be added to our "WSD PTO Volunteer" roster. We will be sure to let you know when we need extra support for events throughout the year. Follow us on Facebook as well and help spread the word. This is a great way to support the community!

### Join the Winooski Front Porch Forum

It's a free and easy online way to get on the local grapevine, connect with neighbors, and build community. You can post and read about block parties, lost pets, tradespeople recommendations, helping neighbors in need, free furniture, and all kinds of good stuff at [www.frontporchforum.com](http://www.frontporchforum.com).

## YOUR LOCAL MEDIA

Watch local programs, events, and meetings on cable TV and online.

Learn how to make community media.



- VERMONTCAM.ORG + Channels 1074 (Comcast), 15 (BT), HD 215 (BT)
- RETN.ORG + Channels 1094 (Comcast), 16 (BT), BTV-HD 216 (BT)
- CH17.TV + Channels 1087 (Comcast), 17 (BT), 317 (BT)



## JFK Enjoys a Great Start to the New School Year

By Sara Raabe Principal

We have had a great first few weeks of school at JFK. The staff and students have been engaged in learning the routines and expectations for our new normal and have been doing an amazing job!

One of the new expectations is that everyone has to wear a mask while at JFK. We know that this may be a challenge for some students, and we are working with everyone to build up student's tolerance to wearing a mask, especially during the warmer days. We have extra masks for students that need a replacement during the day, but it may be helpful for families to send their student with an extra if possible. Just like adults, our students need mask breaks during the day. Mask breaks occur when students are more than 6 feet apart, and they are under 15 minutes. Ideally mask breaks happen outside whenever possible. Students can take off their masks when eating or drinking. They are asked to stay in their seat and not move around during snack or lunch if their masks are removed. So far, our students have done really well wearing their masks all day. The teachers are taking them outside as much as possible and giving students mask breaks as needed. Our adults are doing a fantastic job modeling appropriate mask wearing for our students, including keeping their masks over their noses. Classes have practiced how to take mask breaks, how to take your mask on and off safely, and how to safely store your mask while eating or on a mask break. Overall, it has been a positive experience so far!

We have changed our pick up procedures. For dismissal, each classroom has two signs outside - one for the student line and one for the pick up line. If you are picking up a JFK student, please get in line behind the pick up sign. All students will be walked outside by their classroom teacher. Once the students are behind the student sign for the classroom to the pick up person that is in the front of the line. Think of it as a modified Red Rover game. The dismissal changes have allowed for social distancing during pick up, and has enabled our teachers to make contact with each person that picks up a student. Overall, it has been very successful.



The beginning of the school year has definitely been different than other years. Our students, staff, and families have done a fantastic job pivoting and adapting. We can all agree that we want to work together to create the best learning experiences for all of our students.



**WINOOSKI SCHOOLS**  
*We are the future.*

## WMHS Update

By Jean Berthiaume and Kate Grodin, Co-Principals

The return of our students has reinvigorated our commitment to making school a place that puts students at the center. After much preparation, students effortlessly adapted to safety practices and measures that provide an important foundation for teaching and learning. We are delighted to have students back in our building! Amidst this time of change, we want to highlight what is currently the same about learning in WMHS and what is different. We are encouraged by the incredible commitment of our staff in the significant redesign of the school experience that ensures the health of everyone while personalizing learning for students and supporting them in keeping on track.

### What is the same about WMHS this fall?

- All of our teachers have returned!
- Students will continue to make gains in Graduate Proficiencies and Graduate Expectations.
- Opportunities to build strong relationships with peers and adults in the building continues via a strong focus on social emotional learning.
- Access to a variety of academic and social emotional supports continues and in many ways enhanced.

*I never let my schooling interfere with my education.*

— Mark Twain

### What is different about WMHS this fall?

- Learning happens in small, 8-12 person pods with one or two main teachers.
- Teacher collaboration is making thematic, expeditionary learning experiences available to all students 6-12.
- Remote learning days allows for small group support and enrichment with teachers.
- Teachers take their classes outside regularly and often when weather permits!

We look forward to building on our successful start to the school year and eager to keep our sleeves rolled up to make adjustments along the way!



## The Sixth Grade Blast-Off

By Nancy Keller, WMS Science Teacher

Every year for the past many, many years, Winooski's 5th graders have participated in a wonderful program called Starbase. Starbase's mission is to "raise the interest and improve the knowledge and skills of youth in Science, Technology, Engineering and Math (STEM)." This program serves approximately 25% of the 5th graders in Vermont, and more than 30,000 students have participated in Starbase since its inception (see [www.starbasevt.org](http://www.starbasevt.org)). My own adult children, now in their twenties, were Starbase participants when they were in 5th grade, and they still remember the experience with fondness. One of those memories, in particular, was the culminating activity of launching a rocket that they had assembled and decorated.

Last March, JFK's 5th graders had not yet completed their Starbase program when we moved to remote learning due to the pandemic. However, when we resumed in-person days this fall, these fifth graders, who are now sixth graders, were able to continue their Starbase program and launch their rockets. A special shout-out to the Starbase teachers and to the sixth-graders' former teachers (Ms. Knapp, Ms. Bissonette and Ms. Garcia) for helping us "blast-off" the new school year in style!



## Winooski Students Complete Summer Program with Champlain Investment Partners

By Courtney Poquette, Business Teacher

Winooski High School students **Ayoob Musanovic, Heirloom Luong, OJ Daring, Lucy Surma, and Tulasha Pradhan** completed Champlain Investment Partners' Summer Fellows Program on August 20, 2020. Students spent seven weeks through the summer remotely learning a curriculum based on the pillars of professionalism, personal finance, and asset management. Weekly sessions were presented by local business partners and were supported by coaching partnerships with employees of the firm.

Here is what a couple of the students had to say about this amazing opportunity:

"The biggest, and most important, thing I learned from Champlain

Investment Partners was about budgeting. They shared a template on excel that had a lot of things adults would pay for. I found it helpful to put in the monthly costs of what I'm responsible for and see how that compares to what I make from work. Using the template helped me be conscious about my money. I was able to buy a brand new MacBook with the money saving tips I learned from CIP.

The biggest surprise from CIP was business etiquette. There are a lot of rules that people are just expected to know when working in their workplace. I didn't know that there are certain ways to respond when put in certain situations."

- Lucy

"One of the biggest, and most helpful

things I learned in this summer program was in relation to investing. To be exact I gained this knowledge from my mentor in the program, however I wouldn't have been able to establish that connection if it weren't for the program itself. I specifically learned where I can begin investing. Prior to this program I did indeed have knowledge about investing, however I didn't really know where to apply those skills, it was kind of like having an engine without a car. However after having a conversation with my mentor I was able to learn where I could begin investing, as well as what investing strategies would be the best for my future goals." - OJ

# WINOOSKI SCHOOL DISTRICT HEALTH CORNER

By Katharine Monje, School Nurse

Happy October Winooski !

School has resumed and it has been so wonderful to see the students back in their classrooms!

## Get your Flu Shot

As the winter season approaches it is more important than ever to talk to your doctor about getting your flu shot. The symptoms of the seasonal flu and Covid 19 are similar so it's important to get the flu vaccine.

## COVID-19 Triage and when to return to school

The health office team has been working closely with families and pediatricians on when it is safe to return to school after students have recovered from being sick. If your child is sick with more than one symptom of Covid 19 your child will be dismissed from school with a form for your child's medical provider to complete and return to the school nurse before your child can return to school.

## Annual Vision and Hearing Screenings

The health office will conduct screenings for students who require IEP

initial assessment, re-evaluation or as requested by classroom teachers and special educators on an individual basis. All other students will be encouraged to get their screening done during their annual health exam.

## Immunizations

The health office team is always working to ensure that all students have received the vaccines mandated by Vermont law. If your child receives a vaccine please let the health office know so that we can update your child's record.

As always please contact us with any questions! Please note that my email has changed : kmonje@wsdvt.org



## Keep Smiling, Winooski Community!

By Tracy Towers, RDH,  
WSD Dental Hygienist

### Update on School Linked Dental Program with Vermont Dental Care:

- We are **NOT** providing transportation for students to their dental appointments at this time. However, many of our students have appointments scheduled at the office.
- We have **NOT** cancelled those appointments. If you child has an appointment, I will be calling you directly to give you the time and date of the appointment. You will be responsible for bringing your child to the appointment. If you need to reschedule, I will be able to help you!

Our goal is to keep our students healthy during this time. Routine dental care is part of overall health, and is vital to our day to day living.

I will be in the Health Office at school on Tuesday and Friday mornings. I can also be contacted by email at [towers@wsdvt.org](mailto:towers@wsdvt.org). Stay safe and healthy!

## What happens in the case of a positive case of COVID-19 at our schools?

If COVID-19 is confirmed in a student or staff member, the WSD COVID Co-Coordinator and Superintendent will work with the Vermont Department of Health to determine next steps. Although each circumstance related to a positive case is unique, below is a general list of the actions we will take:

- Areas used by the COVID positive person will be closed off and not used until after cleaning and disinfecting per CDC guidelines. Windows and outside doors will be opened. Equipment and frequently touched surfaces will be disinfected.
- The school will participate in contact tracing as requested by the Vermont Department of Health. This may include sharing contact

tracing logs and meeting with teachers and school officials to determine any close contacts of the affected person.

- The Vermont Department of Health will notify any staff or families of students that are considered a close contact and will offer guidance on next steps.
- We will encourage and/or support families as needed to participate in contact tracing.
- We will communicate COVID-19 case data of our district. Any notifications will adhere to medical privacy laws. Full transparency and thorough communication will continue to be a priority.
- The school nurse will follow up with all students and staff who

are diagnosed with COVID-19. The school nurse, along with the family/individual and the Primary Care Physician will make the determination when it is safe for the student or staff member to return to in-person learning and instruction.

- The Vermont Department of Health will offer guidance to the person diagnosed with COVID-19 on how long they must quarantine and this will be based on guidelines set forth by the Vermont Department of Health.

**Visit our website for more information at [wsdvt.org](http://wsdvt.org)**



# COMMUNITY NEWS

## Municipal Update October 2020

By Paul Sarne, Communications Coordinator



**COVID-19  
Information  
& Updates**

### Municipal Services

The City of Winooski is following up-to-date guidance from the CDC and the State of Vermont to continue to provide municipal services during the COVID-19 pandemic.

#### Winooski City Hall is open to the public, M – F, 9 AM - 3 PM where:

- members of the public are required to wear a mask or face-covering - masks are available for those without them
- stanchions, dividers, and standing points are installed to facilitate a socially distanced line that may be extended outdoors if needed
- a log of all individuals will be maintained by the City Clerk's Office
- the land records vault is only open by appointment - call 802 655 6410 to schedule
- a maximum of two individuals will be allowed in the vault at a time
- no more than 10 staff will be present at any time
- phones are answered at City Hall between 7:30 and 4:30
- online business is strongly encouraged - visit [winooskivt.gov](http://winooskivt.gov) to learn more.

#### Police, Fire, and Public Works

Services remain fully operational.

#### Public meetings

City Council, board, commission, and committee meetings will continue to hold their meetings remotely via Zoom for the foreseeable future. Participation information is shared with each meeting warning. Sign up for our meeting notices and email updates at [winooskivt.gov](http://winooskivt.gov)

#### Parking and Code Enforcement

Parking is being enforced downtown. We encourage people to use the ParkMobile app as much as possible, available at [parkmobile.io](http://parkmobile.io). Parking kiosks

will be sanitized daily.

#### Utility Disconnections

All disconnections due to utility non-payments are canceled for the quarter.

#### Code Enforcement Residential and Commercial Inspections

Following public health guidance, we have restarted inspections with safety procedures in place. Housing complaints continue to be processed.

#### Zoning Permit Application Submission

To the extent possible, applications for zoning permits including any supporting documents should be sent via email to [evorwald@winooskivt.gov](mailto:evorwald@winooskivt.gov).

#### Building Permit Application Submission

To the extent possible, applications for building permits, including any supporting documents should be sent via email to [lkeating@winooskivt.gov](mailto:lkeating@winooskivt.gov).

#### Public Parks

Following State guidance, parks and trails remain open for safe, responsible use.

- If you are feeling sick or have been exposed to someone who is sick, please stay home
- Masks or face coverings are required when near others
- Please respect 6' physical distancing and maintain small group sizes and do

not congregate/gather - especially in our parking areas

- The softball field at Landry Park is "open" for informal use by groups of 10 or fewer, however no leagues or organized events will be occurring at this time
- Portalets at Landry Park will not be provided, so please plan accordingly

#### Municipal Service Information

For current updates, resources, and municipal service information please visit [winooskivt.gov/covid-19](http://winooskivt.gov/covid-19) or dial 802 655 3908. At this site, you'll find many links and resources organized by topic, including:

- Businesses and Employees
- Families and Childcare
- Federal/State/Local Support
- Food Security
- Health and Safety
- Multilingual/Translation
- Seniors & Older Vermonters
- Volunteering
- Winooski School District

Seniors and older Vermonters can call our dedicated support line: Tuesdays & Thursdays: 10am-2pm / 802 655 6425 / Voice Mail 24/7.

#### Our Community Services

Department has provided remote resources for community members during this difficult time. They include

Your City Officials	Email addresses	Telephone
Mayor Kristine Lott	<a href="mailto:klott@winooskivt.gov">klott@winooskivt.gov</a>	802-766-1988
Councilor Hal Colston	<a href="mailto:hcolston@winooskivt.gov">hcolston@winooskivt.gov</a>	802-922-2908
Councilor James Duncan	<a href="mailto:jduncan@winooskivt.gov">jduncan@winooskivt.gov</a>	802-310-7103
Councilor Amy Lafayette	<a href="mailto:alafayette@winooskivt.gov">alafayette@winooskivt.gov</a>	802-598-7704
Councilor Mike Myers	<a href="mailto:mmyers@winooskivt.gov">mmyers@winooskivt.gov</a>	802-355-5348
City Manager Jessie Baker	<a href="mailto:jbaker@winooskivt.gov">jbaker@winooskivt.gov</a>	802-655-6410

Visit the city website at [winooskivt.gov](http://winooskivt.gov) or call 802-655-6410.

Keep up to date with announcements and news:

**LIKE US ON FACEBOOK** We are "City of Winooski - Government"  
**FOLLOW US ON TWITTER** We are @winooskivt

everything from health and safety resources to education and entertainment offerings. We've got a little something for everyone, organized by department:

- Children and Family Programs
- Recreation and Parks
- Senior Programs
- Winooski Memorial Library

To view our remote resources, visit: [winooski.vt.gov/remotesources](http://winooski.vt.gov/remotesources)

We also encourage you to go to the Vermont Department of Health for regular state-wide updates, data, and resources: <https://www.healthvermont.gov/covid-19>

### **Wear a Mask or Face Covering in Winooski**



Governor Phil Scott's Statewide mask mandate began on Friday, August 1, 2020 and remains in effect. The amendment requires all Vermonters to wear masks or cloth facial coverings any time it is not possible to maintain a physical distance of at least six feet with others from outside their household. Those who are not required to use masks include those exercising outdoors, those under the age of 2, those with a medical or developmental condition that is complicated by a facial covering and those with difficulty breathing. Businesses and other entities may require customers to wear masks, including signage explaining mask requirements and denial of entry or service to those who decline to wear masks.

Please visit our COVID-19 page for full details regarding the mandate and view our comprehensive mask and face-covering resources: [winooski.vt.gov/covid-19](http://winooski.vt.gov/covid-19)

### **Business Resources**



We are proud and grateful to our business community in Winooski for taking good care of their customers and employees during this challenging time. Please continue to support our small business community if

you are able! **Downtown Winooski** has created a "support Winooski businesses page" where you can find out how to help and support our business community: [downtownwinooski.org/support-winooski-businesses-during-covid-19](http://downtownwinooski.org/support-winooski-businesses-during-covid-19)

Business owners can also access their Winooski Business Portal for an extensive list of resources for businesses: [downtownwinooski.org/covid-19-winooski-business-portal](http://downtownwinooski.org/covid-19-winooski-business-portal)

In response to the profound impacts of the COVID-19 pandemic on the Winooski business community, the City of Winooski has adapted the Winooski Small Business Loan (WSBL) Program to provide businesses with emergency loans to assist them in bridging this difficult time. The new Tier 4 COVID-19 Relief Loan through the Winooski Small Business Loan Program offers businesses a 0% interest rate for the first 24 months of the loan term through a City interest rate buy-down and defers the principal payments for the first four months of the loan. This proposed loan structure will allow businesses leeway while they remain under mandatory closure orders and is serviced by Opportunities Credit Union. To learn more about this program and to apply, visit [winooski.vt.gov/332/Small-Business-Loan-Program](http://winooski.vt.gov/332/Small-Business-Loan-Program)

### **Housing Assistance for Homeowners, Renters, and Landlords**

- ACCD Housing Assistance Programs - Governor Phil Scott, the Department of Housing and Community Development, the Vermont State Housing Authority, and the Vermont Housing Finance Agency announced a new program connect to the federal CARES Act funding to provide relief for those tenants unable to pay rent, landlords suffering from a loss of rent payments, and those lower-income homeowners needing assistance in paying the mortgage. Learn more at [accd.vermont.gov](http://accd.vermont.gov)
- Rental Housing Stabilization Program - Landlords and tenants who have been affected by COVID-19 can apply for assistance through the Rental Housing Stabilization Program, provided by The Vermont State Housing Authority (VSHA). This program will provide the VSHA Payment Standard or the actual amount due for the month(s) being claimed, whichever is less, per

household as a single unit who meet eligibility criteria. The goal of this program is to prevent homelessness and to provide housing stability. Learn more at [vsha.org](http://vsha.org).

### **Additional Resources**

To help slow the spread of COVID-19, many resources are available through the Vermont Department of Health, the CDC, and the EPA. These pages, documents, and signs offer guidance and instructions that cover a wide range of subjects including health, safety, prevention, hygiene, sanitization, and more. Translated materials are provided.

- [accd.vermont.gov/covid-19/individuals](http://accd.vermont.gov/covid-19/individuals)
- [healthvermont.gov/interest-groups/homeowners](http://healthvermont.gov/interest-groups/homeowners)
- [healthvermont.gov/interest-groups/landlords-renters](http://healthvermont.gov/interest-groups/landlords-renters)
- [healthvermont.gov/interest-groups/building-professionals-realtors](http://healthvermont.gov/interest-groups/building-professionals-realtors)
- [healthvermont.gov/response/coronavirus-covid-19/resources](http://healthvermont.gov/response/coronavirus-covid-19/resources)
- [cdc.gov/coronavirus/2019-ncov/communication/print-resources.html](http://cdc.gov/coronavirus/2019-ncov/communication/print-resources.html)
- [epa.gov/coronavirus](http://epa.gov/coronavirus)

### **COVID-19 Testing**

For an up-to-date local testing schedule, please visit [winooski.vt.gov/covid-19](http://winooski.vt.gov/covid-19)

#### [Testing at Walgreens in Essex Junction](#)

Walgreens at 9 Susie Wilson Road, Essex Junction, is conducting drive-thru COVID-19 testing. See if you qualify and schedule an appointment by visiting [walgreens.com](http://walgreens.com)

#### [Testing at Kinney Drugs COVID-19](#)

Testing for anyone ages 2 and older is now available at several Kinney Drugs locations across Vermont. Appointments are required - visit [kinneydrugs.com](http://kinneydrugs.com) to sign up.

### **November General Election Ballots**



The Secretary of State's Office will be sending out the General Election ballots starting September 21, 2020. Voters need to make sure they complete and sign the certificate on the Voted Ballot Envelope and place the ballot inside the envelope or your vote does not count!

If you are returning your ballot by mail, we recommend you place your ballot in the mail by Monday, October 26,

2020 at the latest. Otherwise, deliver your ballot to the City Clerk's Office (Winooski City Hall, 27 West Allen Street) by Monday, November 2, 2020, or to the polling place (Winooski Senior Center, 123 Barlow Street) on Tuesday, November 3, 2020.

If you have any questions about early or absentee voting, please call Winooski City Hall at 802 655 6410 or email our City Clerk, Carol Barrett: cbarrett@winooski.vt.gov. If you need additional assistance, you can email the Elections Division at sos.elections@vermont.gov or call 800 439 VOTE.

Please note, City offices will be closed on Monday, October 12, 2020 in observance of Indigenous Peoples' Day.

### Message from Mayor Kristine Lott



Hello neighbors,  
During our special meeting on August 18th, Winooski City Council voted in favor of putting an all-resident voting question on your November General Election ballot. Current

Winooski voters will have a chance to begin the process that may allow all legal Winooski residents, regardless of citizenship status, to vote in Winooski's municipal elections.

This issue has been under discussion since the fall of 2018. After feedback from residents, the Winooski Charter Commission was formed in 2019 to study the issue and engage the community. After a number of public meetings, online/in-person forums, and direct outreach, the Winooski Charter Commission formally recommended placing this item on the November General Election ballot. If current Winooski voters pass this initiative in November, it will go on to the State Legislature for approval or denial. To learn more about this process, please visit <https://www.winooski.vt.gov/charter>. There, you will find a helpful fact sheet, a recorded Q&A, the proposed charter changes, and a report on process and outreach. Two virtual public hearings will be held to discuss these charter changes:

### Special Remote City Council Meeting & Charter Change Public Hearing

- Tuesday, September 29, 2020 at 6 PM
- Attend online: <https://zoom.us/j/99382649235>
- Attend by phone: 1 646 558 8656
- Webinar ID: 993 8264 9235

### Special Remote City Council Meeting & Charter Change Public Hearing

- Tuesday, October 13, 2020 at 6 PM
- Attend online: <https://zoom.us/j/95917895767>
- Attend by phone: 1 646 558 8656
- Webinar ID: 959 1789 5767

Attend a public hearing to learn more, ask questions, and share thoughts. You can attend by telephone or computer. We recommend filling out our public comment request form if you intend to participate. Doing so will help us organize comments in an orderly and respectful manner. To sign up, please visit [winooski.vt.gov/publiccomment](https://winooski.vt.gov/publiccomment). This link will be included with the meeting warnings at [winooski.vt.gov](https://winooski.vt.gov) – please sign up for our email notifications to receive these warnings.

Please feel free to reach out with any questions or comments directly. My email is [klott@winooski.vt.gov](mailto:klott@winooski.vt.gov).

### Community Services Updates



#### Halloween in Winooski

With COVID-19 and the safety of our community members and visitors in mind, the City of Winooski is working on a safe, socially distanced plan to celebrate a pared-down Halloween in Winooski this year. Our Community Services Department and Downtown Winooski are currently in the planning phase - full details will be available soon at [winooski.vt.gov/halloween](https://winooski.vt.gov/halloween)! Interested in supporting the event? Please email [volunteer@winooski.vt.gov](mailto:volunteer@winooski.vt.gov) to get involved.

#### Thrive After School Program

Thrive is the City's state-licensed, 3 STAR childcare/enrichment after school

program. Through our partnership with the Winooski School District, we are providing after school services on your child's pod days where children in grades K-5 explore, learn, and grow during their after school hours. During Thrive, students engage with creative arts, STEM and Makerspace activities, literacy skills, cooperative and socio-emotional learning, outdoor play, and more. For more information and to enroll, visit [winooski.vt.gov/thrive](https://winooski.vt.gov/thrive).

#### Winooski Memorial Library



The Winooski Memorial Library is working on a plan to safely bring back the Academic & Career Support program in

partnership with the Winooski School District. Details will be available soon - learn more at [winooski.vt.gov/library](https://winooski.vt.gov/library), follow us on Facebook ([facebook.com/winooskilibrary](https://facebook.com/winooskilibrary)) or email [volunteer@winooski.vt.gov](mailto:volunteer@winooski.vt.gov) to learn more.

### Supporting Children With New Routines

By Martina Kerkering, Howard Center

Happy New School Year!



This school year looks very different for everyone and can feel very stressful for a variety of reasons. Are you looking for ways to support your children with their new routines? Are you wondering, how to support your children emotionally?

Reach out to Martina with any questions around this topic!

Email: [mkerkering@howardcenter.org](mailto:mkerkering@howardcenter.org) or text message: (802) 324 6405

**★★ BE AN ★★  
EDUCATED  
VOTER**

WATCH CANDIDATE FORUMS

BEFORE YOU  
**CAST YOUR VOTE**  
ON NOVEMBER 3RD

**TUNE IN**  
Comcast channel 1087, BT channel 17 & 217  
or LIVE on [youtube.com/townmeetingtv](https://youtube.com/townmeetingtv)

TOWN MEETING TV

# Winooski Senior Center

By Barb Pitfido, Senior Programs Manager

As we continue to practice steps to stay safe and work on decreasing the spread of COVID-19 in our community, we are wanting to stay connected with you! Seniors and older Vermonters can call our dedicated support line: Tuesdays & Thursdays: 10 AM - 2 PM / 802 655 6425 / Voice Mail 24/7.



## Limited Re-opening Programming

We have established protocols and procedures to ensure everyone's safety using The State of Vermont's Senior Center Re-Opening Guide. These include pre-screening of all participants with touch-less temperature checks, physical spacing, attendance logs, and mandatory facial coverings for everyone.

## Free Senior Community Immunization Clinic

Friday, October 2, 2020 from 10 AM – 12 PM

In partnership with Walgreens, the Winooski Housing Authority, and SASH, we will be offering a Flu Shot Clinic at the Senior Center for the Senior Community. Walgreens will offer Influenza Immunizations - a Standard Injectable Quadrivalent as well as the High Dose Immunization for 65+ folks. You must fill out your paperwork prior to your appointment and bring your insurance card to the Clinic. We will follow all safety protocols including physical spacing and mandatory facial coverings! Please call us to set up an appointment: 802 655 6425

## Bone Builders Exercise Program

Following safety protocols for participants, we are once again hosting the United Way Bone Builder Exercise Program on Monday and Wednesday afternoons from 3 – 4 PM. Participant numbers are limited and you must have a reservation to attend. RSVP Bone Builders is an exercise program designed to prevent (and even reverse) the negative effects of osteoporosis. The program is based on research conducted

and published by Tufts University which shows that strength training just twice a week dramatically reduces the risk of fractures due to the disease. Call us at 802 655 6425 for a reservation to participate.

## Alfresco Cafe

We are hosting an outdoor cafe on Tuesday and Thursday mornings from 9 – 11 AM, weather permitting. Coffee, tea, wonderful breakfast treats, and fruit will be served under our umbrellas and tents. This program will run with limited attendance outside on the patio, and with additional seating in the gardens and the shady lawns. We invite you to come and chat with us, your friends and neighbors. Tour the Community Gardens and our Perennial Flower Farm, and play some fun lawn games that follow physical distancing policies. Please call us for a reservation at 802 655 6425.

## Meals on Wheels Program

If you know of an older Vermont who has special nutrition requirements or is having difficulty with meal preparation, please call Age Well at 802 863 0360 to find out the eligibility requirements. No one is denied meals due to an inability to donate. Volunteer drivers are always needed. We are currently looking for volunteers to assist in processing and packaging meals daily from 8:30-10:00am. Interested? Visit [winooskivt.gov/volunteer](http://winooskivt.gov/volunteer) or email [volunteer@winooskivt.gov](mailto:volunteer@winooskivt.gov).



## More than a Meal Program

In partnership with Age Well, we are offering Older Vermonters (60+) a free nutritious meal on Wednesdays. We want to continue to support you being well at home and provide you with an opportunity to stay connected to your community while enjoying a healthy and deliciously prepared meal, and some goodies from us! We offer contactless delivery to your Winooski home or apartment building entrance. Curbside pickup is also available. Reservations

must be made by Noon the Friday before the scheduled Wednesday meal. Please call us at 802 655 6425 or email us at [seniorcenter@winooskivt.gov](mailto:seniorcenter@winooskivt.gov) for the weekly menu and all the details. This program has been featured by UVM's student news program, "The Winooski News"! Visit [thewinooskinews.com](http://thewinooskinews.com) to view.

## Community Gardens

The Senior Center Community Gardens are starting to fade, but the colors are really wonderful! Check our Facebook page for great photos and updates. [www.facebook.com/winooskiseniorcenter/](http://www.facebook.com/winooskiseniorcenter/)



## The Fear of Color

By Hal Colston, Winooski State Representative, Deputy Mayor

The “Color of Fear” is a powerful film by Lee Mun Wah that shows vividly the struggle of racism between eight men over a weekend in California. The men represented the racial cultures of African, Latino, Asian, Native and White Americans. David, a White, blatant racist, breaks down and commits his life to become anti-racist. In Winooski’s process to consider all resident (non-citizen) voting, I have witnessed the hardening resistance of some White residents that leads me to think there is a fear of color.

The Winooski City Council has spent over two years looking at all resident voting. A Charter Change Commission was stood up in July 2019 to do outreach and engage the community about all resident voting. Considering the challenges of the COVID pandemic, the effort was very successful as commissioners were able to hear from many different voices in our community. The City Council took action on August 18, 2020 at a special meeting to recommend that all resident voting be allowed in local elections only by legal residents and on the November 2020 ballot.

It was last summer at a City Council meeting when we were to take up charter reviews of all commissions including the new Charter Change Commission. A charter is a document that defines how a commission will operate and its purpose. The chamber for our council meeting was overflowing with residents unlike I’ve never seen before. Apparently, a city

councilor tipped off the community that we would discuss all resident voting. We attempted to redirect the conversation several times, but the crowd wanted no parts of it. They kept exclaiming that letting them vote would be unconstitutional. As a State Representative and a member of the House Government Operations Committee, I tried to clarify that local voting policy is the prerogative of the Legislature because it is a policy issue, not a constitutional issue. The crowd wanted no parts of it.

As the fervor of the crowd increased, it reminded me of an angry mob. I heard an older White woman say, “If we let them vote, then they will take over our city.” Just like White people took over the land occupied by the Abenakis known as Vermont? I grew up in post-Jim Crow York, PA. I experienced angry mobs before and know the code words in this context such as “them” which means black and brown people. I witnessed the fear of color.

Racism in all of its forms is present in Winooski. Why not? Well, Winooski is a part of Vermont and Vermont is a part of the United States. Our country is based on white supremacy culture which is the air that ALL of us breathe. Change is scary and fraught with fear. By 2042, the majority demographic in our country will be people of color as it has been for some time in the rest of the world. Imagine more and more White residents befriending residents who are different than the dominant culture. Maybe, the fear of color may disappear.

## OLOP resumes some activities following COVID-19 break

Text and Photos by Gail Callahan, Communications Manager

The announcement came through a letter from Activities’ Director Kristie Daigneault. The four-paragraph announcement informed Our Lady of Providence residents and staff about re-opening some social programming while following COVID-19 policy and procedure.

Activities in the West Spring Street halted in mid-March as Vermonters stayed home as COVID-19 snaked through the country. “Re-opening our group activity schedule safely is our foremost priority,” wrote Daigneault in a letter released to the facility. “Bearing in mind the necessity of social distancing, hand hygiene and mandatory use of face masks for visitors and volunteers, we will move forward utilizing structure and monitoring of our community events.”

The facility implemented a three-prong policy for social programming:

- Programming is limited to 10 participants.
- Maintain social distancing of 6 feet between participants and group leaders.
- Activities may change in accordance with community- safety needs.



*Quilting and crafting is a big part of Mary and Libby Social Hour. Libby works on a quilt.*

Daigneault issued an activities’ calendar in early September. While the schedule is lighter than it was prior to the pandemic, many time-honored favorites along with new ones returned to the line-up. The beauty salon is open again weekly. A social hour with Mary and Libby is drawing residents to the library, while nursing department staffer McKenna McNall is leading residents in Exploration Art with McKenna.

Also, residents are happy to attend Mass on Fridays when the Rev. Joseph Sanderson of St. Francis Xavier Roman Catholic Parish comes. The perennial favorite Bingo also is a staple on Friday. “The idea of having Bingo on Fridays is a very fun thing to do,” said Sister Jean-Marie LaFreniere, RSM. “The fact that we can enjoy the courtyard is very refreshing...and it helps us to remember how lucky and blessed we are.”



*Residents and nursing department staffer McKenna McNall (far left) and Activities’ Director Kristie Daigneault (far right) along with Dennie Work Sister Germaine Richer, and Trudy Bardwell gather in Emilie Hall for Art Exploration.*

# North End Studios Partners with Vermont Health Department to Engage Winooski Youth in COVID-19 Education Project

By Sharon Radtke

The Vermont Performing Arts League, sponsoring organization for North End Studios in Burlington and Winooski, has received a grant from the State of Vermont Department of Health to develop the “Knowledge Saves Lives Project”. This project will work with young people in Winooski, teaching them the basic information they need to know about the controlling the spread of COVID-19, as well as the creative skills they will use to reach members of their own ethnic communities and their peers at school and in their neighborhoods. Participating kids will choose areas of interest that may include performance (music, dance, theater), video production, script-writing, messaging on social media, visual art (including photography), and will meet at the O’Brien Center this fall and winter where they will be involved in group activities as well as the specific projects they choose. North End Studios staff will work together with representatives of Somali, Bhutanese, Burundian, Congolese and other communities to educate and encourage safe health practices for COVID-19, including social distancing, facial coverings and handwashing. For anyone, especially Winooski kids between 10 and 15, who would like to find out about joining this project, please contact Ben Bergstein by phone at 802-233-3144 or email at [ben@northendstudios.org](mailto:ben@northendstudios.org). The group size will be limited; participation will be free for those selected. For more information about North End Studios, go to [www.northendstudios.org](http://www.northendstudios.org).

North End Studios will continue hosting Take-Out

International Dinners during October at North End Studios at the O’Brien Center located at 32 Malletts Bay Avenue in Winooski. October Meals will include:

## SPANISH BASQUE

**CUISINE**– Saturday, October 3 from 4-6 pm at the NES O’Brien Center. This meal is being prepared by chef, culinary anthropologist, and Isole Pop-up Dinner Club



orchestrator, Richard Whitting. The menu will include tortilla Española, 4 taloa, salad Basquaise, and sagar tarta. \$20/person.

## BOSNIAN CUISINE

– Saturday, October 10, 4-6 pm at the NES O’Brien Community Center- This meal will include Bean soup, Traveler’s Sataras, Ćevapi, Burek, Sirnica, Kupus Salata, Satrica, Ajvar, Šape Paws & Pita od jabuka sa orasima. \$20/person.



Tickets can be purchased at [sevendaystickets.com](http://sevendaystickets.com).

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## October Update from The Winooski Partnership for Prevention

By Jane Henderson, Grants Manager

Fall is rolling in! As we continue to adjust to 2020, we hope that you and your family are staying safe and healthy. Read on for our substance use prevention updates (local and national) and visit us online for resources to help facilitate conversations around substance use.

### Back to School

While this school year is different in many ways, what remains constant is wanting to make sure all Winooski’s youth are given the tools they need to be healthy. In Vermont, one out of every four Vermont high school students used an e-cigarette product in 2019 (CDC Youth Risk Behavior Survey). What we also know is that most teens who have already gotten involved in tobacco products want to quit (National Youth Tobacco Survey, 2019). For this back to school season, talk to young people and young adults in your life about the dangers of vaping/smoking. If they want to quit, consider sharing the quickSTART app, a free smartphone app that helps users quit through tailored tips, helpful moments of inspiration, and the tools to create a “Quit Kit”.

### California Bans Flavored Tobacco Products

At the end of August, California Governor Gavin Newsom signed Senate Bill (SB) 793 into law, banning the retail sale of

flavored tobacco products in the state, effective January 2021. California is now the second state, after Massachusetts, to ban all flavored tobacco products including menthol cigarettes (Campaign for Tobacco Free Kids, 2020).

### Safe Storage of Substances in Your Home

Have you recently taken inventory of any substances that you might have in your home (alcohol, tobacco, marijuana, or prescription/OTC drugs)? One of the ways we prevent youth substance use is by keeping substances out of young hands (especially since the home environment is a very important factor in the development of an addiction). Consider locking cabinets or using a bottle lock or lockable bag to make sure that any items are made inaccessible. For more tips on safe storage, visit the CDC’s “Up and Away” Campaign (focused on prescription medications, but can be applied to other substances as well).

Along with safe storage, everyday is the right day to talk about alcohol and drugs with your children. Starting these talks at an early age is the first step towards keeping them safe. For tips on how (and when) to begin the conversation, visit SAMHSA’s, “Talk. They Hear You.” campaign online.

Stay well Winooski and visit us online at [winooskiprevention.org](http://winooskiprevention.org) for upcoming social-distanced events in October!



# Winooski Food Shelf Schedule for October

By Linda Howe, Winooski Food Shelf Coordinator

<b>Saturday, October 10th</b>	9:30 am to 11:00 am	Fresh fruit, veggies, bread and deli items
<b>Wednesday, October 14th</b>	1:00 pm to 3:00 pm	Pantry staples, meat and eggs
<b>Saturday, October 24th</b>	9:30 am to 11:00 am	Fresh fruit, veggies, bread and deli items
<b>Wednesday, October 28th</b>	1:00 pm to 3:00 pm	Pantry staples, meat and eggs

The pandemic has created challenging times for all food shelves! The week of September 7th we held 2 food shelves. We served 160 families and sent food home for 572 people. These numbers will double by the end of the month. Our client numbers have tripled.

We need your help!!! We are unable to order much in bulk due to COVID. Items we always need are: cooking oil, canned diced tomatoes, tomato paste, canned fruit, garbanzo and kidney beans and lots of toilet paper, deodorant, shampoo, disposable razors and toothpaste.

It's time to plan for the holidays! We will be passing out Turkeys and fixing the first two weeks of November at our regular pantry days on Wednesday, November 4th and Wednesday, November 11th. We will not be holding a special day just to handout turkeys and fixings.

We need donations of small turkeys, turkey breasts, whole uncooked chicken (frozen is fine), turkey gravy (powdered packets or canned), cranberry sauce, canned fruit such as pineapple and applesauce, and instant mashed potatoes in packets.

We want to be sure that anyone experiencing financial difficulty during this pandemic feels welcome. We are here to help. Shaws, Hannaford and Commodities markets provide wonderful fresh food on Saturdays.

**Please note: Our Wednesday hours are from 1:00 to 3:00 pm.** We will stay open until everyone in line before 3:00 pm. is served. **Our Saturday schedule is the same as it was in August.** We will be open on the 2nd and 4th Saturday. Families may come both Saturdays but only one Wednesday.

Please wear your mask and come get some fresh air and some great food! Our volunteers look forward to serving you. A heads up that the City has resumed paid on-street parking.

**Food Shelf Policy:** Winooski residents may access the pantry staples

one Wednesday each month. Folks may come every Saturday we are open to stock up on bread, pastry and some fresh fruit and veggies. Hannaford's and Winooski's own Commodities Market supply Saturday's food. New clients should bring proof of Winooski residency such as a utility bill. Any Winooski resident in need is welcome. We are here to help support you. For questions call 802-318-0460.

**Where to find us:** The Winooski Food Shelf is located in the United Methodist Church at the corner of West Allen and Follett Streets at 24 West Allen Street. There is a bus stop on that corner. We do not provide rides so please bring a wheeled cart or suitcase and some bags to lug your food home. The church phone number is 802-655-7371

**Cash donations needed:** The Food Shelf is growing rapidly. More and more of the food must be purchased

since donations of food items cannot meet demand. Checks can be mailed to: The Winooski Food Shelf, P.O. Box 53, Winooski, VT 05404. You may also go on-line to our Web Site and make an electronic donation.

**Donation Drop Off Locations:** The Winooski Senior Center is currently closed. Please visit our other donation drop off locations: Commodities Natural Market, 65 Winooski Falls Way, phone: 448-3340, or J & J's Corner Market, 12 Malletts Bay Ave., 654-8003. Thank you for caring about your neighbors!

Fresh produce donations are welcome! Please wear a mask, use clean tools and use clean containers while harvesting your donations. We can accept fresh food on days the food shelf is open (come an hour before each opening if possible). Our clients really appreciate your efforts.

## World Mental Health Day 10.10.20

By Adam Brooks, Assistant Director of Communications

In the coming months, we anticipate the pandemic will exacerbate mental health and substance use in our community.

Throughout the month of October, Howard Center is putting emphasis on mental health in recognition of World Mental Health Day on 10.10.20. We will have opportunities for community education and engagement to reduce stigma, raise awareness, and to connect to the global movement to ensure our communities have access to mental health supports when they are needed.

Several free and open to the public virtual webinars will be offered to address mental health and its impact in our unique community including, social connection and resilience during COVID-19, parenting and education- building family resilience during times of toxic stress, health and wellness and its impacts on mental health. On October 13 at 6 pm, our featured speaker and NY Times bestselling author, Bassey Ikpi, a black woman, takes us into the swirl of bipolar disorder in her memoir, *I'm Telling the Truth, But I'm Lying*. All sessions will have opportunities for Q &A.

More information and many resources are available at [howardcenter.org](http://howardcenter.org) including articles and publications, local and national resources, our lineup of speakers, dates and times, and how to register.

Help is here at Howard Center. Our Access and Intake team and main number 802-488-6000 is available M-F from 8:00 a.m. – 6:00 p.m. If you or someone you know is experiencing a crisis, our crisis line, First Call for Chittenden County, is available 24/7/365 at 802-488-7777.





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