

The chilly months are upon us...

Resources to Keep You and Your Family Healthy this Winter



COVID-19 cases are on the rise. Thankfully, the community of Bucksport is full of resources to help you and your family access health care, shelter, food, and support, as we navigate winter in a pandemic. Here's a list of services you can count on in these unpredictable times.

COVID Testing & Flu Shots

- **Bucksport Regional Health Center:** Open to ALL: patient, non-patient, both symptomatic and asymptomatic. CALL AHEAD 469-7371 and press 6
- **Walgreens:** Flu shots for ALL, to make an appointment, call 469-2201

Community Resources

1. **Bucksport Community Concerns:** Food Pantry in Bucksport, every Wednesday 9:30-11:30 am & 2nd Monday/month 5:30-6:30 pm, call 469-2400
2. **HOME Inc. Food Pantry:** Mon-Thursday, 8 am-12 pm and again from 1 pm -3 pm, call 469-7961 option 3
3. **Tozier's, Searsport:** Delivers groceries to Bucksport every Friday. Open from 7-10 mon-Sat and 7-9 Sun, call 548-6220
4. **Bucksport Senior Meal Program:** Monday/Wednesday/Friday noon meal delivery, call 469-3632
5. **Bucksport Department of Safety:** For questions about state public health regulations, call 469-7951
6. **Downeast Transportation:** Bus to Ellsworth 1st Tuesday/month, Bus to Bangor 3rd Tuesday/month; Wednesday \$1 Taxi; Wednesday Bus; Senior Ride Program (restrictions apply) call 664-0012
7. **Eastern Area on Aging:** Aging and disability resources & food, nutrition, and wellness programs, call 941-2865
8. **WIC:** Supplemental nutrition support for mothers and children, call 338-1267
9. **Bucksport United Methodist Church & Helen's Kitchen:** rent assistance, electric and fuel assistance, gas for medical appointments, prescription co-pay assistance, and more, Call 469-3589 or 469-3622
10. **Hannafords, Brewer:** Curbside pick-up, go to www.hannaford.com, select Brewer location, and choose a time for pick up

*Resource flyer published by Bucksport Bay Healthy Communities Coalition