



DOOR2DOOR BY SCM CONTINUES TO GIVE THE COMMUNITY A LIFT

By: SCM, scmtransportation.org

SCM vans and staff have been supporting seniors and individuals with disabilities with transportation to medical appointments, food shopping, to attend meal programs at the Council on Aging, and to Adult Day Health programs for over thirty-five years, when the agency was founded by the cities of Somerville, Cambridge and Medford (SCM). Like so many other for profit and nonprofit organizations, the COVID-19 pandemic has presented the agency with numerous challenges. We want to be sure folks know that we are still on the road.

COVID-19 has certainly added to the daily checklist of our organization. We take driver's temperatures each morning. Vans are disinfected and wiped down numerous times per day and are given a top to bottom spray down weekly. Everyone is required to wear a mask. The driver's area is separated with a plastic screen. All drivers have received additional training on securing passengers seatbelts or wheelchairs with minimal contact. We have reduced capacity in all vans and have blocked off every other row of seats. We feel blessed that we have had no COVID cases since last March.

Do you need to get a ride? Are you unsure of how to contact us or about what our services are at this time? Call us at 617-625-1191

between 9:00 AM and 1:30 PM if you have questions or want to schedule an eligible ride. If you are looking for additional transportation services beyond what Door2Door by SCM can accommodate check www.RideMatch.org for a comprehensive city by city listing of transportation options. SCM will continue to give the community a lift and we look forward to seeing you again.

SCM has always worked its small wonders with a dedicated staff and a shoestring budget. The early months of the pandemic took a toll on ridership and left us wondering if we would pull through. We have received welcome support from local cities, Payroll Protection Plan funding, judicious balancing of staff schedules, state support, the Cummings Foundation, The Charles Farnsworth Foundation and the Cambridge Community Foundation. This support helped us bridge the gaps as ridership slowly increased. We are providing approximately 75 % of our medical transportation. Food shopping is still fairly robust. Adult Day Health Services are down but are expected to rebound as everyone gets their vaccines. Given our long term relationship with Cambridge and other cities' Councils on Aging, we look forward to the day we can safely resume all services.

SHOPPING BY BIKE



The health and psychological benefits of cycling are well known and documented and, as more bicycle infrastructure is built, cycling continues to grow as a popular way of commuting to work or school. However, with the right accessories, a bike can also be a practical, utilitarian vehicle for running errands and shopping. According to the National Household Travel Survey in 2017, 35% of vehicle trips made by Americans are only a distance of 2 miles or less. Short distance shopping trips can often be made by bike, and Cambridge is especially well suited because of the city's compactness and flat terrain. But how to carry items home from the store without an expensive cargo bike?

Consider the many sturdy baskets, crates, and panniers now available to cyclists. Many bikes come with a basket attached or are compatible with having one installed. A crate can also be mounted on the front or rear for carrying cargo, or even pets. Panniers, a popular item among Cambridge cyclists, are tough, waterproof bags that come in a variety of sizes for transporting items to and from home. Most baskets or panniers will attach easily to your bike or hang on a front or rear carrying rack. Panniers, as well as some baskets, can be detached and used to carry goods while in the store, eliminating the need for a shopping bag and reducing waste.

With a little practice and preparation, shopping by bike can be quick and convenient. Parking is free and easy, emissions are zero, and you get some exercise, too. Not sure which accessories are right for you? Talk to an expert at one of Cambridge's great bicycle shops!