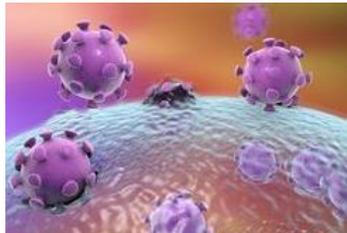




The Coronavirus Impact

This month's story of Mount Pleasant Village is intertwined with those for the District and rest of our nation – COVID-19.



Each of us has already been

touched by the coronavirus, whether we became sick or not. We are taking the precautions of physical-distancing and hand washing to avoid infection, many of our favorite shops and restaurants are either closed or are open only for take-away, entertainment and social schedules have evaporated, and rumors and anxieties are in the air. And while the virus has brought out the worst in some people, others have risen to meet the occasion with kindness, generosity, and the spirit of volunteerism.

Following the recommendations of the Centers for Disease Control, the Village postponed or cancelled most of its social, educational, and exercise programs through April. Two interest groups were able to make adjustments to help preserve the health of their participants. The Monday-Wednesday-Friday Walking Group instituted a single-file walking protocol, whereby participants observe physical-distancing by keeping at least six feet apart. The Meditation Group now conducts virtual meetings through the use of Zoom internet calls. Likewise, the Village has shifted to using Zoom for its committee and cluster group meetings.

Mayor Muriel Bowser has issued a stay-at-home order for the District. This order directs residents to stay at home except to perform such essential activities as obtaining medical care and shopping for food and essential household goods.

KNOW THE SYMPTOMS

COVID-19	FLU	ALLERGIES
FEVER	FEVER	SNEEZING
DRY COUGH	DRY COUGH	COUGHING
FATIGUE	RUNNY NOSE	ITCHY EYES
SHORTNESS OF BREATH	HEADACHE	RUNNY OR STUFFY NOSE
	SORE THROAT	
	MUSCLE AND JOINT PAIN	

LESS COMMON: ACES & PAINS, SORE THROAT, RUNNY OR STUFFY NOSE, DIARRHEA

DATA: WORLD HEALTH ORGANIZATION, NATIONAL INSTITUTES OF HEALTH

Village & ANC Join Forces to Help Seniors During the Pandemic

The Village and our local Advisory Neighborhood Commission (ANC-1D) are collaborating to offer assistance and support to all older adults living in Mount Pleasant during this era of COVID-19. When they realized that many young adults living in the community were volunteering, both online and through the NextDoor network service, to help older residents, Commissioners Chelsea Allinger and Jon Stewart contacted the Village to help organize and coordinate service requests and volunteer efforts. Mount Pleasant residents Tess Amolsch and Minahil Amin worked with the ANC Commissioners to develop a centralized system, titled *Neighbors Helping Neighbors*, that mirrors the Village's cluster group structure. To date, more than 140 volunteers have undergone online orientation and training, with some receiving more rigorous background checks that will allow them to handle SNAP (food stamp program) payment cards and situations requiring higher levels of trust and security.

(continued on page 2)

For as long as the COVID-19 epidemic continues, the **Village and the Neighbors Helping Neighbors** initiative will use a central phone (**202-573-7548**) and email contact (info@anc-volunteering.org) to handle requests (including Helping Hands) and volunteers for both the Village and the neighborhood.

The Village Cluster Coordinators will continue to maintain their close contact with Village members, while the Neighbors Helping Neighbors coordinators respond to the larger community. There will continue to be collaboration across these systems. (See the “it takes a village” flyer on page 13.)

Recommendations to Help Stay Healthy

The Centers for Disease Control has warned that older adults and people who have severe underlying medical conditions such as heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness and should take precautions to avoid infection.

In brief, the recommendations to remain healthy and reduce the spread of infection include (more detailed instructions can be found on page 6):



- Wash your hands frequently with soap & water (for at least 20 seconds) or an alcohol-based hand sanitizer.
- People over 65 are encouraged to stay home and minimize public exposure.
- If you must go out, maintain a distance of at least six feet from other persons (See page 9 for an article on social distancing).
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose while coughing or sneezing.
- Avoid close contact with people who are sick.
- If you are sick, stay home.

Reliable Sources of Information

Obtaining accurate and reliable information can be a challenge during pandemics and other serious emergencies. The following are valuable resources for information on the COVID-19 outbreak:

- Centers for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- National Institutes of Health (NIH): <https://www.nih.gov/health-information/coronavirus>
- District Government: coronavirus.dc.gov
- Mount Pleasant Village Website: www.mountpleasantvillage.org (click in “Village Info”)

This link ([#DrFauci](#)) is a YouTube video interview between Trevor Noah, from the Daily Show, and Dr. Anthony Fauci, Director of NIH’s National Institute of Allergy and Infectious Diseases, about risk reduction for catching the COVID-19 virus.

A Note about Ordering Groceries Online

To avoid going into supermarkets and possibly exposing yourself to the coronavirus, groceries can be ordered online through Amazon Prime, Peapod, and Instacart. In addition, Safeway reserves the opening hour for seniors; Giant: from 6:00 to 7:00 am; Harris Teeter: Monday & Thursday, 6:00 to 8:00 am; Costco: T-W-Th, 9:00 to 10:00 am. Each Peach Market, on Mount Pleasant Street, takes both telephone (202-525-1725) and online orders and will make deliveries to seniors. Remember, there is high-demand for the home deliveries and there may be a multi-day wait after an order is placed

(Peapod has a two-week wait for a delivery slot). So, if you are considering using these services, please allow plenty of lead time. Don't wait until you are out of food before ordering.

MedStar Health Waives Fees for eVisits

To manage the threat of COVID-19, MedStar Health is temporarily waiving the fee for their MedStar eVisit service. Please note, if you are a first-time MedStar eVisit user, you will be asked to enter your insurance information when you register. However, your insurance will not be charged and you will not incur a self-pay charge. <https://www.medstarhealth.org/medstar-health-evisit/>.

Beware of Scams

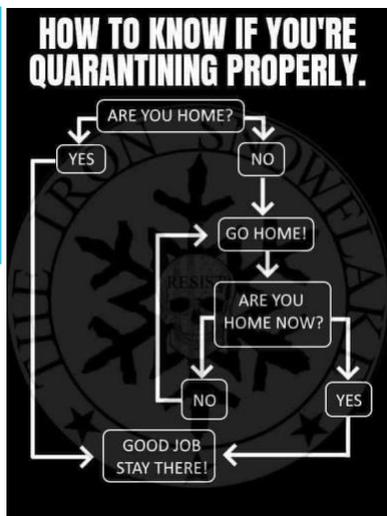
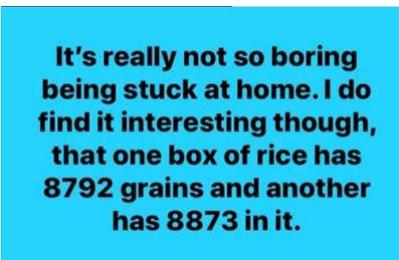
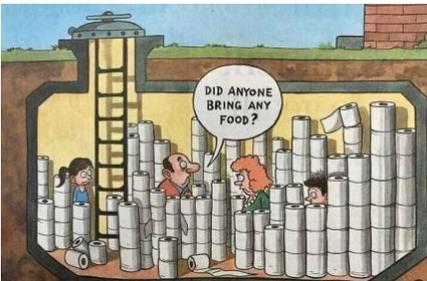
Medicare warning: Scammers may use COVID-19 as an opportunity to steal your identity and commit Medicare fraud. In some cases, they might tell you they'll send you a Coronavirus test, masks, or other items in exchange for your Medicare number or personal information. Be wary of unsolicited requests for your Medicare number or other personal information.

It's important to always guard your Medicare card like a credit card and check your Medicare claims summary forms for errors. Only give your Medicare number to participating Medicare pharmacists, primary and specialty care doctors or people you trust to work with Medicare on your behalf. Remember, Medicare will never call you to ask for or check your Medicare number.

For more information on protecting yourself from fraud and reporting suspected fraud, visit [Medicare.gov/fraud](https://www.medicare.gov/fraud).

A Little Comic Relief

The current fear of the coronavirus, the new restrictions, and the disruption of our habits can feel overwhelming. Humor can help us bounce back. Here are a few items that the wits have recently posted – for your enjoyment.



Culture at Your Fingertips

Being “social-distanced” does not mean we have to be without the joys of art. Megan Schaltegger, at the online magazine *Thrillist*, compiled *These Iconic Museums Offer Virtual Tours Perfect for When You're Stuck at Home*. The following world-class museums provide tours at your fingertips:

Washington, DC

- **National Gallery of Art** – Click on this link: [The National Gallery of Art](#)
- **Smithsonian National Portrait Gallery** – [Smithsonian's National Portrait Gallery](#)

New York City

- **Guggenheim Museum** – [Google's Street View](#)
- **The Museum of Modern Art (MoMA)** – Start exploring [right here](#)
- **Whitney Museum of Modern Art** – [online destination](#)

London

- **The British Museum** – [London's British Museum](#)
- **Tate Modern** – [London's modern art gallery](#)

Paris

- **The Louvre** – [The Louvre](#)
- **Musée d'Orsay** – [museum's diverse collection](#)

Amsterdam

- **Rijksmuseum** – [Rijksmuseum](#)
- **Van Gogh Museum** – [Van Gogh Museum](#)

And More: Scroll the extensive array of [online museum collections here](#) and absorb world culture in the relative comfort of your own home. And, Google Earth is making it easy to go on a virtual adventure by offering digital tours of 30 UNESCO [World Heritage Sites](#). *Solas Nua* is making their “Cyber Craic” pages of Irish poetry, drama, films, and music available at www.solasnua.org.

For baseball enthusiasts, here are two more ways to get your fix. MASN is rebroadcasting the Nats 2019 post-season starting on April 2. As a bonus, they are only doing the Curly Ws (the wins). For days and times, check:

<https://www.masnsports.com/nationals-pastime/2020/03/masn-to-re-air-every-nationals-win-from-2019-postseason.html>

For Nats fans who need more, MLB TV is showing all 2018 and 2019 games of all teams for free (subscription usually required). Go to <https://www.mlb.com/live-stream-games/subscribe?affiliateId=mlbMENU>. You will need an MLB account (free) to access. One bonus from this service is that you can get the radio broadcasts too. Great background for Spring cleaning. To make sure you get a good game, you can look at the Nats website under 2019 schedule to locate one of the many Nats wins.

Nominations for 2021 Seats on the Board are Now Open

The Governance Committee is soliciting nominations of Village members to serve on the Board of Directors. Directors may serve three two-year terms.

The first step in this process is seeking nominations. Please volunteer to serve or suggest a Board candidate. There are no specific qualifications for Board membership beyond enthusiasm for the Village mission, willingness to prepare for and attend meetings and special events (annual meeting, picnic, and party), and general commitment to the Village. There are many benefits to serving on the Board, such as making new friends and deepening old relationships, watching members enjoy themselves at Village events, and going to bed tired from mental or physical work that you know is meaningful. To put a hat in the ring, contact the Governance Committee Co-Chairs: Judy Byron, at judy@judybyron.com or 202-422-2307, or Rebecca Shannon at shannonrl20010@gmail.com or 202-745-5808.

This is the time to be slow,
Lie low to the wall
Until the bitter weather passes.

Try, as best you can, not to let
The wire brush of doubt
Scrape from your heart
All sense of yourself
And your hesitant light.

If you remain generous,
Time will come good;
And you will find your feet
Again on fresh pastures of promise,
Where the air will be kind
And blushed with beginning.

~John O'Donohue

JOIN MOUNT PLEASANT VILLAGE

Membership Fee: \$50 annually per individual. For more information, contact Michael Burke at membership@mountpleasantvillage.org.

Donor: Make a tax-deductible donation to Mount Pleasant Village at 1735 Lamont Street NW, Washington, DC 20010.

Contact us. If you have questions, comments, or news to share, contact: information@mountpleasantvillage.org

From the Centers for Disease Control & Prevention: How to Protect Yourself

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. More information on [Are you at higher risk for serious illness?](#)

Know How It Spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Take Steps to Protect Yourself

Clean your hands often



- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact



- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick.](#)

Take Steps to Protect Others

Stay home if you're sick



- Stay home if you are sick, except to get medical care. Learn [what to do if you are sick](#).

Cover coughs and sneezes



- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a facemask if you are sick



- If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. [Learn what to do if you are sick](#).
- If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Clean and disinfect



- Clean AND disinfect [frequently touched surfaces](#) daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

Options include:

- Diluting your household bleach.
- To make a bleach solution, mix:
 - 5 tablespoons (1/3rd cup) bleach per gallon of water
OR
 - 4 teaspoons bleach per quart of water
- Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.
- Alcohol solutions. Ensure solution has at least 70% alcohol.
- Other common EPA-registered household disinfectants.
- Products with [EPA-approved emerging viral pathogens pdf icon \[7 pages\]external icon](#) claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).

How to Practice Social Distancing

By Isaac Chotiner

The New Yorker

March 17, 2020

(Adapted version)

As Americans and people around the world are being asked to help halt the spread of the coronavirus, we have frequently been told to practice social distancing. In practice, social distancing mostly means avoiding close contact with people who do not live with you, and also public spaces, where surfaces may be contaminated. But, no matter how often we have been given such advice, it can be hard to totally change our habits, and the specific advice about how to behave can be confusing and overwhelming.

In order to get some tips on how we should all be going about our daily lives, I spoke by phone with Asaf Bitton, a primary-care physician, public-health researcher, and the director of the Ariadne Labs, at Brigham and Women’s Hospital and the Harvard T. H. Chan School of Public Health. In our conversation, we discussed what to do when you go outside, how often to shower, the importance of walks, how to respond if someone you are sheltering with gets sick, the pros and cons of ordering food, and the unsung heroes at American medical facilities.

What is important to know about socially distancing? When you talk to people in your own life, is there something they seem to not understand about it?

We have all these built-in human needs and desires because we are social creatures who connect with each other, and I think one of the profound challenges, and one of the ways we will know whether we are meeting this crisis head-on, is whether we can sustain this very unnatural—from a human perspective—physical separateness.

But I want to really emphasize that social distancing is really about that physical separation. It is not—and, in fact, it won’t work if it means—an actual disconnection socially from each other, which would have tremendous, tremendous effects pretty much on everybody, but especially kids and the elderly and other vulnerable populations.

You write, “Exercise, take walks/runs outside, and stay connected through phone, video, and other social media. But when you go outside, do your best to maintain at least six feet between you and non-family members. If you have kids, try not to use public facilities like playground structures, as coronavirus can live on plastic and metal for up to three days, and these structures aren’t getting regularly cleaned.” Can you discuss this more? There is a lot of fear about the coronavirus living on surfaces. Does going outside at all increase the risk?

Going outside in and of itself doesn’t increase the risk. It is really proximity to other human beings, and specifically to their secretions—their sneezes and droplets. So, the recommendation is to please go outside if you can. Please take walks, please bike, with a helmet. Interact with your family members outside. But really the key is don’t interact with people outside of your home unit—

whoever you are already in close contact with. The C.D.C. is recommending maintaining a distance of six feet, because that is as far as they can tell droplets can travel. And don't touch other people.

And in terms of playground surfaces and sitting on park benches, it sounds extreme, but we do know that it lives on surfaces for a long time—some studies have found nine days, some studies have found three days—and we don't clean those surfaces regularly. You will want to not touch those surfaces.

But the key thing is that you are going to want to go outside, and I am concerned that people are misconstruing social distancing as a recommendation to not get fresh air. And I don't think that is healthy for people. It is really a matter of maintaining as much personal space as possible.

You write, "Take-out meals and food are riskier than making food at home given the links between the people who prepare food, transport the food, and you. It is hard to know how much that risk is, but it is certainly higher than making it at home. But you can and should continue to support your local small businesses (especially restaurants and other retailers) during this difficult time by buying gift certificates online that you can use later." How do you weigh this? If you get takeout, there is a whole supply chain where people could be interacting. Should people not do it at all?

Here is where I stand on this. I think that, if a person is really trying to minimize their risk—like, let's say they are older, or have a respiratory or cardiovascular condition, and they're trying to minimize all possible risks—then not taking out from restaurants and minimizing that chain of people touching your food might be a good idea. What I am saying is it is not standard practice, but there have been no public-health guidelines for restaurants that remain open to basically have all of their chefs and cooks and people who handle the food wear masks. And so, given the fact that that is not a guidance, there is at least a theoretical, if not probable or likely, somewhat increased risk of transmission from food delivery. I am also a realist and a pragmatist, and I get that, especially in dense urban areas, it is not practical for everybody to cook every meal on their own. And so, this is where we have to make our best guess and judgment about that titration of risk and benefit. It's not about doing everything a hundred per cent all the time. It's about doing as much as you possibly can and contributing your own personal discomfort or inconvenience to protect yourself and to protect others.

One thing I have been saying, and maybe this is wrong, since I am not a doctor, is that this is not binary. It isn't that you have been exposed to the virus or not, and if not, who cares. This is about risk mitigation, and, if you do ninety-eight per cent of the smart things, that is better than two per cent. Not everyone will be at a hundred per cent. We are human. But we have to get as close as we can.

All of the infectious-disease modelling would suggest that something is better than nothing, and a lot of somethings are better than fewer nothings. The way I look at it for social distancing is that you never know what your individual action, especially a preventive action, can and will do. It is very hard to quantify a negative of something bad not happening.

But we do have good evidence of what doing nothing will cause to occur. That has become really stark. We need to drive home the idea that this is not some fanciful or theoretical social construct. This is really a reality, and we all have a role to play in mitigating worse spreads.

What should people do as soon as they get home? Should they wear certain clothes in and certain clothes out?

Like if they go to the grocery store?

Or even take a walk.

I think there is a distinction. If you take a walk in an open, airy park environment or down a not-too-crowded street, I don't think you need to rip off your clothes and jump in the shower. If you had contact with anybody within your personal radius of space, or anyone bumped into you, or you were in a crowded environment like a grocery store or pharmacy, and you had to touch grocery carts and credit-card pads, you should immediately wash your hands for thirty seconds. By the way, people should look at videos for how to wash hands. There is a method. And there are some great videos.

Would you mind sending me one?

You will never wash your hands the same way after seeing [this video](#).

How often would you recommend showering?

Normal, if you are not going out a lot. One thing that comes to mind is if you are going to go out, maybe take a shower after. Can I point to an evidence guideline that supports that? No. But let's say you are going out for your morning walk. I don't see how it could hurt to shower after, and perhaps it can help.

What about behavior with the people we are quarantined with? Even though we are exposed to those people, should we still be trying to have less physical contact? Does that matter? Should people sleep in separate beds when possible, or have less sex?

I think that, if you have been living with your family or housemates and have been interconnected for a long time, there is no way to disconnect, especially if you are sharing the same living space. I don't think we should be sleeping in separate beds right now, with a couple of exceptions. And this is emerging in some of the medical reports right now. We are still trying to figure out what to do if one person in a household is in a high-risk health-care environment, like E.R. physicians and nurses. A lot of people are separating. Let's not overly disconnect.

You write, "If you are sick, you should try to isolate yourself from the rest of your family within your residence as best as you can." If someone in your quarantine feels a little sick, what action would you take? I don't mean sick with coronavirus symptoms—maybe just a sore throat.

If your space allows—and I am very sensitive that a lot of the guidance today assumes a certain household space and living circumstance that a lot of people don't have—but if you start to become symptomatic, then separation within the household is recommended, especially if you have been out and about and there is at least a theoretical chance you might have been exposed. So, separation within houses when possible, and more intense hand-washing and wiping down shared surfaces, especially kitchen and bathroom, would be recommended. And contact your primary-care team or health provider, but don't just walk in. We are quickly flipping to a virtual or telephonic model. You

are going to see more and more drive-through testing clinics or centralized cough-and-fever clinics, where the workers have the gowns and protective equipment and are prepared for you. But a lot of small practices are not, and just walking in, particularly with respiratory systems, is not a good idea for you, for other patients, or for the staff.

Anything else?

I just want to add that I think social distancing resonates as a concept with families and middle-aged and older adults. I worry it is not resonating enough, or that there is an understandable pushback among younger adults, or people whose lives have been upended if they work in the gig economy, or who don't necessarily relate to the whole social-distancing thing. This is a real opportunity to be a hero by doing almost nothing.

I get that it is uncomfortable, and I want people to get more comfortable being uncomfortable for a while. And I get that it is annoying. Think of your aunt, your grandparents, and people you don't even know. If you are young and you get it—yeah, you probably will have a mild case, although don't be so confident of that, because there are certainly a number of sick young folks across the country. The key is that this is really a time to form a new social compact where everyone is giving up a little something. And I get that social distancing will be hard. But I am always impressed with people's capacity to respond to adversity.



View From Lamont Park, Washington, DC

©2019 Greenfield Greetings

it takes a village to protect a village

Mount Pleasant Village and Mount Pleasant ANC 1D have joined together to enlist neighborhood volunteers for our Senior Citizens and those with complicating medical conditions who live in Mt. Pleasant.



***Quarantined?
Need Assistance?***

Contact:

email: info@anc-volunteering.org

call: 202-573-7548 (leave a voicemail)

More Information? www.anc-volunteering.org



mountpleasantvillage.org and ANC1D.org