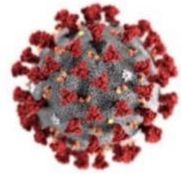




Village Responds to the Pandemic



In this time of uncertainty and anxiety the Village is working to lessen the impact of the coronavirus on our members. The Village's cluster system continues to provide direct phone and email contact with members to assure your well-being, provide updated information, and offers of assistance. The Program and Partnership committees, through the *Weekly Announcements* and *FYI*, help keep members abreast of the rapidly changing commercial landscape of restaurant and farmers market food deliveries and the expanding availability of virtual museum tours and speaker forums. Villagers are also busy keeping the website up-to-date with coronavirus information and working with the joint Village/ANC-1D initiative, Neighbors Helping Neighbors, to provide volunteer assistance to seniors and homebound across the Mount Pleasant community.

Note: The Village/ANC-1D initiative, Neighbors Helping Neighbors, had a few technical glitches with the phone help-request line at the beginning, but these have been resolved and the help/assistance system is back in full operation.

How the Neighbors Helping Neighbors System Works

With the *Stay-at-Home* order issued by Mayor Bowser for District, those now homebound may find that food shopping, obtaining prescriptions, or changing hard-to-reach lightbulbs has become challenging, potentially dangerous to one's health, or simply impossible. Though we all want to be self-reliant and are reluctant to ask for help, most of us are in the age, and sometimes health, risk group for coronavirus infection. To protect ourselves we need to ask our neighbors for

Reliable Sources for COVID-19 Information

Obtaining accurate and reliable information can be a challenge during pandemics. 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

To Request Assistance

The Village/Neighbors Helping Neighbors initiative provides volunteers to help with shopping, pharmacy pick-ups, or other tasks and support (see page 12). To request assistance, call **202-574-7548** (please leave a voice message) or email request@anc-volunteering.org.

Call for Board Nominations

The Governance Committee is soliciting nominations for members to serve on the Board of Directors (see page 5).

assistance. This is why the Neighbors Helping Neighbors volunteer system was created. Here is how it works:

- Request for assistance, made either through the call-in number or by email, are reviewed by the Intake/Request Team.
- The team contacts vetted volunteers to provide the assistance. The volunteer then contacts the person requesting assistance. For example, if the need is for groceries, the volunteer will (continued on page 2)

contact the Villager to ask about the type of assistance needed – are they to do the actual grocery shopping (and what is on the shopping list) or has an email order been placed with a market? Once the groceries are obtained, the volunteer will deliver them to the Villager.

- Generally, deliveries are just to the front door of the house or apartment. To prevent virus transmission, protocol

demands that volunteers wear protective masks and gloves.

- If there is to be reimbursement for groceries the volunteer purchased, the details and method of payment will be worked out in advance.
- A similar process is used for pharmacy and prescriptions and other errands.
- There is no charge for volunteer services.

The **Village** and the **Neighbors Helping Neighbors** initiative are using a central phone (202-573-7548) and email (requests@anc-volunteering.org) to handle all assistance requests.

We Need Your Help with Outreach

A major challenge during this epidemic is getting information about assistance to those who need it. Because of the cluster system used by the Village, the information flow to members is relatively easy. However, reaching seniors and those homebound who are not Village members is more difficult. Please help us with outreach. If you know neighbors who are in the age and health risk groups, please tell them about the Neighbors Helping Neighbors initiative and give/send them the contact information. Information flyers are on pages 12 and 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.

Voxie's coronavirus tip: cover your snout!

In brief, the recommendations to remain healthy and reduce the spread of infection include (more detailed instructions can be found on page 8):



- Wash your hands frequently with soap & water (for at least 20 seconds) or clean with 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.
- 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.

How Long Does the Coronavirus Live on Various Surfaces?

The coronavirus can live for hours to days on surfaces like countertops and doorknobs. How long it survives depends on the material the surface is made from. See page 10 for details.

Where to be Tested for the Coronavirus

The ten public testing sites in the District are listed on page 11.

Meet the Villagers: Julianne Byrne

Julianne Byrne was born in Drogheda, on the east coast of Ireland, about thirty miles north of Dublin.



She is the oldest of five children, four of whom are still living. During the years she was growing up, it has been estimated that her physician father delivered thousands of babies in the community. Julie graduated from University College Dublin with a degree in zoology and minor in biochemistry. In 1965, she and her then husband moved to the U.S. for positions at the University of Tennessee in Knoxville. Their

daughter was born soon thereafter. The family returned to Ireland in 1970, where their son was born. They later returned to the U.S., where her husband took a position with the United Nations. In 1972-73, Julie took a hiatus from working to raise her young children, and also operated a bakery out of her kitchen, providing bread, croissants and cakes to eager clientele.

In 1974, Julie had career-changing “Damascus road experience” while reading a *New York Times* article about asbestos and mesothelioma that would refocus her interests to epidemiology and cancer research. She enrolled and completed a doctorate in epidemiology at Columbia University. The family moved to the District in 1984, when Julie took a research position with NIH’s National Cancer Institute to study the long-term problems resulting from cancer treatment received during childhood and adolescence.

A second “Damascus road experience” in 1992 led Julie to leave NIH to found the Boyne Research Institute (www.boyneresearch.ie), in her home town of Drogheda, Ireland, to focus research into the causes and prevention of birth defects in families and the long-term complications of cancer during childhood and adolescence on adult fertility of Irish women. Julie is also a founder and board member of PanCare (www.pancare.eu), a multidisciplinary pan-European network whose mission is to perform collaborative research and to act as a resource of research-based information to reduce the frequency, severity and impact of late side-effects of the treatment of children and adolescents with cancer. Two of PanCare’s studies received European Union funding. Julie continues her involvement in these research topics.

Julie described her greatest joy in life as being her family. She and husband Gerry Fitzgerald, whom she married in 1981, have three children between them: Michael, father of three children, lives in Connecticut; Des, the father of 10-month old Sean, lives in the District, as does her daughter Kim. In spite of this busy life, Julie devotes time to Village activities – in trying spark interest in a poetry group, in founding the Waste Management Interest Group that now boasts 14 members (see the Interest Group update below), and in being an active member of the meditation group. Julie is also following the online yoga classes and attending services at the Church of the Savior.

Update on the Waste Management Interest Group: A Report from Julie Byrne

The Mount Pleasant Village Waste Management Interest Group (WMIG) held its first meeting on July 8, 2019, and has since met on a regular basis. We have 14 members, and welcome anyone who wishes to support our mission.

The mission is ***to make Mount Pleasant a model community for waste management by implementing solutions that are local, possible, and involve both seniors and juniors in the community.***

(Continued on next page)

WMIG has deliberated about actions to enhance recycling, composting, energy reduction, and improve education and awareness. We are creating partnerships with other DC Villages, and are reaching out to DC Government agencies, all while supporting the mayor's Zero Waste DC plan (<https://zerowaste.dc.gov/>). We are active in the following areas:

Composting. Keeping food waste out of landfills is one of the most direct ways you can help reduce global warming. Each person's impact truly adds up over time. That's why WMIG has been working to add the Mount Pleasant Farmers' Market as a designated weekly, year-round site for food waste drop off.



We met with the Director of Mayor's Office of the Clean City and Council member Brianne Nadeau. We toured the site where DC's kitchen waste is taken to be composted – Maryland Environmental

Service [<https://menv.com/>] in Prince George's County. In reaching out to partners to see how we can scale up composting in our community, WMIG met with the head of Compost Cab, and we have been exchanging regularly with Glover Park Green Village. We've been working with the manager of the Mount Pleasant Farmers Market to improve the sustainability of the well-run volunteer composting operation.

WMIG was successful in getting a [resolution](#) passed by the ANC at their January 2020 meeting supporting DC's composting program and urging the District to install a permanent composting facility at the Mount Pleasant Farmers' Market.

Plastic Bag Recycling. We're investigating exactly which materials are accepted in the plastic bag recycling at the larger grocery stores.

Hazardous Waste. Suspended during the COVID-19 emergency.

Education. WMIG is interested in helping residents and businesses learn about the [Mayor's Zero Waste DC 2.0 Plan](#) and the steps we can take to reduce our footprint on the Earth. Through information, updates and future talks, we'll link our local actions to broader concerns that have an impact on our environmental health and everyone's well-being. We'll keep you posted about upcoming educational events.

WMIG toured the Food Composting Operations at Maryland Environmental Service – the facility where Compost Cab brings organics collected in DC for composting. Photos by Martha Sipple



Left: Julianne Byrne, founding member of WMIG; Steven Birchfield Field Operations Supervisor, Food Composting Operations at Maryland Environmental Service; Fred O'Regan, member of WMIG



The final product of this composting process, ready for use.

Nominations for 2021 Seats on the Board of Directors are Now Open Step Right Up!

In this coming year, Mount Pleasant Village will need several new Board members. Each new member will be asked to serve a two-year term (with two additional consecutive terms allowed under the Village bylaws). We are looking for energetic team players to help us realize our mission within our special Mount Pleasant community. The first step in this process is asking Village members to volunteer for seats on the Board.

Our current Board members serve for a variety of reasons – giving back to the community, attraction to the Village mission, desire for community involvement, interest in the issues of older adults, and being of service. Your own reason for wanting to join the Board is perfect.

Just Do It! 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.

Report on the Iona Food Drive: A Thank You Note from Sally White

Mount Pleasant Village participated in the Iona Food Drive, with more than 55 households donating food and needed items to their food bank. Sally White, the Executive Director of Iona Senior Services, sent the following thank you note:

“We had such an amazing day! We had over 200 cars dropped off food. The fitness room in our center is FULL of food and household items. Cars were backed up all the way onto River Road [waiting to deliver].

At the very end of the morning ... a woman drove up with a FULL van of food and TP and paper towels. She said her father was coming to Wellness & Arts until just a few months ago. She bought all the things as a thank you for all the staff did for him while he was a participant. That’s just one example of the generosity shown today.”



Fun Things to Do During Hibernation

Speaker Series: Northwest Neighbors Village has developed a Virtual Speaker Series and is inviting Mount Pleasant Village members to join them. Here is the link to their series [share this link](#).

Virtual Museum Tours: In addition to the list of museums offering virtual tours of their exhibits published in last month’s newsletter, other museums are now open online, including:

- J. Paul Getty Museum, Los Angeles: <https://www.getty.edu/coronavirus>
- Uffizi Gallery, Florence: <https://www.virtualuffizi.com/explore-the-uffizi.html>
- Museu de Arte de São Paulo: <https://artsandculture.google.com/partner/masp>

Around Town DC updates their website with events for seniors who are looking to do various events online or over the telephone. Here is a link that lists those various events:

<https://www.aroundtowndc.org/events/category/special-events/>

Be Aware of Scams

Now that the “stimulus checks” are being distributed, please be on the lookout for scammers. Know that the IRS does not initiate contact with taxpayers by email, text messages, or social media channels to request personal or financial information. The IRS urges taxpayers to be on the lookout for scammers and email phishing attempts about the COVID-19 and economic impact payments.



The IRS reminds taxpayers that scammers may:

- Emphasize the words "Stimulus Check" or "Stimulus Payment." The official term is “economic impact payment.”
- Ask the taxpayer to sign over their economic impact payment check to them.
- Ask by phone, email, text or social media for verification of personal and/or banking information saying that the information is needed to receive or speed up their economic impact payment.
- Send surprise emails that appear to be coming from the IRS. Remember, don't open them or click on attachments or links. Go to [IRS.gov](https://www.irs.gov) for the most up-to-date information.
- Suggest that they can get a tax refund or economic impact payment faster by working on the taxpayer's behalf. This scam could be conducted by social media or even in person.
- Mail the taxpayer a bogus check, perhaps in an odd amount, then tell the taxpayer to call a number or verify information online in order to cash it.

In most cases, the IRS will deposit economic impact payments into the direct deposit account taxpayers previously provided on tax returns. Those taxpayers who have previously filed but not provided direct deposit information to the IRS will be able to provide their banking information online to a newly designed secure portal on [IRS.gov](https://www.irs.gov) beginning in mid-April. If the IRS does not have a taxpayer's direct deposit information, a check will be mailed to the address on file. Taxpayers should not provide their direct deposit or other banking information for others to input on their behalf into the secure portal.

The IRS also reminds retirees who don't normally have a requirement to file a tax return that no action on their part is needed to receive their \$1,200 economic impact payment. Seniors should be especially careful during this period. The IRS reminds retirees that no one from the agency will be reaching out to them by phone, email, mail or in person asking for any kind of information to complete their economic impact payment, also sometimes referred to as rebates or stimulus payments. The IRS is sending these \$1,200 payments automatically to retirees – no additional action or information is needed on their part to receive this.

Taxpayers are encouraged not to engage potential scammers online or on the phone. Learn more about reporting suspected scams by going to the [Report Phishing and Online Scams](#) page on [IRS.gov](https://www.irs.gov).

Official IRS information about the COVID-19 pandemic and economic impact payments can be found on the [Coronavirus Tax Relief](#) page on [IRS.gov](https://www.irs.gov). The page is updated quickly when new information is available.

Membership Reminder

May is a busy month for membership renewals. For those with anniversary dates this month, please be sure to check your inboxes for your renewal notices. Each of you is very important to the life of the Village. Please consider providing emergency contact information with your renewals. As with all personal data, this information will be kept confidential. Renew either by sending a check to 1735 Lamont Street NW, Washington, DC 20010 or online www.mountpleasantvillage.org.

To help support our community, the Village is providing a waiver of our annual membership dues to those neighbors experiencing financial challenges or layoffs due to the coronavirus business closures.

The Membership Committee welcomes the following new members:

- Barbara Dunn, Park Road
- Robin Freeman, Irving St.
- Emily McKay, 19th St.
- Heming Nelson, Irving St.
- Elizabeth Nolte, 18th St.
- Bill Panici, Adams Mill Road
- Laura Wilson Phelan, Oakwood Terr.

Upcoming Zoom Meeting: Age Discrimination in the Workplace

The Diversity Committee will hold its first “Lunch & Learn” Zoom program on Wednesday, May 20, at 12:30 pm. The presenter will be Lynne Bernabei, a founding partner of Bernabei & Kabat, has been litigating employment discrimination cases for over thirty years. Ms Bernabei won a major age discrimination judgment against American University in 2018. Instructions for connecting to the session will be sent mid-May.



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.
- **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.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone Should

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
- **Stay at home as much as possible.**
- Put distance between yourself and other people
 - Remember that some people without symptoms may be able to spread the virus.
 - Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Take Steps to Protect Others

Cover Your Mouth and Nose with a Cloth Face Cover When Around Others



- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
 - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

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.

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.
- **Then, use a household disinfectant.** Most common [EPA-registered household disinfectant](#)[external icon](#) will work.

How Long Does the Coronavirus Live on Various Surfaces?

From *WebMD*

The coronavirus can live for hours to days on surfaces like countertops and doorknobs. How long it survives depends on the material the surface is made from.

Here's a guide to how long coronaviruses -- the family of viruses that includes the one that causes COVID-19 -- can live on some of the surfaces you probably touch on a daily basis.

- **Aluminum:** 2 to 8 hours – Examples: soda cans, tinfoil, water bottles
- **Copper:** 4 hours – Examples: pennies, teakettles, cookware
- **Cardboard:** 24 hours – Examples: shipping boxes
- **Plastics:** 2 to 3 days – Examples: packaging like milk containers and detergent bottles, subway and bus seats, backpacks, elevator buttons
- **Stainless steel:** 2 to 3 days – Examples: refrigerators, pots and pans, sinks, some water bottles
- **Wood:** 4 days – Examples: furniture, decking
- **Glass:** Up to 5 days – Examples: drinking glasses, measuring cups, mirrors, windows
- **Metal:** 5 days – Examples: doorknobs, jewelry, silverware
- **Ceramics:** 5 days – Examples: dishes, pottery, mugs
- **Paper:** The length of time varies. Some strains of coronavirus live for only a few minutes on paper, while others live for up to 5 days.
- **Food:** Coronavirus doesn't seem to spread through exposure to food. Still, it's a good idea to wash fruits and vegetables under running water before you eat them. Scrub them with a brush or your hands to remove any germs that might be on their surface. [Wash your hands](#) after you visit the supermarket. If you have a weakened [immune system](#), you might want to buy frozen or canned produce.
- **Water:** Coronavirus hasn't been found in drinking water. If it does get into the water supply, your local water treatment plant filters and disinfects the water, which should kill any germs.

What You Can Do

To reduce your chance of catching or spreading coronavirus, clean and disinfect all surfaces and objects in your home and office every day. This includes:

- | | |
|---------------------|-------------------|
| • Countertops | • Phones |
| • Tables | • Keyboards |
| • Doorknobs | • Remote controls |
| • Bathroom fixtures | • Toilets |

Use a household cleaning spray or wipe. If the surfaces are dirty, clean them first with soap and water and then disinfect them. Keep surfaces clean, even if everyone in your house is healthy. People who are infected may not show symptoms, but they can still shed the virus onto surfaces.

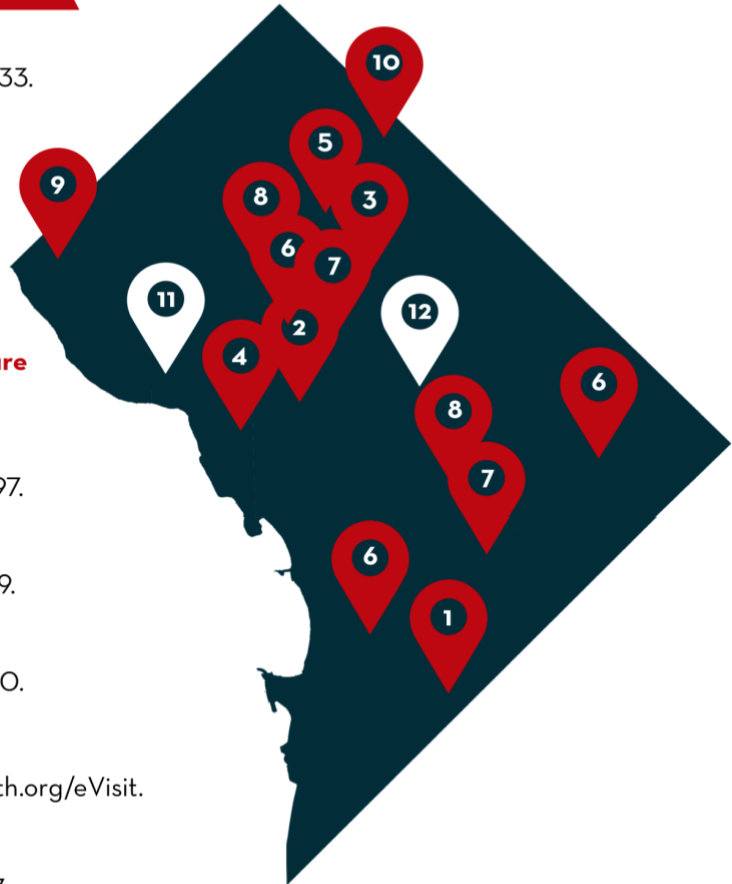
After you visit the drugstore or supermarket, or bring in takeout food or packages, wash your hands for at least 20 seconds with soap and warm water. Do the same thing after you pick up a delivered newspaper.

[Unfortunately, your editor could not locate information on the length of time the coronavirus may live on skin and clothing.]

TESTING FOR COVID-19

Public Testing Sites

- 1 United Medical Center (UMC)**
For an appointment, call 1-855-363-0333.
- 2 GW University Medical System**
For an appointment call, 202-741-2765.
- 3 Children's National Health System**
For an appointment, visit bit.ly/childrensnationaltesting
- 4 All Care Family Medicine & Urgent Care**
For an appointment, call 202-787-1979.
- 5 Mary's Center**
For an appointment, call 1-844-796-2797.
- 6 Unity Health Care**
For an appointment, call 202-469-4699.
- 7 Whitman-Walker Health**
For an appointment, call 202-745-7000.
- 8 Medstar Health**
For an appointment, visit MedStarhealth.org/eVisit.
- 9 Sibley Memorial Hospital**
For an appointment, call 443-997-9537.
- 10 UDC-CC- Bertie Backus Campus**
For an appointment, call 1-855-363-0333.



Additional Member Specific Testing Sites

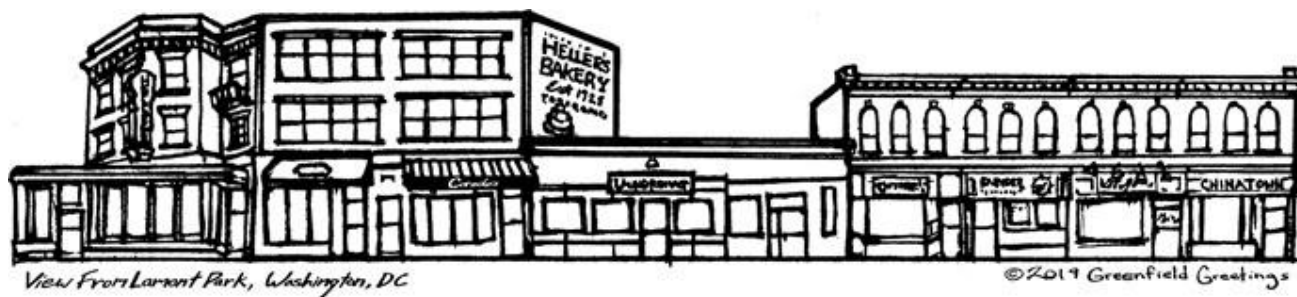
- | | |
|--|--|
| 11 One Medical
Location: 1690 36th Street, NW
For an appointment, call 202-695-7576. | 12 Kaiser Permanente
Location: 700 2nd Street, NE
For an appointment, call 202-346-3000. |
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CORONAVIRUS.DC.GOV



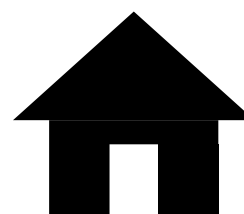
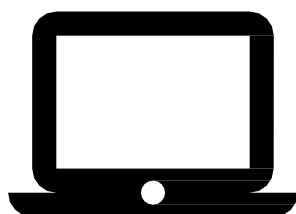
DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE
DISTRICT OF COLUMBIA
DC MURIEL BOWSER, MAYOR



COVID-19 RESPONSE IN MOUNT PLEASANT NEIGHBORHOOD.

NEIGHBORS HELPING NEIGHBORS IN NEED



- Grocery shopping, pharmacy, and other errands
- Remote technical support or regular check-ins
- In-home tasks necessary for safety or well-being

requests@anc-volunteering.org

(202) 573-7548 (leave a message)

You'll hear back within 24 hours!

150+ trained neighbors stand ready to help!

We speak Spanish and many other languages



www.anc-volunteering.org





¿NECESITAS AYUDA? MOUNT PLEASANT RESPONDE A CORONAVIRUS/ COVID-19

VECINOS AYUDANDO VECINOS



Mandados
esenciales
(supermercado,
farmacia, etcétera)



Soporte técnico virtual
o llamadas de
chequeo/ compañía



Tareas de hogar
necesarias para tu
seguridad y
bienestar

info@anc-volunteering.org
(202) 573-7548 (deja tu mensaje)
¡Recibirás una respuesta dentro de 24 horas!

150+ vecinos entrenados y listos para ayudar
Hablamos español y otros idiomas



www.anc-volunteering.org

