

Village Life in the Time of Coronavirus

The Village/ANC-1D Neighbors Helping Neighbors (MPNHN) initiative has evolved in new ways to address changing conditions related to COVID-19. MPNHN now has more than 160 volunteers. Fifty of these volunteers speak Spanish and, altogether, there are 17 different languages represented among volunteers.

A trained team of 8 people field requests 7 days a week. A team of 9 people is focused on community outreach to inform residents about the help available and has met with nonprofits, city agencies, churches, and other organizations to promote MPNHN. Three people are working on community-building among the volunteers and have organized Village cluster Zoom meetings. In addition to fielding bread-and-butter requests from neighbors for various types of help, MPNHN taken on bigger projects, including:

- 10-25 volunteers help with the Saturday Mount Pleasant Farmers' Market
- Volunteers helped District Bridges distribute flyers the neighborhood to publicize the DC Small Business Grant Program and are helping businesses complete their applications
- Volunteers serve as drivers for Sanctuary DMV, delivering groceries and supplies to immigrant families in DC and surrounding areas
- A team of volunteers are sewing cloth masks for volunteers and at-risk neighbors
- MPNHN is exploring various avenues to provide food aid to those whose incomes have diminished due to business closures
- MPNHN will soon begin distributing hand sanitizer and protective masks to the broader Mount Pleasant community

Mask Makers Needed

The Neighbors Helping Neighbors mask-sewing team of Sophia Al-Samarrai, Tess Amolsch, Michael Cabezas, Luz Cervantes, Sarah Hashmall,

Reliable Sources for COVID-19 Information

The following are valuable resources for information on the COVID-19 pandemic:

- 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, and other tasks, as well as masks and food aid. To request assistance, call **202-573-7548** (please leave a voice message) or email request@anc-volunteering.org.

Alice Kornicki, Meg Perry, Elizabeth Prewitt, and Cynthia Stevens, plus all of their friends and families who have contributed supplies and assistance, have sewn more 160 cloth masks for MPNHN volunteers and the residents of Harvard Towers, the senior housing building in the neighborhood. However, they need more help to keep up with the need. If you have a sewing machine, please stitch in. They also need mask-making materials. If interested in helping, please complete this [form](#) and they will contact you.



Meg Perry delivering two bags of masks.

In Remembrance

It is with a sad heart that we report the death of our fellow Villager, friend, and neighbor David Bosserman, who died at age 80 on May 23. Along with wife Olivia Cadaval, Dave was a strong supporter of social justice and the Green Statehood Party. He was an active volunteer for the Village and the larger community – the Smithsonian’s annual Folklife Festival, *La Clinica del Pueblo*, and as a Village Cluster Coordinator. Dave’s convivial presence and dedication will be sorely missed.

Incidence of COVID-19 Cases in Mount Pleasant

To date, there have been 241 known coronavirus cases in Mount Pleasant, placing us 12th highest of the 51 District neighborhoods. The total for Ward 1 is 1221 cases. Though we all may feel relieved that the District’s stay-at-home order has been lifted, these figures suggest that vigilance continues to be necessary for our health and safety. The virus is thought to spread mainly from person-to-person. The best way to prevent exposure to the virus is to remember the “Big Five”:



1. Stay at home as much as possible and limit person-to-person contact.
2. Keep social distance from others (at least six feet).
3. Wear a cloth face cover if you must go out in public.
4. Wash your hands with soap and water for at least 20 seconds after you have been in a public space or use a hand sanitizer that contains at least 60 percent alcohol.
5. Avoid touching your eyes, nose, and mouth with unwashed hands.

See Centers for Disease Control Recommendations for *Running Essential Errands* – Page 6

What to Do if You Have Coronavirus Symptoms

The symptoms that are currently being seen with COVID-19 are cough, fever, headache, new loss of taste or smell, repeated shaking with chills, sore throat, shortness of breath, and muscle pain. If you are experiencing these symptoms, DC health guidelines suggest:

1. Seek medical attention. Call your healthcare provider before visiting a health care facility.
2. Stay at home and self-quarantine until you are free of fever, signs of a fever, and any other symptoms for at least 24 hours and without the use of fever-reducing or other symptom-altering medications.

While Staying Safe at Home: Some Fun Things to Do

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 ([click here](#)).

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/>

Comic Relief: see page 8 for what the wits have recently posted.

Food Aid Becoming Critical to Mount Pleasant Residents

Mount Pleasant residents who lost their sources of income with the closure of many restaurants and other businesses due to the stay-at-home orders related to the pandemic are now facing food shortages in addition to their rent and health concerns. Our Latino neighbors have been particularly hard-hit by the current health and economic crisis. Fortunately, the District has resources that aren't available in many other communities, though these are being stressed by the breadth of need and the length of the current contagion. The Mount Pleasant Neighbors Helping Neighbors Food Team is working to establish long-term, stable sources of food aid for our neighborhood through partnerships with a variety of suppliers.

Villagers Donate Funds to Help Bancroft Families

With the support of Village leadership, both the Village Cluster Coordinators and the Partnership Committee have voted to donate a portion of their operating funds to help impoverished Bancroft families. As Bancroft Elementary School is a Village partner, the need for assistance was quickly apparent. About 60 families of school students have lost substantial income due to the coronavirus quarantine, with ten families experiencing dire need. In collaboration with Bancroft Principal Jessica Morales, the Cluster Coordinators decided to take action to help these families by donating \$500 to the school's Parent-Teacher Organization for food aid. The Partnership Committee also recognized the ongoing needs of Bancroft families and decided to re-allocate funds to purchase \$900 in gift certificates from Mount Pleasant merchants and donate them to Bancroft. The committee saw this action as both helping local businesses and families in need. The businesses included in the gift card purchases were: Argyle Market, Angelico Pizza, Don Juan, Purple Patch, Pollo Sabroso, Haydee's Restaurant, Beau Thai, Dos Gringos Café, Marx Café, and Each Peach Market. Steady, longer term support is being sought by Bancroft and Mount Pleasant Neighbors Helping Neighbors.

From Bancroft School Principal Jessica Morales:

"Good Afternoon Judy,

...Thank you once again for all the support. I feel so blessed to have a strong community that supports everyone! I can tell you that our Bancroft Families are also very grateful!"

From Kelly Willis Bancroft Parent-Teacher Organization Treasurer:

"Dear Judy,

This is a wonderful show of support to the Mount Pleasant and Bancroft community - sincere thanks to the Mount Pleasant Village for this contribution. We have been super impressed with the way Principal Morales has been prioritizing families, spacing the contributions, and keeping track of where our support is going. "



First “Lunch and Learn” Zoom Session A Success



The Village Diversity Community recently launched “Lunch and Learn,” a new noon-time virtual program that combines food and learning. In the first session, organized by Martha Sipple and Farzin Illich, attorney Lynne Bernabei, a founding partner of the firm Bernabei & Kabat, discussed age discrimination in hiring and retention practices and the exclusion of older workers from the workforce. She described how some companies are using the pandemic as an opportunity to purge older workers and colleges are pushing out older tenured faculty, with older women being particularly vulnerable. Organizations are often clever in disguising their

discriminating practices, making it difficult to apply legal remedies. Lynne described the pandemic as having major economic impact on two segments of our population, on the young who are unable to enter the workforce, and on the old who are being pushed out. Unfortunately, under the current political climate there are few regulatory remedies. Attorneys are using a strategy of settlement before litigation as a means to address some workforce problems. Lynne also noted that there has been a resurgence of labor activism that may ultimately provide better protection for the labor force.

To help us understand how some of our prejudicial attitudes can operate subconsciously and how such age discrimination feels, Lynne sent session participants two short videos that beautifully highlight these issues. They are very well done: <https://www.youtube.com/watch?v=bQwJNYYIkQA> and <https://www.youtube.com/watch?v=UYCxAlqjyCA>.

Andrew Fenty Named Big Ten Player of the Year



Andrew Fenty, grandson of Jan and Phil Fenty and son of our former mayor, was recently named the Big Ten’s Men’s Tennis Player of the Year. A sophomore at the University of Michigan, Andrew was the league’s Rookie of the Year last season. He had a 17-9 record in singles play and 7-1 record against nationally-ranked singles opponents. Andrew and partner Mattias Siimar finished second-best in doubles play. He was also named to the first team of the 2019-20 Men’s Tennis All-Big Ten Teams. The Fenty family is, of course, proud and

delighted by Andrew’s accomplishments. Athletic prowess is not new to the Fentys; Grandfather Phil was an avid runner and bicyclist, and continues to be fit.

Editor’s Note – Passing the Baton: With this issue, I am retiring as the Village newsletter editor and as Chair of the Communications Committee. I have held both positions for the past five years and believe it is time for others to bring in fresh ideas and new energy. I have greatly enjoyed being engaged with the Village and its myriad of programs and activities. I have also come to appreciate the contributions of the many volunteers who dedicate countless hours to maintaining the smooth operation of the Village. I also want to acknowledge and express my gratitude to Cecile Srodes for proof-reading draft newsletters and correcting my many errors. (For anyone interested in joining the elite newsletter staff, please see page 5.)

Mount Pleasant Village Recruitment

for the position of

Newsletter Editor

Mount Pleasant Village is recruiting to fill the vacancy of Editor of the Village's monthly newsletter. Responsibilities and benefits of the position include the following:

Responsibilities

- Work with the Communications Committee Chair and an experienced writer to develop newsletter content;
- Collaborate with the Village Board of Directors, Committees, and Cluster Coordinators to produce features for the newsletter;
- Perform the mechanics of designing and compiling a monthly newsletter;
- Contribute to the success of the Village.

Benefits

- Enjoy Village programs, activities, and events while developing newsletter stories and articles;
- Meet a wide range of interesting Villagers;
- Learn more than you ever imagined about the workings of the Village and the Mount Pleasant neighborhood;

Interested? Contact Bill Emmet, President of Mount Pleasant Village, with any questions: wemmet@gmail.com.

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: Running Essential Errands

The following information provides advice about how to meet essential household needs in a safe and healthy manner.

Shopping for food and other household essentials: Order online or use curbside pickup

- Avoid shopping if you are sick or have symptoms of COVID-19 listed above
- Order food and other items online for home delivery or curbside pickup (if possible).
- Only visit the grocery store, or other stores selling household essentials, in person when you absolutely need to. This will limit your potential exposure to others and the virus that causes COVID-19.

Protect yourself while shopping

- Stay at least 6 feet away from others while shopping and in lines.
- Cover your mouth and nose with a [cloth face covering](#) when you go out in public.
- When you do have to visit in person, go during hours when fewer people will be there (for example, early morning or late night).
- If you are at [higher risk for](#) severe illness, find out if the store has special hours for people at higher risk. If they do, try to shop during those hours. People at higher risk [for severe illness](#) include adults 65 or older and people of any age who have serious underlying medical conditions.
- Disinfect the shopping cart, use disinfecting wipes if available.
- Do not touch your eyes, nose, or mouth.
- If possible, use touchless payment (pay without touching money, a card, or a keypad). If you must handle money, a card, or use a keypad, use hand sanitizer right after paying.

Use hand sanitizer

- After leaving the store, use hand sanitizer.

At home

- When you get home, wash your hands with soap and water for at least 20 seconds.
- Follow food safety guidelines: [clean, separate, cook, chill](#). There is no evidence that [food or food packaging](#) play a significant role in spreading the virus in the United States.

Accepting deliveries and takeout orders

Limit in person contact if possible

- Pay online or on the phone when you order (if possible).
- Accept deliveries without in-person contact whenever possible. Ask for deliveries to be left in a safe spot outside your house (such as your front porch or lobby), with no person-to-person interaction. Otherwise, stay at least 6 feet away from the delivery person.


Wash your hands or use hand sanitizer after accepting deliveries or collecting mail

- After receiving your delivery or bringing home your takeout food, wash your hands with soap and water for 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.

- After collecting mail from a post office or home mailbox, wash your hands with soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol.

Banking

Bank online whenever possible

- If you must visit the bank, use the drive-through ATM if one is available. Clean the ATM keyboard with a disinfecting wipe, if available, before you use it.
- When you are done, use a hand sanitizer with at least 60% alcohol. Wash your hands with soap and water for at least 20 seconds when you get home.
- [FDIC: Receiving IRS Economic Impact Payments](#)

Getting gasoline

Use disinfecting wipes on handles or buttons before you touch them

- Use disinfecting wipes on handles and buttons before you touch them (if available).
- After fueling, use a hand sanitizer with at least 60% alcohol. Wash your hands for at least 20 seconds when you get home or somewhere with soap and water.

Going to the doctor or getting medicine

Talk to your doctor online, by phone, or e-mail

- Use telemedicine, if available, or communicate with your doctor or nurse by phone or e-mail.
- Talk to your doctor about rescheduling procedures that are not urgently needed.

If you must visit in-person, protect yourself and others

- If you think you have COVID-19, notify the doctor or healthcare provider before your visit and follow their instructions.
- Cover your mouth and nose with a [cloth face covering](#) when you have to go out in public.
- Do not touch your eyes, nose, or mouth.
- Stay at least 6 feet away from others while inside and in lines.
- When paying, use touchless payment methods if possible. If you cannot use touchless payment, sanitize your hands after paying with card, cash, or check. Wash your hands with soap and water for at least 20 seconds when you get home.

Limit in-person visits to the pharmacy

- Plan to order and pick up all your prescriptions at the same time.
- If possible, call prescription orders in ahead of time. Use drive-thru windows, curbside services (wait in your car until the prescription is ready), mail-order, or other delivery services. Do the same for pet medicine.
- Check with your doctor and pharmacist to see if you can get a larger supply of your medicines so you do not have to visit the pharmacy as often.

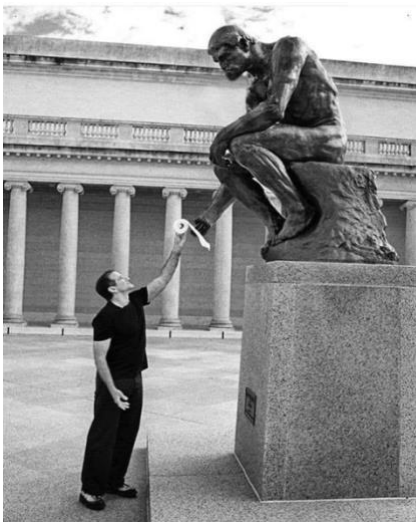
If you or a member of your household has signs of COVID-19, call your doctor first, instead of going to the office or the emergency department.

Day 2 without sports. Found a lady sitting on my couch. Apparently she's my wife. She seems nice. 😎

PLEASE TAKE YOUR CLOTHES OUT OF THE CLOSET REGULARLY, AIR THEM OUT AND ALLOW TO STAND IN SUNLIGHT. RECENT STUDIES SHOW THAT IF CLOTHES ARE KEPT IN CLOSETS OVER LOCKDOWN, THEY SHRINK.



SO TECHNICALLY
SHOWING UP AT THE BANK WEARING A MASK AND GLOVES IS NOW OKAY



I never thought in my entire life, my hands would consume more alcohol than my mouth.

"Saw my neighbor Tammy out early this morning scraping the 'My Kid is a Terrific Student' sticker off her minivan. Guess that first week of homeschooling didn't go so well."



I'M SO EXCITED IT'S TIME TO TAKE THE GARBAGE OUT. I WONDER WHAT I SHOULD WEAR?



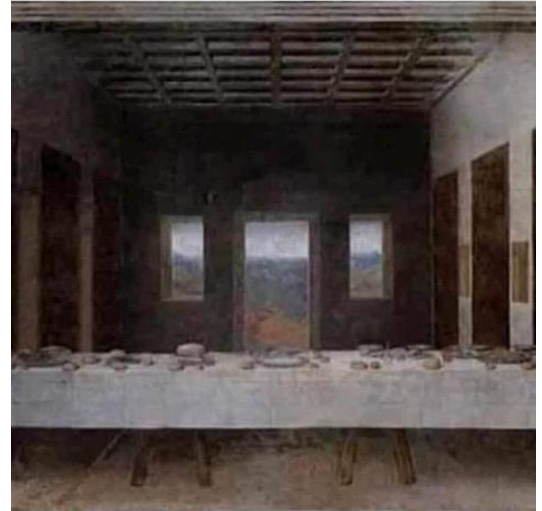
Day 7 of the quarantine
My wife took up gardening but won't
tell what she's going to plant



Mona Lisa takes advantage of the closure
of the Louvre to take a little time for
herself...



Meanwhile, in Italy...



It may take a village to
raise a child, but I swear
it's gonna take a
vineyard to homeschool
one.

The new 2020 Dodge Corona



If you hate wearing a
mask, you're really not
going to like the
ventilator.

It's like being 16 again
Gas is cheap and I'm
Grounded.

THEIR QUARANTINE
SEEMS TO BE
GOING WELL.

