

VILLAGE NEWS

May 2020



HELLO VILLAGE MEMBERS

Most of us have been staying at home for over eight weeks. We miss hugging our kids and grandkids. Instacart and Peapod have replaced our weekly trips to the grocery store. Life as we knew it has changed drastically. We wonder how long this will last, or more importantly, how long we will last before we lose our state of mind.

The Village at Kentlands and Lakelands is committed to promoting the health and safety of our members. This month's newsletter provides important information about keeping safe. It also includes interesting virtual events that will keep you busy and a list of stores and restaurants that will deliver to your door. Please read our latest article in Views from the Village on how to be resilient in the face of this pandemic. –Fran Randolph, VKL Chair

VIRTUAL EVENTS



**Gaithersburg Book Festival Announces
Virtual Programming
Schedule Starting Weekend of May 16th**

The Gaithersburg Book Festival has always been a popular event each year with crowds of people attending. This year GBF will be launched virtually, beginning May 16th and continuing every weekend through June 14th. The Festival will include a number of great authors and wonderful writings. Visit the website www.gaithersburgbookfestival.org or click [HERE](#) for details of the 2020 Festival.

National Gallery of Art Virtual Tours

During the temporary closure of the National Gallery of Art, you can visit the Gallery virtually through video tours of current exhibitions. Follow the links to visit these exhibits.

Degas at the
Opera Virtual Tour

[Click Here](#)

Raphael and His Circle
Virtual Tour

[Click Here](#)

True to Nature
Virtual Tour

[Click Here](#)



Hillwood Estate, Museum & Gardens is a decorative arts museum in Washington, D.C. The former residence of businesswoman, socialite, philanthropist and collector Marjorie Merriweather Post, Hillwood is known for its large decorative arts collection that focuses heavily on the House of Romanov, including Fabergé eggs. Other highlights are 18th and 19th century French art and one of the country's finest orchid collections. Click on the link below to visit the museum and gardens through their comprehensive digital offerings.

[Click Here](#)

STRATHMORE

Strathmore is a premier art institution that hosts more than two dozen exhibitions a year in its historic mansion. The following are its current exhibitions:

Working with the Muse: Studio Art Quilt Associates – [Click Here](#)

Shake It Out: Mandi Moerland – [Click Here](#)

Osher Lifelong Learning Institute

The Osher Lifelong Learning Institute is for adults who are interested in continual learning about a variety of different topics. Registration has opened for the June session and all classes will be held using Zoom Meeting. View the June Lecture Series for:

Johns Hopkins University – click [HERE](#)

American University – click [HERE](#)

Gift Shopping from Home

Need a gift for someone? Have you thought about shopping from home? Our local gift shops have safe shopping opportunities, virtual shopping and delivery.



301-257-8858

www.occasionsgiftstore.com

artisans

301-990-3219

www.shopartisans.com



Dining Options

Let's do whatever we can to support the local businesses that we love. Order to-go, buy gift cards (to use later), and when ordering online, include your payment and tip.

Our April newsletter included a detailed listing of community restaurants offering take-out dining options. If you missed this listing, visit the Newsletter on our website [April Newsletter](#)

The following are additional restaurants in our community and surrounding neighborhoods that also offer take-out and delivery:

- Asia Nine 301-330-9997 [Click for Menu](#)
- Cooper's Hawk 301-517-9463 [Click for Menu](#)
- Cava Mezze 301-309-9090 [Click for Menu](#)
- Coastal Flats 301-869-8800 [Click for Menu](#)
- Mamma Lucia 301-762-8805 [Click for Menu](#)
- Paladar Latin Kitchen 301-330-4400 [Click for Menu](#)
- Sin and Grin 301-977-5595 [Click for Menu](#)
- Ted's Bulletin 301-990-0600 [Click for Menu](#)
- Vasili's Kitchen 301-977-1011 [Click for Menu](#)
- Yard House 240-683-8790 [Click for Menu](#)

Visit the Montgomery County Restaurant Guide for additional dining options.
<<https://visitmontgomery.com/restaurant-directory/>

VIEWS FROM THE VILLAGE

The Village at Kentlands and Lakelands publishes monthly articles about issues and activities related to people 55 and over that are aging in place in our community. You can access the latest article, *Weathering the Storm: Strategies for Emotional Resilience during the Covid Era*, [Here](#) or read the print version in the Kentlands Town Crier or the Lakelands Leader June 2020 editions.

COPING WITH COVID-19

This is what I heard...

You're not stuck at home, you're safe at home. One word can change your attitude and one cough can change your life. *unknown*

Bottom Line on Masks and Gloves



Peter S. Tippet is an Internist and Emergency Room physician with a PhD in Biochemistry. The following is a summary of his recommendations about using masks and gloves to protect ourselves and others during COVID-19.

- Wear a mask when you are around others in public places.
- Treat your home, car, and yard as safe places (i.e., no mask or gloves).
- Be aware of what you are doing with your hands when you are in public places. Don't touch your face.
- Wear gloves when around others in public places. Winter or work gloves are OK.
- Remove your gloves and mask when you return to your safe places.
- Wash your hands whenever you take off your gloves or mask.
- When you are home and after washing up, you can relax, scratch your nose, rub your eyes and floss your teeth...without worry.

Avoid Coronavirus Scams

Be Aware!

Con artists will take any opportunity to target people and they are out there in this time of crisis. Here are a few tips to keep you safe.

Ignore online offers for vaccinations and home test kits. There are no products proven to treat or prevent COVID-19 at this time.

Do not answer robocalls. Scammers use robocalls for various illegitimate purposes that include telling you how to cash your government checks or how to buy low-priced health insurance. Don't trust caller ID. Scammers may show up as legitimate organizations when they are not.

Watch for emails claiming to be from the CDC or WHO (World Health Organization). These could be 'phishing emails' for accessing your personal information. **Don't** click on email links from sources you don't know. And **Don't** respond to texts, emails or calls about checks from the government – they will not be contacting you.

Do your homework when it comes to donations. Never donate in cash, by gift card, or by wiring money.

Stay in the Know. Use sites like www.coronavirus.gov and Centers for Disease Control and Prevention at [Coronavirus Disease 2019](https://www.cdc.gov/coronavirus/2019-nCoV/) to get the latest information.

Ways to Cope with Stress during Coronavirus and Social Distancing

The rapidly changing information regarding COVID-19 and the practice of social distancing can be stressful and overwhelming. The CDC advises the following ways to cope with stress:

- Take breaks from watching, reading, or listening to news stories, including social media.
- Take care of your body. Meditate, eat healthy, exercise, and avoid alcohol and drugs.
- Make time to unwind. Find time to do activities you enjoy.
- Connect with others. Reach out to friends or loved ones regularly through phone, video chats, or other virtual platforms like social media

Holy Cross Hospital has put together this YouTube Cardio Chair workout for exercising from home.

[Click Here](#)

2020 Census

The Census is Here!!



Why is this important? The data from the Census determines funding that our city, county and state receive for programs that promote the well-being of families and children. It also facilitates redistricting of congressional seats based on updated information.

2020 Census letters were mailed mid-March and you have the option to complete your Census form either by mail, phone or online.

To respond online, please visit <http://www.2020Census.gov> or use 844-330-2020 to respond by phone.

Visit <https://montgomerycountymd.gov/census/> for additional Montgomery County information.

SAVE LIVES. STAY HOME. VOTE FROM HOME.

MARYLAND'S PRESIDENTIAL
PRIMARY ELECTION IS JUNE 2
WHAT YOU NEED TO KNOW

- The Election will be conducted by mail**
Make sure your voter record is updated with your current name, party affiliation and mailing address
- DEADLINE: MAY 27**
Voter Registration deadline is May 27
- Vote your ballot and sign the Voter Oath**
Mail your ballot as soon as possible or use designated drop boxes
- NO POSTAGE NECESSARY**

Questions? www.777vote.org or 240-777-8500

WHAT'S NEW?

Changes to our Website



In-person events have been replaced by Virtual Events during COVID-19. Go to our website calendar and click on each event for details. [Link to calendar](#)

DID YOU KNOW?



Volunteers are ready to help you!

We have many volunteers ready and willing to help you in different ways, such as picking up prescriptions, making social phone calls, getting groceries, or delivering meals from a restaurant to your door. All you need to do is call Jean Mocarski at 240-449-9002 or send her an email at: jeanmocarski@gmail.com.

WHAT TO REMEMBER

If you need help with your website login and password, contact Geri Ozirsky at 301-527-6357 or members@villagekentlandslakelands.org.

If you need services, want to sign-up to become a Village member, or you want to volunteer to provide services, contact Jean Mocarski at 240-449-9002 or JeanMocarski@gmail.com.

FOLLOW THE VILLAGE AT KENTLANDS AND LAKELANDS ON FACEBOOK!

VISIT THE VILLAGE AT KENTLANDS AND LAKELANDS AT:
<https://villagekentlandslakelands.org/>