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## INFORMATION AND PRACTICAL TIPS FOR DEALING WITH THE COVID19 CRISIS

Glover Park Village thanks other local villages, particularly Northwest Neighbors, for inspiring this effort and suggesting useful content. If you have any suggestions for enhancing this document, please send an email to: [info@gloverparkvillage.org](mailto:info@gloverparkvillage.org)

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### PHASE ONE OF THE CITY'S REOPENING BEGINS

The District of Columbia Government began Phase 1 of reopening the city on May 29<sup>th</sup>. While gatherings of more than 10 people are still prohibited, the following changes that may interest older persons are now in effect:

#### **DC Government offices:**

- Residents may reserve books to be picked up curbside at Cleveland Park Library and may reserve books using the cart function at [dclibrary.org](http://dclibrary.org) or by calling the library.

- Residents can visit the Fort Totten Transfer Station for all normal operations including: bulk trash drop-off, food waste drop-off, document shredding, mulch pickup, and household hazardous waste drop-off.

***Dental care:***

Dentists may provide non-emergency elective “dental care that is essential, based on the urgency for care and the necessity of face to face oral health care.”

***Elective surgery:***

Health care providers may now perform elective medical and surgical care that is “essential, based on the urgency for care and the necessity of face-to-face medical care” and is considered to “have a low impact on medical resources.” Persons are still advised to “use of telemedicine and other alternative medical services when available and clinically appropriate to reduce demand for inpatient and outpatient services.”

***Hair care:***

Barbershops and hair salons may allow services *by appointment only* with strong safeguards and physical distancing. Any individual experiencing symptoms of covid-19, or was recently exposed to someone diagnosed with covid-19, should not work in or visit a salon due to the risk of exposing others.

***Restaurants:***

- Service is limited to outdoor service to seated patrons only, with tables placed at least 6 feet apart, or to carry-out service.
- Standing and/or seating at an outdoor bar is prohibited.
- Tables are limited to parties of 6 or less.
- Reservations are recommended to reduce crowding.
- Customers must wear face coverings while not eating or drinking.

***Other retail businesses:***

Non-essential retail businesses can open for front door or curbside pickup.

***Parks and recreational areas:***

The following are now open with safeguards:

- Parks, walking paths, fields, cemeteries, and waterways;
- Dog parks;
- Golf courses, tennis courts, and tracks;
- No-to-low-contact community sports (like tennis), training, and games;
- Plazas for personal fitness and exercise activities.

***Remain alert as the city opens up***

A recent blog written by biology professor Erin Bromage describes what you should be on the watch for to reduce your chances of infection when the city and other places start opening up. Click on the link to access *The Risks - Know Them - Avoid Them*:

<https://www.erinbromage.com/post/the-risks-know-them-avoid-them?>

## WHAT ARE THE SYMPTOMS OF COVID19?

This coronavirus spreads very easily from person to person, especially in homes, hospitals and other confined spaces. The pathogen can be carried on tiny respiratory droplets that fall as they are coughed or sneezed out. It may also be transmitted when we touch a contaminated surface and then touch our face.

The following are among the symptoms that may appear 2-14 days after exposure.

- Fever
- Cough
- Shortness of breath
- Chills or repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell

Emergency warning signs include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- Confusion
- Bluish lips or face

## COVID19 TESTING

If you feel sick—even if you have other symptoms, call a doctor or call the COVID-19 testing hotline at 855-363-0333 (8:30 a.m. to 4:30 p.m., Monday through Friday and let a medical professional advise you on next steps. If the call center is closed, call a health care provider.

### ***Public testing sites:***

There are now 12 free testing sites in the District of Columbia. Those closest to Ward 3 are:

*All Care Family Medicine & Urgent Care*  
Call 202-787-1979 for an appointment

*GW University Medical System*  
Call 202-741-2765 for an appointment

*Medstar Health*

Visit [MedStarHealth.org/eVisit](https://www.MedStarHealth.org/eVisit) for an appointment

*Sibley Memorial Hospital*

Call 443-997-9537 for an appointment.

A new free testing site at which only walk-ups are accepted is located at:

Judiciary Square

F Street, NW between 4th & 5th Streets, NW

*Look for the registration tent.*

M-F, 10a-2pm

***Member-specific testing sites:***

*One Medical* has set up a privately-run drive-thru COVID19 testing site under a tent in the parking lot of Washington International School at 1690 36<sup>th</sup> St., NW. Physicians determine who is eligible to receive a test. Visit: [OneMedical.com](https://www.onemedical.com) or call 202-695-7576.

*Kaiser Permanente*

700 2<sup>nd</sup> St., NE

Call 202-346-2000 for an appointment

For a complete listing of all testing sites, visit:

[https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/page\\_content/attachments/Testing-for-COVID19-05-08-2020.pdf](https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/page_content/attachments/Testing-for-COVID19-05-08-2020.pdf)

## **THINGS YOU CAN DO TO PROTECT YOURSELF AND PREVENT THE SPREAD OF GERMS**

Even if you do not experience any of the symptoms associated with COVID19, people can carry the virus while not exhibiting symptoms. In addition, if you are an older adult or a person with a serious chronic medical condition, such as heart or lung disease and diabetes, you are at higher risk for contracting COVID19. As a result, the CDC and DC Health recommend you:

- Stay at home if you fall within one of the above categories
- If you go out or have others in your home, maintain six feet distance apart whenever possible; avoid large gatherings of people
- Avoid close contact with people who are sick
- Wash hands with soap and water for at least 20 seconds. An alcohol-based hand sanitizer can be used if soap and water are not available
- Avoid touching eyes, nose and mouth with unwashed hands
- Cover your cough or sneeze with a tissue; then throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces on a regular basis

**Use of masks:** The Centers for Disease Control and Prevention (CDC) is now “advising the use of simple cloth face coverings (not surgical masks or N-95 respirators) to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. n additional, voluntary public health measure.” Using a mask does not obviate the need to wash hands, avoid touching your face and practice six feet of social distance.

Instructions for making a simple cloth face mask can without a sewing machine be found at:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>

or at:

<https://sarahmaker.com/how-to-make-a-no-sew-face-mask-with-at-home-materials/>

**Disinfectants:** The CDC has posted some suggestions for making a homemade disinfectant if you cannot purchase one. Visit: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

## SELF-QUARANTINE

*If you have any reason to suspect you may have been exposed to the Coronavirus or come down with symptoms of COVID19, stay home, and contact your health care provider. If you share your residence with anyone else, separate yourself from others, using a separate bathroom if possible. Avoid sharing dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.*

If you are infected or think you may be with COVID19, you should wear a facemask when you are around other people and before you enter a healthcare provider’s office.

**Pets:** Although there have no reports of pets or other animals becoming sick with COVID-19 until more information is known, you should restrict contact with them.

**In case of a medical emergency:** If you have a fever, cough and difficulty breathing, seek medical attention and call your physician in advance. If you need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

**Stock up:** To facilitate your stay at home:

- Obtain an extra supply of necessary medications to have on hand; See if your pharmacist can fill an extra month’s supply of your prescriptions
- Replenish your supply of over-the-counter medications if necessary
- Ensure you have enough household items and food at home on hand for yourself and your pet if you have one

**Your support network:** Inform family, friends and neighbors as to what you're doing to protect yourself and what your ongoing needs may be for which you might require assistance. It would be very helpful if someone you trust has a key to your apartment or house.

## OTHER HEALTH ISSUES

Medicare is covering telehealth services for the duration of the COVID19 crisis in an effort to prevent the spread of the disease. This allows you to consult your physician remotely if he is participating so that you do not need to make a potentially risky visit to his or her office. Your physician will determine whether your health concern can be dealt with remotely.

Medicare beneficiaries can talk to a doctor remotely in the following ways:

- A telehealth visit allows you to speak with your doctor over the phone;
- E-visits are communications with a medical provider via an online patient portal;
- Virtual check-ins are brief correspondence with an existing medical provider to see if in-person services are necessary.

Check with your physician to see if any of these options are available to you. MedStar is one company is now offering free online e-visits for medical questions or issues. For more information visit: [https://www.medstarhealth.org/medstar-health-evisit/?mc\\_cid=5a974b523b&mc\\_eid=5be05b8e27](https://www.medstarhealth.org/medstar-health-evisit/?mc_cid=5a974b523b&mc_eid=5be05b8e27)

Additional key services Medicare has expanded due to the COVID-19 emergency are:

- *Lab tests for COVID-19.* You pay no out-of-pocket costs.
- *All medically necessary hospitalizations.* This includes if you're diagnosed with COVID-19 and need to stay in the hospital under quarantine instead of being discharged from the hospital after an inpatient stay.

## HOUSING

Under new legislation passed by the D.C. Council, tenants have protections during this public health crisis:

- Landlords may not evict residential or commercial tenants. Evictions that have already been filed may not move forward and no new evictions may be filed;
- Rents are frozen across the District, not only in rent-controlled homes;
- Landlords may not charge late fees for any month in which the Mayor has declared a public health emergency;
- Mortgage companies are required to offer payment deferrals of up to 90 days;
- Utility companies may not disconnect your gas, water, or electric service. This includes cable and telecommunications service.

You may report violations of these protections to the Office of the Attorney-General by calling (202) 442-9828, emailing [Consumer.Protection@dc.gov](mailto:Consumer.Protection@dc.gov), or [submitting a complaint online](#).

## SHOPPING

### **Pharmacies:**

CVS is waiving delivery fees on all prescriptions. Call your local pharmacy or visit <https://www.cvs.com/content/delivery> for details.

*Walgreens* has a dedicated page on their website devoted to helping seniors during the coronavirus outbreak.

[https://www.walgreens.com/topic/promotion/seniorday.jsp?ban=covid\\_landi](https://www.walgreens.com/topic/promotion/seniorday.jsp?ban=covid_landi)

*GoGoGrandparent* has launched a prescription delivery service. Call 1-855-464-6872 to learn more about this service or schedule deliveries.

### **Groceries:**

Grocery store chains throughout the D.C. region are making changes to their hours and allowing older shoppers and those with weakened immune systems to shop earlier than others in response to the coronavirus.

- **Safeway** is reserving two hours every Tuesday and Thursday morning to allow older residents, pregnant women and those with compromised immune systems to shop. Grocery and pharmacy delivery are available.
- **Giant** is offering dedicated shopping hours for senior citizens 60-and-older and individuals with compromised immune systems between 6:00-7:00 a.m., every day of the week. Giant offers both pickup and delivery service.
- **Whole Foods Market** said it will allow customers who are 60 and older to shop one hour before stores open to the rest of the public. Whole Foods stores are closing two hours early to give store workers “more time to restock shelves and sanitize the stores. If you are a Prime member and order online, you can have your groceries delivered.
- **Target** is setting aside its first hour of business for older shoppers and those with underlying health issues to shop
- **Costco stores** are open exclusively to shoppers over 60, as well as other vulnerable customers, from 8 a.m. to 9 a.m. on Tuesdays, Wednesdays and Thursdays.

Please note that inventory may be depleted for some items and delivery delayed because of demand and staff shortages.

Many are now using **Instacart** and **Amazon** to order groceries online for delivery to your home. Instacart - Allows you to shop from several stores including Giant, Safeway,

Wegmans, Harris Teeter and Costco. The demand for grocery deliveries is very high; so be prepared for delays in receiving your orders.

You may also receive home delivery of fresh produce, dairy, meats and meal kits, etc. from farmers themselves who are collaborating through **Washington's Green Grocer**. Visit: <https://wggmarket.com/> or call 301-909-8954.

**GoGo Gourmet** has been launched by GoGo Grandparent as a food delivery service. For meals or groceries delivered to your front door, call 1-855-754-5328.

If you need help getting groceries or other products, besides contacting Glover Park Village, you can email the DC Mutual Aid Network for Ward 3 ([ward3.mutualaid@gmail.com](mailto:ward3.mutualaid@gmail.com)) or call its HOTLINE: 202-556-1315.

And at a city-wide level, the District Government has created a food and essential item delivery resource for our neighbors who are unable to leave their homes safely during the emergency. Residents in need should consult the website ([gethelp.dc.gov](http://gethelp.dc.gov)) or call the hotline (1-888-349-8323) to take advantage of this new resource.

**Resources:** *No, You Don't Need To Disinfect Your Groceries. But Here's How To Shop Safely*

<https://www.opb.org/news/article/npr-no-you-dont-need-to-disinfect-your-groceries-but-heres-how-to-shop-safely/>

And for an even more cautious approach, see this video led by a physician showing you the safest way to handle your grocery and takeout purchases.

<https://youtu.be/sjDuwc9K>

For quite a comprehensive report on food safety and the coronavirus, see the report at: <https://www.serious-eats.com/2020/03/food-safety-and-coronavirus-a-comprehensive-guide.html>

## PREPARED MEALS

### Free meals:

**DC Department on Aging and Community Living:** Those older persons who were receiving home-delivered meals or hot meals at wellness centers in the District before this crisis are being provided with a week's supply of fully cooked frozen meals at their home. Call 202-724-5626 or contact Iona Services at (202) 895-9448 and press 1 to reach the Helpline, or email [info@iona.org](mailto:info@iona.org) for more information and to enroll in meal delivery.



Persons who fall outside of these categories but are frail, homebound and have no one they can rely on to bring in food on a regular basis may also be eligible. Call the same number--202-724-5626—to determine eligibility.

**Commercially-provided meals:**

**Glover Park take-out and delivery options:** Practically every restaurant on Wisconsin Ave. in Glover Park is offering takeout food; some offer pick-up with online or phone ordering. Most places offer delivery through sources listed at the restaurant's website. Visit the restaurant's website for menus.

**Mom's Meals:** Delivers fully prepared, refrigerated meals that are ready to heat. Place your order via website (<https://www.momsmeals.com/self-pay/>) or by calling 1-877-508-6667.

**Territory Foods:** Chef-prepared meals for pickup or delivery. All meals are gluten, dairy and nitrite-free. Order online at <https://www.territoryfoods.com/> or call 213-344-0755.

**Silver Cuisine:** Delivers breakfast, lunch and/or dinner to your door. You only need to heat the meal. Accommodates special diets. Call 1-844-404-3663 or visit: <https://www.silvercuisine.com/>

Websites and apps like **Grub Hub** <https://www.grubhub.com> and **Door Dash** <https://www.doordash.com> deliver take-out meals prepared by restaurants to your home. This is a nice way to enjoy a good meal and support your local businesses.

## **SOCIAL SECURITY AND INTERNAL REVENUE SERVICE**

**Social Security:** The Social Security Administration (SSA) has made significant changes to its operations and policies as a result of COVID19. Local SSA offices are closed to the public indefinitely. SSA is also extending its deadlines for filing wherever possible. The agency is regularly posting information about how the pandemic is affecting its services on its Web site (<https://www.ssa.gov/coronavirus/>).

Some SSA employees in the local offices are continuing to work on SSA's highest priority workloads. These include:

- Requests for "dire need" benefit payments, for individuals who did not receive their regular monthly payment, are currently homeless or at risk of becoming homeless, or whose benefits previously were suspended and can now be reinstated.
- Disability applications for those with the most severe disabilities.
- Changes of address, changes of direct deposit, changes of representative payee, and reports of death

Local offices continue to provide some services over the phone 866-708-3255.

**Stimulus payments from IRS:** Social Security recipients who don't usually file tax returns will automatically receive a \$1,200 payment per person unless their income exceeds a certain level. Social Security recipients who are not typically required to file a tax return need to take no action and will receive their payment directly to their bank account. Direct deposits began April 17, followed by checks in the mail. (These may take several months to arrive.)

Check [IRS.gov/coronavirus](https://www.irs.gov/coronavirus) for updates.

**RMD withdrawals suspended:** As a result of the recent stimulus legislation, required minimum distribution (RMD) withdrawals from IRAs and 401Ks have been suspended for 2020.

## TRANSPORTATION OPTIONS

Village volunteers remain available to provide transportation to Village Members. There may, however, be a reduction in volunteer availability if our volunteers become ill or choose to reduce the risk of exposure by limiting their time outside of the home. For the safety of the driver, we cannot drive you to medical appointments if you become ill.

The following are private pay and low-cost options for getting around the city.

**District's Taxi-to-Rail (T2R) Program**, sponsored by Yellow Cab, provides taxi services—with the first \$15 free charge—for travel to and from essential businesses—such as grocery stores, medical facilities, and pharmacies within DC—during this pandemic. T2R is available: Monday through Friday, 5:30 am to 8:00 pm, Saturday 7:00 am to 8:00 pm, and Sunday 8:00 am to 8:00 pm. To request a ride call (202) 727-3827, or learn more and book online at [taxi2rail.com](https://taxi2rail.com).

Regular taxi service continues to be available too. You can order a taxi 24/7 [online](#) or by calling (202) 398-0500 or your favorite taxi company. Wheelchair accessible options available.

**Metro Rail and Bus:** Both rail and bus service are running, but at a reduced schedule. For further information, visit: <https://wmata.com/service/status/details/COVID-19.cfm#main-content>

**Rideshare services** such as *Uber* or *Lyft* require a smart phone to download and use the app. *GoGo Grandparent* allows you to use your phone call a rideshare. Contact 1 (855) 464-6872 to register.

**Transport DC:** If you are a MetroAccess customer and are choosing to avoid public transportation, you may also use Transport DC, a \$5 private taxi service for MetroAccess customers. For more information, visit: <https://dfhv.dc.gov/service/transport-dc>

**Medical Transportation Management (MTM)** for Medicaid patients. Free service for approved Medicaid services only that must be scheduled three days in advance. Client responsibilities are listed at: <https://www.mtm-inc.net/washington-dc/dc-recipient-responsibilities/>. Call 1(866)796-0601.

## **PROTECT YOURSELF FROM SCAMS AND FRAUD**

According to the DC Office of the Attorney General: “Scammers may attempt to defraud consumers by selling products that are ineffective at preventing the disease and spreading misinformation through social media and other channels. Other scammers may pretend to solicit donations to help coronavirus victims, but instead are stealing consumers’ money and personal information.

Beware of emails claiming to be from the CDC or experts saying that they have information about the virus. For the most up-to-date information about the Coronavirus and prevention tips, visit the Centers for Disease Control and Prevention (CDC) directly at: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Consult a medical professional for questions about prevention and treatment. Ignore offers for vaccinations and be wary of advertisements for cures or treatments for the disease.”

The Office of the People's Counsel for the District of Columbia (OPC) warns DC consumers that utility scams are active during the coronavirus (COVID-19) crisis. These scams may come via phone, email, regular mail or even in person, and the scammer may threaten disconnection if there is no payment. Some scam calls even show up on your caller ID as if a utility is calling.

However you are contacted, DO NOT share account, Medicare or social security numbers, or any other personal information. If you suspect you have been scammed, call OPC at (202) 727-3071 to talk with a consumer outreach specialist who can investigate your complaint. OPC staff members are currently serving consumers remotely and will return your call within 24 hours. You also can file a complaint about a scam or any other utility concerns at [opc-dc.gov](http://opc-dc.gov) .

The FCC offers more tips to help you protect yourself from scams, including coronavirus scams. <https://www.fcc.gov/covid-scams>

## **REDUCING ANXIETY AND STRESS**

### **Practical tips:**

Here are the Mayo Clinic’s suggestions for reducing your stress levels as we navigate through this health crisis:

- Avoid watching or reading news about COVID-19 that makes you feel anxious.
- Limit reading or watching news about COVID-19 to once or twice a day.
- Get the facts about COVID-19 and share them with others. Check reputable sites such as CDC and WHO for information.
- Take care of yourself — eat healthy, get enough sleep and get regular exercise. Consider deep breathing, stretching and meditation exercises.
- Avoid alcohol and drugs.

Another thoughtful listing of practical tips can be found at:

<http://www.sfu.ca/olc/blog/my-ssp/mental-health-wellness-tips-quarantine>

### **Meditation:**

Meditation is a powerful technique for calming the mind. Sibley Senior Association is offering weekly meditation and mindfulness sessions Tuesdays and Thursdays.

- **Tuesday** 11 to noon with Leyla Kenny:

<https://zoom.us/j/994748141?pwd=aGJaL1k4dIAyRIRXUFdaR3Qvei9pQT09>

Meeting ID: 994 748 141

Password: 1188

To join by phone, dial (301) 715 8592

- **Thursday** 1 to 2 p.m. with Patricia Ullman:

<https://us02web.zoom.us/j/436146735>

Meeting ID: 436 146 735

To join by phone, dial (301) 715-8592

Or try a guided meditation with Tara Brach: <https://www.tarabrach.com/guided-meditations/> or

The Freer Gallery is offering free 30-minute online guided meditations four times each week led by DC-based meditation teachers. These sessions are appropriate for all levels of practitioners. No previous experience is required. To participate in a Freer session, go to: <https://zoom.us/j/3405656016> Mondays and Fridays from 12:15 to 12:45 pm and Tuesdays and Thursdays from 12:15 to 12:45pm.

### **Just chat with someone:**

*Call & Talk Line* is being offered by the DC Government's Department of Aging and Community Living. Receive a daily or weekly call from the office team or others in the community to talk about anything. Call 202-724-5626 or email:

[askthedirector.dacl@dc.gov](mailto:askthedirector.dacl@dc.gov)

### **In case of significant distress:**

If you are experiencing significant distress, consider:

The *Friendship Line* is both a crisis intervention hotline and a "warmline" for non-emergency emotional support calls that is offered free-of-charge through the National Institute on Aging. It is the only accredited crisis line in the country for people aged 60

years and older, and adults living with disabilities. The Friendship Line is available 24 hours a day. Call 1-800-971-0016.

The *Substance Abuse and Mental Health Services Administration (SAMHSA)*, an agency of the U.S. Department of Health and Human Services, offers a Disaster Distress Helpline available 24/7, 365 days a year, to provide immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disasters. Calls are confidential and offered in multiple languages. Call 1-800-985-5990 for help.

*DC's Community Response Team* - Provides 24-hour telephone access to a mental health clinician and/or 24-hour suicide prevention lifeline. Call 1-888- 673-6495.

### **To lift your spirits:**

Be inspired by the corona version of *Nessun Dorma*

<https://www.youtube.com/watch?v=uL52AuF4QzY>

Watch this Broadway medley on the virus at:

<https://www.youtube.com/embed/n1OCZRann8w>

Or one family's interpretation from *Les Miserables* of *One Day More*

<https://www.youtube.com/watch?v=wdcS0Nbo7Ng>

Or watch members of this Dutch philharmonic orchestra play the *Ode to Joy*—each from their own homes:

<https://slippedisc.com/2020/03/believe-it-orchestra-plays-beethoven-9th-from-their-homes/>

## **EXERCISE AND FITNESS**

Among its many benefits, exercise is a powerful stress reliever and tool for preserving your physical fitness. Many resources are available to you online:

The National Institute on Aging offers exercise videos for older adults, including strength training, seated exercise, and senior Zumba.

[https://www.youtube.com/results?search\\_query=go4life+exercises+for+seniors](https://www.youtube.com/results?search_query=go4life+exercises+for+seniors)

*Give Fit* online fitness classes - GiveFit is making all online workout programs free for the foreseeable future. Includes: Seated Core & Cardio; Otago Balance Improvement; Seated Lower Body & Cardio; Introductory Chair Fitness.

<https://givefit.org/log-in>

*Virtual Fit and Well for Seniors* from the YMCA

<https://www.ymcadc.org/virtual-fit-well/> and

<https://www.youtube.com/watch?v=QRCJLXe7gEg>

*Tai Chi Chuan* for Beginners with Dr. Daniel Hoover  
<https://www.youtube.com/watch?v=oCnCSOWgIUU>

*Senior Gold Dance Workout* with Paul Eugene  
[https://www.youtube.com/watch?v=K5v6mkfMSQ&mc\\_cid=c4d878154a&mc\\_eid=5be05b8e27](https://www.youtube.com/watch?v=K5v6mkfMSQ&mc_cid=c4d878154a&mc_eid=5be05b8e27)

*Yoga for Seniors*: [https://www.youtube.com/watch?v=kFhG-ZzLNN4&mc\\_cid=c4d878154a&mc\\_eid=5be05b8e27](https://www.youtube.com/watch?v=kFhG-ZzLNN4&mc_cid=c4d878154a&mc_eid=5be05b8e27)

## **FAITH SERVICES**

The following are faith services that are being streamed or televised or with which you can make a call-in connection. Contact the organization for how best to establish your link.

### **CHRISTIAN**

**Baptist:** Shiloh Baptist Sunday 11 a.m. <http://www.shilohbaptist.org/>

**Catholic:** Basilica of the Shrine of the Immaculate Conception Sunday at 10:30 a.m.  
WDCW Channel 50  
Comcast: Channel 23  
RCN: Channel 15  
Verizon: Channel 3

**Episcopalian:** Washington National Cathedral <https://cathedral.org/calendar/> for daily services and Sunday 11:15 am

St. Thomas Sunday at 10:30 am: <https://stthomasdc.org/holy-eucharist/>

St. John's Lafayette Square Sunday 9:00 a.m. and 11:00 a.m. <https://stjohns-dc.org/all-sermon/>

**Humanistic:** Washington Ethical Society Sunday 9:30 a.m. and 11:30 a.m. <http://ethicalsociety.org/>

### **Methodist:**

Foundry DC Sunday at 11:15 a.m. <https://www.foundryumc.org/worship#!>

Metropolitan AME Sunday at 11 a.m. <http://ibroadcasts.tv/MAMEC-Sun-Webcasts/index.html>

### **Protestant:**

St. John's Lafayette Square Sunday 9:00 a.m. and 11:00 a.m. <https://stjohns-dc.org/all-sermon/>

[sermon/](#)

**Quaker:** Friends Meeting of Washington go to [quakersdc.org](http://quakersdc.org) to be added to their listserv for upcoming virtual meetings

**Unitarian:** All Souls Church Unitarian Sunday at 9 a.m. <https://all-souls.org/>

In addition, the *Glover Park Prayer Group* under the leadership of Daniel Clark has formed to pray for and one another in our neighborhood. It holds short online prayer meetings Sundays at 11 am via Zoom (<https://zoom.us/j/7740759951>).

## **JUDAISM**

**Reform:** Washington Hebrew Congregation Friday at 6 p.m. and Saturday at 10:30 a.m. Call in 202.895.6333 or <https://www.whctemple.org/about-us/whc-whenever-you-are/worship>

**Conservative:** Adas Israel Friday at 6 p.m. and Saturday morning at 9:30 a.m. Call in 202.686.8405 or <https://www.adasisrael.org/shabbat-services-livestream>

## **ISLAM**

Washington Islamic Center <http://theislamiccenter.us/>

## **BAHAI**

DC Baha'i <https://www.dcbahai.org/>

## **BUDDHIST**

Washington DC Buddhist Cultural Center <http://www.sgi-usa-washingtondc.org/aboutus.html>

## **MEDITATION/MINDFULNESS**

Insight Meditation Community of Washington DC <http://www.imcw.org>

Tara Brach [www.tarabrach.com](http://www.tarabrach.com)

## **KEEPING BUSY, EDUCATED AND ENTERTAINED**

*Around Town DC* is a wide-range listing of online activities from fitness to online education. Compiled by DC Department of Aging and Community Services, and Iona Senior Services. View their calendar of events at: <https://www.aroundtowndc.org/>

*Kennedy Center Digital Stage* - Although live performances are cancelled, you can enjoy many video performances through the Kennedy Center website. <https://www.kennedy-center.org/digitalstage/>

*Broadway plays and musicals* can be watched from home at a much smaller cost than seeing them live in NY courtesy of Playbill:

<https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>

*DC Public Library Go Digital:* All public libraries are closed, but if you have a library card you can access a variety of digital resources. To get a library card online or view the books, films and other items available, visit: <https://www.dclibrary.org/godigital>

*Kanopy:* If you are a DC Public Library card holder, you can access Kanopy to stream over 30,000 films from hundreds of popular producers, the Great Courses, PBS, acclaimed movies and documentaries, award-winning independent filmmakers, classic film and world cinema. Stream Kanopy on your computer or download the app on your phone or tablet. For instructions on joining, visit: <http://libguides.dclibrary.org/kanopy>.

*Mather LifeWays Telephone Topics* allows you to connect free of charge via your telephone to a variety of short lectures and discussions on topics such as music, history, film, live performances, meditation, etc.

Visit <https://www.matherlifeways.com/neighborhood-programs/telephone-topics> for more information. To participate, dial 1-888-600-2560.

For additional ideas, visit the Web sites of some of our fellow Villages in Washington:

From *Georgetown Village*:

[https://gv.clubexpress.com/content.aspx?page\\_id=22&club\\_id=225818&module\\_id=393649](https://gv.clubexpress.com/content.aspx?page_id=22&club_id=225818&module_id=393649)

From *Dupont Circle Village*:

[https://dcv.clubexpress.com/content.aspx?page\\_id=22&club\\_id=161481&module\\_id=392854](https://dcv.clubexpress.com/content.aspx?page_id=22&club_id=161481&module_id=392854)

From *Northwest Neighbors*:

[https://nwnv.helpfulvillage.com/editable\\_pages/10022-what-to-do-with-your-time#online](https://nwnv.helpfulvillage.com/editable_pages/10022-what-to-do-with-your-time#online)

## RESOURCES

*DC Department of Health:*

<https://coronavirus.dc.gov/node>

*Centers for Disease Control and Prevention:*

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

*World Health Organization:*

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

*Johns Hopkins University Daily (Worldwide) Situation Reports*



<http://www.centerforhealthsecurity.org/resources/COVID-19/index.html>

The *New York Times* and *Washington Post* are offering free access to their coronavirus coverage. See [nytimes.com/coronavirus](https://www.nytimes.com/coronavirus) and [washingtonpost.com/coronavirus](https://www.washingtonpost.com/coronavirus).

*Iona Services Helpline:* Iona's Helpline continues to operate its normal hours during this crisis, M-F from 9am-5pm ET. If you have any aging- or caregiving-related questions — whether concerns triggered by the virus or needs that are unrelated, please call 202-895-9448 and press 1 to reach the Helpline, or email [info@iona.org](mailto:info@iona.org) and connect with the Helpline staff.