

NAN NOTES April 13, 2020

Engage@Home: Montgomery County's Caregiver Support Program's response to COVID-19 features [Engage@HOME](#). This new channel is designed to help caregivers and others maintain resilience during this time of social isolation. Content includes: arts and culture, cooking at home, health and wellness, exercise at home and much more. Best to start with viewing from the **PLAYLISTS**. [Click here to start](#) enjoying [Engage@HOME](#)

Masks Mandatory: Montgomery County officials today offered additional information on a new health order which begins Monday, April 13, requiring shoppers wear a face covering while shopping at grocery stores, pharmacies, farmers markets and big box retailers. The order is aimed at protecting shoppers and employees from the spread of COVID-19. A face covering can be a homemade cloth mask, a scarf or bandana or other means of snugly covering the mouth and nose.

Although there is no civil or criminal penalty for shoppers, businesses have the right to turn away customers. "This is about maximizing the safety of others, and we urge residents to do this, as we continue to try to limit the spread of COVID-19," said County Health Officer Dr. Travis Gayles.

The health order also requires businesses to establish and enforce capacity limits by allowing a smaller number of customers in a store at any given time. Businesses are required to have enough space so customers waiting in line can practice physical distancing of at least six feet.

Businesses must provide face coverings for employees, whether the employees interact with customers or not. Employees should wear face coverings to protect themselves and customers. In addition, employees should be provided with access to clean and sanitary restrooms which are stocked with cleaning products such as soap and water and hand sanitizer. Employees must be allowed to wash their hands every 30 minutes at a minimum.

Other safety measures aimed at protecting workers and shoppers include implementing physical distancing measures for workers, customers and visitors. Appropriate signage must be displayed. Businesses which use shared equipment, such as baskets or hand carts, are encouraged to provide sanitation equipment, such as disinfectant wipes or alcohol swabs, for individual use. Businesses are also encouraged to install clear, physical barriers between cashiers and customers, where possible.

For the latest COVID-19 updates, visit the County's [COVID-19 website](#) and follow Montgomery County on Facebook [@MontgomeryCountyInfo](#) and Twitter [@MontgomeryCoMD](#).

[The Right Mask for the Task](#) – Johns Hopkins Bloomberg School of Public Health [Cloth mask instructions](#) – Johns Hopkins Medicine

Webinar: [Healthcare Decisions: What Matters Most Now](#) Thursday, April 30 9:00 – 10:30 AM
Register in link above, which includes description of event, moderator, and speakers. This webinar is delivered by CaringMatters, a member of the Montgomery County Palliative Care and End of Life Coalition. The focus will be on Advance Care Planning considerations for the COVID-19 pandemic.

Where can I get tested? There have been NO changes to the Suburban Hospital COVID-19 Drive-Thru testing notifications that were sent on Friday, March 20
White Oak VEIP: <https://montgomerycountymd.gov/HHS/RightNav/Coronavirus.html> As with Suburban Hospital's testing site, an order must be placed by a medical provider in order to create an appointment for testing. Please follow the instructions in the link above

Round House Theater: Round House Theatre has gathered DC-area playwrights, actors, and designers for *Homebound*, a ten-episode web series that explores life under Stay-at-Home orders in the Nation's Capital. The series will star Round House Resident Artists Craig Wallace and Maboud Ebrahimzadeh, plus the other seven local artists who lost work with us as a result of the cancellation of our spring shows. They've paired those artists with ten of DC's leading playwrights, each of whom will pick up on the prompts offered in the previous writer's episode, writing a story that the actors can film themselves at home. These episodes will be supported by four designers and directed by Round House Artistic Director Ryan Rilette and Associate Artistic Director Nicole A. Watson. Explore the full cast and creative team [here!](#)
Homebound premieres on **April 27, 2020** on the [Round House YouTube page](#). New episodes will be added and archived on our [website](#) every Monday through June 29, 2020.

Class Offerings from Suburban & Oasis: Suburban has moved many of its wellness programs and webinars online using Zoom. Browse the [WellWorks Events Calendar](#) to identify virtual offerings. [Healing for the Whole Person: How Mindfulness and Breathwork Can Ease Pain and Lift the Spirits](#) is a **free** webinar featuring Dr. Neda Gould of Johns Hopkins Bayview Medical Center and local author Lauren Chelec Cafritz on May 13 at 6:30 PM. Registration is required. Oasis Lifelong Adventure is pleased to offer many of its classes online. Please review the schedule [here](#).

For Coping with Anxiety: The COVID-19 pandemic may be causing stress and anxiety for County residents of all ages. The situation can exacerbate and add additional layers of challenges for those with existing mental health concerns. The County's 24-hour Crisis Center provides telephone help for anyone in crisis. **The Crisis Center number is 240-777-4000.**

Webinar: [Protecting Older Adults from the Harms of Social Isolation and Providing a Continuum of Care during COVID-19](#) on Wednesday, April 15 from 3:30 to 5:00 PM EST
Register in link above, which includes description of event, moderator, and speakers

Mindfulness Meditation: Every Thursday, 1:00-2:00pm Free & Open to All! Hosted by Little Falls Village Guided by Anuka Gazara-Anthony – Search Inside Yourself Teacher/Janu Joyful Services – Mindfulness based Leadership Coaching Services. This is a ZOOM Event - Login Information is below - It's free & easy!

RSVP: email: info@littlefallsvillage.org or leave a message at the LFs office (301) 320-3267 When sending an email RSVP, put “Meditation” in the subject line of the email.

First half of the program is 30 minutes of guided meditation Second half is 30 minutes of reflection and brief share prompted by the daily check-in question. Participants are not required to share

There are three options to join:

- Computer Option: contact Little Falls for the Zoom link
- Telephone Option (for audio only): Dial: 1-(646) 558-8656 Meeting ID: 202 823 8115 #. There is no host code / if promoted for a host code, click “#”
- Smartphone Option: download the app and contact Little Falls for Zoom link

From the Kennedy Center: Performances streamed to you! Mondays/Wednesdays/Fridays at 4 p.m. Grab a pillow and get comfortable! We’re bringing exciting livestream performances straight to you. They’ve lined up talented artists—from our backyard in D.C. to around the country and across Broadway, comedy, opera, dance, and more—to perform their work.

Mondays: We partner with a venue from around the country to curate two artists who will tell the story of their city.

Community Spotlight

Wednesdays: Artists across disciplines including hip hop, comedy, Millennium Stage, D.C.-area artists, and regional partnerships.

Artistic Partners Spotlight

Fridays: Kennedy Center Artistic Directors, Turnaround Arts artists, and more partners.

Catch up with Millennium Stage’s greatest hits! Every day at 6 p.m. / Weekends at 10 a.m. & 6 p.m. Watch encore broadcasts on [Facebook](#), [YouTube](#), or on our [website](#)—and don’t forget to look back at amazing performances in our [online archives](#)! Plus, share your photos and experiences by using [#MillenniumStage](#).

