

NAN NOTES – MAY 14

Partial and Limited reopening of Maryland and Montgomery County

Outdoor activities: Hogan issued an [executive order](#) amending his stay-at home order. Marylanders will be able to enjoy low-risk outside activities, such as golf, tennis, boating, hiking, camping, fishing and hunting. State parks and beaches will be opened for exercise (only), such as running, biking and hiking. [Ocean City's beaches and boardwalk also will be open for walking, jogging and other exercise. Shops and restaurants will be closed, except those offering take-out and delivery services.]

Hogan said this partial reopening is predicated on Marylanders continuing to take personal responsibility by social distancing, hand hygiene, not gathering in groups of more than 10 and wearing masks when possible.

Under the executive order, local political jurisdictions "are not prohibited from opening outdoor public spaces to the general public (such as parks, sports fields and courts, beaches, dog parks, and playgrounds)....

County Executive Marc Elrich said that *all Montgomery County recreation facilities will remain closed until further notice*, all recreation programs and rentals are cancelled and all playgrounds around county recreation centers are closed. He recommends residents to continue wearing face coverings when they go out in public, and practice social distancing plus to follow the Governor's stay-at-home order.

Elective medical procedures and care: Elective medical procedures at hospitals can resume, such as MRI and other screenings, orthopedic surgery and other time-sensitive procedures. Patients with less serious health issues should feel free to consult with their doctors, especially via tele-health. The Maryland Department of Health will issue guidance for medical providers.

How to Make the Most of your Telehealth Appointment: Many doctor's offices are switching to telehealth appointments because of coronavirus concerns. Telehealth appointments may take place over the phone or via a video conferencing service. Here are some tips to make the most out of these appointments:

- o **Make a list of your concerns and prioritize them.** Talk about the most important points first—don't put off what's really on your mind! If you don't get through all of your concerns, you may need to ask to schedule a follow up appointment.

- o **Minimize technical difficulties.** If necessary, ask a friend or family member to help you download any apps and test your microphone and camera to make sure they are working. Make sure your speakers are loud enough for you to hear well.

o **Keep your doctors up to date.** Let them know about any hospital or specialist visits you've had since your last visit. Also mention changes in your appetite, weight, sleep or energy levels.

Suburban Hospital's directions on how to download and use video chat applications: These are illustrated how-to guides on how to get onto communications technology. You don't need them only for communicating with your medical team. You can use them to make social connections with friends and family during the stay at home order.

o [Facetime](#), [Google Hangouts](#) [Skype](#), [Zoom](#) [Zoom](#) in Russian, Arabic, Spanish, and Chinese

(Please note that any references to connecting to "Hopkins wifi" can be disregarded, as those are intended for patients and families within the hospital.)

Primary election: The Maryland Primary Election has been moved to **June 2, 2020**. It will be mainly vote by mail with limited in-person voting on June 2. All active registered voters will be **mailed a ballot** in early May by the Board of Elections.

Check voter registration at <https://voterservices.elections.maryland.gov/VoterSearch> or text Check 777-88 and update your address or party affiliation if necessary by May 27.

League of Women Voters' Guide and other primary election information: Montgomery County League of Women Voters has issued its [LWV Voters' Guide](#). Normally, hard copies would be available at our libraries and other county facilities, but due to the COVID-19 pandemic, they are currently available only online. Click on the link above to view the guide.

Also see the [LWV supplement](#), which has the candidates' responses to all of the questions on issues asked by the League for all offices on the 2020 primary election ballot, except U.S. President.

The voter registration deadline has been extended to May 27. Voters who register by that date will receive a ballot in the mail or electronically from the Board of Elections. [Click here](#) for information on how to register and for the application form.

This election will be conducted primarily by regular mail, with ballots and postage-prepaid return envelopes. The ballots and envelopes will be sent soon directly to voters, so watch for them in the mail. Your completed ballots should be postmarked on or before June 2

Zoom Presentation: The Art Theft of the (last) Century! Saturday, May 16, 3 - 4 pm

On August 21, 1911, Leonardo da Vinci's Mona Lisa was stolen from the Louvre in Paris. Someone entered the Salon Carré, lifted it off the wall and simply walked out with it. The painting was stolen on a Monday morning, and baffling as it may be now, it wasn't until Tuesday at noon before anyone noticed that the masterpiece was missing. Join us for a richly illustrated presentation by Barbara Evans about the theft of the most famous painting in the world. RSVP by Friday, May 15 to director@bmavillage.org for Zoom login.

Presentation: Fire Safety and Code Change Updates: Tuesday, May 19, 2 - 3 pm. Fire safety codes have changed. Is your home up-to-date? Our local firefighter and EMT, Jim Resnick who has done fire safety home inspections for NAN, will give you tips and steps to take around your home. RSVP info@chevychaseathome.org

Weekly Wellness Group: Every Wednesday at 1pm join Sydney Palinkas, from the ElderSAFE Center, for a weekly virtual wellness group for older adults. This is a chance to stay socially connected, share health news, information on financial scams, play games, and support one another. The goal of this group is to decrease social isolation and loneliness for older adults. You can join by phone: Call 646-876-9923, using meeting ID # 956-4095-8098
You can join by computer at: <https://zoom.us/j/95640958098C>

Learning Online Recommendation: Osher Lifelong Learning Institute at American University (OLLI at AU) is like a small liberal arts college with academic classes in many subject areas. They have two upcoming sessions: June Minis with 90-minute study groups held once-a-week for four weeks, June 1 to 26. Minis will be held via Zoom. The membership fee for Minis is \$100 to take up to three classes. The deadline for signing up is May 17. July Shorts with 3-, 4-, and 5-day, 90-minute immersion study groups, July 13 to 17. The membership fee for July Shorts is \$75 to take up to three study groups. The deadline for signing up is June 25. Shorts will be held via Zoom unless there is a change in circumstances closer to that time. For more details: <https://olli-dc.org>, olli@american.edu, or 202-895-4860.

Course: An online course, AgeWISE, is being offered by the Boston University Alzheimers' Disease Research Center. It is an 8 week course on Wednesdays beginning at 3:00-4:00 pm, May 27- July 15. It is designed for community members of all ages and will focus on information and cognitive skills training to improve everyday life. Register to join on the computer, smartphone or regular telephone at www.bu.edu/alzresearch/agewisecourse/ or e-mail Nana Sekyi-Appiah at joinadc@bu.edu to sign up.