

NAN NOTES May 3, 2020

Do you need a Mask? Surgical masks have been made available to villages. Miriam Kilty has masks to distribute to neighbors who need them. If you do not have a mask, let Miriam know. With a mask you can go out, and if you need to go to the pharmacy or grocery, you will protect yourself and others (and comply with county policy). You might also visit with friends and neighbors while protecting yourself and maintaining social distance. Contact: keltymiriam@gmail.com or 301 229-5639. Be sure to let Miriam know your names, number and address if you want a mask.

NIAID (The National Institute for Aids and Infectious Diseases) is Seeking Healthy Volunteers. People interested in joining this study should contact clinicalstudiesunit@nih.gov For more information on the COVID-19 Pandemic Serum Sampling Study Launch, see: <https://www.niaid.nih.gov/news-events/nih-begins-study-quantify-undetected-cases-coronavirus-infection#qa-section> Additional information can be found at <https://www.clinicaltrials.gov/ct2/show/NCT04334954?cond=COVID-19&fund=01&draw=2&rank=4>

Grocery & Meal Ordering: Kathleen McGuinness, Director of SmithLife Homecare Community Relations, will guide you through the process of signing up for and using online applications for grocery shopping and ordering meals. This is a Zoom event to be held on Thursday, May 7, 10:30-11:30 am. Join by computer or phone. By Wednesday, May 6, 2:00 pm, please RSVP by email to info@chevyCHASEathome.org, or by calling (301) 657-3115.

Safety Advice If You Must Visit the Grocery Store. Here is a link to an article from the Wall Street Journal: https://www.wsj.com/articles/safety-advice-if-you-must-visit-the-grocery-store-11585336520?mod=trending_now_1. Remember that NAN has been matching seniors with a volunteer shopper if you prefer not to go to stores.

Senior Planet Montgomery Offers Free Online Classes. This is Montgomery County's technology training program designed for learners 60 and older, which offers free online classes that focus on how to thrive at home while staying protected during the COVID-19 health crisis. Classes change weekly. This week, for example, there is a session on online grocery shopping using Instacart and

Amazon Fresh. For more information: 240-753-0676, <https://seniorplanet.org/locations/montgomery-county/>, mocoinfo@seniorplanet.org To sign up for the Senior Planet Montgomery newsletter, which includes detailed information about upcoming classes, go to <https://seniorplanet.org/get-involved/newsletters/>

Suburban Hospital Resources. Resources for Older Adults. Care for Your Health, Inc. has an Elder Edition YouTube channel to help older adults identify trusted resources during the COVID-19 pandemic:

https://www.youtube.com/channel/UCQi0Zh0Xb1RFWhGMSf7_DaA/featured?disable_polymer=1

Suburban Hospital Community Donations. Suburban Hospital has a formal protocol to accept specific donations, including hand-sewn masks. Please follow this link to see the full list of items accepted, and where and when to make a delivery: https://www.hopkinsmedicine.org/suburban_hospital/philanthropy/coronavirus-supplies.html or 301-896-3971

Volunteering for COVID-19 Needs. The Montgomery County Volunteer Center has a list of places to donate financial support and/or needed items to agencies responding to the emergency; virtual volunteer opportunities; options for donating blood to the American Red Cross; and volunteering for the Maryland Responds Medical Reserve Corps (age 18 and up with or without healthcare experience)

<https://www.montgomerycountymd.gov/volunteercenter//>

Other Resources:

In addition to the magazine's [unique coverage of the COVID-19 crisis and its effects](#), **National Geographic** continues to provide [incredible educational resources for families with children](#), including [a special collection to commemorate Earth Day](#), April 22.

PBS, home to [essential in-depth news coverage of the crisis](#) alongside an enormous archive of [wholesome educational and entertaining content](#). The **American Portrait project**, which Chautauqua helped to pilot before its launch earlier this year, has become a particularly important time capsule for documenting how

Americans are navigating and coping with these unprecedented circumstances, including [those on the front lines of the national response](#)

The **National Comedy Center** has launched [National Comedy Center Anywhere](#), a new platform that presents a selection of materials from the museum, including exclusive digital content designed to educate, inspire, entertain and foster an appreciation for comedy's great minds and unique voices.

Jazz at Lincoln Center has established [a weekly schedule of programs across its digital properties](#), including educational resources like master classes (including with Chautauqua favorite Seton Hawkins), twice-weekly "Conversations with Wynton" and "From the Vault," a selection of recorded live performances.

The **National Constitution Center** is offering live constitutional classes, [Scholar Exchanges](#), for high school and college students, teachers, and parents, as well as virtual [America's Town Hall](#) programs for learners of all ages.

The **Kennedy Center's** Digital Stage is home to its new [Kennedy Center @ Home](#) platform, which provides free videos of live and on-demand performances and educational activities to do at home, with new releases daily.

A Blast from the Past with Victor Borge: The videos are not new, but the humor is still fresh:

<https://www.youtube.com/watch?v=ZyLSplHi9y0> and <https://www.youtube.com/watch?v=RtzMQ4JEcmc>

Lectures from Chautauqua: you can select from David Brooks:

<https://chq.org/live/eventdetail/22911/chq-watch-party-revisiting-david-brooks-2018-amp-lecture> and

Joshua Bennet <https://www.facebook.com/watch/?v=195810795172203>

Ivy League courses online: <https://www.masslive.com/news/2020/03/pass-coronavirus-quarantine-time-with-free-ivy-league-online-classes-450-courses-from-all-8-schools.html?fbclid=IwAR2EZl6M4O2GbB9LT9jT48NbQU4ZkwsU8IVNCnP7tquazq8li3BSc7laSMU>

Songs of comfort from Yo-Yo Ma:

https://www.facebook.com/YoYoMa/videos/2240652499574323/UzpfSTeZODg1MTE0NzM6MTAyMjE4MTY2OTc3OTE4MTk/?_rdr=p

National Zoo's webcam: <https://nationalzoo.si.edu/webcams>

Thanks to Montgomery County and to our nearby villages that have contributed many of these resources.