

An Ounce of Prevention, Plenty of Local News, and a Dash of Joy

We are facing a new challenge with the spread of COVID-19 but as friends, neighbors and community -- we are in this together.

A key component of DCCA's [mission statement](#) is to 'Keep it Neighborly'. As we ride through this COVID-19 storm, we know that Dupont neighbors will remember to check in on friends, keep a special eye out for seniors or those living alone, and follow the social distancing and guidelines that are designed to keep your family and our community and its institutions as healthy as can be. Please take the time to thank and appreciate the people who serve our health care system, stock our grocery shelves, make deliveries and keep our city safe.



This edition of the DCCA eblast offers DC resource links and news regarding this public health emergency. In addition we offer a few ideas on how to approach this slower time, ways to find a little calm when the news gets hard, and ways to keep our busy hands active -- we are Washingtonians after all!

Another One Bites the Dust: DCCA April Meeting: Cancelled

With respect to social distancing practices, DCCA will be cancelling the April Monthly Meeting. We have a tentative plan to return to our regular schedule in May. We will continue to monitor the public health guidance. Stay tuned for updates.

In the meantime check the [DCCA website](#) to catch up on our recent work and to read coverage of the Ward 2 Council Forum hosted by DCCA and LCCA. We are still working through some technical challenges but hope to have a video of the event posted soon.

District Resources for COVID-19

The DC Government has been updating its COVID-19 website with link news releases, data on testing in the District and other information. Visit coronavirus.dc.gov.



You can also visit the [CDC website](#) for additional information.

DC Health Link COVID-19 Insurance Coverage

DC Health Link has posted a new COVID-19 page for the individual and small groups who receive their health coverage through DC Health Link. Click [here](#) to find:

- An updated summary of how DC Health Link health insurance companies are covering COVID-19 diagnosis and care;
- COVID-19 updates from DC Health Link; and
- Links to other local and federal COVID-19 resources.



DC Emergency COVID-19 Response Emergency Act

DC Council Chairman Phil Mendelson shared an overview of the emergency legislation, COVID-19 Response Emergency Amendment Act of 2020 (Bill

22-718), aimed at supporting people who have lost their jobs and small businesses that are suffering financial losses from the coronavirus pandemic.



Click to [read the bill's](#) language or click to [read Chairman Mendelson's summary](#) of the ways the bill will address challenges related to the public health emergency.

Ways to Stay, Connected, Busy and Soothed as We Find our Footing

Challenges aside we are now presented with a time to slow down and look around...

Get Creative: Head over to youtube with it's art videos and let that left brain loose. For example, grab a marker and follow along with [How to Draw a Cherry Blossom Tree](#)

Find Inner Calm: Neuroscience says that listening to this song reduces anxiety by up to 65 percent. Skeptical? Read the [article](#) to listen and test it out. Apps for meditation or even some simple [tactical breathing](#) can be a great way to re-center when the news cycle has you spinning.

Escape: Books are like old friends! Scan your shelves to see if there is something to re-discover, head to the DC library [website](#) and learn about their digital collection, or (grab your sanitizing wipes) and visit one of DC's [Little Free libraries](#) to drop off or pick up a new title.

Date Night: Dress up in your Sunday best and head to the opera...at home! The Met Opera is [streaming opera](#) for free during the Coronavirus Closure. No opera glasses required! [The Kennedy Center](#) is also offering a digital stage line up.

Explore: How many times have you said, 'if I only had more time I'd take advantage of having the Smithsonian in my backyard? Well now it's in your living room with [Smithsonian virtual exhibits](#).

Mother Nature Heals

If you have been enjoying the blooming daffodils and the respite the T Park offers, please share our appreciation of the DCCA member volunteers who spend weekend mornings planting, watering and pruning this shared treasure. The Garden Team took a break from their rakes to offer some green ideas for Spring.



DCCA Member and prodigious T Street Park volunteer Rebecca Martin recommends:

Looking for a solitary activity while you are self-isolating? Do you have a small patch of land near your home? Think front yard, backyard, window box, patio, porch or even your windowsill!

Spring is almost here and it is not too early to start getting ready. Consider getting outside and weeding, removing dead leaves, and turning over the soil. Fresh air, birds and dirty hands will lift your spirits.

While you are waiting for the days when we can go back to the garden centers, here are two sites where you can order plants and summer bulbs for home delivery:

- Breck's. <https://www.brecks.com/>
- White Flower Farm <https://www.whiteflowerfarm.com/>
- Flowers will make the birds happy and your neighbors smile!

And the artful eye of DCCA Board Member Marcy Logan and Swann Street Gallery owner adds:

- "In an otherwise brown and very dead garden, pop in some very pink Snap Dragons and Voile'! Instant beauty! They will provide happiness for hummingbirds before you know it."
- "Pansies in the spring! Pansies in the fall! They will always be fluffy and chase your bad thoughts away."

Longtime DCCA Robin Diener reminds us:

Pansies are cheerful and abundant but need water regularly as do all window box and outdoor potted plants. Rats and squirrels eat certain plants - sweet potato vine for one -- one can design a non vegetative garden of white "marble" stones, chunky mulch, and a big rock feature to discourage and redirect rats who

prefer smoother travel surfaces.

DCCA Neighborhood Recipe Challenge! Enter Today!

Local restaurants are still offering [grab & go and delivery options](#) and we want you to support them and the delivery people who are helping people get the food and goods they need.

But to help us connect and share some fun we are challenging you to send along your favorite recipes to make using our precious pantry stock.



- We get the ball rolling with this link: [Pandemic pantry: a list for eating well with humble ingredients](#)
- And for those who may have a few fresh ingredients like garlic, lemon and chicken on hand, we highly recommend this simple [Lemon Chicken Dish from Ina Garten](#). The combination of fresh lemon and a hearty dose of immune boosting garlic (don't worry, we are social distancing) simmered with dried herbs creates a sauce you will want to drink from the pan...and it makes your kitchen smell heavenly!

Now it's your turn. Simple pantry dishes, all day simmering stews, or healthy options to counteract our nervous munching. Send photos of your creations or of having fun in the kitchen -- we all need a smile.

We'd love to post your favorites on the DCCA website and offer a place to share cooking and snacking favorites. Send your ideas to info@dupont-circle.org.

Lend a Hand Online - Become a Citizen Archivist

Check out the National Archives Citizen Archivist program. You can contribute to the National Archives Catalog by tagging, transcribing and adding comments to records which helps make them more accessible and searchable.



Every contribution helps improve the accessibility of historical documents and unlocks history for others. Click [here](#) to learn more.

Neighbors Say Goodbye to TENAC Founder Jim McGrath

Sadly, the community said goodbye to long-time TENAC Chair Jim McGrath in early March.

Founder and Chair of the DC Tenants Advocacy Coalition for over 25 years, Jim represented tenants stalwartly for decades, spoke truth to power, and pursued the truth no matter where it led. Jim was a longtime Dupont resident, fierce advocate for tenants, one of the good guys and protector of our circle garden.



Click [here](#) to read his obituary.

It's Not Too Late to Enjoy Paddy's Day!

There is still time to enjoy Solas Nua's Irish arts festival from home!

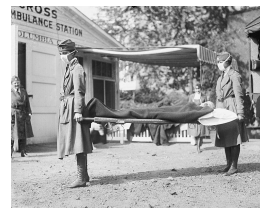
For many years Solas Nua offered free Irish books on St. Patrick's Day at the Q Street Metro. In response to COVID-19 they have gone digital. Go to www.solasnua.org to download books of fiction, poetry, history and the words of St. Patrick from Irish publishers.

Solas Nua is also holding an entire festival of the Irish arts online! [Cyber Craic](#) Irish Arts Festival until the end of the month. Programming will change daily.

Time Travel: Life in DC During the 1918 Flu Pandemic

What's Old is New ... the 1918 influenza pandemic closed schools and emptied public spaces in Washington. The *Washingtonian* shares photographs and newspaper clips that show how a public health crisis changed DC's way of life.

Click [here](#) to read more.



Local Newslinks of Note: Corona Edition

The Coronavirus Emergency Didn't Stop an Encampment Clearing - [LINK](#)



Live updates: Maryland, Virginia combine to add 33 coronavirus cases; U.S. marshal at D.C. Superior Court tests positive - [LINK](#)

Council Unanimously Passes Emergency COVID-19 Response Bill - [LINK](#)

Metro Service Levels & Hours Further Reduced to Support Essential Trips Only, Starting Wednesday - [LINK](#)

Two Grocers and a Mega-Retailer Adjust Hours to Cater to Seniors - [LINK](#)

How to Support Your Local Bookstores Right Now - [LINK](#)

Neighborhood groups across the Washington area are forming militias of caring and help - [LINK](#)

DDOT and DPW Announce Parking and Service Adjustments - [LINK](#)

The Department of State advises U.S. citizens to avoid all international travel due to the global impact of COVID-19 - [LINK](#)

Click to join us for another year of civic engagement. Your neighborhood needs you!

Membership runs through the calendar year. DCCA membership is open to residents, businesses and supporters of the Dupont Circle neighborhood according to the Association's Bylaws.

Dupont Circle Citizens Association | info@dupont-circle.org | www.dupont-circle.org

STAY CONNECTED

