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# ECG Update

As our Esplanade Community Group (ECG)'s activities and gatherings continue to build, we now need to search for new ways to maintain connection, check in, and support each other while minimizing any risk to ourselves and each other in the face of the new coronavirus/CoVID-19, one that is highly dangerous and life-threatening to many segments of our community. The work of the Esplanade Board of Trustees, the Esplanade management, and the Esplanade staff have made great strides on our behalf, with more to come.



We are fortunate to live in the Esplanade, a place that we can continue our social connections – while of course following the guidelines from the CDC and Massachusetts Department of Public Health. In that spirit, we must **cancel** our March 19 Coffee/BYO Wine event in

the Tye Room.

We will continue to monitor the situation and let you know about our April and May events. As always, we welcome comments and suggestions, [to Jessie](#).

As a start of our ongoing conversations as a community and to provide context for the coronavirus challenges that we are facing, here is (a) some information, practical steps, and background; (b) some ways of staying informed; and (c) some things to do while social distancing

## Background Information and Practical Steps

Click on the links below, in blue.

- Handwashing illustrated in detail to stop the spread of germs  
[BBC](#)

- How does coronavirus affect the body? It is thought that COVID-19 shares many similarities with SARS, which has three phases of attack: viral replication, hyper-reactivity of the immune system, and finally pulmonary destruction. [National Geographic](#).

- Why it is important to stop touching your face (mouth, nose, eyes) [NYTimes](#)

- Social Distancing, what does it mean, to try to flatten the curve of infection [The Atlantic](#). [Wikipedia](#).

- CDC guide on self-isolation at home, including steps for household members, partners, and caregivers. [CDC 1](#). [CDC2](#).

- Quarantine: Be prepared for being quarantined in your home for 2-3 weeks. If you, a family member, or a colleague is found to be infected with the disease, you may be asked to remain in your home until you are considered no longer contagious. Be ready with enough food, medicines, pet food, etc., to last for 2-3 weeks. You may also want to make plans with friends or neighbors who might be able to help support you (or you them) should such a situation arise.

- [WHO Myth Busters](#).

- National Geographic article on vulnerability of those with underlying health conditions such as high blood pressure, cardiovascular disease, and diabetes, with young adults vulnerable as well. [National Geographic II](#).

- How to plan travel in era of coronavirus. [Boston Globe](#)  
[NYTimes](#)

## Staying Informed

- Centers for Disease Control and Prevention (CDC) website includes the widest and most up-to-date information on all aspects of the coronavirus, including how it spreads, symptoms, prevention and treatment, what to do if you are sick, higher risk populations, travel information. [CDC website](#).
- [World Health Organization \(WHO\)](#) with [questions and answers on coronaviruses](#) including symptoms, treatments, putting on and taking off masks, receiving packages, etc.
- [Johns Hopkins School of Public Health](#)
- [Massachusetts Department of Public Health Information](#) on the outbreak of COVID-19
- [City of Cambridge Public Health Department](#) COVID-19 Information
- [Cambridge closes schools](#) for two weeks and cancels nonessential public meetings and events through April 30.
- SiriusXM radio – channel 121 NYU Langone “Doctor Radio” focusing on the coronavirus
- Coronavirus [Essential Reads](#)

## Things to Do While Social Distancing!

- **EdX** Learn something new, join for free! Access 2,500+

courses from 140 top institutions, including Harvard, MIT, Berkeley, Boston University, Sorbonne, etc., with courses including computer science, humanities, business and management, languages, engineering, etc. Fulfilling the demand for people to learn on their own terms, edX delivers 2,500+ courses from 140 institutions including Harvard, MIT, Berkeley, Boston University, and the Sorbonne for curious minds and is reimagining the possibilities of education, and including the XSeries of courses for deeper understanding of a topic and the groundbreaking MicroMasters® programs. [EdX](#)

- **Coursera** Learn/build skills with online courses, certificates, and degrees from 190 world-class universities and companies, including Yale, Duke, Stanford, Penn, Google, and IBM. Skills include business analytics, graphic design, Python, machine learning, science of wellness, financial markets, public health, positive psychology, languages, etc. Free to join. [Coursera](#)

- **Kahn Academy** Free online courses, lessons, and practice with the mission of providing a free world-class education for anyone, anywhere, focusing on personalized learning whereby students practice at their own pace, first filling in gaps in their understanding and then accelerating their learning, mainly built on short videos which are hosted on [YouTube](#) and which display a recording of drawings on an electronic blackboard, similar to the style of a teacher giving a lecture. [Kahn Academy](#)

- **Handicrafts** such as knitting or crafts, even for beginners, with local shops or courses online. **Knitting shops** nearby include

Gather Here at 1343 Cambridge Street and Mind's Eye Yarns at 22 White Street. **Craft supply shops** nearby include Artist and Craftsman Supply at 580 Massachusetts Avenue and Blick Art Materials at 619 Massachusetts Avenue, both in Central Square.

- **Hobbies and interests you may have laid aside, not had time for, or dreamed about**

- **Breadmaking** and other cooking explorations, including [24-hour breadmaking](#) with no kneading, no special effort, foolproof, producing “great crumb, lightness, and incredible flavor.”

- Taking **walks in our neighborhood** with neighbors, and enjoying the nature surrounding us, with many suggestions in the fascinating article on [“Nature Deficit Disorder”](#) by Jane Hilburt-Davis in the Winter 2020 edition of *ECG Matters*, the newsletter of the Esplanade Community Group.

- Explore **conversing and meeting with others remotely** using Facetime, Skype, Google Hangouts, and free online with [Zoom](#)

- The **Metropolitan Opera will host free “Nightly Met Opera Streams”** of a different complete opera from the past 14 years for these difficult times at 7:30 pm each night and available for an additional 20 hours and viewable on the Met Opera apps.

<https://operawire.com/metropolitan-opera-to-offer-up-nightly-met-opera-streams/>

- Checking with your personal trainers, Pilates, yoga, and other instructors about sessions on Skype, Facetime, etc., or use YouTube videos to **explore new ways of exercising** and sharing that information with others.

- **Cleaning/organizing closets, files, sub-basement storage lockers**, all those storage spaces one never had time to clean or organize, having fun in this complex time – some suggestions of places to donate goods follow, but other suggestions most welcome.

- **[More Than Words](#)** More Than Words is a nonprofit social enterprise that empowers young adults who are in the foster care system, court-involved, homeless, or out of school to take charge of their lives by taking charge of this youth-run business. Donation volume is down. As we seek to provide support and services to our most vulnerable youth during this time of the coronavirus, we need contributions of books and clothes more than ever. We accept gently used clothing and shoes and ALL of your books, CD's, DVD's, and video games, except for encyclopedias, VHS tapes, audio cassettes, or magazines/periodicals. We occasionally accept high-quality furniture donations for re-sale or display in our stores. Donations, all tax-deductible, can be dropped off at the Boston store at 242 E. Berkeley Street, Boston 02118, or pickups can be scheduled **[here](#)**.

- **[Habitat for Humanity ReStore and Home Improvement Outlet](#)**, 1580 VFW Parkway, West Roxbury. Consider donating

your excess household goods (including appliances and furniture), home décor items (artwork, cutlery, dishes, pots and pans, wall hangings, vases), and building materials (hardware, tools, lighting, floor lamps, fans) to the ReStore in Boston. We'll gladly take new and gently used items off your hands, sell them to the public, including bargain shoppers and treasure hunters, in our store to raise funds for our mission of helping local families in need of safe and decent housing. The ReStore makes home improvement projects affordable and keeps tons of perfectly good items out of the landfill. All of your donations are tax-deductible. [Free donation pickups](#).

- [Furnishing Hope for Massachusetts](#) – *Help a Family Start Over*, 131 Mt. Auburn Street, Cambridge 02138, accepts donations of new and gently used home goods and furniture, including items many other groups do not accept. [Items of urgent need](#) include mattresses and bed frames, bedding, pillows, towel sets, shower curtains. [Pickup is available](#).

- Animal Rescue League of Boston. Our shelters are always in need of supplies like towels, blankets, cat beds, dog beds and toys for all sorts of pets. [The Boston Animal Care](#) and Adoption Center wish list includes all kinds of items beyond toys and treats, including towels, soap, copy paper, etc. Items can be shipped or dropped off to: 10 Chandler Street Boston, MA 02116 [boston-adoption@arlboston.org](mailto:boston-adoption@arlboston.org) or call (617) 426-9170.

VISIT OUR [WEBSITE](#)



Have ideas for these newsletters and updates? Send them to [Jessie](#), [Mary\\_Jo](#) or [Jane](#).

Esplanade Community Group , 75-83 Cambridge Pkwy, Cambridge MA 02142, United States

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