

The Prince George's Post



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County Executive Alsobrooks Extends Stay-At-Home Order Until June 1, 2020.

The order may be extended if the county does not meet the metrics needed to safely begin to reopen. mypgc.us.

NATIONAL NURSES WEEK AND NATIONAL HOSPITAL WEEK

Amerigroup Maryland Celebrates National Nurses Week



PHOTO CREDIT: CHILDREN FIRST

For National Nurses Week, as part of its "Food for First Responders" mission Amerigroup MD bought lunches for medical staff and nurses at various locations throughout Maryland including a special lunch for the Children First, LLC Largo where staff and nurse practitioners specialize in medical care for children.

UMMS Honors Health Care Heroes During Pandemic

Health Care System Coordinates Weeklong Celebration of its 28,000 Staff Members

By JANIA MATTHEWS

University of Maryland Capital Region Health

CHEVERLY, MD (May 12, 2020)—Each May, National Nurses Week and National Hospital Week are significant, overlapping annual observances that honor the work of nurses and all health care workers across the nation. This year, during a time of unprecedented challenge for health care workers in every setting, University of Maryland Medical System chose to combine the observances and celebrate Health Care Heroes Week, from May 10–16. This week is about honoring the entire workforce that has come together as a united team to meet the needs of the communities we serve.

"This collective celebration honors our entire team of staff members, who have come together, regardless of their role or location, to offer unrivaled patient care and extraordinary support to each other at this most critical time," said Mohan Suntha, MD, MBA, President and CEO, University of Maryland Medical System. "This all-inclusive recognition, which spans the second week

in May—the time usually dedicated to Hospital Week, which includes Florence Nightingale's 200th birthday on May 12—is a fitting time to recognize our team in its entirety, for the sacrifices they've made, together, to stand on the front lines of care throughout the pandemic."

"I join my colleagues across the University of Maryland Medical System in rightfully praising the work of our staff at UM Capital Region Health," said Joseph L. Wright, MD, MPH, FAAP, President & CEO (Acting). "Our nurses and the equally dedicated team of caregivers and support staff who work alongside them to save and change lives, have faced unique and complex challenges. Throughout it all, they stand ready, offering critically needed care that is safe, compassionate and unwavering."

The system's Health Care Heroes Week includes small gifts of appreciation for staff members, internal and public messages of thanks and special celebratory activities at each location. "Health Care Heroes Week commemorates the tremendous work of the 28,000-strong across our entire system," said Dr. Suntha.

Student Housing Community Vie Towers Joins Initiative to Donate 100 Free Beds To Traveling Medical Professionals

By SABRINA LEON
for Vie Management

HYATTSVILLE, Md. (May 15, 2020)—Vie Management, a student housing and multifamily financing, acquisition, development and management company is launching a new program to support traveling medical professionals during the COVID-19 pandemic. The program, which started May 1 and will go through Aug. 1, is giving 100 free beds to traveling medical professionals across five of its communities throughout the U.S.

Hyattsville-based community, Vie Towers, located at 6515 Belcrest Rd., is one of the five communities from Vie Management's portfolio that is participating in this initiative. Other communities include Vie Lofts at San Marcos in San Marcos, Texas, Vie at Raleigh in Raleigh, North Carolina, Southgate Apartments in State College, Pennsylvania, and Hillcrest Apartments and Oakwood Townhomes in Big Rapids, Michigan.

"We greatly appreciate the sacrifices that medical professionals all over the U.S. are making in the midst of the Coronavirus pandemic in order to keep us safe and healthy," said Derrick Milam, COO of Vie Management. "We feel it is our duty to help them out in any way we can in order to remove any of the obstacles they may face during these difficult times, such as finding temporary housing

when traveling to serve a new community."

This offer is available to any traveling nurse, first responder and health-care professional who needs to temporarily relocate in order to serve a new city or town due to the coronavirus pandemic. To put in an application, medical professionals can apply online through the community's website in order to complete the application process, identify their profession and sign a formal lease. No credit check is required.

"When facing uncertainty, it's crucial that we stand together to help each other wherever and whenever we can." Milam said. "Our medical professionals and first responders need our support and we are happy to help them, just as they have always helped us."

For more information about Vie Towers, visit www.vietowers.com or call 240-293-4944.

Vie Management is a vertically integrated real estate investment and management company operating a diversified portfolio of student housing and multifamily communities throughout the country. With over 18 years of experience, Vie has owned and managed more than 40,000 beds. Vie Management is active in all its local communities, via its Vie Inspired Program, and committed to philanthropic investment wherever we are located. www.viemgmt.com



From The American Legion, National Headquarters

Memorial Day 2020

Every crisis has new heroes. During the 9/11 attacks, they were the first responders running into burning and crumbling buildings as others ran out. Now, during the Coronavirus pandemic, the most visible heroes are the health care professionals, who are saving others and risking their own lives while doing so.

These heroes have much in common with the people that we honor today—America's fallen veterans. They are men and women who have sacrificed their own lives so others could live. They are both elite and ordinary. They are elite in the sense of character. Giving your life so others could live is the ultimate definition of selfless.

They are ordinary in the fact that they represent the diverse fabric of our country. They are rich and poor, black and white, male and female. They come from every ethnicity and background. In short, they looked like anyone of us.

As we celebrate the selfless and untiring performances of the health-care workers during the COVID-19 pandemic, it brings to mind the mili-

tary medics, doctors and nurses who sacrificed their lives while treating others on the battlefield.

One such hero was Pharmacist Mate Third Class Jack Williams. The Navy Reserve corpsman was only 20 years old when he landed on Iwo Jima 75 years ago.

On March 3, 1945, James Naughton, a Marine in Williams' unit, was wounded by a grenade. While under intense enemy fire, Williams dragged Naughton to a shallow depression and treated his wounds. Williams used his own body as a screen and was shot four times. Yet he continued.

After he treated Naughton, Williams dressed his own wounds. He then proceeded to treat another Marine, despite his own immense pain. While heading to the rear, he was hit by a sniper's bullet and killed. For his actions, Petty Officer Williams was awarded the Medal of Honor.

We also remember Army veterans like Lieutenant Sharon Lane.

See MEMORIAL DAY Page A2

Voters in Prince George's County Should Have Received Mail-in Ballots For June 2 Maryland Presidential Primary Election

Ballots Are Valid Despite Displaying Original Primary Election Date of April 28

By JULIE SCHARPER

for Maryland Board of Elections

ANNAPOLIS (May 13, 2020)—The Maryland Board of Elections has confirmed that mail-in ballots for the June 2 Presidential Primary election have been sent by U.S. Postal Service to all eligible state voters. Ballots for Prince George's County residents were mailed on May 4 and 5; by now, each eligible voter in the county should have received a ballot at the mailing address provided to the Maryland Board of Elections.

Due to the novel coronavirus pandemic, voting for the June 2 Primary will be conducted by mail, with limited options to vote in-person on election day. The pandemic also resulted in the date of the Primary being moved from April 28 to June 2.

While the mail-in ballots voters receive will display the original Primary date of April 28, the ballots are in fact valid for the June 2 election.

"Voting by mail is safe, secure and free," said Linda Lamone, Maryland Administrator of Elections. "There is no postage required to submit a ballot. Voters simply need to fill out their ballot, sign the oath on the envelope and place it back in the mail."

The return ballot must be postmarked no later than June 2 but can be mailed at any time before election day. Voters should sign

only the oath on the outside of the envelope but not the ballot itself.

If an eligible voter does not receive a ballot in the mail, they may submit a request to absentee.SBE@maryland.gov or call 1-800-222-8683.

The Maryland State Board of Elections is committed to educating voters on the changes made to the election procedures due to the novel coronavirus epidemic. These changes have been made to ensure voters can exercise their fundamental right to vote while also safeguarding the public's health during this pandemic.

The June 2 Presidential Primary election will be conducted by mail, with up to four in-person voting locations in each Maryland county and the City of Baltimore for those who are unable to vote by mail. Drop boxes for voters to submit ballots will be available at designated locations beginning on May 21. The drop boxes will be available from May 21 until the close of voting on June 2.

For more information about this election, including a list of in-person voting locations, please visit www.elections.maryland.gov or contact the State Board at 1-800-222-8683.

(For voting sites in Prince George's County, see In and Around Morningside-Skyline on page A2.)

INSIDE

Residents Urged to Keep Safety in Mind On Area Streets and Highways

Safety advocates say that it's important for everyone to be aware of their surroundings, avoid distractions, and follow the rules of the road.

Community, Page A3

An Urgent Call to Establish a Federal Office of Men's Health: A Critical Component of Addressing Future Pandemics

One of the most important actions that can be taken in the wake of the COVID-19 pandemic is to shore up this nation's ability to address the fundamental health status of all men and boys.

Commentary, Page A4

PGCC Receives CARES Act Funding to Help Meet Needs Related to the Pandemic

... the College identified more than 4,500 students who will receive funds. Prince George's Community College expects to disburse the student aid funds by the end of May.

Business and Finance, Page A5

Governor Hogan Announces UnitedHealthcare Files to Enter Maryland Health Benefit Exchange Individual Market

AAA Is Here For Those Who Are Always There For Us

Health and Wellness, Page A6

May is Mental Health Month: Mental Health Support to Frontline Workers

Help Teens Manage Mental Strain

Cardin Urges Expansion of Mental and Behavioral Health Services

Health and Wellness, Page A7

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

John Butler dies at 96, perhaps Morningside's longest resident

John R. Butler, 96, who lived for 75 years on Morgan Road in Morningside, died April 24. He was residing at Charlotte Hall Veteran's Home, in St. Mary's County, where he contracted COVID-19 and later succumbed to the disease.

He was born in Worcester, Mass., one of ten children. After graduating from high school in 1941, he worked at Parker Manufacturing where he met his future wife, Marion.

During WWII, he served in the Army Air Corps as an airplane gunner mechanic. Once, on a practice-bombing mission, when the plane's bomb door became jammed, John climbed outside of the plane and used a screwdriver to trip the bomb door allowing the bombs to fall out from the plane.

Marion had traveled to Detroit. It was there that she and John were married in August 1944. They returned to Worcester before moving to Washington in 1947 and to Morningside in 1948, to a house John referred to as "The Homestead."

John worked as a tool and die maker, a precision machinist, for the Postal Service, from which he retired in 1985. (The USPS Mail Equipment Service Building where he worked was entered on the National Registry of Historic Places in 2016.)

After retiring, John and Marion enjoyed travel until Marion's death in 1987. After that, John enjoyed his "projects," assisting families and neighbors who called him "Mr. Fix-it." His hobbies included playing cribbage, making cribbage boards, doing genealogical research and gardening.

His wife Marion and daughter Joanne preceded him in death. His son John Jr. died less than 24 hours after his dad. Survivors include sons Robert, Richard and Russell, and three generations of descendants.

Burial was at Resurrection Cemetery on April 29, next to Marion. An on-line celebration of his life was held May 2. Once COVID-19 restrictions are removed, military honors in recognition of service to his country will be held.

Russell Butler believes his father lived in Morningside longer than any-

one—75 years. Do you know anyone else might have lived there longer?

Holy Family School closing

Father Matthew Fish, the administrator of Holy Family Parish in Hillcrest Heights, announced on May 13 that Holy Family Catholic School would close at the end of the current school year. He cited low enrollment, revenue insufficient to cover operating expenses, an increasing deficit and "severe challenges brought on by the pandemic shutdown and consequent economic crisis."

In 2018, an anonymous "Angel Donor" surprised the school with a \$200,000 donation and the parish began a tremendous fund-raising effort, which kept the school open until after the 20/21 school year. But there are not enough Angels to handle the current deficit.

Father Fish said counselors and Catholic Schools Office officials would be available to support faculty and students as they cope with the closing of the school. In addition, there will be information about openings in nearby Catholic Schools.

Archbishop Patrick O'Boyle established Holy Family Parish in Hillcrest Heights in 1952. The school opened in 1957 with 200 students and was staffed by the Sisters of St. Joseph.

If you attended Holy Family School, send an email (muddmm@aol.com) or phone me with your memories.

Time to cast your Primary vote

The Maryland Presidential Primary Election is coming up Tuesday, June 2. My ballot arrived in the mailbox this week. All registered voters will receive the ballot by mail.

I'll vote and return my ballot in the postage-paid, addressed envelope—only after being sure to sign my name on the back of the envelope!

For those who prefer, there will be actual voting sites. Rich Landon who regularly keeps me up on District Heights news and other important matters, forwarded the locations of these sites: Bowie Gymnasium, Kentland Community Center, College Park Community Center, and (closest to my neighborhood) Southern Regional Tech in Fort Washington.

Rich will be the Republican Judge in

Fort Washington. I like running into him at the polls. But this time I'm mailing my vote.

Academia

Kendra Meredith Pomilla, who grew up in Skyline, received her master's degree in Church Management from Villanova University in a Zoom ceremony on May 15. She is currently secretary/receptionist at St. Bernadette Catholic Church in Springfield, Va. Kendra earned her bachelor's degree from the Philadelphia College of Textiles and Science. She is the daughter of my longtime Skyline neighbor Audrey Pridgen MacLean.

Maria DeGraba, daughter of former Morningside Councilwoman Carol Kline DeGraba, has been unable to do her last clinic for completing her master's in clinical social work. And even worse, Maria and Tyler were going to celebrate a long-time-planned wedding on June 13. They're looking at other dates, other months.

Morningside/Skyline: May 2010

Ten years ago this May, the Blue Angels and the Thunderbirds screeched over us during the Andrews Air Show.

Police Sgt. Tim Cordero, of Skyline, was awarded the Bronze Medal of Honor.

Morningside VFD was named 7th busiest Heavy Rescue Company in the U.S. and firefighter Mark Shayne had the top runs for 2009: 477!

Morningsiders went to the polls to elect Mayor Karen Rooker, Councilmen Terry Foster and Larry Frostbutter.

The Skyline Citizens Association celebrated its 40th birthday with a big cake. And roadwork on the "new" Suitland Road was nearly finished.

Milestones

Happy birthday to Ricci Lee Jr., Betty Call, L. Dorothy Jones, Nancy Sawyer, Dory Babecki and Chester Lanehart IV, May 23; Edna Lucas and Harry Messer, May 24;

Dennis Cook, Norma Edwards and my son John McHale, May 25; Christopher Nichols, May 26; Gary Lewis, Sr. and Steven Busky, May 27.

Happy anniversary to John and Nichole Barbour on May 25.

Around the County

Cancelled:

- All M-NCPPC, Department of Parks and Recreation summer camps, events and classes scheduled for June. All registered participants will automatically receive full refunds for cancelled programming. The Department will offer creative virtual programming that will include exciting and engaging activities for Prince George's County residents and youth. (*Kira Calm Lewis, M-NCPPC, Department of Parks and Recreation*)
- Summer Youth Employment Program. The SYEP team is working hard to find other avenues of opportunity for our young people this summer. (*Community Connections Newsletter*)

Maryland Clerks of Circuit Courts Begin Remote Processing of Marriage Licenses During COVID-19

ANNAPOLIS, Md. (May 15, 2020)—Maryland courts are now processing all marriage license applications through remote technology. Throughout the COVID-19 pandemic, the clerks of the circuit courts in Maryland have been issuing marriage licenses in emergency cases only, such as instances involving military deployment, severe health issues, or medical insurance issues involving an applicant.

For more information or to apply for a marriage license, contact the clerk's office in the jurisdiction where the marriage will take place. The clerk's office directory is located at www.mdcourts.gov, <https://www.mdcourts.gov/circuit>. Prince George's Clerk of the Court: princegeorgescourts.org/178/Clerk-of-the-Circuit-Court

Visit mdcourts.gov for the Marriage License Application and Marriage License Application Instructions.

Maryland courts are currently closed to the public.

—Public Information Officers, Maryland Judiciary

Memorial Day from A1

According to her biographer, Philip Bigler, Lt. Lane threw herself into her work as a nurse. While serving in Colorado, she requested a transfer to Vietnam. "There, at least, you are busy 12 hours a day, six or seven days a week," she said in a 1968 letter to her parents.

Her dedication was obvious, even as she treated enemy Viet Cong soldiers who would return the favor by kicking, cursing and spitting at their American captors.

In the early morning of June 8, 1969, Sharon's tour of duty ended. A Soviet-built rocket struck the hospital. Lieutenant Sharon A. Lane was killed in action at age 25.

If she were still here, her skills as a nurse might still be benefiting us during the current crisis. But not all of the heroes working during the COVID-19 pandemic are in the healthcare industry. Grocers, first responders, delivery workers and drive-through restaurant employees are just a few of the many people that we rely on to provide vital services for society while risking their own safety.

The military also has heroes in every occupational field. Truck drivers, cooks and administrative clerks have all paid the ultimate price. At sea, on land or in the air—military service requires great risk.

Roy Knight, Jr. was a pilot in the U.S. Air Force. On May 19, 1967, he was shot down while attacking a target on the Ho Chi Minh trail in Laos. He was posthumously promoted to colonel. Last year, a joint team from the Defense POW/MIA Accounting Agency discovered and later identified Col. Knight's remains.

When his remains arrived at Dallas's Love Field, a crowd had gathered to witness the dignified transfer of the flag-draped casket from the Southwest Airlines jet into the receptive arms of the military honor guard. One observer reported that the entire crowd fell silent.

The Southwest flight was piloted by another Air Force veteran, Col. Knight's son, Bryan. Bryan Knight was only five-years-old when he said goodbye to his father as the elder Knight left for Vietnam.

This is yet another legacy that these heroes leave behind. A legacy that includes their sons, daughters, grieving parents, grandparents and friends.

Their heroic acts are sometimes performed to protect those with whom they serve. Corporal Jason Dunham was a squad leader with the Third Battalion, 7th Marines in Iraq.

On April 14, 2004, his squad approached a Toyota Land Cruiser. After his squad discovered AK-47s in the vehicle, the enemy insurgent exited and engaged in hand-to-hand fighting with the unit. The driver dropped a grenade.

To save his fellow Marines, Corporal Dunham made the ultimate sacrifice. He threw himself on the grenade and tried to use his helmet to shield the blast. Severely wounded by the grenade's fragments, Cpl. Dunham was taken off life-support eight days later.

Corporal Dunham died so other Marines could live. He, too, was awarded the Medal of Honor for his gallantry.

Approximately one million men and women of the U.S. military have lost their lives in defense of our nation since the founding of this great Republic.

Not all have died from enemy fire. Some have died from diseases that have too often festered around war zones. Often times, deaths from disease and accidents outnumbered casualties caused by enemy weapons.

During the Spanish American War, 60 soldiers of the all-black 24th Infantry Regiment volunteered to serve as nurses. Thirty-six of them would later die of yellow fever or malaria.

A generation later, the flu would kill nearly 16,000 U.S. soldiers in France during World War I. Another 30,000 American servicemembers died in stateside camps. These men and women could have isolated safely in their homes. But they knew they had an important job to do. A mission to accomplish. They were all on a mission to serve.

Even when the enemy is an invisible virus or a microscopic germ, the sacrifices made are just as meaningful. The U.S. military has already lost servicemembers to COVID-19.

This Memorial Day as we continue to honor those who fell for us in battle, let's also pause to remember those who have also sacrificed their lives while serving others.

May God bless them and may God bless you for remembering them here today.

Thank you.

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

BSU HEALTHCARE HEROES

LaTria Rogers is a proud Bulldog for life. She earned a bachelor's degree in psychology at Bowie State University in 2003, and in 2008, obtained her master's degree in counseling psychology. She became a mental health therapist for the DC Department of Correction/Unity Healthcare. Recognizing how important therapy is to our overall health, LaTria has incorporated telehealth into her private practice during the COVID-19 pandemic. She also continues to provide mental healthcare services to people incarcerated, risking her well-being and health. LaTria firmly believes that her view on behavioral and mental health will see us through this pandemic and make us a stronger and better USA! Office of Alumni Engagement.

Veronica Champion graduated from Bowie State University in 1992 with a Bachelor of Science degree in communications. Years later, Veronica attended Prince George's Community College and received an associate degree in 2014 becoming a registered nurse. Always having a heart to serve others, Veronica works in the Nephrology Department at Children's National Hospital in Washington, DC. She mostly works with young patients needing dialysis and those who have other renal conditions or diseases. Veronica has also worked in the COVID-19 unit at the hospital. "It's sad seeing these kids with the virus. They don't deserve this." Regardless of what is put before her, kindness, compassion, care, and commitment is what Veronica gives to each patient. Office of Alumni Engagement.

HAWK IN THE CONTROL ROOM: Q & A WITH CARMEN FRAZIER

Carmen Frazier ('14) is a producer at WJLA ABC7, the ABC network affiliate in Washington, D.C. The Montgomery County, Maryland native earned her bachelor's degree in English with a telecommunications minor. While at the University of Maryland Eastern Shore, she was a member of the softball team and she was involved in Discover UMES and Hawk Radio.

Q: What was your professional goal?

A: My professional goal was always to be in media. I was always a very talkative child and "always in grown folks' business" so this felt like a natural thing to pursue.

Q: What or who influenced you to pursue a career in TV/news?

A: No one influenced me to pursue a career in TV/news. I just knew this was something I wanted to do. My family has always encouraged me to pursue my goals and dreams.

Q: How did you arrive at the current stage of your career?

A: My internship at WMDT in Salisbury, Maryland is where my career began. There is where I learned local news is what I wanted to do. At first, I wanted to be a reporter but soon learned you can move up the career ladder much quicker if you choose a job behind the camera.

Q: Describe UMES' role in your TV/media career.

A: I would not be where I am today if it were not for UMES. In college, I did not know exactly what I wanted to do in media but during my senior year my professor Marilyn Buerkle strongly encouraged me to take an internship in WMDT. It was a last-minute decision but turned out to be the best move I ever made.

Q: Name some things you gained from your student experience at UMES.

A: Different communication job experiences and how to balance a busy work schedule.

Q: What advice do you have for someone looking to pursue a career in television and media?

A: Never stop being your own advocate, learn from your mistakes and do not be afraid to ask for help. Also, whatever method you use to memorize stuff, keep doing it. You will get a lot of information at once at a fast pace and you must be able to pick things up quickly. News wait for no one.

Information from UMES THE KEY, a newsletter for students, faculty, staff, alumni and friends, March/April 2020.

CASA/Prince George's County—Summer 2020 Online Volunteer Information Session

Court Appointed Special Advocate (CASA) is a volunteer-based organization that partners with the juvenile court to positively impact the lives of abused and neglected children ages 0–21. CASA volunteers change a child's story as trusted advocates for the best interests of children and teens

in foster care. Learn more by attending our Online Info Session on **Thursday, May 28, 2020 from 6–7:30 p.m.** Email recruitment@pgcasa.org. For questions, visit pgcasa.org or email recruitment@pgcasa.org. To apply, visit <http://bit.ly/APPLYpgcasa>

Cheltenham Veterans Cemetery Reopens with Limited Hours
Visiting hours
Monday–Friday: 1–4:45 p.m.
Saturday–Sunday: 8 a.m.–4:45 p.m.
Please wear masks and practice social distancing.
Administrative buildings, restrooms, shelters are closed.

COMMUNITY

M-NCPPC and BSU Create Play More TV

Partnership Features a Fun and Informative Family Show for Prince George's County Residents

By KIRA CALM LEWIS
Department of Parks and Recreation

RIVERDALE, Md. (May 18, 2020)—The Maryland-National Capital Park and Planning Commission (M-NCPPC), Department of Parks and Recreation in Prince George's County announces a partnership with Bowie State University to create Play More TV. Play More TV is a fun and informative family show for the residents of Prince George's County that features various programs, performances, and services to help keep residents active while in the comfort of the home.

The first two episodes of Play More TV, intended for children, include segments such as teaching American Sign Language, "no-bake" cooking demonstrations, arts, and craft projects, choreographed dance routines, and more. Play More TV will expand its programming to include fitness, art, and nature projects for adults.

"Bowie State University & BSU-TV appreciate the opportunity to partner with this special program," states Dr. Otis Thomas, Chair and Professor, Bowie State University Department of Communications.

Play More TV airs on the BSU-TV station, on Comcast 74, and Verizon 43 channels at 8 a.m., 2 p.m., 5 p.m., 8 p.m. 9:30 p.m., 12:30 a.m. and 4 a.m. For more information about Play More TV and other Department of Parks and Recreation virtual programs and activities, visit the Online Resource Center at pgparks.com.

The American Counseling Association's Counseling Corner

Bad Times and Depression

Even in the best of times, depression is a major mental health issue. Recent statistics find more than 17 million Americans are affected by major depressive disorders in any given year. And in today's period of pandemics, social distancing and wide-spread uncertainty about financial and health issues, it's not surprising that depression is a growing problem.

Major depressive disorder is, however, more than simply feelings of sadness or grief. We all have times when things aren't going quite right and the results leave us unhappy. Our sadness might be triggered by anything from problems at work to the grief brought on by the loss of someone dear to you.

The difference between that type of unhappiness and major depression is both the severity of what is being experienced and the fact that it is long lasting. Simple sadness over life circumstances normally fades within a couple of weeks, but major depression is deeper and much longer lasting. Major depression doesn't just have you feeling blue but it's a mental health illness that can directly affect your life in a number of negative ways.

Major depressive disorder can be recognized through the wide range of symptoms that often come with it. In addition to feeling sad and being in a depressed mood, major depression will often affect sleep patterns, making sleeping difficult or having someone sleep too much. Some people have little energy and feel fatigued most of the time. They may have no appetite or are eating too much. Depression can make it difficult to think clearly, to concentrate and to make decisions. In the most severe cases there may be frequent thoughts of death or suicide, or even suicide attempts.

Clinical depression can also cause or aggravate serious health issues. It has been linked to heart issues, the worsening of chronic health conditions, experiencing headaches and other unexplained aches and pains. But the good news is that depression is a treatable illness.

Depression will not just heal itself, but today there are a variety of therapies and medications which can provide real help. If you, or someone close to you, is facing severe depression, call your family physician or a professional counselor. If there has been talk of suicide, or a suicide attempt, call the National Suicide Prevention Lifeline at 1-800-273-8255.

Major depressive disorder is a serious but treatable health problem. Not dealing with the issue should never be an option.

Counseling Corner is provided by the American Counseling Association. Comments and questions to ACAcorner@counseling.org or visit the ACA website at www.counseling.org.

See page A7 for May is Mental Health Month articles / information

Residents Urged to Keep Safety in Mind On Area Streets and Highways

Street Smart campaign cautions drivers, pedestrians, and bicyclists to watch out for each other in wake of coronavirus outbreak

By JEFF SALZGEBER
for Street Smart

WASHINGTON (May 18, 2020)—Though recent shelter-in-place orders to defend against the spread of COVID-19 have reduced traffic and turned Washington and regional roadways into empty thoroughfares, local officials are urging area residents to keep their guard up when venturing out on area streets for food, medicine, work, and exercise.

Law enforcement reports that a growing number of drivers are taking advantage of reduced traffic to ignore speed limits and other traffic laws, while social distancing is prompting pedestrians to step into streets to maintain the recommended six-foot gap from others.

"These are tumultuous times as millions of people take measures to protect themselves and their families from COVID-19," said Chief Hank Stawinski, Prince George's County Police Department. "It's important for everyone to remember that safety applies to driving, walking, and bicycling, too."

According to the Governors Highway Safety Association, many areas are seeing an uptick in the volume of bicyclists and pedestrians outside at all times of the day as people take breaks from staying inside. Safety advocates say that it's important for everyone to be aware of their surroundings, avoid distractions, and follow the rules of the road.

The Street Smart campaign offers these safety tips:

If you're driving...

- Obey speed limits, even when tempted to go faster because of fewer cars on the road.
- Always come to a complete stop at red lights and stop signs.
- Watch and stop for people crossing the street.
- Avoid using your cell phone, and never text while driving.
- Be alert for people who may occasionally step into the roadway as they attempt to maintain social distancing.

If you're walking...

- Cross at the corner and use crosswalks when available.

- If you're unable to use a sidewalk, keep close to the edge of the road and face traffic if possible. That way you can see cars coming.
- Use caution and double check for vehicles if you are stepping into the street for any reason.
- Avoid using your cell phone while you're crossing the street.
- Remain alert to others around you—drivers, bicyclists, and other pedestrians.

If you're biking...

- Obey signs and signals.
- Use hand signals to tell drivers what you intend to do.
- Wear a helmet.

Created in 2002, Street Smart is a pedestrian and bicyclist safety program that offers safety tips to drivers, pedestrians, and bicyclists through a combination of transit ads, media outreach, digital engagement, and grassroots outreach.

Learn more about Street Smart at BeStreetSmart.net and follow the program on Twitter at [@COGStreetSmart](https://twitter.com/COGStreetSmart).

The Council of Governments (COG) is an independent, nonprofit association where area leaders address regional issues affecting the District of Columbia, suburban Maryland and Northern Virginia. COG's region-wide public safety campaign, Street Smart, educates drivers, pedestrians, and bicyclists on about safe use of roadways.



Washington Nationals and PGCMLS Launch "Imagine Your Story" Virtual "Summer @ Your Library" Program for All Ages

By NICHOLAS A. BROWN
PGCMLS

LARGO, Md. (May 18, 2020)—The 2019 World Series Champion Washington Nationals and Prince George's County Memorial Library System (PGCMLS) are proud to provide creative ways for Prince Georgians to stay connected with baseball and reading this summer. The Nationals and PGCMLS are partnering to present "Imagine Your Story," a virtual "Summer @ Your Library" (S@YL) program in English and Spanish for all ages that runs from May 18 through August 21. "Imagine Your Story" is the first online-only summer reading and engagement program in the history of the Prince George's County Memorial Library System, ensuring that all Prince Georgians can safely engage with the Library and our beloved hometown baseball team as the community recovers from the public health emergency.

In moments of change, Prince Georgians can look to the Library and Washington Nationals as pillars of the community. Both organizations provide entertaining and educational opportunities for connection across generations. More than a traditional summer reading program, S@YL encourages children, teens, and adults to read 30 minutes each day, attend virtual programs (from yoga and puppet shows to musical performances and read-alouds), explore the wide range of streaming movies and music in the 85+ online library resources, and participate in interactive social media challenges. S@YL participants can track their activity progress throughout the summer and earn badges and prizes with a downloadable S@YL game board or the Library's Beanstack website and app (iOS/Android). All who complete the full

S@YL challenge will be entered to win an exclusive Washington Nationals experience (details to be announced in July) and additional grand prizes.

"The Washington Nationals are glad to be the presenting sponsor of this program and to partner with Prince George's County Memorial Library System," said Gregory McCarthy, Senior Vice President for Community Engagement. "In these trying times, having access to a good book is more critical than ever and we are proud to help bring the joys of reading to as many residents of Prince George's County as possible. Combating the summer slide requires families, schools, libraries and the private sector to work together."

The Washington Nationals are generously making a wide range of online content available for Prince Georgians through S@YL with the Prince George's County Memorial Library System:

Reading Activities: Storytime with the World Series Champs, Reading Activities in English and Spanish, and "Books for Adult Nats Fans" videos
Summer Slugger Math & Literacy Activities for 4th and 5th Graders

Home and Away with the Washington Nationals content: STEM, exercise, and reading activities.

"We are proud to be fans of the World Series Champion Washington Nationals here in Prince George's County and we are grateful for the team's commitment to supporting the community during this unique time in history," said PGCMLS CEO Roberta Phillips. "Whether sharing the love of baseball or

KEY DETAILS:
 Summer @ Your Library: Imagine Your Story
 Presented by the Prince George's County Memorial Library System and Washington Nationals
May 18–August 21, 2020
 Summer reading and library engagement program for all ages. Track reading and activities to earn virtual badges and prizes.
English program website: pgcmls.info/summeratyourlibrary
Spanish program website: pgcmls.info/verano-en-su-biblioteca

books, families can turn to S@YL for interactive content all summer long from home or on the go."

As part of this new virtual collaboration, PGCMLS is shining a spotlight on baseball in the online library with a new dedicated webpage that will feature the Nationals' online content and the Library's extensive collection of baseball ebooks, audiobooks, feature films, documentaries, and baseball training videos year-round. The Nationals content is open access and the Library's online baseball content is accessible with a PGCMLS library card number or a LINK card number for Prince George's County Public Schools students. Virtual library card registration is open to Prince George's County residents and others throughout the metropolitan Washington, DC area. Participants can explore suggested summer reads on the Library's Beanstack, NextReads, and Book List platforms.

Summer @ Your Library is made possible by the Prince George's County Memorial Library System and PGCMLS Foundation, with presenting sponsor the Washington Nationals.

No Kid Hungry and Washington Nationals Philanthropies Issue \$100,000 in Grants to MD, VA Schools

New funding from No Kid Hungry and Nationals Philanthropies helps ensure kids in Maryland and Virginia can access free meals during school closures and every day

By ADRIENNE CARTER / CHRIS BROWNE
Share Our Strength / Washington Nationals

WASHINGTON (May 12, 2020)—As part of its ongoing COVID-19 relief and recovery efforts, No Kid Hungry, a national campaign to end childhood hunger in America, and Nationals Philanthropies, the official charitable arm of the Washington Nationals, have issued matching grants of \$25,000 to Prince George's County Public Schools (MD) and Fairfax County Public Schools (VA) for a total of \$50,000 to each school district.

These funds will help Prince George's and Fairfax County Public Schools make sure kids stay nourished. Combined, the school districts will serve approximately 35,000 meals a day through curbside pick-up, pop-up meal sites and bus route delivery.

"For all the kids across the country who live with hunger, school meals can be the only food they can depend on each day," said Tom Nelson, President and CEO of Share Our Strength, the

organization behind the No Kid Hungry campaign. "It's up to all of us to make sure America's kids—our future leaders—aren't left behind during this national emergency. Together with Nationals Philanthropies, we are working to ensure kids in Prince George's and Fairfax County can continue to get the nutrition they need during this crisis."

Before the pandemic, 1 in 7 American kids lived with hunger; this year, that number may grow to 1 in 4. While there may not yet be a cure for COVID-19, the hunger that so many families across the country are suffering

while out of school and work is solvable.

"The uncertainty caused by the pandemic is particularly unsettling for the most vulnerable members of our community, especially when regular avenues to support services are unavailable," said Tal Alter, CEO of Washington Nationals Philanthropies. "The school districts of Prince George's and Fairfax County are the embodiment of staying in the fight, and we are proud to partner with No Kid Hungry to support their work to continue providing this essential service for young people."

No Kid Hungry and Nationals Philanthropies, through its NATS4GOOD Community Response Fund, remain committed to assisting communities throughout the Coronavirus outbreak and its aftermath.

COMMENTARY

An Urgent Call to Establish a Federal Office of Men's Health: A Critical Component of Addressing Future Pandemics

Nearly every person in America is affected in one way or another by the COVID-19 pandemic. However men and women in some minority groups are dying at the highest rates. In the US, males are almost 50% more likely to die from coronavirus. And that jarring gender disparity is reflected in other countries as well, with male death rates ranging from 60% in China to 70% in Italy.

The public health impact of this is broad. The increased illness rates for men is dominating ICU space, creating enormous medical expense, and endangering medical staff. Male workers in areas vital to the economy are being lost to illness and death. The economic slowdown is heavily leveraged by men being too ill to work, workplaces no longer being safe and the likelihood of men's jobs being lost. Sicker men means more contagion from men to everyone else. It is time for an Office of Men's Health because preventable male death and illness is decreasing the quality of life for everyone.

The magnitude of the disproportionate impact of COVID-19 in males may come as a surprise to some. But it shouldn't. The fact is that males have had higher death rates than females in many previous epidemics and pandemics, including SARS, MERS, and the iconic flu epidemic of 1918. Scientists have yet to pinpoint the exact causes of this difference, but they've identified four important factors.

First, men have weaker immune systems than women. This is part of our genetic makeup and can't be changed. As a result, males, from conception through old age, are generally less able to fight infections than females, leaving them more susceptible to getting sick from the coronavirus or any other disease-producing microbe. It also means that males will generally have more severe reactions to diseases and will more likely die.

Second, boys and men in America live shorter, sicker lives than girls and women, dying at younger ages and in larger numbers from nine of the top 10 causes of death. The causes of higher male death rates include high-blood pressure, diabetes, and lung disease.

The very same ones that are considered high-risk factors for severe illness and death with COVID-19. This has been true for more than 50 years. As bad as this is for males in general, men of some minority groups with preexisting conditions, and socioeconomically disadvantaged men, have even higher rates of disease and death.

Third, males are more likely than females to engage in behaviors that increase their risk of illness. For example, more males than females smoke and males tend to wash their hands less frequently and not as completely as do females. Yet another factor identified as a hazard during pandemics.

Fourth, males are half as likely as females to seek medical attention early on in a medical condition. This undoubtedly contributes to the fact that more women are testing positive for coronavirus (if you don't get tested, you don't get counted). It also means that instead of being quarantined and treated or hospitalized, boys and men with the virus are remaining in their communities where they are likely to infect others.

Ironically boys and men are also disproportionately affected by the most effective pandemic preventive: social distancing. Overall, males have fewer social networks than females and are more likely to feel socially isolated. At the same time, men who lose their jobs, particularly those in lower socioeconomic areas, are likely to respond by self-medicating with drugs and/or alcohol. In healthy economic times with low unemployment rates, American males already account for 66% of opiate-related deaths and 75% of suicides. In times of economic crisis and high unemployment, the number of deaths are sure to rise. Many fear that we must also prepare for another pandemic, one of mental health issues and suicide, especially among males.

One of the most important actions that can be taken in the wake of the COVID-19 pandemic is to shore up this nation's ability to address the fundamental health status of all men and boys. This can be done by assessing structural and policy deficiencies in our health

care infrastructure and by launching programs to specifically address the deadly gender disparities that affect men and boys.

Preventable male death and illness is decreasing the quality of life for everyone. Men's Health Network (MHN) and the National Black Men's Health Network, the oldest and largest not-for-profit advocacy and education organizations in the world focusing on the wellbeing and health of boys, men, and their families, believe that the most efficient way to effect this type of change is for Congress to create an Office of Men's Health within HHS. The Office of Men's Health would coordinate national initiatives and existing government programs, and allocate resources to address the health disparities seen in boys and men. It could also fund research, public policy initiatives, and educational outreach to boys, men, and their loved ones aimed at enhancing their overall health and wellbeing.

The Office of Women's Health in HHS was created in 1991 and has had resounding successes in advancing the understanding of health issues in girls and women and in better serving their wellness and health needs. In the ensuing years, a number of other equally effective offices and agencies dedicated to women's health have been formed. There is, however, not one single office within HHS or anywhere else in the federal government focusing on men and boys.

MHN applauds the success of these women's health entities in our government. We believe now is an opportune time to establish such capabilities to help address the health and wellness challenges faced by our nation's boys and men not only during times of emergencies and pandemics like we face today, but all the time.

Ana Tomšić, MPH, CHES

Vice-President, Men's Health Network

Jean Bonhomme, MD, MPH

Founder and Chairman, National Black Men's Health Network

Salvatore J. Giorgianni, Jr, PharmD

Sr. Science Advisor, Men's Health Network

Chair-Emeritus, American Public Health Association, Men's Health Caucus

Armin Brott

"Mr. Dad", Men's Health & Wellness Author and Advocate

Marc Morial

President and CEO, National Urban League



To Be Equal:

Investigate Not Just Ahmad's Death, But the System That Let His Killers Escape

"The sad truth is that Ahmaud's case isn't unique at all. He is a representation of the ongoing level of distrust that a large part of our communities have in law enforcement and elected officials and the importance of placing reform like-minded people in office who will uphold the highest standards of the law for everyone, regardless of color. The anger and frustration being expressed by professional athletes and people of color all over the country stems from a centuries-long thread of violence against the black body that goes without consequence or justice."

—Former NFL Player Malcom Jenkins, co-founder of The Players' Coalition

The pattern is nauseatingly familiar.

An unarmed person of color is killed by police or by self-appointed vigilantes. Authorities accept, without question, an explanation of self-defense.

It is only after the disinfecting sunlight of public attention arouses outrage that the wheels of justice begin to turn.

And so it has been for Ahmaud Arbery, a 25-year-old Georgia man shot to death while jogging in February.

The 64-year-old former police investigator and his 34-year-old son who are charged in his death told police he thought Mr. Arbery looked like a man suspected in several break-ins in the area.

No break-ins had been reported in the area for seven weeks before the shooting.

The father and son, Gregory and Travis McMichael, armed themselves and chased Ahmaud in a pickup truck before the younger man fired the fatal shots from his shotgun.

No one was arrested. Shortly afterward, the prosecutor with jurisdiction over the case recused herself, because the elder McMichael had worked in her office. The second prosecutor, whose son worked in the same office also recused himself. But before he did, he made it clear to the police that he accepted the McMichael's claim of self-defense.

By the time the New York Times published its first account of the killing, two months had passed with no arrests. It was only two weeks later, after a video of the armed chase emerged that the third prosecutor assigned to the case said he would present it to a grand jury. That same day, the Georgia Bureau of Investigation took over the case from local police. Two days later, Ahmaud's attackers were arrested.

Appallingly, the defense attorney who leaked the video said he thought it would exonerate the attackers because Ahmaud didn't freeze when the attackers told him to stop.

It boggles the mind that in the year 2020 there are still people in positions of authority who accept, unquestioningly, the notion that a Black man who fails to heed the orders of a white man on the street deserves instant death.

It seems clear that without the national attention focused on the case, there would have been no justice for Ahmaud. And that, as much as Ahmaud's death itself, is what must be investigated.

This week the Washington Post revealed that the elder McMichael was stripped of his law enforcement certification and power to arrest more than a year before the shooting because he repeatedly failed to complete required training. He also was stripped of his powers to arrest people in January 2006 because of an undisclosed infraction.

Furthermore, the Glynn County Police Department, which led the investigation before the Georgia Bureau of Investigation took over the case, has a history of corruption and scandals.

Glynn County Police Chief John Powell was indicted for perjury and witness tampering four

days after the Arbery shooting. He remains on administrative leave.

The police department lost its state certification in 2018 because it did not meet basic policing standards. Only 12% of the police force was African American, even though African Americans make up 26% of the county's population.

Last year, the county's drug task force was disbanded after a state-led investigation found extensive misconduct by Glynn County officers.

A lieutenant with a long history of violent behavior shot and killed his estranged wife in 2018 before taking his own life. The wife's family is suing the department for failing to intervene.

Without the persistence of Ahmaud's family to seek justice, the corruption would have been allowed to fester.

Meanwhile, another tragic killing, the death of 26-year-old Breonna Taylor, has risen to national attention. The EMT shot to death by Louisville police executing a no-knock search warrant. The police were not wearing body cameras. Her family have sued the police and the case is under review.

The National Urban League stands in solidarity with the other civil rights and social justice advocates and activists who have called on U.S. Attorney William Barr to investigate these killings and the work of the police and prosecutors involved.

An unsigned note left at the spot where Ahmaud was killed reads: "Ahmaud—I am so sorry. I should have stopped them. I am so sorry." We, as a nation, should have stopped them, and must stop it from happening again.

Marion Wright Edelman

President Emerita, Children's Defense Fund



A Pandemic Prayer for Children and People Everywhere

OH I AM WHO I AM

Hear the cries of all Your children young and old everywhere during this scary pandemic

Who are threatened and ravaged by a virus we cannot fully discern or know how to stop with confidence

Who still daily face violence, poverty, racism, abuse, and neglect

Are scared, profiled, arrested, and imprisoned by those in authority

Ignored by those with power as they languish in crumbling schools and neighborhoods all over our nation and world

Labeled often by some entrusted with their education as dumb, disruptive, and failures

Marginalized by those who vote and are elected because they cannot vote or make campaign contributions

Resented by some of those forced to care for them in too often inhumane child welfare and juvenile justice and adult criminal justice systems

Hear our cries for our children all powerful

God, by all the names we call You, especially during this dangerous pandemic

Protect their bodies and fight their battles during this dangerous threat we don't yet know how to fully stop

And protect them too from the violence of drugs and guns and poverty

Open the Red Sea to their safety and future in this time of unprecedented threat

Send them Your manna in the pandemic wilderness

And lead us and our children throughout the world into a safe future.

Marion Wright Edelman is Founder and President Emerita of the Children's Defense Fund whose Leave No Child Behind® mission is to ensure every child a Healthy Start, a Head Start, a Fair Start, a Safe Start and a Moral Start in life and successful passage to adulthood with the help of caring families and communities. For more information go to childrensdefense.org.

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Take 10 minutes and BE COUNTED!
Have YOU Completed the Census?
2020census.gov**

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Email the editor at pgpost@gmail.com

The Prince George's Post

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

About the “Earnings Test” and “Registering” With Social Security

By RUSSELL GLOOR,
AMAC Certified Social Security Advisor
Association of Mature American Citizens

Dear Rusty: Does tax filing status matter when calculating how much you can earn without a reduction in your monthly SS payout? My wife and I have filed a joint income tax return for years. My wife is working and I'm 62 and wondering—if I start drawing SS, does the earnings limit only relate to what I earn, or does it include what my wife earns as well? Is the earnings limit tied to our IRS filing status? I need to know if I should file my taxes as a single to be sure my wife's earnings are not combined with mine to affect my Social Security payment.

Also, I've read that it's recommended to register online with SS if you're 62. As I understand it, this should be done even if one's not intending to start benefits yet. Is this true? What are the benefits for doing this? Does it make for a quicker start of payments once the election to start benefits is made? Would it help my wife should I die prior to starting my benefits? **Signed: Wondering**

Dear Wondering: Income tax filing status doesn't matter when it comes to determining if your earnings from work exceed Social Security “earnings limit.” If you collect SS before you reach your full retirement age (FRA), your wife's earnings from working will not be counted toward your personal SS earnings limit. The earnings test looks only at your personal earnings and, if you exceed the limit, SS will take back some of your benefits. But only your personal earnings—as reported on your W-2 or Self-Employment tax return—count. If you're not working, then your Social Security benefits will not be affected by the earnings test, even if you file a joint return which has an Adjusted Gross Income (AGI) which is more than the annual earnings limit because your wife works.

As for your second question: it is not necessary, nor would it gain you any advantage, to “register” with Social Security before you are ready to claim your benefits. Indeed, Social Security does not even provide you with a way to do that. What they do provide is a way for you to create your own personal “My Social Security” online account, which gives you access to all of the online features provided by the Social Security Administration, including allowing you to apply for your benefits online (the fastest way to claim) whenever you're ready to do that.

Having an online SS account doesn't provide you with any benefit advantage, but it allows you to monitor your lifetime earnings record, get a replacement SS card if needed, and get estimates of your current and future Social Security benefits to help you decide when to claim. You can create your personal “My Social Security” account by going to www.ssa.gov/myaccount. They use a “two-factor” security process, which means you'll not only need to set up a password but also a second way to confirm your identity (usually via a code sent to a text-enabled cell phone or your email account). But, even if you have this online account pre-established, your wife will still need to contact Social Security directly to claim her survivor benefit if you predeceased her. Survivor benefits must be applied for by the surviving spouse directly contacting Social Security.

The 2.1 million member Association of Mature American Citizens [AMAC] www.amac.us is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a non-profit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country. And the AMAC Foundation (www.AmacFoundation.org) is the Association's non-profit organization, dedicated to supporting and educating America's Seniors. Together, we act and speak on the Association members' behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at www.amac.us/join-amac.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

TOWN OF LANDOVER HILLS NOTICE OF A PROPOSED REAL PROPERTY TAX INCREASE

The Mayor and Town Council of the Town of Landover Hills, Prince George's County, proposes to increase real property taxes.

1. For the tax year beginning July 1, 2020, the estimated real property assessable base will increase by 4.5% from \$156,920,893 to \$163,991,552.
2. If the Town of Landover Hills maintains the current tax rate of \$.52 per \$100 of assessment, real property tax revenues will increase by 4.5% resulting in \$36,767 of new real property tax revenues.
3. In order to fully offset the effect of increasing assessments, the real property tax rate should be reduced to \$0.4976, the constant yield tax rate.
4. The Town of Landover Hills is considering not reducing its real property tax rate enough to fully offset increasing assessments. The town proposes to adopt a real property rate of \$.52 per \$100 of assessment. This tax rate is 4.5% higher than the constant yield tax rate and will generate \$36,767 in additional property tax revenues.

A Public Hearing on the proposed real property tax rate increase will be held at 7:00 p.m. on Monday, June 1, 2020 at the Landover Hills Town Hall, 6904 Taylor Street, Landover Hills, Maryland 20784. The hearing is open to the Public, and Public testimony is encouraged. Persons with questions regarding the hearing may call 301-773-6401 for further information.

Prince George's County Government Launches a New COVID-19 Rental Assistance Program

Prince George's County introduced the Emergency Rental Assistance Program which will provide temporary rental and utility assistance, up to \$1,800 per month for three months, for households meeting the income eligibility requirements. The application process opened Monday, May 11. More information about the program can be found at mypgc.us/renthelp. The program will be available until allocated funds are expended.

—Office of Council Member At-Large Mel Franklin

Prince George's Community College Receives CARES Act Funding to Help Meet Needs Related to the Coronavirus Pandemic

By COURTNEY DAVIS
Prince George's Community College

LARGO, Md. (May 11, 2020)—Prince George's Community College has received \$6.4 million in federal Coronavirus Aid, Relief, and Economic Security (CARES) Act funding, half of which must be allocated directly to students.

To distribute the \$3.2 million in student aid so that it supports those with the greatest need, Prince George's Community College created a CARES Committee to recommend eligibility criteria. The committee was also asked to make recommendations regarding the amount and method of disbursement.

The CARES Committee, which met regularly between April 17 and 27, developed the eligibility criteria with guidance from the U.S. Department of Education. Committee members included represen-

tatives from key areas of the College, including Teaching, Learning, and Student Success; Student Affairs; and Strategy, Planning, and Effectiveness.

The committee's recommendations were presented to and approved by the Prince George's Community College Senior Team on April 29. Those recommendations include students who are eligible to receive federal financial aid funds, have on file a free Application for Federal Student Aid (FAFSA) that demonstrates their financial need based on income, and are enrolled for the spring 2020 term. As a result, the College identified more than 4,500 students who will receive funds.

The students will have to accept their funds using the College's Student Self-Service platform. When a student accepts, they will be confirming that they have expenses related to the disruption

of campus operations due to the coronavirus pandemic. The College will disburse the funds to students using the normal refund process through BankMobile. Depending on each student's selected refund option, the funds will be directly deposited into their bank account or put on a BankMobile bank card.

Prince George's Community College expects to disburse the student aid funds by the end of May. The other \$3.2 million in funds allocated to the College through the Higher Education Emergency Relief Fund (HEERF) for institutional use will cover costs associated with operational changes required to transition from classroom teaching to online as part of the COVID-19 pandemic mitigation efforts.

For more information about the CARES Act, please contact the Prince George's Community College Information Center at infocenter@pgcc.edu.

M&T Bank Customers Secure Nearly \$7.0 Billion In Paycheck Protection Program Funding To-Date

By SARAH MAY
for M&T Bank

BUFFALO, N.Y. (May 13, 2020)—M&T Bank Corporation (“M&T”) (NYSE: MTB) announced that to-date 32,273 of its customers have received approval for a total of nearly \$7.0 billion in funding through the Paycheck Protection Program (PPP). M&T has disbursed nearly 100 percent of the approved funding to these companies, which employ more than 718,000 people across the bank's eight-state footprint.

M&T continues to accept PPP loan applications for a limited period of time in order to assist as many companies as possible, and ensure that those who apply have the greatest opportunity to receive the limited Small Business Administration (SBA) funds.

Additional details of PPP loans to-date include:

- Average loan size is \$213,590;
- More than 65 percent of the approvals were for loans less than \$100,000; 82 percent were for less than \$250,000;
- Approximately 63 percent were loans to businesses with 10 or fewer employees; 92% employ fewer than 50 people and 97 percent were to companies with 100 or fewer people;
- To support the PPP initiative, M&T grew its SBA loan team of 20 to more than 2,000.

This team, working 90 percent remotely, collaborated around-

the-clock to secure SBA approval for 100 percent of the completed PPP applications submitted to M&T through the end of April.

Across M&T's footprint, a significant number of small businesses are using PPP funding to maintain their operations, including:

- Greater Baltimore/Chesapeake – 6,332 companies employing 132,283 people
- Greater Washington – 2,748 companies employing 51,259 people

“Our purpose is to make a positive

“One thing I do know is that we as small business owners are strong, we are resilient, and we will bounce back.”

—Tisa Clark, President and CEO of JD Clark Professional Services, Upper Marlboro

difference in the lives of our customers and that's especially true during challenging times when they need us most,” said Richard Gold, M&T Bank President and Chief Operating Officer. “I am incredibly proud of our team and the work they are doing to support our customers during this unprecedented period. This funding is helping small businesses pay their employees and sustain their operations through this difficult time, but there are businesses and families that still need help—so our work is far from over.”

The vast majority of the PPP loans that M&T has secured went to small businesses employing 50 or fewer people, including JD Clark Professional

Services, a property preservation, maintenance and improvement firm in Prince George's County.

Tisa Clark, President and CEO of JD Clark Professional Services, noted: “In April, I had the great honor of sharing my story at The White House. The coronavirus has had a huge impact on us small business owners, but thanks to my close working relationship with my M&T Bank relationship manager, my PPP loan was approved and funded. I am now able to continue to pay my employees and operate through this crisis. I feel very fortunate, though I'm aware that not everyone has been. One thing I do know is that we as small business owners are strong, we are resilient, and we will bounce back.”

Since this crisis began, M&T has worked hard to go above and beyond to help customers and communities get through this challenging time. The company has empowered its staff with the tools and authority to help customers with specific needs, including fee relief on deposit or lending solutions, payment deferrals and low-interest personal loans.

Across its footprint, M&T, through its Charitable Foundation, annually gives more than \$30 million in grants to more than 3,500 not-for-profit organizations to support and revitalize communities, help charitable organizations and grow local economies. In response to the COVID pandemic, the company is directing a portion of this funding toward causes addressing food insecurity, health care and community initiatives.

How a Transformation Mindset Positions Companies to Succeed After the Crisis

By EDWIN BOSCO
Myrtle Consulting Group

Many businesses are reeling from the COVID-19 pandemic, and while some may return to business as usual once the crisis is over, others may need to alter the way they think and operate in order to survive.

Many global leaders think the pandemic will transform the world in significant ways, and companies with leaders who already have a transformation mindset will be better equipped to adapt and succeed at a high level, says Edwin Bosco, founder and CEO of Myrtle Consulting Group (www.myrtlegroup.com) and ForbesBooks author of “6,000 Dreams: The Leader's

Guide To A Successful Business Transformation Journey”.

Bosco notes there are two types of companies who entered the crisis. “The first type are those who went through a level of transformation prior to the crisis and had the plans and structure in place to keep moving. For them, it will be a lot easier to see where the gaps exist and also where the opportunities are for growth,” Bosco says. “They'll have better tools to react and analyze what happened and make decisions on what to change.

“The second type of companies are those who, before the pandemic, were contemplating changes that were necessary, but they didn't follow through. Those companies will come out of this

wounded and feeling the environment is more chaotic. Transformation management in this environment is vital. It's about creating momentum to see results and growth, and the process must be geared at successfully moving hearts and minds toward the end that we seek.”

Bosco suggests three phases—prepare, initiate and implement—for managing transformation in these challenging times:

Prepare

- Understand your soul as a company. “Understanding an organization's soul becomes important because it is the only true

HEALTH AND WELLNESS

Governor Hogan Announces UnitedHealthcare Files to Enter Maryland Health Benefit Exchange Individual Market

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, Md. (May 12, 2020)—Governor Larry Hogan today announced that national health insurer UnitedHealthcare has filed to offer individual health plans through Maryland Health Connection in 2021.

“We are very pleased United has chosen to enter Maryland’s individual market,” said Governor Hogan. “During this public health crisis, it’s more important than ever for Marylanders to have access to a robust marketplace with different options to suit their needs.”

Currently, two insurers—CareFirst Blue-Cross BlueShield and Kaiser Permanente—offer individual market health plans through the Maryland marketplace.

“UnitedHealthcare intends to offer individual plans in 2021 that provide strong coverage options for those shopping on Maryland Health Connection,” said Krista Nelson, sen-

ior vice president, UnitedHealthcare. “We look forward to working with the State of Maryland to help individuals get access to health care coverage that meets their care needs.”

Nearly 159,000 people enrolled in private plans through the Maryland health insurance marketplace, Maryland Health Connection, during the initial 2020 open enrollment period. Nearly 29,000 people have since enrolled during a **special coronavirus open enrollment period, running through June 15.**

“Under Governor Hogan’s leadership, Maryland has been successful in lowering premiums and strengthening the marketplace,” said Maryland Insurance Commissioner Al Redmer, Jr. “Another carrier entering the individual market is further proof that we’re moving in the right direction and have successfully stabilized the market.”

Maryland Health Benefit Exchange is a

public corporation and independent unit of state government. It was established in 2011 in accordance with the Patient Protection and Affordable Care Act of 2010 (ACA) and is responsible for the administration of Maryland Health Connection, an online marketplace where Maryland residents can compare and enroll in health insurance as well as determine eligibility for Medicaid or financial help with private plans.

“We are thrilled to have another insurance company entering the marketplace, so that Marylanders across the state will have more options to choose a health plan that works best for themselves and their families,” said Michele Eberle, executive director of the Maryland Health Benefit Exchange.

UnitedHealthcare, a subsidiary of UnitedHealth Group (NYSE: UNH), provides health care coverage and benefits services across the United States.

Survey: U.S. Voters Strongly Support More Funding For Nursing Homes and Assisted Living Communities In Response to Coronavirus Pandemic

By BETH MARTINO
AHCA/NCAL

- By a three-to-one margin, voters say that nursing homes and assisted living communities need more money for supplies, staffing and increased testing capabilities.
- 72 percent of voters agree that a lack of government funding has had a negative impact on the quality of care that residents of these facilities are receiving.
- Nearly eight out of ten voters support the federal government providing \$10 billion in emergency relief funding for nursing homes and assisted living facilities.

WASHINGTON (May 12, 2020)—According to a new national survey, a vast majority of U.S. voters believe long term care facilities, including nursing homes and assisted living communities, need more support from the government and the lack of support thus far has negatively impacted their ability to

protect seniors. By a three-to-one margin, voters say that nursing homes and assisted living communities need more money for personal protective equipment (PPE), staff, and increased testing capabilities.

By an overwhelming margin, U.S. voters want the government to provide long term care facilities with the same level of support as hospitals, including more than 80 percent of those over 65-years-old supporting an additional \$10 billion in funding for long term care facilities to provide additional PPE, staff, and testing to residents, according to the survey conducted on May 6–9, 2020 among 1,500 U.S. registered voters by GS Strategy Group.

Mark Parkinson, president and CEO of American Healthcare Association and National Center for Assisted Living (AHCA/NCAL) which represents more than 14,000 long term care facilities including nursing homes and assisted living facilities across the country, said the survey shows that

Americans are deeply concerned about the impact of COVID-19 on long term care facilities and want their government leaders to rally around nursing homes and assisted living communities.

“The American people want federal and state leaders to rally around nursing home and assisted living residents the same way we have around hospital patients and workers,” stated Parkinson. “They understand this is an unprecedented health crisis requiring significant funding to protect residents and caregivers. That’s why eight out of 10 voters support our request for the federal government to provide \$10 billion in emergency funding for expanded testing, PPE supplies and additional staffing. Long term care providers can also be part of the solutions as the country recovers from the impacts of COVID-19, but we need the tools to do so.”

For more information on the profession’s response, visit www.ahcancal.org/coronavirus.

Help for Heroes

AAA Is Here For Those Who Are Always There For Us

Auto club offers free roadside assistance for health care workers and first responders, member or not

By JEANETTE TEJEDA DE GOMEZ
AAA Mid-Atlantic

WASHINGTON (May 12, 2020)—AAA, the premier roadside assistance provider for more than 100 years, is offering local heroes a little peace of mind as they work to keep our communities safe and healthy.

Free Roadside Assistance for Health Care Workers and First Responders

AAA Mid-Atlantic is providing roadside assistance services to health care workers and first responders at no charge. The free services include:

- tire change,
- lockout service,
- fuel delivery,
- jump start, and
- battery replacement service (installation free of charge; battery cost will reflect current member pricing and taxes).

“Health care professionals and first responders on the front-line are spending tireless hours protecting us while at work, and we want to protect them on their journey there and back,” said John B. Townsend II, Manager, Public and Government Affairs for AAA Mid-Atlantic. “They put themselves at risk every day, so AAA wants to make sure they are taken care of if they have car trouble during this critical time.”

Health care workers and first responders do not need to be AAA members. For more information visit AAA Mid-Atlantic Health Care Workers and First Responders Roadside Assistance. To initiate roadside assistance service, healthcare professionals and first responders should call 1-855-328-9090. This offer is effective May 11, 2020 through May 31, 2020.

Membership Offer for First Responders, Healthcare Professionals

In addition, AAA Mid-Atlantic is offering health care workers and first responders 50% off primary dues plus one free associate, 50% off a second associate and \$5 off annual renewal now through the end of the year. To take advantage of this offer, call 1-844-945-0620.

“We appreciate the tireless dedication of our health care workers and first responders who are steadfastly doing their jobs during this challenging time,” said Townsend. “Our teams are actively helping these heroes so that their vehicles are ready when they need them.”

American Humane Asks Animal Lovers to Be Friends to Felines During Its Annual Adopt-a-Cat Month® (and All Year Around)

June 2020 Campaign Focuses on Adopting a “Pandemic Pet” During COVID-19 Crisis, Helping Feed the Hungry in Shelters, and Providing Tips for Cat Parents-to-Be

By MARK STUBIS
American Humane

WASHINGTON (May 13, 2020)—They may be called the country’s “most popular pets,” but right now they need our help. Not only are thousands of newborn kittens joining the millions of cats already in shelters across the country during spring’s “kitten season,” but a lack of foot traffic, funding and supplies at many shelters struggling to maintain operations during the COVID-19 pandemic further threaten these beautiful animals and their hopes to find a forever home. To help, American Humane is devoting its 45th annual “Adopt-a-Cat Month®” to encouraging animal lovers to adopt a “pandemic pet” from a shelter, contribute to its “Feed the Hungry” campaign, which is delivering hundreds of thousands of meals to shelter animals, and learn more about the joys (and responsibilities) of adding a cat—or two—to their families.

“Shelters are swamped in the best of times, and with more and more staff in every sector of American life self-quarantining and falling ill, animals already abandoned and without homes are increasingly vulnerable,” says American Humane president and CEO Dr. Robin Ganzert. “At the same time, so many of us, especially the elderly, are coping with the loneliness, stress and anxiety that comes with isolation and sheltering in place so necessary during a pandemic. Why be home alone when you can snuggle up with a loving new buddy? You might save a life, improve your own during these trying times, and end up with a new best friend.”

American Humane is also inviting the public to support its “Feed the Hungry” campaign, which has already delivered

more than 300,000 meals to shelter animals during the pandemic. For more information or to help, visit www.AmericanHumane.org/FeedTheHungry.

The country’s first national humane organization will be sharing Adopt-A-Cat Month® tips and content on its website and across its social media platforms throughout the month, including cat adoption checklists, tips for pet owners dealing with unruly cat behavior and humorous videos.

The popular annual campaign is part of a larger effort by American Humane to help these beautiful animals and focus on and help solve the unique challenges and issues they face. Although cats have often been referred to as America’s “Most Popular Pet,” with an estimated 94 million living in 47 million U.S. households, they receive less veterinary care, have less research dedicated to their unique health/behavioral issues, are more likely to be feral, and are more likely to be euthanized in shelters than dogs.

“There are literally millions of reasons to rescue a cat in need during our Adopt-a-Cat Month...and at every other time of year,” says American Humane President and CEO Dr. Robin Ganzert. “You can find every one of them at your local shelter or rescue and, with time, each will give you a million reasons to be glad you did.”

If you’re thinking about adopting,

American Humane has put together a handy “Top 10” checklist:

Top 10 Checklist For Adopting a Cat

- **If you’re thinking about adopting a cat, consider taking home two.** Cats require exercise, mental stimulation and social interaction. Two cats can provide this for each other.
- **Find a cat whose personality meshes with yours.** Just as we each have our own personality, so do cats.

first few days following the adoption.

You’ll want to take any medical records you received from the adoption center on your first visit. Due to their immaturity, kittens in particular should accompany you to make the appointment—even before the exam itself—so staff can pet the cat and the animal will have a positive association with the veterinarian’s office.

• Make sure everyone in the house is prepared to have a cat before your new pet comes home.

Visiting the shelter, rescue group or animal control facility should be a family affair. When adopting a new cat with existing pets at home, discuss with the adoption facility how to make a proper introduction.

• Budget for the short- and long-term costs of a cat.

Understand any pet is a responsibility and that there’s a cost associated with it. A cat adopted from a shelter is a bargain; many facilities will have already provided spaying or neutering, initial vaccines, and a microchip for permanent identification. Plus, shelters and rescue groups are there to offer guidance and assistance as you acclimate your new family member.

• Stock up on supplies before the cat arrives.

Be prepared so your new cat can start feeling at home right away. Your cat will need a litter box, a good-quality cat litter, food and water bowls, food, scratching posts, safe and stimu-

lating toys, a cushy bed, a brush for grooming, a toothbrush and nail clippers.

• **Cat-proof your home.** A new cat will quickly teach you not to leave things lying out. Food left on the kitchen counter will serve to teach your new friend to jump on counters for a possible lunch. Get rid of loose items your cat might chew on, watch to ensure the kitten isn’t chewing on electric cords, and pick up random items like paper clips (which kittens may swallow).

• **Go slowly when introducing your cat to new friends and family.** It can take several weeks for a cat to relax in a new environment. It’s a great idea to keep the new addition secluded in a single room (with a litter box, food and water, toys and the cat carrier left out and open with bedding inside) until the cat is used to the new surroundings; this is particularly important if you have other pets. If you’ve adopted a kitten, socialization is very important. But remember—take it slow.

• **Be sure to include your new pet in your family’s emergency plan.** You probably have a plan in place for getting your family to safety in case of an emergency. Adjust this plan to include your pets. Add phone numbers for your veterinarian and closest 24-hour animal hospital to your “in-case-of-emergency” call list, and be sure to have a several-day supply of your pet’s food and medications on hand.

• **If you’re considering giving a cat as a gift, make sure the recipient is an active participant in the adoption process.** Though well-meaning, the surprise kitty gift doesn’t allow for a “get-to-know-one-another” period. Remember, adopting a cat isn’t like purchasing a household appliance or a piece of jewelry—this is a real living, breathing, and emotional being.

American Humane is the country’s first national humane organization, founded in 1877. Visit www.americanhumane.org



In general, cats with long hair and round heads and bodies are more easygoing than lean cats with narrow heads and short hair, who are typically more active. Adoption counselors can offer advice to help you match the individual cat’s personality with your own.

- **Pick out a veterinarian ahead of time and schedule a visit within the**

HEALTH AND WELLNESS

MAY IS MENTAL HEALTH MONTH

Maryland Department of Health Offers Mental Health Support to Frontline Workers During COVID-19 Pandemic

By OFFICE OF COMMUNICATIONS
Maryland Department of Health

BALTIMORE, Md. (May 12, 2020)—The Maryland Department of Health (MDH) is proactively supporting frontline workers during the COVID-19 outbreak by sharing widespread mental health resources, joining forces with experts throughout the state, offering discussion groups and weekly webinars for behavioral health providers, and providing virtual training and recovery resources.

Health professionals across Maryland are uniting to share resources, build partnerships and raise awareness of much needed mental health support, particularly for the frontline workers facing COVID-19 every day.

"As important as our physical health and wellness is right now, we must also emphasize mental health," said MDH Secretary Robert R. Neall. "From people who are cut off from loved ones or living in difficult situations, to those working on the frontlines in stores or in healthcare settings, support is available to those who need it."

Maryland's helpline for mental health and substance use has experienced an increase in calls. Data collected by MDH's Behavioral Health Administration (BHA) shows calls to "211, Press 1" increased from 1,619 in February to 2,345 in March.

BHA administrators have been urging Marylanders—especially those on the frontlines—to seek help before they reach a crisis point. BHA has created extensive resources to help healthcare workers and the general public access mental health support, including:

- New public service announcements targeting people in extreme stress situations
- Virtual recovery and wellness resources
- Suicide prevention guidance
- Mental Health FAQs for healthcare workers, parents and other audiences
- Discussion groups and weekly webinars for behavioral health providers

"It is vital that we are proactive about addressing mental health concerns," said Dr. Aliya Jones, Deputy Secretary for BHA. "Even after the critical data points have gone in the right direction, due to the nature of the pandemic, this crisis has the potential to have a long-term impact on all of us. Disasters are known to be followed by increases in PTSD, depression, substance use, suicidal thoughts and attempts, domestic violence and child abuse. However, that doesn't have to be the case. We can minimize increases in these after effects by taking ad-

vantage of available emotional support and treatment resources."

BHA has created a **Telehealth Resource Guide and an interactive Telehealth Map** to help new patients access care. The map includes known behavioral health providers now offering telehealth services across the state. (telebehavioralhealth-maryland.hub.arcgis.com)

Another new resource from BHA is **Operation Roll Call**, a program that offers veterans regular check-in calls and a chance to talk to someone who can offer support. An emergency contact is called if a veteran cannot be reached. Inspired in part by the Department of Aging's Senior Call Check-in, this new resource will continue for veterans after the COVID-19 pandemic subsides.

BHA is sharing resources from healthcare professionals with its network of stakeholders, including:

- Virtual trainings and support for behavioral health professionals
- Information guides on websites and other resources for individuals and families
- Resources from the federal, state and local level to help address heightened levels of stress, anxiety, fear and depression
- Other collaborative projects include:
 - Sharing mental health resources with **COVIDconnect**, the state's new website for Marylanders who have recovered from COVID-19
 - Partnering with the National Alliance on Mental Illness (NAMI) Maryland to disseminate messages of support and create a **Mental Health Awareness Month social media toolkit**
 - Organizing **webinars** for the Maryland Primary Care Program (MDPCP) for ambulatory care providers to help support the mental resilience of frontline physician providers
 - Supporting **Children's Mental Health Matters**, a campaign from Maryland Coalition of Families and the Mental Health Association of Maryland to raise awareness of children's mental health
 - Promoting Behavioral Health Integration in Pediatric Primary Care (BHIPP), a program that improves access to qual-

ity mental health for children and adolescents

- Supporting Mind Resilience, a program that helps educators and organizers understand self care, well-being and a resilient mindset

BHA also is working on a new initiative to provide targeted mental health support to personnel working in skilled nursing and other long-term care facilities impacted by COVID-19.

"Nursing home staff are facing especially difficult situations, given the impact of COVID-19 on the elderly and physically vulnerable. They often work for years with residents who become like family," said Jones. "Many of these frontline healthcare workers need mental health support now, and we cannot ask them to wait in line to get help."

Like several other initiatives developed in reaction to COVID-19, Jones hopes to expand this resource beyond nursing homes and the current pandemic. BHA is calling on volunteers to help build support systems that will last into the future.

Those interested in donating time, sharing resources or ideas for collaboration should email bha.inquiries@maryland.gov.

For COVID-19 guidance specific to behavioral health professionals, visit bha.health.maryland.gov/Pages/bha-covid-19.aspx.

For information and resources regarding COVID-19, visit coronavirus.maryland.gov.



PHOTO CREDIT: NATHAN COWLEY, PEXELS

Cardin Urges Expansion of Mental and Behavioral Health Services to Combat Effects of COVID-19 Pandemic

"Experts warn that many effects of trauma and prolonged stress do not become apparent until months, even years, after they occur, meaning that the impacts of this pandemic will continue long into the future."

Senator also calls for strengthened internet connectivity to enable expanded telehealth options as part of Mental Health Month 2020

WASHINGTON (May 13, 2020)—U.S. Senator Ben Cardin (D-Md.), a senior member of the Senate Finance Health Care Subcommittee, today underscored the importance of mental and behavioral health care to as a key part of the effort to combat the effects of the COVID-19 pandemic. Following a recent conversation with leading healthcare providers from across Maryland, the senator spotlighted the need for expanded access to mental and behavioral health services, along with the need for strengthened internet connectivity to ensure that options like telehealth are a viable treatment option for a greater number of people.

"While we are in the midst of this pandemic, the need for access to mental and behavioral health care is extremely important, as we are seeing **spikes in anxiety, depression, substance abuse, domestic violence and suicide resulting from social isolation**. But we must not forget about these societal threats when quarantine ends. Rather, we must redouble our efforts to expand resources for those in need," said Senator Cardin. "Health experts warn that many effects of trauma and prolonged stress do not become apparent until months, even years, after they occur, meaning that the impacts of this pandemic will continue long into the future and will compound many

existing mental and behavioral health challenges."

"In the last 28 days alone, **NAMI Maryland** has seen a 49 percent increase in website traffic, and 43 percent of all visits were to our COVID19 section. Since the beginning of April, more than 500 Marylanders have reached out to us via our **helpline (410-884-8691)**, email, and over social media seeking mental health resources for themselves and their loved ones," said Kate Farinholt, Executive Director of NAMI Maryland. "The COVID-19 pandemic presents a number of tough challenges: social isolation, financial distress, and fears about health and an uncertain future fuel depression, anxiety, trauma, and substance use issues in our state. **Remember, you are not alone. NAMI Maryland is here to help. Resources on coronavirus, crisis management, and more are available at NAMIMD.org.**"

"Prior to COVID-19, our nation and state was facing a mental health crisis. Suicide rates were on the rise, and the opioid epidemic was spiraling out of control. The current pandemic has only exacerbated the problems that we have been facing as a society and further demonstrates the great demand for mental health and substance use programs and services," said Dr. Harsh K. Trivedi, President and CEO of Sheppard Pratt. "We need to be able to support these populations most at risk and provide ongoing access to services to ensure people don't suffer for years to come. Through Sheppard Pratt's deep roots in 16 counties across the state and the launch of our **new Virtual Crisis Walk-In Clinic** and other telehealth services, we have been able to provide ac-

cess to the vital mental health and substance use services people need during these uncertain times." (www.sheppardpratt.org/care-finder/virtual-crisis-walk-in-clinic/)

"Because of the dramatic changes in our day-to-day lives, the prolonged uncertainty about the future, the impact of job losses, and the isolation people are feeling, Jewish Community Services has seen a sharp increase in calls from people struggling with anxiety, stress reactions, and depression," said Joan Grayson Cohen, Executive Director of Jewish Community Services. "Some populations are particularly vulnerable right now, including older adults who are feeling severe isolation and special needs individuals living in our group homes who are unable to maintain routines, engage in their programs and connect with family. **We are providing mental health and psychiatric services through telehealth options including video and telephone conferencing, and we have been offering online programs, small group discussions and support groups** to provide community members looking for opportunities to connect, strengthen coping skills and gain support." (<http://www.jcsbalt.org/>)

"Every Marylander can help promote mental and behavioral health in their community by fighting stigmas, providing support to others, and advocating for policies that expand the options for vulnerable people around them," said Senator Cardin. "As we commemorate Mental Health Month 2020, I urge everyone to **embrace kindness, empathy and understanding in their dealings with others**. Together, we can make significant strides toward improving our mutual health and wellbeing."



PHOTO COURTESY OF GETTY IMAGES

Help Teens Manage Mental Strain

(Family Features) COVID-19 may have begun as a physical health crisis, but like their parents, children, teens and college students (or young adults) are likely to experience stress and anxiety caused by disruptions to school, work and life. In fact, a survey conducted by the Kaiser Family Foundation found 45% of adults felt the pandemic has impacted their mental health.

A study by Jean M. Twenge, author of "iGEN," showed adolescents and young adults in the late 2010s experienced serious psychological distress, major depression or suicidal thoughts and more attempted suicide compared to those a decade earlier. That was before a global pandemic turned life inside out.

For parents of teens and young adults in these unprecedented times, these tips may help create a sense of comfort and security that boost their children's mental health.

Structure: Between school, parents working from home and the frequent changes in stay-at-home orders, it can be difficult to maintain a family routine. When so much else is unfamiliar, creating a sense of consistency can provide an environment kids come to expect and rely on. Find elements of the day that can become part of a new routine, like wake-up and bedtimes, meals together without electronics or a walk around the block.

Sleep: Because your pace of life has probably slowed, you may not think kids need as much sleep. However, during times of stress, rest is necessary to give your body and mind time to relax from the heightened state and digital forms of socialization. Multiple studies, including a report from Stanford that labeled the problem an epidemic, have shown a lack of sleep contributes to anxiety, depression and an inability to concentrate.

School: When it comes to schoolwork, determine what is realistic and achievable, and create short-term goals. Don't be afraid to customize lessons at home to meet your student's needs. For example, if the assigned reading isn't holding your teen's attention, encourage him or her to find more captivating material.

Celebrate successes: Victory may look different these days, but it's important to celebrate achievements, whether it's a day without siblings fighting or the completion of a family project like cleaning out the garage. Kids thrive on a sense of accomplishment, so when you find those moments, seize them and celebrate them.

Listen: Teens aren't typically known for expansive communication under typical circumstances, much less during a global health crisis. That makes it especially important to focus on what they are saying, validate their thoughts and create a sense of safety for them to continue to verbalize what's on their minds.

Coaching: Find an expert who can support your unique parenting challenges. A resource like All Kinds of Therapy provides a safe place for families in crisis and helps demystify the private pay mental health, substance abuse and behavioral health care treatment industries. The site provides parents of children with a directory of assessment, treatment programs, parent coach experts, teletherapy and consultants who can assist families in crisis.

"Teens and young adults may need mental health or substance use treatment due to feelings of isolation or the chance of colleges not opening this fall," said Jenney Wilder, founder of All Kinds of Therapy. "We deliver facts about treatment programs, virtual therapy sessions, and other resources to help families during this national emergency."

Resources offered through the site focus on treating diagnoses like depression, anxiety, autism spectrum disorder, substance abuse, learning disabilities and more. Visitors can compare and evaluate various interventions and treatments.

Find resources to help your family navigate the mental and emotional impact of COVID-19 at allkindsoftherapy.com.

WRAP Moves In-School Alcohol Education Program Online During COVID-19 Pandemic

WASHINGTON (May 18, 2020)—WRAP's popular in-school Alcohol Awareness for Students program has moved online during the COVID-19 pandemic.

The multi-media outreach effort using an interactive PowerPoint presentation, video and Fatal Vision® goggles to educate teenagers and young adults about the dangers and consequences of underage drinking and impaired driving as well as the importance of making safe, healthy decisions is now available, in both original and Driver Education editions, via WRAP's YouTube channel at: www.youtube.com/user/WRAPSoberride/videos. The 16-minute videos are narrated by WTOP News' Andrea Cambron.

Through the use of this online platform, WRAP provides an innovative, educational program which stimulates discussion and raises awareness of the consequences of underage drinking and impaired driving. WRAP's Alcohol Awareness for Students program—which annually reaches as many as over 9,000 Greater Washington area high school students—additionally associates stereotypical student decisions with alcohol-induced risky behaviors.

WRAP's online version of this key youth outreach program is being marketed to not only currently home-bound Greater Washington area high school students but so too to area teachers, parents and parent groups alike. Visit www.wrap.org.

—Tammy Wan, WRAP

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FROM MARYLAND HISTORICAL SOCIETY

Marvelous Style: How Fashion Defines Characters in the Marvelous Mrs. Maisel

Thank you to the nearly 200 attendees from 14 states, as well as Mexico and England, who tuned into last week's virtual lecture given by Allison Tolman, VP of Collections at MdHS, about the history behind the iconic fashion designs of The Marvelous Mrs. Maisel—Emmy-nominated for Outstanding Period Costumes. Don't worry if you missed it, you can watch it at vimeo.com/417664208

Mindset from A5

representation of the impact that the organization has on the world," Bosso says. "Knowing the company's true north puts it in a position to build a higher purpose into the transformation program, and ensures the transformation is rooted in the essence that will make the company successful going forward. It really comes down to answering one question: 'When people think about our company, whether we are still in business or whether we are gone, what will we want them to say?'" The answer to that legacy question should be a set of descriptors of your identity and capabilities."

- Conduct a post-crisis assessment. "Companies should take this opportunity to examine what they were dealing with before the crisis, how they handled the crisis, and to create plans for how to emerge stronger than before," Bosso says. "This event gives leaders carte blanche, in many respects, to implement bigger plans and changes than before. At the end of this, there will be opportunity for those who seize it."

Initiate

- Program the team structure. Bosso organizes a transformation team into these departments: program managers, the leaders of the workstreams, the team members for the workstreams, and administrative support. "This team will be in charge of the implementation phase and be accountable to the company leadership team," Bosso says. "Communication must constitute a key part of every transformation program and must be organized to reach various audiences at different stages of the program."

Implement

- Manage results: "The implement phase is the riskiest," Bosso says, "because it includes the organization's transition through the emotional cycle of change. Programs must deliver the intended results, and along the way failure will happen. Measuring short-term as well as long-term results allows the opportunity to deliver on a specific goal and to celebrate specific successes. However small they are, they add stamina and motivation to the effort."
- Manage people: "A significant challenge that organizations often face when it comes to implementation is people's resistance to change," Bosso says. "Implementation is much about building people and building performance. It involves teaching, convincing, coaching, rewarding, sometimes disciplining, but always expressing to people that they are at the center of the organization's destiny."

"All companies that come through this pandemic have a huge opportunity to learn from what they've done and from what they haven't done," Bosso says. "For many, it will be a time for transformation."

Edwin Bosso (www.myrtlegroup.com), ForbesBooks author of 6,000 Dreams: The Leader's Guide To A Successful Business Transformation Journey, is the founder/CEO of Myrtle Consulting Group. Bosso specializes in operations improvement and change management, and his project history includes work for major brands such as Heineken, Texas Petrochemicals, T-Mobile, Anheuser-Busch, Rohm and Haas, Campbells Soup, Kellogg's and Morton Salt.

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Lutheran Mission Society

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