2020 VIRTUAL UPTOWN ARTS STROLL
PASEO DE LAS ARTES
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#GetCountedNYC
The city’s first fully bilingual coronavirus testing site is up and running in Washington Heights.

Located at 2360 Amsterdam Avenue, the site is offering testing by appointment only between 8:00 a.m. and 4:00 p.m. from Monday to Friday. Clients are screened in advance over the phone.

The facility is operated by SOMOS, a nonprofit network of over 2,500 physicians serving immigrant and low-income populations founded five years ago by Dr. Ramon Tallaj.

Since opening on April 20, the center has tested about 100 people per day.

“Most of the people coming for tests are not middle-class Americans,” he said. “They are people who are underserved.”

Tapia-Mendoza said the bilingual testing site has served mostly Latino residents, many who are still working on the front lines in positions deemed essential such as delivery persons, building maintenance and housekeeping. Some lack insurance and many are undocumented.

“Testing priority is given to people with symptoms, essential workers, and people who live or work in close contact with someone who is sick.

To make an appointment, New Yorkers can call the state’s Department of Health hotline at 1-888-364-3065. About 70 percent of the people tested at the Washington Heights location are referrals from the DOH hotline, with the rest coming from SOMOS network referrals.

The site is staffed by supervising physicians like Tapia-Mendoza who have left their other practices during the pandemic to better serve people on the front lines. SOMOS also runs two separate drive-through sites, including one at Lehman College in the Bronx and another at the Aqueduct in Southeast Queens.

“We don’t get paid. We’re here because we want to be at the forefront of testing people,” Tapia-Mendoza said.

Tapia-Mendoza noted the challenges posed by the population density in Northern Manhattan, which makes it difficult to isolate from others or quarantine if experiencing symptoms.

“It’s practically impossible to isolate from one another,” he said. “In this area, people are very much into living with extended family. If I live in an apartment with six other people, where am I going to go?”

He said the city’s use of 11,000 hotel rooms to help isolate COVID-positive patients could prove to be an important strategy in driving down new cases.

“There are a lot of hotels and we might need to look at other spaces where we can isolate people who test positive for two weeks,” Tapia-Mendoza said. “We also need social workers to follow up with infected. Once you get tested, there should be constant follow-up.”

Moving forward, the most important factors in curtailing the virus in New York City will be widely expanded testing and contact tracing.

“The only way that New York can get back to business is by testing everyone, especially in hot spots that are already suffering from many health issues,” he said.

See TEST p22
By Sherry Mazzocchi

It’s a bright world out there.

Just ask Carla Torres, whose colorful vision of outdoor life won this year’s Uptown Art Stroll poster contest. It is a vivid character study of the neighborhood, with a wide array of individuals playing, dancing, making music, and standing in front of the George Washington Bridge as backdrop.

“Carla’s submission was a true standout,” said NoMAA’s Acting Executive Director Niria Leyva-Gutierrez. “The image is vibrant, joyful, and has a dynamic sense of movement –- in short, it perfectly captured the uptown community.”

The Washington Heights-based artist considers herself a visual storyteller. This year’s poster is full of neighborhood characters, each with their own story to tell. While the colorful images aren’t based in anyone in particular, the poster has an origin story.

Torres is an illustrator, graphic designer, sculptor and a muralist. “I like to be versatile,” she said.

A mural created with teens from the Washington Heights nonprofit Fresh Youth Initiative (FYI) was part of her inspiration for the poster. Most of the student participants were undocumented DREAMers, who had traveled as young children from the Dominican Republic and El Salvador to the U.S.

Even before they talked about the mural, Torres asked the teens what being bi-cultural meant to them, what made them stronger and what qualities they thought made either Latin American or American. “Then we went through the same process again for the mural, brainstorming with their ideas to come up with a design,” she said.

Torres favors that kind of bridge-building approach for public art. “I like the conversations,” she said. “I like how it brings community together, how these discussions happen and though these opportunities you make friends. Beautiful things come out of it.”

Colors convey emotion and layers of meaning in her work. “I'm originally from Ecuador,” she said. “The use of color in Latin America is very vibrant, so I think the color palettes come from there.”

Lower Washington Heights has been her home for the past 11 years. “I love my neighborhood,” she said. “It’s a mix of African American people and Latin American people and American people. I really appreciate it because I’m able to speak my language. It really makes me feel like home.”

This year, all Open Studio events will be virtual. For Torres, all of the Zoom meetings and online offerings are a demonstration of resilience. “I applaud how NoMAA is being so supportive, and carrying out their festivities. I was thinking they might be cancelled. But they are still providing the artist a way to show their work. It is a good way to keep community together.”

She concedes that virtual open studios are not quite the same as getting to know artists in person. “It is delightful to go and see what artists do and share stories,” she said. “I love to learn those details. I love that artists are infinite in their expressions of art.”

For more, please visit carlatorres.com.
Grades be gone?

At least the traditional metric of numeric or letter grades has been suspended for the rest of the academic year. A citywide adjusted grading policy for public school students in grades K through 12 was announced by Mayor Bill de Blasio and Schools Chancellor Richard A. Carranza.

Currently, the city’s 1.1 million public school students are engaged in remote learning due to the COVID-19 pandemic and the closure of school buildings.

De Blasio said the policy is to provide students with flexibility in completing their school assignments during an emotionally challenging and unprecedented time, and also to provide added support to students who are falling behind.

The mayor also revealed that the city is planning to hold a virtual graduation ceremony for all New York City public school seniors.

“Our students, educators, and families are going through a lot right now. I know our students are capable of excellence, and we will continue to hold them to that high standard while adjusting our grading to reflect the unprecedented challenges created by this crisis,” de Blasio said. “We will give every student the support they need to bounce back and continue on their path to success.”

The policy, which goes into effect immediately, will be as follows:

- Grades K-5: Grades will be awarded on a binary “Meets Standards” and “Needs Improvement” scale.
- Grades 6-8: Schools will award grades using three values: Meets Standards, Needs Improvement, and Course in Progress.
- Grades 9-12: Schools will continue with the same grading scales they had before remote learning with the addition of a “Course in Progress” rating for students who cannot submit work or demonstrate mastery. Failing grades will be considered “Course in Progress.” Students will be given the time and support they need to complete coursework and earn credit through January 2021.

All students who do not demonstrate mastery or complete required work will be given the support they need over the summer and fall to get back on track. All students receiving “Course In Progress” who have not yet completed required course work will be enrolled in summer programming.

High School seniors and current 8th graders who receive “Course in Progress” will be prioritized for support to keep them on track for August graduation and promotion. When students complete the course, their grade will be changed from “Course in Progress” to the appropriate passing grade.

“We recognize that parents and students alike are experiencing anxiety and trauma in the midst of the pandemic, and we have continually evolved our policies to meet

See CLOSE p17

NYC DOE wants your feedback!

Take the Remote Learning Survey to share your experiences learning at home.

EI NYCDOE quiere saber su opinión

Cuéntenos su experiencia con el aprendizaje a distancia en nuestra encuesta.
THE NEW YORK STATE HUMAN RIGHTS LAW

If you believe that you have been discriminated against because of a perceived connection between your race, national origin, or disability and the novel coronavirus, also known as COVID-19, you can file a complaint with the New York State Division of Human Rights.

The New York State Human Rights Law (HRL) protects individuals from discrimination based on a wide variety of personal characteristics, including race, national origin, and disability. The HRL prohibits discrimination against individuals who are assumed to have been exposed to the coronavirus based on these traits.

These protections cover employment, housing, education, and places of public accommodation.

FOR NEW YORKERS CONCERNED ABOUT CORONAVIRUS-RELATED DISCRIMINATION:

• Public places such as hotels, restaurants, transportation services, and retail stores cannot deny you entry or access to goods or services based on a perception that your national origin, race, or disability indicates possible exposure to the coronavirus.

• Your employer cannot fire you, send you home, or tell you not to come to work because they think you may have been exposed to the coronavirus based solely on your race, national origin, or disability.

It is an unlawful discriminatory practice to terminate an employee or prevent them from working based on speculation that the employee’s race, national origin, or disability indicates possible exposure to the coronavirus.

• If your employer terminates you or sends you home based on what is later found to be a discriminatory policy, your employer could be responsible for your missed wages.

• If you are wearing a face mask as a precaution, you are still protected against discrimination.

The HRL prohibits discrimination based on a perceived connection between race, national origin, or disability and possible exposure to coronavirus. Wearing a face mask does not change this.

• If you have been harassed or threatened because someone thinks you have the coronavirus, call 911 and contact law enforcement to report the incident immediately.

Threats and harassment based on race national origin may be considered hate crimes. You may bring this to the attention of the New York State Hate Crimes Task Force by calling 1-888-392-3644.

FOR MORE INFORMATION ON DISCRIMINATION:

If you believe you have been discriminated against, or have questions about the Human Rights Law, visit the NYS Division of Human Rights website at WWW.DHR.NY.GOV or call 1-888-392-3644.

FOR MORE INFORMATION ON THE NOVEL CORONAVIRUS:

To address fears and misinformation on the Novel Coronavirus, the New York State Department of Health has set up a hotline 1-888-364-3065. You can also visit WWW.NY.GOV/CORONAVIRUS for more information.

For more about the novel coronavirus, visit WWW.NY.GOV/CORONAVIRUS or call 1-888-364-3065

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Chamber of Commerce of Washington Heights and Inwood
Citi Bike expansion coming uptown

La expansión de Citi Bike llegará al Alto

El Departamento de Transporte de la ciudad de Nueva York (DOT, por sus siglas en inglés) ha anunciado que Citi Bike, el operador de Citi Bike, expandirá el servicio de bicicletas compartidas en el Bronx y el norte de Manhattan.

A partir del 4 de mayo, la expansión incluirá más de 100 estaciones nuevas, incluidos muelles para trabajadores de la salud en el Hospital Harlem y el Hospital Lincoln.

"A medida que la ciudad de Nueva York continúa su arduo trabajo para salir y emergir de la crisis de COVID-19, estamos felices de poder ofrecer algunas noticias inaudiblemente buenas: el Alto Manhattan y el Bronx verán nuevas estaciones de Citi Bike en los próximos días, incluidos muelles afuera de dos instituciones críticas de salud y seguridad: los hospitales Lincoln y Harlem", dijo la comisionada del DOT, Polly Trottenberg.

"La crisis de COVID-19 ha subrayado las disparidades de salud contra las que el Bronx ha luchado durante tanto tiempo", dijo el senador José M. Serrano. "El acceso a uso compartido de bicicletas no solo ayudará a los neoyorquinos a viajar de manera segura durante la pandemia actual, sino que también mejorará nuestra salud y bienestar y nuestra calidad de vida a largo plazo. Un programa de bicicletas compartidas verdaderamente exitoso debe vincular a toda la ciudad, y esta expansión es un paso importante para garantizar la equidad del transporte en todos nuestros vecindarios".

Los esfuerzos de expansión en curso de Citi Bike buscarán duplicar el área de servicio actual del programa y triplicar el número de bicicletas disponibles a 40,000 en los próximos años.

Se seleccionaron nuevas ubicaciones de estaciones con aportes del portal en línea.

APRIL 29, 2020 • MANHATTAN TIMES • www.manhattantimesnews.com

Uptown Love in the Time of Coronavirus: Tyrant Trump has blood on his hands. Two weeks ago, I received a call from my mother to inform me that a close family member had succumbed to the novel coronavirus. This woman had been my mother’s confidante for more than 60 years. She was one of the 540 people that died due to COVID on that day in New York City. It is infinitely sad that a person that had so much life still left in her had to die alone in a hospital but beyond that is straight foul. She did not have to die. Her death and the deaths of so many people, nearly 60,000 nationwide so far (and that is an undercount), are the fault of Donald Trump. Tyrant Trump has their blood on his hands.

My wife’s close friend lost her mother, her grandmother and another close relative to COVID in the matter of 3 weeks. The third relative’s body was actually lost in the system for over a week. The poor lady died on the way to the hospital and her body was misplaced in the morgue. It took endless calls and an article in The NY Times to even find what had happened to this unfortunate soul. My wife’s friend also contacted the virus as did her daughter and her brother visiting from Florida to attend the funerals. Luckily, they are all now recovering. But that family is reeling from the losses.

Our social media feeds speak of death, loss and profound pain. On top of the deadly toll the disease is taking on our community and throughout this country, add the financial misery that has left millions without an income. We have now almost 30 million people that have filed for unemployment benefits. That is not counting the many that are still struggling just to file for unemployment as the system is straining under the increased burden.

The good folks at World Central Kitchen and SOMOS Cuidamos as well as a few other organizations have set up shop at La Nueva España (606 W 207th St) and are feeding thousands of people every day. The line stretches from just off Broadway and 207th down to Vermilyea Avenue and then past the Post Office on 204th. Can you believe that this is even happening in the richest country the world has ever known? In one term Tyrant Trump has brought this country to its knees. Remember that come this November. This great country will not survive another Trump term.

Pa’lante, Siempre Pa’lante!


Led Black
Editor-in-Chief

The Uptown Collective The UC’s mission is to become the definitive, transformative and community-based force impacting the arts, culture, business and New York City’s overall perception of Upper Manhattan. Its objective is to Reset, rebuff and positively redefine Uptown’s artistic, political, cultural and business spheres via the online space as well the collective’s initiatives and functions.
Dr. Lorna M. Breen, Medical Director of the emergency department at New York-Presbyterian’s Allen Hospital in Inwood, died by suicide this past Sun., Apr. 26th.

Breen, who treated many COVID-19 patients in Allen’s emergency department and had recovered from the virus herself, died in Charlottesville, Va., where she was staying with family, the New York Times first reported.

The Charlottesville Police Department said it responded to a call seeking medical assistance on Sunday. Breen, 49, was taken to a hospital but succumbed to self-inflicted injuries, police said.

Breen’s father, Dr. Philip C. Breen, said his daughter had contracted COVID-19 but returned to work after recuperating. She was sent home again by the hospital, after which her family intervened to bring her to Charlottesville, he said.

“She tried to do her job, and it killed her,” the elder Breen stated.

Breen said his daughter had no mental illness he was aware of but seemed detached recently, leaving him to suspect she was struggling to cope with COVID-19’s effect on patients.

She had described to him “an onslaught of patients who were dying before they could even be taken out of ambulances,” he reported.

“She was truly in the trenches of the front line,” Breen added. “Make sure she’s praised as a hero, because she was. She’s a casualty just as much as anyone else who has died.”

Breen graduated from the Medical College of Virginia and completed her residency at the Long Island Jewish Medical Center.

As a member of the American College of Emergency Physicians (ACEP), she spearheaded the development of a soon-to-be-available Point of Care tool for patients with Autism Spectrum Disorder, according to the ACEP’s website.

She served on the New York ACEP Board of Directors from 2007 to 2010.

“Dr. Breen is a hero who brought the highest ideals of medicine to the challenging front lines of the emergency department,” said NewYork-Presbyterian in a statement. “Our focus today is to provide support to her family, friends and colleagues as they cope with this news during what is already an extraordinarily difficult time.”

Breen was remembered fondly across social media by her colleagues.

“We worked together during the surge. The ER felt like a battlefield,” tweeted NYP pulmonologist Dr. Anna Podolanczuk. “A living nightmare.”

Podolanczuk, whose work centers on interstitial lung disease and pulmonary fibrosis, attends in NYP’s medical intensive care.

She warned that the repercussions of the crisis would persist for many who managed it firsthand.

“Let’s remember that many frontline workers will keep reliving this nightmare long after this is over,” tweeted. “#COVID19 kills in many ways.”
A stroll, restaged

NoMAA redesigns annual arts fest

By Sherry Mazzocchi

This stroll will be streamed.

Northern Manhattan Arts Alliance (NoMAA) is holding its first-ever virtual Uptown Arts Stroll.

“We’ve been working to think about how we create opportunities for artists, for community members to do virtual strolls,” said Niria Leyva-Gutiérrez, NoMAA’s new Acting Executive Director.

Leyva-Gutiérrez, an art historian and educator, took on the role in January. Though Joanna Castro stepped down from a full-time role at NoMAA, she has remained on staff as a project consultant.

No one could have foreseen that New York would be roiled as the epicenter of a global health crisis complete with stay-at-home mandates and the suspension of all routines just a few months after Leyva-Gutiérrez assumed her post.

“Leadership transitions are always challenging,” wrote Leyva-Gutiérrez in a message to NoMAA members and supporters as the coronavirus crisis deepened. “But I am heartened by our NoMAA team, Board, and friends. I am grateful for Joanna’s guidance. And I am especially inspired by our community – those working and creating from home and those out on the streets risking their lives to help others. I look forward to working with you all, albeit virtually, and I remain hopeful that we can take to the streets to celebrate our community soon.”

And so, this Thursday, April 30th, NoMAA kicks off its first every virtual open studio tour. Harlem-based visual artist and activist Wilhelmina Grant will open up her SISTAAH studio via the Zoom platform. Grant, who works with found objects, will offer a studio tour and answer questions in a moderated one-hour event, starting at 7:30 p.m.

The “#StayHomeOpenStudio” concept has proven popular with local artists. The Thursday night weekly time slot is booked up through July with virtual studio tours. Each of the tours will be recorded and later posted to NoMAA’s YouTube channel.

Plans for the Uptown Arts Stroll typically start months ahead of time. Each year, the arts organization kicks off its summer programming with an annual Uptown Arts Stroll poster competition. This year’s slate, which named multidisciplinary artist Carla Torres as first place winner, was announced March 16, the same day New York’s “PAUSE” directive took effect.

NoMAA’s team quickly decided to move all of their upcoming programming online. Instead of shutting down, they wanted the organization and the Stroll to be more accessible. The group started publishing its newsletter on a weekly basis and began the virtual Arts Stroll months ahead of schedule.

NoMAA is also offering technical support to artists, including workshops on how to create more interactive websites, how to leverage social media and ways to maximize virtual platforms to disseminate their art.

“We are always looking for better opportunities for artists to continue to express themselves,” explained Leyva-Gutiérrez.

Artists are also hard at work on their upcoming shows. The work of approximately 90 artists will be showcased in a new three-part virtual exhibit, “Healing and Community: Physical to Virtual,” as curated by local artist Patricia Miranda.

Leyva-Gutiérrez envisions it as a free online exhibit with three rooms. Each room has a different theme: introspection and meditation; connection and community art in action.

“Our actually working on developing a virtual art gallery exhibition,” she said. “We’re trying to figure out how to actually create sort of a simulated gallery.”

Leyva-Gutiérrez is a museum enthusiast whose favorite works include 17th century...
Masks have Meaning

By Kathleen M. Pike

Around the world, it seems we will be wearing masks for the foreseeable future.

We can all hope that this public health strategy will help reduce transmission of COVID-19. But when we put on our masks to go out, we need to remember that as our masks intercept the transmission of coronavirus, they also intercept important non-verbal communications that are universal to our emotional connection.

1. Joy, anger, fear, surprise, sadness, contempt, disgust. These basic building blocks of emotional experience are written all over our faces. Legendary psychologist Paul Ekman has devoted his life’s work to studying non-verbal emotional expression across cultures. His research suggests that we can largely recognize how people around the world are feeling by simply reading their faces. All of humanity expresses these seven core feelings in ways we universally comprehend. We depend on facial expression to understand each other.

2. Masks block a lot more than COVID-19 droplets. We depend on non-verbal behavior, and particularly facial expression, to express ourselves and communicate to others. Those feelings above, and many more, get expressed on our faces. In some contexts, non-verbal communication accounts for the majority of what we understand in our social exchanges. With our faces half-covered, we lose key non-verbal information, and other information, like raised eyebrows and shoulder shrugs become highly ambiguous without cues from the mouth. This loss of information is like talking on your phone in a zone with weak cell service. You know, those times when you only hear every third word and eventually the call drops. The effect leaves us feeling less able to communicate and less able to understand each other.

3. Why kids find masks disconcerting. Many young children burst into tears or recoil when someone wearing a mask approaches. It’s so common that some elementary schools prohibit masks at the school Halloween parade. One reason for this is that the development of facial recognition is relatively weak in young children. According to University of Toronto psychologist, Dr. Kang Lee, it is not until kids are about 14 years old that they reach adult skill levels in recognizing faces. Before then, kids tend to see individual facial features, rather than recognizing the person as a whole. By putting on masks, we take away information that makes it especially difficult for children to recognize others and read emotional signals, which is unsettling and disconcerting. These issues may be especially true for children with autism spectrum disorder, including Asperger’s syndrome, who tend to have particular difficulties reading non-verbal cues.

4. The politics of masks. In the US, the mandate to wear masks has been met with some backlash from black men who fear that wearing masks could expose them to harassment from the police. Aaron Thomas, a black man from Ohio posted a message on Twitter that has been retweeted more than 17,000 times: “I want to stay alive but I also want to stay alive.” Many have expressed fears that homemade masks, in particular, could exacerbate racial profiling and place blacks and Latinos in danger. To my knowledge, this fear has not yet been realized, and optimistically, I am hoping that by putting masks on everyone, including my 88-year-old mother, we may have an opportunity to actually break this stereotyped response.

5. Gender and facial expression. This is where my career in psychology started. I coded scripts, entered data, and learned about research.

See MASKS p20
STOP THE SPREAD OF COVID-19!
LEARN HOW TO TAKE CARE OF YOURSELF AND OTHERS AT HOME.

WHAT ARE THE SYMPTOMS OF COVID-19?
• The most common symptoms are fever, cough, sore throat and shortness of breath. Other symptoms include feeling achy, loss of taste or smell, headache, and diarrhea.
• Most people with coronavirus disease 2019 (COVID-19) will have mild or moderate symptoms and can get better on their own.

WHO IS MOST AT RISK FOR SERIOUS ILLNESS?
• People age 50 or older (people age 65 or older are at the highest risk)
• People who have other health conditions, such as:
  ♦ Lung disease ♦ Kidney disease
  ♦ Asthma ♦ Liver disease
  ♦ Heart disease ♦ Cancer
  ♦ Obesity ♦ A weakened immune system

WHAT SHOULD I DO IF I GET SICK WITH COVID-19 SYMPTOMS?
If you are sick with COVID-19 symptoms, assume you have it. When you are sick:
• If you have trouble breathing, pain or pressure in your chest, are confused or cannot stay awake, or have bluish lips or face, call 911 immediately.
• Call your doctor if you are age 50 or older or have a health condition that puts you at increased risk, or if you do not feel better after three days.
• Always contact a doctor or go to the hospital if you have severe symptoms of COVID-19 or another serious health issue.
• Do not leave your home except to get necessary medical care or essential food or supplies (if someone cannot get them for you).
• If you must leave your home:
  ♦ Avoid crowded places.
  ♦ Stay at least 6 feet from others.
  ♦ Cover your nose and mouth with a bandana, scarf or other face covering.
  ♦ Wash your hands before you go out, and use alcohol-based hand sanitizer while outside.
• Household members can go out for essential work and needs but should monitor their health closely.

If you or someone in your home is sick:
• Create physical distance:
  ♦ Do not have visitors.
• Stay at least 6 feet from others.
• Sleep head-to-toe if you share a bed with someone who is sick, or sleep on the couch.
• Keep people who are sick separate from those at risk for serious illness.
• Cover up:
  ♦ Cover your nose and mouth with a bandana, scarf or other face covering when you are within 6 feet of others.
  ♦ Cover your cough or sneeze with a tissue or your inner elbow.
• Keep it clean:
  ♦ Throw tissues into the garbage immediately after use.
  ♦ Wash your hands often with soap for 20 seconds, especially after you cough or sneeze.
  ♦ Use alcohol-based hand sanitizer if you are unable to wash your hands.
  ♦ Frequently clean surfaces you touch, such as door knobs, light switches, faucets, phones, keys and remote controls.
  ♦ Wash towels, sheets and clothes at the warmest possible setting with your usual detergent, and dry completely.
  ♦ Do not share eating utensils with others, and wash them after every use.

WHEN CAN I LEAVE MY HOME AFTER BEING SICK?
• If you have been sick, stay home until:
  ♦ You are fever-free for three days without Tylenol or other medication and
  ♦ It has been at least seven days since your symptoms started and
  ♦ Your symptoms have improved
• Reminder: New York is on PAUSE. This means that even if you have been sick, you should only leave your home for essential work or errands, or to exercise, while staying at least 6 feet from others.

NEED HELP?
• If you are having a medical emergency, call 911.
• If you do not have a doctor but need one, call 844-NYC-4NYC (844-692-4692). New York City provides care, regardless of immigration status, insurance status or ability to pay.
• For more information, call 311 or visit nyc.gov/coronavirus.

The NYC Health Department may change recommendations as the situation evolves. 4.20
“This is all art”

Artists in a life of quarantine

By Sherry Mazzocchi

These are uncertain times and we don’t know what the future will bring.

What we do with our time is important—whether it’s caring for others in a necessary job, trying to educate children while working from home, or focusing on that book we’ve always wanted to write. Or maybe we are just staying home, protecting everyone else by protecting ourselves.

This is the fifth installment in a series focused on the creative community in our midst. We’ve asked some of the most ingenious artists and creators who’ve graced these pages in the past to share what they are doing and what they are thinking now—and what might be ahead.

For more, please visit manhattantimesnews.com.

Edgardo Miranda-Rodriguez and Kyung Jeon-Miranda

People turn to art for solace in times of need. “We’re reading, watching films, documentaries, TV, looking at Instagram. This is all art,” said visual artist Edgardo Miranda-Rodriguez, writer and creator of the superhero character La Borinqueña. “This is an opportunity for an artist to really digest everything that is happening in the world and translate it in a way that can be embraced by larger audiences.”

Miranda-Rodriguez has been working on the third installment of the graphic novel series of La Borinqueña, and has partnered with Masks of America to raise money to purchase and ship FDA-certified N95 masks to essential healthcare workers across the U.S. and Puerto Rico. Among those lending support are Congresswoman Alexandria Ocasio-Cortez; Mark Ruffalo; Bob Bland and Rosario Dawson.

“We have found and partnered with an FDA-certified manufacturer selling N95 equivalent masks at only $2/mask—a fraction of what hospitals and governments have been paying for N95 masks,” he explains. “Every dollar donated will go directly to mailing masks to health care facilities who request them through.”

Miranda-Rodriguez and his wife Kyung Jeon-Miranda are the parents of two sons and run the design studio, Somos Arte, from their home. Jeon-Miranda is also a painter. Her work centers primarily on children. “We may come from different backgrounds of race, class and religion but one common denominator we share is the innocence of children.” Her latest work, , hints at the virus’s effects on those least likely to understand it. “It may become the new normal in our society, to protect ourselves, our families, our community. We have to practice a conscious effort to socially distance ourselves from others, wear masks and sterilize areas. We have to keep ourselves completely aware that during this current pandemic we’re living in can have long-term effects on our culture and our children’s future,” she said. As both parents and artists, they are entering an entirely new phase; creating through.

Arlene Schulman

Writer and filmmaker Arlene Schulman is putting some projects on hold while busily updates others. She isn’t currently working on her latest film,, about uptown activist Edith Prentiss because she can’t interview people. But she just released a new episode of her podcast, Pastrami a go go and Other Rye Tales of the City. It features an interview with historian Eric K. Washington about his latest book, James H. Williams: Boss of the Grips. Williams was the head of the Red Caps, a group of African American men who worked at Grand Central Station. “Eric on a bad day is a wonderful speaker,” she said. “He takes you through the book, with stories about Williams and Grand Central Station in the podcast.”

“Todo esto es arte”

Artistas en una vida de cuarentena

Por Sherry Mazzocchi

Estos son tiempos inciertos y no sabemos qué traerá el futuro.

Lo que hacemos con nuestro tiempo es importante, ya sea cuidar a los demás en un trabajo necesario, tratar de educar a los niños mientras trabajan desde casa o centrársese en ese libro que siempre hemos querido escribir. O tal vez solo nos quedamos en casa, protegiendo a los demás protegiéndonos a nosotros mismos.

Esta es la quinta entrega de una serie centrada en la comunidad creativa en nuestro medio. Les hemos pedido a algunos de los artistas y creadores más ingeniosos que han adorado estas páginas en el pasado, que compartan lo que están haciendo y lo que están pensando ahora, y lo que podría estar por venir.

Para más, por favor visite manhattantimesnews.com.

Edgardo Miranda-Rodriguez y Kyung Jeon-Miranda

Las personas recurren al arte en busca de consuelo en tiempos de necesidad. “Estamos leyendo, viendo películas, documentales, televisión, mirando Instagram. Todo esto es arte”, dijo el artista visual Edgardo Miranda-Rodriguez, escritor y creador de la super heroína La Borinqueña. “Esta es una oportunidad para que un artista realmente digiera todo lo que está sucediendo en el mundo y lo traduzca de una manera que pueda ser aceptada por un público más amplio.”

Miranda-Rodriguez ha estado trabajando en la tercera entrega de la serie de novela gráfica La Borinqueña, y se ha asociado con Masks of America para recaudar dinero para comprar y enviar mascarillas N95 certificadas por la FDA a trabajadores esenciales de atención médica en los Estados Unidos y Puerto Rico. Entre los que prestan apoyo se encuentran la concejala Alexandra Ocasio-Cortez; Mark Ruffalo; Bob Bland y Rosario Dawson.

“Hemos conocido y nos hemos asociado con un fabricante certificado por la FDA que vende mascarillas equivalentes a las N95 a solo $2 dólares/mascarilla, una fracción de lo que los hospitales y gobiernos han estado pagando por las máscaras N95”, explica. “Cada dólar donado irá directamente a las mascarillas enviadas por correo a los centros de salud que los soliciten”. Miranda-Rodriguez también es pintor. Su trabajo se centra principalmente en los niños. “Podemos provenir de diferentes orígenes de raza, clase y religión, pero un denominador común que compartimos es la inocencia de los niños”. Su última obra, , insinúa los efectos del virus en los que tienen menos probabilidades de entenderlo. “Puede convertirse en la nueva normalidad en nuestra sociedad el protegernos a nosotros mismos, a nuestras familias, a nuestra comunidad. Tenemos que practicar un esfuerzo consciente para distanciarnos socialmente de los
Her next interview is with Maria Lizardo, the Executive Director of Northern Manhattan Improvement Corporation (NMIC). “It was done before all of this happened,” said Schulman. “It focuses on domestic violence which is actually quite appropriate. Even more so now.” Schulman foresees life will be different after the shelter-in-place edict is lifted. “So many lives have been lost, so many people have been affected,” she said. “You can’t just turn on the light switch and go, okay here we are again.”

She also started a social media campaign featuring her photograph of two-time Golden Gloves winner Anthony James. The Washington Heights former boxer is shown right by the 190th Street subway tunnel. Her “Be a Champion and Help Knockout Coronavirus” serves as a reminder to be vigilant about the disease. “It’s born out of a frustration so many of us feel about neighbors and others around the city who are not practicing social distancing or not wearing masks,” she said. Schulman estimates that roughly 30 percent of the people she sees from her apartment window aren’t practicing those twin goals. “I don’t know what message they are missing,” she said.

“I’m very well aware that staying home is asking very little of myself and anyone else,” she said. “Anne Frank spent 761 days in hiding. All we are asked to do is stay home, wash your hands and practice social distancing.”

For more information, please visit m.facebook.com/pastramiagogo/.

M. Tony Peralta
Taller Peralta, the style salon on Henshaw Street, isn’t really open for business. But M. Tony Peralta is still taking orders for graphic tees, and other artwork. He is even expanding his merchandise offerings. He recently announced a new collaboration with Lemon Anderson that benefits the Food Bank of New York.

In addition to curating quarantine playlists on Spotify, he also hosted a free art and commerce Zoom event on April 9th.

Famous for art celebrating and sometimes skewing a hip New York Dominican culture, Peralta is also spending a lot of time cooking. He’s creating dishes like mac and cheese with cauliflower or a Dominican dish with fried sweet plantains. “You cut them a certain way, kind of sweet, kind of salty,” he said. “It’s served with ground beef and cheese. You can put tomato sauce on it if you want to, but nobody really does.”

He recently released a new print - Enfermera con Rolos - which was anchored in an earlier series of famous women such as Selena and Celia Cruz shown in hair rollers set high on their heads. In each “Rolos & Icons” portrait, the women return the viewer’s gaze while the rollers afford them a regal air. The hair pieces are a familiar sight for many whose mothers and grandmothers would routinely wash and set their hair at home and spend the day tending to errands with their hair coiled and set in the iconic rollers. The Celia Cruz piece became part of the permanent collection at the Smithsonian Anacostia Community Museum in 2016.

See ART p23

M. Tony Peralta
Taller Peralta, el salón de estilo en la calle Henshaw, no está realmente abierto, pero M. Tony Peralta sigue recibiendo pedidos de camisetas gráficas y otras obras de arte. Incluso está ampliando su oferta de mercancía. Recientemente anunció una nueva colaboración con Lemon Anderson que beneficia al Banco de Alimentos de Nueva York.

Además de seleccionar listas de reproducción de cuarentena en Spotify, también organizó un evento gratuito de arte y comercio vía Zoom el 9 de abril.

Famoso por celebrar el arte y, a veces, distorsionar la cultura dominicana de Nueva York, Peralta también pasa mucho tiempo cocinando. Está creando platos como macarrones con queso con coliflor o un plato dominicano con plátanos dulces fritos. “Los cortan de cierta manera, más o menos largos”, dijo. “Se sirven con carne molida y queso. Puedes ponerle salsa de tomate si quieres, pero nadie lo hace realmente”.

Recientemente lanzó una nueva impresión - Enfermera con Rolos – anclada en una serie anterior de mujeres famosas como
As grocery shopping remains a necessity during this pandemic, many people have questions about how to shop safely.

It is important to know that there is currently no evidence of human or animal food or food packaging being associated with transmission of the coronavirus that causes COVID-19. This particular coronavirus causes respiratory illness and is spread from person-to-person, unlike foodborne gastrointestinal or GI viruses, such as norovirus and hepatitis A that often make people ill through contaminated food.

Although your grocery store may be temporarily out of certain products, there are no nationwide shortages of food. Food production and manufacturing are spread throughout the United States. During this pandemic, consumers are getting most of their food from grocery stores, and many stores have modified their operating hours to allow for more time to restock shelves and clean. In addition, many stores are providing special hours for seniors or other high-risk individuals to shop and are offering pick-up and delivery services. Check your store’s website or call the store to learn more.

To help protect yourself, grocery store workers, and other shoppers, it is important to keep a few things in mind:

See FOOD p15
**FOOD from p14**

1. Prepare a shopping list in advance. Buy just 1 to 2 weeks-worth of groceries at a time. Buying more than you need can create unnecessary demand and temporary shortages.

2. Use a face covering or mask while you are in the store. Some stores and localities may require it. Check your state, county or city guidelines for any other requirements.

3. Carry your own wipes, or use one provided by the store to wipe down the handles of the shopping cart or basket. If you use reusable shopping bags, ensure they are cleaned or washed before each use.

4. Practice social distancing while shopping – keeping at least 6 feet between you, other shoppers, and store employees. Keep your hands away from your face.

5. Wash your hands with warm water and soap for at least 20 seconds when you return home and again after you put away your groceries.

6. Again, there is no evidence of food packaging being associated with the transmission of COVID-19. However, if you wish, you can wipe down product packaging and allow it to air dry, as an extra precaution.

7. Before eating, rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean produce brush. For canned goods, remember to clean lids before opening.

8. When unpacking groceries, refrigerate or freeze perishables such as meat, poultry, eggs, seafood, and other items like berries, lettuce, herbs, and mushrooms within 2 hours of purchasing.

9. Regularly clean and sanitize kitchen counters using a commercially available disinfectant product or a DIY sanitizing solution with 5 tablespoons (1/3rd cup) unscented liquid chlorine bleach to 1 gallon of water or 4 teaspoons of bleach per quart of water. WARNING: Do not use this solution or other disinfecting products on food.

10. Always keep in mind the basic 4 food safety steps: Clean, Separate, Cook, and Chill. More at bit.ly/2YfzMPS on safe food prep.

   Food is a source of comfort, as well as nourishment for you and your family – especially now – These tips are aimed at helping you continue to buy groceries with care and confidence.

   For more, please visit fda.gov/food.

**ALIMENTOS de p14**

personas mayores -u otras personas de alto riesgo- para comprar y ofrecen servicios de recogida y entrega. Consulte el sitio web de su tienda o llame para obtener más información.

Para ayudar a protegerse, a los trabajadores de las tiendas de comestibles y a otros compradores, es importante tener en cuenta algunas cosas:

1. Prepare una lista de compras por adelantado. Compre solo 1 a 2 semanas de comestibles a la vez.

2. Use una mascarilla o máscara facial mientras está en la tienda. Algunas tiendas y localidades pueden requerirlo. Consulte las pautas de su estado, condado o ciudad para conocer otros requisitos.

3. Lleve sus propias toallitas o use una provista por la tienda para limpiar las asas del carrito o la cesta de la compra. Si usa bolsas de compras reutilizables, asegúrese de que estén limpias o lavadas antes de cada uso.

4. Practique el distanciamiento social mientras realiza sus compras – mantenga al menos 6 pies entre usted, otros compradores y empleados de la tienda. Mantenga las manos lejos de su cara.

5. Lave sus manos con agua tibia y jabón durante al menos 20 segundos cuando regrese a casa y nuevamente después de guardar sus alimentos.

6. De nuevo, no hay evidencia de que el empaque de alimentos esté asociado con la transmisión de la COVID-19. Sin embargo, si lo desea, puede limpiar el embalaje del producto y dejar que se seque al aire libre, como precaución adicional. Como siempre, es importante seguir estas prácticas de seguridad alimentaria para ayudar a prevenir enfermedades transmitidas por los alimentos.

7. Antes de comer, enjuague frutas y verduras frescas debajo del agua del grifo, incluidas aquellas con pieles y cortezas que no se coman. Frote los productos firmes con un cepillo limpio. Para productos enlatados, recuerde limpiar las tapas antes de abrirlos.

8. Al desempacar comestibles, refrigerar o congelar los productos perecederos como carne, pollo, huevos, mariscos y otros artículos como bayas, lechuga, hierbas y hongos dentro de las 2 horas posteriores a la compra.

9. Limpie y desinfecte regularmente las cubiertas de la cocina usando un producto desinfectante disponible en el mercado o una solución desinfectante de bicloro con 5 chucharadas (1/3 de taza) de cloro líquido sin perfume por 1 galón de agua o 4 chucharadas de cloro por litro de agua. ADVERTENCIA: No utilice esta solución u otros productos desinfectantes en los alimentos.

10. Siempre tenga en cuenta los 4 pasos básicos de seguridad alimentaria: limpiar, separar, cocinar y enfriar. Mas en bit.ly/2YfzMPS sobre la preparación de alimentos seguros. La comida es una fuente de consuelo, así como de nutrientes, para usted y su familia, especialmente ahora. Estos consejos tienen como objetivo ayudarle a continuar comprando alimentos con cuidado y confianza.

Para más información, por favor visite fda.gov/food.
La artista visual Carla Torres.

Zoom. Grant, quien trabaja con objetos encontrados, ofrecerá un recorrido por el estudio y responderá preguntas en un evento moderado de una hora, a partir de las 7:30 p.m. El concepto "#StayHomeOpenStudio" (#QuédateEnCasaEstudioAbierto, en español) ha demostrado ser popular entre los artistas locales. El horario semanal del jueves por la noche está reservado hasta julio con visitas virtuales al estudio. Cada uno de los recorridos será grabado y luego será publicado en el canal de YouTube de NoMAA.

Los planes para el Uptown Arts Stroll (Paseo de las Artes del Norte de Manhattan, en español) generalmente comienzan con meses de anticipación. Cada año, la organización artística inicia su programación de verano con un concurso anual de carteles Uptown Arts Stroll. La selección de este año, que nombró a la artista multidisciplinaria Carla Torres como ganadora del primer lugar, fue anunciada el 16 de marzo, el mismo día en que entró en vigencia la directiva "PAUSA" de Nueva York.

El equipo de NoMAA decidió rápidamente mover toda su próxima programación en línea. En lugar de cerrar, querían que la organización y el Paseo fueran más accesibles. El grupo comenzó a publicar su boletín semanalmente y comenzó los meses virtuales del Paseo de las Artes antes de lo previsto.

NoMAA también ofrece asistencia técnica a artistas, incluyendo talleres sobre cómo crear sitios web más interactivos, cómo aprovechar las redes sociales y formas de maximizar las plataformas virtuales para difundir su arte. "Siempre estamos buscando mejores oportunidades para que los artistas continúen expresándose", explicó Leyva-Gutiérrez.

Los artistas también están trabajando duro en sus próximos shows. El trabajo de aproximadamente 90 artistas será exhibido en una nueva exposición virtual de tres partes, "Sanación y comunidad: física a virtual", curada por la artista local Patricia Miranda. Leyva-Gutiérrez la imagina como una exhibición en línea gratuita con tres salas. Cada habitación tiene un tema diferente: introspección y meditación; conexión y arte comunitario en acción.

"En realidad estamos trabajando en el desarrollo de una exposición virtual de galería de arte", dijo. "Estamos tratando de descubrir cómo crear una especie de galería simulada". Leyva-Gutiérrez es una entusiasta del museo, cuyas obras favoritas incluyen a maestros del siglo XVII como Diego Velázquez y Peter Paul Ruben.
¿Adónde a las calificaciones?

El alcalde Bill de Blasio y el canciller escolar Richard A. Carranza anunciaron una política ajustada de calificaciones en toda la ciudad para estudiantes de escuelas públicas en los grados K al 12. Actualmente, los 1.1 millones de estudiantes de escuelas públicas de la ciudad participan en el aprendizaje remoto debido a la pandemia del COVID-19 y el cierre de edificios escolares. De Blasio dijo que la política proporciona a los estudiantes flexibilidad para completar sus tareas escolares durante un momento emocionalmente desafiante y sin precedentes, y también proporciona apoyo adicional a los estudiantes que se están quedando rezagados.

El alcalde también reveló que la ciudad planea celebrar una ceremonia virtual de graduación para todos los estudiantes de último año de las escuelas públicas de la ciudad de Nueva York.

"Nuestros estudiantes, educadores y familias están pasando por muchas cosas en este momento. Se que nuestros estudiantes son capaces de excelencia, y continuaremos manteniéndonos en ese alto nivel mientras ajustamos nuestras calificaciones para reflejar los desafíos sin precedentes creados por esta crisis", dijo de Blasio. "Daremos a cada estudiante el apoyo que necesita para recuperarse y continuar en su camino hacia el éxito".

La política, que entrará en vigor de inmediato, será la siguiente:

- **Grados K al 5**: Las calificaciones se otorgarán en una escala binaria de "Cumple con los estándares" y "Necesita mejorar".
- **Grados 6 al 8**: Las escuelas otorgarán calificaciones usando tres valores: Cumple con los estándares, Necesita mejor y Curso en progreso.
- **Grados 9 al 12**: Las escuelas continuarán con las mismas escalas de calificación que tenían antes del aprendizaje remoto con la incorporación de una calificación de "Curso en progreso" para los estudiantes que no pueden enviar trabajos o demostrar dominio. Las calificaciones reprobadas se considerarán "Curso en progreso". Los estudiantes recibirán el tiempo y apoyo que necesiten para completar los cursos y obtener créditos hasta enero de 2021.

Todos los estudiantes que no demuestren dominio o no completen el trabajo requerido, recibirán el apoyo que necesiten durante el verano y el otoño para reencaminarse. "Nuestra prioridad es minimizar el estres en las familias y los estudiantes, al tiempo que proporcionamos a los maestros del próximo año la información que necesitan sobre el progreso de un estudiante individual a lo largo de los estándares", dijo Carranza.

El DOE también ofrecerá apoyo de asesoramiento para estudiantes de último año de preparatoria, dijo de Blasio. "Necesitábamos un sistema consistente y equitativo para la graduación de agosto. Cuando los estudiantes completen el curso, su calificación cambiará de "Curso en progreso" a la calificación aprobatoria correspondiente. Recomendamos que tanto los padres como los estudiantes estén experimentando ansiedad y trauma en medio de la pandemia, y hemos desarrollado continuamente nuestras políticas para cumplir con este momento. Nuestros ajustes en las calificaciones mantienen expectativas claras que reconocen la experiencia individual de cada estudiante, en el tiempo que crean un sistema consistente y equitativo en todas las escuelas", dijo Carranza. "Nuestra prioridad es minimizar el estres en las familias y los estudiantes, al tiempo que proporcionamos a los maestros del próximo año la información que necesitan sobre el progreso de un estudiante individual hacia el logro de los estándares".

"Haremos que sea algo muy especial. Les daremos algo que recordarán por el resto de sus vidas y que apreciarán. Vamos a hacer una gran ceremonia de graduación virtual en toda la ciudad. Vamos a hacer una gran celebración de los estudiantes de último año de preparatoria de la ciudad de Nueva York", afirmó. "Haremos que sea algo muy especial. Les daremos algo que recordarán por el resto de sus vidas y que apreciarán. Vamos a reunir a algunos invitados muy especiales para celebrarlos, para homenajearlos".

Los estudiantes que todavía necesitan dispositivos de aprendizaje aún son elegibles para recibirlos del DOE. Se los pide a las familias que visiten schools.nyc.gov/devices o que llamen al 718.935.5100 (pressione 5) para hacer la solicitud. Los maestros y el personal deben usar este mismo formulario para solicitar dispositivos en nombre de sus estudiantes.

The DOE will also offer counseling support for high school seniors, he added. Grades earned by students in the first half of the school year, before the pandemic started, will still be counted. "We needed a grading policy that captures the work students have done this year, both in the classroom and during distance learning, while not punishing students for things outside of their control," said United Federation of Teachers President Michael Mulgrew. "We think this policy strikes that balance by incorporating the concerns of parents, teachers and stakeholders."

Students are still required to meet their credit requirements for graduation and must earn a passing grade to receive credit for their courses. Students who receive a “Course in Progress” in a class they need to graduate will have the opportunity for an August graduation after completing coursework over the summer.

Regarding the graduation ceremony, de Blasio said that more details would be announced in the coming weeks. “We’re going to do one big, citywide virtual graduation ceremony. We’re going to do one big celebration of New York City’s high school seniors,” he stated. “We’re going to make it something very special. We’re going to give you something you will remember for the rest of your life and you will cherish. We’re going to bring together some very special guests to celebrate you, to salute you.”
ATTORNEY

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La Dra. Lorna M. Breen, directora médica del departamento de emergencias en el Hospital Allen, del New York-Presbyterian en Inwood, murió por suicidio el pasado domingo 26 de abril.

Breen, quien trató a muchos pacientes con COVID-19 en el departamento de emergencias de Allen y se recuperó del virus, murió en Charlottesville, Virginia, donde se hospedaba con su familia, informó el New York Times.

El Departamento de Policía de Charlottesville dijo que respondió a una llamada en busca de asistencia médica el domingo. Breen, de 49 años, fue llevada a un hospital, pero sucumbió a las lesiones auto infligidas, dijo la policía.

El padre de Breen, el Dr. Philip C. Breen, dijo que su hija contrajo COVID-19 pero que regresó a trabajar después de recuperarse. El hospital la envió a su casa nuevamente, luego de lo cual su familia intervino para llevarla a Charlottesville, señaló.

“Ella trató de hacer su trabajo, y eso la mató”, comentó el Breoo mayor.

Breen dijo que su hija no tenía ninguna enfermedad mental de la que él estuviera al tanto, pero que parecía desconectada recientemente, lo que lo hizo sospechar que estaba luchando para hacer frente al efecto de COVID-19 en los pacientes.

Ella le había descrito “una avalancha de pacientes que morían antes de que pudieran ser atendidos”, agregó Breen. “Así que cuando la veíamos como una heroína, porque lo fue. Ella fue una víctima tanto como cualquier otra persona que haya muerto”. Breen se graduó de la Facultad de Medicina de Virginia y completó su residencia en el Centro Médico Judío de Long Island.

Podolanczuk publicó esta foto el 16 de abril en la vispera de su regreso a la UCI. Como miembro del Colegio Americano de Médicos de Emergencia (ACEP), por sus siglas en inglés, encabezó el desarrollo de una herramienta de punto de atención que pronto estará disponible para pacientes con trastorno del espectro autista, de acuerdo con el sitio web del ACEP.


“Nuestro enfoque hoy es brindar apoyo a su familia, amigos y colegas mientras hacen frente a esta noticia durante lo que ya es un momento extraordinariamente difícil”.

Breen fue recordada con cariño en las redes sociales por sus colegas.

“Trabajamos juntas durante la marejada. La sala de emergencias se sentía como un campo de batalla”, tuiteó la neumóloga del NYP, la Dra. Anna Podolanczuk. “Una pesadilla viviente.”

Podolanczuk, cuyo trabajo se centra en enfermedad pulmonar intersticial y fibrosis pulmonar, atiende en cuidados intensivos médicos del NYP. Ella advirtió que las repercusiones de la crisis persistirán para muchos de quienes la manejaron de primera mano. “Recordemos que muchos trabajadores de primera línea seguirán reviviendo esta pesadilla mucho después de que esto termine”, tuiteó. “COVID19 mata de muchas maneras.”
MASCARILLAS de p10

2. Las máscaras bloquean mucho más que las gotas del COVID-19.

Dependemos del comportamiento no verbal, y particularmente de la expresión facial, para expresarnos y comunicarnos con los demás. Esos sentimientos anteriores, y muchos más, se expresan en nuestras caras. En algunos contextos, la comunicación no verbal representa la mayoría de lo que entendemos en nuestros intercambios sociales. Con nuestras caras medio cubiertas, perdemos información clave no verbal, y otra información, como las cejas levantadas y los encogimientos de hombros, se vuelven muy ambiguos sin señales de la boca. Esta pérdida de información es como hablar por teléfono en una zona con un servicio celular débil. Ya sabes, esos momentos en los que solo escuchas cada tercera palabra y, finalmente, la llamada se corta. El efecto nos hace sentir menos capaces de comunicarnos y menos capaces de entendernos.

3. Por qué los niños encuentran las mascarillas desconcertantes.

Muchos niños pequeños se echan a llorar o retroceden cuando alguien con una mascarilla se acerca. Es tan común que algunas escuelas primarias prohíban las máscaras en el desfile de Halloween de la escuela. Una razón para esto es que el desarrollo del reconocimiento facial es relativamente débil en los niños pequeños. Según el Dr. Kang Lee, psicólogo de la Universidad de Toronto, no es hasta que los niños tienen alrededor de 14 años que alcanzan los niveles de habilidad de los adultos para reconocer rostros. Antes de eso, los niños tienden a ver rasgos faciales individuales, en lugar de reconocer a la persona como un todo. Al poner mascarillas, eliminamos información que hace que sea especialmente difícil para los niños reconocer a los demás y leer señales emocionales, lo cual es inquietante y desconcertante. Estos problemas pueden ser especialmente ciertos para los niños con trastorno del espectro autista, incluido el Síndrome de Asperger, quienes tienden a tener dificultades particulares para leer señales no verbales.

4. La política de mascarillas.

En los Estados Unidos, el mandato de usar mascarillas se ha visto afectado por una reacción violenta de los hombres negros que temen que usarlas pueda exponerlos al acoso de la policía. Aaron Thomas, un hombre negro de Ohio, publicó un mensaje en Twitter que ha sido retuiteado más de 17,000 veces: “Quiero seguir vivo, pero también quiero seguir vivo”. Muchos han expresado su temor de que las mascarillas caseras, en particular, puedan exacerbar el perfil racial y poner en peligro a negros y latinos. Que yo sepa, este miedo aún no se ha vuelto realidad, y optimistamente, espero que, al poner mascarillas en todos, incluida mi madre de 88 años, tengamos la oportunidad de romper esta respuesta estereotipada.

5. Género y expresión facial.

Aquí es donde comenzó mi carrera en psicología. Codifiqué guiones, ingresé datos y aprendí sobre métodos de investigación, psicología de la mujer y comportamiento no verbal bajo la tutoría de la profesora Judy Hall de JHU. Mi primera publicación cuestionaba si los autores masculinos y femeninos diferían en sus escritos sobre el comportamiento no verbal. Curiosamente, la única forma en que divergieron fue que los autores masculinos describieron las expresiones faciales con mucha más frecuencia y con más detalle que las autoras. Mi segunda publicación con la profesora Amy Halberstadt y mi compañera de cuarto de college, Judy Hall, aprendí sobre métodos de investigación, ahora psicóloga clínica la Dra. Cindy Hayes, descubrió que las mujeres pasan más tiempo sonriendo y su comportamiento sonriente es más congruente con lo que intentan comunicar en comparación con los hombres.

Para todos nosotros, el uso de mascarillas reduce la información que tenemos disponible para expresarnos y comprender a los demás. Es como tratar de llegar al baño con las luces apagadas en medio de la noche. Los niños y otros en nuestra comunidad pueden encontrarlo especialmente desconcertante. Reconocer esto debería recordarnos que debemos ser pacientes con nosotros mismos y con los demás durante estos tiempos difíciles. Y cuando nos quitemos las mascarillas en casa, que el intercambio de grandes sonrisas con los seres queridos sea aún más dulce.

Kathleen M. Pike, PhD, es profesora de psicología y directora del Programa Mundial de Salud Mental en el Centro Médico de la Universidad Columbia (CUMC, por sus siglas en inglés). Para más información, por favor visite cugmhp.org o llame al 646.774.5308.

Kathleen M. Pike, PhD is Professor of Psychology and Director of the Global Mental Health Program at the Columbia University Medical Center (CUMC). For more information, please visit cugmhp.org or call 646.774.5308.
LIVE IN NYC?

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• Jobs
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A pediatrician, Tapia-Mendoza is the founder and president of Pediatrics 2000, a group of health clinics for children.

He voiced concern about a potential future spike in illnesses, as families are not bringing their children to receive routine vaccinations during the pandemic.

“Thousands and thousands of kids are not getting immunized for diseases like measles, mumps, tetanus, hepatitis B. These diseases that we’ve had under control for many years, we could see a spike,” he said. “A child that does not get immunized against HPV stands risk of serious health issues. And when a child is not vaccinated, it could spread to elders.”

The SOMOS network is running five testing sites and is involved in free meal distribution.

One of the meal distribution sites is La Nueva España, where SOMOS has partnered with World Central Kitchen and the Maestro Cares Foundation to distribute thousands of meals.

“It’s incredible to see the effort that’s happening. There have been 50,000 meals handed out at various locations,” Tapia-Mendoza.

“People are in need.”

Tapi-Mendoza urged New Yorkers to follow social distancing guidelines and other instructions from the Health Department.

“The two most important things we can do are very simple, maintaining social distance and washing our hands,” he said.

“There is no vaccine yet for this virus. The solution is not treatment -- it’s prevention,” he said.

“Social distancing and washing our hands,” he said.

“They are very simple, maintaining social distance and following other instructions of the Health Department.

“Tapi-Mendoza urged New Yorkers to follow social distancing guidelines and other instructions from the Health Department.

“For more, please visit somoscommunitycare.org.
ART from p13

Similarly, the Enfermera con Rolos piece features a woman in the blue scrubs of a healthcare provider, her left hand on her hip, the other clasped around a clipboard. She is masked and behind her a yellow orb radiates, framing her in an otherworldly glow. There is a stethoscope slung around her neck and a nononsense air in her stance.

Proceeds from the sale of the portrait, which was featured in The Manhattan Times and The Bronx Free Press, are forwarded to COVID-19 relief efforts.

Already, Peralta has donated 30 percent of proceeds from the last round of sales to the Mayor’s Emergency Relief Fund.

There are also Bodega Cat face masks and Afro pick face coverings on the Taller Peralta website.

Peralta takes a long view of events. “I’m sure that during WWI and WWII, people thought that the world was ending during that time,” he said. “I think it was probably even worse back then. Everybody was going off to war to fight this threat.”

Even as the number of cases increase, he feels lucky to live in New York City because politicians here are proactive and actually seem to care about the people they serve. “The governor and the mayor are doing a great job. They are taking this on themselves,” he said. “People in New York City have been through 9/11. We’ve been through a lot of stuff. We got through that. I’m just hoping we get through 9/11. We’ve been through a lot of stuff.”

“People in New York City have been through 9/11. We’ve been through a lot of stuff. We got through that. I’m just hoping we get through this as soon as possible.”

For more information, please visit peraltaproject.com.

ARTE de p13

Selena y Celia Cruz mostradas en rollos colocados en lo alto de sus cabezas. En cada retrato de “Rolos & Icons”, las mujeres devuelven la mirada del espectador mientras los rollos les brindan un aire majestuoso. Las piezas para el cabello son una vista familiar para muchos cuyas madres y abuelas se lavaban y se arreglaban el cabello en casa y pasaban el día haciendo mandados con el cabello enrollado y enroscado en los icónicos rollos. La pieza de Celia Cruz se convirtió en parte de la colección permanente en el Museo Comunitario Smithsonian Anacostia en 2016.

Del mismo modo, la pieza Enfermera con Rolos presenta a una mujer con el uniforme azul de un proveedor de atención médica, su mano izquierda sobre su cadera y la otra alrededor de un portapapeles. Ella está enmascarada y detrás de ella irradi un orbe amarillo que la enmarca en un resplandor de otro mundo. Hay un estetoscopio colgado alrededor de su cuello y un aire sin sentido en su postura.

Los ingresos de la venta del retrato, que apareció en The Manhattan Times y The Bronx Free Press, serán enviados a los esfuerzos de ayuda de la COVID-19.

Peralta ya ha donado el 30 por ciento de los ingresos de la última ronda de ventas al Fondo de Alivio de Emergencia del alcalde. También hay mascarillas faciales Bodega Cat y Afro pick facial en el sitio web Taller Peralta.

Peralta tiene una visión amplia de los acontecimientos. “Estoy seguro de que durante la Primera Guerra Mundial y la Segunda Guerra Mundial, la gente pensó que el mundo se estaba acabando durante ese tiempo”, dijo. “Creo que probablemente fue aún peor en ese entonces. Todos iban a la guerra para luchar contra esta amenaza”. Incluso a medida que aumenta el número de casos, se siente afortunado de vivir en la ciudad de Nueva York porque los políticos aquí son proactivos y en realidad parecen preocuparse por las personas a las que sirven. “El gobernador y el alcalde están haciendo un gran trabajo. Se están haciendo cargo ellos mismos”, dijo. “La gente en la ciudad de Nueva York ha pasado el 11 de septiembre. Hemos pasado por muchas cosas. Lo superamos. Solo espero que superemos esto lo antes posible”.

Para más información, por favor visite peraltaproject.com.

NEW YORKERS: STAY HOME TO STOP THE SPREAD OF CORONAVIRUS

New Yorkers working together and staying home can slow the spread of coronavirus (COVID-19) in New York City.

When you go out for essential needs, work or to get fresh air, keep distance between yourself and others and take the following precautions.

PROTECT YOURSELF AND OTHERS

- Keep at least 6 feet between yourself and others.
- Wash your hands with soap and water often.
- Cover your nose and mouth with a tissue or sleeve when sneezing or coughing.
- Do not touch your face with unwashed hands.
- Monitor your health more closely than usual for cold or flu symptoms.

IF YOU ARE SICK

- Stay home.
- If you have a cough, shortness of breath, fever, sore throat and do not feel better after 3-4 days, consult with your doctor.
- If you need help getting medical care, call 311.
- NYC will provide care regardless of immigration status or ability to pay.

PROTECT THE MOST VULNERABLE

- Stay home if you have lung disease, heart disease, diabetes, cancer or a weakened immune system.
- Stay home and call, video chat or text with family or friends who have one of these conditions.

REDUCE OVERCROWDING

- Stay home.
- Telecommute if possible.
- If you do go out:
  - Stagger work hours away from peak travel times.
  - Walk or bike.
  - Do not gather in crowds.

Text COVID to 692-692 for real-time updates or visit nyc.gov/coronavirus.

Call 311 to report harassment or discrimination. Call 888-NYC-WELL, text “WELL” to 65173 or chat online at nyc.gov/nycwell to connect with a counselor.

*Messages and data rates may apply. Check your wireless provider plan for details.

Bill de Blasio
Mayor

Oliv Barbott, MD
Commissioner

APRIL 29, 2020 • MANHATTAN TIMES • www.manhattantimesnews.com
Continuing to Support the Most Vulnerable During the COVID-19 Crisis

How is Acacia Network Responding to COVID-19?

For over 30 years, Acacia Network and its affiliates have been committed to improving the quality-of-life and wellbeing of underserved Latino communities in New York State and beyond by providing access to integrated health and housing programs, and by reinvesting in communities through innovative programming, employment opportunities and affordable housing ownership, among other initiatives.

Given the current COVID-19 public health crisis, we have redoubled our efforts to serve the most vulnerable members of our communities—including our homeless population, the elderly, people of all ages requiring physical and mental health services, as well as individuals suffering from addiction—while safeguarding the health and safety of our staff, our partners, and our clients.

In keeping with Governor Cuomo’s Executive Order that all employers reduce their in-person workforce at their locations by 100 percent, except for workers in essential services, we have transitioned to a remote work environment for all administrative and non-essential positions.

That said, a large part of Acacia Network’s workforce provides essential services in areas that are critical to the continued wellbeing of our communities, including primary care clinics, mental health counseling, treatment programs, housing & residential programs, treatment programs, community residences, among others.

The following provides an overview of how some of our programs continue to operate in order to meet the needs of our diverse client population.

Primary Care & Behavioral Health:

- Primary Care clinics are operational with the exception of Park Avenue Clinic, with modified staffing and telecommuting schedules and location changes for the next two weeks. We have implemented limited public access for emergent services and are providing telehealth services;
- We have implemented and centralized clinical workflows, policies, and protocols through a multidisciplinary team of clinicians, social workers, substance use workers, and other key personnel members, led by our Chief Medical Officer & Senior Vice President of Clinical Affairs;
- Our Behavioral Health programs are operational and have implemented flexible working schedules across all 32 programs. We will also be providing telephonic services.

Housing, Residences, and Social Services:

- Our Social Services and Affordable Housing divisions are operational, with case workers available to respond to client emergencies and care management needs. Residences contracted by the Office of Mental Health (OMH) and the Office for People with Developmental Disabilities (OPWDD), as well as mental health supportive housing locations, are operating 24 hours a day. Acacia Network Housing (ANH) shelters remain open and operational, and in full compliance with all Department of Homeless Services (DHS) guidelines;
- Casa Promesa—a skilled nursing residential healthcare facility providing comprehensive services to adults diagnosed with HIV/AIDS—has continued to operate without disruption.
- We have ramped up cleaning, security, and safety measures at all of our sites and locations to ensure staff and client health and welfare, while carefully tracking and monitoring for any reportable cases or exposures to COVID-19.

Children, Youth and Seniors:

- Child Care and Head Start staff will be working remotely, following guidelines from the NYC Department of Education (DOE) and Department of Youth & Community Development (DYCD). We have provided parents with packages for three weeks of remote learning for children;
- Community Association of Progressive Dominicans (CAPD) staff will work remotely, providing virtual homework assistance and enrichment learning. In addition, ten staff members are serving the two Regional Enrichment Centers (REC) for first responders in New York City schools;
- The Institute for Puerto Rican/Hispanic Elderly (IPRHE) — a network of senior centers across New York City—remains open to distribute meals to our vulnerable seniors. We have been in constant communication with the NYC Department for the Aging to ensure compliance.

Beyond the operation of our essential service facilities, Acacia Network’s leadership and executive team members remain fully committed and available to address any questions or concerns, and to support the continued wellbeing of our staff and clients during these incredibly challenging times.

If you or someone you know are in need of services, please contact us at 718-734-2583. It is during times like these that we must all come together to weather the harshest of storms. We are confident that, if we all follow the current public health & safety guidelines to practice social distancing and remain vigilant, we shall come out of this crisis, stronger.

Together, we will overcome this. Stay safe and be well!

About Acacia Network:

Acacia Network’s mission is to partner with our communities, lead change, and promote healthy and prosperous individuals and families. We achieve this mission by upholding our values and deep commitment to excellence, customer service, and transparent leadership. For more information, visit: acacianetwork.org