

# Harper's Choice Voice

The e-Newsletter for the Village of Harper's Choice

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## Message from the Board Chair -

Dear Neighbors,

I wish you well in these uncharted times. This is certainly the time to consciously examine how community and connection really look and feel. As we're navigating social distancing, please take some time to notice and check in on your neighbors. We are called to be creative and strengthen community connections, even as we practice physical distance.

HCPSS is offering Grab-N-Go meals at Swansfield Elementary School, available from 11:30 a.m. - 1:30 p.m. with lunch, dinner, and breakfast to anyone 18 and under.

We are attaching a [Resource list from Grassroots](#); please reach out if there is a need.

If you're looking for avenues to help support the most vulnerable members of our community, [Columbia Community Care](#) is a grassroots organization supporting families in our community with food and necessary items and is seeking donations. Please contact me or see the information from CCC provided above.

During this time, please prioritize self-care. Take time every day to meditate or quiet your mind. Reach for gratitude. Feed yourself a diet of uplifting books, music, movies, etc. Reach out to your network to connect. Take care!



I wish you great peace,

Rebecca Beall

[rebeccab.harperschoice@gmail.com](mailto:rebeccab.harperschoice@gmail.com)



## COVID - 19 HCCA Closing & Cancellations

Due to Covid-19 pandemic and updated government recommendations from our federal, state, and local governments, until further notice, the Harper's Choice Community Association offices will be closed.

If you have business with the Association or Kahler Hall, please call first or email us to see if we can conduct that business electronically or over the phone. As per federal, state and local guidance, Kahler Hall will be open for previously contracted events and programs that will host fewer than 10 people. We are not taking new bookings for events at Kahler Hall or scheduling tours of the building until further notice.

The AARP Tax Aide Program here and across the entire United States has been suspended indefinitely. IF they are permitted to resume tax preparation, they will call all previously scheduled clients for appointments. There are no further details; please do not call their appointment line.

Until further notice, the best way to reach us will be email. You may also check our websites for the most up-to-date information: [www.harperschoice.org](http://www.harperschoice.org) and [www.kahlerhall.org](http://www.kahlerhall.org).

Email addresses:

[Cathy Murphy - Facility Rentals](#)

[Leah Akers - Executive Assistant and Events](#)

[Debbie Nix - Covenant Advisor](#)

[Steve Ingley - Village Manager](#)

With that being said, the Villages of Columbia, along with the Columbia Association, have decided to cancel Columbia Cleans Day and Searching for Spring. Columbia Cleans Day was scheduled to take place on Saturday, March 21, 2020; Searching for Spring was scheduled for Saturday, March 28, 2020.

Similarly, Harper's Choice, Hickory Ridge, Town Center, and Wilde Lake Community Associations have cancelled Conversation with the Candidates for the Board of Education scheduled for March 30, 2020.

Be sure to [check our website](#) for further updates.

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## What You Need to Know About the Coronavirus

## What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

## Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

## Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

## How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

## What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath



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## What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

## How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

## If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

## What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

## Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

## Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

For more detailed information, including answers to frequently asked questions, Click Here.

## Germs, Germs, Germs! Keep Your Hands Clean!

# Germs are everywhere!

You can pick up germs from things you do every day.



Wash your hands so you don't get sick.

Accessible version: [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

281775-4

## Information on Delegate Terri Hill Scholarship for 2020-2021

Hope all is well as everyone is taking precautions amid the Coronavirus. We would appreciate your assistance in bringing this scholarship opportunity to the attention of high school seniors and continuing college students. We thank you in advance for any help you might provide. Please call with any questions you might have at 410-841-3378.

Delegate Terri Hill of District 12 is accepting Delegate Scholarship applications for the 2020-2021 academic year. **The application deadline is open now until April 10, 2020.** Preference is given to students residing in District 12. Students can identify their district and who their state representative is by [visiting here](#).

Students can learn more about the Delegate Scholarship process, [fill out an online application or download a PDF version](#).

This year you have a choice between filling out a PDF form and forwarding the required information to our office or using our new online application. While we would prefer you to use the online application, our main focus is for you to submit your application in the most convenient way possible.



Howard County Offers Help to Stop

Free! The Howard County Health Department's Tobacco Use Prevention and Cessation Program offers an evidence-based smoking cessation program modeled after the American Lung Association's Freedom from Smoking Curriculum.

### Program Goals

- Preventing initiation among youth/young adults from using tobacco/nicotine-related products
- Providing resources to promote quitting among adults and youth
- Eliminating exposure to secondhand smoke
- Identifying and eliminating tobacco-related disparities

### Free Quit Smoking Help

- Weekly individual and group sessions are offered
- Help with developing a quit plan, reducing stress, cravings, and withdrawal symptoms
- Nicotine replacement patches, gum, lozenges, and Chantix offered to those attending classes
- Physician evaluation to determine the best method to help quit.

To Register, call 410-313-6265.

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## Maryland Launches First-in-Nation Wellness Calls for Senior Citizens



Maryland is the first state with a program that offers daily wellness checks by phone for older residents. Since most people say they want to "age in place" in their own homes, Senior Call Check provides a phone call to Marylanders age 65 and older each day at a designated time.

If seniors don't answer the phone after three attempts, a designated contact person or local law enforcement will go to the home. [Click here](#) to read more about this program.



## Crisis Info

### HELP WHEN YOU NEED IT

In these very trying times, there are resources where one can turn to for help.

## NATIONAL SUICIDE PREVENTION HOTLINE, AVAILABLE 24/7

1-800-273-8255

<https://suicidepreventionlifeline.org/>

## CRISIS TEXT LINE

Text 741741 from anywhere in the USA to text with a trained Crisis Counselor.

Every texter is connected to a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of Crisis Text Line's Crisis Counselors are volunteers, donating their time to helping people in crisis. Learn more at: <https://www.crisistextline.org/>

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## Covenant Corner



Looking for a way to get your kids outside for exercise in light of social distancing? We adults often view yard work as a chore, but for kids it can be a fun adventure. The challenge is to keep them interested in helping after the newness wears off.

### **Keep the work Simple**

Explain each child's task - raking the leaves out of the garden beds, putting down mulch, sweeping up the sweet-gum balls from the driveway, sidewalk and street curb gutters. Set a timer for 15, 30 or 60-minute tasks, depending on the child's age and attention span. When the timer dings, they are done for the day. Be sure to take before and after photos.

### **Explain the Life Cycle of Plants**

Lawn care and gardening are year-round projects. Teaching kids how our plants and gardens work and how they need help to grow, may keep them interested for the long run.

### **Make a Scrapbook of Photos**

Take photos of the work they are doing and how the plants progress through the seasons. It will be fun to look back at their accomplishments and plan what to do next. This is work that must be done; why not make it more enjoyable -- and educational -- by involving your kids each step along the way.

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## **Architectural Committee Meetings**

The Architectural Committee meets twice a month to review applications for changes to the exterior of properties in the Village and In-home business submissions. Meetings are held at Kahler Hall on the 2nd and 4th Tuesdays at 7:30 p.m., and meetings are open to the public. Application submissions are due two weeks in advance of the scheduled meeting date. Upcoming submission deadlines and meeting dates are noted below.

### **SUBMISSION DEADLINE**

March 10  
March 27  
April 14

### **MEETING DATE**

March 24  
April 14  
April 28

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## **Village Board Meetings**

The next meeting of the Village Board is scheduled for April 7 at 7 PM at Kahler Hall. Approved Agendas and Meeting Minutes are/will be on our website.



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## **Have you visited us on Facebook lately?**

Please join us on Facebook for up-to-date information about

what's happening in and around the Harper's Choice  
Community.

[Facebook](#)

JOIN US ON  
**facebook**

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## Keeping You Informed

This weekly e-Newsletter serves as a recap of news and events we share with our community throughout the week via other social media channels. Connect with us on [Facebook](#) and [Twitter](#) to receive more regular announcements and information from us.

## Subscribe to Our e-Newsletter

Was this message forwarded to you from a friend? You can [subscribe to this newsletter directly](#) so that you can receive it straight to your inbox from us! You may also text HCCANEWS to 22828 and follow the prompts to register.

## Stay Connected

[Steve Ingley](#)  
Village Manager

[Debbie Nix](#)  
Covenant Advisor

[Cathy Murphy](#)  
Facility Manager

[Leah Akers](#)  
Executive Assistant

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## Your Village Board

[Joel Hurewitz](#)\*\*  
Village Board Member

[Alan Klein](#)\*  
Columbia Council Re

[Ralph Paez](#)\*\*  
Village Board Member

[Lauren Avant](#)\*\*  
Village Board Member

[Brynn Conover](#)\*  
Village Board Member

[Rebecca Beall](#)\*  
Village Board Member

\* Term expires 4/30/20

\*\* Term expires 4/30/21

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