



Penn Branch Community Association General Body Meeting
OFFICIAL MINUTES
Meeting Date: January 12, 2021 (APPROVED FEBRUARY 9, 2021)
via Zoom.

Meeting commenced at 7:05 pm and ended at pm.

Call to Order – Opening Remarks by S. Benton, President of PBCA

- Shared sad news of a couple neighbors who passed away recently: Mr. Dorsey and Mr. Chandler.
- Mentioned the PBCA's new name, new logo, new by laws. Members will vote on new logo.

Crime Report, Provided by Officer Marable

- 37 crimes in PSA 605. Three crimes in Penn Branch. Theft at CVS, theft at 7-11, and burglary at liquor store (took wine and liquor).
- Under full activation through Jan. 24. Keeping eye on Pepco and Anacostia Pumping Station on Anacostia Avenue SE.
- With questions about traffic patterns and other issues downtown, go to inauguration.dc.gov.
- T. Reeves: Question to Officer Marable about theft at shopping center, what suggestions to deter crime? Officer Marable said had extra help around holidays but recruits have returned to training. Most manpower is directed downtown as part of civil disturbance unit. Minimal staffing in neighborhoods. Putting together an action plan for Penn Branch Shopping Center, idea for foot officer for the center. Not full staffing until after Jan. 24. No other questions.

Meeting Procedures, Provided by Natiya Curtis, PBCA Parliamentarian

- New procedures were introduced to keep meetings orderly and to be respectful of time. Mute devices when not speaking. If you want to ask questions in a meeting, use raise hand feature. The Parliamentarian will call on people. Those calling in can indicate that they have a question. Identify yourself if you call in so name can be changed. Voting will take place on polling feature or chat function. Will use Roberts Rules of Order. Please limit comments to 2-3 minutes.

Reading of Dec. 2020 Meeting Minutes by Marie Fritz, PBCA Secretary

- A Summary of minutes from the Dec. 2020 meeting was read in to the record.
- Motion to accept as read by A. Paul and seconded by R. Crocket. Motion passed to accept as read.

VP Report, Kyle Murphy, PBCA First Vice President

- On top of Covid-19, our community had to deal with another tragedy at the US Capitol. Board members communicated by email and thought it was important to put out a statement condemning what happened. What happened did not represent the values of our community. A predictable outcome of anti-democratic efforts by national leaders. Inadequate response fueled by long standing injustices in our country. Systemic racism undermines democracy. Expressed desire to work with community association to do the work of improving the work of democracy by modeling behavior. Asked other community associations to make a pledge to take on the generational work.
- J. Cannon: Thanked Board for putting out a quick response.
- K. Murphy: Our Board will not take on partisan issues but this was different and necessitated a response. Proactive agenda for year ahead: Parks (9-11 Park, Pope Branch Park, NPS land), people's visions and leveraging resources; issues related to shops at Penn branch, small area plan, Pennsylvania Ave SE development so propose two meetings; elder and senior services and youth and family service for young families; and neighborhood infrastructure and transportation such as traffic calming, traffic flow, O Street wall. If anyone thinks of ideas later, please contact the Board.
- A. Paul: Asked if possible to add a topic. Is it possible to talk about the work of the committees in a meeting to help engage the community? Board members expressed that it was a good idea.

Treasury Report, Provided by Stan Benton (in lieu of Mo Williams)

- Balance: \$2883.04.
- New block captains: Chris Morgan and Stephanie Clyburn. Thanked neighbors for taking that on.

Panel on Health and Wellness During COVID-19

Guest Speakers: Jalan Burton, MD, Charles Curtis, PhD, and Lisa FitzPatrick, MD. Moderated by Cicily Hampton, Second Vice President.

- Jalan Burton, MD, Pediatrician: Started her practice two years ago because she did not see high quality options in Washington, DC. We have a lot of clinics that neighbors don't want to go to and wanted to offer a new option.
- Parents are really stressed and pulled in many directions. Screening parents for anxiety; anxiety is through the roof; kids are resilient; don't minimize children's adaptability and look to young people. What does it take to raise a health child? 1) Play and activity; spend time outside every day even in the winter; let children play in greenspace. 2) Good food and lots of water all day long. Kids want to snack all day. Put kids on schedule. Snack is fruit first then something crunchy, ideally baked. Lots of water. Five cups of water a day for a 4-year-old. Get a big bottle and know it's the amount of water a child should finish in a day. Kidshelp.org has good resources. 3) Sleep. Sleep cycles are off and seeing sleep problems. Average children needs 10 hours of sleep. Activity and play.
- Discussion about children and health. May child to his room at bedtime but allow him to stay up if he needs to wind down since less activity without going to school. Cherish the times when children speak to you. Dr. Burton: Son Azola has own email and laptop for school. No cell phone allowed or other screen time. Monitor screen time. Seeing more near sightedness and more

headaches. Limit as much as possible. S. Burton: Has phone and laptop on auto shutdown for teenager. Dr. Burton: Check histories and block what is not appropriate.

- Charles Curtis, PhD, Clinical and School Psychologist, also in private practice: Talking about mental health, how we feel but also how we experience. Things are normal in not being normal now. Must create a new normal. Must consider that few have experienced this before. Everyone navigating together with different levels of fidelity. Normative sense of personal protection here in DC but different elsewhere. Must make accommodations for what is outside our control. Create routines. Name and hold true to routines. Knows when he will eat, what slippers are getting put on. Benefit is that we all have something to hold regardless of what Capitol riots brings or what school brings, etc. If we step outside and enjoy sun when sun is out, it keeps us all stable. We need to create stability but be gracious to ourselves and others. Take leave from work. May feel like vanity, may feel indulgent. If you have it, take it. Make the work at home space extra comfortable. Clean the clutter. Make the space where you are going to working more attractive. Harmonize with your environment. Be intentional about routine and be good to yourself.
- C. Hampton: Asked what are some warning signs in which people should reach out for professional help? Dr. Curtis: If you don't enjoy things that you used to do or won't do them, you should reach out to someone. Also, if you feel more on edge, yelling at tv, less patient with partner, if feeling hot, hot feelings. Keep track of hot feelings. If have hot feelings, you need a pause because with winter you need to take a pause. If we are only inside our feelings are inside too. If not being intimate or not talking to partner anymore. A therapist won't fix your feelings but will you can work on your feelings. Should not be sad for weeks on end.
- Lisa Fitzpatrick, MD: Interesting time for physical and mental impact. Trying to address misinformation related to pandemic and vaccination. Infectious disease doctor, on hiatus. Starts again in February. Focusing on content creation for health information. Participant in Moderna trial. Had symptoms, body aches and sore arm then a little tired. No issues since. Uses that story to alleviate fear of vaccine when she speaks to people in the community. Process was quick but still foundationally the same as other vaccinations and good science.
- R. Crocket: Where do you stand on taking the first Covid vaccination shot then delaying second? Dr. Fitzpatrick: Should we make sure we can get both shots. Follow the science. However, if data scientists can tell us the protection from dose extends to second and beyond, but unsure if they have that information. In trial, they look at titers in blood test after first and second shot. After looking at that they may know how necessary the second is. Not comfortable with strategy of one dose. Question is why are logistics so bad at getting vaccine out to communities. Need more data.
- L. Richards: Does vaccination raise heart the rate? Dr. Fitzpatrick: Need to have studies with people from diverse backgrounds and all possible side effects or secondary effects get reported in trials. Many people with pre-existing conditions participate in trials. For example, learned that temporary paralysis not related to trial at all. If someone experienced an issue with heart rate it does not mean it came from the vaccine.
- E. Nash: How can we use the network of neighborhood association to get the word out? Dr. Fitzpatrick: Phone chains, go old school to get into the community. The city is doing a good job

of making sure that seniors have groceries or have what they need. Need to improve networks. Knock on doors, get on phones, could do collaboration with churches. Put information in the newsletter. DC tv since seniors are watching public tv. Build on trust.

- Dr. Burton: There has been robust communication on FB groups in community. Her family learned that multiple Safeway pharmacies that had extra doses were vaccinating those not on lists and her father was able to get vaccinated. Stand in line at grocery store pharmacies in case they have extra doses unused.
- K. Murphy: Heard that once people get the vaccine they may still be able to transmit the virus. Why and is this true? Dr. Fitzpatrick: Vaccine is for prevention. But you may come in contact with virus, keep in nose or mouth, and then sneeze and you may transmit it. Not enough information about when a person is most infectious. If you show symptoms is that when you have the most virus? We don't know yet. Expectation is that the vaccine protects you from getting sick. Still must wear a mask. Wear mask, keep hands clean, social distance. Once we have enough people vaccinated transmission will stop because the virus will not have enough people to infect.
- T. Reeves: Two questions: Why are people opposing the vaccine? Why was a vaccine possible so quickly for Covid-19 and not for HIV? Dr. Fitzpatrick: Will send information to S. Benton to share with the community. The politicization was problematic and created distrust from the start. People in governments did everything to remove barriers for trials since this is a serious global pandemic. Typically, for a trial must wait for people to enroll to get enough diverse people, yet these studies were oversubscribed right away. Moderna trial had to stop accepting participants to create diversity. This vaccine is not a replica of the virus. It is based on genetic material. Scientists knew this because Chinese scientists sequenced it and published it. The technology they are using in most of the vaccines is a temporary function to introduce body to recognize spike protein which is responsible for sickness. Have been working on RNA for over 10 years and it never worked before. This is a medical advancement! Because shrouded in distrust, people are not seeing it as a medical advancement.

Final Business

- P. Grant, Director of Communications: Introduced three new possible PBCA logos and the members voted for their preference. community votes. The first logo was selected.
- L. Atkins in attendance and recognized by Stan Benton to provide an update on the work of Pennsylvania Avenue SE Main Street. L. Atkins: Pennsylvania Avenue Ave SE Main Street businesses have been impacted by pandemic. Her organization provides grants to businesses along the quarter. Need to make sure people and businesses are healthy and thriving. Some businesses have applied for funding. Has been a challenge to make sure they have the necessary business paperwork in place. Want them to be prepared and not miss opportunities. She is conducting door to door business health checks. Working with John Stover and Associates to conduct a market analysis similar to a SWAT to use in the solicitation of donors. Would like to share those findings at a future PBCA meeting. If you know a business that you support that you frequent, please encourage them to connect to Ms. Atkins.
- There was a question about fundraisers from members. S. Benton said nothing planned right now but welcome ideas.

➤ Motion to adjourn by S. Benton and seconded by K. Murphy. Motion passed.