South End News

April 23, 2020 [Vol. 40, No. 41]

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Local news for and about Boston's best neighborhood

Boston Gallery District Flooded When Water Main Breaks

COURTESY GREG COOK
WONDERLAND,
GREGCOOKLAND.COM/WONDERLAND



Flooding on Harrison Avenue at Perry Street in Boston, April 14, 2020. (Boston Fire Department photo)

A water main broke at 500 Harrison Ave.—near Boston Sculptors Gallery and Perry Street—around 9:18pm, on Tuesday, April 14, flooding buildings and cars in Boston's primary gallery district in the South End. The Boston Fire Department Tweeted: "The street has buckled, there are multiple cars underwater. Streets in the area are flooded."

"Last night, around 11:20PM, our space in SOWA went underwater (4-5 feet of brown water) after a mas-

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South Enders cope with COVID-19 confinement

BY MICHELE D. MANISCALCO

It is almost a month since Governor Charlie Baker ordered the closure of non-essential businesses and urged residents to remain in their homes except for essential shopping, health care and exercise taken with social distancing. The shuttering of businesses, schools, houses of worship, most retail, fitness clubs and more has thrown Bostonians for a loop: thousands lost jobs, and many who are working from home face the unaccustomed reality of having partners and children in their home work-space while they try to coordinate jobs, household responsibilities, exercise and perhaps some privacy. The South End News asked neighbors how they are adapting all the activities of their lives under one roof and how it is affecting their relationships. A licensed marriage and family therapist also weighed in with her observations on what her couples and families are experiencing.

Software engineer Andrew Brand is a familiar figure around the South End for his involvement with Worcester Square Area Neighborhood Association (WSANA), his advocacy for services for the poor, homeless, mentally ill and substance abuse through the South End Forum Working Group on Addiction, Recovery and Homelessness and his marathon bicycle rides, often for charity. Both Brand and his girlfriend, who share a home on Mass. Ave., have risk factors for complications of COVID-19 and both combine at home and office work. When the stay-at-home directive came, Brand felt well-equipped for work, but the order put a cramp in his passion for biking. He has a Peloton bicycle for exercise, but it is harder to replace the human connection. "Like others, I wish I could go outside more often and with no restrictions, especially now that spring has sprung. It would be nice to see and touch others and to eat out when I wanted to. On the positive side, I don't worry about the weather, because I am rarely outside." Brand had initial concerns also about lack of essential household supplies, but has adjusted to doing without things

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News from…

Friends of the South End Library

SUBMITTED BY MARLEEN NIENHUIS

We hope you are well and keeping yourselves and others safe. To continue to support our authors, bookstores, library programming and you, our audience quarantined at home, the Friends of the South End Library has launched South End Writes REMOTE. Check www.friendsofsouthendlibrary.org for updates.

FOSEL has compiled a list of websites for children and young

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Advice on Pets, Life, Love

BY MONICA COLLINS

Dear Dog Lady,

I've been reading your column for years. It always amuses me about what people expect from their dogs. As you say often, "our dogs are not robots." Yet, some people wonder why their dogs don't pee in the same place every day, or, heavens, dig in the couch for a chew toy, or chew the couch as if it's a toy. Dogs are the simplest and most complicated of creatures.

I was pleased therefore to hear the news from various sources this week that pet adoptions are way up during the pandemic. It was the first good news I've heard in months. Makes perfect sense for people to want a shelter dog or a cat to shelter in place with them. Wouldn't you agree?

—Rhoda

Dear Rhoda,

Yes, yes, a thousand times YES!

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Help Fight COVID-19

- Stay At Home
- Cover Your Face
- Wash Your Hands
- Don't Touch Your Face
- Practice Physical Distancing
- Boston Suggested Curfew 9pm-6am

Flooded

Continued from page 1

sive water main break in front of 500 Harrison severely flooded and destroyed the entire 460 Harrison basement," A R E A gallery, at 460 C Harrison Ave., said on Facebook. "Transformers were all blown and there was no access to the building. At midnight, the water was still moving."

The waters damaged a number of buildings owned by GTI Properties, which last month announced that it would "waive April rent for all of our retail and gallery tenants" in the South End to help them manage coronavirus shutdowns. "We also provided a discount for artist studios."

"The basement levels of 460, 490 and 500 Harrison are completely destroyed—including all the retail shops and galleries and Cinquecento. Any cars in 500 [Harrison Ave.] parking lot were also completely submerged," Bradley St. Amand, GTI director of operations for the South End, said via email on Wednesday. "Right now we're working on getting all of the water out. Unfortunately there was substantial electrical damage at the 3 locations that will likely take weeks to repair. We've had to vacate the buildings and move out the residents living at 460 and 490 Harrison."

One resident reported firefighters escorting residents from the apartments around 11 last night—to exit the building into a foot of water. When the waters receded, Harrison Avenue was left covered in mud.

Meichi Peng Design Studio at 460 Harrison Ave. shared the following video with 7News WHDH Boston:

"We are underwater. … Our shop is located below street level, which means that our space, and all of our inventory and equipment, was entirely submerged in muddy water. A total loss," Ash & Rose, a clothes and accessories shop in 460 Harrison Ave., announced on Facebook and their website. "It is not safe for us to visit the store right now to fully assess the damage. Our insurance does not provide coverage for flooding (or global pandemics) so we are unlikely to get any relief there. If you want to support us in this time of great need, the best thing you can do is buy a face mask from us, and tell everyone you know to buy one too. https://www.ashandrose.com/products/cloth-face-mask-donation."

Almitra Stanley, the director of Boston Sculptors Gallery, located at 486 Harrison Ave., near where the broken water main left a sinkhole in the street, said via email: "Fortunately, we were spared damage to any artwork or the gallery space. We're lucky that the actual exhibition space is several steps up from the street level, and only had water wash under the front door and leave a bunch of silty mud. However, the basement flooded, taking out power to the entire building (several floors of condos are above the gallery). GTI Properties, the landlord, moved those folks to temporary housing."

Abigail Ogilvy Gallery, in the lower level of 460 Harrison Ave., said on Facebook this evening, "Our current show on view was untouched by water. At the highest point, it was 12 inches—and as of now the cleaning crews have removed all water from our space. It is now safe to access the gallery and we are there cleaning and assessing next steps."

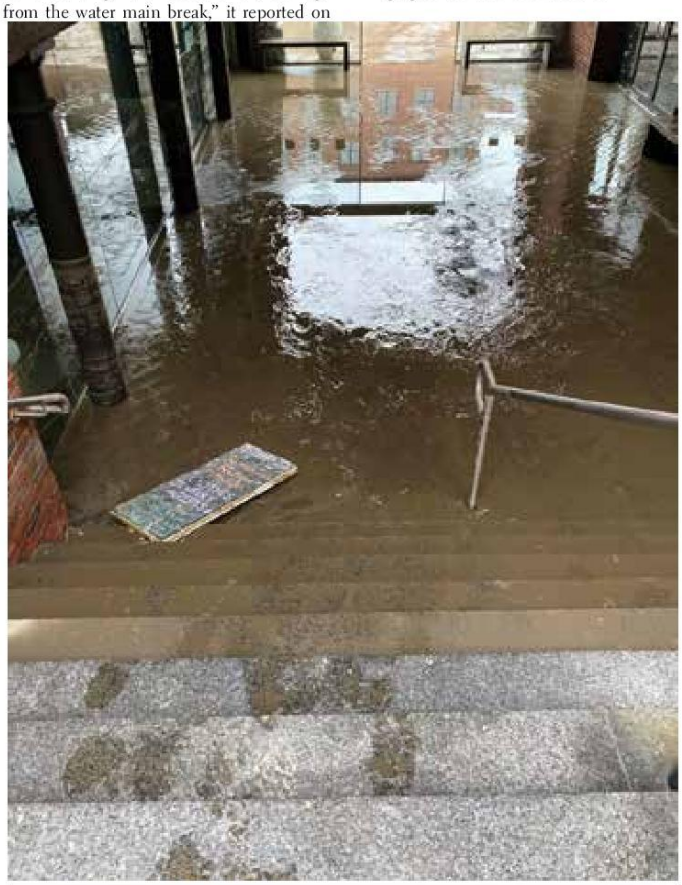
"The damage to the physical gallery isn't beyond repair," Galatea Fine Art, in the lower level at 460 Harrison Ave., said on Facebook. "Most of the artwork survived, some of the work is damaged and perhaps beyond repair. Our mission going forward is to support our members and friends, and to return to a better place."

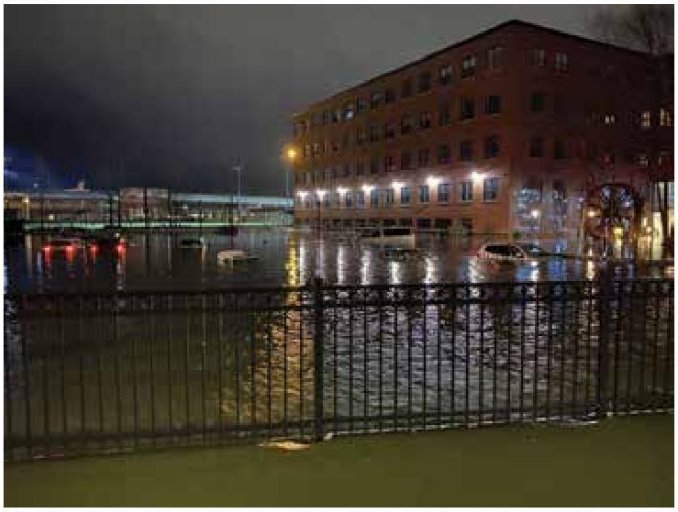
Howard Yezerski Gallery, upstairs in the same building, "did not suffer any damage from the water main break," it reported on Facebook.

Galleries, studios and other business across the way at 450 Harrison Ave. seem to have been spared because the waters apparently didn't rise high enough to cross Thayer Street.

If this is the kind of coverage of arts, cultures and activisms you appreciate, please support Wonderland by contributing to Wonderland on Patreon. And sign up for our free, weekly newsletter so that you don't miss any of our reporting.

gregcookland.com/wonderland





(Top) Flooding in 460 Harrison Ave. (Photo courtesy Chris Grimley / Minni) (Bottom) 500 Harrison Ave. in Boston's South End, April 14, 2020. (Boston Fire Department photo)

Historic South End Apartments | 792 Tremont Street | Boston, MA 02118
(P) (617) 267-1347 | (F) (617) 267-0886 | TTY: 711| Southend@TCBINC.ORG

NOW TAKING APPLICATIONS

Historic South Apartments is re-opening its waiting list and will be taking applications for studio, 1, 2, 3 and 4 bedroom subsidized apartments. Section 8 income eligibility requirements and preferences apply. To obtain a copy of the Tenant Selection Plan please contact the management office.

Applications will be available from April 27, 2020 through May 27, 2020. You may obtain applications in several ways during the application period:
1.) Print the application from our website at www.thesouthendapartments.com
2.) If you or anyone assisting you cannot use this method, please call (617) 267-1347 and ask that an application be mailed to you.

Your place on the waiting list will be decided by Lottery so there is no need to come in person, early, or wait in line.
Returning completed applications and Lottery selection:
Applications may be returned by mailing, faxing, or emailing to us by the Lottery deadline of May 27, 2020 by 5PM. This is the final deadline for taking applications for the Lottery. Mailed applications must be postmarked by this deadline.

All applicants must be determined eligible in accordance with the Department of HUD regulations and must meet the family size requirements for a designated bedroom size (maximum of 2 persons per bedroom; minimum of 1 person per bedroom preference) as well as maximum income of all family members (please see income limits below). If your application shows that you are eligible, you will be notified in writing by mail or electronic mail at least 10 days prior to the Lottery date and you will be provided an Application Registration Number (ineligible applicants will also be notified in writing and will be provided the chance to appeal). Only eligible applications will be entered into the Lottery. Your place on the waitlist will be decided by a Lottery held at the following place and time:

Back of the Hill Apartments
100 South Huntington Avenue, Boston, MA 02130
June 24, 2020 at 1:00PM.

You do not need to be in attendance for the selection process since you will be notified in writing of your Lottery Number subsequent to the Lottery. In the event that public gatherings are not permitted, as result of federal/state/local mandate, the Lottery will be completed with the assistance of an electronic random drawing service (e.g. www.random.org) using the "paid service" option and/or third-party monitor, as may be acceptable to MassHousing and/or DHCD.

PLEASE NOTE THAT YOUR POSITION ON THE WAITLIST MAY NOT BE DICTATED BY YOUR LOTTERY NUMBER SINCE THOSE WITH A PREFERENCE WILL TAKE PRIORITY.

After the Lottery, the waiting list will remain open until further notice. Applications will be processed in order of receipt from that point forward.

Please call (617) 267-1347 | TTY: 711 or email Southend@tcbinc.org if a reasonable accommodation request is needed or assistance with Limited English proficiency.

HH#	Maximum Income 30% AMI	Maximum Income 50% AMI
1	$26,850	$44,800
2	$30,700	$51,200
3	$34,550	$57,600
4	$38,350	$63,950
5	$41,450	$69,100
6	$44,500	$74,200
7	$47,600	$79,300
8	$50,650	$84,450

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COVID-19 RESOURCES

Greater Boston Basic Needs Supports

Catholic Charities Greater Boston Basic Needs Department

Serving Suffolk and Middlesex County. Services include: food pantry assistance (Dorchester, South End, Somerville); emergency financial assistance; emergency essential assistance; SNAP outreach; HIV support services; resource & referral assistance

More Info: Please call (617) 506-6628 or email Basic_Needs@ccab.org

Resources for Immigrant Communities: What's available?

Protecting Immigrant Families Campaign (NILC & CLASP)

The PIF Campaign has developed a quick reference guide on immigrant eligibility that provides a general overview of some of the federal public programs available to support individuals and families during the COVID-19 crisis. In light of implementation of public charge regulations, we have also included clarification about whether certain public programs are taken into account for public charge purposes. The guide includes links to deeper dive resources on eligibility from our partners. https://protectingimmigrantfamilies.org/

Suffolk County Resource Guide

Suffolk County District Attorney, Rachel

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Where will you live until you can call this 'Home' again? Your association policy won't cover your additional living expenses. Condo owners NEED Personal Condominium Insurance for that. Aside from replacing your personal property, it will help you with rent, while you're still paying your mortgage. Contact us.

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Dog Lady

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People are home. They have the time to train a dog and spend time with the pet. Dogs transcend all the bad news out there. They are ports in the storm.

Currently, Dog Lady's dog looks like a shaggy moppet because he hasn't been able to go for a hair cut in weeks since his expert groomer Becky at BYOD in South Boston has not been taking clients, as have many other hair salons – for people and pets. A dog in need of a shave and a haircut is a small problem compared to everything else going on in the world. May all your dogs be safe during this crazy time.

Dear Dog Lady,

I adopted Lovey, a six-year-old Maltese, from a local rescue group. She has many issues. She barks fiercely at moving cars, school buses, joggers and other dogs on the street. She only eats her food alone in the kitchen and looks over her shoulder to see if anyone else is in the room. She is food aggressive.

She is very sad and hides in corners all over the house. She curls up in a ball like a cat. I do crate her when I leave the house. When I come home, she shows enthusiasm and pleasure to see me. She wags her tail and runs all over the family room like a creature possessed. This sort of gives me hope that things could improve. I discovered that she came from a home of divorce where there was lots of shouting. I am a vibrant senior and live alone.

—Frances

Dear Frances,

Lovey sounds like a love. The dog never got the advantages of a calm home and keepers who were willing to train her. She still recovers from all that chaos. Lovey needs a routine. Try to do the same things with her every day at the same time (more or less) such as walking and feeding. Dogs are creatures of habit. Because you're a vibrant senior, pounding the pavement with Lovey will be good for you too. Also, getting out will help her adjust eventually to all the post-pandemic bustle in the street – the joggers, buses and other dogs. Socialization with other people and dogs makes her healthy.

Her food aggression is most troublesome. Yet, as long as she keeps eating at the same time in the same protected place she may overcome her fear. Give her a secluded corner to retreat. She needs her space and the more peacefulness and security you give her, the more she will come around.

Write: askdoglady@gmail.com.

South End Library

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adults to explore while at home.They are in two categories, Books and Reading and Science, Art and Crafts. They include a website from the Tate Galleries in the UK, Tate Kids; a link to the International Children's Digital Library with books in multiple languages; a South-End produced website that ranks picture books for kids, Thumbs Up Books; and Skype a Scientist, a website that allows kids to request to speak to a scientist via Skype. For details, www.friendsofsouthendlibrary.org

CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO G.L. c. 190B, §5-304	Commonwealth of Massachusetts The Trial Court Probate and Family Court Docket No. SU20P0623GD
In the matter of: **Davonn Brown** Of: **Boston, MA**	RESPONDENT Alleged Incapacitated Person
To the named Respondent and all other interested persons, a petition has been filed by Mass. Dept. of Mental Health of Westborough, MA in the above captioned matter alleging that **Davonn Brown** is in need of a Guardian and requesting that (or some other suitable person) be appointed as Guardian to serve on the bond.	Suffolk Probate and Family Court 24 New Chardon Street PO Box 9667 Boston, MA 02114
The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority. **You have the right to object to this proceeding.** If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of **05/07/2020**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date. **IMPORTANT NOTICE** **The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.**	
WITNESS, Hon. Brian J. Dunn, First Justice of this Court. Date: April 10, 2020	*Felix D. Arroyo, Register of Probate*

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COVID-19 RESOURCES

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Rollins

This is a collection of resources currently available in Suffolk County, Ma, compiled by the staff of the Juvenile Alternative Resolution Program of the Juvenile Unit at the Office of Suffolk County District Attorney Rachael Rollins. It is not a complete list, and you should continue to consult relevant experts and your care providers when appropriate. This guide is intended to be a starting point for residents and service providers for finding resources to assist during the COVID-19 National Emergency. Our current circumstances are fluid and evolving; information, services, and recommendations may change over time. We advise you to contact any of the included services outlined here ahead of time to ensure up-to-date accuracy. https://www.suffolkdistrictattorney.com/

DTA SNAP and Cash Benefits During COVID-19

Massachusetts Legal Services

To view a general overview of DTA policies and how to ensure folks can access benefits, please visit MLRI's COVID-19 page: https://www.masslegalservices.org/DTA-COVID-19

Hunger and Food Resources for Households

Project Bread's Hunger and Food Resources page offers information for families and households on school meal sites and locations; the Food Resource Hotline (to get connected to food, and for SNAP application assistance); and policy updates (state and federal level). http://www.projectbread.org/

Greater Boston Food Bank (GBFB)

GBFB partners with 500+ hunger-relief agencies, including food pantries, community meal programs and other food assistance providers throughout the nine counties and 190 towns and cities across Eastern Massachusetts. These efforts have doubled in the wake of COVID and increased food needs. This page offers information on food pantries across the state, as well as additional resources for food assistance, including school meal sites. https://www.gbfb.org/

Massachusetts State Updates & Resources

State of Massachusetts (Governor's Office) and MA DPH is working closely with the federal Centers for Disease Control and Prevention (CDC) to provide updated information about the novel coronavirus outbreak. https://www.mass.gov/ offers:

Prevention and treatment
Cases, quarantine and monitoring
State of emergency
Printable fact sheets and FAQ
Emotional health and well-being resources
Press release
MA 2-1-1

SIREN COVID-19 Resource Page

Social Interventions Research & Evaluation Network (SIREN)

sirenetwork.ucsf.edu/covid-19-resources includes resources on a national level such as:

Social needs surveillance
Recent news articles about COVID and health equity
Resources for clinicians and patients
Insurance coverage and codes for COVID-related healthcare services
Pharmacy delivery services
Vaccination scams/exploitation
Housing
Employment/income concerns
Utility concerns
Social isolation
Advocacy opportunities

The City of Boston

The City of Boston has a free texting service to provide daily updates and information about the coronavirus. Text BOSCOVID to 99411 to opt-in for English. Language and communications access remains a priority for Mayor Walsh, so this text service is also available in Spanish, Haitian Creole, French, Cabo Verdean Creole, and Portuguese.

Text BOSEspanol for Spanish
Text BOSKreyol for Haitian Kreyol
Text BOSFrancais for French
Text BOSKriolu for Cabo Verdean Creole
Text BOSPortugues for Portuguese

Updates in 10 total languages can additionally be accessed through boston.gov/coronavirus#multilingual-help. Each language has its own page and hosts multilingual print materials distributed citywide.

HOMELESS SERVICES AND HOSPITAL CAPACITY

On April 2nd, Mayor Walsh announced that construction begins at the Boston Convention and Exhibition Center to add 500 beds for treating homeless adults who have tested positive for COVID-19 and need care, but do not require full hospitalization.

The City has released a Request for Proposals to secure a partner organization to operate the facility. If necessary, the Convention Center beds will be opened up for hospitals to use for sub-acute COVID patients in the general population.

These 500 beds will bring Boston's total number of new beds for homeless individuals to over 1,000. This includes Boston Medical Center's Newton Pavilion facility, which the City and State are working to re-purpose as a medical facility for homeless residents affected by the coronavirus.

SMALL BUSINESS SUPPORT

On April 2nd, Mayor Walsh announced two new resources that will help small businesses during the public health crisis.

The City of Boston has created a Small Business Relief Fund. Drawing on a combination of City, federal, and private industry contributions, it establishes $2 million in grant funding—capable of providing a lifeline to hundreds of local businesses at risk of shutting down permanently due to the crisis. It will be administered as a streamlined version of the City's Small Business Financing program. Small businesses can begin applying on Monday, April 6.

The City of Boston has also created a Financial Relief Handbook and FAQ document for small businesses. It's a resource for navigating both public and private capital programs. It puts information and guidance about all the different programs together in one place.

HOUSING SUPPORT

On April 2nd, The Mayor announced a new fund to help tenants who fall behind on rent in Boston because of the public health crisis.

The City of Boston has identified at least $3 million in City and federal funds that can be repurposed quickly to help tenants who can't make their rent. This money will be targeted to households that have lost income due to the crisis, and who do not qualify for enough federal relief or unemployment benefits to make it up. The Office of Housing Stability will use its existing networks to get this help to where it's needed, quickly and fairly. Email housingstability@boston.gov to learn more.

The Mayor also expressed his support of state legislation that will put a moratorium on evictions and foreclosures throughout the state of emergency.

VETERANS

The City of Boston has been reaching out to veterans service providers and residential homes in Boston, to help them mitigate any risk and address concerns they have. Veterans and their family members can call 311 or email veterans@boston.gov to be connected to the City's Office of Veterans Services.

The City of Boston has also created a Pen Pal Program for veterans who may be feeling social isolation. We are working to identify those veterans now, and match them with volunteers who will check in with them periodically. If you would like to volunteer to be a penpal, please email vetvolunteer@boston.gov.

Visit https://www.boston.gov/ more information.

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South End News is published every Thursday.

Letters policy

To be considered for publication, letters must be no longer than 500 words; refrain from extreme personal attacks; be signed and include an address and daytime telephone number. Writers should refrain from making incorrect statements since they may be barred from future issues. Deadline is noon Tuesday for Thursday's paper. To send us letters: Mail to PO BOX E14, Boston, MA 02127; FAX to 617.464.7286; E-mail: letters@southendnews.com

Letter to the Editor

Thank you, Sen. Markey

I am a new resident of the South End of Boston and a student at Northeastern University. A month ago, my peers and I were given three days to make arrangements to move off campus because of Covid-19. Many people I know had to quit their jobs and move back home, and others had to scramble to find a place to stay. Massachusetts, which has always been home to some of the greatest educational institutions in the world, has watched every college close, as schools were forced to switch to remote and online classes. And as all of this played out—the closing of schools—the departures of the students, I am grateful that our U.S. Senator Ed Markey who made sure that members of our educational institutions were protected.

When the $2 trillion relief package passed recently, Senator Markey made sure that there was funding for an emergency increase in grant aid to help students pay for relocating when their school doors closed, and for necessities such as food and transportation. He made sure that students maintained their student status so that they would not risk the loss of their aid eligibility.

Ed Markey also worked to procure emergency funding for colleges and universities to support these schools during periods of lost revenue so that they would not need to raise tuition or lay off workers in order to stay afloat.

This is why I am so proud to have Ed Markey representing Massachusetts in the Senate, especially in a time like this. Ed Markey knows how valuable education is and fights every day for the things that are important to me as a young voter in Boston.

-Adele Andrews
South End

South End now has highest rate of Covid-19 infection in Boston

Could be linked to higher testing rates at neighborhood homeless shelters

COURTESY ADAM GAFFIN
WWW.UNIVERSALHUB.COM

Boston Public Health Commission figures released on Friday show the South End now has the highest rate of Covid-19 infection among city neighborhoods - its 282 confirmed cases as of Thursday give it a rate of 78.9 cases per 10,000 people, compared to a rate of 66.6 in the neighborhood with the next highest rate, Hyde Park.

The commission does not provide any possible explanations for the high numbers in the South End, which reflect a fourfold increase over its numbers last week. However, earlier this week, city officials said they had conducted "universal" testing at some city homeless shelters, two of the largest of which, the Pine Street Inn and Rosie's Place, are both in the South End, so it is possible the high rate reflects increased testing in 02118, or that the numbers reflect a particular outbreak of Covid-19 among the city's homeless population, or both.

A task force appointed by Mayor Walsh will focus on a higher rate of infection among black residents than in other groups, as well as higher-than-average rates in Hyde Park, Mattapan and part of Dorchester.

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Confinement

Continued from page 1

that are temporarily unavailable. "I was concerned about shortages of many necessities, but things got better after the first week or so. If there store it out of something, it doesn't seem as important anymore," he wrote. He is, however, concerned for those with a great deal to lose: both those who deal with mental illness, addiction, and housing and food instability, and the local entrepreneurs who could face financial ruin if their businesses do not survive the current economic shutdown. Brand wrote, "I am concerned about the South End businesses. The owners work very hard, and even if they survive, this will be a big blow to their finances. If they don't survive, they and the neighbors will suffer immensely." He worries for the homeless and others who congregate at Mass and Cass. "Boston has allowed the Mass/Cass IV users to not socially distance. They still huddle in large groups. It is unclear at the moment what effect this will have on the IV [drug] users' health and on the neighborhood."

Rekha Purwaha, PR Director for Vibram, made her home with her husband, 9 year old daughter and a cat at the Thayer Street arts complex. Purwaha works both in and outside her home, while her husband works in an office and their daughter is a Boston Public Schools student. According to Purwaha, the family was ready for life, work and learning for when the COVID-19 stay-at-home order was issued in late March. "We were pretty prepared in terms of office equipment and equipment our daughter needed for schooling as she already has a lot of books, painting supplies, etc.," she said via e-mail. "We have a variety of home workout gear and bicycles, so we've been working out at home and going on short bike rides," she added. Purwaha has found up-sides to being house bound. "I try to look at everything in a positive light, but this has certainly been challenging. It's been nice honing my cooking skills, as my husband usually cooks, and not to have such a hectic schedule as we usually do. We are still busy with work and school but there's not the added stress of rushing to various extra-curricular classes, although we do really miss that now, in all honesty," she observed. Purwaha feels fortunate that her family has no elevated risk factors for COVID-19 complications in her family, and she and her husband are not considered essential workers. Last week, the family had to adjust suddenly and drastically when their home at the 450-460 Thayer Street arts complex was badly damaged after the Harrison Avenue water main break and they had to evacuate immediately. Friends invited the family to share their apartment while they look for their own place, as they cannot return to their water-damaged home for four to six weeks. Having immigrated from England, Purwaha and her husband do not have family support nearby but have a network of friends who fill that role. Losing the opportunity to connect in person is one of the most significant discomforts for Purwaha. " It's been really difficult not being able to see our friends – we don't have any family in the US and our friends are like our family. So that's been the toughest part. But we agree with the stay-at-home order. My brother-in-law is a doctor on the front lines at a hospital in England so we're hearing first-hand how this is all playing out. We all have to do our part as best we can." She continued, "It's been extra stressful this week due to the flood on Harrison Ave as our building has been evacuated for at least the next month. We are so incredibly thankful for our friends who have very graciously let us move into their apartment for the time being. It's an added pressure of course, but at times like this you really do see the community rally together and it's incredible. I know we'll all get through this and better days are ahead!"

Ana Linda Marcus, LMFT's clientele cuts across a wide socio-economic swath through her day work at a program that serves low-income, homeless and immigrant families and her private practice in the South End, seeing couples who have insurance and can afford to pay. Marcus commented on her experiences with both demographics. "First of all, I think people who don't have partners are having a lot more trouble than couples that are relatively happy. I think couples are grateful to have each other even if they're getting on each other's nerves," she observed. "I feel like the single people are going to be at high risk for depression and anxiety, doubting themselves for not having a partner to go through these kinds of traumatic events with." Marcus does believe that certain people's personalities are more suited to dealing with the stay-at-home situation than others. She said, "The clients who tend to be more introverted have less trouble with this because they can still selectively Zoom or Skype with loved ones. They don't have to engage broadly socially. Other clients who really thrive on group outings and a social scene have more trouble with it. The first couple weeks seem like an interesting challenge to people though of course almost everybody was afraid of what was to come, and now social distancing is looking a little more fearsome as it might be prolonged."

The poor families Marcus sees struggle on many levels normally and are seeing their challenges heightened with the stay-at-home order and economic and social shutdown. "I think it's really relative to whether there's children in the home. There are many stressors. I have a couple families with kids who struggle with autism trying to live with other people in a 2-bedroom apartment. It's very difficult; Mom has to bundle everybody into the car to shop for groceries or to go get school lunch pickups. There is no exercising especially with the city shutting the parks. The kids are having a really rough time and going stir-crazy and the parents are exhausted," she said. Among her couples in private therapy, she hears tension among partners with differing wants and ideas on how much time to spend together and how much to devote to individual work and other pursuits. Marcus said, "These kinds of differences are hot-housed in the current situation. When couples have stressors on these questions before, the stressors are exacerbated."

Marcus reports that some clients using the at-home time, which includes time saved from commuting, to pursue activities they may have been putting off. "A lot of people are planning all kinds of projects and some are actually getting some done. I have clients and friends who are referring to how much appreciation they bring to the little things in their daily life that are not possible today; what a perspective it brings about. I myself feel that way strongly even though I've been working steadily through this time," Marcus said.

Marcus is concerned that people who are suffering anxiety, depression and loneliness during the shutdown, including those with pre-existing mental and emotional problems, may not know how to access support under the current restrictions. She noted, "I'm sure we're going to see a lot more help mental health needs and people are not used to accessing them virtually. I feel like there should be a public health campaign that advertises how telehealth works so people who've needed therapy for the first time or are unfamiliar with it can get support."

Brand's response to the South End News concluded with words of wisdom for surviving the COVID-19 restrictions with peace of mind intact. "I try not to stress over things I can't control. I don't ignore these things, but I don't stress either."

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