



AT KENTLANDS & LAKELANDS  
Promoting social connectedness – Providing support

## VILLAGE NEWS

September 2020



### HELLO FROM THE VILLAGE

This edition of our Village Newsletter is all about laughing. After enduring this pandemic for more than 6 months, it is time to let go of any feelings of distress and discomfort and embrace laughter. Did you know that laughter produces endorphins which reduce stress and anxiety? According to research, laughing can actually have a positive impact on your health!

We asked our Village members what makes them laugh and they told us. So this edition of our Village Newsletter features their recommendations for funny movies, TV shows, YouTube videos, TedTalks, books and games. Sprinkled throughout are silly pictures and jokes. We also have suggestions for foods that can make you happy. Our monthly Views from the Village features a hilarious article from a guest author who talks about the benefits of this pandemic.

So grab some popcorn and your favorite beverage and enjoy a good laugh.

--Fran Randolph, VKL Chair

### FUNNY MOVIE & TV RECOMMENDATIONS,,,,,



Best in Show  
Young Frankenstein  
Blazing Saddles  
Airplane  
Ghostbusters  
Blues Brothers  
Planes, Trains & Automobiles  
Elf





Seinfeld • How I Met Your Mother • Friends • Mash  
The Office • The Simpsons • Blackish • Frazier  
Golden Girls • Modern Family • All in the Family  
Cheers • I Love Lucy • The Mary Tyler Moore Show

## VIDEOS THAT MAKE US SMILE...

Click each link for online entertainment...

[Oh Yes, you can train a cat!](#)

[A baby's laugh is quite contagious!](#)

[Talking dog wants a kitty](#)

[Nessum Dorma – alla Corona](#)

[Super Funny Ventriloquist](#)



**TED** Ideas worth spreading

TED Talks has a list of their funniest podcasts...  
Follow this [LINK](#) to listen

## Funny Reads

Catharina Ingelman-Sunberg "**The Little Old Lady Who Broke All the Rules**" – a witty and insightful comedy of errors about a group of delinquent seniors...

Alan Bennet "**The Uncommon Reader**"- The Queen of England visits the library and befriends the young boy who is a librarian...



Barnes & Nobel shares the list of the "50 of the Funniest Books Ever Written"

[CLICK HERE](#)

*"You can't deny laughter; when it comes, it plops down in your favorite chair and stays as long as it wants." --Stephen King*

## Foods That Make Us Happy...

### 15 Really Famous Foods You Can Get Shipped to You Right Now

Just imagine how happy you could be if you could have your favorite foods from your hometown. Even though you live in Maryland doesn't mean that you can't have Skyline Chili from Cincinnati, cheesesteaks from Philly, beignets from Café du Monde, pastrami from Katz's Deli in NYC, wings from Anchor Bar in Buffalo, or Chicago's Lou Malnati's pizza.

[LEARN MORE](#)

### Best Food for Happiness

**Some foods have been scientifically proven to lift your spirits and make you feel good. Here are five foods that will make you feel happy right away!**

**Raw walnuts and cashews** – have fiber and protein to fill you up and keep your blood sugar levels stable.

**Kale** – known to be one of the healthiest leafy vegetables, containing vitamins A, C & K, and a good source of fiber.

**Oysters** – are low in calories and decrease inflammation, as well as being heart healthy and improving circulation.

**Coffee** – caffeine can boost mental focus and alertness, and decrease the risk of depression. However, the less you consume, the better it works.

**Dark Chocolate** – is one of the best mood boosters and provides antioxidant power.

[LEARN MORE](#)

### Time for a Limerick

As a beauty I am not a great star  
Others are handsomer by far;  
But my face - I don't mind it  
Because I am behind it;  
It's the folks in front that I jar.

--Anthony Euwer --Loved by Woodrow Wilson

## VIEWS FROM THE VILLAGE

**The Village at Kentlands and Lakelands** publishes monthly articles about issues and activities related to people over 55 who are aging in place in our community. Access the latest article "SONGS OF PRAISE IN THE TIME OF COVID-19" [HERE](#) .

Why did the golfer bring an extra pair of pants?  
In case he got a hole in one.

## FUN THINGS TO DO

### **Musica Viva @Home Concert September 20, 2020 6:00 PM**

Join a live stream of an 18 string concert @ Home with Maestro Simeone Tartaglione and the Musica Viva Orchestra featuring Alessandra Cuffaro, violin soloist.

Sign up and a secure link to the event will be sent to you via email after September 10.

#### **REGISTRATION**

*This event is free, but we will gratefully accept donations to help defray the cost of this virtual concert and future concerts.*

### **Virtual Game Show**

Remember the TV game show "What's My Line" where panelists guessed people's jobs? Join a Zoom virtual game of "It's Your Business", a fun version similar to the TV game show.

Tuesday, September 22, 10:00am

RSVP to the Villages of Kensington [members@villagesofKensingtonMD.org](mailto:members@villagesofKensingtonMD.org)

### **Gettysburg Address: Did You Know?**

**The Village at Kentlands and Lakelands** invites you to join Barney Gorin for this discussion of one of the greatest orations ever made in the English Language.

Date: Thursday, September 29, 2020

Time: 2:00 p.m. – 3:00 p.m.

On Zoom

On November 19, 1863, Abraham Lincoln made "a few appropriate remarks" at the dedication of a new cemetery for Union war dead in Gettysburg, Pennsylvania. His words-- that few if any expected to be significant--became a touchstone for people around the world. Many memorize these words and are transfixed by their power, but few take the time to examine their context and meaning.

Please register by contacting Jean MocarSKI at [jeanmocarSKI@gmail.com](mailto:jeanmocarSKI@gmail.com) or by phone at 240-449-9002.

### **Arts on the Green - Danny Rouhier October 10, 2020 8:00 PM**

Laugh it up from your couch! View comedian Danny Rouhier's virtual performance "Live at the Arts Barn" with special guest Dominic Riviera. As a standup comic, Danny is fast-paced and clever, with dozens of voices and characters.

#### **PURCHASE TICKETS**

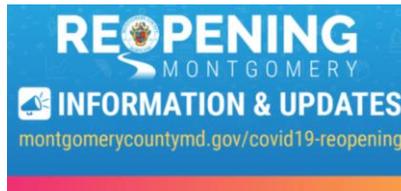
## SPECIAL INTERESTS GROUPS



Are you interested in playing some chess? **The Village at Kentlands and Lakelands** is sponsoring a chess club for players of all skill levels. Beginners to masters are welcome. A computer and modest familiarity with the internet are necessary as the initial system will be web-based. In the future the plan is to include in-person games. For information or to join the group, contact Barney Gorin at [barneygorin@goventures.biz](mailto:barneygorin@goventures.biz).

What Rock Group has 4 men that don't sing?  
Mount Rushmore (haha)

## KEEPING CURRENT WITH COVID-19



To keep up with the frequent changes related to COVID-19, visit the Montgomery County COVID-19 website for the most current information.

[LEARN MORE](#)

## WHAT'S NEW?

### Exciting News for 9-1-1!



Emergency call centers across Maryland can receive and respond to text messages sent to 911. If you cannot make a voice call to 911 because of a disability, medical emergency or unsafe situation, you can instead type out the message.

## DON'T FORGET

### **DON'T FORGET: Register to Vote by Mail**



With the election around the corner, you are encouraged to complete your vote-by-mail absentee ballot application ASAP.

Click [HERE](#) to Request a **Mail-in Ballot**.

For Additional Information: [Elections.Maryland.GOV](https://www.elections.maryland.gov)

## **CHECK OUT THE VILLAGE CALENDAR!**

Visit the website calendar for all virtual events, including those happening in other Villages.

[CLICK HERE](#)

## DO YOU KNOW?



### **Volunteers are ready to help you!**

We have many volunteers ready and willing to help you, such as picking up prescriptions, engaging in social phone calls, getting groceries, or delivering meals from a restaurant to your door. All you need to do is call Jean Mocarski at 240-449-9002 or send her an email at: [jeanmocarski@gmail.com](mailto:jeanmocarski@gmail.com).

## **YOU COULD BE A VILLAGE MEMBER!**

**The Village at Kentlands and Lakelands** seeks to create a strong sense of fellowship and concern for one another. The Village offers those 55 and over an opportunity to join a community of active adults who are aging within their own homes, to improve their lives through social connectedness, cultural enrichment, and receiving a helping hand.

We offer **Service** and **Social** memberships. We also welcome volunteers and supporters of any age at any time. Click the link below to learn more about membership and volunteering.

[LEARN MORE](#)

\*\*We have suspended Village **membership dues** because of COVID-19. We will extend paid membership terms when dues are reinstated.

## ONE LAST LAUGH!

While working for an organization that delivers lunches to elderly shut-ins I used to take my 4-year-old daughter on my afternoon rounds.

She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs.

One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, 'The Tooth Fairy will never believe this!'

SIGN-UP [HERE](#) TO RECEIVE A COPY OF THE NEWSLETTER

VISIT OUR WEBSITE @ [www.villagekentlandslakeland.org](http://www.villagekentlandslakeland.org)

VISIT US ON FACEBOOK