



BETHESDA METRO AREA VILLAGE

Your home. Your neighborhood. Your future.

Introduction

Bethesda Metro Area Village (BMAV) is part of a national, aging-in-place movement. We are a non-profit, grassroots, stand-alone, volunteer-driven organization dedicated to providing services and community support that enables residents 50 and older to remain in their homes safely and independently as they age. Learn more about BMAV on our [website](#).

We are delighted to introduce our new bi-monthly newsletter, timed to coincide with the launch of BMAV's membership campaign (see article below). We hope you will find the newsletter a good source of information about BMAV now and what the village will offer once we're up and running. In the newsletter, we'll keep you informed about our next steps, have interviews with individuals in the BMAV community, tell you about BMAV events and try to entice you to participate in future area events, both BMAV's and others. We'll also include news-you-can-use from time to time, including in this issue.

To make the newsletter as useful as possible to you, we need your feedback. Please tell us what you like about it, what you think needs work and what you would like to see included in future issues. Send your comments to us at BMAVillage@gmail.com.

Become a BMAV Pioneer member

We are ready to take an exciting step toward opening the doors of our village, and you can speed us along by becoming a Bethesda Metro Area Village Pioneer member.

Every organization, no matter how big or small, needs to have a financial base in order to get under way. While we are seeking support from donors and foundations, it will take a good bit of time before we see results from these efforts. Another source of start-up funds used by many villages across the country is individuals who become paying members before a village is fully operational. Thus, BMAV is launching a Pioneer membership campaign, and we invite you to become one of these early paying members.

Here's how Pioneer membership works. You agree to become a Pioneer member and pay your first-year dues now. In return, you'll receive a 10 percent discount on those dues as a way of saying thank you for helping us get started, such as hiring an executive director. Your payment will cover your membership fees for one full year, beginning on the date BMAV starts providing services. If we are successful in signing

up enough Pioneer members *and* we raise sufficient outside funds, our current plan is to open in the fall of this year.

BMAV dues for an individual member seeking the complete package of programs and services are \$450 a year. For households, regardless of size, that want access to all BMAV programs and services, the dues are \$750 a year. The dues per year for a social membership are \$300 per individual and \$600 per household, entitling you to participate in all BMAV social events, discussion groups and seminars. Remember, Pioneer members receive a 10 percent discount off their first-year dues.

Sign up now! Your commitment will go a long way toward demonstrating the depth of support for BMAV to potential donors. The more money this effort raises, the faster we can hire an executive director and set a date to begin offering services.

The deadline for becoming a Pioneer member is August 31, 2016. You can sign up and pay online or fill out the form on the [member signup page](#) and mail it with your check to BMAV, P.O. Box 30525, Bethesda, MD 20824. If you have any questions, contact Marilyn Kerst by email (mkerst3@gmail.com) or by phone at 301-913-0465; or Sandi Ross (shross10@hotmail.com), 301-272-7481.

This “member signup page” link is not working well. Please click on “website” link above, then on

New office space for Bethesda Metro Area Village

“Join as Pioneer” while we fix it. Thanks to all for helping us find and fix our growing pain issues.

The Jim and Carol Trawick Foundation has graciously donated office space for Bethesda Metro Area Village in the foundation’s building at 7979 Old Georgetown Road, near Christ Lutheran Church. BMAV’s use of an office, common space and equipment is for one year under a shared-occupancy agreement, with a second-year option. We’ve already met in our new office for one board meeting, with another scheduled, and we conducted an interview at that location with foundation president Carole Trawick (see article on next page).

BMAV seeking executive director

Bethesda Metro Area Village is looking for an executive director with high-energy and a passion for BMAV’s. That person will oversee implementation of the BMAV mission; assist board members and committee chairs; manage day-to-day operations, including data management, budget preparation and financial management; and provide services to BMAV members. The individual who serves as BMAV executive director should have experience in managing a new organization and be a problem-solver.

This is a part-time position, starting at 10 hours a week, with the goal of increasing to 20 hours a week when there are sufficient funds. (The full position description is available on BMAV’s website home page; scroll to the bottom of that page and click on the “apply here” button.) Anyone interested in applying should submit a cover letter and résumé to BMAVillage@gmail.com.

Interview with Carole Trawick, co-founder and president Jim and Carol Trawick Foundation

“When people bring their passions together and focus them on a goal, so much can be accomplished,” Mrs. Trawick said in a recent interview. In the nine years since the [Trawick Foundation](#) was founded, she has helped scores of groups in Montgomery County build better lives for their neighbors, not just with financial support but also with wise counsel about how to operate more efficiently and to leverage their influence by working hand-in-hand with like-minded groups.

“It’s so important for a new group to listen, engage with like-minded neighbors and then reach out to build with a clear plan,” she said. BMAV has worked with and sought counsel from other aging-in-place villages in the area from the beginning. We would not be where we are today without having done so. We also have attended a national conference of villages and other events where issues common to all villages were discussed.

The foundation’s support of BMAV comes through the foundation’s co-occupancy program for small or emerging non-profits involved in the arts or health and human services. Mrs. Trawick and her executive director, Anne Cantrel, were both excited by the concept of an aging-in-place village, by BMAV’s comprehensive and well-done application, and by the recommendation BMAV received from the director of the county’s Department of Health and Human Services.



Sylvia Winik, BMAV Vice Chair, and Carol Trawick
at BMAV’s new office

Interview with Gail Shearer, BMAV board president

BMAV President Gail Shearer has led the BMAV development effort for a year, succeeding founding president Joanne Small. In a recent interview with *BMAV Newsletter*, Gail fielded the following questions:

Why are you excited about BMAV?

BMAV appeals both to volunteers and prospective members because it holds the promise of making aging in place more realistic and more fun. When we succeed, our community will be stronger and quality of life enriched. I hope you will join in the village-building in a way that is best for you.

Are there other villages in our area?

There are 190 villages in operation and 150 in development in the country. Forty-eight of them are in the Washington area, 21 in Maryland alone, so this is a hot-bed of village activity. And there is the [Washington Area Villages Exchange](#), which helps all the villages to learn from one another. We also are lucky to have a talented county employee dedicated to helping villages reach their potential.

What has encouraged you most about BMAV recently?

We were excited to have more than 80 people turn out for the January gathering to learn what BMAV can do for them. We also have a growing number of enthusiastic, dedicated volunteers who are putting their talents to work on behalf of the village.

What's coming up for BMAV?

Our village model – volunteer-driven with a part-time staff – cannot operate without funds. This means we will have membership fees. The membership fees will be used to help make the village a reality: hiring a part-time executive director, paying for web-hosting services, postage, buying office supplies and the like. Before we launch full services, we are launching a Pioneer membership drive. We plan to organize two events unique to BMAV per month. Other villages have started with mostly social members, who transition to full members when they need more of the services offered by the village.

What are BMAV's greatest needs?

We have several open positions, and we need to expand the board. If you or someone you know would like to join or know more, just call Sylvia Winik at 301-656-6827.

What led you to devote so much time to this effort?

I have been fortunate to live in this community for more than 40 years. Now that I am retired from a career in health policy and advocacy on behalf of consumers, I'm enjoying the opportunity to work with others who share an interest in improving the well-being of neighbors close to home.

News you can use*County tax credit incentive program helps seniors age in place*

Design for Life, a Montgomery County property tax incentive program, can be a win-win-win for seniors who want to remain in their residences as they age and as their physical

needs change. When you make accessibility improvements to your house, you not only may be eligible for property tax credits (see below), you make your home safer, which can mean the difference between remaining in the place you love versus having to move to an assisted-living facility. Another potential bonus: accessibility improvements may increase the value of your house.

Here are specifics on property tax credits available for various improvements;

- up to \$2500 for installing accessibility features in an existing residence;
- up to \$3000 for making a new or existing, attached or detached, single-family home “visitable” (barrier-free entry, interior pathway, visiting space and powder room); and
- up to \$10,000 for making a new or existing, attached or detached, single-family home “livable” (barrier-free entry, interior pathways, living spaces, kitchen, bedroom and bath)

See the county’s March 30 [press release](#) for additional details. Also visit the [Design for Life website](#), which has lots of good information for residents and builders alike.

Villages in the news

Beacon Hill Village (MA), where the village movement started in the US: [YouTube video](#)

[Bethesda Magazine](#): “It Takes a Village”

[Washington Post](#): “Through a growing number of senior villages in the D.C. area, aging in place becomes easier”

PBS: "[There's no place like home: Seniors hold on to urban independence into old age,](#)" with Ray Suarez

NBC Nightly News: [It Takes a Village: Seniors Thrive While Living at Home](#)