

BETHESDA METRO AREA VILLAGE

Your home Your neighborhood Your future

“BMAV has changed my life.”

a BMAV member since 2018

From the desk of Elyse Jacob, BMAV Programs Chair



We are so pleased to see that more and more of our programs have become real gatherings among friends old and new. The socials at members’ homes are warm and comfortable, and the docent-led museum visits and speaker events afford a lively exchange of ideas. The monthly ladies’ and men’s lunches at a local restaurant and the recently-added morning coffees have drawn many members who find these casual, quiet venues a good opportunity to catch up with members they do know and get to know those they don’t.

It has been gratifying to see that since BMAV’s launch in 2016, the number of our shared interest groups has grown to seven: hiking, birdwatching, knitting and needlework, arts, aging discussions, bridge and film fans. Our broad range of programs and activities totaled 179 events last year! We were especially pleased to collaborate with other local organizations on several of them.

If you’re a member who hasn’t yet participated in any of our activities or events, take the plunge and come to one or two. If you’re not a member, check our [calendar](#) for events open to the larger community and join us. Better yet, [become a member](#)!

I’m grateful to BMAV members who make our rich and varied programs possible through their volunteer efforts. They include programs committee members, Jan Bill, Jane Boynton, Nancy English, Marren Meehan, Alice Padwe and Melissa Watts, and our shared interest group leaders, Lynn Barclay, Ann Bennet, Eugenia Covarrubias, Susan Gorman, Diana Kitt, Marilyn Kerst, Bob Metzler, Chris Palmer, Sandi Ross and Sylvia Winik.

If you have an idea for a program, would like to host a social or want to join the program committee, please send me an email at Elysejacob@gmail.com.



Volunteer Dick Jung



Dick Jung recently joined our strong volunteer corps and already has completed an impressive number of service requests, replacing lightbulbs, helping with household tasks and giving rides to members. He learned about BMAV in a brochure he was handed by our executive director, Elizabeth Haile, when he attended one of BMAV's presentations on the history of Edgemoor. He liked what he read about BMAV and the opportunities to volunteer so much that it prompted him to volunteer his services.

Dick's career interests have centered on education, in independent and charter schools and various universities. When he served as Head of School of the Bullis School in Potomac for 11 years, until 2002, the school nearly doubled its enrollment and raised almost \$25 million.

He likes tinkering with his touring bike, which he has ridden across the United States, Nova Scotia and through parts of China, France, and Germany. If he needs advice on how to fix something, he asks one of his students or a friend, who, at 93 years, is always ready with advice.

Why does Dick find volunteering in our village so rewarding? He cites Martin Luther King: "Life's most persistent and urgent question is, what are you doing to help others?" and then expands MLK's question to, "And what are you doing for yourself?" Volunteering in BMAV, he says, puts opportunities to help others literally at his doorstep and gives him a personal and professional way to help himself.

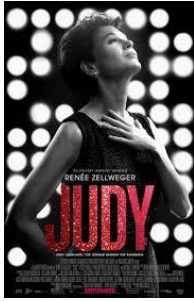
From some of our many satisfied members!

Alice Padwe: "My first service request: scheduled and completed promptly by Dick Jung, plus, I got to meet a neighbor!"

Willis Wheeler to BMAV volunteer and member Bruce Coolidge: "Heijia and I thank you for the ride this morning. We enjoyed meeting you and talking with you as we traveled. BMAV is a wonderful organization and of great service to older people as they make the effort to age in place. It is a great concept and people like you help make it all possible."

If you're a BMAV full-service member and would like to make a service request, or if you are a neighbor wondering how you can serve as a volunteer, call us at 240-630-2628 or send an email to info@bmvillage.org.

Upcoming events



Movie matinee, Wednesday, March 4, 1:30 pm, Brightview Senior Living Woodmont, 4907 Rugby Avenue. Join BMAV members and friends for a special showing of 2019's "Judy" (with Oscar-winner Renée Zellweger) at the Brightview Woodmont movie room, just behind the coffeeshop on the ground floor. Free garage parking. Refreshments will be provided. [RSVP](#) required.

Knitting, needlework and friends, Fridays, March 6, March 20, April 3, April 17, 2 pm. All levels of expertise are welcome. Contact [Sandi Ross](#) for more details.

Bethesda Shreds!, Saturday, March 7, 10 am - noon, Connie Morella library parking lot. Free community shredding day. Safely dispose of unwanted confidential papers cluttering your home. (Shredding accepted until truck is full. No metal larger than a paper clip or staple.) Paper shredding and recycling services donated by Anne & Laura Emmett, the Emmett Homes Team, Long & Foster, Inc. BMAV Membership Committee volunteers will be there too to spread the word about our village...come and say hi!

BMAV happy hour, Thursday, March 12, 4:30 - 6:30 pm, Terrain Greenhouse Café, 7728 Woodmont. Please [RSVP](#) to Susan Gorman so we can hold a table at this NEW location.

BMAV arts group - Degas exhibit, Friday, March 13, 9:15 am - noon. Join other BMAV members and friends for an audio self-tour of the National Gallery of Art's exhibit focusing on Edgar Degas paintings done at the Opéra in Paris. Those who are interested can stay for lunch afterward. [RSVP](#) to Sylvia Winik and meet at the top of the Bethesda Metro escalators at 9:15



am.

Edgar Degas' renowned images of the Paris Opéra are among the most sophisticated and visually compelling works he ever created. The *Degas at the Opéra* exhibit will have approximately 100 of the artist's best-known and beloved works in a range of media, including paintings, pastels, drawings, prints, and sculpture.

Tech Tutors: one-on-one help with your devices, Friday, March 13, 3 pm, Connie Morella library. Bring any of your portable devices (phone, iPad, Kindle, laptop) and get your questions answered by a student volunteer who can help diagnose and fix almost any troubles with your devices. BMAV has set up this special session for members only. To attend you **must [RSVP to the office by March 9](#)** so that we can match you up with a student.



Aging, dying and death, Sunday, March 15, 4 pm, at the home of [Chris Palmer](#). Just in time for spring cleaning, professional organizer Judy Tiger, owner of [Just That Simple](#), will share her top tips on taming papers and calming clutter. Her talk is called *Get Organized -- It's Just That Simple*. Her goal? For you to safely enjoy your home, whether you

plan to age-in-place or downsize to move. You'll appreciate her practical, soothing, and non-judgmental approach. BMAV members can come as little or as often to these sessions as they like. Just let Chris know you'd like your name added to his email invitation list.

Men's Lunch Out, Monday, March 16, noon, Cesco Osteria, 7401 Woodmont Ave. The first half of lunch is for catching up and the second half we'll have themed discussions. RSVP to [Bob Metzler](#) so we can make a reservation at this quiet location conducive to conversation.

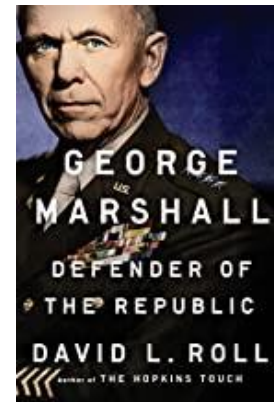
Ladies Lunch Out, Tuesday, March 17, noon, Cesco Osteria. Join other BMAV members at Ladies Lunch Out for good conversation and good food. RSVP to [Eugenia Covarrubias](#) so she can make reservations.

What can Iona Senior Services do for you?, Tuesday, March 17, 1 pm, Connie Morella library. Join Lisa Rindner, social work case manager, and Sarah Grogan from the non-profit Iona Senior Services to learn about the many ways that Iona Senior Services can support older adults and family caregivers to age well and live well. Free and open to the public but [registration](#) appreciated. Co-sponsored with the library.



Coffee and tea together, Wednesday, March 18, 9:30 - 10:30 am, Jim and Naomi Collins's home. All BMAV members - men and women - are invited to join a small group of village friends for a chat, coffee or tea, and pastries. [RSVP](#) so our hosts can prepare to welcome you.

BMAV speaker series: Author David Roll, Sunday, March 22, 3 pm, at Connie Morella Library. Co-sponsored by BMAV and the library. Free and open to the public. [Registration](#) appreciated. Join us for a presentation and interview with David Roll on his latest well-reviewed work, *George Marshall: Defender of the Republic*. General David Petraeus writes: "A hugely significant book...David Roll provides a portrait of Marshall that is far more penetrating and nuanced than past biographies."



Hiking shared interest group, Tuesday, March 24, 9:30 am to 1 pm. BMAV Hardy Hikers will meet at Ann Bennet's home to carpool to the



Mt. Vernon trail. For our inaugural spring outing, we'll hike the first two flat miles out and back, starting just south of Alexandria, with views of the Potomac most of the way. [RSVP](#) to Ann for details.

Cherry blossom walk, date TBD. Hardy Hikers will be Metro-ing to the Smithsonian stop and walk to the Tidal Basin to view the cherry blossoms. We'll pick a date once peak blooms are announced, likely in later March or early April. Contact [Ann Bennet](#) for details.



[Bethesda Film Fest](#), Saturday, March 28, 2020, 8-10 pm, Imagination Stage, 4908 Auburn. The eighth annual Bethesda Film Fest will feature five short documentaries made by local filmmakers. Read about the selections here. Each screening will be followed by a Question & Answer session with the filmmakers. \$10. [RSVP](#) to meet up with Jane Boynton and other BMAV members.

[Coffee and tea together](#), Thursday, April 2, 9:30 - 10:30 am, Ann Labriola's and Bruce Coolidge's home. All BMAV members - men and women - are invited to join a small group of



village friends for a chat, coffee or tea and pastries. [RSVP](#) so our hosts can prepare to welcome you. *Please let us know if you would be willing to host in a future month.*

[BMAV happy hour](#), Thursday, April 9, 4:30 - 6:30 pm, location TBD. Please [RSVP](#) to Susan Gorman for more information.

[Design Your Life for Success](#), Tuesdays, April 15, 22 and 29, 6-8:00 pm, Connie Morella library. BMAV is pleased to offer an encore of Chris Palmer's free workshop on how to improve your life - *Design Your Life for Success*. Chris will help us explore the goals, strategies and tactics necessary to live a successful, fulfilled and productive life. How do we actively design our lives rather than simply drift forward reacting to what happens to us? Attendance at all three workshops is encouraged. Free and open to the public, but [registration](#) is required.

[Ladies Lunch Out](#), Thursday, April 16, noon, Cesco Osteria. Join other BMAV members at Ladies Lunch Out for good conversation and good food. RSVP to [Eugenia Covarubbias](#) so we can make reservations.

[Aging, dying and death](#), Sunday, April 19, 4 pm. Dr. Aziz entitles his talk, *Courageous Conversations on Death and Dying: The Best Gift Ever*. He is the author of a book that discusses what good end-of-life care looks like and explains how to have effective conversations about illness and dying that can help people achieve a good death. RSVP to [Chris Palmer](#).

[American University Arboretum and Gardens tour](#), led by AU's landscape architect Paul Davis. **Tuesday, April 21, 10:30-11:30 am.** The original outline of American University's grounds was sketched by Frederick Law Olmsted Sr., famed landscape designer of New York City's Central Park and the US Capitol grounds. AU has over 3,000 trees on its urban campus and 385 displays of different species and varieties of woody plants. RSVP to [Elyse Jacob](#) and meet at her home to carpool.

Recognition luncheon for volunteers, Monday, April 27, 12 pm, at a member’s home. Thank you to all our wonderful village volunteers! Volunteers, look for your invitation in the mail for this event recognizing you for your time and dedication to the village. Please [RSVP](#) by April 20.



Recent events of interest

BMAV members attended the screening of two films at the January and February **aging, dying and death** shared interest group meetings. The first film, the award-winning *Voices of Grief: Honoring the Sacred Journey* documentary, was poignant, informative and hopeful. It concluded by sharing ways to move forward, such as getting involved in community activities, directing energy to helping others, or in honoring the loved one lost.

The second film was HBO’s *Alternate Endings*, which told stories about six people who chose non-traditional end-of-life options: celebration of life and living wakes, green burials, space burials, and medical aid in dying. The film explored what it means to be near death and captured the healing power of honoring and giving thanks to loved ones who died.

One attendee noted how “informative, engaging and extremely well done” the film was and how much she “appreciated discussion about a very important transition in all of our lives.”



The **men’s lunch out** celebrated its one-year anniversary on January 27 and welcomed new member Brian Denny and two guests. Reports Bob Meltzer, “We didn’t think anyone could top Bob Berish’s recent talk on gold, but he did again, giving us a fascinating presentation of the workings of our president’s brain. Who knew that the parietal lobe enables us to tell right from wrong? The discussion that followed was so lively that we didn’t depart the restaurant until 2:30 pm, and then only grudgingly.”

At the February 25 lunch, the men discussed social media. Most agreed they are too busy to tweet or regularly visit our Facebook accounts, but that social media is a good way to keep in touch with family. And, YouTube is useful for household repairs.



Fourteen ladies came to each of our January and February **ladies lunch out** gatherings at a local restaurant. The conversations touched on Russia today, Fred Berner’s work on Edgemoor history, Bethesda shops and exercise places, and views on the Oscar-nominated movies.

Save a life! class

Over a dozen BMAV members heard from a certified instructor on how to identify a cardiac emergency and perform CPR - including hands-on practice using a dummy - how to help a choking adult, child and infant, how to identify and respond to stroke symptoms, and some basic first aid. Grandparents among the participants were glad to have this life-saving information but hoped they’d never have to put it to use.



Fireside chat: living and working overseas

On February 16, two dozen BMAV members and their guests gathered at the home of BMAV members Jan and Art Bill for a fireside chat by Paul Thorne and Diana Kitt, who described their experiences living and working overseas.



Paul spent most of his career with the U.S. Agency for International Development. His work ranged from urban and rural development, dam-building and creating a telephone service in Egypt to constructing and modernizing U.S. embassies after the rise of international terrorism.

Paul's talk included sidebars about the towering tribesmen of Ethiopia, the lepers in Bangladesh, and the benefits and challenges for foreign service officers of working and living overseas.

Diana had a fascinating career with the CIA that spanned five decades. She spent two years in pre-revolution Iran, where she experienced a true cultural divide. After that, she took an assignment in war-torn Vietnam. When the going got tough, many embassy employees left. Diana inherited a palatial office, where she sharpened her shredding skills right before the fall of Saigon. Perhaps the most memorable document she shredded was the cable in which Vietnamese President Nguyen Van Thieu described his vice president as being "lower than a rat's ass." The CIA tactfully changed it to "lower than a rodent's derriere." Diane was evacuated from the embassy via helicopter when Saigon fell in 1975.



The pleasures of being a BMAV member:

Member Jane Boynton had an unexpected encounter recently. She wrote, "Sylvia Winik and I are often on the village museum trips in DC, so it was no surprise to her when she saw me on a recent Sunday in the café of the Neue Galerie in New York as I got up to leave. Without the village I would not have known her!"

New member Judy Quinn recently connected with member Hanne Caraher, and they both realized their sons had been best friends in elementary school! Judy says she really appreciates BMAV because she now knows more people in the area.

Shared interest groups for BMAV members

BMAV members are invited to come to any shared interest group meetup. Just let the leader know that you'd like to join.

Some members are interested in forming a beginner's Spanish class. If you're interested in teaching a small group of members conversational Spanish, or know of tutors who might be interested, let us know!

Aging, dying and death. This popular and engaging shared interest group usually meets monthly, Sundays from 4 to 5:30 pm, at the home of [Chris Palmer](#). Contact Chris for more information.

Arts. Do you like to visit art exhibits around town? Do you enjoy drawing or painting from a model? The arts shared interest group now has a model offering to pose for us free of charge. Contact [Sylvia Winik](#) if you're interested in any of this.

Birding. [David Moulton](#) leads early morning neighborhood bird walks about twice a month. Contact him for more information or to be added to the group's list of walkers.

Bridge. A beginner's foursome and an intermediate foursome play monthly. Contact [Sandi Ross](#) for more information.

Film fans. Contact [Diana Kitt](#) if you're interested in meeting up at area movie theaters or have ideas for future showings. Members will meet to go to movies, exchange reviews, meet for discussions or whatever the group decides.

Hardy Hikers. [Ann Bennet](#) leads the BMAV hiking club on monthly weekday or weekend morning hikes at locations throughout the metro area. All BMAV members are welcome. Contact Ann if you're interested.

Knitting, Needlework and Friends. This knitting and conversation group meets once a month on Friday afternoon in a relaxed and fun atmosphere in a member's home. All levels of expertise are welcome. Contact [Sandi Ross](#) for date and location of the next session.

There's always potential for more shared-interest groups. If you have an idea for one, we can help you get it started. Contact [Elizabeth Haile](#) or programs chair [Elyse Jacob](#).

Supporting BMAV with your IRA distribution

Are you turning 70 this year? Already passed that milestone? Do you know about the new way you can be charitable now?

Tax legislation enacted in December 2019 increased the age at which the holder of a traditional individual retirement account (IRA) must begin taking a required minimum distribution. However, it did not increase the age at which the IRA holder can take advantage of a qualified charitable distribution (QCD). The age remains 70½.

The QCD is a tax benefit that has become of increasing importance to people who at one time itemized their deductions but have switched to the standard deduction after the deduction was increased in 2017. Generally speaking, *a QCD is a tax-free distribution made directly by the IRA administrator to a qualified charity, such as BMAV.* The QCD allows a person to contribute to a qualified charity from funds in his or her traditional IRA without having to pay income tax on the funds that are distributed.

If you're thinking of taking advantage of this important tax benefit, you should consult your tax advisor to make sure it's right for you and that you comply with all of the requirements for a QCD.

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Social Security phone scam

Have you recently gotten a call from someone claiming to be from the Social Security Administration who says that your Social Security number has been blocked or suspended because it's been associated with a crime? The caller threatens that the police may be on the way. You're told to "reactivate" your SSN and to avoid arrest, you have to pay a fee or buy gift cards and give the caller the codes on the back of the cards, or some version of that. The caller wants your money and your Social Security number. It's a scam.

Keep this in mind:

Your Social Security number cannot be suspended, revoked, frozen or blocked.

A legitimate government employee will not ask you to wire money, send cash or buy gift cards as a form of payment.

If you are threatened with arrest or some other legal action, it's not the government calling.

If you get a scam call, text or email like this, REPORT IT to the Social Security Administration. You can do it online, using the new [SSA Imposter Scam Reporting Form](#).

For more information, read "[This Social Security Scam is Just Evil](#)" from *Washington Post* columnist Michelle Singletary.



Suggestion box

Do you have an idea for an article or comments about the newsletter?
Contact newsletter editor [Lynn Barclay](#).

BMAV contact information

www.bmavillage.org

240-630-2628