



**BETHESDA METRO AREA VILLAGE**  
*Your home Your neighborhood Your future*

**From the desk of Naomi F. Collins  
Chair, Communications Committee of BMAV**



What do you do when a neighborhood village created to combat social isolation is struck by enforced physical separation?

You form a task force to find immediate ways to connect through programs, events, and socials – at a distance. While in-person events have been canceled, the BMAV executive director, the chair of the program committee, and a task force developed a series of ongoing online gatherings (covered below), reached out to all members by phone to check on their needs and interests, set up a phone tree system, and updated our volunteer policies. Three new volunteers participated in training remotely, and many more are available to help members with grocery and pharmacy deliveries or by phone with technology questions.

Then we built an online “discussion forum” where members share tips, information, and fun things to do while at home. Regular updates by the executive director disseminate these tidbits to members for easy review. And we are sending out frequent emails connecting members and volunteers with resources from around the area.

So while this is a challenging time for us all, our village remains committed to our mission of building and maintaining an engaged, caring community of members, creating and strengthening social connections, and providing and receiving services as needed – shifting our platforms but not our pledges. We’re thrilled to see how many of our members are participating actively in this new virtual “meeting place.”



BMAV's increased communications, including emails, newsletters, calendars, brochures, and a dynamic website with photos taken by members, are all possible thanks to executive director Elizabeth Haile and active communications committee members, Lynn Barclay, Hanne Caraher, Alice Padwe, Jane Boynton, and MaryLu Carnevale. We are grateful to them plus board chair Tom Henteleff and past chair Gail Shearer for their work on refining our vision and mission. As we have evolved, our vision and mission are now stated as:

*" To build an engaged, caring community of members who want to remain in their homes as they age.*

*"Our members enjoy opportunities to make and strengthen social connections, explore educational and cultural activities, and engage in shared interests with friends.*

*"Our volunteers provide services that help members remain in their homes with dignity."*

We rely on all of you to cover our events and take photos to enliven our newsletter, website, and other publications, and we especially seek help with graphic design. If you have graphic design skills and are willing occasionally to help shape the look of our materials we will be very pleased to hear from you.

We welcome your ideas, input, insight, and inspiration - and any comments and suggestions you have. Send us an email at [info@bmavillage.org](mailto:info@bmavillage.org). And thank you, our readers.

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### **Comments from village members on what the village means to them during this time...**

*"This pandemic is very different from what BMAV thought would be happening, but it's great to have BMAV up and running and keeping in touch with people to see what they might need."*

*"I'm so grateful now for this village at a time like this."*

*"When BMAV canceled all events to avoid spreading the Covid-19 virus, I was of course disappointed. But suddenly I realized how comforting it was to know that I wasn't going to be all alone during the crisis and closures. With phones and emails, I have so many people, now friends, who live so nearby that I don't feel so isolated... and even see some while taking a walk....it's a kind of peace of mind."*

*"Because I'm new to this area, I wouldn't have known anyone here, and now - and when I go out on my bike I see people I know... it feels as if I've lived here for a long time."*

*"I just love to see neighbors during my walks."*

*"I just wanted to send a big THANK YOU for all you are doing to keep everyone's spirits up and engaged! Your mastery of providing the appropriate links and instructions in these newsletters is amazing! Especially appreciated your note about how to handle logging in problems with Zoom."*

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### Meet BMAV volunteer Maria Perry



Maria Perry learned about BMAV in 2016 and kept up with us via our newsletters. She knew the village would offer the perfect volunteer activity to keep her involved when she retired. So after some 30 years as a social worker – for Montgomery County, in hospitals, and with private clients – she became a volunteer for BMAV in 2018 and started making friendly calls and visits. She has been invaluable for one member at a difficult time in her life.

Maria has lived in three different houses on the same street in Bethesda and is currently renovating her childhood home for her husband and her to move into. She has a busy life but is glad to be able to continue to work with people who had always been at the center of her working life: seniors.

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@bmavillage.org](mailto:info@bmavillage.org). We continue to take service requests and fill those as we are able to and as is safe. We can have volunteers help with technology questions over the phone, have volunteers drop off needed items or help with placing online orders.



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for our **third Annual Report**, highlighting a year of active social and educational programs, volunteerism, and funding sources.



We may be physically isolated, but not socially isolated, as you can see from the events calendar. It is a great time to become a member of our village. Enjoy our community and being connected. Check out [bmavillage.org/membership](http://bmavillage.org/membership).

We look forward to meeting you!

## Shared Interest Groups for BMAV members - past and ongoing events

The **bridge** shared interest group was the first to go virtual and holds its now **daily** afternoon games via computer program. If you would like to join, contact organizer [Marilyn Kerst](#).

**Book Club:** [Jane Boynton](#) started a new book club which meets weekly on **Tuesday** mornings to discuss favorite works in any genre (see their recommendations in the discussions forum). Every other week an author joins the Zoom event to discuss his or her book. The first speaker was Christopher Palmer, with Naomi F. Collins and Jonathan Padwe scheduled next.

**Coffee Talk:** Up to sixteen members have gathered weekly on **Wednesday** mornings by Zoom with coffee mugs in hand to share tips, activities, and inspiration. These range from gardening to painting to flower arranging; from media programming (TV, apps, streaming), music, language study, memoir writing, exercising, quiet places to walk, and album making. Thank you to [Ann Labriola](#) and [Naomi Collins](#) for hosting.

**Happy Hour:** BMAV members meet online for lively conversation and good cheer every **Friday** afternoon at 4 pm. Bring your own drinks. All topics welcome. Thank you to host [Susan Gorman](#).

**Ladies Lunch:** Ladies Lunch has scheduled their first Zoom lunch for **May 7** at noon. Members will each wear a special hat, and share its personal meaning plus catch up with each other. Contact [Elyse Jacob](#) to join.

**Men's Lunch:** A dozen or more men join [Bob Metzler](#) for lunch and discussion, sharing stories about how we manage to keep our lives structured during the pandemic, every **Thursday** at 1 pm. Highlights include inside scoops on the Russia-Saudi oil dispute and favorite movie mentions. Many men have been ordering food from Bethesda restaurants to help keep those businesses going.



**Art:** On **Monday, May 4**, a Zoom session led by [Sylvia Winik](#) will highlight BMAV artists showing and talking about their work. Contact her to share your drawing, collage, painting, quilting, or homemade jewelry.

**Aging, dying and death:** Shared interest group lead [Chris Palmer](#) sends a weekly e-mail with advice on decluttering, and has set up a discussion group via Zoom for **May 17** on personal organizing. Contact him to get on his email list.

**Birding:** Leader [David Moulton](#) hosted a special "Digital Bird Watch" session on April 16 during which the group traveled to Ontario, Ithaca, and other places to visit birds in real time.

**Film Fans:** [Diana Kitt](#)'s film group shares by email names of recommended films and held a Zoom session April 19 to discuss recommendations for films, series or streaming options. Contact her to get on her email list for possible future online meet-ups.

**Hardy Hikers:** After walking together had to stop, lead [Ann Bennett](#) put together an online Zoom session for **April 28** for members to share favorite past hikes – in the US or abroad. Contact Ann to RSVP as session is limited to first 10.

**Knitting, Needlework and Friends:** Through email, the group has been sharing photos of what they are working on. The first Zoom session on April 17 discussed new projects - making masks or winter hats for clients of Bethesda Cares. Contact [Elyse Jacob](#) for login info on the next meet-up **May 1**.

Check BMAV weekly email reminders for Zoom login links for all our events. You can connect using a computer with a webcam, a tablet, or smartphone or even via regular phone without video.

If you have not tried Zoom yet or have any questions, one of our volunteers can walk you through it. Many of us are using Zoom for the first time and found it is easy once you know how. We would love to see all our members at our events, so please call if you need help! 240-630-2628

### Upcoming special programs

*BMAV is continuing to follow CDC, Montgomery County and Maryland Department of Health guidelines and orders. We look forward to resuming in-person events when it is safe to do so. For now, we hope you can attend many of our virtual activities instead!*

In April BMAV held 28 online Zoom sessions, one or more almost daily. Our first village speaker event on Zoom was given by member Dan Mick on April 20, on the mules of the Chesapeake and Ohio National Historical Park. Dan, a volunteer on the mule-led boat rides in Potomac, told 18 of us through photos and song all about this wonderful hybrid.



In addition to weekly coffees, happy hours, and online shared interest groups, we also have planned:

**[Sharing Our Spring Garden](#), Thursday, April 30, 4 pm.** BMAV members are invited to join a Zoom call hosted by Ann Labriola to share gardening tips and questions. If you'd like, [email Elizabeth](#) a photo of your spring garden before the meeting so she can show it on screen and you can tell us about it.

**[Grocery Guru 101: Grocery & Meal Ordering Apps](#), Thursday, May 7, 10:30 am.** Kathleen McGuinness, of SmithLife Homecare Community Relations, will guide you through the process of signing-up for and using online applications to shop for groceries and ordering meals. This is an all-village event open to members and friends. [RSVP](#) for Zoom login.

**[What's the buzz?](#), Saturday, May 9, 4 pm.** With 50,000 or more bees in a colony, honey bees don't observe social distancing. Lucky for us, they are considered essential and may gather at will. BMAV member Maureen Jais-Mick is a beekeeper and will explain how bees became the world's most useful insects, what they do for us, and what we can do for them. The presentation will include a virtual visit to Exfair Bees, her backyard apiary. Suitable for adults and science-curious kids. [RSVP](#) for Zoom login information.

**[Our Brief But Spectacular Take on Our Lives](#), Mondays at 2 pm, May 11 - June 1.** Have you ever remarked when leaving a memorial service that you wish you had known all of the things touched upon in the service about the person while they were still here? This is our chance to learn more about each other. BMAV members will meet by Zoom to get to know each other in this four-part sharing series led by Jane Boynton.

Week 1. We can't travel right now so come prepared to share one or two of your favorite or most unusual travel experiences. Maybe you will pick up some ideas for the future!

2. Come prepared to share two or three of your favorite retirement activities if you are retired or if not, some favorite volunteer activities.

3. Let's get to know each other better by sharing an overview and highlights of our careers.

4. Let us know what your hobbies and special interests are. Perhaps you can inspire others or help others to learn something about your area of interest.

**[Advancing your Zoom skills](#), Tuesday, May 12, 1 pm.** Now that you have tried Zoom and have the basics down, would you like to learn how to change your background, share photos or documents from your computer, and even how to touch up your photo on Zoom? Led by volunteer Bharat Parekh, [esquireit.net/advice/](https://esquireit.net/advice/), a technology consultant who works with local villages to provide Zoom technology support. BMAV members, [RSVP](#) for Zoom login.

**[The Art Theft of the Century!](#), Saturday, May 16, 3 pm.** On August 21, 1911, Leonardo da Vinci's *Mona Lisa* was stolen from the Louvre in Paris. Someone entered the Salon Carré, lifted it off the wall and simply walked out with it. The painting was stolen on a Monday morning, and

baffling as it may be now, it wasn't until Tuesday at noon before anyone noticed that the masterpiece was missing! Who stole the Mona Lisa and why? How did the authorities recover the painting?

For the answers to these questions, BMAV members, friends and volunteers join us for a richly illustrated presentation by Barbara Evans about the theft of the most famous painting in the world. [RSVP](#) for Zoom login.

**[Organizing despite Covid - It's Just That Simple!](#), Sunday, May 17, 4 pm.** Being at home these last many weeks we might have us facing organizing challenges - papers, closets, pantries. Judy Tiger, owner of DC-based *Just That Simple*, will share her top tips with us. Her goal? For you to safely enjoy your home and not let clutter be a worry. You'll appreciate her practical, soothing and nonjudgmental approach. BMAV members contact [Chris Palmer](#) for the login link for this first Zoom meeting of the Aging, Dying, and Death Shared Interest group.

**[ElderSAFE Center](#), Tuesday, June 2, 10 am.** The village movement has been instrumental in supporting community members to age safely in place by offering services including transportation, assistance with household tasks, and gatherings to promote social activities. This event will highlight the groundbreaking work of local villages, practical tips to successfully age-in-place and the debut of a new community resource guide created by the ElderSAFE Center to better connect community members to the county's robust resources. Open to the public but registration required [here](#).

**[Marriage Equality & The Supreme Court: Five Years Later](#), Wednesday, June 10, 2:30 pm.** Learn about the Supreme Court's landmark marriage equality decision from Doug Hallward-Driemeier, the attorney who successfully argued *Obergefell v. Hodges* in 2015. This is an all-village event open to members and friends. [RSVP](#) for Zoom login.



- Click the Forum tab to the left of the page on [BMAV's website](#) for tips like: which groceries shoppers have the most luck at, which restaurants sell toilet paper, and the latest online diversions. Available to logged-in members only.
- Montgomery County's "At Home" website lists many options for exploring the county from home - farm tours, music sessions, art exhibits, lectures and more. Check it out at [visitmontgomery.com/at-home/](http://visitmontgomery.com/at-home/).

- For the latest Covid-19 updates, visit the [County's website](#).
- Another excellent source of Montgomery County news and the current status of regulations surrounding the Covid-19 virus, plus many other matters, is the BCC Regional Neighborhood News (written by BMAV's own Lynn Barclay!) [Subscribe here](#) free of charge.
- Maryland's primary on June 2 will be conducted by mail. Every eligible voter will receive a ballot and postage paid envelope in the mail; you must postmark your ballot on/before June 2 to be counted. Verify you are registered at your current address [here](#).
- During the Covid-19 emergency, Suburban Hospital has transitioned some of its classes online to Zoom, including Better Breathers Club, Healthy Choices and Tai Chi. Visit [events.suburbanhospital.org](https://events.suburbanhospital.org) to see all of the classes available online.
- The nonprofit Cyber Seniors offers daily Zoom practice sessions as well as many online tutorials like how to listen to music online, shop online, play games online, or make video calls using Skype etc. Registration is always free for seniors. <https://cyberseniors.org/>.
- Senior Planet Montgomery, a local branch of nonprofit Older Adults Technology Services, now has a tech hotline! Call 920-666-1959, 9 am – 5 pm M-F for help with your computer questions from class trainers. You can also enroll in free online classes at [seniorplanet.org/locations/montgomery-county/](https://seniorplanet.org/locations/montgomery-county/).

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