



BETHESDA METRO AREA VILLAGE
Your home Your neighborhood Your future

Volunteering for BMAV

From the desk of Hanne Caraher, BMAV volunteer chair



Did you know that the U.S. leads all other countries when it comes to volunteerism? Are you a volunteer service provider in our village? Would you like to be one and thus become a more active member of the community you live in? It's a low-time commitment to make a big difference in someone's life, and we would welcome you!

Volunteers are the lifeblood of our village. How so, you ask?

Volunteer service providers make it possible for our members to age in place, that is, live where they want to live, with some help when they need it. Volunteers drive them to medical appointments, to the grocery or drug store or even to a village party. Volunteers check the house and mailbox of a member who is out of town, provide light handyman services (replace light bulbs and batteries in smoke alarms and climb on ladders to haul down a suitcase or heavy box, etc.). A volunteer could be a friendly visitor or provide temporary relief for a caretaker who would otherwise not be able to leave the house.

Volunteering in our village can be very rewarding and it's easy: If you're a member and help someone with some task, in the future some other volunteer can help you when you have a need for one. You can choose how and when to volunteer and you always have the option of turning down a request. If you're not a member of BMAV, you can be a volunteer service provider, too. You don't have to live within BMAV's boundaries and you can be as young as 18 years old. Do consider signing up. [Click here](#) to learn how.

Another way to volunteer

As Hanne says, volunteers are the lifeblood of our village. In addition to our volunteer service providers, many BMAV members volunteer their time in other ways. Here are some examples: serving on the board of directors; fundraising; originating and coordinating village programs and activities; leading, organizing and/or hosting special interest groups, such as bridge, hiking, aging, death and dying; hosting special events, such as a wine-and-cheese socials; organizing the monthly men's and women's luncheons and happy hours; and writing and editing the bi-monthly newsletter. Truly, it takes a village. If you'd like to become more involved in our

community and volunteer your time in any of these areas, just contact [Elizabeth Haile](#). We'd love to have you join us.

Interview with members Bruce Coolidge and Ann Labriola

Bruce is one of our village's most dedicated volunteers. He provides such services as driving fellow members where they need to go, house-watching, helping with electronics and occasional chores around the house, including changing light bulbs, connecting propane to a gas grill and breaking up fallen limbs. Asked why he volunteers, he said, "I enjoy it. I get to meet new and interesting people, and philosophically, I support the core idea of helping neighbors age in place."



Bruce and Ann met at a college mixer. After college – she, Manhattan College, he, Yale – they moved to Berkeley, California, where they worked in a variety of jobs, ranging from teaching art to baking bread and pastries. Bruce still bakes and is proud of his home-made sourdough starter, which will be four-years-old come next spring.

Ann's most rewarding work in Berkeley was as a volunteer at the Women's Health Collective. She decided to go into the healthcare field and completed her pre-med requirements at UC Berkeley. During that period, Bruce got a law degree from Boalt Hall at UC Berkeley. From there, it was on to Washington. She was accepted at Georgetown University Medical School and he landed a job with a top law firm.

After receiving her degree in internal medicine, Ann completed her internship and residence, and then did a fellowship and a year of research in infectious diseases at George Washington University Medical Center, focusing on HIV. At that time, the incidence of HIV was growing at an alarming rate and the cause was unclear. She then moved to the VA Medical Center, where she was a clinician specializing in infectious diseases and a researcher for more than 25 years. She was HIV research director at the time of her retirement in 2015.

After leaving VA Medical Center, Ann worked as a clinician. It was a rewarding time for her. Many of her HIV patients had hepatitis C, and by then there was a cure for it. Thus, she was able to cure all of her hepatitis C patients. On that high note, she retired for good in 2017.

The arc of Ann's career spanned the AIDS epidemic. At the beginning, it was an acute disease; every one of her patients diagnosed with HIV died. By the time she retired, AIDS had become a chronic, treatable disease. Patients diagnosed with HIV could expect to live a normal life, with treatment.

Bruce has an affinity for languages. His father was in the Air Force and stationed in several places, including Germany, where Bruce was born, and Spain. Unsurprisingly, he learned German and Spanish. More recently, he's been studying spoken and written Japanese,

primarily for the challenge of it. So far, he's learned 1450 kanji characters. His goal is 2130, which the Japanese education ministry deems the minimum to be considered literate. When Bruce and Ann were in Japan a couple of years ago, his Japanese was especially useful in helping them get around when they ventured into the countryside.

Bruce and Ann had stressful careers with long hours. They are enjoying retirement together immensely, including the activities BMAV has to offer. Before joining, they barely knew their neighbors but now enjoy the sense of community in the village and its built-in social and activity structure.

In their spare time, they are very active in grass-roots politics, including voter registration and fundraising. They also are active gardeners. A primary feature of their back yard is the koi pond that Bruce built, now home to 12 colorful koi, the largest of which is a 24-incher named Hideki. They also enjoy travel. In addition to visiting their adult children (and one grand-dog) in New York and Washington State, they recently traveled in Europe and Japan. They now are making plans for New Zealand, Spain and Nova Scotia.

BMAV's 100th member



Judy Armbrister, who joined BMAV in early October, is our 100th member. She'd known of age-in-place villages for some time. She joined us when she learned from member Jane Boynton that BMAV had expanded its geographic boundaries to include her neighborhood, Kenwood Forest. Welcome, Judy!

Judy loves the village concept. She especially likes the neighbors-helping-neighbors focus and meeting new people. A big plus for her is the rich mix of BMAV activities and outings. In the short time she's been a member, she's been to monthly BMAV Ladies Lunch Out, the curator-led tour of the Phillips Collection exhibit on migration and the recent tour of The Reach at the Kennedy Center, which she said was fascinating.

We're still growing. In addition to Kenwood Forest, BMAV serves the neighborhoods of Kenwood Park, Landon Woods, South Bradley Hills, Bradley Village, Battery Park, Edgemoor, English Village and Greenwich Forest. As of late October, our village has 102 members. [Join BMAV](#) and become our 103rd member!

Support Bethesda Metro Area Village

From the desk of Barbara Wiss, BMAV development chair

I am pleased and more than a little bit daunted to chair the BMAV development committee. I would like to give special thanks to Tom Henteleff, Bob Metzler, Gail Shearer and Elizabeth Haile for their continued work on fundraising for BMAV. We both welcome and encourage those of you with an interest in BMAV development to join us.



We have been fortunate that BMAV has been successful in garnering support from a range of individuals and organizations and are deeply thankful to all who have given.

Please join us as we launch our 2019 fundraising campaign. Everyone's enthusiasm, energy and creative ideas and expertise are needed to sustain and grow our village. Together we are making a difference in each other's lives. We learn together, we play together and we help each other. This is our home, our neighborhood and our future.

As is the case with most age-in-place villages, membership fees cover only about 50 percent of BMAV's operating budget. Help us make up the difference by donating to the campaign. If you'd like to help build and grow our village with a financial donation, go to www.bmavillage.org/donate or call Elizabeth Haile. She can take payment over the phone or mail out a form to you.

Other ways you can donate to BMAV

- *Remember BMAV in your will.* An excellent way for you to support BMAV's mission is to leave the village a bequest in your will, living trust or with a codicil.
- *Donate a portion of your required minimum distribution to BMAV.* Those of you who have turned 70½ and must take minimum distributions from an Individual Retirement Account (IRA) can have your IRA administrator transfer up to \$100,000 per year *directly* to an eligible charity.
- *Donate stock directly to BMAV.* Publicly traded stock may be donated directly to the Village. Our executive director can provide you with information to assist you in making a stock donation.
- *Donate via a donor-advised fund.* Donor-advised funds are designed to allow a donor to make a charitable contribution to a qualified public charity and receive an immediate tax deduction in the year of the contribution.

Consult your advisor about which of these ways is best for your situation, and as always, [contact us](#) with any questions.

Your generosity will ensure that BMAV is sustainable and grows and strengthens over time, so that we can continue to provide you and our neighbors with access to village programs and services that are vital as we age in place.

Recent events of interest

Aging death and dying meetings. On September 8, nearly three dozen BMAV members crowded into Chris Palmer's home to hear Lisa Siegel, an expert on ways to get rid of "stuff," especially when downsizing. Lisa described ways to decide what stays, what goes, how and where to find new homes for it and how to get rid of it if no one will take it. She talked about online auctions, estate sales, donations to organizations (especially those that do pick-ups), shredding documents with your personal information and more. Information on this and other resources are in Lisa's *My downsizing faves*.

At the October gathering, Will Pumphrey discussed the funeral arrangement process, why pre-arranging is a good idea, cremation and funeral homes in general. He answered many questions from the audience.

Curator tour of the Phillips Collection's "The Warmth of Other Suns: Stories of Global Displacement." On September 12, a dozen BMAV members and friends toured the work of 75 artists whose works illustrate a century of migration and displacement.

The art depicts domestic migrations, such as the Great Migration of African Americans from the rural South, and voluntary and involuntary international migrations, including ones we read about today. The exhibit was both educational and disturbing.



Hardy Hikers. On September 26, BMAV villagers hiked Theodore Roosevelt Island, enjoying the woods, the views of Washington and the central plaza with the statue of TR and a tranquil waterway.

Men's Lunch Out. The men always have engaging discussions at their monthly gatherings, as demonstrated when they met for lunch in September and October. Read all about it:

September. Do you know the difference between a donkey and a mule? The 13 men of BMAV who gathered for lunch did after hearing Dan Mick, who shared his expertise. The attendees learned much about this hybrid animal, including that George Washington is renowned as the father of the American mule. The highlight of the lunch, however, was John Whitney's rendition of Bing Crosby's "Swinging on a Star." Rumor has it that several lunch-goers were heard singing, "...or would you rather be a mule?" on their walk home.

October. The 11 developments in Syria focused on the Chinese Harry Geisel's flight on nationals' prospects for World Series. Ultimately, evolved into a discussion disposing of expensive your closets!



men largely ignored the and Ukraine and instead takeover of Venezuela, the Concorde, and the beating the Astros in the the topic of conversation of internet sites for clothing. Wives, check

If you're a BMAV member and would like to be part of these lively conversations, the date for the next luncheon is November 18. [Registration](#) required.

Shooting in the wild. Before a packed house at the library on September 22, film producer and BMAV member Chris Palmer described the challenges of capturing scenes of nature in the wild. He said that trying to meet increased audience demand for wild nature films can result in sensationalism, extreme risk-taking and even abuse. He illustrated his talk with clips and other visuals.



BMAV tours The Reach at the Kennedy Center

On October 3, nine BMAV members went on a docent-led tour of the expanded space at Kennedy Center, called "The Reach." The group also saw the Presidential boxes and the Israeli and Russian Circles lounges.



The Reach consists of light-filled underground classrooms, rehearsal space and lounge that are flexible and can be arranged to suit an activity. These additions increase the Kennedy Center's usable space by 25 percent.

Above ground are two pavilions, a video wall where movies can be shown, areas for blankets and another for chairs where the public can sit and watch a movie, and a bridge across Rock Creek Parkway that enables access to the Lincoln Memorial and the Georgetown waterfront. [Watch the video.](#)

Ask Ken!

We had a great turnout for our *Ask Ken!* event at the Connie Morella Library on October 15. Ken Hartman, director of the [Bethesda-Chevy Chase Regional Services Center](#), discussed the variety of work that he does and gave a detailed description of development in downtown Bethesda, followed by an enthusiastic Q&A session with the audience.



Round House Theatre tour and performance

Several BMAV members enjoyed an evening at Roundhouse Theater in Bethesda on September 26. They saw the opening play of the season, *School Girls; Or, The African Mean Girls Play*, and engaged in the post-show discussion. They were very impressed by the look of the remodeled interior.

DAR Museum docent-led tour



BMAV visitors to the Daughters of the American Revolution Museum on October 24 had a wonderful time. Led by an enthusiastic and knowledgeable docent, they saw *A Piece of Her Mind*, a display of quilts, crazy quilts, and coverlets, many with botanical or patriotic themes. They also visited the DAR library where genealogical research is done, and then toured seven period rooms, starting with one from a 1600s house with a fireplace as its center.

Upcoming events

[How to choose a Medicare Part D drug plan](#), Friday, November 1, 3 pm. If you have drug coverage through Medicare Part D, now is the time to research your options. Open enrollment has started and lasts until December 7. The new Medicare search tool has changed and many find they can save hundreds (even thousands) of dollars by switching plans. If you'd like to learn how to find the plan best for you – with a hands-on lesson – come to a special session with member Gail Shearer, who will walk you through it. Open to BMAV members only. [RSVP required](#).

[Civil War history in Bethesda](#). Sunday, November 3, 3–5 pm. Bill Offutt from Montgomery History will speak on Civil War history in Bethesda and Montgomery County. A native of Montgomery County, is the author of *Bethesda: A Social History and A History of Montgomery County*, as well as numerous articles for local newspapers and for [Montgomery History](#). Co-sponsored with Connie Morella Bethesda Library. Free and open to the public. [RSVP](#) appreciated.

[Strathmore Mansion](#), Thursday, November 7, 9:30 am noon. Join BMAV members on the opening day of the always popular annual [Museum Shop Holiday Market](#). Suggested donation of \$10 at the door. [RSVP](#) so we can work out carpooling.

[BMAV member social](#), Saturday, November 9, 4-6 pm. BMAV members and potential members are invited to a casual get together to socialize over wine and cheese at a member's home. Before the rush of the holidays join together for drinks, hors d'oeuvres and warm conversations. Please [RSVP](#) by November 2.

[Aging, Dying and Death](#) special interest group meeting, Sunday, November 10, 4-5:30 pm. Kim Kelly, director of critical care nursing at Suburban Hospital, will describe her job overseeing the care of the most critically ill patients in the hospital and provide her best advice on how to get the most out of a hospital stay. She 'll also discuss the value of an advance directive to help guide your loved ones if you can't make your own medical decisions. Members only. [RSVP](#) to Chris Palmer.

[Hardy Hikers excursion](#), Tuesday, November 12, 9:30 am, to Colombia Island, a hidden gem in the midst of monumental D.C. It's 4 ½ miles but flat as a pancake. This will be the last hike until March 2020. RSVP to [Ann Bennet](#) for carpooling information.

[Seasonal centerpiece workshop and tea](#), Wednesday, November 13, 3-4:30 pm, Sunrise of Bethesda, 4925 Battery Lane. A florist will give an entertaining and easy-to-follow demonstration on how to make a decoration to put you in the Thanksgiving spirit and how to easily transform an arrangement into a winter or holiday centerpiece. Supplies will be provided for BMAV members to take home and create their own. [RSVP](#) required.

[BMAV Happy Hour](#), Thursday, November 14, 4:30-6:30 pm, at Cesco-Osteria, 7401 Woodmont Avenue. Every second Thursday of the month, meet other BMAV members and friends for happy hour at a local Bethesda restaurant. [RSVP](#) so we can hold a table (or two).

[The Newseum](#), Friday, November 15. The Newseum, dedicated to the First Amendment and free press, is closing its doors for good at the end of the year. Take this opportunity to see its innovative use of technology and journalistic creativity, which brings its academic-sounding mission to life. Open to members and friends. The first six [RSVPs](#) to Sylvia Winik will receive free tickets. Others can purchase tickets online at [newseum.org](#). Meet at the top of the escalators, Bethesda Metro Station, at 9:15 am.

[Tech Tutors](#): one-on-one help with your devices, Monday, November 18, 3 pm, Connie Morella Library. Do you have a question about using your iPhone or Android smartphone? Want to learn how to add or use apps or how to text? Bring any of your portable devices (phone, iPad, Kindle, laptop) and get your questions answered. You'll be paired up with a tech-savvy student volunteer who can help diagnose and fix most any troubles with your devices. *BMAV members only*. [RSVP](#) required by November 13 so that we can match you up with a student.

[Old Edgemoor - the Heart of Bethesda](#), Tuesday, November 19, 2- 3 pm, Connie Morella Library. Fred Berner, author of *Old Edgemoor – The Heart of Bethesda*, will explain how Walter Tuckerman and others bought the Denton farm, including the land where Connie Morella Library now sits, and transformed it into a beautiful residential neighborhood and downtown Bethesda. You'll also hear about the homes that were built in Edgemoor before and during World War I, the trolley that ran through it to Great Falls, and the remarkable families that made the neighborhood their home. Copies of the book will be available for purchase. Co-sponsored with Connie Morella Bethesda Library. Free and open to the public. [RSVP](#) appreciated.

[Ladies Lunch Out](#), Wednesday, November 20, noon, Cesco Osteria, 7401 Woodmont Avenue. Join other BMAV members for good conversation and good food. [RSVP](#).

[Coffee and Tea Together](#), Tuesday, December 3, 9:30-10:30 am. Join BMAV members for morning coffee and pastries at a member's home. We will be setting up a coffee one morning each month. [RSVP](#) so our host can prepare to welcome you for coffee or tea and conversation. And let us know if you'd like to host one of them.

[National Geographic Museum exhibit, *Becoming Jane*](#), Thursday, December 5, 9:30 am. This new exhibit explores Dr. Goodall's life from her early years as an intrepid young woman with a dream to learn about animals in Africa, to her years establishing herself as a renowned scientist in Gombe, Tanzania and her present role as an activist, mentor and advocate for creating a better world for all life. [RSVP](#). Meet at top of the Bethesda Metro escalators at 9:30 am. Senior tickets \$12, at the museum.

[Renwick Gallery](#), Wednesday, December 11, 10:30 am. Have you been to the Renwick Gallery lately? Its exhibits have been especially noteworthy since it reopened in 2015 after a three-year renovation. On display during our visit will be "Reforestation of the Imagination" by glass artist Ginny Ruffner and "Michael Sherrill Retrospective," delicately rendered sculptures in clay, glass and metal. Join us for a visit to this gem of a gallery (and gift shop). Lunch afterward at a nearby restaurant for those who are interested. Free. Open to BMAV members and friends. Meet at the top of the Bethesda Metro escalators at 10:30 am. [RSVP](#) by December 10.

[Tech Tutors: staying safe online](#), Tuesday, December 17, 1:30 pm. As we conduct more of our personal lives online, from e-mail to shopping to even banking, it is so important to understand the best practices for staying safe online. Join us for an informative discussion lead by Pam Holland of [TechMoxie.com](#) on how to recognize phishing (fraudulent) e-mails, avoid computer viruses and scams, and how to find trustworthy information online. The presentation will include a review of actual fraudulent e-mails and scam "pop up" computer virus warnings. Co-sponsored with Connie Morella Bethesda Library. Free and open to the public. [RSVP](#) appreciated.

[Ladies Lunch Out](#), Thursday, December 19, noon, Cesco Osteria, 7401 Woodmont Avenue. Join other BMAV members for good conversation and good food. [RSVP](#).

Shared interest groups for BMAV members

BMAV members are invited to come to any special interest group meeting. Just let the lead know that you would like to participate.

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

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

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.

Board games afternoon. We've had a fun season and are grateful to those who generously hosted these meetups in their homes. Join us, share the fun and, perhaps, offer your home in

turn for our meeting place. If you have interest in this group or questions, please contact [Diane Goldman](#).

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

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 Wednesday afternoon in a relaxed and fun atmosphere in a member's home. All levels of expertise are welcome. Contact [Sandi Ross](#) for the 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](#).

News you can use

Free shredding

There are occasional free shredding events at Bethesda Elementary School and elsewhere, but did you know that there's a company in Rockville that does free shredding Monday through Friday, 7 am-2 pm? It's [Clean Cut Shredding](#) at 14820 Southlawn Lane. No appointment necessary, no minimum and no maximum on the amount you can bring.

Manna needs volunteers

[Manna Food Center](#) needs volunteers to pick up food once a month in Gaithersburg or Silver Spring to deliver to Bethesda families. Contact Ellie Shutak at 240-268-2521 or ellie@mannafood.org for more information.

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Suggestion box

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

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