



www.greaterstonegatevillage.org | 240-918-7989 | Newsletter #13, July 1, 2020

GSV News

"Let's Talk" - A New Interest Group Launched to Address Racial Inequality

In early June, Lisa Hedgepeth and Allie Plihal invited us to think about how we, as a community, can respond in a productive way to the killing of George Floyd and show solidarity with the peaceful protesters across the country. They invited neighbors to stop by Stonegate Park to pick up lawn signs, which say: "Welcome to Stonegate Where Black Lives Matter; End White Silence." Individual families were encouraged to decorate their driveways and to walk through the neighborhood carrying signs and wearing t-shirts proclaiming a similar message. Many, many families responded, and there are now lawn signs all over the neighborhood.

A group of Greater Stonegate Village (GSV) members got together for a virtual cocktail hour recently. We talked about how we can build on what Lisa and Allie started in order to address racial inequality in our country. We believe that getting together to talk is a good first step, and we will do just that. We are starting a group and calling it "Let's Talk." Our goal is to get to know each other better and to share our stories in the hopes of increasing our understanding of one another's life experiences.

We will start by reading articles about the Black experience in America, and we invite other members of the community to join us. The first virtual meeting is scheduled for Tuesday, July 21, at 4:00 pm, and you can find the details below.

We hope you consider joining GSV in this venture. Let's start a discussion about what we can do to understand *all* people better.

Geri Cooperman and Amos Matthews

Act Now! Don't Miss Out on the Free Cloth Face Masks!

GSV has a supply of cloth masks to distribute to members and volunteers. If you would like some, please contact Sue at winakurs@gmail.com and note your name, the quantity requested, and if you will need the masks delivered to your front doorstep, or if you can pick the masks up at 14605 Stonewall Drive. Any masks that are not picked up by Friday, July 31, will be made available to the broader Stonegate community.

Upcoming GSV Events

Movie Discussion Group: *Knives Out*

The group will gather to discuss *Knives Out*, a 2019 mystery film. A modern whodunit, the film follows a family gathering gone awry, after the patriarch's death leads a master detective to investigate. The film received critical acclaim, particularly for its screenplay, direction, and acting.

Participants are asked to watch the movie before the group meeting. The film is available at no cost to Amazon Prime members and for rent for just \$4.49.

RSVP: Please respond to Bob at robertramseymd@gmail.com

When: Wednesday, July 1, 5:00 – 6:00 pm

Where: On Zoom

Join Zoom Meeting

<https://us02web.zoom.us/j/89497508515>

Meeting ID: 894 9750 8515

One tap mobile

+13017158592,,89497508515# US (Germantown)

+16465588656,,89497508515# US (New York)

+1 301 715 8592 US (Germantown)

Meeting ID: 894 9750 8515

Fraud and Identity Theft

Thieves use fraud and identity theft to steal billions of dollars from millions of people every year. Seniors are particularly vulnerable. Learn what fraud and identity theft are, how to protect yourself, and what to do if you are a victim.

Speaker: Ted Meyerson is a speaker for AARP Maryland as well as a representative for AARP to various organizations. He is a member of the AARP Fraud Watch Network Volunteers and an AARP Volunteer Engagement Trainer. He formerly chaired the State Advisory Council on Quality Care at the End of Life. Additionally, he was president of a non-profit that brought information to seniors, is past president of United Seniors of Maryland, and is a former Vice-Chair of the Howard County Commission on Aging.

RSVP: Please let Geri know you will be joining us. You can reach her at gcooperman@aol.com.

When: Wednesday, July 15, 1:00 – 2:30 pm

Where: On Zoom. Login information to be provided as the event approaches.

Let's Talk - Interest Group on Racial Inequality - NEW

Join us for the first meeting of this new interest group as we get to know each other better and to share our stories in the hopes of increasing our understanding of one another's life experiences. We will start by reading articles about the Black experience in America, and we invite other members of the community to join us. Please read the following articles before the meeting, but join us even if you don't get a chance:

- www.google.com/search?q=1619%20project
- www.nytimes.com/interactive/2020/06/24/magazine/reparations-slavery.ht

Moderator: Geri Cooperman will be facilitating the conversation.

RSVP: Please email Amos Matthews at amatt47@verizon.net or Geri Cooperman at gcooperman@aol.com to let us know if you will be joining us.

When: Tuesday, July 21, 4:00 – 5:00 pm

Where: On Zoom. Login information to be provided as the event approaches.

Monthly Cocktail Hour

Bring your drink of choice and join your neighbors to enjoy one another's company.

Moderator: The moderator for this session will be Harvey Flatt, Village President.

When: Thursday, July 30, 5:00 – 6:00 pm

Where: On Zoom. Login information to be provided as the event approaches.

Resilience in Times of Stress and Challenge

These days it's hard to count on the world outside since things keep changing often rapidly. Now it's vital to grow strengths inside like grit, gratitude, and compassion—some of the core keys to resilience and lasting well-being. Join us as we look at ways to grow more patience, courage, and hope. We will explore strategies to be steady and tender with our vulnerability, grief, anger, and love. This an experiential-focused workshop using inner reflection and discussion to help ourselves and others. The session will include body-mind awareness, the five elements of acupuncture, breathing and moving practices for more ease, learning when to pause, ways to keep pace with essence, and using our creativity. Please join us to share ideas to enhance life for ourselves and others.

Speakers:

Carol Cober, MS, LCPC, NBCC, LMT, shares resources to balance body, mind, and spirit as a psychotherapist. She teaches embodied self-awareness, contemplative, and mindfulness practices. Her focus is on working with clients experiencing stress, grief, loss, anxiety, and depression.

Trish Twiford Perfetto uses acupuncture and herbal medicine and also conducts coaching and educational workshops. Her specialties include women's health and grief support. She helps stressed-out women make themselves a priority so that they can feel better in their bodies, feel calm in their minds, and more connected to themselves.

RSVP: Please let Geri know you will be joining us. You can reach her at gcooperman@aol.com.

When: Thursday, August 6, from 1:00 - 2:30 pm

Where: On Zoom. Login information to be provided as the event approaches

GSV Board Meeting

The GSV board invites village members and volunteers to attend the monthly board meeting.

RSVP: Please let Wendy know you will be joining us. You can reach her at wendy@greaterstonegatevillage.org.

When: Tuesday, August 25, 1:30 – 3:30 pm

Where: On Zoom. Login information to be provided as the event approaches.