



www.greaterstonegatevillage.org | 240-918-7989 | Newsletter #14, July 8, 2020

GSV News

Amenities Committee Announced

The GSV board recently launched an Amenities Committee to provide the Village an opportunity to acknowledge the life events of members and volunteers, whether celebratory or heartbreaking. The occasions to be recognized may include illness, bereavement, significant wedding anniversaries, birthdays, honors, awards, among others. The events will be marked with cards, flowers, or other offerings, as appropriate. Please share your news – happy or distressing – by contacting Kendell Matthews at matthk00@verizon.net or 301.236.0514. Kendell would welcome additional volunteers to serve on the committee and she would be delighted if you would let her know your birthday (no year needed.)

Free Cloth Face Masks Available Until July 31

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.

GSV Events

GSV events are open to members and volunteers. Those not yet part of the Village may attend on a space-available basis. Please contact the event organizer to confirm availability.

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 nonprofit 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.

Join Zoom Meeting: <https://us02web.zoom.us/j/84213509758>

Meeting ID: 842 1350 9758

One tap mobile

+13017158592,,84213509758# US (Germantown)

+1 301 715 8592 US (Germantown)

Meeting ID: 842 1350 9758

Let's Talk - Interest Group on Racial Inequality

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.nytimes.com/interactive/2019/08/14/magazine/1619-america-slavery.html
- www.nytimes.com/interactive/2020/06/24/magazine/reparations-slavery.html

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.

Movie Discussion Group: *Do the Right Thing* - NEW

The group will gather to discuss, *Do the Right Thing*, a beautiful mix of comedy, great narration (what movie introduces an entire block of characters and makes you care about each of them?), intense dialogue and a very dark, grueling reality we live in, today. Not just in the United States, but everywhere in the world. The movie is often listed among the greatest films of all time and was deemed "culturally, historically, and aesthetically significant" by the Library of Congress. Participants should watch the movie before the group meeting. The film is available on Amazon for just \$3.99.

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

When: Thursday, July 23, 5:00 – 6:00 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 is 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.

Other Events of Interest

The Red Flags of Elder Abuse, Neglect, and Financial Exploitation

Sponsored by ElderSAFE

1 in 10 older adults will experience some form of abuse, neglect, or financial exploitation. Unfortunately, only one in 24 cases is reported. It's more important than ever that we work to protect the older adults in our lives. This training is designed for community members, neighbors, Village members, and caregivers to better understand the issue of elder abuse. Attendees will learn about how to spot the warning signs of elder abuse, especially now with social distancing guidelines in place. Finally, attendees will learn how to respond effectively if they are concerned about an older or vulnerable adult in their life, including information on Adult Protective Services and other local community resources.

RSVP: www.smithlifecommunities.org/event/the-red-flags-of-elder-abuse-neglect-and-financial-exploitation/

When: Thursday, July 9, 10:00 - 11:30 am

Where: On Zoom

Community News

Lifelong Learning Opportunities in Montgomery County

You can enjoy non-academic classes through five lifelong learning nonprofit centers in the County. Generally, classes are offered as single sessions at affordable prices. The programs include courses in computer training, fitness, topical events, languages, history, music, health, guidance on successful aging, and caregiver support. You can learn more at <https://moco-caregiver.blogspot.com/2020/06/life-long-learning-in-montgomery-county.html>

Technology Help Is Now On-Call

Senior Planet announced the launch of a Tech Hotline at 920.666.1959. The National Tech Hotline is monitored by Senior Planet Trainers from 9:00 am – 5:00 pm, Monday through Friday, and can help with whatever technical issues you're experiencing.