



www.greaterstonegatevillage.org | 240-918-7989 | Newsletter #15, July 22, 2020

## **GSV News**

### **New Community Resource Guide**

ElderSAFE recently released a new Community Resource Guide. This guide connects older adults—and the professionals, volunteers, and caregivers who assist them—to community resources to promote safe and healthy living. It is available at [www.smithlifecommunities.org/care-services/eldersafe-care](http://www.smithlifecommunities.org/care-services/eldersafe-care) in English, Spanish, Mandarin, and Russian. If you would like a printed copy, please contact Frances Brock at [franal.aka@verizon.net](mailto:franal.aka@verizon.net) or 301.384.7310 and let her know if you will need the guide delivered to your front doorstep, or if you can pick the guide up at 313 Stonegate Drive.

### **Tips on Fraud and Identity Theft Prevention**

The presenter of last week's session on fraud and identity theft shared some valuable tips. Please review these recommendations at <https://bit.ly/3esxS2W> and protect yourself.

### **When Is Your Birthday? Some Good News to Share?**

The Amenities Committee asks that you share your news – happy or sad – by contacting Kendell Matthews at [matthk00@verizon.net](mailto:matthk00@verizon.net) or 301.236.0514. The Committee would be grateful if you provided your birthday (no year needed) so they can join in the celebration.

### **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](mailto: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.

### **Movie Discussion Group: *Do the Right Thing***

The group will gather to discuss, *Do the Right Thing*. The movie is a beautiful mix of comedy, great narration, intense dialogue, and the 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](mailto:robertramseymd@gmail.com)

**When:** Thursday, July 23, 5:00 – 6:00 pm

**Where:** Join Zoom

<https://us02web.zoom.us/j/86761875028>

Meeting ID: 867 6187 5028

One tap mobile

+13017158592,,86761875028#

+1 301 715 8592

### **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.

### **Zoom Basics - *NEW***

This basic session will give novice users the knowledge and skills needed to participate in Zoom meetings with family, friends, and organizations. It includes the various ways to join a meeting, what all the icons are, how to use them, and how to get a free Zoom account.

**RSVP:** Please let Geri know you will be joining us. You can reach her at [gcooperman@aol.com](mailto:gcooperman@aol.com).

**When:** Tuesday, August 4, 1:00 – 2:00 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 more than ever, it is vital to work on inner strengths like grit, gratitude, and compassion, which are the keys to resilience and lasting well-being. Join us as we look at ways to be more

patient, courageous, and hopeful. We will explore strategies for handling our vulnerabilities, grief, anger, and love. In this session, we will use 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 is a psychotherapist who specializes in balancing body, mind, and spirit. Her focus is on working with clients experiencing stress, grief, loss, anxiety, and depression.

Trish Twiford Perfetto conducts coaching and educational workshops, and she also works with individuals, using acupuncture and herbal medicine. Her specialty is women's health and grief support.

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

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

Join us for the second meeting of this new interest group as we continue 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.

**Moderator:** Geri Cooperman will be facilitating the conversation.

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

**When:** Tuesday, August 18, 4:00 – 5:00 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](mailto:wendy@greaterstonegatevillage.org).

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

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

## **Monthly Cocktail Hour - NEW**

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

**Moderator:** The moderator for this session will be Jane Wilbur, Village Vice President.

**When:** Thursday, August 27, 5:00 – 6:00 pm

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

## **Home Fit Program: Tips on How to Stay in Your Home as You Age - NEW**

We all want to remain in our homes as we age. Are you set up in the event someday you need a device or wheelchair to move around, are unable to walk, or lose your vision or cognition? Learn simple ways to modify your home and tips on what to do, room-by-room, so you can stay home as long as possible and safely.

**Speaker:** Jay Berger is a physical therapist, educator, researcher, and trainer. She is the co-founder of Virtual Kare, a clinician owned and operated online prevention and wellness program which conducts individualized 1:1 rehabilitation.

**RSVP:** Please let Geri know you will be joining us. You can reach her at [gcooperman@aol.com](mailto:gcooperman@aol.com).

**When:** Wednesday, September 16, 1:00-2:30 pm.

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

## **Other Events of Interest**

### **Planet Word**

**Sponsored by:** Bethesda Metro Area Village in collaboration with the Connie Morella Library  
Hear a discussion of how language is what makes us human. From earliest childhood, we weave our words into speech to communicate. Be inspired and renew your love of words and language.

**Speaker:** Rebecca Roberts is a journalist and the curator of programming for the new Planet Word Museum.

**When:** Thursday, July 30, 2:00 pm – 3:00 pm

**Where:** On Zoom. <https://zoom.us/j/93637298040>. Meeting ID: 936 3729 8040. Dial-in: 301.715.8592.

## **Preventing, Recognizing and Reporting Financial Fraud, Scams, and Exploitation**

**Sponsored by:** Smith Life Communities

The speakers will discuss the most common scams committed by strangers but also the dynamics of financial exploitation by a trusted family member or friend. Attendees will learn about resources to help protect themselves and the older adults in their lives from financial abuse. This webinar is valuable for Village leaders and members, concerned community members, caregivers, and professionals that work with older adults.

**Speakers:** Dina Rivera, Legal Assistant at the Montgomery County State's Attorney's Office and Amy R. Mix, Chief, Elder Justice Section, Office of the Attorney General for the District of Columbia

**RSVP:** [www.smithlifecommunities.org/event/preventing-recognizing-and-reporting-financial-fraud-scams-and-exploitation/](http://www.smithlifecommunities.org/event/preventing-recognizing-and-reporting-financial-fraud-scams-and-exploitation/)

**When:** August 20, 10:00 – 11:00 am

**Where:** On Zoom

## **Community News**

### **MCPL Expands Digital Access to Materials on Racial and Social Equity**

Montgomery County Public Libraries has added to its list of digital books for adults, teens, and children that explore the issues of race and social equity. They are available, with no wait time, on ebooks, audiobooks, and MCPL's independent Overdrive ebook collection.

All digital services are free and available 24/7 with a library card. Learn more at [www.montgomerycountymd.gov/library/social-justice.html#adults-ebooks](http://www.montgomerycountymd.gov/library/social-justice.html#adults-ebooks).

### **Glen Echo Summer Concert Series**

Glen Echo Park's weekly Summer Concert Series presents and supports local musicians and performers who represent a diverse range of styles, influences, and cultures. Get the details about the concerts held every Thursday at 7:30 pm at

<https://glenechopark.org/summerconcerts>.