

GREATER STONEGATE VILLAGE NEIGHBORLY NEWS



www.greaterstonegatevillage.org

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Greater Stonegate Village in Action Neighbors Helping Neighbors

As Greater Stonegate Village continues to grow, we often hear people ask, "Exactly what does Greater Stonegate Village do?" The social aspect of GSV is easy to share. Just look at the "Upcoming Events" section on page 2 to see some of the frequent, interesting and varied social and educational events sponsored by the Village.

What is more challenging to convey is the value of neighbors-helping-neighbors. During our first 18 months of operation, the Greater Stonegate Village has provided valuable supportive services to members, enabling them to live safely in their homes longer and to maintain their quality of life as residents of the Greater Stonegate Community. What better way to share these experiences than to have our members tell you directly!

"The Village has been a true blessing."

Lynn Jones has lived in her home in the Stonegate community for 40 years. As a single parent, she worked as an educator for 39 years and admits that she had "never been big on community involvement". That all changed in January 2018 when the active 72 year old was preparing to go to an appointment and slipped on the ice in her driveway. "I laid in my driveway for a period of time with a major back injury, unable to get up, until one of my neighbors saw me and came to help".

That fall led to a stay in Holy Cross Hospital, followed by a month in a nursing home for rehabilitation. When the time came for her to be discharged home, even with home care, she needed more assistance. Her son did what he could but with a demanding full-time job and three young children (the youngest being born while Mrs. Jones was in the hospital), there were still everyday activities that Mrs. Jones was not yet able to do for herself. This is where the Greater Stonegate Village stepped in.

"My neighbor, Kendell Matthews and Dr. Ramsey came to visit me, explained what the Greater Stonegate Village was and offered to help me right away." Kendell Matthews and Bob Ramsey, (then the President and Chair of the Membership committee respectively) of the newly formed Village, arranged transportation for Mrs. Jones to get to doctor appointments, have prescriptions filled and obtain groceries, all provided by Village volunteers. Mrs. Matthews also provided direct services to Mrs. Jones, such as helping her with her trash and recycling, bringing her mail in and checking in on her daily until Mrs. Jones was able to complete these tasks on her own. "The volunteer that drove me to my appointments was so nice!", said Mrs. Jones, "and I really appreciated having someone nearby, checking in on me while I was recovering. I couldn't have done it without them. I am so grateful to the Greater Stonegate Village." She goes on to say, "I never thought I would need something like the Village but now I am a true believer! I tell all my friends and neighbors about it and encourage them to join. You just never know and I am an example of that!"

Continued on page 2



GSV Men's Group

Thursday, March 14th
12:30 pm.
Mi La Cay Vietnamese
Restaurant
2407 University Blvd.
Wheaton, MD

Please join us for an informal lunch and be a part of developing this new group!

Mi La Cay has a broad selection of meat and vegetarian dishes. There is plenty of free parking both in front and around back of the restaurant. Transportation can be provided to GSV members.

We look forward to having you join us! Please RSVP to:

Amos: (301) 325- 8797

amatt47@verizon.net

or

Richard: (301) 384-2753

rcooperman@aol.com

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WWW.GREATERSTONEGATEVILLAGE.ORG

Upcoming Events

- Saturday, March 16, 2019 1 - 3 pm
Managing Medications as You Age
Dr. Nickie Lepcha
- Wednesday, March 20, 2019 1 - 3 pm
Voice Activated Home Technologies
Mary Jo Deering
- Thursday, April 4, 2019 1 - 3 pm
Know Nothing Photography - Getting the Most
out of Your Cellphone Camera!
Rollin Fraser
- Saturday, April 6, 2019 Ben's Run
- Tuesday, May 14, 2019 1 - 3 pm
The Underground Railroad in the Sandy
Spring area
Michael Petty, Associate Professor,
Montgomery County Community College
- Wednesday, May 15, 2019 6:30 - 10 pm
Bingo Fundraiser at the Olney Winery
- Sunday, June 2, 2019 4 - 6 pm
GSV Annual Meeting
- Thursday, June 20, 2019 1 - 3 pm
CPR Refresher Demonstration
Paula Cirincione
- Saturday, June 29, 2019 8 p.m.
An evening of stargazing - Marcos Ferrar
Hosted by Marcos Ferrar and Ruth Mae
Finch

Ongoing Groups

- GSV Walking Group - Monday and Friday
mornings
- Needlework Group - March 19, 2019 at 3:30 pm
- Men's Group - Thursday March 14th at 12:30 pm
(see page 1 for details)

To RSVP for these events and
to get location information, please email
Geri Cooperman at: gcooperman@aol.com

GSV in Action (Continued from page 1)

"The Village has been my lifesaver....."

Greater Stonegate Village member Joan Brown-Washington also shared her appreciation for the services of the Village:

"The Village has been my lifesaver with my journey of Alzheimer's with Reggie. They have supported me with weekly visits to Somerford Place and my special conferences when scheduled. Additionally, the Village has provided me with emotional support from its volunteer drivers who have become my dear friends. Thank you! Thank you! Thank You! Sincerely, Joan"

Are you or someone you know interested in joining the Greater Stonegate Village?

The Greater Stonegate Village is open to residents of all ages and abilities. Most of the current members are vibrant, active members of the Greater Stonegate community, enjoying the many social and educational activities provided by the Village while giving back to the community as volunteers. Many view the Village not only as a social group but as an "insurance policy", assuring that the services provided by the Village will be available should they need to utilize them in the future.

We encourage all residents of the Greater Stonegate community to join us, either as a Member or Volunteer. Please visit our website for more information:
www.greaterstonegatevillage.org.
You can also call us at 240-918-7969 or email us at info@greaterstonegatevillage.org,

GSV Needlework Group is Back!!

March 19th at 3:30 pm
15204 Winstead Lane (off Redgate Dr.)

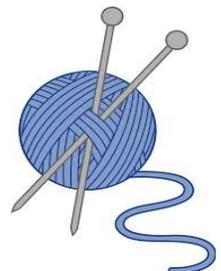
GSV will resume our Needlework Group on March 19 at 3:30 pm. at the home of Patty Finch. Light refreshments will be served.

All are encouraged to join us!

If interested but the date or time is not convenient, please let me know—the time and day is malleable!

I look forward to hearing from all of you!

Patty Finch
Home - (301) 384-3720
Cell - (301) 655-1826



Volunteer Spotlight

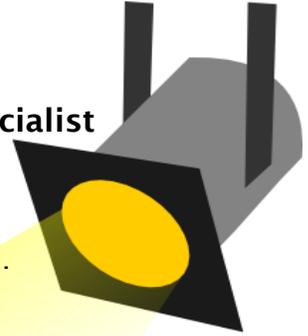
**Meet Gordon Shih
Greater Stonegate Village Information Technology Specialist**

Gordon came from Taiwan in 1985 to attend graduate school of University of Maryland, College Park. Gordon and his wife have been in their Stonegate home on Cobblestone Court, where they raised their two daughters, for almost 30 years. He works for Raytheon as a satellite Ground Systems Engineer.

When asked how he became involved with the Greater Stonegate Village, Gordon responded that in 2017 he saw a posting in the Stonegate listserv about Greater Stonegate Village. The idea of aging in place sounded interesting to him so he contacted Kendell Mathews, President of GSV at that time, and started getting involved in GSV’s activities.

Gordon has worked closely with the Greater Stonegate Village Board of Directors to develop and design the GSV website, which provides information about the Village, including links to become a member or volunteer and to access services. The website, www.greaterstonegatevillage.org, also provides updated information on events, activities and services offered by GSV. Gordon was instrumental in assisting the GSV Board of Directors as they recently enhanced the website, keeping it user-friendly. He continues to maintain the site on a regular basis, updating information as needed, keeping the Greater Stonegate Village members, volunteers and others in the community fully informed.

It has been a pleasure working with Gordon, and the GSV Board of Directors is appreciative of the time, expertise and effort he has contributed to the Village. We are fortunate to have him as one of our valuable volunteers!



**Volunteers are the foundation of
Greater Stonegate Village**

Whether you have a lot of time to give or only a little, we have a place for you! By volunteering your time and talents to Greater Stonegate Village, you are providing an older resident the peace of mind that a neighbor is there for them while contributing to a stronger, intergenerational Greater Stonegate community. Anyone 18 years of age and older can volunteer for a variety of fun and rewarding tasks and activities that meet their schedules, skills and interests.

You can choose to provide direct services to members such as transportation to medical appointments or shopping, making friendly visits or telephone check-in calls, assist with technology or provide simple handyman services.

Your talents can also be used to help with member recruitment, planning educational and social events or being a speaker at such an event, or assisting with communications and newsletter publication.

If you have an interest in volunteering, we can find the right fit for you! We strive to provide reliable, “neighborly” services to our members as well as positive and rewarding experiences for our volunteers. We look forward to having you join us on this wonderful, community partnership!

For more information on how you can become involved, please call us at (240) 918-7989.



Recently, Dr. Robert Ramsey, President of Greater Stonegate Village appeared on a segment of County Cable Montgomery’s “Seniors Today” program to talk about the Village movement in Montgomery County and the Greater Stonegate Village.

To view this program anytime, log onto:
www.montgomerycountymd.gov/ccm/seniorstoday.html

- Select “Seniors Today #184”
- The Village segment begins at the 18 minute mark.

Greater Stonegate Village Supports Ben's Run

On Saturday, April 6th, the 9th Annual Ben's Run will be held in the Greater Stonegate neighborhood and the Greater Stonegate Village is encouraging all members and volunteers to become involved as a way to give back to the community. As many of you know, Stonegate residents Clare, Tom and Anna Goldfogle started Ben's Run to honor their son and brother by raising money to support research to benefit the sickest children in the oncology and bone marrow unit in the Center of Cancer and Blood Disorders at Children's National.

Ben's short story is that he passed away from an infection resulting from Acute Myeloid Leukemia on September 3, 2009 at Children's National after a six-year battle. It was one month before his 12th birthday. Friendly and compassionate, funny and insightful, Ben made a lasting impression on everyone who knew him. He grew up in the Stonegate neighborhood, attended the elementary school and St. John the Baptist Catholic Church, and enjoyed scouting and spending time with friends and family.

Over the past 9 years, Ben's Run has grown to become a major fundraising event, raising over \$600,000 that has been donated directly to the Children's National Medical Center to support life-saving research on childhood cancer.

How can you become involved in Ben's Run?

The Greater Stonegate Village is organizing members and volunteers to be a part of this meaningful community event. Here are several ways in which you can contribute:

1. Register to participate in the One Mile Walk on April 6
To register, log onto Ben's Run (www.bensrun.org)
We will gather at the start and walk the one mile route as a group to show our support!
2. Help prior to the event: We are also looking for volunteers to help assemble bags for the event. This activity will take place on Thursday, April 4 at 5 pm at St. Andrew's Ukrainian Church on New Hamp Ave. and usually takes about two hours. Pizza and water will be provided for dinner. Transportation can be provided for any GSV member needing a ride.

If you plan to participate in the One Mile Walk and/or wish to assist in assembling the race bags, please contact Rita Battaglia at ritab.gsv@gmail.com or call 301-236-0753.

The Greater Stonegate Village is proud to support this special community event.



Getting to Know GSV

In January, Greater Stonegate Village held an Open House at the home of Richard and Geri Cooperman.

Featured speaker, Mike Heyser of Heyser Farms (right), shared some local history from the book, *The Crooked Furrow*, at the GSV Open House.

Below, members and guests had an opportunity to socialize and learn more about GSV.



Healthy Aging: Participate in Activities You Enjoy

Sure, engaging in your favorite activities can be fun or relaxing, but did you know that doing what you like to do may actually be good for your health? It's true. Research studies show that people who are sociable, generous, and goal-oriented report higher levels of happiness and lower levels of depression than other people.

People who are involved in hobbies and social and leisure activities may be at lower risk for some health problems. For example, one study followed participants for up to 21 years and linked leisure activities like reading, playing board games, playing musical instruments, and dancing with a lower risk for dementia. In another study, older adults who participated in social activities (for example, played games, belonged to social groups, attended local events, or traveled) or productive activities (for example, had paid or unpaid jobs, cooked, or gardened) lived longer than people who did not report taking part in these types of activities.

Other studies have found that older adults who participate in what they see as meaningful activities, like volunteering in their community, reported feeling healthier and happier.

The National Institute on Aging's Baltimore Longitudinal Study on Aging (BLSA) is the longest-running longitudinal study of aging in the world. BLSA researchers, participants, and study partners have contributed immeasurably to our understanding of healthy aging.

Article reprinted from National Institute on Aging, (www.nia.nih.gov), Home Health Information :What Do We Know About Healthy Aging?