



News

from the Villages of Kensington

Enhancing the quality of life in Greater Kensington, one neighbor at a time!

Volume 3, Number 1 January 2019



Volunteer Spotlight: Annie Cross, One of VoK's "Originals"!

Everyone has an interesting life story!

"My mom volunteered for many years when I was growing up. That role model instilled in me the desire to give back to my community by volunteering." So, on January 31, 2016, when VoK held its grand opening party in that lovely octagonal, light-filled room at Temple Emanuel in Kensington, Annie attended and signed up to volunteer with us. She lives in the Town of Chevy Chase View, just off Cedar Lane, which is within the 20895 ZIP code.

Annie grew up in New Jersey and received her graduate degree in demography from Georgetown University. After graduate school she lived in Silver Spring for a few years. She and a friend then decided to buy a house midway between their two jobs, and Kensington seemed the natural location. She's lived in her current house for 32 years, the last 9 of which have been with her husband, Alan Johnston.

Career-wise, Annie has worked on international survey projects funded by the U.S. Agency for International Development for 37 years, although she is partially retired now and is on call when needed. The surveys focus primarily on health and family planning issues. Her work includes designing and budgeting surveys, designing questionnaires, training the (in-country) interviewers, and writing reports on the results. The survey content has changed over the years, and they now involve more biological testing and focus mostly on women and their childbearing and child-rearing experiences.

Annie traveled a lot during her work years – to some 36 developing countries. In particular, she lived for 3 years in Nairobi, Kenya, assisting with a USAID statistical survey project. During this time, she worked with the Kenya Bureau of Statistics



and went out into the 'field' in the cities as well as the rural areas.

In her spare time, Annie enjoys knitting, reading, doing crossword puzzles, and trying to keep their yard looking decent.

Annie understands the importance of providing services, especially rides, to Greater Kensington residents who need them, for whatever reason. Above all, she understands that Villages of Kensington is about enhancing community in our neighborhoods and combatting the social isolation that can build up over time – for all of us. She enjoys being an integral part of VoK as we work together to enhance the quality of life in Greater Kensington! 

Thanks to Annie for sharing her life story with us! If you'd like to share your life story in future newsletters, please contact us at newsletter@VillagesofKensingtonMD.org.

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To volunteer with VoK and offer services to your Greater Kensington neighbors, call us at 301-509-0191 or go online to www.VillagesofKensington.org and click on VOLUNTEER.

Be a VoK Corporate Sponsor!
Sponsors provide financial support so we can meet our budget and keep our membership fees low and available to all. For more info, contact us at VoK@VillagesofKensingtonMD.org. Please thank our sponsors by using their products & services!
VoK sponsor levels:
Friends of VoK: \$1 up to \$249
Bronze: \$250 up to \$499
Silver: \$500 up to \$999
Gold: \$1,000 up to \$2,499
Platinum: \$2,500+

VoK's Mission
"The mission of the Villages of Kensington is to build a supportive, diverse, and inter-generational network of neighbors helping neighbors to remain in their homes and to be engaged in their community."

Ageism in America: What It Is & Resources for Taking Action

By Sharon Parver



Ageism. If you are an older adult, you are probably aware that older adults experience stereotyping and discrimination on the basis of age. Ageism is now a popular topic, especially

with the maturing Baby Boomers – 26% of the U.S. population, generating 40% of consumer spending. Ageism is stereotyping of and discrimination against individuals or groups on the basis of age.

Conversations about ageism are happening across the country. One small example: On a recent Sunday, members of the Villages of Kensington met with congregants from Cedar Lane Unitarian Church to talk about ageism in America. They shared examples of ageism: the predominance of age stereotyping greeting cards, naming older adults “geezer,” cute little old ladies, assuming that older adults can’t use new technology or adapt to new ways of doing things because they are ‘too old’. There are countless examples of ageism today.

The good news is that there is a movement taking shape to identify and combat ageism. Here are some resources to help all of us understand how harmful this particular ‘ism’ is and ways to identify it and defy or combat the stereotypes:

- ⇒ Visit <https://thischairrocks.com/what-is-ageism/> for readings and resources introducing the topic of ageism, what it is, how to identify it, and how to fight it.
- ⇒ Watch a [TED Talk featuring Ashton Applewhite](#), an anti-ageism activist, to learn how you can join the anti-ageism movement.
- ⇒ Google “Ageism Stereotypes” and add “in movies,” “in commercials,” “in the workplace,” or “in greeting cards” to view examples that you might not think as ageist...but once you see them, you’ll never be able to see them as anything but negative stereotypes.
- ⇒ Join the conversation; download and use a Reading Group Guide and Manifesto Against Aging: <https://thischairrocks.com/resources/>. 

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**Support our sponsors from
the business community
& our partner organizations!**

To join VoK and benefit from our Volunteers’
friendliness and expertise, call us at

301-509-0191

or click **JOIN** at

www.VillagesofKensington.org

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Real ID Act: Your New Maryland Driver’s License Will Be A National ID Card

By Penny Veerhoff

When you get a notice about driver’s license renewal from the Maryland Motor Vehicle Administration (MVA), read it carefully! In 2005, in response to the 9/11 tragedies, the Real ID Act was passed by Congress, requiring additional identification to renew a driver’s license, additional information on the actual license, and a new format making it a standardized national ID card. In addition, all information provided for the Real ID, plus all related driving records, are required to be entered into a national database accessible throughout the country. The Department of Homeland Security required all States to implement this law in



2017, and residents of all States and territories should have Real ID cards by October 1, 2020.

<https://www.dhs.gov/real-id-public-faqs>

Therefore, for license renewal, you will now need to appear in person at an MVA office with documents from at least three different categories: proof of age and identity, proof of payment of Maryland taxes or a valid Social Security card, and two proofs of residential address, such as utility or credit card bills. If you have ever changed your name, you will need to provide government or court-issued documents; the list of acceptable documents is [available online](#).

Be prepared to wait while your documents are being scrutinized before you get to the point of completing the renewal application and getting your picture taken. I strongly recommend going to the website ahead of time to review the list of documents needed and to read the details about what qualifies and what does not. 

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**For Upcoming VoK Events –
check our online calendar:
www.VillagesofKensington.org
and click on CALENDAR.**

VoK Ongoing Events!

VoK Lunch-Around. On the first Friday of every month at noon, we gather at local restaurants or for a potluck at a Member's or Volunteer's home. Fun, good company, and we get to check out various local culinary delights and our own creations. Check the VoK website calendar. For info, contact Events Coordinator Laurie Pross at events@VillagesofKensingtonMD.org.

Monthly book club. The Rock Creek Hills Book Club is a well-established group of book-loving residents in the Kensington area that meets once a month in the evening to discuss current and past releases of all genres. We gather at different homes and refreshments are provided. Interested? For info, send an email to jennifer@VillagesofKensingtonMD.org.

Intro to Meditation. An introductory class on Meditation for VoK Members. Relaxation and calm is so important in our busy lives! For info, contact Donna at members@VillagesofKensingtonMD.org.

Knitting blankets for Project Linus. Meets monthly to knit blankets for children seriously ill, traumatized, or otherwise in need. For info, contact Carolyn at projectlinus.mc@gmail.com.



Got an idea for a one-time event or an ongoing program?
We're all ears! Contact us at events@VillagesofKensingtonMD.org or by phone at 301-509-0191.

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Thank You to Our Partner Organizations!

We thank our partner organizations and encourage you to support them:

- ⇒ **VillageRides**
sponsored by JCA, www.accessjca.org.
- ⇒ **Kensington Park Senior Living**
www.kensingtonparkseniorliving.com
- ⇒ **Suburban Hospital**
www.hopkinsmedicine.org/suburban_hospital
(click on Community Health)
- ⇒ **Jewish Social Service Agency**, www.jssa.org
- ⇒ **Temple Emanuel** <https://templeemanuelmd.org/>

And thanks to the Town of Kensington and Kensington-area civic associations and businesses for their ongoing support of our mission! 

How You Can Support VoK!

- ♪ Tell your Kensington-area relatives, friends, & neighbors about VoK – who we are and how to sign up as a Member or Volunteer. (Best way: go to our website at www.VillagesofKensington.org)
- ♪ Participate in activities and suggest activities you'd like to see!
- ♪ Appreciate VoK Volunteers (no financial remuneration or tips, please)!
- ♪ If you're a VoK Member, let us know how we can assist you; please do not be bashful! If not yet a Member, tell us how we *could* assist you.
- ♪ In the spirit of Villages, help your neighbors in any way you can!

VoK Outreach Consultant for FY19: Eriko Kennedy

VoK has hired an outreach consultant for fiscal year 2019, thanks to a grant from the County Department of Health and Human Services. We are pleased to welcome Eriko Kennedy, who started working with us in September and will continue through June 2019.

Eriko has concentrated her first months on getting to



know VoK and helping refine and strengthen our social events and volunteer infrastructure and capacity.

For the next 5 months, Eriko will be contacting residents and community organizations to

introduce them to VoK's social and service offerings. The intent of these informal presentations will be to garner additional Members and Volunteers.

A Maryland-licensed graduate social worker, Eriko has extensive experience working with nonprofit organizations refining administrative and programmatic systems. She has a Ph.D. in social work from Columbia University, an M.S.W. from Boston University, and a Bachelor's degree in social work from University of Hawaii.

Eriko is very committed to the overall Villages concept and particularly to Villages of Kensington. We consider ourselves very fortunate to have Eriko working with VoK! 

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Check it out! *Washington Consumer Checkbook's* Winter 2019 issue has a useful article on "Aging in Place," on pages 67-79. Villages are mentioned and listed. Full VoK Members receive WCC free, and Social Members & Volunteers can subscribe for a special Villages price. For more info, contact us at members@VillagesofKensingtonMD.org.

Your Comments Can Make a Difference – Healthy People 2030!



[Healthy People 2030](#) is a strategic roadmap that public health officials will use for our country in the coming decade. It includes a set of health outcomes, priorities, and objectives that influence

budget decisions on the Federal, State, and local levels.

The current set of priorities for Older Americans is limited and fails to include social isolation and mobility as key indicators for health. We have a short window of opportunity to advocate for including these as priorities, through a process called the Public Comment period. Anyone can send an email to HP2030@hhs.gov and express support for including these indicators.

Deadline for submission is January 17, 2019.

If you would like to use your voice to help Older Americans, please send an email. Sample wording is on this page, but using your own 'voice' is preferable. Make sure you say that you are part of a village or, if you're not a VoK Member or Volunteer, say that Villages of Kensington is an active Village in your community.

Additionally, a coalition of national organizations has formed to raise awareness of the impact of social isolation and the importance of developing local solutions to respond to this need. We'll keep you posted.

For information on the effects and pervasiveness of loneliness in seniors, check out [this article](#) from the 12/11/18, *Wall Street Journal*. Thanks to former VoK Board member Cliff Scharman for bringing this article to our attention. 

SAMPLE EMAIL TO HEALTHY PEOPLE 2030

Or write your own email!

My name is _____ and I live in Kensington, Maryland. I am a member of _____ (Village/organization). The current set of priorities for Older Americans in Healthy People 2030 fails to include several essential goals.

I ask that you set objectives for each of the additional goals below and establish interventions that will help support older Americans as they continue to live in their home communities. (Villages are one example of such an intervention.)

1. Sustained and increased mobility
2. Reduced and delayed functional limitations (disabilities)
3. Reduced social isolation/increased social interactions

[Then state why these goals are important to you.]

It's not necessary to use this exact wording! Your personal statement is most important because it shows that you are going beyond the "boilerplate" language, which government agencies tend to disregard. What counts is the persuasiveness of arguments rather than the number of times they are made.

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Contact VoK:

...Web: www.VillagesofKensington.org

...email: VoK@VillagesofKensingtonMD.org

...phone: **301-509-0191**

...U.S. mail:

P.O. Box 118, Kensington, MD 20895-0118

...Facebook:

www.facebook.com/KensingtonVillages



VoK Members, Volunteers, & Friends are invited to our Volunteer Appreciation Open House!

Sunday, Jan. 13, 2-4 pm

at the home of Laurie & Jim,
3607 Littledale Rd., Kensington

Enjoy food, sparkling drinks, & door prizes for Volunteers as we say "Thank You!" to our wonderful Volunteers.

Their contributions make Greater Kensington a better and friendlier place to live!

RSVP to Laurie at events@VillagesofKensingtonMD.org