



Honors for Village of Takoma Park founders Wolfgang and Gertrud Mergner



On Saturday, November 20, the Sligo Seventh-day Adventist Church honored Wolfgang and Gertrud Mergner with the church's annual Caring Heart Award in honor of their work establishing the Village of Takoma Park. The award is given annually to persons of any faith, who have demonstrated selfless caring and compassion for their neighbors.

Congratulations, Wolfgang and Gertrud, on this well-deserved recognition.

Volunteer Training update:

The Village of Takoma Park is off and running, or at least driving. The Village Rides program currently has 20 volunteer drivers who give rides to seniors and disabled individuals to get them to church, doctor appointments, adult daycare or grocery shopping. Since April 1st, 40 seniors have received over 279 rides from our volunteer drivers.

The Village also has a Friendly Visitors program, pairing a volunteer with a homebound senior for a weekly hour-long visit.

New volunteers are always needed and welcome!

Village Rides:

To volunteer: 301-646-2109 or sandyeganretired@gmail.com

To request a ride: 301-255-4212

Friendly Visitor:

To volunteer: 301-646-2109 or sandyeganretired@gmail.com

To request a visit from a friendly visitor: 301-424-0656 Ext.507

Next training sessions:

Village Rides: Thursday, January 21, 2016 at 7:00 pm
Takoma Park Municipal Building

Friendly Visitor: Thursday, January 28, 2016 at 1:00 pm
Takoma Park Municipal Building

Monthly Programs

The monthly program on “Seniors and Those Who Care for Them”, initiated and led by Wolfgang Mergner, will continue under the leadership of Karen Maricheau and Pazit Aviv. Look for more details in the next newsletter and on the Village website (<http://villageoftakomapark.com>).

Support Groups

The Movement Disorder Support Group (Parkinson’s and MS)

This group was started in response to interest from Takoma Park residents with Parkinson’s disease, Multiple Sclerosis, and similar diseases. Members, ideally together with the care-giver, meet once a month to exchange information, and hear from guest professionals. The group is also considering an oral history project. The next meeting is December 15 at 2:00 PM. For more information, please call [301-646-2109](tel:301-646-2109).

Parents of Special Needs Adults (POSNA)

This support group of older parents of adult children with special needs seeks to address issues of mutual concern, including:

- **Safety** from abuse and safety in the interaction with the police.
- **Outreach**, in an effort to increase public understanding. The goal is to expand the membership in order to address other families and to inform the public in a public relations campaign.
- **Housing** that is secure and supervised.
- **Jobs** with sufficient salary, but even volunteer jobs are welcome, as they increase the feeling of self-worth.
- **Therapeutic Exercise** programs that promote nutrition and a healthy lifestyle.

The next POSNA meeting is December 17, 2015 at 7:00 pm. Please contact Mary Muchui (muchui@aol.com) for more details.

Both groups are open to new members, whether caregivers or patients.

The Village of Takoma Park <http://villageoftakomapark.com>