



Village of Takoma Park Newsletter

Helping Neighbors Age in Community

Volume 6, no. 1

January – March 2020



Dear members and friends of the Village of Takoma Park,

Thank you to our many members and friends who made donations to the Village as part of our end-of-year fundraising drive. Approximately 70 wonderful people donated more than \$8,000.

We cannot stress enough how much these funds help in our efforts to provide and expand the services our members need and want. Among other things, the expansion includes an increasing number of social and cultural events such as our New Year's Eve party, past and future tours of the Glenstone Museum and the National Gallery of Art, performances at the Ford's Theater, concerts, and book talks.

Soon you will get a survey asking for your input on our Aging Well and cultural and social programs. For instance, are you interested in more theater, a bridge group, or something else? What time of day is best for you, and do you need transportation to attend? We want to hear from you!

Our ever-growing VillageRides transportation service remains one of our most popular and important programs. We are providing more rides than ever, and we've been fortunate to gain some new volunteer drivers. Of course we need more drivers and encourage you to join the group and enlist your friends and neighbors to do likewise. Both of us are drivers and we love the "work." We've become friends with some fine individuals who greatly appreciate our services.

For more information about the Village's great work over the past year and to get a sense of what's in store for the future, please take a look at our 2019 annual report on the Village website.

With many thanks,
Laurie Welch and Andy Penn, Co-Presidents

Washington Area Village Exchange (WAVE) Meeting

Robin Walker and Laurie Welch attended the Washington Area Village Exchange meeting held in Alexandria in late 2019. Forty of the 75 Villages in the Washington area participated. Among the sessions were those that focused on fundraising, technology, administration, board recruitment, and succession planning. In addition, Villages shared creative ways to encourage donations and to reach potential volunteers. We also learned that the Village of Takoma Park is rare in having annual dues under \$100 and that the average dues are close to \$300.



It was exciting and inspiring to meet so many volunteers committed to making their Villages successful. We also met Cheryl Beversdorf, who hosts a monthly Aging Matters video program available on YouTube (tiny.cc/AgingMattersTV) and a radio program (accessible at mixcloud.com/AgingMatters) which airs interviews with experts on a range of topics such as Parkinson's disease, affordable housing, art, and creative aging.

**THANK
YOU**

to **Cielo Rojo**, a family-owned Mexican restaurant in downtown Takoma Park, for their generosity in donating 10% of all sales from December 11 to the Village of Takoma Park!



Recent Village Cultural Events

With the help of a grant from the City of Takoma Park, we continue to offer more cultural events. We were pleased to offer the following at the end of the year:

November 23: House concert with David Schulman + Quiet Life Motel. Electric violinist and composer David Schulman was joined by bassist Romeir Mendez and percussionist Coco Barez. They featured music from the newly released *Quiet Life Motel* album.

November 25: National Gallery of Art Guided Tour of the Dutch Masters Golden Age Collection covered works that provide glimpses of life during the Dutch Golden Age of the 17th century.

December 12: A Christmas Carol at Ford's Theater. The music-infused production captured the magic and joy of Dickens' Yuletide classic in which the ghosts of Christmas Past, Present, and Future lead the miserly Ebenezer Scrooge on a journey of transformation and redemption.

December 30: National Gallery of Art Guided Tour of 18th and 19th century French paintings explored the dramatic evolution of French art as it mirrored changes in contemporary French society.

Recent Aging Well Events

<p>November</p>	<p>Aging Well by Doing Good: Giving Back to Our Community:</p> <p>About 30 people learned about local organizations that offer services and volunteer opportunities in the Takoma Park community. Meals on Wheels, Manna, Takoma Park Elementary School, a local animal advocate, and our own Village of Takoma Park all gave brief presentations as did a Village member who has been on the receiving end of help from the Lifelong Homes Coalition.</p> 
<p>December</p>	 <p>New Year's Eve Game Night</p> <p>30 people enjoyed a wonderful night of playing games, enjoying refreshments, and having opportunities to win great door prizes. Everyone had so much fun, so we are thinking of making it an annual event!</p>
<p>January</p>	<p>How to get a Good Night's Sleep</p> <p>Tanie Guirand, RN, BSN, gave a presentation to over 40 people about how to get to sleep and stay asleep. Pointing out reasons people struggle with sleep, such as insomnia, sleep apnea, restless leg syndrome, consuming too much caffeine and/or alcohol, and negative effects of some medications, she was able to answer questions and offer solutions. She suggested setting up a daily routine, engaging in physical activity, decreasing or stopping caffeine intake, and avoiding fluids three hours prior to bedtime. Ms. Guirand also encouraged people to talk to their doctor about their medication. Finally, she stressed the importance of maintaining a peaceful environment in the bedroom by turning off the TV and maintaining a comfortable temperature. A lively, engaging, and informative question and answer ended the session. For more on the subject of sleep, see:</p> <p>https://www.sleepfoundation.org/articles/aging-and-sleep</p> <p>https://www.nytimes.com/2019/12/24/well/mind/a-sleep-reset-for-the-new-year.html</p> 

Upcoming Village Events

February 21

Friday, 10:45 am – 3:00 pm

Registration is required:

villageoftakomapark.com

Open to all

Contact: Gina Gaspin

gina.chef@verizon.net, 301-891-2549



Renwick Gallery

Hearts of Our People: Native Women Artists

Join members and friends of the Village of Takoma Park to explore the Renwick Gallery's latest exhibition, *Hearts of Our People:*

Native Women Artists, with curators Jill Ahlberg Yohe, associate curator of Native American Art at the Minneapolis Institute of Art, and Teri Greeves, an independent curator and member of the Kiowa Nation. Learn more about the artists and the artworks that are on display and discuss the collaborative curatorial process Yohe and Greeves championed for this groundbreaking exhibition. *Hearts of Our People: Native Women Artists* is the first major thematic exhibition to explore the artistic achievements of Native women. **Website:** americanart.si.edu/events/curator-gallery-talk-hearts-our-people-february-21-2020

Transportation: Metro. Meet at the Takoma Metro on the train platform level in front of the elevators at 10:45.

Location: Renwick Gallery, Pennsylvania Ave. at 17th St. NW

February 27

Thursday, 12 noon – 2 pm

Location:

Takoma Park Seventh Day Adventist Church Center, Fellowship Hall
6810 Eastern Ave., NW, Wash., DC

Open to all. Registration not required.

Enter parking lot from 2nd St.

Enter building from rear.



Agging Well: Health Information of Interest to African Americans and All Seniors

Dr. Ikenna Myers, MD, MPH, CDE, from the African American Health Program of Montgomery County (AAHP), will discuss diabetes and heart disease, giving insights into proven ways to manage these diseases and describing outreach efforts which include cooking demonstrations and health screenings. Dr. Myers has focused on eliminating health disparities his entire career. He attended George Washington University School of Medicine and Public Health where he earned an MD and a Master of Public Health.

February 28

Friday, 1:30 pm – 4:00 pm

Registration is required:

villageoftakomapark.com

Open to all

Contact: Andy Penn

andrewpenn@verizon.net, 202-834-3360

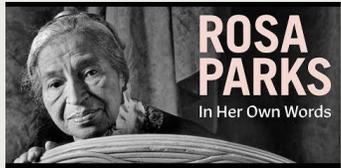
National Gallery of Art, East Wing, guided tour of the collection of Modern Art.

From Matisse to Mondrian, from Picasso to Pollock, this one-hour tour will focus on the first half of the twentieth century when artists challenged the conventions of traditional art. We will explore the intersections of new ideas, materials, and subject matter as artists moved towards abstraction and grappled with modernism.



Transportation: Metro. Meet at Takoma Metro near elevator on platform at 1:30 pm; tour begins at 2:30. If you would like to attend but are unable to travel by Metro, contact Andy Penn.

Location: National Gallery of Art, 4th & Constitution Ave. SW

<p>March 21 Saturday, 7:00 pm – 9:00 pm</p> <p>Registration is required: villageoftakomapark.com Open to all</p> <p>Limit: 10</p> <p>Contact: Laurie Welch laurawelch123@gmail.com, 301-928-1624</p>	<p>Classical music concert</p>  <p>Classical music in our own backyard, presented by Washington Musica Viva. Program: Brahms Trio for violin, horn, and piano, Op. 40; Brahms Quartet #3 for piano and strings, Op. 60; and Mozart Quartet #2 for piano and strings</p> <p>Tickets: \$10 for Village members and \$20 for non-members. If \$10 is a hardship, contact Laurie Welch.</p> <p>Transportation will be provided (members only), and the church is handicapped accessible.</p> <p>Location: Church of the Ascension, 633 Sligo Ave., Silver Spring</p>
<p>March 27 (our March Aging Well event) Friday, 8:45 am – 1:00 pm</p> <p>Registration is required: Villageoftakomapark.com Open to all</p> <p>Limit: 25</p> <p>Contact: Gina Gaspin gina.chef@verizon.net, 301-891-2549</p>	<p>Trip to Rosa Parks Exhibition at the Library of Congress</p>  <p>In celebration of Women’s History month, join us on a trip to the Library of Congress to visit <i>Rosa Parks: In Her Own Words</i>, an exhibition which showcases rarely seen materials that offer an intimate view of Rosa Parks and that document her life and activism.</p> <p>Transportation: bus transportation available to members</p> <p>Location: Library of Congress, 10 First St. SE, Washington, DC</p>
<p>April 10 Friday, 11:00 am – 5:00 pm</p> <p>Registration is required: villagetakomapark.com Open to all</p> <p>Limit: 25</p> <p>Note: The visit will require a significant amount of walking.</p> <p>Contact: Laurie Welch laurawelch123@gmail.com, 301-928-1624</p>	<p>Glenstone Museum Tour</p>  <p>The Village of Takoma Park is hosting a trip to Glenstone, a private nonprofit museum in Potomac open to the public by appointment only. It displays post-WWII art in both indoor and outdoor spaces. Admission to the museum is free.</p> <p>Transportation: We will depart by bus from the Takoma Park Community Center at 11:00 am and leave from Glenstone at 4:00 pm, allowing 4 hours at the site.</p> <p>Lunch: Glenstone has a cafe that serves snacks and lunch. No outside food (other than water) or picnicking is allowed, so bring a credit or debit card for lunch. They do not take cash.</p> <p>Location: 12100 Glen Road, Potomac, MD</p>
<p>April 22 Wednesday, 12 noon – 3 pm</p> <p>Registration is required: villagetakomapark.com Open to all</p> <p>Limit: 10</p> <p>Contact: Lois N Weinberg LNW1225@msn.com, 240-838-6063</p>	<p>Earth Day Tea with Music at Strathmore</p>  <p>featuring Judith Mostyn White, harp. Enjoy plant-based foods and music about Mother Earth.</p> <p>Cost: \$19/Village members and \$29/non-members. If \$19 is a hardship, members can contact the Village at 301-646-2109.</p> <p>Transportation: car transportation available to members</p> <p>Location: The Mansion at Strathmore, 5301 Tuckerman Lane North Bethesda</p>

Having trouble registering for our events online?
Contact Robin Walker: robin@villageoftakomapark.com.

Upcoming local events of interest



Program about the life of Lee Jordan

Sunday, February 23 at 2 pm

Takoma Park Community Center Auditorium, 7500 Maple Ave.

To commemorate Black History Month, the Oral Histories from the African-American Community Project (a project of Historic Takoma with funding from the City of Takoma Park) will present a program about the life and legacy of iconic Takoma Park figure Lee Jordan. Lee Jordan was a legendary coach and mentor to Takoma Park youth – both black and white – through his work at Takoma Park Junior High School and Blair High School and as the founder of the Takoma Park Boys and Girls Club, the first integrated organization of its kind in Montgomery County. He was also a tireless advocate for the African-American community in Takoma Park. The program will feature film clips from some of the project's oral histories, as well as music and visuals. Note that Village of Takoma Park board member Pat Matthews is the daughter of Lee Jordan, and will participate in the program.

SPARKLE – Professional secrets for aging in your own home from architect Julia Caswell Daitch*

Wednesday, March 11, 2:00 pm – 3:30 pm

Silver Spring Civic Building, 1 Veterans Plaza, Silver Spring

SPARKLE – Earth Day 2020: Change Starts With You*

Talk by Lisa Alexander, Executive Director of the Audubon Naturalist Society. Learn how you can take action to protect and restore our natural world.

Wednesday, April 1, 2:00 pm – 3:30 pm

Silver Spring Civic Building, 1 Veterans Plaza, Silver Spring

* See the Silver Spring Village website at silverspringvillage.org for more information.

RSVP via the Silver Spring Village at website calendar, by email to programs@silverspringvillage.org, or by phoning the Silver Spring Village at 301-503-7401.

SPARKLE events are presented by Silver Spring Town Center in collaboration with the Silver Spring Village. They are open to the public.

ONGOING Community Events



FOREVER YOUNG: The Takoma Park Recreation Department publishes *Forever Young*, a newsletter describing a host of programs for residents age 55+. Many of these (especially trips and special events) are NOT listed in the Recreation Department guide which the City mails to all residents. You can find the newsletter at the Community Center and online at takomaparkmd.gov/news/forever-young-newsletter/. And we provide a link to it on the Village of Takoma Park website.

The City's Takoma Park Arts cultural series (formerly *We Are Takoma*) offers a wide range of free events at the Takoma Park Community Center at 7500 Maple Avenue, including art exhibitions, concerts, theater, films, lectures, poetry readings, and more. Go to takomaparkmd.gov/initiatives/arts-and-humanities/ for details and to sign up for their e-newsletter.

CHECK IT OUT



FREE INCOME TAX PREPARATION ASSISTANCE by trained volunteers is available during tax season through the **RSVP/AARP Tax-Aide Program** for low-to-moderate income Montgomery County taxpayers. To make an appointment, or for more details, go to montgomerycountymd.gov/volunteercenter/tax-aide/ or call 240-777-2577. Book by March 1 to guarantee a spot. Sites include the Takoma Park Community Center (Wednesday and Saturdays) and Silver Spring Library (Tuesdays). Appointments are required.

CENSUS JOBS AVAILABLE: The 2020 Census is currently recruiting for thousands of jobs in the City of Takoma Park and Montgomery County. Apparently, our area is identified as one that has a severe deficit of staff and so there is a strong push to hire people in the Takoma Park area. Full and part-time census taker and supervisor positions are available. No experience is necessary as Census 2020 will provide on-the-job training. You can apply in the Takoma Park Maryland Library's Computer Center on Wednesdays (5pm – 7pm) and Saturdays (12pm – 3 pm) throughout the month of February. According to the Census, they are offering competitive wages (paid weekly), flexible hours, and paid training. Or visit 2020census.gov/en/jobs/how-to-apply.html.

An important message from the City of Takoma Park: The 2020 Census is coming, and it's more than a population count. It's an opportunity to shape the future of our community. Once your invitation arrives you can access the Census questionnaire online (in 14 languages), by phone, or by mail. Lastly, the law is clear – no personal information can be shared or used against you by any landlord, government agencies, or courts in any way. Your confidentiality is protected. Visit 2020census.gov/ for details.



YOGA FOR SENIORS

Village member and yoga instructor Carol Mermey offers a variety of classes at Willow Street Yoga, including

- **Weekly Gentle Yoga for Seniors:** Mondays, 4:45 pm-6:00 pm, in Takoma Park
- **Yoga for Bone Health and Osteoporosis: Preventing and Reversing Bone Loss:** Saturday, March 21, 2:00 pm-5:00 pm, in Silver Spring
- **Yoga for Bone Health and Osteoporosis Refresher:** Saturday, April 4, 2:00 pm - 5:00 pm, in Silver Spring
- **Yoga Nidra for Resilience:** Monthly on Sundays (Feb 23, Mar 22, Apr 26), 5:00 pm - 6:30 pm, in Takoma Park

Visit the Willow Street Yoga website at www.willowstreetyoga.com/ for more information and pricing, or contact Carol Mermey at cmermey@gmail.com.

INTEREST GROUPS

CULTURAL ARTS INTEREST GROUP. Watch our calendar and look for emails announcing upcoming events. Thanks to the City of Takoma Park for helping to fund our cultural events.



WALKING GROUP: Please join us! No need to register in advance – just show up in your walking shoes. Scheduled walks are posted on our website:

villageoftakomapark.com/calendar. Walks are the first and third Wednesday of every month, at 10:00 am. Meet at the TP Community Center inside the Maple Ave. entrance, for a walk of approximately 1 hour along Sligo Creek, pace to be determined by walkers present.

Leader: Susan Rogers, 202-243-9230 or GJPgroup@yahoo.com (please call or email; do not text.). Walks will be cancelled in case of inclement weather. Watch the Village website's calendar, and if in doubt, contact Susan.

Errand Service: If you have stopped driving, can no longer get around easily, and need something that you (or a friend or family member) are unable to order online or from a delivery service, we can help if you are a Village member. Call 301-646-2109 and let us know what you need. We will try to fill requests within three days, sooner if there's an emergency. Note that for insurance reasons, errands are done by volunteers alone; not in a car with the member requesting the errand.

Friendly Visitors/Callers: Village volunteers provide visits to Takoma Park elders who cannot get out as much as they might like, as well as offer phone calls several times a week. If you would like to receive calls or volunteer to make friendly visits or phone calls, please contact the Village of Takoma Park at 301-646-2109 or email Sandy Egan at sandyeganretired@gmail.com. To sign up to receive a "friendly visitor," call EveryMind at 301-424-0656 ext. 507 to be matched with a Village of Takoma Park volunteer. Village membership is not required for those receiving visits. *Please share this information with anyone you know who might welcome the visits.*

Senior Stroll: How easy is it for you to go out for a walk? Some people are concerned about tripping, falling, or getting lost. The Village of Takoma Park has a senior stroll program which matches a volunteer or two with a senior who wants to go for a walk once or twice a week. Each volunteer is a member of the Village of Takoma Park and has had a criminal background check. If you are interested in this program or know someone who might be, please contact sandyeganretired@gmail.com or call 301-646-2109.

Small Home Repairs/Tasks: The Village of Takoma Park has a team of volunteers ready to do small home repairs and tasks around the house for members who have no other access to help for minor repairs or chores (moving furniture, replacing high light bulbs, etc.). **Larger Home Improvements:** We can help income-qualified members apply for larger home improvements that are beyond the scope of our small home repairs teams. Applications go to Rebuilding Montgomery or Habitat for Humanity, both parts of the Lifelong Homes Coalition. These repairs may include minor plumbing and electrical work; roofing, floor, and ceiling repair; interior and exterior painting; installation of grab bars; and building of ramps. If you are a Village member in need of help, call 301-646-2109. Volunteers will contact you to arrange an evaluation of your job and determine if it can be done by the small home repair team, or if not, if you are eligible to apply through Rebuilding Montgomery.

VillageRides: VillageRides remains our most active, heavily-used service. **We can always use more drivers!** To learn more, to volunteer, and/or to register for or request a ride, call 301-646-2109.

SUPPORT GROUPS:

The Movement Disorders Support Group was started in response to interest from Takoma Park residents with Parkinson's disease, Multiple Sclerosis, and similar conditions. Members, ideally together with the caregiver, meet the third Wednesday of each month at 1:30 pm at the Takoma Park Community Center to exchange information and hear from guest professionals on recent advances. For more information, contact Tom Bigford at 301-580-4056 or tebigford@gmail.com.



Parents of Special Needs Adults (POSNA) is a Takoma Park advocacy and support group for parents and other loved ones of adults with developmental and/or chronic psychiatric challenges. The group is especially interested in securing jobs, supportive housing, safety, and recreation for their loved ones. Meetings are the 1st Thursday of the month at 7:00 pm at the Takoma Park Community Center. For more information, contact Mary Muchui at 240-582-6199 or muchui@aol.com.

JOIN OR RENEW

Sign up or renew online at our website:
villageoftakomapark.com.

Don't have access to a computer?
Call 301-646-2109 to request a membership form.



Membership dues are \$25 per year per member. Please contact us if this is a hardship. Pay online at our secure site or mail your check to Village of Takoma Park, PO Box 11420, Takoma Park, MD 20912.

VOLUNTEER

Volunteers are essential to the success of the Village.
The two types of volunteering are:

- Direct service to members
- Volunteering to help the organization

In most cases you may serve on a regular or periodic basis, giving as much or as little time as fits your schedule. Anyone age 18 or older is welcome.

Note: Our insurance coverage requires that all volunteers join as members as well.

To volunteer, go to villageoftakomapark.com and click on **Join** and **Member Signup**, or email Sandra Egan at sandyeganretired@gmail.com.

SUPPORT

Village of Takoma Park is a non-profit, tax-exempt 501 (c) (3) organization. We have two part-time staff persons and otherwise are run by volunteers. We rely on grants and donations to supplement income from dues. All contributions are tax-deductible.

Donate online by credit card at villageoftakomapark.com/donation or send a check payable to Village of Takoma Park to Village of Takoma Park, PO Box 11420, Takoma Park, MD 20912.

We greatly appreciate your support.

BOARD MEMBERS:

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Bindu Hickson
Pat Matthews
Andy Penn, Co-President
Dana Robinson
Susan Rogers
Lois Weinberg, Treasurer
Laurie Welch, Co-President

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Membership: Wolfgang Mergner,
Past President
Programs: Laurie Welch
Small Home Repairs: Lewis Morris
Volunteers: Sandra Egan

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Margo Stevens and Laurie Welch

STAFF:

Part-time Administrative Aide
Robin Walker

Part-time Accountant

Ismenia Peña-Romero

Mission Statement

Village of Takoma Park's mission is to provide intergenerational support to seniors and persons with disabilities who wish to live actively in the Takoma Park community by:

- providing assistance, advice, and neighborly support;
- facilitating access to needed service providers;
- advocating on behalf of Village members and informing them about relevant issues and policies;
- organizing and managing Village volunteers who provide services and assistance; and
- collaborating with the City of Takoma Park, Montgomery County, and other organizations.