



Village of Takoma Park Newsletter

Helping Neighbors Age in Community

Volume 6, no. 4

October – December 2020



Dear members and friends of the Village of Takoma Park,

First and foremost, we hope you are all doing as well as possible in the midst of the pandemic. Please be assured that the Village is ready to help you with rides to medical appointments, social service offices, grocery and drug stores; and in many other ways. Do call or email us with any requests or questions. Our ride requests are picking up again as members make long overdue medical appointments.

And while our ride requests have lessened somewhat since the start of the pandemic, our online activities have zoomed forward -- literally. We have presented discussions on the electoral college, global warming, creativity and aging, taking charge of our health, virtual tours of art works, a session on Twitter, and lively classes on dancing and creating family stories to share. We're especially excited about our partnership with Dance Exchange, a local dance organization with a long history of gathering, moving, and creating with people of all ages. Look on pages 2 and 3 of this issue for more about our recent events.

Another aspect of the Village's efforts that excites us is the work of our membership committee. Led for years by our founder and President-emeritus Wolfgang Mergner, and now in the hands of our very capable Board member Dana Robinson, the committee has gone to great lengths over the years to recruit a diverse group of members.

One final matter: As many of you know, every year we have had an end-of-year donation drive which has succeeded in providing much of the funding the Village needs to exist. This year we have decided not to burden you with another fundraising letter, as we sent out a letter in September. But we have decided to join GIVINGTUESDAY, an online program to create an international day of charitable giving at the beginning of the holiday season. The GIVINGTUESDAY organization will give the Village matching funds up to \$5,000 for donations made on December 1st beginning at 1 AM that day. That's right - one o'clock in the morning! GIVINGTUESDAY will match any amount from \$10 to \$5,000. If you were planning to donate to the Village this holiday season, and would like your donation to be eligible for matching funds, we urge you to do so before November 30th by going to villageoftakomapark.com/donation or mailing your check to PO Box 12401, Takoma Park, MD 20912. At 1:00 AM on December 1, a member of the Village Board will register all funds received by Nov. 30 with the GIVINGTUESDAY gift matching program. Many thanks to all who have already given.

We look forward to providing additional services and activities of all kinds for and with our members. Please let us know if you have any suggestions.

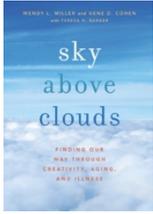
With many thanks,

Laurie Welch and Andy Penn, Co-Presidents

RECENT VILLAGE VIRTUAL EVENTS

We were pleased to offer a variety of virtual events in the past few months, all very well attended.

AUGUST AGING WELL EVENT: CREATIVITY AND AGING



Dr. Wendy Miller gave a stimulating presentation based on her book *Sky Above Clouds: Finding our way through creativity, aging, and illness*, written with her late husband Gene Cohen. Dr. Miller is a writer, artist, and therapist who holds a Ph.D. in Clinical Psychology. She discussed how creativity is a catalyst for growth, hope, love, and healing at every stage of our lives.

Did you miss this event? You can view a recording by going to <https://www.sky-above-clouds.com/copy-of-in-the-media-1>.

VILLAGERIDES VOLUNTEER DRIVER UPDATE, ORIENTATION AND INFORMATION SESSIONS



We provided three sessions for prospective and new VillageRides drivers. Thank you to our newest volunteers! Our members who take advantage of this service are extremely grateful.

Many thanks to Jewish Council for the Aging for their ongoing support of VillageRides, including their provision of special masks with logos for our drivers and disposable masks for riders.

CREATING FAMILY STORIES TO SHARE (September 21 and October 19)

Presenter Sarah Taylor-Glaser offered a one-hour program in September (and repeated in October) using music, photos, videos and other prompts to encourage participants to write about their memories and experiences in a creative way. It was a very interactive program with lots of questions and idea exchanges.

SEPTEMBER AGING WELL EVENT:

TAKING CHARGE OF OUR HEALTH AND ADDRESSING THE CHRONIC DISEASES OF AGING

Thank you to Village member Glenda Kapsalis, Functional Medicine Certified Health Coach, for a presentation covering what Functional Medicine has to offer, and how to address the root causes of disease with nutrition and lifestyle. She talked about regimens of diet and lifestyle to promote health and prevent cognitive decline, including the Bredesen Protocol, and led a lively discussion.

THE ELECTORAL COLLEGE: EVOLUTION OF AN ODD DUCK (September 29)

Presenter Ralph Watkins, a retired attorney who has been affiliated with the League of Women Voters for twenty years, gave us a timely look at the Electoral College -- what it is, why it was established, how it has evolved, its advantages and disadvantages, and possible changes under consideration.



TWITTER OVERVIEW WORKSHOP (October 13)



Village member and Takoma Park MD Library staff member Phil Shapiro unlocked some of the mysteries of Twitter for a group of curious attendees. For a link to his slides, see:

<https://tinyurl.com/twitterOct2020>

VIRTUAL TOUR OF THE AMERICAN COLLECTION AT THE NATIONAL GALLERY OF ART (October 27)



National Gallery of Art docent Estelle Quain offered a stimulating presentation/conversation about some key works of art in the National Gallery's American collection, from colonial days to the early 20th century. Those who attended look forward to visiting the National Gallery and seeing the works of art she covered with new eyes.



DANCE ON: CREATIVE AGING CLASS WITH DANCE EXCHANGE (October 28)

Thanks to Takoma Park's Dance Exchange for inviting members of the Village of Takoma Park to take a free online sample movement class, celebrating aging with dance, creativity and connection.

OCTOBER AGING WELL EVENT:

INTRODUCTION TO DRAWDOWN: REVERSING GLOBAL WARMING



For our October Aging Well Event, Lore Rosenthal, Program Coordinator for the Greenbelt Climate Action Network, presented an Introduction to Drawdown Workshop. Drawdown is a groundbreaking approach to climate change, based on solutions to actually reverse global warming. Researchers have identified 100 solutions that will enable us to reach "Drawdown" -- the point when greenhouse gases stop climbing and start to steadily decline.

The presentation gave us reasons to be optimistic, showing us that we can act, rather than despair. For more information, go to drawdown.org. To become further informed and involved, you can join a 5-session Drawdown group by emailing Lore at SimplicityGroupsMD@gmail.com.

VIRTUAL ART TOUR: MODERN AND CONTEMPORARY BIPOC (BLACK, INDIGENOUS, PERSONS OF COLOR)

ARTISTS (November 12)

Jackie Small, of Dial-A-Docent, presented a program focused on three Black artists - Horace Pippin, Jacob Lawrence, and Kara Walker, each working in a different time period. She talked about their lives, which helped put their work in context, and showed us many examples of their art, pointing out details and meanings we might have missed. The Dial-A-Docent art conversations, a service developed by art museum docents who miss giving tours during the health crisis, are available to individuals and small groups.

See dialadocent.com/. Thank you to their volunteers for inviting the Village of Takoma Park to participate in their project!



UPCOMING VILLAGE EVENTS/ACTIVITIES

NOTE: ALL virtual events require preregistration on the Village website: villageoftakomapark.com/calendar

Don't have Internet? You can participate in most virtual events by phone.

Call the Village at 301-646-2109 to register.

We'll provide you with a phone number and password so you can phone in.

**Nov. 18, Dec. 16, Jan. 28, and
Feb. 25**

11 am – 12 noon

Meet at entrance to the
Takoma Park Community
Center, 7500 Maple Ave.

WALKING GROUP

Join others for a one-hour walk on Sligo Creek. Pace to be determined by walkers. Walks will be cancelled when temperatures are below 35 degrees, or in case of inclement weather. No need to sign up in advance. Just show up in walking shoes! Check the Village calendar for cancellation information. If in doubt, contact Susan Rogers via email or phone (not text): gipgroup@yahoo.com or 202-243-9230

Tuesday, Jan. 12

2 – 3 pm

Register on the Village of TP
website. Members only until
January 5.

VIRTUAL ART TOUR: NATIONAL GALLERY OF ART -- ARTISTS' CHOICES AND WHY THEY MATTER

Artists make choices during the creative process. On this tour, we will compare four to six works of art to consider choices such as subject, composition, color, and style as well as the impact of those choices on our experience of the works. Presenter: National Gallery of Art docent Estelle Quain, Ph.D. Free. Limit of 15.

**January: exact date and time
to be announced**

YOGA NIDRA

Free one-hour session. Yoga Nidra, a guided meditative practice, can help you find a source of internal stability and resilience. It can ease tension and fatigue, calm the nervous system, and restore energy.

Instructor: Carol Merney

Watch the Village website calendar and email announcements for more details.

UPCOMING NON-VILLAGE EVENTS OF POSSIBLE INTEREST

“WASTE WATCHING” AT THANKSGIVING AND BEYOND



**An Educational Forum on Reducing Food Waste, from Takoma Park Zero Wasters
Monday, November 23, 2020, 4 – 5 pm
via Zoom**

Project Drawdown, led by a respected group of scientists and researchers, has determined that reducing food waste plays a significant role in reversing global warming. How much food do we waste? How can we reduce the amount of food we throw away? How can we make sure to give to those in need? Please join the conversation by registering for this free informational forum.

Lily Herd of ReFED shares broad solutions to resolving food waste
Brenda Platt of ILSR teaches about the virtues of composting
Mike Houston of TPSS Co-op informs on businesses reducing food waste
Roxanne Yamashita of Small Things Matter acts on local food insecurity
There will be time for questions and comments.

Registration link: <https://us02web.zoom.us/j/81743383971?pwd=dkRPL3IzWTVIUiffRW9TU2JIVS96QT09>
Meeting ID: 817 4338 3971 Passcode: FoodWaste

A CONVERSATION WITH DEBORAH TANNEN

Wednesday, December 2, 2020, 1 – 2:30 pm

Via Zoom, free, Registration required, via littlefallsvillage.org

Join Deborah Tannen, bestselling author and internationally renowned professor of linguistics at Georgetown University, as she discusses her just-published memoir, *Finding My Father* and reflects on how her father’s life mirrors the historic times he lived through. Deborah describes how writing this book forced her to question her assumptions about her father, her parents' marriage, and her own life. She also draws on insights from her many books to discuss how our ways of speaking can shape our relationships – and how our ways of speaking have changed, and changed our relationships, during COVID-19.

Presented by Little Falls Village and the Montgomery County Public Libraries.

SPARKLE: BACKSTAGE WITH THE DIRECTOR, WASHINGTON MASTER CHORALE

Wednesday, December 9, 2020, 2:00 - 3:30 pm

via Zoom, Registration is recommended

Thomas Colohan, Artistic Director of the Washington Master Chorale and an award-winning conductor, composer, and teacher, will discuss how Holiday concerts are conceived and produced.



Via computer: <https://us02web.zoom.us/j/85605761996?pwd=c05TY2VQTnZVcEZQRHErTWRqaWpoUT09>

Via phone: 301-715-8592

MEETING ID: 856 0576 1996

PASSCODE: 279374

SPARKLE events are co-hosted by Silver Spring Village and Silver Spring Town Center.

For more details, go to Silverspringvillage.org/calendar.

WOMEN IN POLITICS: WHY WE NEED MORE

When: Wednesday, December 9, 1:00 – 2:30 pm

Via Zoom. Login information will be provided the day before the event to those who have registered.

The presentation, hosted by Greater Stonegate Village, will focus on women in politics and address why female representation matters and how we can champion that cause.

Speaker: Delegate Anne R. Kaiser is a member of the House of Delegates, representing the 14th District in Montgomery County. She is Chair of the powerful House Ways & Means Committee, after having served as Majority Leader. She is also an adjunct professor at the University of Maryland, College Park. Anne teaches two courses in the Public Policy program: Women in Leadership, and Public Leaders and Active Citizens.

RSVP to Geri Cooperman: gcooperman@aol.com

WEEKLY MEDITATION SITS

Tuesdays @ 1:00 – 2:00 pm

with Anuka Gazara-Anthony

Offered by the Village at Kentlands and Lakeland

Free and open to all.

For more information, see: <https://conta.cc/34g2lPS>



THE BEACON 2020 VIRTUAL 50+ EXPO

This annual event for adults age 50+, has gone virtual. Now through January 31, 2021, enjoy a variety of speakers, classes, entertainment and informative exhibitors. Classes and speakers include exercise and fitness, technology, avoiding scams, Medicare basics, holistic nutrition, and more. All online at a new website designed just for this event: www.beacon50expo.com.

DANCE EXCHANGE: FAMILY MOVES CLASS

Saturdays 11 – 11:45 am

Open to all. Charge is \$10 per household.

Dance Exchange describes this as a "class for everyone! Join us online each week to move with a mix of families, professionals, and community members of all ages, backgrounds, and levels. Classes are led by a rotating panel of DX artists."

Registration is required. Go to: https://secure.lglforms.com/form_engine/s/dszjEw3xy4oYHSmEmi69Ig

DANCE ON: CREATIVE AGING CLASS

Thursdays, 11 am – 12 noon

Open to all. Free of charge.

Take an online movement class from Dance Exchange, a local dance organization with a long history of gathering, moving, and creating with people of all ages. Led by Dance Exchange artists, this class uses the power of movement to cultivate connection, creativity, and greater health in our lives.

Drop-in anytime. The class is for older adults, but Dance Exchange does not card at the (virtual) door. It is part of Dance Exchange's effort to address social isolation during the COVID-19 pandemic.

Registration is required. Go to <https://www.danceexchange.org/dance-on-creative-aging-class>

The Village of Takoma Park is on Dance Exchange's Dance On Creative Aging Advisory Board. As such we are publicizing their classes and including them on our website's calendar. All questions about their programs should be addressed directly to Dance Exchange. **Contact:** Corina Dalzell, corinad@danceexchange.org

VILLAGE NEWS

MEMBER SURVEY RESULTS: SUMMARY

During the Summer of 2020, the Village conducted a member survey. The purpose was to give members an opportunity to express their opinions about Village programs and services provided since the outset of the COVID-19 pandemic and to invite them to share suggestions about what the Village should be doing when we can meet again in person. There were 77 respondents out of a total of 228 active members. While the response rate was not as good as we hoped, we obtained important information and valuable input. Here are some key findings:

Technology issues:

- Of the 77 respondents, 6 do not have a computer and 9 do not have internet access.
- 15% said they do not use zoom at all, and 22% of the respondents said they would like more training in zoom, either to get started or to be able to use it more effectively.

Strengths identified include:

- Almost 90% of the survey responders said they planned to renew membership.
- Approximately 80% of the survey responders said they read our quarterly newsletter and the readers' comments were overwhelmingly positive.
- 87% of responders find our occasional emails helpful. (We send an average of two emails per month, with information on events -- both Village and non-Village -- and resources of possible interest. **If you are one of our members who do not use email, and would like a Village member to call you when a new alert comes out and brief you on its contents, please contact us at 301-646-2109**).
- Response to our presentation of online events during the pandemic was very positive. Two-thirds of the responders want us to continue with online events even after it becomes safe to provide in-person events.
- Asked what they appreciated most about the Village, members' responses were again overwhelmingly positive. For example:

"Knowing you are there if needed. Like a great wall of loving support. So appreciate all you do. Thank you! Love you, appreciate you and am grateful for all your efforts. You make a wonderful big difference in my life! Keep on truckin!"

"I appreciate the extent to which the Village supports seniors in so many ways. Visiting, shopping, errands, supporting seniors who have to modify their housing to accommodate aging and disabilities; rides--all that you do for us. Sometimes I'm amazed."

"Clearly, people are working hard behind the scenes to get speakers and such. I know from experience volunteering for years... that human endeavors are always more involved than originally appeared."

"I've gotten lots of rides from Village Rides and it was great to meet neighbors and make friends. I also got help resolving a landlord-tenant situation. I was the tenant. I am grateful to have such services available to help me out."

Its low membership fees, making it accessible to all.

Areas for improvement include:

- More leadership continuity
- Maximize and sustain outreach to underserved groups
- Enhance access to events. Half of the survey respondents said they had attended an event held by the village before the pandemic, with the other half either not responding to that question or saying they had not attended, with a range of reasons provided. The majority of those who have never attended said the timing of events was not at a good time, and another group reported that they needed transportation to events. (Note the Village can provide transportation, with sufficient notice, when in-person events resume).
- Expand event offerings post-pandemic. There was a lot of interest expressed in having future events include theater outings, lunch or dinner outings, book group, movie club, and games.

NEW BOARD MEMBERS

We're delighted to announce three additions to the Village Board - George Gamble, Towanna Matthews, and Paula Ottinger.

Towanna Matthews retired in 2012 after 35 years at the Treasury Department in the Special Events Office. A resident of Takoma Park for more than 60 years, she was also a driver for Montgomery County RideOn from 1988 - 1994. Towanna said "Working two jobs was fun when I was younger. Now I could not do it!" After retiring she became an usher for Constitution Hall and the National Theatre. Towanna has a 26-year old daughter and a 6-year old granddaughter. Having lost her parents within two months of each other, she loves meeting and helping seniors.

Paula Ottinger, a Takoma Park resident since 1986, has spent her career in education, primarily at the post-secondary level. After serving on the faculty at other colleges, she was employed at Montgomery College from 1985 until retiring in 2013, first as Coordinator of Disability Support Services, and then as Coordinator of Learning Skills Support Services. Paula served on numerous College committees, was active in the staff union, and played leadership roles in various professional organizations. Volunteer activities have included adult literacy tutoring, reading and recording periodicals and providing audio description (description of visual elements in live theater productions) for visually impaired persons, and the Communications Committee of The Village of Takoma Park.



Look for more information on new board member George Gamble in a future issue.

LENDING LIBRARY UPDATE



The Village of Takoma Park's temporary lending library suspended service when local public libraries (Takoma Park MD Library, Montgomery County Public Libraries, and DC Public Library) started offering contactless pickup of library materials. But -- we've decided to put our catalog back on our website after receiving a couple of requests. You can find the link on our home page, at the bottom of the NEWS section.

COMMUNITY NEWS

COVID-19 TESTING AT HOME

Note that residents who are homebound or face significant barriers to accessing a community test site, or are member of population groups disproportionately affected by COVID-19, can arrange for a **no-cost home visit** for COVID-19 testing seven days a week, as scheduled by Montgomery County Department of Health & Human Services (DHHS).

More COVID-19 information from the County is available at montgomerycountymd.gov/covid19/.
For a list of Montgomery County COVID-19 test sites, go to: montgomerycountymd.gov/covid19/testing.html, or call 240-777-1755.

For more Covid-19 resources, go to villageoftakomapark.com/covid19, on the Village of Takoma Park website's "Links and Resources" section.

TAKOMA PARK RECREATION DEPARTMENT NEW PROGRAMS FOR RESIDENTS 55+

CHAT ROOM VIA ZOOM

Catch up with your friends and chat, grab a cup of coffee and enjoy social conversation.

Host: Paula Lisowski, Seniors Program Manager, Takoma Park Recreation Department

When: Mondays at 1:00 pm

Free. Drop-in on Zoom. No registration required.

To join, go to <https://zoom.us/j/95992020559>

Don't have Internet? Call in using this phone number: 301-715-8592

Meeting ID: 959 9202 0559

Any trouble connecting on the zoom site, call Paula Lisowski at 240-687-4132.

CABLE TV PROGRAM: VITAL LIVING 55+

The Takoma Park Recreation Department, in partnership with City TV, has announced a new informative cable TV news magazine for Takoma Park's 55+ residents, beginning later in November. Each show, hosted by Paula Lisowski, will air several times and highlight an important topic as well as presentations and performances. Premier edition's topic: Social isolation and reaching out to older adults in Takoma Park, including interviews with Antonio DeVaul, Chief, Takoma Park Police Department and Jessica Clarke, Deputy City Manager. Also, enjoy a moment of inspiration with Kathleen O'Toole, Poet Laureate for the City of Takoma Park and an uplifting presentation by Cynthia Luna, certified Health and Wellness Coach. Watch an art presentation by Alice Sims, Art for the People, and create the project yourself.

City TV: find Vital Living55+ programming and updates on RCN - Channel 13; HD Channel 1060; Comcast/Xfinity - Channel 13; Verizon Fios - Channel 28.

Details on the Chat Room, TV program and more Recreation Department programs for seniors are available in the Takoma Park Recreation Department's newsletter, *Forever Young*. To get on the email or mailing list for future issues, contact Paula Lisowski at paulal@takomaparkmd.gov. See the Village of Takoma Park's website for a link to the current issue of *Forever Young*, or find it at takomaparkmd.gov/news/forever-young-newsletter/



Montgomery County is offering free tech support appointments for seniors age 60 and older. Senior Planet COVID Corps members are specially trained tech support workers who can provide assistance with computers, tablets, cell phones, printers, email, using the Internet, downloading and using apps, and more. 30-minute appointments are available from 9:00 am - 6:00 pm daily and are based on availability.

Call 311 or go to https://montgomerycountymd.gov/obp/technical_support_obp.html to submit a request.



COVID EMAIL SCAMS

Thanks to our neighbors at Silver Spring Village for sharing the following scam alert:

The Montgomery County Office of Consumer Protection (OCP) says that cybercriminals are sending emails offering maps to identify COVID hot spots, posing as hospitals offering health information, and selling bogus cures and products. Their goal is to get unwary consumers to click on a link. However, this can allow online viruses or malware access to your computer and steal personal information. (This is sometimes called “phishing.”) The Federal Trade Commission (FTC) also recommends that consumers be careful about emails claiming to be from the Centers for Disease Control and Prevention (CDC) or the World Health Organization (WHO). Rather than clicking on links, open your browser and go directly to sites like coronavirus.gov and usa.gov/coronavirus to get the latest information.

The OCP and FTC both recommend that consumers **never click on links in unsolicited emails and text messages.**

For more tips from the FTC on how to avoid COVID scams, go to <https://www.ftc.gov/coronavirus/scams-consumer-advice>. The County’s web site for consumer protection is <https://www.montgomerycountymd.gov/ocp/>. Scams can be reported to the County at consumerprotection@montgomerycountymd.gov or to the OCP’s Anonymous Tip Line at 240-777-3681.



WINTER WEAR DRIVE

Do you have coats, gloves or scarves that you don’t need anymore?! The Takoma Park Police Department, in partnership with Adventist Community Services, is collecting clean, gently-used warm coats in any size from infant to adult, as well as clean, gently-used gloves/mittens and scarves. A large box will be in the lobby of the Takoma Park Police Department, 7500 Maple Avenue, Takoma Park, Maryland, until Friday, December 18, at 4:00 pm. The Takoma Park Police Department will ensure that they are given to those in need during and after the drive. Give warmth to those in need this winter!



TOYS FOR CHILDREN IN NEED



From Nov. 16 through Dec. 23, the Takoma Park Police Dept. is collecting unwrapped toys for children 2-12. Because of COVID concerns, toys must be in their original packaging. Drop off in the box in the Lobby of the Police Department. Cash/gift cards are also welcome, but should be handed to a Police Department employee, NOT deposited in the Holiday Toy Drive box.

MASKS – GIVING AND GETTING

Are you sewing masks and willing to make some for neighbors in need? You can drop masks off in the collection box in the lobby of the Police Station. Do you need a mask? Contact the City at housing@takomaparkmd.gov or 301-891-7119. Or (if you are a Village of TP member), call the Village at 301-646-2109.

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: The Village's *in-person friendly visit program is suspended during the pandemic*, but Village volunteers will make regular phone calls to members requesting them. If you would like to receive calls or volunteer to make them, please contact the Village of Takoma Park at 301-646-2109 or email Sandy Egan at sandyeganretired@gmail.com.

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. ***Due to the pandemic, we are currently doing tasks outside the home only.***

Larger Home Improvements: During the pandemic, we are unable to enter homes, but we can mail members an application to Habitat for Humanity's program called "CAPABLE" which serves seniors who are experiencing challenges with Activities of Daily Living (ADL's) by providing a more holistic approach to the idea of aging in place. With the CAPABLE program, income-qualified seniors have access to an Occupational Therapist and Registered Nurse, both of whom will conduct a series of visits in order to assist in the identification of challenges, setting of goals, and outlining of action plans for those goals. Within the parameters of the program, Habitat for Humanity is able to provide minor home modifications per the recommendation of the occupational therapist, which are geared toward improving independence. If you are a Village member in need of help, and think you could be income-qualified, call 301-646-2109.

Senior Stroll: How easy is it for you to go out for a walk in your neighborhood or Sligo Creek Park? Some people are concerned about tripping or falling, especially if alone. 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 completed. ***We regret that, like some of our other services, this program has been suspended due to the pandemic.***

VillageRides: VillageRides remains our most active, heavily-used service. Although the number of rides is down due to the pandemic, and rides are limited to medical/dental appointments, and grocery and drug stores, **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 Disorder 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 every other month 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 via zoom on the first Thursday of the month at 7 pm. If you want to join a meeting, contact Mary Muchui at 240-582-6199 or 4maryjane8@gmail.com to receive a link.

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:

Mary Akers
Kathie Baker
George Gamble
Bindu Hickson
Pat Matthews
Towanna Matthews
Paula Ottinger
Andy Penn, Co-President
Dana Robinson
Susan Rogers
Lois Weinberg, Treasurer
Laurie Welch, Co-President

ADVISORY BOARD:

Bruce Baker
Ken Flemmer
Seth Grimes
Peter Kovar
John Urciolo
Moses Wilds

EX OFFICIO:

Paula Lisowski

COMMITTEE CHAIRS:

Communications: Linda Carlson
Finance: Lois Weinberg
Membership: Dana Robinson
Programs: Laurie Welch
Small Home Repairs: Lewis Morris
Volunteers: Sandra Egan

NEWSLETTER EDITOR:

Linda Carlson
Contributors:
Gina Gaspin, Paula Ottinger, Andy Penn, Robin Walker

STAFF:

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.