



The Village In Howard Newsletter

Volume 6, No 8 • September 2018

Welcome!

The Board of Directors has selected Cheryl Neely to be the new TVIH Manger. Cheryl, a Howard County resident, recently retired from Glenelg Country School where she capped a 20-year career in fund development. She has also created and published a newspaper and started her own business. Cheryl enjoys managing the Howard County Adult Bocce League as a volunteer for HC Recreation & Parks. Cheryl will begin Sept. 10 with TVIH.



for programs, sign up for a new activity, consider being a service volunteer and PARTICIPATE so our community continues to grow!

Update on Fall Back to the '60s Fun-Raiser on Oct. 27th

Registration is open this unique Fun-Raising party. With capacity capped at 80, we are expecting tickets to sell out early, so register today. The event will be an evening of fun, delicious food and good company. Special programs include the TVIH Player's performance, a photo booth, and a '60s-themed costume contest.

We Are Back Home

As of Sept. 4th, we will be operating from our home base at the TVIH Center, 6061 Stevens Forest Rd., Columbia, MD 21045 for most of our programs, events and meetings. The lending library will be available and new art from our members will be displayed. Summer went smoothly, so many thanks to the volunteers who packed, unpacked and moved our necessities. Our office volunteers worked remotely from home and every question was answered, registration completed and service provided due to their dedication. A huge THANKS to Sally Parker who managed the moves and maintained financial operations and website during the summer absence of a manager...LARGE tasks done well!

Fall is Coming

No matter what the calendar says, September often feels like a new year and that is true at TVIH. We will be welcoming our new Manager. The Program Committee has some exciting new events (i.e. Smart Senior Living, Mahjong, Medical Marijuana) and old favorites like Sneakers, My 3 Cents, Elders' Wisdom, and Wine Teach & Taste will continue. The Membership Committee continues the 1-1 new member orientations to rave reviews, and will hold a get acquainted coffee on Sept. 21st. Outreach is gearing up for our involvement in the Oct. 19th, 50+ EXPO and more volunteers are being recruited and trained to keep up with our growing membership needs. Our Fall Fun-raiser is hopefully on your calendar for Oct. 27th...and that's just the beginning. Share your ideas

Thank You

We thank the following local businesses and individuals for their generous donations and support of the 2018 TVIH Fun-Raiser.

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|---------------------------|--|
| Vantage House | Secolari Oils and Vinegar |
| Karol Hess, Realtor | Wegmans |
| Laura Service | Safeway |
| Maggiano's Little Italy | Kendall Hardware |
| Seasons 52 | Harris Teeter |
| Applebee's Bar & Grill | Toby's Dinner Theatre |
| Walrus Oyster & Ale House | Bark Health Food for Pets |
| Cheesecake Factory | Peter's Driving Service |
| The Ale House | Dakota Downsizing |
| First Watch Restaurant | Karol H, Kira L, Inge H, |
| The Stanford Grill | Peter B, Nancy K, Barbara C, Bebe K, Michelle L, RV, |
| Leelynn's Restaurant | Jim B and |
| Facci's Restaurant | Joy C. |
| Main Event Entertainment | |

TVIH Online Sale of Donated Goods and Services (Sept. 1st - Oct. 26th)

We have set up an online sale program on the TVIH website, www.thevillageinhoward.org as part of the Fun-Raiser. Many TVIH volunteers worked hard to approach local businesses for donations of goods (restaurant gift cards, store gift cards) and services (ride to airport, downsizing services). TVIH members also donated items (art, jewelry, hand-made earrings) for this online sale.

Your participation is crucial to the success of our fundraising efforts, which will help TVIH to achieve its mission of serving older residents in Howard County. We encourage you to browse the catalog of 70 items and choose one or more items to purchase. This online sale is available to members and the general public. The online sale items have fixed prices and the sale lasts from Sept. 1st to Oct. 26th. Making a purchase is easy; simply follow the three steps below:

Click the online sale catalog link on the TVIH home page to view all the goods and services for sale.

2. Next click on the order form to place your order.
3. Make arrangement for payment (cash, check or credit card) and pickup. A member of the Fundraising Committee will contact you within 3 days after your order form is received.

Auction of Vacation Getaways (Oct. 27th)

Three vacation getaways will be auctioned on Oct. 27 at the party. Click on the link "auction preview" to view the details before you bid. If you have any questions about the online sale or auctions, please email donations@thevillageinhoward.org or call our office at (443) 367-9043.

Our Sympathy

Condolences to Kathy Rose and her family on the death of TVIH member Doug Rose on Aug. 12th, 2018.

IN OTHER NEWS...

Howard County 50+ EXPO on Oct. 19th

Many of us look forward to the annual 50+ EXPO at Wilde Lake High School. The event is a great opportunity for enjoying the exhibits, meeting friends, gathering freebies, watching the Capitol Steps and sharing news about TVIH with the thousands of visitors. The Communication and Outreach Committee is currently recruiting members to serve as TVIH ambassadors at our booth from 8:30am- 4:00pm. Our representatives need to be available for two-hour shifts. Please email Lynda Rotter at lynda.rotter@gmail.com to sign up. We will also hold a brief orientation to help volunteers feel comfortable with information and details prior to the event. Your participation will help us spread our message to our peers throughout the County!

A New Maryland Benefit

Maryland is the first state in the country to start a free, opt-in, telephone service to check on Maryland's older residents across the state. Seniors can enroll online or by phone. Anyone aged 65+ with a landline or a cell phone can specify one time per day to receive an automated call. If the senior does not answer after three attempts, the program will call an alternative person who is selected by the senior during program registration. Seniors can register online at www.aging.maryland.gov or by calling the Maryland Department of Aging at (410) 767-3738. Spread the word to those who might benefit from this useful service.

VOLUNTEER NEWS AND OPPORTUNITIES

Looking Ahead: Communication and Outreach Committee

The Communication and Outreach Committee continues to seek new ways to spread the message about our organization and to work closely with the Membership Committee to support recruitment. In addition to our monthly meetings, the committee met with the Membership Committee to brainstorm ways to reach out to the greater Howard County community to inform and engage other seniors. We encourage current members who are interested to join our effort by contacting the TVIH office at (443) 367-9043.

Pay It Forward Opportunity

Are you interested in tutoring elementary or middle school students, but reluctant to make a weekly commitment? We are talking with A-OK Mentoring about how TVIH might help them via working in small teams. The option that allows for the greatest flexibility is an after-school program and it would require a TVIH presence on the same day each week. If we had as few as 4 - 6 folks who could commit to the team, we could arrange for at least 2 folks to be there each week. The afterschool programs are staffed so there is some tolerance for missed sessions, so the potential risk is low and the rewards are high. If interested, please email shailman@comcast.net by September 4.

Seeking TVIH Volunteer Opportunities?

If you are interested in sharing your expertise or experience, consider becoming a volunteer. You can serve as transportation, office or committee volunteer for a few hours each month. Please contact the office at (443) 367-9043 and ask for Susan Hailman or Marie Grunwell.

PROGRAMS

Your Ideas?

Many TVIH members comment on the variety and number of programs and activities we are able to offer each month. To maintain that momentum, the Program Committee needs YOUR suggestions. You don't have to be a member of the committee, just send your email to Chair Sarah Spence (tslspence@aol.com) with details, indicating if you are interested in being the coordinator. Your input will be appreciated!

'The Times, They are a Changin' . . . Medical Cannabis or Medical Marijuana 101

Most of us know very little about Medical Cannabis (Medical Marijuana). This program will be held on Tuesday, Sept. 11th from 10:30am to 12:30pm at the Howard County Central Library, 10375 Little Patuxent Parkway, Columbia, MD 21044. The program will help educate you on what it is and how it is used to help in the medical field. We encourage you to attend and learn from a wonderful panel of experts. Feel free to bring a guest. Must register in advance.

My 3 Cents (new time)

My 3 Cents discussion group will be resuming at a new time on Wed., Sept. 12th at 2pm. We'll start by dissecting the separation of immigrant children from their families: What are the causes and consequences? What kinds of remediation are necessary or even possible? In addition, we'll plan future discussions. To offer suggestions, contact Ellin Scholnick @escholni@umd.edu.

Village Readers

The Village Readers usually meet on the third Thursday of the month at the TVIH Center from 10am to 11:30am, but in Sept. we will meet on Friday, Sept. 28th. We invite you to join our group. We read both fiction and nonfiction and have stimulating and lively discussions. Book selections are made by group members. Coming up:

Sept. 28: *The Last Days of Night* by Graham Moore.

Oct. 18: *A Full Life, Reflections at 90* by Jimmy Carter.

Nov. 15: *Enjoy Old Age* by B.F. Skinner and M.E.

Vaughan (We will try to secure copies from members of another Village group who have already reviewed it and highly recommend it.)

Other books under consideration include *White Rage: The Unspoken Truth of Our Racial Divide*, by Carol Anderson and *A Gentleman in Moscow* by Amor Towles.

Mahjong for Beginners

Our members have expressed interest in learning how to play Mahjong with the idea of getting a group started. We have a qualified team of enthusiastic TVIH instructors for the American version of Mahjong. We are starting off this fall on Friday, Sept. 14th, from 10am to 12pm at the TVIH Center, with the second session on Sept. 28th, same time. Hope you can join us in learning this exciting game. Must register in advance.

Special Lunch Bunch Invitation – Wed., Sept. 19th

Non-members are welcome to join the Lunch Bunch on Sept. 19th at 11:30AM at David's Natural Market to meet members of TVIH. Find out about our activities for the fall of this year, Supported Membership and the Circle of Care. We've been growing and adding programs and trips. Self-pay lunch, but the camaraderie is free. Do join us!!

OTHER PROGRAM LISTINGS EVENTS OPEN TO ALL

Happy Hour on Tues., Sept. 4th, 4pm – 6pm at Food Plenty located at 12250 Clarksville Pike, Clarksville, MD, 21029.

Sneakers and Coffee: Meets every Sat. at Lake Kittamaquundi at the People Tree at 9:00am.

Lunch Bunch: Wed., 11:30am – 1:00pm. at David's Natural Market, 5410 Lynx Lane, Columbia, MD 21044.

Monday Morning Meanderings: Meets every Mon., 10am – 12pm at Lake Elkhorn dock.

Bridge group: Meets every Second and Fourth Tues. each month at 1:00pm at Wegman's in Columbia. If interested, contact Sarah Spence at (410) 730-9269, online registration is not available.

TVIH MONTHLY ACTIVITIES REQUIRING REGISTRATION

THERE ARE THREE WAYS TO REGISTER FOR AN EVENT:

- Visit the website at www.thevillageinhoward.org and sign in. After you have signed in, click on the “Calendar” tab for the activities for this month or for future months. Click on the activity you want to register for. If you are having difficulty registering on the website, please call the office at 443-367-9043.
- Call the TVIH Office at 443-367-9043 to register. If no one picks up, please leave a message and a volunteer will get back to you.
- Click this link to go directly to the website Calendar:

http://thevillageinhoward.clubexpress.com/content.aspx?page_id=2&club_id=855297&sl=504175908

Note: All events will take place at TVIH Center unless otherwise specified.

Outdoor Symphony Concert at Quiet Waters Park

Sunday, Sept. 2nd, 4pm - 7:30pm

The Annapolis Symphony presents its annual *free* Labor Day Concert at Quiet Waters Park. Enjoy picnic and/or walk before the concert. The setting is a beautiful park on the West River off Chesapeake Bay. The orchestra is amazing and the music is inspiring!

Elders' Wisdom Collective: Telling our stories, ancestral and otherwise

*Thursday, Sept. 13th,
11:30am - 1pm*

This session will focus on genealogy including getting started on tracing your roots; reliability of family history information on the web; DNA analyses and interpretations.

TVIH Players

Friday, Sept. 14th, 10am - 11:30am

Bring your talent and enthusiasm for amateur performing with a song, skit, reading or music. Help with preparation for our event in 2018.

Wine Tasting: International White Grapes

Sunday, Sept. 16th, 2pm - 4pm

This Teach and Taste will explore

some lesser known international white grapes as well as an example that will surprise you. As we approach summer's end and autumn with its bountiful harvest, there is a place for white wines on many menus. Fee is \$15 with limited space. Details on TVIH website.

Brandywine River Valley Museums/Taste of Ken- nett Square, Two-Day Event

*Sunday, Sept. 16 and Monday,
Sept. 17th*

Visit TVIH website for program and registration details. This is a special event; be sure to read about the unique arrangements.

Smart Senior Living: Using Technology for Safety, Convenience and Savings

*Monday, Sept. 17th,
9:30am - 11am*

A presentation on using computers, smart phones and other electronic devices to help you enhance daily living. Whether you are an expert or a novice, all will learn about saving money, making lists, emergency help, accessing magazines, newspapers and music, medication reminders etc. Meet at the TVIH Center. Register online or call TVIH office today.

Easy Yoga, Stretch and Guided Meditation

Tuesday, Sept. 18th, 1pm - 2pm

Easy yoga demonstrates postures and stretches followed by guided meditation and relaxation.

TVIH Website Training and iPhone Workshop

*Thursday, Sept. 20th,
10am - 11:30am*

Learn about navigating TVIH website using your devices. Bring your iPhone, iPad, or laptop.

Travel Club/Potluck: Albuquerque Balloon Festival and Utah National Parks

*Thursday, Sept. 20th,
5:30pm - 8:30pm*

TVIH member, Duane St. Clair, will discuss some history of the Festival and show pictures of the mass launching and nightly lighting of the balloons. Meet at H.C. Central Library, 10375 Little Patuxent Pkwy, Columbia, MD 21044. See TVIH website for registration details.

Rep Stage - Sweeney Todd

Thursday, Sept. 20th, 7pm - 10pm

Enjoy a live professional production of Stephen Sondheim's Tony Award winning musical

thriller. Meet at Studio Theater, at the Howard Community College Horowitz Center, 10901 Little Patuxent Parkway 10901, Columbia, MD, 21044.

Get Acquainted Coffee

Friday, Sept. 21st, 10am – 12pm

This is an opportunity for new TVIH members or members who have not participated in recent events to find out more about Village activities and programs. Registration is required. If you're not a member and would like to attend, please call the office at (443) 367-9043 to RSVP.

Needles, Hooks and Coffee

Friday, Sept. 21st, 10am – 11:30am

Showcase your skills to knit, crochet, sew, quilt, hook, make alterations, jewelry, cards or holiday decorations.

Here's to Good Health in 2018: Stepping Up Your Nutrition

Tuesday, Sept. 25th,
10am - 12:30pm

As part of our ongoing series, *Here's to Good Health in 2018*, HC's Office on Aging and Inde-

pendence (OAI) and TVIH will present another information and resource-sharing session to members. Join us for a workshop on nutrition, muscle strength, and fall risk. The program, *Stepping Up Your Nutrition*, is an interactive, 2.5-hour workshop focusing on how nutrition affects fall, muscle health, the importance of protein and fluids, recommended daily allowances, and much more. There is \$5.00 fee to participate, which will be collected on the day of the workshop as cash or a check (make check payable to the Director of Finance, Howard County). Interested members must contact Jennifer Lee, Health Promotion Program Manager at (410) 313-5940 or jlee@howardcountymd.gov to register. Registrants must arrive by 9:45am to complete paperwork and payment.

SINGLES Happy Hour

Thursday, Sept. 27th, 4pm – 6pm

Meet at Leelynn's for a great selection of food, beverages and lively conversation with old and new friends. Restaurant is located at 9495 Old Annapolis Road, Ellicott City, MD 21042.

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Membership, email membership@thevillageinhoward.org
Volunteering, email volunteer@thevillageinhoward.org

If you would like to be removed from this email list, please email your name and email address to 4info@thevillageinhoward.org. We will not share your email address or personal information with anyone.