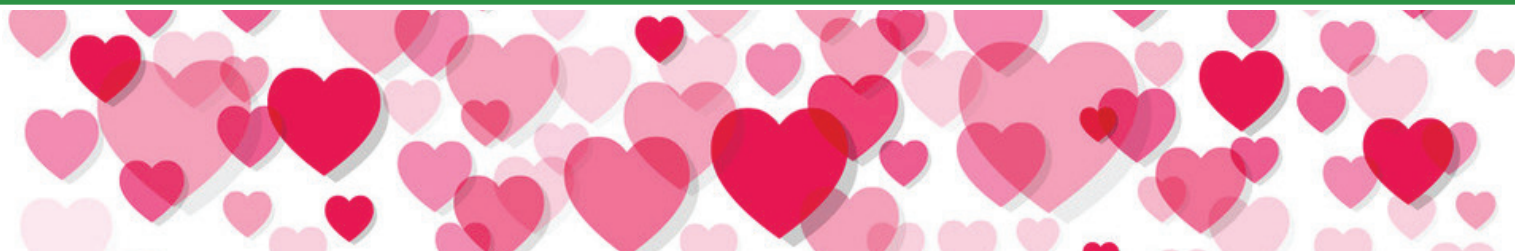




The Village In Howard Newsletter

Volume 6, No 2 • February 2018



The TVIH offices will be closed on February 19th in observance of Presidents' Day.

THANK YOU!

Wonderful things happen when people work together. Thanks to TVIH members and volunteers for their generous contributions

during our recent solicitation campaign. Your generosity raised \$6,220 for TVIH to continue providing programs and services. Donations along with membership fees, business contributions, grants and fundraising events are critical in supporting our mission. There is still time to make a contribution if you wish to do so.



PROGRAMS

During the last Village-to-Village Network conference participants from TVIH learned that the number, quality and variety of TVIH programs surpassed those of many villages. Many of our programs repeat weekly or monthly, and many are unique one-time offerings. The Program Committee welcomes member suggestions and strives to respond to ideas while working within space, budgetary and scheduling constraints. Please send your ideas to the committee chair Sarah Spence at tslspence@aol.com or 4info@thevillageinhoward.org.

Unique Workshop is Coming Soon!

Living Well with Hypertension is an interactive, 2.5-hour workshop designed for those with high blood pressure. It will be presented by Carla Johnston, the Health and Wellness Coordinator from OAI at TVIH Center on March 16th, 2018, 10am-12:30pm. Topics include medication management, risk factors, nutrition and food label guidance. This workshop is the result of collaborative efforts between TVIH Healthy Aging workgroup and OAI, and is part of TVIH's new series, *Here's to Good Health in 2018*. The cost is \$5 and space is limited. Visit the TVIH website for registration details.

NEWS FROM TVIH COMMUNITY

Have You Heard of the TVIH Healthy Aging Workgroup?

The TVIH Healthy Aging workgroup was formed last year by a few interested members as an effort to explore the possibilities of collaborating with other Howard County healthy aging initiatives. They sought new ways to advance TVIH's mission and vision by collaborating with the Office on Aging and Independence (OAI), the HC Local Health Improvement Coalition (HCLHIC) and HC General Hospital (HCGH). Meetings with OAI and HCLHIC are ongoing and we will share the TVIH logo and add hyperlinks of these organizations to the TVIH website soon. A training will be presented on March 16th, 2018 from 10am-12:30pm at TVIH Center focusing on *Living Well with Hypertension*. This program is open to TVIH members and the general public. Check the calendar for registration details. The workgroup anticipates further outreach, collaboration and evaluation to benefit TVIH.

Change of Plans?

Members should cancel a registration when unable to attend an event or a program. This is important especially when a program is at capacity with a waiting list; cancellations allow other members to register. Call the office at (443) 367-9043 or send a request to manager@thevillageinhoward.org to cancel.

MEMBERSHIP OUTREACH

Welcome New and Rejoining Members:

Nancy Albright of Columbia
Sheryl Amster of Columbia
Ellen Irving of Columbia

Members are always encouraged to invite a non-member/guest to any open event. These occasions are wonderful opportunities to introduce nonmembers to the benefits of TVIH membership and to interact with members. If you know someone who would benefit from being a member, contact the office at (443)367-9043 to request a membership packet be sent to them.

VOLUNTEER NEWS

Welcome to New Volunteers

Rosalie Koslof – Program
Committee Member
Erin Hayden – Office Volunteer

Fundraising Committee Needs Volunteers

Do you know that TVIH membership fees account for only 40 percent of our annual budget? The remainder of the funds comes from grants and fundraising. Our goal this year is to expand funding to support the Circle of Care, supportive membership program and possibly hire a part-time Volunteer Coordinator to

enhance service delivery. The Fundraising Committee needs volunteers to help make this happen. The committee meets once a month and will be setting up sub-committees to work on specific fundraising efforts. If you are interested, contact Pete Brunner at (410) 730-2006 or send an e-mail message to 4info@thevillageinhoward.org.

Other Volunteer Opportunities

Interested in volunteering for TVIH? Please send inquiries about volunteer opportunities to volunteer@thevillageinhoward.org or call the office.

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.

Elders' Wisdom: Roots and Branches of Our Family Tree

Thursday, Feb. 8th, 11:30am – 1pm

Learn fascinating aspects of genealogy including tracing ancestry and DNA analyses and results.

TVIH Players

Friday, Feb. 9th, 10am – 12pm

Bring your talent and enthusiasm for amateur performance with a song, skit, reading or music. Showcase your creative talents.

Scam Alert

Monday, Feb. 12th, 1pm – 2:30pm

Learn how to detect new technology-based scams and age-old tricks. A representative of the Office of Consumer Affairs of the Maryland Attorney General's office will present.

TVIH TALK: The First Time I Met My Wife

*Wednesday, Feb. 14th,
10am- 11:30pm*

Valentine's Day is special and represents a celebration of love for many. Join this unique talk of sharing love stories, memories, and

pictures.

The Village Readers

*Thursday, Feb. 15th,
9:30am – 11:30am (note new time)*

Village Readers welcomes book lovers. The group will discuss TVIH member, Bob Buchmeier's book, *Ego, Id and the Forest Monster: Finding Good News in the Tide of History*. Contact Bob if you need a copy of his book.

TVIH Website Training and iPhone Workshop

Thursday, Feb. 15th, 10am – 11:30am

This workshop is for members who have questions about navigat-

ing the TVIH website. Bring your iPhone, iPad or laptop.

Easy Yoga, Stretch and Guided Meditation

Thursday, Feb. 15th, 1pm – 2pm

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

Celebrating Chinese New Year

Sunday, Feb. 18th, 5pm – 7pm

Join members to enjoy a feast of classic Chinese food and celebrate the Year of the Dog. Meet at Hunan Manor, 7091 Deepage Drive, Columbia, MD 21045.

Travel Near, Travel Far and Potluck Dinner: Russia by River Cruise

Tuesday, Feb. 20th,

5:30pm – 7:30pm (note new time)

Village member Barbara Carter will describe her experience touring western Russia aboard a Viking River Cruise from Moscow to St. Petersburg. Meet at Howard County Central Library, 10375 Little Patuxent Pkwy, Columbia, MD 21045.

Village Singles: Rep Stage Live

Saturday, Feb. 24th, 12pm – 4:15pm

Join TVIH singles at Rep Stage for a pre-show lecture and live theatrical production of *All She Must Possess*, a story of the Cone sisters and their artistic collections. Meet at The Horowitz Center at Howard Community College, 10901 Little Patuxent Parkway, Columbia, MD 21044.

My 3 Cents

Tuesday, Feb. 27th, 2pm – 4pm

This discussion group is open to members and meets on the 4th Tuesday each month. To find the current month's topic(s) check the website calendar. Registration is required and seating limited.

COMING UP IN MARCH Travel Near, Travel Far and Potluck:

A Walk Through The English Cotswolds

Tuesday, March 22th, 5:30pm – 7:30pm (note new time)

OPEN EVENTS: ALL ARE WELCOME

(No need to sign up, just show up; those who would like to learn about the Village are welcome to join us.)

Happy Hour

Tuesday, February 6th, 4pm – 6pm

Enjoy the unique and flavorful cuisine of the Mediterranean at Rudy's Mediterranean Grill. Stay for the live jazz music from 6:00pm to 9:00 pm.

Sneakers and Coffee inside The Mall in Columbia

Every Saturday at 9am, walk and coffee at Panera's.

Monday Morning Meanderings

Meet Every Monday, 10am – 12pm at Lake Elkhorn if the weather is above 35 degrees.

Lunch Bunch

Every Wednesday, 11:30am – 1:00pm.

Meet in February at David's Natural Market, Columbia.

The Bridge Group

Meets Every second and fourth Tuesday each month at 1:00 pm at Wegman's, Columbia.

If interested, contact Sarah Spence at (410) 730-9269. Check the website calendar for event details .

SUPPORTER:



The Village In Howard

Aging in Howard just got easier....

If you have problems with, or need information on:
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.