

Silver Spring Village



Village Vibe

May/June 2015
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President's View: Towards Age-Friendliness

The World Health Organization's Age-Friendly Cities and Communities Program states that an "age-friendly world enables people of all ages to actively participate in community activities and treats everyone with respect, regardless of their age. It is a place that makes it easy for older people to stay connected to people that are important to them. And it helps people stay healthy and active even at the oldest ages and provides appropriate support to those who can no longer look after themselves" (see <http://www.who.int/ageing/age-friendly-world/en/>). Sounds like a big Village! Who wouldn't want a world that's better for people of all ages?

Silver Spring Village can do—and is doing—a lot to help our members be connected and as active as possible. Volunteers meet with all new members, make friendly visits and calls, acknowledge birthdays and special occasions, and arrange casual meet-ups and social gatherings. They take members to the store, appointments, programs, and events. The Village community exchanges information via this newsletter, our website, a new listserv, and a monthly message to members and volunteers.

And our impact is growing. In the last 2 months, we enrolled 11 new members, and every one of our members who reached their anniversary date renewed. Current membership is up to 93. I am pleased to announce that our new members include the first two recipients of membership scholarships (see page 3 for information on this program). We are well on the way to reaching our goal of 100 members by the end of June!

—Claire Maklan

Help a Loved One

You can help bring Village benefits to more people: Village membership might be the perfect Mother's Day or Father's Day gift for someone in your life. If your parent, aunt, or other loved one lives in zip code 20910, please contact us. Or to find a Village for someone outside of our service area, see the interactive map for Montgomery County at <http://www.montgomerycountymd.gov/HHS-Program/ADS/Villages/villagesmap.html> or the U.S. map of the Village to Village Network at http://www.vtvnetwork.org/content.aspx?page_id=1905&club_id=691012.



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Mission of the Village

To build and sustain a supportive network of neighbors helping neighbors remain in their own homes and be engaged in the community as they age.

Using a combination of volunteer and professional services and referrals, the Village provides a variety of services, as well as opportunities for social engagement. Participation by a diverse mix of residents within the Village's defined geographic area enhances the quality of life for the entire community.

Like other Villages in the U.S. and abroad, our network aims to support individuals and to strengthen the community in which they live.

Progress Report

Totals as of the end of April

- Members: 93 (47 full, 46 associate)
- Volunteers: 70

Volunteer hours

- February: 855
- March: 971

Volunteer help Feb./March

- 47 rides
- Over 90 friendly visits and calls
- Other activities included: shoveling snow, shower and garbage disposal repair, pet care, grocery shopping, recycling, decluttering, and assistance with paperwork
- Office telephone crew: 246 hrs

Silver Spring Village, Inc.

Board of Directors

Claire Maklan, *President*
 Peggy Gervasi, *Vice President*
 Mary Ann Zimmerman, *Secretary*
 Michele Frome, *Treasurer*
 Martine Brizius
 Roberta Gosier
 Gary Klauber
 Anne McHenry
 Mae Novak
 Jacqueline Wallen

Executive Director

Marcy Frosh

Committee Chairs

Communications—Claire Maklan, Bruce Rosenthal
 Development—Mary Ann Zimmerman
 Finance—Michele Frome
 Membership—Anne McHenry
 Member Benefits—Gary Klauber
 Nominating—Michele Frome
 Service Providers—Shannah Koss
 Volunteers—Mae Novak

Vibe Editors

Connie Raab, Erica Summers

Facebook Administrators

Terry Savage, Nora Onley

SPARKLE Representatives

Cynna Janus, Roberta Gosier

Events Sampler

Recent goings on by Village members included a well-attended SPARKLE program on memoir writing. Local author Walt Sonnevile encouraged attendees to write short essays as a means of examining one's self and to share them with relatives, friends, and others. Another SPARKLE program provided information on avoiding financial scams targeting seniors.

Other recent activities included a visit to a local art gallery and a gentle yoga class. Members also enjoyed happy hours, shared meals, discussed current events, and attended a new monthly book group (see below). New members were introduced to the Village via a new member coffee.



Meeting new members—photo by Cynna Janus

See page 3
for May/
June events.



S-t-r-e-t-c-h-i-n-g together—
photo by Claire Maklan



Enjoying art—photo by
Martine Brizius



Having lunch at Adegas—photo
by Claire Maklan

Book Group: Up and Reading!



Talking about books—photo by Martine Brizius

The dozen charter members of the Village's new Afternoon Book Group had a spirited discussion of *Andrew's Brain* by E. L. Doctorow on April 9 at El Golfo Restaurant. The reading list for the first 6 months is about two-thirds fiction and one-third "non-fiction that reads like fiction," says Senior Librarian Arlene Means, who helped launch the group.

Meetings are at 2 pm on the second Thursday of each month (lunch at 1). With the July 9 meeting, the group—which is open to the public—will move to the new Silver Spring Library (which opens June 20). Contact coordinator Carolyn Lauer to join at cflauer@gmail.com or call the Village.

The book group reading list through September is as follows:

- May 14—*Defending Jacob* by William Landay (2012)
- June 11—*The Distance Between Us: A Memoir* by Reyna Grande (2012)
- July 9—*The History of Love* by Nicole Krauss (2005)
- August 13—*Someone* by Alice McDermott (2013)
- September 10—*The River of Doubt: Theodore Roosevelt's Darkest Journey* by Candice Millard (2005)

Visit us on Facebook at www.facebook.com/silverspringvillage



What Can We Do for You?

Full members can request a variety of services beyond trips to the doctor and grocery shopping. On a beautiful day in April, a team of volunteers cleared a member's garden. Need help? Join the Village and let us assist you. (Photo by Stephanie Taylor)

How to . . .

...become a member: Residents throughout the 20910 zip code are eligible. All members can attend events, get discounts from local businesses, receive a subscription to *Washington Consumers' Checkbook*, access our information service, and get referrals to professionals. Full members can also receive services from our volunteers such as transportation, indoor and outdoor household help, technology support, friendly visits, and check-ins. Membership dues cover less than half of our operating expenses and are: Full: \$350/individual or \$450/couple; Associate: \$150/individual or \$250/couple.

...volunteer: People age 18 or older who support our "age in place" mission are invited to serve as volunteers. Volunteers are not required to be members of the Village (though they are welcome to join, and many do). They need to complete an interest form and application, and have a background check. Training is provided. All applicants must be officially accepted and enrolled by the Volunteer Coordinator before performing tasks for the Village. All sorts of skills and interests are welcome.

...donate: To keep our Village strong, we need funding from organizational and individual donors, in-kind contributions, and grants. Contributions in any amount are gratefully accepted. Donations are tax-deductible, as permitted by law. Checks should be made to Silver Spring Village and mailed to Silver Spring Village, PO Box 8217, Silver Spring, MD 20907. Consider the Village in your will, in memorial donations, or in someone's honor. We would love to hear from local businesses that might contribute or provide in-kind contributions or discounts to our members. Contact us!

Reduced cost memberships

The Village has a small pilot program to subsidize membership dues for individuals and households with less than \$30,000 and \$38,500, respectively, in annual income, and with assets below \$50,000 (not including the value of any home and of tax-deferred retirement savings). These scholarships, made possible by a donation from Seekers Church, are available for full memberships only. The number of scholarships is limited. They will be awarded to eligible applicants on a first-come, first-served basis. The identities of inquirers and of scholarship recipients are strictly confidential. If you or someone you know could benefit, contact Anne McHenry, chair of our Membership Committee, via (301) 503-7401, for more information.

Events Calendar

Be sure to check our website for changes and additions.

* *Must be member*

ONGOING EVENTS

Village Meet-n-Greet Coffee

Hour, every Wednesday in May (except May 13) at Kaldi's Coffee Bar, 2-3 pm

Village Meet-n-Greet Coffee

Hour, every Wednesday in June (except June 10) at Zed's Café, 2-3 pm

MAY

Tues., May 5 – **Clum – Kennedy Garden Walk** (Kensington), followed by lunch at **sub*urban trading co.** (Rain date May 8)*

Wed., May 13 – **Pre-SPARKLE Lunch at McGinty's Irish Pub**, 12:30 pm

Wed., May 13 – **"Where Should I Live?" SPARKLE** program, Silver Spring Civic Building, 2-4 pm

Thurs., May 14 – **Afternoon Book Club** at El Golfo (*Defending Jacob* by William Landay), 2-4 pm

Sun., May 17 – **Plant and Seed Swap**, 1-4 pm

Fri., May 29 – **Book Swap**, 4-6 pm*

JUNE

Sat., June 6 – **Dinner at Cubano's**, 7 pm*

Sun., June 7 – **Symphony of the Potomac** at Montgomery College (Takoma Park), 2:30 pm, followed by wine at a member's home*

Wed., June 10 – **"Smart Phones for Smart Seniors," SPARKLE** program, Silver Spring Civic Building, 2-4 pm

Wed., June 10 – **Happy Hour at Adegá** following SPARKLE program, 4 pm

Thurs., June 11 – **Afternoon Book Club** at El Golfo (*The Distance Between Us: A Memoir* by Reyna Grande), 2-4 pm

Fri., June 19 – **"Swan Lake,"** Performing Arts Video Series, 2-5 pm*

Mon., June 22 – **Current Events Discussion Group**, moderated by Bob Werner, 2-4 pm*

Sun., June 28 – **"The Third Man"** at AFI/Silver Theatre, time TBA*



Village Executive Director Marcy Frosh speaking to Woodside Park, Woodside Forest, and Woodside neighbors—photo by Jim Burke

Volunteer Corner: Let loose the winds of positive change!

The Village has been open for over 18 months now, and our volunteers have made an enormous and positive difference in the lives of many of our members. Conversely, those same members have had an enormous and positive effect on the volunteers. As I said from the beginning, volunteers and members are like peanut butter and chocolate: they just go together well.

It has been my privilege to help get the volunteer-member assistance request-and-response system up and running. I've managed to develop processes that, with a good amount of tweaking and tender loving care, have generally worked well. Starting mid-summer, my hope is to be done with most of the tweaking, and to enable more volunteers to directly choose what they want to assist with. We want to work towards streamlining and automating the member request for assistance process through our web-based management system, ClubExpress. This will require new telephone technology and training for our phone volunteers, training for our volunteers in signing up for opportunities, a good back-up plan for requests that are not "claimed," and assistance from the members by consistently making requests through the office phone number and by providing specific timeframes (dates, times). We hope to be able to hire a part-time coordinator to help with this process and other tasks. Of course, patience will be needed by all as new people learn new tasks. So please bear with our "work in progress" this summer.

Those of you who know me well know that getting this transition right is important to me. I will continue working on volunteer recruitment and training as well as my other involvement with Village administration. As always, my thanks to the volunteers—awesome, all of you!

—Mae Novak

May is "Older Americans Month"and the perfect time to introduce people to the benefits of Village membership! Spread the word that there will be an information session about Silver Spring Village (with light lunch) at the Coffield Community Center at 2450 Lyttonville Road on May 28 - 11:45 a.m. to 1:45 p.m.

Members say:

- ☞ *"You guys are the best. You have my gratitude forever."*
- ☞ *"We were lucky to have found you all—you made a difference in my father's life at a difficult time."*
- ☞ *"Thank everyone for the cards."*

A volunteer says:

- ☞ *"The trip...went well. I think we covered the entire scientific universe in our conversations, which was so interesting and refreshing."*

DONATE NOW—Help Silver Spring Village continue to provide programs and services that strengthen our community while helping neighbors age in place.

Name: _____

Address: _____

Phone: _____ E-mail: _____

Amount: __\$ 500 __\$250 __\$100 __\$50 __\$25 __Other: _____

Please make your check payable to Silver Spring Village and mail it to Silver Spring Village, P.O. Box 8217, Silver Spring MD 20907.

If you would like to contribute by credit card, please visit our website at www.silverspringvillage.org. Silver Spring Village is a non-profit, tax-exempt [501(c)(3)] organization and your contribution is tax-deductible as permitted by law.