

# Silver Spring Village



## Village Vibe

January/February 2018  
Volume 5, Number 1

### Leadership View: Old Guys Wanted

Many thanks for responding to our year-end fundraising campaign. While the final tally is not yet completed as I write this, the generosity of our members and donors—including many new donors—gives Silver Spring Village a strong financial footing at the start of 2018.

In the new year, the Village will continue to launch new activities for our members. For example, on January 24th, Village Board member Vern McLendon and I will launch a men's brunch at the Tastee Diner. So far, six have expressed interest in attending. To sign up, members can go to the [Village website](http://www.silverspringvillage.org), email [programs@silverspringvillage.org](mailto:programs@silverspringvillage.org), or phone the Village at 301-503-7401. The discussion topics will be determined by whoever shows up.

Through the men's brunch, Vern and I are looking forward to meeting and getting to know other Village members. The two of us became friends when Vern joined the board last year. After attending Tuskegee University, Vern had a 40-year career with the US Department of Agriculture and retired 12 years ago. As a new retiree, I have appreciated Vern sharing with me how he had mixed emotions at the end of his career and how he is keeping up with longstanding friends as well as making new ones.

"The key to healthy aging is relationships, relationships, relationships," according to a story in the [Harvard Gazette](http://www.harvardgazette.com) about the Harvard Study of Adult Development. Started in 1939, it is one of the world's oldest and longest continuous studies of adult life. This research also explains why members, volunteers, and donors support our Village: "embracing community helps us live longer, and be happier."

Best wishes for a happy 2018.

—Tony Sarmiento, President

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Enjoying the food and the company at our holidays party (see page 2)—photo by Tony Sarmiento

Silver Spring Village is a nonprofit membership organization started in 2013 to help older residents living in or near zip code 20910. We strive to enable our members to stay engaged in their community and continue to live at home with support from neighbors and friends.

## Progress Report

### Totals as of end of December

- Members: 186 (88 full, 98 associate)
- Volunteers: 100

### Volunteer hours

- October: 945
- November: 811

### Volunteer help in October/November

- 131 rides
- 97 friendly calls and visits
- 60 requests filled including errands, medical note taking, technology help, meals, decluttering, and organizing
- Telephone crew hours: 246

## Silver Spring Village, Inc.

### Board of Directors

Tony Sarmiento, *President*  
 Peggy Gervasi, *Vice President*  
 Martine Brizius, *Secretary*  
 Sue Decker, *Treasurer*  
 Leslie Hansley  
 Gary Klauber  
 Claire Maklan  
 Anne McHenry  
 Vern McLendon  
 Darren Vieira  
 Mary Ann Zimmerman

### Executive Director

Debbie Billet-Roumell

### Director of Volunteer Services

Vanessa Ripps

### Committee Chairs

Development—  
 Mary Ann Zimmerman  
 Finance—Sue Decker  
 Membership—  
 Anne McHenry  
 Programs—Gary Klauber

### Vibe Editors

Connie Raab  
 Erica Summers

## The Village SPARKLED this Holiday Season!

The Village partnered with Silver Spring Town Center Inc. (SSTCi) to host a holidays SPARKLE event for seniors in the community. The theme for the gathering was “Food Memories Across Cultures,” and what a food adventure it was! Members and guests brought very special dishes, and everyone sampled—and sampled again. Village members greeted guests, many of them from different cultures, with warmth, interest, and good cheer.



After a welcome from SSCTi's Lisa Martin and Village President Tony Sarmiento, Jacqie Wallen, one of the Village's “Founding Mothers,” set the theme for our cross-cultural winter solstice celebration—and provided the lovely and uplifting image that “light follows darkness.” Village members Pat Tyson and Carol

Lite shared special holiday and food memories. They were joined by Montgomery County's Ginny Gong, Reemberto Rodriquez, and Mimi Hassenein and community leaders Andarge and Mesu Asfaw and Shaykh El Hadji Sall. While the food described was all very different (with origins in Chinese, Cuban, Egyptian, Ethiopian, Israeli, Senegalese, and local and midwestern US traditions), the importance of bringing family and friends to the table was unmistakably central to the memories of all.



Community partners were generous in supporting this event. TW Perry Hardware helped to make the Silver Spring Civic Center venue possible. Local restaurants contributed special holiday dishes, including doro wat from Abyssinia Restaurant, Cuban shredded pork from Cubano's, and potato latkes from Parkway Deli. Several panelists had made their own dishes, including Ginny Gong's sticky rice and Mimi Hassenein's baklava. Thank you to the many hardworking volunteers and staff who made this event so successful!

—Marcy Frosh

Top two photos by Tony Sarmiento, bottom photo by Debbie Billett-Roumell

## A Better Vibe?

As we do with the Village itself, we are making improvements to this newsletter: going to 6 pages, using larger fonts and photos, having a full page calendar, using a little more white space, and providing more content. Let us know your thoughts and ideas at:

[feedback@silverspringvillage.org](mailto:feedback@silverspringvillage.org).



## Silver Spring Village Pets

It's probably no surprise that many Village members have pets who are like part of the family. Whether a pet is a service animal and companion, like the sweet dog Blanche was, or just wonderful company, like the kitty named Tucson was, pets are beloved by their owners, and may become well-known by multiple Village members and volunteers. Some of these wonderful pets have welcomed Village members to their homes when Village activities are hosted by "pet parents." For instance, the dog Mirabella enjoys lots of extra attention when discussion groups are hosted in her owner's living room. Roscoe, a portly, orange tabby, joins the crowd when the Poker Dawgs meet. Dogs have been welcomed to Village events at pet-friendly locations, including Denizens Brewing Company and Veterans Plaza. Although regular pet care is not a Village service, there are circumstances when volunteers help with the temporary care of a member's pet. Let's get to know our Village pets! Members are encouraged to send a picture of their pet, or pets, for inclusion on the Village website. Use a subject line of "Pet photo" and the member's and pet's names and send to the Village email address.

*Top to bottom: Godiva, Phoebe, Roscoe, and two members*



## Events Sampler

Time flies when you are having fun. Since last issue, we've been to movies, plays, and a ballet; discussed books and events; written memoirs and poetry; enjoyed fiber art and collage; gathered around the fireplace; and, of course, sampled great local cuisine. See our new full page calendar for what is coming up.



*Celebrating birthdays with two good-lookin' 93-year-olds and a young'un—photo by Debbie Billet-Roumell*



*Swapping books and sharing stories—photo by Erica Summers*

## Giving Back—One Stitch, Meal, and Story at a Time

Village members in our new interest group the Charity Stitchers are making a variety of items to help needy individuals in the local area and beyond. Initially, they're making blankets for infants, children, and teens to contribute to Project Linus (a national organization that distributes handmade blankets to hospitals, shelters, and Head Start programs). The Stitchers also plan to create warm hats for soldiers in Afghanistan. Our crafty participants get together once a month to knit or sew (crocheters are welcome too). They're having fun comparing progress and socializing, while doing good.

This is just one example of how our Village members are giving back.



*Stitching for good—photo by Claire Maklan*

Other Villagers serve meals at Shepherd's Table or read to children in Easter Seals programs.

Members: Let us know if you want to get involved with any of these projects!

## Game On!

The games group invites members for some game afternoon fun. They play word games, password, and other fun, quick, and easy games. The group is meeting on Sunday, January 21, and Sunday February 11 (see page 4). Games are provided but new ones are welcome. As with other Village events, members can invite a friend to try out the Village; contact the Village to do so.

## Calendar of Events

*\*Open to the public.*

Note: Some events fill up. Most events require RSVPs. Members should check our website for details and updates.

### Interest Groups

Groups that meet monthly are at right (e.g., book group, Charity Stitchers, current events discussion, and poetry). Those that meet more often are listed below.

**Bridge**, every Tues., 2:30-4:30 pm, and every Wed., 1:30-3:30 pm, in a member's home (intermediate-level skills)

**Chess**, every Thurs., **Kefa Café**, 1:30-3:30 pm (not for beginners)

**Getting to Know You**, Jan. 4, 11, 18 and Feb. 1, 8, 15, in a member's home, 2-4 pm

**Mall Katz Walking**, every Mon., Wed., and Fri., Ellsworth Place, 10:30 am

**Memoir Writing**, Jan. 15, 22 and Feb. 5, 19, in a member's home, 10-11:30 am

**Poker Dawgs**, Jan. 9, 23 and Feb. 7, 21, in a member's home, 5-6:30 pm

**Poker Lesson Series**, every Tues. in Jan., in a member's home, 6:15-7:15 pm

**Scrabble**, every Mon., **Parkway Deli**, 3-5 pm

### JANUARY

Sat., Jan. 6 – **Fine Art in Miniature**, Strathmore Mansion, 11 am, then **lunch, China Garden**, 12:30-1:30 pm

Mon., Jan. 8 – **Charity Stitchers**, in a member's home, 1-3 pm

Wed., Jan. 10 – **LinkedIn Is Not Just for Job Seekers, SPARKLE Program**, Silver Spring Civic Building, 2-3:30 pm\*

Wed., Jan. 10 – **Happy Hour, Eggspectation**, 3:30-5:30 pm

Thurs., Jan. 11 – **Afternoon Book Group**, Silver Spring Library (*The Bad-Ass Librarians of Timbuktu* by Joshua Hammer), 2-3:30 pm\*

Fri., Jan. 12 – **Storytelling by Cricket Parmalee**, in storyteller's home, 2-3:30 pm

Sat., Jan. 13 – **Tea, NaTra's Tea**, 2-3:30 pm

Mon., Jan. 15 – **Tech Help for Martin Luther King Day of Service**, Silver Spring Civic Building, 10 am-noon

Wed., Jan. 17 – **Dinner, Sergio Ristorante Italiano**, 6:30-8 pm

Thurs., Jan. 18 – **Poetry Group**, in a member's home, 10:30 am-noon

Fri., Jan. 19 – **Current Events Discussion**, Coffield Recreation Center, 2-3:30 pm

Fri., Jan. 19 – **Fireplace Party**, in a member's home, 5-7 pm

Sun., Jan. 21 – **Board Game Afternoon, Tastee Diner**, 4-7 pm  
Tues., Jan. 23 – **Techno Club**, Coffield Recreation Center, 11:45 am-1:15 pm\*

Tues., Jan. 23 – **Volunteer at Shepherd's Table**, 11:30 am-1:30 pm

Wed., Jan. 24 – **Men's Brunch, Tastee Diner**, 11 am-1 pm

Wed., Jan. 24 – **An Exploration of Mindfulness**, in a member's home, 3-5 pm

Thurs., Jan. 25, **Adult Guardianship in Montgomery County**, Holy Cross Senior Source, 2-3:30 pm\*

Fri., Jan. 26 – **Birthday Ice Cream Social, Ben & Jerry's**, 2-3:30 pm

Sat., Jan. 27 – **Dinner, Red Maple**, 5:30-7:30 pm

Sat., Jan. 27 – **Wit, Silver Spring Stage**, 8-11 pm

Wed., Jan. 31 – **Dinner, El Golfo**, 6-8 pm

### FEBRUARY

Wed., Feb. 7 – **Lunch, Dip N Rolls**, noon-1:30 pm

Thurs., Feb. 8 – **Afternoon Book Group**, Silver Spring Library (*The Underground Railway* by Colson Whitehead), 2-3:30 pm\*

Fri., Feb. 9 – **Current Events Discussion**, in a member's home, 2-3:30 pm

Sat., Feb. 10 – **Tea, NaTra's Tea**, 2-3:30 pm

Sun., Feb. 11 – **Board Game Afternoon, Tastee Diner**, 4-7 pm

Mon., Feb. 12 – **Charity Stitchers**, in a member's home, 1-3 pm

Wed., Feb. 14 – **SPARKLE Program** (topic to be announced), Silver Spring Civic Building, 2-3:30 pm\*

Thurs., Feb. 15 – **Poetry Group**, in a member's home, 10:30 am-noon

Fri., Feb. 16 – **Jessica Drenk Exhibit, Adah Rose Gallery**, noon, then **lunch** at a nearby restaurant

Fri., Feb. 16 – **Storytelling by Cricket Parmalee**, in storyteller's home, 2-3:30 pm

Sat., Feb. 17, **Fireplace Party**, in a member's home, 4-7 pm

Sun., Feb. 18 – **Hobson's Choice, Quotidian Theatre Company**, 2-4:30 pm

Mon., Feb. 19 – **Reading to Children and Adults**, Easter Seals Center, 11-11:30 am

Tues., Feb. 20 – **Volunteer at Shepherd's Table**, 11:30 am-1:30 pm

Thurs., Feb. 22 – **Birthday Ice Cream Social, Cold Stone Creamery**, 2-3:30 pm

Fri., Feb. 23 – **Eritrean Dinner, Meleket Restaurant**, 6 pm

Mon., Feb. 27 – **Techno Club**, Coffield Recreation Center, 11:45 am-1:15 pm\*

Wed., Feb. 28 – **An Exploration of Mindfulness**, in a member's home, 4-6 pm

*Suggestions for other events and groups are welcome, as are offers from members to host future events.*

### Pi/Pie Day 2018

Reminder to volunteer pie bakers and member pie eaters: Pi/Pie Day will be March 14. More information to come.



Winning some with the Poker Dawgs—  
photo by Connie Raab

### Jan. 25 Guardianship Talk

Fiona Graham, Supervisor of the Public Guardianship program for the Montgomery County government, will be providing an overview of guardianship as it relates to vulnerable adults in Maryland. She also will discuss how guardianship works in our County. Open to the public; please RSVP.





## To Give and To Receive

The Village is a happenin' and helping community. Here a member helps another member with a tricky knitting project, a beautiful sweater. What can the Village do to help you stitch together a helpful, healthy, fulfilling life? Become a part of our vibrant organization.

*Photo by Claire Maklan*

A member says

☞ "Your volunteers are wonderful. They do far more than expected."

## How to . . .

**...join:** We offer two levels of membership, full and associate. Both levels include invitations to all Village events, exclusive discounts, *Washington Consumers' Checkbook*, access to our information service, and referrals to professionals. Full members (only) can receive volunteer services like transportation, home repairs, tech support, friendly visits and calls. Full membership is for residents of zip code 20910 (or nearby). Associate membership is open to all.

Annual dues: *Full* - \$350/individual, \$450/couple; *Associate* - \$150/individual, \$250/couple. Reduced cost memberships (Full: \$60, Associate: \$25) are available for those who qualify. For information, please contact Debbie Billet-Roumell at (240) 200-4290 or [executivedirector@silverspringvillage.org](mailto:executivedirector@silverspringvillage.org).

To apply, please print and complete a [membership application](#) and mail it with your dues payment to: Silver Spring Village, PO Box 8217, Silver Spring MD 20907. Or send a note indicating interest in membership to [info@silverspringvillage.org](mailto:info@silverspringvillage.org).

**...volunteer:** We welcome applications from anyone 18 or older who supports our "age in place" mission. All sorts of skills and interests are needed. Please start by completing a [Volunteer Application](#) and [Interest Form](#). We will require you to complete a background check, submit references, and attend our training session. All applicants must be officially accepted and enrolled by the Director of Volunteer Services before performing tasks for the Village.

**...support:** To keep our Village strong, we need funding from organizational and individual donors, in-kind contributions, and grants. Your tax-deductible contribution—in any amount—will be gratefully accepted. Checks should be payable to Silver Spring Village and mailed to Silver Spring Village, PO Box 8217, Silver Spring, MD 20907; or [donate online](#). Also consider donating appreciated stock, including the Village in your will, or making contributions in someone's honor. We also love to hear from local businesses that wish to contribute or provide in-kind contributions or member discounts. Contact us!

Good news for Village members, volunteers, and friends who have Thrivent Choice Dollars: You can now allocate some or all of your Choice Dollars to Silver Spring Village.

## Executive Director's Note: Thank you!

Silver Spring Village is extremely grateful to everyone who participated in our annual campaign in 2017. We are very lucky to have so many people care so deeply about their neighbors. As of the time this column was written, the gifts are still coming in, and we hope to surpass the amount raised from last year's annual end-of-the-year appeal. With these contributions, we will continue to offer the many programs and support that you have come to rely on.

It is abundantly clear to our members and supporters that the Village is fast maturing! This year, two generous donors stepped in to match up to \$6,000 for any new money raised in 2017. Thank you to those who increased their support and to these incredible match donors. This year we also received appreciated stock as a donation.

In addition to the generous financial support we receive, we could not serve our members and the community without our 100 incredible volunteers who donate their time, skills, and heartfelt compassion. Together we are all helping seniors successfully age in place in the great community of Silver Spring. We look forward to sharing the details of the annual appeal in the next Vibe. Many thanks to all of you who keep Silver Spring Village going and growing!

## Decluttering: A Mind Game?

As I try to declutter and simplify, I know the difficulty of breaking the emotional bonds with stuff I'm trying to give away. Donating to a trusted charitable organization gives some comfort.

Another approach is to give something directly to a person who wants or needs it. I joined a free, locally run online exchange called "[Freecycle-SilverSpringMD](#)" Through email, I gave away a computer monitor to a Silver Spring resident who picked it up from my front porch. We never met or talked on the phone.

About 8,000 people in greater Silver Spring belong. Last month, items given away included a partial set of white dinnerware, 14 jigsaw puzzles, a laser printer, a lectern, and a coffeemaker. Items wanted included a dog crate, a cat "condominium," a garden pitchfork, and a telescope.



Giving away your stuff this way won't give you tax deductions. But the mental/emotional payoff more than makes up for it! Need help with decluttering? Our volunteers help our members declutter.

—Tony Sarmiento

## Volunteer Corner: What Drives the Drivers

Twenty Village drivers recently got together to celebrate recognition (the "Star Award") from the National Volunteer Transportation Center. They shared experiences, gave tips, and got to know each other. People talked about how much they learned from members and how good they felt enabling people to get to medical visits, the grocery store, and Village events. Two drivers joked about being part of the "6 am colonoscopy club." Both are also members and it turns out they had helped each other out.

### Getting a Disability Parking Placard if You are Eligible

People, including Village members, can get a disability placard whether or not they still drive, as long as they meet state disability requirements. To get a placard, you must apply via State Form VR-210,\* and have your doctor complete the disability certification portion of the application. The form can be mailed or taken to an office of the Maryland Motor Vehicle Administration (MVA). If mailing, address the envelope to MVA, Disability Unit, Room 202, 6601 Ritchie Highway, Glen Burnie, MD 21062. If you are just applying for a disability placard (which is free and which hangs from the mirror and can be moved from car to car), it can be issued by any MVA office, including an Express Office. (If you are applying for disability plates, there is a fee and you need to go to a full service office.) One Village member who has experience with the placards said she did it entirely by mail and got them in just a few days. (Getting license plates might take longer.) Village volunteers can help members with the placard application process.

\*A VR-210 is called *Maryland Parking Placards/License Plates for Individuals with a Disability*. Copies are available at MVA offices, on the web (try googling VA-210), and via MVA customer services at 410-768-7000 (TTY 1-800-462-4575).

**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. To contribute by credit card, please visit the [donations page](#) on the Village website.

Silver Spring Village is a nonprofit, tax-exempt [501(c)(3)] organization. Your contribution is fully tax-deductible.