

Silver Spring Village



Village Vibe

July/August 2016
Volume 3, No. 4

As We See It: The Joy and Value of Volunteering

It's summer, an opportunity for people to go on vacation, relax, and spend time with family and friends. Unfortunately, many of our members' needs do not change with the seasons. They continue to need rides to the doctor, a friendly visit, or someone to change a light bulb.

Our Village members are taking advantage of the services we offer! We have increasing requests for friendly visits, phone calls, and rides. This is why we have a Village, and it is gratifying to know that we can be there for our members.

Having more volunteers would be helpful, especially when many volunteers go on vacation. Did you know that a friendly phone call might take 10 minutes, but brighten up a member's whole day? Our volunteers can sign up for as many or as few as they would like.

We have training for new volunteers on July 24th. Maybe you have been trained and just need a refresher; we can do that too. Did you know that if you are a trained volunteer you may bring your teenager (age 13 and above) to many volunteer opportunities?

In the words of one Village volunteer: "Meeting new people AND being able to give back to the community—what a great opportunity."

You can contact Vanessa Ripps, our program administrator, for information on volunteer opportunities and training at staff@silverspringvillage.org or (301) 503-7401. Please pass the word to your friends. Thank you for your support!

—Peggy Gervasi, President, and
Debbie Billet-Roumell, Executive Director

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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.

The Many Forms of Volunteering



Giving rides, getting groceries, and providing household help—such as removing an abandoned bird's nest—are examples of how volunteers help members.



Photos (left to right) by
Cynna Janus, George Lane,
and Ed Lee

Progress Report

Totals as of the end of June

- Members: 118 (59 full, 59 associate)
- Volunteers: 85

Volunteer hours

- April: 842
- May: 767

Volunteer help April/May

- 71 rides
- 64 friendly calls and visits
- 135 direct service requests filled, including daily pet care for an ill member, laundry help, meals, paperwork, errands, decluttering, organizing, household assistance, gardening
- Office telephone crew: 264 hours

Election results are in: Our FY 2017 board, listed below, serves July 1, 2016, to June 30, 2017.

Silver Spring Village, Inc. Board of Directors

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

Executive Director

Debbie Billet-Roumell

Program Administrator

Vanessa Ripps

Committee Chairs

Board Development—Tony Sarmiento
 Communications—Claire Maklan, Bruce Rosenthal
 Development—Mary Ann Zimmerman
 Finance—Darren Vieira
 Membership—Anne McHenry
 Programs—Gary Klauber
 Volunteer Services—Vanessa Ripps

Vibe Editors

Connie Raab, Erica Summers

Events Sampler

Village members recently enjoyed the monthly book group, several local restaurants and coffee shops, a current events discussion, a lecture by noted economist Dr. Arthur Alexander of Johns Hopkins, a talk on aging and transitions by Dr.



Visiting a no-grass yard—photo by Peggy Gervasi

Jacqueline Wallen of the University of Maryland, and, with family members, our annual plant swap. In addition, one member gave tips about—and a tour of—his no-grass lawn. Information on other recent and upcoming events appears below and on page 3.



Choosing a plant at the “swap”—photo by Daniel Peck, Peck Studios

Fun with Kids

In recent months, the Village has gotten involved in several intergenerational programs. Why intergenerational programs? Margaret Mead said it best: “Somehow we have to get older people back close to growing children if we are to restore a sense of community, a knowledge of the past, and a sense of the future.”

So what are these intergenerational programs? In one program, held at the Easter Seals Weinberg Intergenerational Center, Village members can volunteer every month to read to both adults with cognitive and physical disabilities and children ages four and five.

Another intergenerational program is Interages’ “Reading & Educating to Advance Lives” (REAL) Program, a collaboration with the Maryland Department of Health and Human Services (DHHS) and Montgomery County Public Libraries. The goal of the REAL Program is to expand the services provided to children waiting in DHHS office lobbies. Volunteers read and engage in literacy and healthy living activities with these children, their families, and caregivers. One member has already been trained to be a volunteer in the program. We are creating a small Village team of REAL volunteers.

Also, there is gentle yoga for Village members and children. Our first session at the Silver Spring Day School was great fun. A dozen Villagers laughed, sang, and posed with a dozen four- and five-year olds. We plan to offer more of these classes in the fall.



Doing yoga together—photos by Daniel Peck, Peck Studios



Behind the Scenes at AFI

On May 26, eight Village members plus the Village's special guest, David Rothman, who teaches a film course at Montgomery College, were given a private tour of the AFI Silver Theatre and Cultural Center by its director Ray Barry. Mr. Barry has been with AFI Silver since its opening in 2003, when the reconstruction of the 1938 theatre was completed as part of the redevelopment of downtown Silver Spring. The tour included the projection room, which has equipment for showing virtually all extant film and video formats: 16-mm, 35-mm and 70-mm film, as well as digital.



Touring AFI—photo by Claire Maklan

Give Us a Try?

Know someone interesting in joining the Village who might want to attend one of our events? Please contact Debbie Billet-Roumell at 240-200-4290 or executivedirector@silverspringvillage.org.

How to . . .

...become a member: Residents of zip code 20910 are eligible for full or associate membership. Persons living close to, but outside 20910, are considered for full membership on a case-by-case basis. Associate membership is open to all applicants regardless of place of residence. 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 only part of our operating expenses and are: Full: \$350/individual or \$450/couple; Associate: \$150/individual or \$250/couple. Reduced-cost full memberships are also available. For more information, please contact Debbie Billet-Roumell at (240) 200-4290 or executivedirector@silverspringvillage.org.

...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, or donations by credit card can be made online via the [donation page](#) of our website. 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!

A member says (about a volunteer visit to his home)

☞ "Today was a great visit and I felt the best I have this week after our positive visit. You always accomplish so much as well as making my life seem better."

Events Calendar

Check our website for any changes.

ONGOING

Scrabble, every Monday in July and August (except July 4),
Parkway Deli, 3 pm

JULY

Wed., July 6 – **Ice Cream Social, Tropical Ice Cream Café**, 2 pm
Fri., July 8 – **Documentary Video on Charles and Ray Eames** at a member's home, 2 pm
Sat., July 9 – **Lunch, Arepas Pues**, noon
Tues., July 12 – **Wine & Cheese** at a member's home, 2 pm
Thurs., July 14 – **Afternoon Book Group**, Silver Spring Library (*The Likeness* by Tana French), 2-3:30 pm
Sat., July 16 – **Ice Cream Social, Moorenko's Ice Cream**, 2 pm
Mon., July 18 – **Current Events Discussion, Tastee Diner**, 2:30 pm
Wed., July 20 – **Coffee Social Hour, Kaldi's Coffee Bar**, 2 pm
Sat., July 23 – **Lunch, All Set**, 12:30 pm
Wed., July 27 – **Happy Hour, Denizens Brewing Co.**, 5 pm
Fri., July 29 – **Lunch, Ghar-E-Kabab**, noon

AUGUST

Wed., Aug. 3 – **Ice Cream Social, Moorenko's Ice Cream**, 2 pm
Thurs., Aug. 4 – **Lunch, Mamma Lucia**, 11:30 am
Wed., Aug. 10 – **Coffee Social Hour, Kefa Café** (Silver Spring Library), 2 pm
Thurs., Aug. 11 – **Afternoon Book Group**, Silver Spring Library (*Daniel Deronda* by George Eliot), 2-3:30 pm
Sat., Aug. 13 – **Dinner, Not Your Average Joe's**, 5 pm
Mon., Aug. 15 – **Current Events Discussion, Tastee Diner**, 2:30 pm
Wed., Aug. 17 – **Ice Cream Social, Moorenko's Ice Cream**, 2 pm
Wed., Aug. 24 – **Coffee Social Hour, Kefa Café** (Silver Spring Library), 2 pm
Tues., Aug. 30 – **Happy Hour, Republic**, 5 pm

Feeling Hot, Hot, Hot? Take Care.

Summer heat can feel good, but when the temperatures are extremely high, serious health effects can result.



Some people are at higher risk of heat effects, including those 65 and older, people with chronic conditions, and infants and young children. The Centers for Disease Control and Prevention (CDC) suggests these ways to prevent illness from extreme heat:

- Drink more water than usual and don't wait until you're thirsty to drink.
- Check on a friend or neighbor, and have someone do the same for you.
- Check the local news for health and safety updates regularly.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Seek medical care immediately if you or someone you know experiences symptoms of heat-related illness (<https://www.cdc.gov/extremeheat/warning.html>).

If you are taking care of someone, check on them:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they know how to keep cool?

For more information, visit <http://www.cdc.gov/extremeheat/>.

Volunteer Corner: Introducing . . .

I'm the person that full members call when they want assistance from the Village. I find Village volunteers to fill members' requests. Originally from New Jersey, I've lived in Massachusetts, New York, Pennsylvania, and, for the last 25 plus years, right here in Silver Spring. I learned about the Village concept from AARP and was intrigued. One of my passions is to help people connect with their community, and the Village concept seemed the perfect way to do so. In 2013, I did a computer search for "Villages in Silver Spring." Lo and behold, Silver Spring Village had just started. Like other volunteers, I called the office and was sent an application. I volunteered to drive, visit members in their homes, and answer the office phone. However, I wanted to be even more involved, so I contacted Mae [Mae Novak, a founding board member and the first and now former volunteer coordinator] and the rest is history.

Now when asked about the work that I do, I tell people how special Silver Spring Village is. I've met some wonderful people, neighbors who I might never have met without the Village. These people share interesting stories about how they have lived their lives, and are very generous and willing to help in whatever way they can. I look forward to continuing work with the Village and to meeting more of you to discuss ways that the Village can help and how you can become involved.

—Vanessa Ripps, Program Administrator



Photo by Claire Maklan

Noteworthy

Eight of our volunteers have now been trained for medical note taking. They are prepared to accompany (full) members to medical appointments, to help ensure they leave with all of the information provided at the medical appointment. Note takers are not medical advocates; their role is to facilitate the conversation between the member and the member's doctor.



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 the [donation page](#) of the Village website.

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