

Silver Spring Village



Village Vibe

September/October 2016
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As We See It: New Programs and More

You may have noticed many new programs on the Village calendar these past six months. In addition to our usual ice cream socials, coffees, and restaurant and gallery visits, we sponsored two programs on Alzheimer's disease, a presentation on the emotional challenges of aging, and a talk by a noted economist. Based on the success of these programs, we are adding a bimonthly health program and a speaker series. Coming up: how green technologies can increase the nation's economic performance and reduce CO2 emissions (September 14); practical advice from two local hearing experts (September 27); a talk on archeology and African American culture in Maryland (October 5); and a NASA scientist speaking on using satellites to understand how life on Earth is changing (October 27) (see page 2 for details). There will also be a roundtable on caregiver resources on September 20 (see page 4).

We want to continue to expand the depth and breadth of our programs. Would you like to share your passion with Village members? Do you know someone with interesting expertise or experience? Please introduce us.



Playing bridge and building community—
photo by Claire Maklan

We are always looking for ways to enrich members' lives and connect folks with similar interests. Book, bridge, Scrabble, and getting-to-know-you groups have been meeting regularly. What interests you?

The Village boasts over 40 members who have expressed an interest in art and architecture.

Just as many are interested in history and music,

to name a few. Member interest groups can be formed around one of these topics.

Finally, the Village provides many opportunities to members and volunteers to give back to the community—none more special than our intergenerational programs. If you'd like to give the gift of time and attention to a child or disabled adult, call the office. The time commitment is small and the rewards are great.

As always, please keep in touch. This is your Village and we want to make it to your specifications!

—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.

Progress Report

Totals as of the end of August

- Members: 129 (60 full, 69 associate)
- Volunteers: 95

Volunteer hours

- June: 783
- July: 717

Volunteer help June/July

- 66 rides
- 82 friendly calls and visits
- 83 home assistance requests filled, including twice weekly transfer chair help, organizing, paperwork, recycling, technology help, pet care, running errands, preparing meals
- Office telephone crew: 252 hours

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

Silver Spring Village, Inc.

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Events Sampler

This past couple of months, members discussed books and current events, sampled great food and drink at local establishments, and whiled the summer away. Much more is planned for the next couple of months as described below and on page 4 and as listed on page 3.



Pondering current events at Taste Diner—photo by Claire Maklan

Come Hear About Climate, Hearing, Culture, Space

Here are more details on a few of the events listed on page 3. To RSVP: email programs@silverspringvillage.org or call (301) 503-7401.

- *Climate Change—It's Not Business As Usual.* Jared Blum, Vice Chair of the Business Council for Sustainable Energy, will discuss how recent developments in energy generation and environmental issues have created exciting changes in how we build buildings and plan communities. Wednesday, September 14, 2-3:30 pm, SPARKLE program, Silver Spring Civic Center. Open to the public.
- *Auditory Fitness, Healthy Hearing and Quality of Life.* A common sense discussion led by audiologists Kathy Grace, Jeff Zolt, and Ryan Horan. Learn how to identify hearing loss and what steps to take toward better hearing and communication. Space is limited for this event—please RSVP early. Tuesday, September 27, 10:30–11:30 am, Holy Cross Senior Source, 2580 Second Avenue. Village members only.
- *Frederick Douglass and Wye House—Archeology and African American Culture in Maryland.* Wednesday, October 5, 2 pm, SPARKLE Program, Hornbake Library, 4130 Campus Drive, University of Maryland, College Park. (Visitor parking at Regents Drive Garage or Union Lane Garage next to Stamp Student Union, 3972 Campus Drive. See <http://cvs.umd.edu/visitors/parking.html>) Open to the public; Village members interested in carpooling should contact the Village at (301) 503-7401.
- *Using Satellites to Understand How Life on Earth Is Changing.* A talk by Woody Turner, Program Scientist for Biological Diversity and Program Manager for Ecological Forecasting in the NASA Headquarters Science Mission Directorate. Dr. Turner oversees the agency's basic research efforts to use satellite-derived information to understand the relationship of biodiversity to climate, landscape change, and ecosystem function. Thursday, October 27, 7:00 pm, Easter Seals building, 1420 Spring Street. Village members only.



Book Group Update

The Silver Spring Village book group, in conjunction with the Silver Spring Library, met on August 11 to discuss *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. The group touched on difficult but important questions related to patient consent, compensation for cell/tissue usage, medical ethics, social policy and other related topics. For our next meeting on September 8, we are reading *Founders' Son, A Life of Abraham Lincoln* by Richard Brookhiser, which was recommended by the Silver Spring Library staff. According to the book jacket, this book is “unlike any Lincoln biography to date” allowing us “to think anew about the first hundred years of American history, and shows how we, like Lincoln, can apply the legacy of the Founding Fathers to our times.”
 —Carolyn Lauer



Hoping for good letters—photo by Claire Maklan

Have a Thing about Words?

Our weekly Scrabble group loves a friendly spelling tussle. The Village has other interest groups as well and welcomes suggestions from members for more. Join us—see below.

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!

Do Something Grand on Grandparents Day

This is the first Sunday after Labor Day, September 11 this year. The day recognizes older adults and celebrates the generations. See <https://grandparentsday.org/> for more information.

Events Calendar

Check our website for any changes.
*Open to the public.

ONGOING

Scrabble, every Monday, **Parkway Deli**, 3 pm

SEPTEMBER

Tues., Sept. 6 – **Visit to Pennyworth Shop**, 11 am

Thurs., Sept. 8 – **Afternoon Book Group**, Silver Spring Library (*Founders' Son—A Life of Abraham Lincoln* by Richard Brookhiser), 2-3:30 pm*

Sat., Sept. 10 – **Lincoln**, AFI Silver, 10:45 am

Wed., Sept. 14 – **Climate Change: It's Not Business as Usual, SPARKLE** program, Silver Spring Civic Building, 2 pm, followed by **Happy Hour at Copper Canyon Grill**, 3:30 pm*

Wed., Sept. 14 – **Buena Vista Social Club**, AFI Silver, 7 pm

Mon., Sept. 19 – **Current Events Discussion**, Tastee Diner, 2:30 pm

Tues., Sept. 20 – **Caregiver Roundtable**, Takoma Park Adventist Church Center, 10 am-noon*

Wed., Sept. 21 – **Coffee Social at Kaldi's Social House**, 2 pm

Fri., Sept. 23 – **Lunch at A.G. Kitchen**, noon

Sun., Sept. 25 – **Member-Volunteer Appreciation Party**, United Therapeutics, 2-5 pm

Tues., Sept. 27 – **Auditory Fitness, Healthy Hearing, & Quality of Life**, Holy Cross Senior Source, 10:30 am

Wed., Sept. 28 – **Network**, AFI Silver, 6:15 pm

Fri., Sept. 30 – **Ice Cream Social at Moorenko's Ice Cream**, 2 pm

OCTOBER

Tues., Oct. 4 – **Coffee Social at Peet's Coffee & Tea**, 2 pm

Wed., Oct. 5 – **Frederick Douglass & Wye House – Archeology and African American Culture in Maryland, SPARKLE** program, University of Maryland Hornbake Library, 2 pm*

Sat., Oct. 8 – **Dinner at Mandalay Restaurant & Café**, 5 pm

Wed., Oct. 12 – **Blue Velvet**, AFI Silver, 6:15 pm

Thurs., Oct. 13 – **Afternoon Book Group**, Silver Spring Library (*All the Light We Cannot See* by Anthony Doerr), 2-3:30 pm*

Mon., Oct. 17 – **Current Events Discussion**, Tastee Diner, 2:30 pm

Thurs., Oct. 20 – **Coffee Social at Peet's Coffee & Tea**, 2 pm

Tues., Oct. 25 – **Ice Cream Social at Mamma Lucia**, 2 pm

Wed., Oct. 26 – **Shoot the Piano Player**, AFI Silver, 6:15 pm

Thurs., Oct. 27 – **Using Satellites to Understand How Life on Earth Is Changing**, Easter Seals Center, 7 pm

Fri., Oct. 28 – **Dim Sum Lunch at Oriental East**, noon

Caregiver Roundtable

Nothing prepares you for the role of caregiver. It may be one of the toughest jobs you will ever do, but you are not alone.

This event will feature a panel of experts who will discuss the challenges of caregiving and describe Montgomery County's resources to support caregivers. Panelists will include:

- Lylie Fisher of the County's Caregiver Support Program
- Juiz Abate of Respite Services of Montgomery County
- Sister Kathy Weber of Holy Cross Hospital's Caregiver Resource Center

The event is co-sponsored by the Village of Takoma Park and Silver Spring Village and will be held Tuesday, September 20, 10 am-noon, at the Takoma Adventist Church Center, 6810 Eastern Avenue, Washington, DC. Parking and entrance are at the back of the building. No RSVP required, but bringing refreshments is appreciated. This event is open to the public.

A member says

☞ *"Our kids moved out and we retired. I really appreciate the great community feeling that the Village provides, from people to argue politics with or share a beer or a meal to great volunteers who can give you a ride or get your groceries. Fun and peace of mind at the same time."*

A volunteer says

☞ *"The rides and even the grocery shopping have gone well and we have even made an adventure out of going for lattes at the drive-through."*

Volunteer Corner: A New Programs Volunteer

A great many of our volunteers provide a variety of direct services to members, but some play other important roles. Welcome to volunteer Lisa Rosenthal, the new Silver Spring Village SPARKLE Coordinator. What is SPARKLE? The acronym SPARKLE means Senior Programs Aimed at Re-Kindling Lifetime Engagement. It is a monthly public program (September through June) co-sponsored by Silver Spring Village and Silver Spring Town Center, Inc., for all area seniors and other members of the public. In coordination with Lisa Martin, Executive Director of Silver Spring Town Center, Inc., Lisa Rosenthal will develop ideas for presentations and arrange for speakers.



Photo by
Lisa Rosenthal

As a Silver Spring Village volunteer, Lisa will also be assisting with other Village event programming. She brings to this role 30 years' experience working in health care planning and development, including 25 years in her current position as Director of Health Planning for a national provider of post-acute and assisted living services. Lisa lives in zip code (and Village service area) 20910 with her husband, and they have a son in his twenties in New York City. Lisa is excited to be working with the Village and is very busy planning SPARKLE and Silver Spring Village events that are engaging, educational, and, of course, fun! Lisa looks forward to meeting Village members and volunteers.

—Vanessa Ripps, Program Administrator

Members and Volunteers: Save the Date

Our annual *Member-Volunteer Appreciation* is set for Sunday, Sept. 25, from 2 to 5 pm at United Therapeutics. All members and all volunteers are invited to this special event—a great opportunity to meet and mingle with fellow Villagers. RSVP if you have not already done so to executivedirectorsilverspringvillage.org or (301) 503-7401.



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 fully tax-deductible.