



Village Vibe

November/December 2017
Volume 4, Number 6

Leadership View: Giving Before 2017 Ends

Please include Silver Spring Village in your year-end giving.

This past year was a breakout year for Silver Spring Village. As described in our 2017 Annual Report (now posted on our website), we have grown to nearly 200 members since our launch in 2013. We've recruited and trained more than 100 volunteers to enhance our members' ability to live and stay engaged in their community. Last year our volunteers provided over 850 rides, 500 friendly visits and phone calls, and 250 home repairs. We also offered over 200 educational and social programs. **Our bottom line:** 97% of members responding to our 2017 survey said they are satisfied with their Village membership.

Will you help Silver Spring Village continue to serve our current members and reach out to new members in 2018? I urge you to include a tax-deductible donation to our Village in your year-end giving. An anonymous donor has generously offered to match all new donations up to \$3,000.

Our Village is unique: no other organization focuses ALL of its resources on helping your older neighbors to continue living in the 20910 community.

Your support will help us identify additional resources and develop new partnerships to benefit our members now and in the future. So please make your most generous contribution to Silver Spring Village today by donating online via the "support" link on our website or by mailing us a check.

Thanks always for your support.

—Tony Sarmiento, President



Photo by Claire Maklan

Insights on Aging

In celebration of 15 years of the Village movement, we heard Dr. Atul Gawande, surgeon, public health researcher, and author of the best-selling book *Being Mortal*, speak about the importance of community as we age. The event was held at the Cultural Arts Center of Montgomery College, Takoma Park/Silver Spring (TPSS) and co-hosted by the school's Office of the Vice President and Provost.

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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 October

- Members: 182 (86 full, 96 associate)
- Volunteers: 100

Volunteer hours

- August: 727
- September: 821

Volunteer help in August/September

- 101 rides
- 65 friendly calls and visits
- 23 meals
- 25 household tasks
- 8 errands
- Telephone crew hours: 258

Our Director of Volunteer Services says to volunteers

☞ *“Members so appreciate your reaching out and spending some time with them. It makes them feel more a part of the Village and not so alone.”*

Silver Spring Village, Inc.

Board of Directors

Tony Sarmiento, *President*
 Peggy Gervasi, *Vice President*
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 Gary Klauber
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Director of Volunteer Services

Vanessa Ripps

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

Vibe Editors

Connie Raab, Erica Summers

Celebration, Recognition

Over 80 people turned out for our annual member/volunteer celebration. After mixing, mingling, and munching, the group was welcomed by President Tony Sarmiento and Executive Director Debbie Billet-Roumell. Three outstanding volunteers were recognized. The Roberta Gosier Award, named after the Village's founding president, was given to Debbie Gilbert for her “generous commitment of time, energy, and inspiration” in service to Village members. (Debbie logged 208 hours of service to members in a year.) The President's Award recognized Anne Gavin for the technical skills she applies in support of Village administrative work as well as for her compassionate services to our members. The Executive Director's Award was presented to Ed Lee for his exceptional contributions to member programs and Village “office” work.



Enjoying yummy desserts—photo by Gene Luttenberg

The Village is especially grateful to United Therapeutics for providing the venue and excellent refreshments for the event. Potomac Flowers provided the centerpieces, and doors prizes were provided by additional Silver Spring businesses: AFI Silver Theatre, All Set Restaurant and Bar, Copper Canyon Grill, Courtyard by Marriott, Giant Food, Gusto Farm to Street, Levine School of Music, Olazzo, and Taylor Gourmet. Many thanks to Leslie Hansley and her team for putting on a terrific event.

Garlic Fills the Air

If you happened to be near Georgia Avenue and Ballard Street a few Mondays ago, it was not your imagination if you sniffed the sweet aroma of garlic in the air. Eight Village members were enjoying a garlic potluck dinner at a member's home. The menu included the following: garlic-crusted baked cod, chicken with black garlic, garlic roasted eggplant, cheesy grits with roasted garlic, garlic confit, garlic marinated mushrooms, garlic bread, and garlicky apple Betty. All who participated received fresh garlic from the Hudson Valley Garlic Festival. If this has whetted your appetite, watch out for the announcement of the next garlic potluck. If you are not a member, consider joining just for the garlic.



Photo by Tony Sarmiento

Book Group Update

The Ernest Hemingway mystique was alive and well among 11 readers discussing *The Old Man and the Sea* on October 12 at the Silver Spring Library. Hemingway's iceberg theory, new to many of us, holds that much of what the surface reveals may be more deeply understood by going below the visible iceberg. Since each person reads with a different orientation, our discussion of a Hemingway work resulted in many surprise perspectives about the old man's 4-day struggle at sea with a huge marlin. Did you know the novella is only 125 pages long? The work and its reputation is like an iceberg. The next books for our Afternoon Book Group are *Mockingbird*, *A Portrait of Harper Lee* by Charles Shields (November 9) and *Among the Ruins* by Ausma Zehanat Khan (December 14.) The group meets the second Thursday of the month at 2 pm at the Silver Spring Library and is open to all.

Not Your Father's Oldsmobile? Research on Stereotypes about Older Adults

How are older people and aging portrayed in the media? Members and volunteers are invited to learn about and discuss findings from recent research sponsored by AARP, the National Council on Aging, Grantmakers in Aging, and other national aging organizations and foundations. The research concludes that stereotypes about older adults diminish public understanding and support for policies that support healthy aging for all.

There's also evidence that stereotypes can become self-fulfilling prophecies. People who accept negative age stereotypes are more likely to suffer cardiovascular problems and symptoms of Alzheimer's, based on extensive research by Dr. Becca Levy, professor of public health and psychology, Yale University.

This presentation and discussion will be led by Tony Sarmiento, a Fellow of the Gerontological Society of America and President of Silver Spring Village, on Monday, November 20, from 7 to 8:30 pm, at the Gwendolyn E. Coffield Community Recreation Center, 2450 Lyttonville Road.

New Theatre Group

The Village has an exciting new program option: outings to performances at Silver Spring Stage. This nearby community theater is celebrating its 50th anniversary by reprising some of the hit shows they have presented over the years. Villagers enjoyed a thrilling version of *Deathtrap* in October and are invited to see a play set up as a dinner party, *Omnium Gatherum*, on November 12 and *The Best Christmas Pageant Ever!* on December 10. Please join us by purchasing tickets via the Village website. Tickets cost \$23 for *Omnium Gatherum* and \$17.50 for the *The Best Christmas Pageant Ever!*



Super SPARKLE Holiday Party December 12



This year's holiday party is open to the public as part of the SPARKLE series (a partnership of Silver Spring Village and Silver Spring Town Center, Inc.). The party will feature Village member and volunteer Jacqie Wallen, PhD, MSW, on the theme of "Food Memories Across Cultures." Bring a special dish with a copy of the recipe and a short explanation of your memories of this food. We will hear from a few surprise guests and there will be time for all to share special holiday food memories—and tastings. The party is Tuesday, December 12, from 2 to 4 pm, at the Silver Spring Civic Center. Parking is available on Ellsworth Drive across from the entrance to the Civic Center. RSVP via programs@silverspringvillage.org or 301-503-7401. Please call by December 1 if you need accessible seating or other accommodations. TW Perry is helping to make this event possible.

JOIN US!

For information on how to become a member, a volunteer, or a donor, visit our website at www.silverspringvillage.org or contact us at info@silverspringvillage.org or (301) 503-7401.

Events Calendar

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

ONGOING EVENTS

- Scrabble**, every Monday (except Dec. 25), **Parkway Deli**, 3-5 pm
Poker Dawgs, Tuesdays: Nov. 14, 28 and Dec. 12, at members' homes, 5-6:30 pm
Beginner's Chess, every Wednesday (except Dec. 21 and 28), **Kefa Café**, 1:30-3:30 pm
Bridge, every Tuesday (except Dec. 12 and 26), 2:30-4:30 pm, and every Wednesday (except Dec. 27), 1:30-3:30 pm, at members' homes
Reading to Children and Adults, Monday, Dec. 18, 11-11:30 am, Easter Seals Building
Poetry Group, Thursdays: Nov. 16, and Dec. 21, at members' homes, 10:30 am-noon
Memoir Writing Group, Mondays: Nov. 6, 20, and Dec. 4, 18, in a member's home, 10-11:30 am
Techno Club, Wednesday, Nov. 28, Coffield Recreation Center, 11:45 am-1:15 pm
Volunteer at Shepherd's Table, Tuesdays: Nov. 21 and Dec. 19, 11:30 am-1:30 pm

NOVEMBER

- Wed., Nov. 1 – **Pre-Movie Happy Hour, Not Your Average Joe's**, 5-6 pm
 Wed., Nov. 1 – **Night of the Living Dead**, AFI/Silver Theater, 6:15-8:30 pm*
 Thurs., Nov. 2 – **Contemporary House Tour in Woodside Park**, 10-11:30 am
 Fri., Nov. 3 – **Patio Party**, at member's home, 5-7 pm
 Wed. Nov. 8 – **Hands-On Lesson in the Art of Collage**, SPARKLE Program, Silver Spring Civic Building, 2 pm*
 Wed., Nov. 8 – **Happy Hour, McGinty's Public House**, 4-6 pm
 Wed., Nov. 8 – **Battleship Potemkin**, AFI/Silver Theater, 7:30-9 pm*
 Thurs., Nov. 9 – **Afternoon Book Club**, Silver Spring Library (*Mockingbird*, *A Portrait of Harper Lee* by Charles Shields), 2-3:30 pm*
 Fri., Nov. 10 – **Current Events Discussion**, Coffield Recreation Center, 2-3:30 pm
 Sat., Nov. 11 – **Tea, NaTra's Tea**, 2-3:30 pm
 Sun., Nov. 12 – **Omnium Gatherum, Silver Spring Stage**, 2-4:30 pm*
 Sun., Nov. 12 – **Dinner, Red Maple**, 4:30-6:30 pm
 Mon., Nov. 13 – **An Exploration of Mindfulness**, Coffield Recreation Center, 1-3 pm
 Wed., Nov. 15 – **Pre-Movie Happy Hour, Not Your Average Joe's**, 5-6 pm
 Wed., Nov. 15 – **In the Heat of the Night**, AFI/Silver Theater, 6:15-9 pm*

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Events, continued from page 3

Fri., Nov. 17 – **Storytelling by Cricket Parmalee**, at storyteller's home, 2-3:30 pm
 Sat., Nov. 18 – **Fiber Arts**, display of fiber art, in artist's home, 3-4:30 pm
 Sun., Nov. 19 – **Classical Piano Recital**, Montgomery College Cultural Arts Center, 3:45-6:30 pm*
 Sun., Nov. 19 – **Board Game Afternoon, Tastee Diner**, 4-7 pm
 Sun., Nov. 19 – **Dinner, Masa Hibachi Steakhouse & Sushi**, 6:30-8 pm
 Mon., Nov. 20 – **Lunch, All Set**, noon-1:30 pm
 Mon., Nov. 20 – **Not Your Father's Oldsmobile: Research on Stereotypes about Older Adults**, Coffield Recreation Center, 7-8:30 pm
 Mon., Nov. 27 – **Coffee Social, Kefa Café**, 11:30 am-12:30 pm
 Thurs., Nov. 30 – **Birthday Ice Cream Social, Tropical Ice Cream Café**, 2-3:30 pm

DECEMBER

Sat., Dec. 2 – **Book Swap**, at member's home, 4-6 pm
 Sun., Dec. 3 – **Washington Piano Society Recital**, Calvary Lutheran Church, 3-5:30 pm*
 Fri., Dec. 8 – **Current Events Discussion**, Coffield Recreation Center, 2-3:30 pm
 Sun., Dec. 10 – **The Best Christmas Pageant Ever**, Silver Spring Stage, 2-4 pm*
 Sun., Dec. 10 – **Dinner, Red Maple**, 4:30-6:30 pm
 Wed., Dec. 12 – **Super SPARKLE Holiday Party**, Silver Spring Civic Building, 2-4 pm*
 Thurs., Dec. 14 – **Afternoon Book Club**, Silver Spring Library (*Among the Ruins* by Ausma Khan), 2-3:30 pm*
 Fri., Dec. 15 – **Storytelling by Cricket Parmalee**, at storyteller's home, 2-3:30 pm
 Sat., Nov. 16 – **Nutcracker Night with Akhmedova Ballet Academy**, Montgomery College Performing Arts Center, 7-9 pm*
 Sun., Dec. 17 – **Fireplace Social**, at a member's home, 4-7 pm
 Fri., Dec. 22 – **Birthday Ice Cream Social, Tropical Ice Cream Café**, 2-3:30 pm

Visit us at www.facebook.com/silverspringvillage

Volunteer Corner: Gearing up for Storm Buddy Help

One of the benefits Silver Spring Village offers its full members is the opportunity to be matched with a Storm Buddy, a volunteer who helps the member “weather” a storm, power outage, heat wave, or cold spell. To request a Storm Buddy, members must fill out a Storm Assistance questionnaire. Each member is then matched with a volunteer who lives nearby and who has agreed to help the member prepare for, endure, and recover from these weather events. The help could be as simple as placing a phone call, perhaps daily, to make sure that the member is doing okay, to helping to prepare a kit of emergency supplies. A Storm Buddy can also help make an evacuation plan before a storm, replenish groceries/emergency supplies after the storm, and inspect property for storm damage.

Current members and volunteer Storm Buddies will be contacted soon to update their information if they are continuing in the program. If you are a full member and would like to be matched with a Storm Buddy, or if you are a volunteer who would like to help a neighbor in the case of any weather event, please contact Vanessa Ripps, Director of Volunteer Services, at volunteers@silverspringvillage.org. If hearing about this service makes you want to join the Village, visit our website or give us a call!

Reduced Membership Fee Program

Silver Spring Village offers reduced membership fees for seniors with limited incomes. The reduced fee for full membership (which includes services) is now \$60; for associate membership it is \$25. Seniors are eligible: if they want to be part of our community, have expendable annual income of \$30,000 or less and other assets of \$50,000 or less (not counting the value of a home and retirement savings), or have special circumstances. Full members need to live in (or very near) zip code 20910. Please call Debbie Billet-Roumell at (240) 200-4290 to find out more about this membership option for yourself or a friend. Our goal is to make Village services available to seniors in our service area, regardless of income.

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.