



Village of Takoma Park Newsletter

Helping Neighbors Age in Community

Volume 3, #2

April – June 2017

Facts & Figures	219 Active Members	85 VillageRides Riders	39 VillageRides Drivers	1178 Rides Given since April 2015
----------------------------	------------------------------	-------------------------------------	--------------------------------------	--

Message from the President



Dear members and friends of the Village of Takoma Park,

Along with the lovely spring flowers, ideas from our members about what services and resources the Village may want to consider providing are blooming. Hearing these ideas is rewarding because an organization like ours must go through phases of growth to remain healthy. Once in a while it is good for the leaders to pause and reflect. Where is this organization going? What are its resources and what new resources are needed? What are its goals and how do we sustain its growth?

The Village will have a retreat to consider these questions and a plan for preparing future leaders on Saturday, May 27, in the Heffner Park Recreation Center on Oswego Avenue from noon to 6:00 pm. Mr. Merlyn Kettering will facilitate the discussion and proceedings will be recorded. One goal of the meeting is to allow ample time for brainstorming. Of course, I want the Board Members to attend because their experience and involvement is important, but we also welcome and encourage members to attend to help stimulate thoughtful conversation about the future of The Village. Since we will be ordering catered food, we ask that participants register at the Village of Takoma e-mail address (villageoftp@gmail.com). Hope you can attend.

Wolfgang J. Mergner

UPCOMING EVENTS

May 15: 7-9pm	VillageRides Training for Volunteer Drivers*	Rose Room, TP Community Center
May 16: 10-11:30am	Friendly Visitor Volunteer Training*	Rose Room, TP Community Center
May 17: 8:30-10am	Board Meeting	Senior Room, TP Community Center
May 20: 2-4pm	A Training for Volunteers: How to help people declutter their homes safely*	Sligo Church, 7700 Carroll Avenue, Takoma Park
May 27: noon-6pm	Village of Takoma Park retreat	Heffner Park Recreation Center, Oswego Avenue, Takoma Park
May 30: 10am-noon	Aging Well: Safety First. Learn about the new Montgomery County smoke alarms law, get tips on fire safety, be aware of your surroundings, and more. Need a ride? Call 301-646-2109 a week in advance.*	Azalea Room, TP Community Center
June 13: 7-9pm	VillageRides Training for Volunteer Drivers*	Takoma Park Community Center
June 14: 1-2:30pm	Friendly Visitor Volunteer Training*	Rose Room, TP Community Center
June 14: 1:30pm	Movement Disorder Support Group: Benefits of Exercise	7201 Holly Avenue, Takoma Park

*To register, or for more information, call 301-646-2109.

AGING WELL (and other) EVENTS:

"Aging Well" meetings are held monthly, usually on the last Tuesday of the month from 10 AM to noon. They cover a wide variety of topics and provide an opportunity for gathering (with refreshments) with others in the community with common interests.



March 28: Kevin Patti, a Park Ranger at the Clara Barton National Historic site in Glen Echo, gave a presentation on Clara Barton in celebration of Women's History Month. He shared interesting details of her life by recounting how she responded to personal challenges, as well as to challenges faced by our military during the Civil War. Adversity and prejudice against women made it difficult for her to achieve in areas such as emergency preparedness, natural disaster relief work, and public education. However, she risked her life by bringing supplies and support to soldiers in the field. In 1881, at age 60, Clara Barton founded the American Red Cross and led it for 23 years. She was also an advocate for the rights of African Americans and associated with well known individuals at that time, including Frederick Douglass.

April 25: Professional organizer Candy Speight shared tips for putting your home in order. She spoke about the strategies of sorting, purging (or sharing), and organizing. She said that if on a regular basis you set a timer for 20 minutes and allot that time for sorting through your belongings, you will see progress. Her approach is to touch each item and then ask yourself a few questions, i.e., Would I buy this again? Am I willing to move it to my next home? Purging can be done by donating or consigning items you no longer use. There are a number of organizations that will pick up items that you no longer want.



May 7: Village of Takoma Park held its first annual potluck at Takoma/Piney Branch Park. Lots of great food, wonderful company and conversations were shared by all. Takoma Park Mayor Kate Stewart and City Council members Peter Kovar and Jarrett Smith also attended. Many thanks to those who pitched in to make this event a success: Gina Gaspin, Kathie Baker, Pat Rumbaugh, Doris Rogers, Mary Payne and Gertrud and Wolfgang Mergner.



Have ideas for topics or potential speakers? We welcome them! Email villageoftp@gmail.com.

OTHER EVENTS: Check out the following for events, services, and information of possible interest to members.

The Village of Takoma Park	villageoftakomapark.com and facebook.com/villageoftakomapark
The Takoma Park Recreation Department	takomaparkmd.gov/government/recreation/ Takoma Park Community Center, 2 nd floor
We Are Takoma (focusing on arts and humanities)	takomaparkmd.gov/initiatives/arts-and-humanities/ Takoma Park Community Center, 3 rd floor
Forever Young (focusing on TP's over 55 community)	takomaparkmd.gov/news/forever-young-newsletter/



VOLUNTEERS/SERVICES

Small Home Repairs/Tasks: We're continuing to "pilot test" assistance with small home repairs and tasks in the home. The service can include help as diverse as changing light bulbs, moving furniture, or installing a doorbell. Call 301-646-2109 to request help or to volunteer your services.

Errand Service: Our Errands Service is now underway! Here are some of our volunteers, picking up food from the Manna food truck for a Village member. If you are a current member of the Village of Takoma Park and interested in the "Errand Service", call 301-646-2109. We hope to fill all requests within three days. If there is an emergency, we will respond more quickly.



Friendly Visitors/Callers: Village volunteers provide visits to Takoma Park elders or homebound residents. Do you know someone who might welcome this service, or would you like to volunteer? If so, please contact the Village of Takoma Park at 301-646-2109 or email Sandy Egan at sandyeganretired@gmail.com.

VillageRides: VillageRides remains our most active, heavily used service. We can always use more drivers. To learn more, to volunteer, and/or to register for or request a ride, call 301-646-2109.

Senior Stroll: Would you like to get out for a walk a couple of times a week, but prefer not to walk alone? We will match you with a Village volunteer to go walking with you. Contact sandyeganretired@gmail.com or call 301-646-2109.

SUPPORT GROUPS: The Village of Takoma Park has fostered the development of the following support groups and helps to promote them.

The Movement Disorder Support Group was started in response to interest from Takoma Park residents with Parkinson's disease, Multiple Sclerosis, and similar conditions. Members, ideally together with the caregiver, meet once a month, usually at 2 PM on the second Wednesday of the month (with some variations), to exchange information and hear from guest professionals. For more information, contact wolfgang.mergner@gmail.com or call 301-646-2109.

Parents of Special Needs Adults (POSNA) is a Takoma Park advocacy and support group for parents and other loved ones of adults with developmental and/or chronic psychiatric challenges. The group is especially interested in securing jobs, supportive housing, safety, and recreation for their loved ones. Meetings are the fourth Thursday of the month at 6:30 PM. For more information, contact Mary Muchui (muchui@aol.com) or call 301-646-2109.

A Grant to POSNA Supports Therapeutic Exercises: The Village has received a Community Block grant from the County on behalf of "parents with special needs adults" (POSNA) to support a treatment program offered by the Spirit Club (spirit-club.com) of Kensington for adults with special needs, such as Autism, Down Syndrome and others. The grant will allow up to six individuals (differently-abled adults ages 16 and over) to participate for free. The program, offered on Wednesday evenings 6:30-7:30 at the Takoma Park Community Center, involves physical training focusing on motor skills and coordination; lifestyle instructions such as proper nutrition and weight control; and encouragement of social interaction and intellectual stimulation. There are still openings in the program. Contact the Village of Takoma Park (301-646-2109 or villageoftp@gmail.com) or Jared Ciner, Spirit Club, (303-883-4364 or e-mail jciner@spirit-club.com).

DID YOU KNOW ?

You may be eligible for a 20% Property Tax Credit: If you are over 65 and have lived in the same Montgomery County home for at least 40 years or are over 65 and a veteran of the U.S. military, you can get a 20% property tax credit for each of the next 5 years. Your house must be assessed at less than \$650,000; less than \$500,000 if you are a veteran. The deadline for applying for this year's credit is September 1, 2017. For more information, visit <https://www.montgomerycountymd.gov/Finance/bill-42-16.html> or call 311.



311 is Montgomery County's phone number for non-emergency government information and services. For emergency calls, residents should continue to call 911. To learn details about 311, visit montgomerycountymd.gov/311/AboutMC311.aspx.

Reminder: If you need to speak with the Takoma Park Police Department, call 911 for emergencies only. For non-emergencies, call 301-270-1100.

Montgomery County provides free prescription discount cards and low-fee Dental and Health Programs for County residents.



Since 2004, Montgomery County has been partnering with the National Association of Counties (NCo) to provide FREE prescription discount cards, saving residents more than \$32 million since the Montgomery RX program began.

The County has now joined NACo's Live Healthy program—and joined dozens of other communities across the U.S. in helping our residents save money on the cost of dental and health care services. The Live Healthy program continues to provide FREE prescription discount cards and has added a low-fee **Dental Discount** program that provides discounts on check-ups, cleanings, fillings, crowns, root canals and more. The low-fee **Health Discount** program provides discounts on vision services, hearing aids and screenings, diabetes supplies and more.

For an overview of the Live Healthy Program, visit montgomerycountymd.gov/OPI/live-healthy.html.

For further details, pick up information at your local library or recreation or senior center. Visit www.nacohealth.org or call 1-877-321-2651 for prescription discounts and 1-877-573-2395 for health discounts.



Pharmaceutical Assistance Program: Some pharmaceutical companies offer help for people enrolled in Medicare Part D. Visit medicare.gov/pharmaceutical-assistance-program/Index.aspx to find out whether there's an Assistance Program for drugs you take.

Local Farm Stands and Markets are now up and running.

Crossroad Farmer's Market	Wednesday 11am – 3pm (June thru November)	7676 New Hampshire Avenue, Takoma Park
Fenton Street Market	Saturday 10am – 4pm (May thru October)	Veteran's Plaza, downtown Silver Spring
FreshFarm Farmers Market	Saturday 9am to 1pm	Ellsworth Drive, downtown Silver Spring
Takoma Park Elementary School	Thursday 3:30pm – 5:00pm	7511 Holly Avenue (behind the school)
Takoma Park Farmers Market	Sunday 10am – 2pm (year round)	Laurel Avenue, Takoma Park

Looking for Stores Offering Senior Discounts?

An advantage of being a “senior citizen” is eligibility for senior discounts. We have been exploring the availability of such discounts in the Takoma Park area and hope to be providing information about more of these in the future. Here’s a sampling of what we have found so far.



Capital City Cheesecake, 7071 Carroll Ave., Takoma Park, offers a 10% discount every day to customers age 65 and older. Discount is by request; please ask when ordering.

Soupergirl, 314 Carroll Avenue, offers a 10% discount by request to seniors (65 and older), available any day. Please request discount when ordering.

Rite Aid pharmacies offer 20% off all non-prescription items on the first Wednesday of the month to wellness65+ members, a free program for anyone 65 and older. Nearby Rite Aid stores:

8408 New Hampshire Ave., Hyattsville, MD

1823 East-West Hwy, Adelphi, MD

1411 East-West Hwy, Silver Spring, MD

8701 Georgia Ave., Silver Spring, MD

TPSS Co-op, 201 Ethan Allen Ave., Takoma Park, offers a 5% discount every day to customers age 65 and older, upon request. Co-op members can simply provide their member card/number to verify eligibility for the discount. Non-members also qualify, but should be prepared to provide age verification.

Thrift Stores

Looking for a discount on a bargain? Here’s info on three area thrift stores that save seniors even more! Please note that there are occasional special sales, or may be changes in discount policies, so check what’s current when you stop by. The qualifying minimum age for senior discounts at all three of these stores is 55.

Value Village, 2277 University Boulevard, Adelphi, MD

Value Village, 10121 New Hampshire Ave., Silver Spring, MD

Unique Thrift, 10141 New Hampshire Ave., Silver Spring, MD

All three of these affiliated stores (the two on New Hampshire are actually in the same building) offer the same discount policies. On Tuesdays, seniors get a 30% discount on everything. Other discounts are also available to those with a store “VIP” card (which is free): 25% off clothes, shoes, accessories, and bed and bath on Mondays, and 25% off any items on Thursdays. Stop by any of the stores for details and to get a card.

Salvation Army Thrift Store, 7505 New Hampshire Ave., Takoma Park, MD.

This thrift store offers seniors 10% off any item on Mondays. Just ask for the discount at the register when you check out (though be warned that they may ask you for ID if they think you look too young to qualify!). In addition, on Mondays “white tag” clothes are 50% off and on Wednesdays all clothing is 50% off.



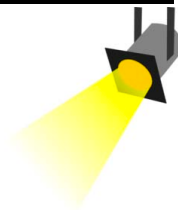
We’d love to have your help in expanding our list of senior discount merchants.

If you know of local businesses that offer senior discounts, please email their names to villageoftp@gmail.com and we’ll research the details.

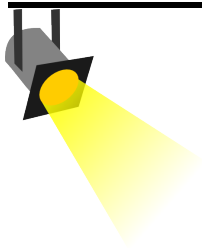
SPOTLIGHT on the BOARD: Andrew Kelemen



Andrew Kelemen originally hails from New York, but a job with a technical consulting firm brought him to Takoma Park over 35 years ago, along with his wife and son. A veteran of the Korean War, after his discharge from the Army Signal Corps he worked for a number of different companies on many interesting projects and earned a Master's degree in Industrial Engineering along the way. Andy is now retired after a career in electrical, mechanical, computer, and ergonomics positions. His community interests have been wide-ranging. He has been a member of several city committees, including the Public Safety Citizens Advisory Committee (which he co-chaired for several years), the Emergency Preparedness Committee, and the Police Chief's Advisory Board. Andrew joined the Village of Takoma Park several years ago, fairly early in its inception, and has an abiding interest in following the growth of the Village movement, as well as of drop-in medical clinics.



SPOTLIGHT on the new TREASURER: Lois Weinberg



At the April Board meeting, President Mergner announced that Lois Weinberg had accepted the position of treasurer, previously occupied by Gertrud Mergner. Lois is originally from Kingston, PA, a small town near Wilkes-Barre, and earned a degree in education. She moved to Washington, DC, and spent her career at the U.S. Department of Education, where

she worked monitoring contracts and grants until her "happy retirement." She moved to Takoma Park in January 1987, seeking a quiet, safe, small-town lifestyle, which she now enjoys. Her neighborhood has several young families with new babies and a "crew of first graders" who run from yard to yard playing, a sight which she especially enjoys. She learned about the VTP from a chance conversation with Board Member Kathie Baker at a flea market. Lois also volunteers with Meals on Wheels one day a week and enjoys her book club, traveling, and gardening.



In Memoriam

Village member **Juno Yolanda Augustine** passed away on February 10, 2017, after a brief illness. In 1953 she and her husband Reginald Cooper Augustine bought a Cedar Avenue house where she resided until her death. According to The Washington Post, Yolanda "found great joy in sharing her historic home and garden with friends and family all her life." The Village expresses sympathy to her family and friends on their loss.





JOIN OR RENEW

Sign up or renew online at our website – villageoftakomapark.com.

Don't have access to a computer?
Call 301-646-2109 to request a membership form.

Membership dues are \$10 per year per member.
Pay online at our secure site or mail your check to:
Village of Takoma Park, PO Box 11420, Takoma Park, MD 20912

VOLUNTEER

Volunteers are essential to the success of the Village.
The two types of volunteering are

- Direct service to members
- Volunteering to help the organization

In most cases you may serve on a regular or periodic basis, giving as much or as little time as fits your schedule. Anyone age 18 or older is welcome.

Note: Our insurance coverage requires that all volunteers join as members as well. Let us know if the \$10 annual dues are a hardship.

To volunteer, go to villageoftakomapark.com, **Join** and **Member Signup**, or email Sandra Egan at sandyeganretired@gmail.com.

SUPPORT

Village of Takoma Park is a non-profit, tax-exempt 501 (c) (3) organization. We rely on grants and donations to supplement income from dues. All contributions are tax-deductible.

Donate online by credit card at villageoftakomapark.com or send a check payable to Village of Takoma Park, PO Box 11420, Takoma Park, MD 20912.

We greatly appreciate your support.

Officers

President: Wolfgang Mergner
Vice-President: vacant
Secretary: vacant
Treasurer: Lois Weinberg

Additional Board Members

Pazit Aviv
Kathie Baker
Marisa Cruz
Doris Duarte
Jacquette Frazier
Andy Kelemen
Joseph Khabbaz
Erwin Mack
Ruth McGoff
Hank Prensky
Laurie Welch

The Advisory Board

Bruce Baker
Seth Grimes
Peter Kovar
Moses Wilds
Deborah Zuckerman

Ex Officio

Paula Lisowski

Committee Chairs

Communications: Linda Carlson
Finance: Hank Prensky
Membership: Wolfgang Mergner
Programs: Kathie Baker
Service Delivery: vacant
Volunteers: Sandra Egan

Newsletter editors

Margo Stevens and Maria Tokic'

Mission Statement

Village of Takoma Park's mission is to provide intergenerational support to seniors and persons with disabilities who wish to live actively in the Takoma Park community by

- providing assistance, advice, and neighborly support;
- facilitating access to needed service providers;
- advocating on behalf of Village members and informing them about relevant issues and policies;
- organizing and managing Village volunteers who provide services and assistance; and
- collaborating with the City of Takoma Park, Montgomery County, and other organizations.