



Village of Takoma Park Newsletter

Helping Neighbors Age in Community

Volume 5, no. 4

October - December 2019

Dear members and friends of the Village of Takoma Park,



In Takoma Park all of us can end up limiting our interaction with neighbors to the ones on our block – the Village has provided numerous ways for us to expand our personal neighborhoods.

This is a good time to recall some of the Village's highlights over the past 12 months. Among other things, our membership has grown to almost 250 people; our transportation services have grown to an average of 92 rides per month to members (up from an average of 80 per month in 2018); and the kinds of services we provide have expanded to include more social and cultural events. With this expansion we have added an accountant and a part-time administrative assistant to our team. Both our accountant, Ismenia Peña-Romero, and our administrative aide, Robin Walker, have provided invaluable help to the Village and our members.

With the expansion, our need for more help, both in terms of volunteers and funds, has increased. We hope you will consider a tax-deductible donation to support our efforts. If you haven't already received a letter or email from us, you will soon. Any amount helps! You can donate online by credit card at villageoftakomapark.com and click on "Donate." Or you can send a check payable to Village of Takoma Park to the following address: Village of Takoma Park, PO Box 11420, Takoma Park, MD 20912.

With many thanks,
Laurie Welch and Andy Penn, Co-Presidents

MEET OUR NEW STAFF MEMBER



We're delighted to welcome Robin Walker, our new part-time administrative aide.

Robin attended the University of Southern Maine where she earned a degree in Social Work. After graduating, she moved to Montgomery County where she spent many years working with a national animal protection organization to better the lives of farm animals. Robin then was asked to lead the Grass Roots Organization for the Well-being of Seniors (GROWS). Over the course of a decade as their Executive Director, she produced monthly networking meetings for professionals who work with seniors, thereby strengthening the community serving seniors. She happily shares her life and home with her beloved little dog Wilma and her sweet cat Rosco.

The Village has a newly revised brochure! Look for copies at our events or find it online at villageoftakomapark.com/brochure.



Recent Village Events

With the help of a grant from the City of Takoma Park, we launched our cultural arts programming in late August and have sponsored to date the following events:

August 29: Museum visit to the Phillips Collection, for their special exhibit, “The Warmth of Other Suns: Stories of Global Displacement.” The exhibit, now closed, presented historical and contemporary works by approximately 75 artists posing urgent questions related to experiences and perceptions of migration and the current global refugee crisis.

September 18: Book talk by bestselling author Naomi Klein on her new book, *On Fire: The (Burning) Case for a Green New Deal*, in which she makes the case for a Green New Deal, explaining how bold climate action can be a blueprint for a just and thriving society. This event was sponsored by Politics and Prose.

September 28: House Concert with John W. Warren performing a program of Latin guitar in a Takoma Park home.

October 4: Museum visit to Glenstone

The Village of Takoma Park and the Forever Young program of the City of Takoma Park hosted a trip to Glenstone, a private nonprofit museum in Potomac open to the public by appointment only. Nineteen Village members (and friends) went, on a beautiful fall day. Most had not been before and were amazed at the beauty and breadth of the museum and its grounds. Those who completed the post-event evaluation were very positive about the trip, though some felt that the three hours was not enough. The museum includes outdoor sculptures, an outdoor sound installation representing the noises one hears in a forest over the course of 1,000 years, and galleries with sculpture and painting from a host of famous 20th-century artists, with knowledgeable guides to enhance the visitor’s appreciation.

As Glenstone’s founders have expanded their museum, they have focused on sustainability inside and out, reclaiming land and returning it to its more natural state and re-creating streambeds and wetlands. They have partnered with Montgomery County public schools to host more than 5,000 students, many of whom had never been to an art museum before.

Glenstone provides golf carts for those who need transportation around the outdoor areas but to see all the outdoor sculpture one needs to be able to walk on gravel paths, up some slopes and cover at least 2 miles over the course of the visit. On the other hand, much is accessible to someone using a wheelchair.

The museum is free, and the Village plans to run trips there at least twice a year. Come (or come back) with us on April 10. Watch for the sign up soon!





October 25: Museum visit to the National Gallery of Art for a guided tour of Renaissance collections.


October 26: House concert with Rupert Wates offering an eclectic mix of acoustic, melodic art/folk, with flavors of jazz, vaudeville and cabaret, in a Takoma Park home.

October 28: Book talk with New York Times columnist Gail Collins at Politics and Prose, on her new book, *No Stopping Us Now: A History of Older Women in America*.

Recent Aging Well Events:

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| <p>September 26</p> | <p>Aging Well Event: Money Management</p> <p>Grant Wing, Executive Director of The Society for Financial Awareness (SOFA), joined a group of 25 people for a presentation on money management. From useful tips on budgeting, retirement savings, reverse mortgages and life insurance, a robust discussion was quickly underway. Mr. Wing was well versed on all aspects of money management and able to assist participants with all their questions. He also devoted time to the importance of protecting oneself from scams and frauds, giving examples of what to avoid and how to spot a potential problem. Finally, a generous offer from SOFA was extended to all participants for a complimentary financial consultation with one of their volunteer expert consultants. For more information, or to request an emailed copy of the presentation, contact info@dcsdfa.org.</p>  |
| <p>October 31</p> | <p>Aging Well Event : Getting Your Affairs in Order</p>  <p>Elder law attorney Bernadette Sweeney (sweeneylegal.com) gave a well-received presentation to close to 40 attendees on how, and more importantly why, folks need to get their affairs in order. From explaining that everyone needs a will, no matter how few their assets, to delving into the intricacies of probate law, Ms. Sweeney covered a host of legal issues important to all. Ms. Sweeney outlined the structures needed in case of a medical disability or death for family members to successfully navigate the complicated settling of an estate.</p> <p>She stressed the importance of maintaining a master list of your important information – your financial information; names of lawyer, financial adviser, insurance agent; Internet passwords; a memo describing how you’d like your personal property to be distributed upon your death; information on any loans you’ve made or outstanding debts; people to contact in the event of your death; and information on any funeral wishes or pre-arrangements. For a template of such a list, see the Village of Takoma Park’s website. Go to Links and Resources and select “Organizing your affairs” for a link to “What My Family Should Know: a guide for getting your affairs in order” as well as a useful article on this topic from the <i>Washington Post</i>.</p> |

Upcoming Village Events

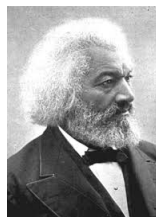
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| <p>November 21 Thursday Noon – 2 pm</p> <p>Takoma Park Community Center, Azalea Room</p> <p>No registration required Open to all</p> | <p>NOVEMBER AGING WELL EVENT: Aging Well by Doing Good: Giving Back to Our Community</p> <p>Involvement in the community comes with many rewards. Join us for brief presentations by representatives of some organizations that serve Takoma Park and welcome volunteers — Meals on Wheels, Manna, Takoma Park Elementary School, a local animal advocate, and our own Village of Takoma Park. Learn how you might be able to help or get help! You’ll also hear from a Village member who has been on the receiving end of help from the Lifelong Homes Coalition. Bring your own ideas and suggestions for volunteering opportunities.</p> <p>Refreshments provided.</p> <p>be a volunteer</p>  |
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November 22

Friday, 9 am – 3 pm

Registration is required:
villageoftakomapark.com/
Open to Village members only
Limit 14

Contact: Janet Walker at
walk.janet@gmail.com or
240-425-2323



Visit to Frederick Douglass National Historic Site and the Smithsonian Anacostia Community Museum, with lunch at a nearby Busboys and Poets.

Bring \$1 for a tour of the Frederick Douglass home and money for lunch.

Transport with Village drivers. This event requires active walking.

Logistics: Meet at Takoma Park Community Center; depart 9:00, return 3:00.

November 23

Saturday

7:30 pm

Registration is required:
villageoftakomapark.com/
Open to all

Contact: Laurie Welch at
laurawelch123@gmail.com or
301-928-1624

House concert: [David Schulman + Quiet Life Motel](#).

By turns nocturnal, reflective, funky, and cinematic, the music of electric violinist and composer David Schulman is a weave of jazz harmonies, shimmering orchestral textures, and frolicsome grooves. He will be joined by bassist Romeir Mendez (Sweet Honey in the Rock, Raul Midon) and percussionist Coco Barez. They will feature music from the newly finished *Quiet Life Motel* album. Copies of the CD will be available.



The house has outside stairs and a cat. The address will be provided after registration. Contact Laurie Welch if you need transportation.

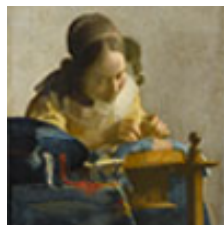
Cost: \$20 payable to musicians

November 25

Monday, 12:30 pm – 4:00 pm

Registration is required:
villageoftakomapark.com/
Open to all

Contact: Andy Penn at
andrewpenn@verizon.net or
202-834-3360



National Gallery of Art: Guided Tour of the Dutch

Masters Golden Age Collection: The tour, led by one of the Gallery's expert docents, will look closely at works that provide glimpses of life in the Dutch Republic during the seventeenth century, a time of an unprecedented flourishing of the arts known as the Dutch Golden Age.

Logistics: Meet at Takoma Metro on platform by elevator at 12:30; tour at 1:30. Want to attend but unable to travel by Metro/walking? Contact Andy Penn.

December 12

Thursday

12 pm performance

Registration is required:
villageoftakomapark.com/
Open to Village members only



Limit 10

Contact: Susan Rogers at
CJPgroup@yahoo.com or
202-243-9230

A Christmas Carol at Ford's Theater: Join the ghosts of Christmas Past, Present and Future as they lead the miserly Ebenezer Scrooge on a journey of transformation and redemption. This music-infused production captures the magic and joy of Dickens's Yuletide classic. Acclaimed actor Craig Wallace returns as Ebenezer Scrooge in a production heralded as a "rich visual and vocal treat" (*TheaterMania*) and "infectiously jolly" (*Washington Post*). Length: 2 hours with one intermission

Cost: \$35, with option of \$20 if full price is a hardship. If \$20 is not affordable, call the Village at 301-646-2109. When registering, choose the amount. If you prefer not to pay online, you will be able to print out an invoice and mail us a check **no later than Dec. 2.**



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| <p>December 15 Sunday afternoon, exact time to be announced</p> <p>Registration is required: villageoftakomapark.com/ Open to all</p> <p>Contact: Laurie Welch at laurawelch123@gmail.com or 301-928-1624</p> | <p>House concert: Eloise & Co.</p>  <p>Eloise & Co. features the combined creative force of two of the country's most sought-after dance musicians: Becky Tracy and Rachel Bell. These two crank out dance and concert music with unbridled energy and soaring beauty. Their depth and versatility is evident not only in their dynamic playing but also in their rich and unique repertoire, ranging from exciting original compositions to rock-solid traditional tunes. Eloise & Co. was born out of Becky and Rachel's transcendent melodic connection, their shared love for powerful rhythmic momentum, and their joy in making music together. The blissful vibe is contagious, drawing everyone in the room into a sublime and memorable experience. Here's a sample: https://www.youtube.com/watch?v=v_oZcxHS7YQ</p> <p>The house has outside stairs and a cat. Contact Laurie Welch if you need transportation. The address will be provided after registration.</p> <p>Cost: \$20 payable to musicians</p> |
| <p>December 31 Tuesday, 7 – 9 pm Victory Tower 7051 Carroll Ave., Takoma Park</p> | <p>DECEMBER AGING WELL EVENT: Game Night</p> <p>Have you got plans for New Year's Eve? Join us for Game Night at Victory Tower. Games will be provided, or bring your own favorite. Refreshments for residents and all who attend!</p>  |
| <p>January 30, 2020 Thursday, 12 noon – 2 pm Takoma Park Community Center, Azalea Room</p> | <p>JANUARY AGING WELL EVENT: The Importance of Sleep</p> <p>Watch for more information in future emails and on our website.</p> |

Having trouble registering for our events online?

Contact Robin Walker at robin@villageoftakomapark.com.



ONGOING Community Events

FOREVER YOUNG: The Takoma Park Recreation Department publishes *Forever Young*, a newsletter describing a host of programs for residents age 55+. Many of these (especially trips and special events) are NOT listed in the Recreation Department guide which the City mails to all residents. You can find the newsletter at the Community Center and online at takomaparkmd.gov/news/forever-young-newsletter/. And we provide a link to it on the Village of Takoma Park website.

The City's Takoma Park Arts cultural series (formerly *We Are Takoma*) offers a wide range of free events at the Takoma Park Community Center at 7500 Maple Avenue, including art exhibitions, concerts, theater, films, lectures, poetry readings, and more. Go to takomaparkmd.gov/initiatives/arts-and-humanities/ for details and to sign up for their e-newsletter.

Helpful Programs

Free income tax preparation assistance by trained volunteers is available during tax season through the **RSVP/AARP Tax-Aide Program** for low-to-moderate income Montgomery County taxpayers. To make an appointment, go to montgomeryserves.org/tax-aide or call 240-777-2577. The scheduling office will open on January 27, 2020. Book by March 1 to guarantee a spot. In 2019, sites included the Takoma Park Community Center and Silver Spring Library. Sites for 2020 are still to be announced.

For details visit <https://www.montgomerycountymd.gov/volunteercenter/tax-aide/>.



Need help with snow removal? Students at Takoma Park Middle School who belong to the Difference Makers Club collaborate with parents and the City of Takoma Park to form teams of Snow Angels to fan out across the city and dig out residents who can't do the heavy lifting of snow removal themselves.

For more information on the Snow Angels program or to be placed on the waiting list, contact Paula Lisowski, Senior Programs Manager at 301-891-7280 or paulal@takomaparkmd.gov.

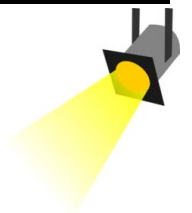
In order to qualify for the Snow Angels program, you must

- be a Takoma Park resident
- have a disability that prevents you from removing snow or are 55 or older
- not have anyone living in your home who is able to assist with snow removal

Spotlight on the Board



Welcome to our newest board member, Dana Robinson. A resident of Takoma Park since 1984, Dana is a retired School Social Worker. He worked for Fairfax County Public Schools (FCPS) for 25 years. Throughout his career with FCPS, Dana worked with special needs students -- primarily emotionally disabled students -- providing counseling and therapeutic services. He also assisted students and their families with seeking and receiving community-based support services. Prior to working at FCPS, Dana worked for nearly ten years in psychiatric hospitals. He holds a BS degree in Psychology from Morgan State University and an MSW degree from The University of Maryland School of Social Work and Community Planning.



INTEREST GROUPS

CULTURAL ARTS INTEREST GROUP. Watch our calendar and look for emails announcing upcoming events. Thanks to the City of Takoma Park for helping to fund our cultural events.



WALKING GROUP: Please join us! No need to register in advance -- just show up in your walking shoes. Scheduled walks are posted on our website:

villageoftakomapark.com/calendar. Walks are the first and third Wednesday of every month, at 10:00 am. Meet at the TP Community Center inside the Maple Ave. entrance, for a

walk of approximately 1 hour along Sligo Creek, pace to be determined by walkers present.

Leader: Susan Rogers, 202-243-9230 or GJPgroup@yahoo.com (please call or email; do not text.). Walks will be cancelled in case of inclement weather. Watch the Village website's calendar, and if in doubt, contact Susan.

Errand Service: If you have stopped driving, can no longer get around easily, and need something that you (or a friend or family member) are unable to order online or from a delivery service, we can help if you are a Village member. Call 301-646-2109 and let us know what you need. We will try to fill requests within three days, sooner if there's an emergency. Note that for insurance reasons, errands are done by volunteers alone; not in a car with the member requesting the errand.

Friendly Visitors/Callers: Village volunteers provide visits to Takoma Park elders who cannot get out as much as they might like, as well as offer phone calls several times a week. If you would like to receive calls or volunteer to make friendly visits or phone calls, please contact the Village of Takoma Park at 301-646-2109 or email Sandy Egan at sandyeganretired@gmail.com. To sign up to receive a "friendly visitor," call EveryMind at 301-424-0656 ext. 507 to be matched with a Village of Takoma Park volunteer. Village membership is not required for those receiving visits. *Please share this information with anyone you know who might welcome the visits.*

Senior Stroll: How easy is it for you to go out for a walk? Some people are concerned about tripping, falling, or getting lost. The Village of Takoma Park has a senior stroll program which matches a volunteer or two with a senior who wants to go for a walk once or twice a week. Each volunteer is a member of the Village of Takoma Park and has had a criminal background check. If you are interested in this program or know someone who might be, please contact sandyeganretired@gmail.com or call 301-646-2109.

Small Home Repairs/Tasks: The Village of Takoma Park has a team of volunteers ready to do small home repairs and tasks around the house for members who have no other access to help for minor repairs or chores (moving furniture, replacing high light bulbs, etc.). **Larger Home Improvements:** We can help income-qualified members apply for larger home improvements that are beyond the scope of our small home repairs teams. Applications go to Rebuilding Montgomery or Habitat for Humanity, both parts of the Lifelong Homes Coalition. These repairs may include minor plumbing and electrical work; roofing, floor, and ceiling repair; interior and exterior painting; installation of grab bars; and building of ramps. If you are a Village member in need of help, call 301-646-2109. Volunteers will contact you to arrange an evaluation of your job and determine if it can be done by the small home repair team, or if not, if you are eligible to apply through Rebuilding Montgomery.

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.

SUPPORT GROUPS:

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 every other month to exchange information and hear from guest professionals on recent advances. For more information, contact Tom Bigford at 301-580-4056 or tebigford@gmail.com.



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 1st Thursday of the month at 7:00 pm at the Takoma Park Community Center. For more information, contact Mary Muchui at 240-582-6199 or muchui@aol.com.

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 \$25 per year per member. Please contact us if this is a hardship. 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.

To volunteer, go to villageoftakomapark.com and click on **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 have two part-time staff persons and otherwise are run by volunteers. We rely on grants and donations to supplement income from dues. All contributions are tax-deductible.

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

We greatly appreciate your support.

BOARD MEMBERS:

Mary Akers
Kathie Baker
Bindu Hickson
Pat Matthews
Andy Penn, Co-President
Dana Robinson
Susan Rogers
Lois Weinberg, Treasurer
Laurie Welch, Co-President

ADVISORY BOARD:

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Ken Flemmer
Seth Grimes
Peter Kovar
John Urciolo
Moses Wilds

EX OFFICIO:

Paula Lisowski

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Finance: Lois Weinberg

Membership: Wolfgang Mergner,
Past President

Programs: Kathie Baker

Small Home Repairs: Lewis Morris

Volunteers: Sandra Egan

NEWSLETTER EDITORS:

Linda Carlson and Maria Tokic'

Contributors:

Margo Stevens and Laurie Welch

STAFF:

Part-time Administrative Aide
Robin Walker

Part-time Accountant
Ismenia Peña-Romero

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.