

Village of Takoma Park Newsletter Helping Neighbors Age in Community

Volume 6, no. 3

July - Sept. 2020



Dear members and friends of the Village of Takoma Park,

As you all know, the pandemic has had a dire effect on many people in many ways. Needless to say, our Village members, especially those who need rides, are among the people affected. We have done our best to try to meet the transportation needs of our members during the Covid-19 lockdown, but we need to do more and we need to do so now.

Before the lockdown, the Village gave our seniors over 110 rides each month, including rides to doctors, dentists, shopping and church. We had over 50 drivers on the books, over 30 of whom gave rides in the first quarter of 2020. The Village stopped performing most transportation services in mid-March 2020 because of Covid-19. Medical transports were still being fulfilled, and those requests have increased as doctors' offices re-open. But only nine drivers are currently active.

We need more volunteer drivers to give safe rides to older adults and adults with disabilities. The Village has a thorough, professionally CDC-based procedure in place to make sure that Village rides are as safe as possible for the driver and the rider. The procedure includes training, provision of a safety kit for the driver, and regular screening of riders with a symptom questionnaire. The rider sits in a back seat on the passenger side of the car. All windows are open. When you volunteer to drive, you view and accept ride requests online, at your convenience, and you agree to do only the rides that work for you. It's very easy and rewarding, and every ride helps.

We can provide more details about the ride process to anyone interested. We hope our regular drivers will resume giving rides and that new volunteers will step up as well. We are looking for drivers who are willing to give a ride once or twice a month. The Village will waive the annual member fee to any new volunteer. If you know of a friend or neighbor who might be willing to be a volunteer driver, please have them call 301-646-2109 or email Sandy Egan at sandyeganretired@gmail.com.

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

Please Take the Survey to help guide Village planning for next year and beyond



Many thanks to the close to 60 members who have completed our member survey. If you haven't yet filled it out, you'll find a link to the survey on the home page of our website. Those members who don't use email will get a survey in the mail. Since it will be many months before the Village can hold meetings, the Board needs to know what kinds of programs you want to see now via Zoom or some other platform. We also want to know if any member needs help accessing the internet so that we can provide advice and possible access to free computers. The survey results will guide Village planning for the next year and beyond.



The Village Goes Virtual. PLEASE HELP US WITH YOUR IDEAS and

EXPERTISE. With in-person events not an option, the Village has turned to offering virtual ones. A couple of members who responded to our member survey said they are "zoomed out," but 67% so far say they would be interested in more virtual events even after the pandemic; 31% said they were unsure. The Village has a Zoom account and would like to offer more, but we need your help. Do you have ideas for other virtual events the Village

might host? Would you be willing to host a book or film discussion group, online games, a conversation on a topic of interest or share your expertise? Events can be one-time only or recurring. Or do you know someone who might be interested in doing this? They need not be members of the Village, or even local. Please let us know by emailing villageoftp@gmail.com or laurawelch123@gmail.com.

Recent Village Virtual Events

May 27 and July 1	Virtual Zoom Orientations. Laurie Welch offered a brief introduction to Zoom for those new to it.			
May 27	Virtual Book Chat: Memoirs. A small group enjoyed a discussion of some favorite memoirs, including <i>Animal, Vegetable, Miracle: A Year of Food Life,</i> by Barbara Kingsolver; <i>The Color of Water</i> by James McBride; <i>Blackberry Winter</i> by Margaret Mead; <i>Born a Crime</i> by Trevor Noah; <i>Becoming</i> by Michele Obama; <i>My Beloved World</i> by Sonia Sotomayor; <i>Educated</i> by Tara Westover; and more.			
May 30	Virtual Cooking Demo. Jessica Carter, a Takoma Park-based Vegan Recipe Developer and Wellness Educator, provided a well-received cooking demo via Zoom, giving participants the tools for making a hearty plant-based Shepherd's Pie.			
June 3	Virtual Book Chat: Mysteries and Crime. A small group of mystery lovers met via Zoom and compared notes on favorite authors and series, creating a list far too long to share here!			
July 2	Creating personalized picture books. Beth Novey, NPR producer and Takoma Park resident, offered a wealth of tips on making personalized photo books. Although the focus was on books for grandchildren, she offered ideas and inspiration for photo books to share with family and friends of all ages.			
July 8	Organizing your photos. Laurie Welch and Linda Carlson co-hosted a Zoom session on organizing photos, with a focus on using Google Photos to create online photo albums for sharing and on basic photo editing/enhancement tools. Watch the Village calendar and emails for an announcement of a repeat of this session.			
July 31	Village Driver Update. This session provided updates for both current and prospective volunteer drivers on steps the Village is taking to ensure that drivers and riders remain safe during the pandemic. It is being repeated on August 19.			

Recent Aging Well Events

May 28	 Aging Well Event: Organizing. Professional organizer Candy Speight helped participants better understand the overall process of organizing. For notes from her presentation and links to more supportive resources and practical ideas, go to villageoftakomapark.com, click on "Links and Resources," then click on "Decluttering" of the side menu. You'll find links to an article from Senior Planet: "Too Much Old Stuff, How to Bust the Clutter" an article from Washington Consumers' Checkbook: checkbook.org/washington- area/decluttering-strategies organizing tips from the May Aging Well event a chart of charities where your donated items will support good works. Note: Sor may be temporarily closed or have modified hours due to the pandemic, so check before taking donations. 				
June 25	Aging Well event: Racial Justice: Fighting for Wellness, with co- presenters Brandy Brooks, founder and CEO of Radical Solutions, LLC, and Carol McSween-Brooks, CEO and founder of Diverse Inclusive Unlimited LLC. Ms. Brooks and Ms. McSween-Brooks are mother and daughter and know well that the				
	fight for healthcare is intergenerational. The essence of the presentation was that in matters of our health, we need to take charge. It's not easy; many doctors are patronizing, especially to women and to people of color. We must fight to get the information we need. Keep questioning, and don't give up until we are heard and are satisfied that we are getting the treatment we deserve.				

Upcoming Virtual Village Events

NOTE: ALL virtual events require preregistration on the Village website: villageoftakomapark.com/calendar

Don't have Internet? You can participate by phone! Call the Village at 301-646-2109 to register. We'll provide you with a phone number and password so you can phone in.

Wednesday, Aug. 19 11 am – 12 noon Open to all	Village Driver Update. Whether you're a current volunteer driver or are thinking about signing up, join us for updates on steps the Village is taking to ensure that drivers and riders remain safe during the pandemic.		
Thursday, Aug. 20 Noon 1:30 pm Open to all	 Aging Well Event: Creativity and Aging. Join us for a presentation by Dr. Wendy Miller based on her book <i>Sky Above Clouds: Finding our way through creativity, aging, and illness,</i> written with her late husband Gene Cohen. Dr. Miller is a writer, artist, and therapist who holds a Ph.D. in Clinical Psychology. She will discuss how creativity is a catalyst for growth, hope, love, and healing at every stage of our lives. (If publication of this newsletter is delayed, we apologize if this is now a "past" event. Note it was originally scheduled for August 27). 		

Monday, Sept. 21 7:00 8:15 pm Open to all	VillageRides Volunteer Driver Orientation and Information Session. Do you think you might be interested in driving Takoma Park seniors once a month or more? Join us to learn about this volunteer opportunity, and get all your questions answered, including steps we are taking to keep drivers and riders safe during the COVID-19 crisis. Session participation does not require a commitment to volunteer, but will include orientation for those willing to commit.			
Monday, Sept. 21 2 – 3 pm and Monday Oct. 19 2 – 3 pm Open to all	 Create Family Stories to Share Join us for a structured one-hour program (offered twice) that uses music, photos, videos and other prompts to encourage participants to write about their memories and experiences in a creative way. Presenter Sarah Taylor-Glaser uses positive reinforcement and provides further tips for participants to practice on their own. Presenter: Sarah Taylor-Glaser received her Bachelor of Fine Arts degree from Old Dominion University with minors in Art History and English. She has been working with Norfolk Public library and Slover Library in Norfolk, Va. for the past 3 years and has over 10 years of experience in youth educational program development in STEAM learning. She greatly enjoys helping others develop and enhance their creative writing skills. 			
Thursday, Sept. 24 noon – 1:30 pm Open to all	Aging Well Event: Taking charge of our health and addressing the chronic diseases of aging Discover for yourself how you can uncover what Functional Medicine has to offer, and how to address the root causes of disease with nutrition and lifestyle. At the end of this presentation you will be given information and links to access informative and actionable solutions for many of the major chronic health issues of aging: diabetes, metabolic syndrome, neurological issues, and dementia in its many forms. Presenter: Glenda Kapsalis, Functional Medicine Certified Health Coach			
Tuesday, Sept. 29 1:30 – 2:30 pm Open to all	 The Electoral College: Evolution of an Odd Duck The Electoral College is complicated! Join this session to learn about what it is, why it was established, how it has evolved, its advantages and disadvantages, and possible changes under consideration. Presenter: Ralph Watkins, a retired attorney who has been an active member of the League of Women Voters of Maryland for over twenty years. His roles with the League have included serving as a former Vice President for the Voters Service, and on the Making Democracy Work Committee. He has worked on voter registration, distribution of the Voters' Guide, and studies of the primary election system. 			
Thursday, Oct. 29 noon – 1:30 pm Open to all	Aging Well Event: Introduction to Drawdown: Reversing Global Warming. Pachamama's Drawdown Project gives us hope! Project Drawdown is a coalition of more than 200 researchers and other experts from 22 countries. Over the course of 5 years of rigorous scientific research, they identified and modeled the 100 most substantive, already existing solutions for addressing global warming and revealed astounding news: that it is possible not just to slow global warming, but to actually reverse it by 2050. Presenters: Rosemary Hodges, Volunteer Drawdown Presenter through the Pachamama Alliance Lore Rosenthal, Program Coordinator for the Greenbelt Climate Action Network; Volunteer Drawdown Presenter through the Pachamama Alliance			

COMMUNITY NEWS

STORIES FROM TAKOMA PARK'S AFRICAN AMERICAN COMMUNITY. Village members and newsletter readers might be interested to know that Pat Matthews, one of our Village board members, is engaged in an exciting new oral history project documenting the history of the Black community in Takoma Park.



Last June, Historic Takoma launched an initiative aimed at collecting the stories of African American families who settled in Takoma Park beginning in the 1920s and '30s through subsequent decades, forging their own cohesive community in the midst of racial and economic discrimination. The team that came together for this effort -- which includes an oral historian, a documentary filmmaker, and community members with their own knowledge and skills -- has focused on conducting oral histories with older residents (current and former) who grew up in Takoma Park. Pat Matthews has been intimately involved in all aspects of this project, including as a subject of one of the filmed interviews.

Like most African Americans in Takoma Park at the time, most of these individuals lived in one of two neighborhoods ("the Hill," up on Ritchie, Geneva, Oswego, and Lincoln Avenues or "the Bottom," on Cherry and Colby Avenues off Sligo Creek Parkway). Some, for example, attended the school designated for Black children prior to the Supreme Court decision in 1954, and they recount what it was like to move to the white schools the next year. They remember the "colored playground," critical because Black children couldn't play ball on Montgomery County school playgrounds, and how their parents sought to protect them from racist encounters. There's an obvious sense of urgency to gather these histories as the community loses more of its elders with each passing year.

Individuals interviewed to date have been so generous with their time, their memories, their insights. The 10minute film on the legendary Lee Jordan that opened a very successful program for Black History Month this year provides a sampling of these conversations. (See the film, along with the entire program, including comments and testimonials from audience members, on YouTube: Mr. Lee: the Life & Legacy of Lee Jordan.) Village board member Pat Matthews played a major role in the Black History Month program and figures prominently in the film about her father, Lee Jordan.

Between now and next June, the Stories from the African American Community team will develop and produce several short videos drawing from the oral histories and additional research and focusing on various topics and themes. These will be accessible online for use in schools, home viewing, and screenings across the city. The project will also produce a book featuring the edited oral history narratives.



The work of the project over the past year has been made possible by funding from Takoma Park's Community Grants Program.



DON'T FORGET to fill out your US Census survey. The NEW DEADLINE for households to respond has been moved to SEPTEMBER 30. As of early August, 1 in 4 Montgomery County residents has not responded to Census! This could mean the county could lose 4.6 billion dollars in federal and state funds over the next 10 years

for hospitals, schools, and social services. By now you should have received official Census Bureau mail with detailed information on how to respond to the 2020 census online, by phone, or by mail. Note that no personal information can be shared or used against you by any landlord, government agencies, or courts in any way. Your confidentiality is protected. Visit 2020census.gov/ or call 1-844-330-2020 to get help.



RESOURCES DURING THE PANDEMIC. Here are some recent additions to the Covid-19 resource information page on our website. For these and more, go to villageoftakomapark.com/covid19, on our website's "Links and Resources" section:

COVID-19 TESTING

Montgomery County announced on August 14 that the free COVID-19 tests the County has been offering have been suspended, and they recommend that anyone who was tested at one of the between August 1 and August 13 be retested. The County is hoping to resume testing as soon as possible. In the meantime, go here for a link to a list of other test sites: montgomerycountymd.gov/covid19/testing.html, or call 240-777-1755 for help in locating a site.

More COVID-19 information from the County is available at montgomerycountymd.gov/covid19/.

WAY TO STAY CURRENT

COVID ACT NOW (covidactnow.org) offers a daily email with up-to-date data and links to articles. The site is managed by a multidisciplinary team of technologists, epidemiologists, health experts, and public policy leaders working to provide disease intelligence and data analysis on COVID in the U.S. They work in partnership with the Georgetown University Center for Global Health Science and Security, Stanford University Clinical Excellence Research Center, and Grand Rounds.

WAY TO STAY CONNECTED

AARP Community Connections (aarpcommunityconnections.org/) is a new online platform you can visit to receive support from groups that already existed or have emerged to meet the crisis created by the virus. The site is free and AARP membership is not required.



The 2020 November General Election will be held as a "normal" in-person election in MD. **BALLOTS WILL NOT AUTOMATICALLY BE MAILED** to all active registered voters, as was done for the June 2 Primary Election. Instead, the State Board of Elections will mail **Vote By Mail** / **Absentee Ballot** applications to all registered voters, who must then return the application by mail to receive their Vote By Mail ballots, which will then have to be returned by mail or deposited in an official drop box. There will be a drop box in front of the Silver Spring Civic Building.

IMPORTANT: When you send your Vote by Mail application, make sure you request your ballot be mailed to you via the U.S Postal Service, not emailed to you. Emailed & downloaded ballots are much more time-consuming and costly for the Board of Elections to process.



To sum up, remember the "Four Rs":

Register to vote

Request a ballot (as soon as possible!)

Receive the ballot, mark choices (in MD you can use blue or black ink), sign the oath, and

Return the ballot promptly by US mail (or via an official Drop Box).

A helpful website is: marylandvotes2020.com.

VILLAGE NEWS



LENDING LIBRARY UPDATE. The Village of Takoma Park's temporary lending library is suspending service now that local public libraries (Takoma Park MD Library, Montgomery County Public Libraries, and DC Public Library) are offering contactless pickup of library materials. We will be able to reactivate it at any time, depending on demand and circumstances.

To request print materials from the local library systems, visit

- takomapark.info/library/curbside.html
- <u>dclibrary.org/reopen</u> (select branches only)
- <u>montgomerycountymd.gov/library/services/holds-to-go.html</u> (most branches)

MEMBER SURVEY RESULTS (PRELIMINARY). We're still collecting survey

responses but have been gratified by the comments we've received so far. Here are some key phrases from answers to "What do you like or appreciate most about the Village?"



mutual support, people connecting	role as a builder of community	low membership fees, making it accessible to all	keeping older people connected and supported
Aging Well events	camaraderie	inclusiveness	rides
the library, newsletter	friendliness	nice people	useful information
range of services and activities	safety net and social nourishment	the Village's role in sharing information and resources	providing resources for seniors, especially those with limited income

Responsiveness to the needs of aging parents with special needs adult children and other less 'mainstream' subgroups of elders

We hope to have a fuller report on the survey results in the next newsletter, after we've received more responses.



THE VILLAGE OF TAKOMA PARK NEEDS YOUR HELP

Board of Director members and committee chairs: Do you or someone you know have the skills and passion to serve on the Village of Takoma Park's board of directors or to chair a committee? Will you take a few moments to review your contacts for someone who might be a likely candidate? In order to continue to thrive and grow, we need more

volunteers. We are seeking individuals with experience in areas of nonprofit governance and operations, including financial management and accounting, volunteer management, communications, and membership services. The Village's board is committed to representing the full diversity of the community we serve—zip code 20912 and nearby zip codes covering Takoma Park. To nominate yourself or someone else you believe would be a good fit, please send the person's name, address, phone number, email, and short explanation of qualifications, to Andy Penn at andrewpenn@verizon.net. Board members do not need to be residents of the Village's service area.

Drivers: If interested, call 301-646-2109 or email sandyeganretired@gmail.com

Newsletter editor and/or website manager: If interested, or for more information, contact Linda Carlson at lindacarlson2@gmail.com or 301-908-0407.



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: The Village's *in-person friendly visit program is suspended during the pandemic,* but Village volunteers will make regular phone calls to members requesting them. If you would like to receive calls or volunteer to make them, please contact the Village of Takoma Park at 301-646-2109 or email Sandy Egan at sandyeganretired@gmail.com.

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. *Due to the pandemic, we are currently doing tasks outside the home only*.

Larger Home Improvements: During the pandemic, we are unable to enter homes, but we can mail members an application to Habitat for Humanity's program called "CAPABLE" which serves seniors who are experiencing challenges with Activities of Daily Living (ADL's) by providing a more holistic approach to the idea of aging in place. With the CAPABLE program, income-qualified seniors have access to an Occupational Therapist and Registered Nurse, both of whom will conduct a series of visits in order to assist in the identification of challenges, setting of goals, and outlining of action plans for those goals. Within the parameters of the program, Habitat for Humanity is able to provide minor home modifications per the recommendation of the occupational therapist, which are geared toward improving independence. If you are a Village member in need of help, and think you could be income-qualified, call 301-646-2109.

Senior Stroll: How easy is it for you to go out for a walk in your neighborhood or Sligo Creek Park? 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 completed. *We regret that, like some of our other services, this program has been suspended due to the pandemic.*

VillageRides: VillageRides remains our most active, heavily-used service. Although the number of rides is down due to the pandemic, and rides are limited to medical/dental appointments only, **we can always use more drivers!** To learn more, to volunteer, and/or to register for or request a ride, call 301-646-2109.



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 via zoom on the first Thursday of the month at 7 pm. If you want to join a meeting, contact Mary Muchui at 240-582-6199 or <u>4maryjane8@gmail.com</u> to receive a link.

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.

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Schreiber, Margo Stevens, Robin Walker

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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.