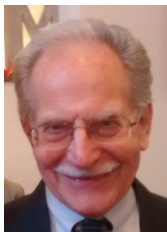


Message from the President

Dear members of the Village of Takoma Park,

Our slogan -- *Helping neighbors age in community* -- was selected after long consideration. The idea behind it was that we, an intergenerational group of members of the Village of Takoma Park, are helping our older and disabled neighbors to be able to stay together in their community.



Community can mean a lot of things: a greeting or daily talk with neighbors, dinners or walks together, mutual help with errands, community celebrations such as street parties and festivals, garden clubs, book clubs, music groups, or help in emergencies. It is our idea that living with and within a community gives elders the possibility of a full life with all of life's activities and offerings. This is the meaning of the services that we develop step-by-step. Community is the opposite of lonesomeness. We value the contributions that our older neighbors can make.

- Wolfgang J. Mergner

Facts and Figures:

Membership:

Number of active members: 164 (as of Nov. 15, 2016)

VillageRides:

Statistics for July – Sept 2016:

Total rides (one way): 227

Volunteer hours: 130

Miles driven: 713

Volunteer drivers: 30

Riders: 73

Total number of rides since April 15: 900

Congratulations and thanks to all our volunteers.

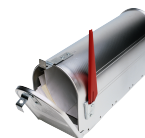
Friendly Visitor volunteers paired with the homebound: 15

PLEASE NOTE:

The Village has a new mailing address:

PO Box 11420, Takoma Park, MD 20912

We welcome your checks with dues or donations made payable to Village of Takoma Park.



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Did you know? (Food matters, Takoma Park Police CARE program, free transportation)

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Snow Angels

Winter's coming! To get on the waiting list to have your snow removed by the Takoma Park Middle School "Snow Angels", contact Paula Lisowski in the City of Takoma Park Recreation Department: 301-891-7280 or paulal@takomaparkmd.gov.



SUPPORT GROUPS

The Village of Takoma Park has fostered the development of two 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 last Thursday of the month at 6:30 PM. For more information, contact Mary Muchui (muchui@aol.com) or call 301-646-2109.

AGING WELL EVENTS:

SEPTEMBER: CAREGIVING

On September 20 we co-hosted a "Caregivers' Roundtable" with Silver Spring Village at the Seventh Day Adventist Community Center on Eastern Avenue. Forty-seven people attended. Panelists were Ms. Lylie Fisher, HHS Caregivers Support Program, Aging and Disability Services, Montgomery County; Ms. Julia Abate, Respite Services of Montgomery County; and Sister Kathy Weber, Holy Cross Hospital Caregiver Resource Center.

A key message to caregivers from the presenters was "You are not alone!" Here's a selection of some of their suggested resources:

Montgomery County Aging and Disability Service communication desk is staffed by specialists from 8:30 AM to 5:00 PM. It offers extra hours for caregivers in the evening until 7:30 PM on Tuesday, Wednesday and Thursday. Tel: 240-777-3000

Holy Cross Hospital Caregiver Resource Center sustains a number of support groups for spouses, adult children and for special conditions; offers a helpline, a well-supplied library, a newsletter, classes, tapes, DVDs, and more. Tel: 301-754-7152

Respite Service of Montgomery County facilitates short-time relief and support for families who provide care to seniors and people with disability. Respite care can be provided for a few hours, a day, a weekend. Sometimes longer periods can be arranged. Tel: 301-816-9647

24 Hour Crisis Center provides round-the-clock crisis service 365 days a year. These services are provided over the telephone or in person at 1301 Piccard Drive in Rockville (no appointment needed). Tel: 240-777-4000

A 4-page summary of the meeting, with the above resources and more, is available on the Village of Takoma Park website. Find it at villageoftakomapark.com by clicking on **About the Village**, then **Documents**, then **Aging Well Events**, and "Caregiver Roundtable."

Interested in convening a caregivers support group in Takoma Park? Contact Wolfgang Mergner at 301-580-6649 or wolfgang.mergner@gmail.com.

OCTOBER: SHARING STORIES

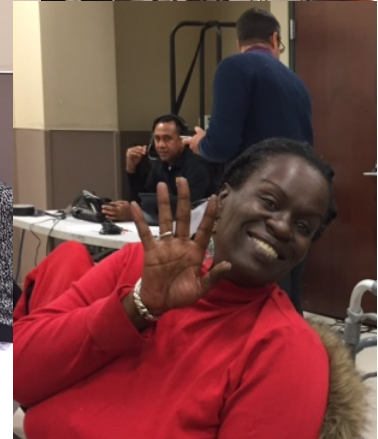
45 people gathered for an emotional and meaningful morning of storytelling by residents who recounted changes in the community witnessed over the years and provided vivid examples of the strength of our existing community. The event celebrated 5 years since the first of the Aging Well gatherings, which planted the seed that grew into the Village of Takoma Park, and featured music by DeJohn.



Ann Slayton



Above (l. to rt.): Steve Hage, Bob Ginsberg and Diana Kohn



Laryce President

Participant Steve Hage shares his impressions:

"It was a good crowd; animated and engaged... I was struck by the range ...of experience and perspective of the speakers and the group at large. In particular, each of the speakers presented a distinct aspect of our community and the Village. There was history, various personal experiences – some going back many decades, some more recent. We had people talking about deep personal relationships with their neighbors and we heard stories about how the Village helped put neighbors together who had never met before, creating new friendships and a wider community. We also heard about the nuts and bolts of community organizing and the county's role in the Village. ...Folks in the audience did not hesitate to contribute to the conversation with all kinds of stories and information. "

Interspersed with the stories, the musical group DeJohn played a thoughtfully chosen selection of songs -- "Sentimental Journey", "In a Town This Size", "With a Little Help from My Friends", "What a Wonderful World", and more.

Sorry you missed this event? Thanks to Takoma TV, you can enjoy all or portions of it online. Go to youtube.com/watch?v=D7SCC2ENqsk or youtube.com/user/TakomaParkTV/videos and look for "Aging Well Network: Storytelling".

NOVEMBER: SCAMS AND FRAUD

On Tuesday, November 29, Jeannine Robinson from the MD Attorney General Office will lead a discussion on "scams and frauds." The event is scheduled for 10 AM to noon in the Azalea Room of the Takoma Park Community Center, 7500 Maple Avenue. Free and open to all, with free flu shots from noon to 1:00 for anyone with a Medicare ID. Attendees are encouraged (but not required) to bring a gift for a child up to age 12, unwrapped. The Takoma Park Volunteer Fire Department will distribute the gifts to children in need.

DECEMBER: SOCIALIZING

Tuesday, December 27, 10 AM to noon in the Azalea Room of the Takoma Park Community Center, 7500 Maple Avenue, please join us for a morning of celebration with games, music and food. Watch the Village website for more details.

Meetings of the "Aging Well Network" 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.

Look for more details in emails to members and on the Village's website (villageoftakomapark.com) and Facebook page (facebook.com/villageoftakomapark).

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

VOLUNTEERS / SERVICES:

Small Home Repairs / In-home help

In response to demand, the Village is in the process of developing and pilot testing assistance with small home repairs. What do we mean by home repair? The service can include help as diverse as changing light bulbs, moving furniture, or installing a doorbell. We are still defining what we can do.

On Saturday, November 12, the Village collaborated with a youth group from the Sligo Seventh Day Adventist Church to offer household help to seniors in the community, devoting 53 "people hours" to checking smoke alarms, fixing a toilet flapper, raking and bagging leaves, installing a new light fixture and more. Here's a response from a Village member who took advantage of the service: *"I'm pleased to say that the three young people who came to our house did a terrific job weeding and raking the (too-difficult-for me) hill behind our house. I hope other members took advantage of this volunteer project for seniors."*



Friendly Visitors/Callers

The Village currently has 15 volunteers providing visits to Takoma Park elders or homebound residents, with 6 more being trained in November. 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, with 73 riders and 30 drivers. We recently gave our 900th ride since April 2015! 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 success of the Village depends on volunteers – those who work hard behind the scenes, as well as those who provide rides, visits and other services to our members. Many of them gathered on Sunday, November 20, for the Village's second annual volunteer appreciation luncheon, hosted by Wolfgang and Gertrud Mergner in their home, with lunch provided by Volunteer Coordinator Sandy Egan. A hearty thank you from the volunteers to Sandy and the Mergners!

DID YOU KNOW?



FOOD MATTERS



The foods we eat and adequate nutrition are important throughout our lives, but especially as we age. Nutrition issues are common among seniors for many reasons, among them, limited income, transportation challenges that make shopping difficult, or physical changes that affect our appetites or ability to prepare meals. Here are some resources that may be helpful:

Meals on Wheels of Takoma Park delivers nutritional meals Monday - Friday to anyone who has difficulty preparing meals or going grocery shopping on a regular basis. Cost for two meals per day is \$7.00. Delivery service can be for long or short-term as needed, and can be for 3, 4 or 5 days a week. For more information or to request services: 301-434-1922 or mowtakoma.org.

MANNA is a local food bank offering food baskets with 60 pounds of perishable and non-perishable items to low income Montgomery County residents. The pickup point for Takoma Park is the Long Branch Community Center at 8700 Piney Branch Rd., Wednesday from 4:00-7:00 PM. Residents receive one box of food per month; MANNA will work with you to decide which week each month works best for you. Please note that you must be registered first with MANNA in order to receive the food baskets. For more information and to apply: mannafood.org or 301-424-1130.

Adventist Community Services of Greater Washington offers a distribution of foods similar to that of MANNA. Participants who meet the residency and income criteria may receive one distribution per month; the pickup location is the ACS office at 501 Sligo Ave. For more information or to apply, please call 301-585-6556.

EduCare provides monthly food baskets with perishable and non-perishable items to eligible residents of Takoma Park, primarily to elders and persons with disabilities at selected distribution locations. For more information: educaresupportservices.org, 240-450-2092 or email educare_ss@aol.com.

Montgomery County Senior Nutrition Program offers nutrition screening, education and counseling services, as well as group meals. Group meals for Takoma Park area residents are Monday – Friday at 1:00 PM at Long Branch Community Center, 8700 Piney Branch Rd. There is no charge to anyone 60 or older, though a voluntary donation is welcome. Those under 60 are asked to pay for the meal. Call 240-777-6975 to make a reservation a week ahead, or if you have additional questions.

The Senior Nutrition Hotline is open Wednesdays from 9:00 - 11:00 AM. Call 240-777-1100 to speak to a registered dietician and get answers to your nutrition questions.

The Senior Nutrition Program is a service of the Montgomery County Aging and Disability Services, Department of Health and Human Services. For more information, go to their website -- montgomerycountymd.gov/senior/health.html -- and click on “Food and Nutrition” or call 240-777-3810.

Grocery delivery services

Do you prepare your own meals but have trouble getting to the store? Here are grocery delivery options for residents of zip code 20912 (information confirmed as of August 2016):

Stores	Web address of delivery service	Minimum order	Delivery fee	Phone orders available?	Prices compared to in-store prices
Giant	peapod.com	\$60	\$9.95 for orders < \$100 / \$6.95 for orders > \$100	Phone orders can be placed through a company called Telegrocers (telegrocers.com or 1-888-902-7467). Additional fee of \$7.95 per order.	"may be different", according to website
Safeway	shop.safeway.com	\$49	\$12.95 for orders <\$150 /\$9.95 for orders > \$150	Phone orders can be placed through a company called Telegrocers. (telegrocers.com or 1-888-902-7467). Additional fee of \$7.95 per order	Prices should be comparable to in-store, according to their customer service at 1-877-505-4040
Costco, Harris Teeter and Safeway	Instacart.com	\$35	\$5.99 per order	Online only	May be 15%+ higher
HMart, Petco, and Whole Foods	Instacart.com	\$35	\$5.99 per order	Online only	Same as in-store prices

Take a cooking class (free, and in your own home)

Montgomery County Public Libraries offer free online courses to residents with a valid library card and access to a computer. "Luscious, low-fat, lightning quick meals" is a 6-week course beginning once a month.

From the course description: "You'll learn how to...reduce fat without sacrificing flavor or texture... [and] use flavor profiling to expand your culinary horizons. Learn how to prepare casseroles, crock-pot dishes, vegan dishes, oven-fried foods, meat-based meals, and many other entrees that are both nutritious and delicious! ...Discover how to get in and out of the kitchen faster, including tips for grocery shopping, menu planning, food preparation, and quicker cooking. ...Try out over 50 exciting and easy lowered-fat recipes."

See education.gale.com/l-rock21695/online-courses/luscious-low-fat-lightning-quick-meals for more information, including the syllabus and course review.



MORE TIPS:



Takoma Park Police CARE for residents

CARE--Caring About Residents Everyday--is a program of our Police Department directed at residents who live alone and have special needs, or just need to be checked on each day.

Registered residents call the Police Department each day between noon and 5:00 PM. If they don't call, the Police will call them, and a patrol officer will be sent to check on their welfare if the resident doesn't answer the phone.

The goals of this program are both to protect those in need, and to bring some peace of mind to friends and relatives who care, but who are not close enough to do daily checks themselves.

To register, contact Officer Jessica Garrison via email at jessicag@takomaparkmd.gov or call 301-270-1100 and ask for Officer Garrison.

Free Ride-on bus trips all day Saturdays for anyone 65+

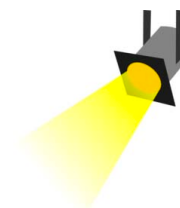
Anyone age 65 years or older with valid Metro Senior Smartrip or with valid Medicare Card and Photo ID rides free from 9:30 AM – 3 PM Monday – Friday **and** all day Saturday, and pays half fare at other times.



SPOTLIGHT ON THE BOARD:



Pazit Aviv has worked at the Montgomery County Area Agency on Aging as a Village Coordinator since January 2014. She consults and facilitates the growth of all active and developing villages in the County. With 20 villages in Montgomery County and another 10 in development, we're especially fortunate to have Pazit on our board. In September she received a distinguished Service Award for her accomplishments. One of her top priorities is outreach to diverse communities. Prior to this position, Pazit worked at Montgomery County's housing authority, where she developed innovative programs and services for independent low income older adults through partnerships and collaborations. Pazit holds a certificate of nonprofit management from the George Washington University, an MSW degree in Aging from Salem State University and two undergraduate degrees from the Hebrew university in Jerusalem: one in social work and one in East Asian Studies and Communication. She recently moved "across the border" to Silver Spring from Takoma Park, but is still rooted in the community.



Watch the Village website and future newsletters for more board profiles.

HOW TO GET INVOLVED:

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.

There are two types of volunteering, both important:

- 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.

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

Officers

President: Wolfgang Mergner

Vice-President: vacant

Secretary: Martha Feldman

Treasurer: Gertrud Mergner

Additional Board Members

Pazit Aviv

Kathie Baker

Marisa Cruz

Doris Duarte

Andy Kelemen

Joseph Khabbaz

Erwin Mack

Ruth McGoff

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

Linda Carlson and Paula Ottinger