

## HOW TO GET INVOLVED

### BECOME A MEMBER:

Sign up online at our website, [villageoftakomapark.com](http://villageoftakomapark.com).

Click "Join" and "Member Signup."

Don't have access to a computer? Request a membership form by calling 301-646-2109.

Membership dues are \$25 per year per member. Let us know if the dues are a hardship.

### 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. Our insurance coverage requires that all volunteers join as members. The membership form will ask you to select your volunteering preferences.

Visit [villageoftakomapark.com](http://villageoftakomapark.com), click "Join" and "Member Signup" or email [villageoftp@gmail.com](mailto:villageoftp@gmail.com) to volunteer.

### SUPPORT:

The 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](http://villageoftakomapark.com) or send a check payable to Village of Takoma Park to Village of Takoma Park, PO Box 11420, Takoma Park, MD 20913.

We greatly appreciate your support.

### OUR PARTNERS:

The Village collaborates and partners with the City of Takoma Park; County programs such as Rebuilding Together and the Office of Aging and Disability Services; Jewish Council for the Aging; Lifelong Homes Coalition (Habitat for Humanity, Rebuilding Together and Montgomery College Faculty); local faith communities; neighboring aging-in-place villages; and local hospital programs.

Printed courtesy of Jewish Council for the Aging



## THE VILLAGE OF TAKOMA PARK

*Helping Neighbors Age in Community*

*Founded in 2014, the Village of Takoma Park provides intergenerational support to seniors and adults with disabilities who wish to live actively in the Takoma Park community. Membership is open to all ages.*



[villageoftakomapark.com](http://villageoftakomapark.com) | 301-646-2109 | [villageoftp@gmail.com](mailto:villageoftp@gmail.com)

[facebook.com/villageoftakomapark](https://facebook.com/villageoftakomapark)

PO Box 11420, Takoma Park, MD 20913

## SERVICES

### TRANSPORTATION THROUGH VILLAGERIDES\*



VillageRides pairs volunteer drivers with neighbors who need help getting to appointments, shopping, religious services, or social events. Drivers provide rides based on their own availability. One week notice for ride requests is required.

### FRIENDLY VISITS AND CALLS\*



Members who can't get out of the house as easily as they once could may request check-in phone calls several times a week, or a weekly visit from a Village volunteer.

### ERRAND SERVICE \*



Members who need something outside the home for which no delivery option exists, and who can't easily get to the needed destination, may contact us to request help from a volunteer. Note that for insurance reasons, errands are done by volunteers alone, not in a car with the member requesting the errand.

### SENIOR STROLL\*



Want to get out and exercise, but not comfortable walking alone? We will pair you with a volunteer walking partner.

### SMALL HOME REPAIRS/ TASKS/TECHNOLOGY HELP\*



We have a team of volunteers ready to do small home repairs and non-health-related tasks for members who have no other access to help. This includes basic technology help. The member bears the cost for any materials.

### HELP WITH APPLICATIONS FOR LARGER HOME IMPROVEMENTS\*



We can help income-qualified members apply for home improvements, accessibility modifications, and repairs through Rebuilding Montgomery or Habitat for Humanity, both parts of the Lifelong Homes Coalition.

### CONNECTION TO RESOURCES



Though an independent organization, the Village helps to facilitate access to information about services, benefits, and events offered by the City of Takoma Park, Montgomery County, other government agencies, local businesses, non-profit groups, and other aging-in-place villages. We do so through a newsletter, occasional emails to members, Facebook, and our website.

Visit [villageoftakomapark.com](http://villageoftakomapark.com) and click on "Links and Resources" to learn about services and benefits beyond the ones offered by the Village – tips on discounted classes, transportation options, protection against scams, and much more.

---

*\* Services marked with an asterisk are offered to Village members 55+ or disabled who live in Takoma Park. To learn more, volunteer, or request a service, call 301-646-2109 or email [villageoftp@gmail.com](mailto:villageoftp@gmail.com).*

*The Village offers the following services and programs to both members and non-members, except as noted.*

## SUPPORT/INTEREST GROUPS



**POSNA:** The Village includes a support group for parents of special needs adults (POSNA). For more information, contact [infoPOSNA@gmail.com](mailto:infoPOSNA@gmail.com) or Mary Muchui at 240-582-6199 or [muchui@aol.com](mailto:muchui@aol.com).



**LGBTQ SENIORS GROUP:** Silver Spring Village and the Village of Takoma Park co-host this group. Join with sexual and gender-minority adults "of a certain age" for conversation, education, and community-building in a safe and friendly environment. Members only.

## PROGRAMS AND ACTIVITIES



### AGING WELL EVENTS

Monthly events with guest speakers cover topics such as exercise and balance, writing life stories, yoga nidra, organizing your photos, end-of-life planning, creativity, financial planning, nutrition, and much more. For upcoming events, visit [villageoftakomapark.com/calendar](http://villageoftakomapark.com/calendar). We also publicize events hosted by other area villages that are open to all.



### CULTURAL OUTINGS

The Village offers trips to museums, concerts, and other cultural and arts venues. Most require registration. Some require membership and/or modest fees. See [villageoftakomapark.com/calendar](http://villageoftakomapark.com/calendar) for more details.



### WALKING GROUP

A walking group meets once a month. See [villageoftakomapark.com/calendar](http://villageoftakomapark.com/calendar) for more information.



### SOCIAL GATHERINGS

Occasional social gatherings may include a potluck picnic, ice cream social, and a luncheon celebrating our volunteers.



### STRONGER MEMORY PROGRAM

This 12-week program, offered several times a year, aims to improve memory function in older adults who have mild cognitive impairment or no impairment at all. It consists of simple daily activities to engage the working memory and trigger brain activity, plus a weekly 30-minute group discussion via Zoom. Members only.