



# Village of Takoma Park Newsletter

## *Helping Neighbors Age in Community*

Volume 5, no. 3

July – September 2019



**Dear members and friends of the Village of Takoma Park,**

We have some exciting Village news to report: The City of Takoma has awarded the Village a grant to enable us to provide more social and cultural events for our members. We are scheduling trips to museums, concerts, plays, movies, live theatre, lectures, and other events. We will have trips this Fall to the Glenstone Museum in Potomac, described by art critics and visitors as "the most exciting new private museum in America," to the National Gallery of Art for a guided tour of its Impressionist art works, and to hear renowned authors Naomi Klein and Gail Collins discuss their new books at events sponsored by Politics and Prose. We would also like to set up participatory activities such as book clubs, card games, and anything else that interests you and others.... Let us know what events or groups you would like to host!!

We are also excited about the continued success of our transportation services. As you know, the VillageRides program pairs volunteer drivers with neighbors who need help getting to medical appointments, grocery shopping, church and social events. Recent surveys of our riders uniformly confirm the success of the VillageRides program and our riders' great appreciation for the service provided by our volunteers. Over the past year, there has been a significant increase in the number of rides requested and provided but also an increase in the number of rides we have been unable to provide due to the lack of drivers. The VillageRides program plays an important role in the Village's mission of enabling seniors to continue to live meaningful lives in the community. Talk with friends and neighbors about joining the Village as a volunteer driver. Consider becoming a driver yourselves. There is no requirement about the number of rides a volunteer must provide; you can do one per month or one per day, if you'd like.

Andy Penn and Laurie Welch, co-presidents

## REMINDER:

### **A benefit for Village members: reduced rate for Washington Consumers' Checkbook**



Village of Takoma Park has partnered with **Washington Consumers' Checkbook** to offer Village members a **reduced rate subscription**. Interested members can sign up for a rate of \$18 a year for online and print access (a \$10 savings) by going to [checkbook.org/TakomaPark](http://checkbook.org/TakomaPark) or by using the enclosed form if you are receiving a print copy of the newsletter. You can also find the order form on our website. Go to our main menu, click on *About the Village*, then *Documents*, then *Forms*, then *Washington Consumers' Checkbook Order Form*.

Unlike other ratings organizations, *Checkbook* carries no advertising on its websites or in its publications, nor accepts any referral fees from the companies and professionals it evaluates, so there can be no question of bias.

**NOTE:** Village members may be interested in the Consumers' Checkbook's recent articles on aging in place ([checkbook.org/washington-area/aging-in-place/articles/Resources-and-Help-for-Seniors-7169](http://checkbook.org/washington-area/aging-in-place/articles/Resources-and-Help-for-Seniors-7169)) and on decluttering ([checkbook.org/washington-area/decluttering-strategies](http://checkbook.org/washington-area/decluttering-strategies)).

## Upcoming Village Events

**August 29**

**Thursday**

**10:00am – 2:30pm**

1600 21st St NW,  
Washington, DC

Registration is required:  
[villageoftakomapark.com/](http://villageoftakomapark.com/)

If you have trouble  
registering, contact  
Gina Gaspin at  
gina.chef@verizon.net or  
301-891-2549.

### Visit to The Phillips Collection

We will travel by Metro to Dupont Circle, a short walk from the Phillips Collection, home to an extraordinary collection of more than 5,000 works ranging from French Impressionism and American modernism to contemporary art. Admission to the permanent collection is free. For more information, visit [phillipscollection.org/](http://phillipscollection.org/)



There is also a special exhibit on view now, **The Warmth of Other Suns: Stories of Global Displacement**, "presenting historical and contemporary works by approximately 75 artists that pose urgent questions around the experiences and perceptions of migration and the current global refugee crisis." There is a \$10 charge for this exhibit (free to Phillips Collection members), which includes an introductory talk at 11:00am.

[phillipscollection.org/events/2019-06-22-exhibition-the-warmth-of-other-suns](http://phillipscollection.org/events/2019-06-22-exhibition-the-warmth-of-other-suns)

The Phillips also has a cafe, for those wanting to purchase lunch.  
[phillipscollection.org/visit/cafe](http://phillipscollection.org/visit/cafe)

**Logistics:** Meet at Takoma Metro upper (train) level near the elevator access spot at 10:00 on August 29. We will leave on the first train that arrives after 10:00.

**September 18**

**Wednesday**

**7:00pm – 8:00pm**

Sidwell Friends Meeting  
House,  
3825 Wisconsin Ave. NW,  
Washington, DC

Open to anyone who  
purchases a ticket, but  
registration at  
[villageoftakomapark.com/](http://villageoftakomapark.com/) is  
required to attend with the  
Village group.

If you have trouble  
registering on the Village  
website, contact  
Susan Rogers at  
[GJPgroup@yahoo.com](mailto:GJPgroup@yahoo.com) or  
202-243-9230.



### Book talk: Naomi Klein on *On Fire: The (Burning) Case for a Green New Deal*

In her new book, international and *New York Times* bestselling author Naomi Klein 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 is sponsored by Politics and Prose.

#### Logistics:

Go to [villageoftakomapark.com/calendar](http://villageoftakomapark.com/calendar) for more information on this event, transportation, and where to meet.

This is not a free event. Participants will need to go to the Politics and Prose website to purchase a ticket at [eventbrite.com/e/naomi-klein-on-fire-tickets-64635708143](https://eventbrite.com/e/naomi-klein-on-fire-tickets-64635708143).

**September 26**

**Thursday**

**12noon – 2:00pm**

TP Community Center  
Azalea Room

### Aging Well Event: Money Management

A presentation by the Society for Financial Awareness on long-term financial planning for retirement and health care.



**September 28**

**Saturday**

**7:30pm – 9:00pm**

Registration is required:  
[villageoftakomapark.com/](http://villageoftakomapark.com/)

You also need to make a reservation at GroupMuse

If you have trouble registering on the Village website, contact Laurie Welch at 301-928-1624 or laurawelch123@gmail.com.

### House Concert in Takoma Park: John W. Warren, program of Latin guitar



John will perform a few of his own compositions as well as music from Brazil, Cuba, Peru, Mexico and other Latin American countries. He will also perform a few popular songs on classical guitar. His music is inspired by the flavors and rhythms of Latin America, crossing boundaries of classical, folk, and world music.

This is a GroupMuse Concert. You can view videos of John and reserve your spot at this link: [groupmuse.com/events/7732-cabin-concerts-program-of-latin-guitar-in-takoma-park](http://groupmuse.com/events/7732-cabin-concerts-program-of-latin-guitar-in-takoma-park).

**Register soon** - tickets will be available only as long as space allows. Suggested minimum donation (at the door) is \$10 plus \$3 reservation fee.

The Village will arrange rides as needed to the event and our group will gather before the music at the event. Address will be provided in your confirmation email.

**Note:** The house has a cat and is not handicapped accessible.

**October 4**

**Friday**

**9:00am – 3:00pm**

Registration is required:  
[villageoftakomapark.com/](http://villageoftakomapark.com/)

Space is limited.

**Note:** the visit will require a significant amount of walking.

### Trip to Glenstone

The Village of Takoma Park and the Forever Young program of the City of Takoma Park are hosting a trip to Glenstone, a private nonprofit museum in Potomac open to the public by appointment only. It displays post-WWII art in both indoor and outdoor spaces.



**Logistics:** We will depart by bus from the Takoma Park Community Center at 9:00am and leave from Glenstone at 2:00pm, allowing 4 hours at the site. Glenstone has a cafe that serves snacks and lunch. No outside food (other than water) or picnicking is allowed, so bring \$\$ for lunch. Admission to the museum is free.

**October 26**

**Saturday**

**7:30pm – 9:00pm**

Registration is required:  
[villageoftakomapark.com/](http://villageoftakomapark.com/)

If you have trouble registering, contact Laurie Welch at 301-928-1624 or laurawelch123@gmail.com.

### House Concert in Takoma Park with musician/songwriter Rupert Wates



Rupert Wates' music is an eclectic mix of acoustic, melodic art/folk, with flavors of jazz, vaudeville and cabaret. He has received more than forty songwriting and performing awards and performs all over - US, Canada, Europe, and more. He prefers smaller, more intimate spaces, where the audience is up close, where true musicianship counts, and where real emotion can't be faked, so the house concert environment suits him best of all. For more about Rupert Wates, visit [rupertwatesmusic.com/home](http://rupertwatesmusic.com/home).

The concert organizer is holding 6 tickets for us until 10/12 so register soon! After that, tickets will be available as space allows. The Village will arrange rides as needed to the event and our group will gather before the music at the event. You will get location information after you register. Suggested donation (payable at the door) is \$20.

**October 28**

**Monday**

**7:00pm-8:00pm**

5015 Connecticut Ave.  
Washington, DC

To attend with the Village group, register at [villageoftakomapark.com/](http://villageoftakomapark.com/)

### Book talk: Gail Collins on her new book, *No Stopping Us Now: A History of Older Women in America*

*New York Times* columnist Gail Collins will speak on her new book at Politics and Prose. See the Village website's calendar for more information on this event, transportation, and where to meet. There is no charge for this event.



<b>October 31</b> <b>Thursday</b> <b>12noon – 2:00pm</b> TP Community Center, Azalea Room	<b>Aging Well Event: Legal Assistance for Elders</b> Watch our calendar for more details.
<b>Questions?</b>	Call 301-646-2109, email <a href="mailto:villageoftp@gmail.com">villageoftp@gmail.com</a> , or visit <a href="http://villageoftakomapark.com/calendar">villageoftakomapark.com/calendar</a> .
<b>Need a Ride?</b>	Call 301-646-2109 a week in advance (Village members only). Aging Well events are free (unless noted) and open to all. Refreshments are provided.

## HIGHLIGHTS: Past Village Events

<b>MAY 30</b>	<b>The Exciting World of Travel:</b> Village member and skilled photographer Lewis Morris and his wife Louise Jung shared travel tips and stunning photos from their trips.
<b>JUNE 1</b>	 <b>Potluck Picnic:</b> Our annual potluck picnic was a resounding success, with an excellent turnout and a chance to honor Village founders Wolfgang and Gertrud Mergner and meet our new co-presidents, Andy Penn and Laurie Welch.
<b>JUNE 27</b>	<b>Aging Well Event: Exercise for Health and Well-Being:</b> Twenty-one people gathered to participate in a fast-paced exercise session led by two fitness instructors with Holy Cross Senior Source. They left with an exercise book compiled by the National Center on Aging, <i>Exercise and Physical Activity</i> , and the inspiration to keep exercising!
<b>JULY 8</b>	<b>Trip to Smithsonian American Arts Museum/National Portrait Gallery:</b> Four intrepid Village members braved intense rain to take Metro to the Smithsonian American Art Museum. This was the first outing of the Village's new Cultural Arts programming. Highlights were portraits of the Obamas, and the magnificent building itself. 
<b>JULY 16</b>	 <b>Ice Cream Social:</b> An impressive turnout came out on a hot summer night to enjoy ice cream and conversation. Special thanks to the owners of Girl and the Vine for allowing us to use their outdoor tables.
<b>JULY 25</b>	<b>Aging Well Event: Senior Independence and Home Care:</b> Lylie Fisher of Montgomery County Aging and Disability Services discussed home care services available through both County and private agencies in Montgomery County; available caregiver support including education, support groups, respite, transportation, and adult day programs; how to navigate finding home care; and the role of the Adult Protective Services program and when and how to contact them. Village member Cathy Surace, retired attorney for Disability Rights Maryland, briefly discussed the role of Medicaid and Medicare.

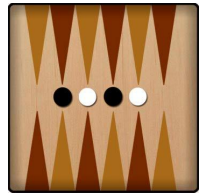


## ONGOING Community Events

**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/](http://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/](http://takomaparkmd.gov/initiatives/arts-and-humanities/) for details and to sign up for their e-newsletter.

**TAKOMA PARK INTERGENERATIONAL STRATEGY GAME CLUB** is a free program for all ages. Join fellow strategy game enthusiasts every Tuesday for board game night! Guests of all ages are welcome to pit their skills against one another and have fun! Don't know how to play something? We'll teach you! Have a game you want to play? Bring it! We hope to see you there. For more information, contact John at 301-270-0648, [hagoluk2@gmail.com](mailto:hagoluk2@gmail.com).



**When:** Tuesdays, 7:00 – 9:00pm **Where:** Victory Tower, 7051 Carroll Avenue, Takoma Park



### Energy Efficiency Grant Program

Does your home feel cold during the winter? Too hot in the summer? Do your energy bills seem abnormally high? The City of Takoma Park is offering grants to help homeowners who meet certain income requirements make energy efficiency upgrades to their homes. Upgrades that the grants cover include insulation, draft reduction, caulking, weatherizing, heating, and cooling equipment. For

more information visit [bit.ly/2IJ4afd](http://bit.ly/2IJ4afd), email [joshuac@takomaparkmd.gov](mailto:joshuac@takomaparkmd.gov) or call Josh at (301) 891 7623.



### Home sharing

Are you living alone in a home with extra space and finding it hard to keep up with the costs of homeownership? Or are you or someone you know looking for affordable housing?

**Silvernest** is a roommate-matching platform designed to help older adults who have extra space in their homes find long-term housemates, enabling them to stay in their home, earn extra income, and provide others with an affordable place to live in the community.

**How does it work?** If you're a homeowner, you complete a detailed questionnaire indicating your preferences. Silvernest will then pair you with housemates with similar preferences. You can then decide whom you'd like to contact, using their secure messaging platform. One option is reduced rent in exchange for help around the house.

Once you've found a match, Silvernest offers tools to handle all aspects of the process including a five-point background check, lease creation, house rules, automatic rent payments, mediation and legal concierge services. Silvernest charges \$25 a month to homeowners using their services, but nothing to those looking for housing. For more information, visit [silvernest.com/dc](http://silvernest.com/dc) or email [Hello@silvernest.com](mailto:Hello@silvernest.com).

**Note from the City:** Takoma Park has its own regulations governing homesharing. Homeowners sharing their dwelling with a non-related individual and receiving compensation in the form of rent or other considerations need to register their homes with the City as an "Owner Occupied Group House." For details visit [takomaparkmd.gov/government/housing-and-community-development/rental-housing/owner-occupied-group-house/](http://takomaparkmd.gov/government/housing-and-community-development/rental-housing/owner-occupied-group-house/), contact Housing and Community Development at 301-891-7119 or [housing@takomaparkmd.gov](mailto:housing@takomaparkmd.gov).

*Note: the Village of Takoma Park seeks to share information of interest to its members, but does not endorse products or services.*

## Books@Home

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Are you a reader? Do you have a condition that makes it difficult to get to a library?



The Montgomery County Public Library has a free Books@Home service that provides library materials to County residents who cannot visit the library because of a physical disability, health issue, or frailty. Materials are mailed to and from the customer's home via the United States Postal Service in postage prepaid reusable mailing bags. Books@Home customers can receive up to 5 items a week, up to 20 total items checked out for a 6-week period.

County residents who are interested in this service should download and complete an application. A healthcare provider, social services provider, or clergy person must sign the application, certifying that the applicant cannot come to the library. For more information and to download the application visit [montgomerycountymd.libguides.com/disabilityservices/homebound](http://montgomerycountymd.libguides.com/disabilityservices/homebound).

## Opportunity to earn some cash

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**Paid volunteers needed to participate in hearing research.** You will be compensated for your time!

**Who?** Persons 18 - 30 years old with normal hearing and persons 65 - 85 years old with either normal or mildly impaired hearing. American English must be your first language.

**Where?** University of Maryland, College Park, MD

**What does the research involve?** You may be asked to listen to sentences, tones, or noise bursts. You will then be asked to react to a particular sound or sentence. This will take approximately 18 to 25 hours, scheduled over multiple weeks. Or you may be asked to complete tasks that involve passively measuring brain activity. This will take approximately 2.5 to 4.5 hours.

**For further details,** contact:

Ms. Carol Gorham, [hearing@umd.edu](mailto:hearing@umd.edu) or 301-405-4236

*Village of Takoma Park is posting the above message at the request of the principal investigator.  
Note we have not reviewed the study protocol itself. If you are considering participating, do read the informed consent.*



Be sure to look at the **enhanced Links and Resources page at [villageoftakomapark.com](http://villageoftakomapark.com)** for resources we've printed in past newsletters, including tips on decluttering, sources of free e-books and movies, grief support group information, discounts on prescription drugs -- and much more.

## INTEREST GROUPS

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**CULTURAL ARTS INTEREST GROUP:** We're excited to announce our newest interest group. Watch our calendar.

**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](http://villageoftakomapark.com/calendar).

**WHEN:** First and third Wednesday of every month, at 10:30am

**WHERE:** Meet at the TP Community Center inside the Maple Ave. entrance, for a walk on Sligo Creek.

**LENGTH OF WALK:** 1 hour, approximately **PACE:** To be determined by walkers present

**LEADER:** Susan Rogers, 202-243-9230 or [GJPgroup@yahoo.com](mailto:GJPgroup@yahoo.com) (please call or email; do not text.).

**CANCELLATION POLICY:** Walks will be cancelled in case of inclement weather. Watch the Village website's **calendar**. If in doubt, contact Susan Rogers.



**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. You may, for example, need to pick up a prescription, a package from the post office, or dry cleaning. 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](mailto: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. We have visitors ready and waiting to be matched!*

**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](mailto: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.). If you are a Village member in need of help, call 301-646-2109. Volunteers will contact you to arrange an evaluation of the job and determine if it can be done by the small home repair team. When a Village team is unable to perform a repair or a task, the homeowner or apartment resident who meets certain income requirements will receive an application form that goes to Rebuilding Together Montgomery County, a non-profit organization that works with community volunteers to provide free home repair and accessibility modifications to help low income homeowners live safely and independently in their homes. 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.

**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 Village of Takoma Park fostered the development of the following support groups and continues to promote them, though they are independent of the Village.



**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 Lewis Morris at [IamLewmo@gmail.com](mailto:IamLewmo@gmail.com) or 301-367-8383, or Larry Ravitz at [Larry@Ravitz.com](mailto:Larry@Ravitz.com) or 301-332-3622.

**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 1<sup>st</sup> 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](mailto:muchui@aol.com).



## JOIN OR RENEW

Sign up or renew online at our website:  
[villageoftakomapark.com](http://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](http://villageoftakomapark.com) and click on **Join** and **Member Signup**, or email Sandra Egan at [sandyeganretired@gmail.com](mailto: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](http://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  
Susan Rogers  
Lois Weinberg, Treasurer  
Laurie Welch, Co-President

### **ADVISORY BOARD:**

Bruce Baker  
Ken Flemmer  
Seth Grimes  
Peter Kovar  
John Urciolo  
Moses Wilds

### **EX OFFICIO:**

Paula Lisowski

### **COMMITTEE CHAIRS:**

**Communications:** Linda Carlson

**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

### **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.