

# Silver Spring Village



## Village Vibe

Winter 2021  
Volume 8, Number 1

### Leadership View: A Caring Community

I usually describe the Village as a local, nonprofit organization that offers social activities and volunteer services that enable older adults to successfully age in their own homes. Sounds good. But even better, I now know that the Village can create a wonderful sense of community when you may not have work connections or see family like you once did. And best of all, our Village is showing itself to be quite a caring community, one in which people look after each other and also care for the larger world around them.

Of course, from the start we have had a cadre of volunteers who do all sorts of things to help our members. Right now, we are still providing rides to essential medical appointments, running errands, doing some outdoor chores, and making calls to check in with people. In “normal” times, we provide many more rides, and also take notes at the doctor’s office, drop in for friendly visits or household chores, and provide other kinds of nonprofessional help.

As you will read in this issue, members help each other out in many different ways. We have celebrated Pi Day (March 14) for several years, baking and delivering pie to dozens of members. We expanded this to offering pie at Thanksgiving and brownies at Christmas, along with a delicious, low-priced holiday meal. In addition, a few years ago, members started coming up with their own event and activity programs, on top of what our Programs Committee plans. Some 20 interest groups now meet from once a month to three times a week to play games, learn something new, meet each other, and discuss books, politics, and more. This has doubled our program offerings each month. We have a listserv for members (the “chat”) in which people make helpful suggestions and offer ideas and news. Just recently, members offered to coordinate lending medical equipment to each other and to adjust clothing for people facing pandemic pudginess. And to make sure that we attend to both the happy times, like birthdays, and the sad times, like recovery from illness or personal loss, the Village has just established a Community Care Team, a group of members and



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Silver Spring Village is a nonprofit membership organization started in 2013 that helps our members to stay engaged in their community and continue to live at home with support from neighbors and friends.

## Village Stats

### Totals as of end of December

- Members: 223 (85 full, 138 associate)
- Volunteers: 150

### Volunteer hours

- September: 638
- October: 605
- November: 549

### Volunteer help September-November

- 144 one-way rides
- 538 friendly calls and visits
- 9 sessions of tech help
- 84 other tasks, including errands, yardwork, and moving recycling and trash bins
- Telephone crew hours: 360

### Events held

- October: 54
- November: 53
- December: 54

## Silver Spring Village, Inc.

Doug Gaddis, *Executive Director*

Vanessa Ripps, *Director of Volunteer Services*

Ana Carrión, *Operations Manager*

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Membership—Claire Maklan

Programs—Gary Klauber

Board Recruitment and

Nominating—Martine Brizius

### Vibe Editors

Connie Raab, Erica Summers

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volunteers who are on the lookout for Village members who might need special attention.

Village members also help the larger community. We had been helping serve meals at Shepherd's Table monthly. Now members are donating and delivering food weekly, with over 600 donations (each a grocery bag or more) from mid-May to early January. In addition, our team of "stitchers" has made and donated over 500 items (starting with blankets, hats, and scarves) since they began in 2018, including about 400 face masks since April. And we have just announced a winter clothing drive with Grace Church for A Wider Circle on January 15<sup>th</sup>.

We are also actively working toward understanding racial justice and what we each can do about it, with about two dozen members who regularly interact on a key topic each month. Topics range from the meaning of Confederate history to white fragility to what it means to be an antiracist. We have had several speakers talk about their own challenging histories and discuss specific areas such as the portrayal of race in children's books. Our book group is also reading work by African American authors and other writers.

Yes, we are aging and often aching. And yes, there is now a pandemic and there are many other global problems. But being part of the Village can support people and also enable us to "do good" in our corner of the world. Think about joining us in some way and becoming a part of our caring community.

—Connie Raab, President

## Paying Special Attention to Our Members: The Community Care Team

The Village has launched a volunteer Community Care Team to help respond to our members' highs and lows. The team will help welcome new members and celebrate birthdays and other joyous occasions. It will also assist during times of illness or sadness. It is difficult for staff to keep up with everything going on in the lives of our members, so the team is asking people in the Village community to let staff know when a given member could use a little pick-me-up or individual attention. A card, a plate of cookies, a phone call, or some other simple gesture could make a difference. In addition to Village members and volunteers, the team would love to hear from a member's family and friends whenever they think a "team touch" can help. People can send a message to [CommunityCareTeam@silverspringvillage.org](mailto:CommunityCareTeam@silverspringvillage.org). This "tip line" email is private and will be reviewed by Village staff and forwarded to the team as appropriate.



## Shepherd's Table Update

The Village has had a helping relationship with Shepherd's Table for many years, in particular assisting with its food program. Prior to the pandemic, Village members and volunteers would go to Shepherd's Table's facility every month to help out in person, serving lunches to needy neighbors. When pandemic precautions halted that activity, we found another way to help with the food program. This started as a plan to have members contribute homemade baked goods. We're still doing that—and much, much more. Every week, participants (18 on average) offer baked goods and many other items from the Shepherd's Table's "wish list." As of week 35 (ending January 8), Villagers have provided over 600 donated batches of one or more bags of food, adding vegetables and fruit, juice, snacks, and when requested, sandwiches to baked goods. In addition, we sometimes provide food to a specific family in the Shepherd's Table program. Our donors came through in a beautiful way for a COVID-19-struck family of five and another family of ten. Of the first family, we heard that they were thrilled and so thankful and wanted to pass along thanks and blessings for everyone involved. The son with COVID had gotten out of the hospital. The other son saw the pile of groceries and shouted "Mom, look at how much there is!"



## Special Holiday Dinners

The Village worked with a local caterer, Bassett's Restaurant in Poolsville, to offer our members special holiday dinners for just \$15 each. We distributed 68 catered turkey or vegetarian dinners the day before Thanksgiving, with drive-through pick-up from the parking lot of Grace Episcopal Church. Volunteer Mae Novak provided pieces of home-baked pumpkin pie to accompany the dinners and also gave slices of pie to volunteers and other members (a total of 92 slices in all).

We also offered a ham, turkey, or vegetarian lasagna holiday dinner in December (along with a brownie from Mae) that was available for pick-up from Grace Church on Christmas Eve. We had 72 orders for meals.

In addition to the dinners that members bought for themselves at Thanksgiving, many donated to cover the cost of dinners for other members who are less fortunate. Contributions from these generous members provided four Thanksgiving dinners and seven Christmas dinners, with a nice surplus that we'll put to good use. There may be opportunities to continue this type of member-support project for other holidays over the next several months. Any remaining funds for donated meals will be added to our scholarship fund, which enables us to offer reduced-fee membership to people that meet certain income criteria.



*Pies lined up and ready to cut—pies and photo by Mae Novak*

## Creating for Others

In the homes of some Villagers you may hear the quiet clicking of knitting needles, the swoosh of crochet hooks, or the hum of a sewing machine. Those (along with laughter during our monthly Zoom video calls) are the sounds of our Stitchers for Good group. Some of our most recent donations have gone to the obstetrics clinic at Holy Cross Hospital, where many families appreciate receiving our colorful handmade hats and blankets to take home with their newborns. We have also provided blankets and hats lately to A Wider Circle.



*Baby hats and photo by Penny Passikoff*

## We're Having a Ball

Village members are invited to a Zoom Inaugural Ball on the evening of January 20<sup>th</sup>. After months of lounging around in jeans, sweatpants or even pajamas, we think it's time to get dressed up. Members are encouraged to put on their finest—sequins and bow ties—to celebrate this ritual of our democratic process. Attendees will enjoy dance hits from every election year since 1960.





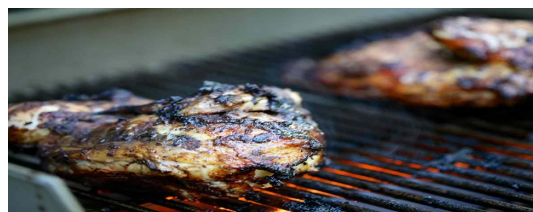
## The History of Jerk

Jerk is a style of cooking native to Jamaica, in which meat is dry-rubbed or wet marinated with a hot spicy mixture called Jamaican jerk sauce. Historians believe this cooking style was originally developed by Maroons (runaway slaves) who escaped into the wilds of Jamaica when the British captured the island from Spain in 1655. To camouflage their locations, the Maroons cooked their meals in the ground on a bed of pimento wood covered with pimento leaves, eliminating the smoke. This way the English could not see where they were hiding. (The English on the other hand, cooked their meals above ground and so the Maroons were always aware of where they were and evaded them.) To this day, the best jerk meat in Jamaica is cooked on a bed of pimento wood, covered with pimento leaves, over an outside fire.

What is in a bottle of jerk sauce:

- malt or white vinegar
- dark rum
- Scotch bonnet peppers
- red onion
- green onion tops
- dried or fresh thyme
- extra virgin olive oil
- salt
- black pepper
- allspice
- pimento
- cinnamon
- nutmeg
- ginger
- molasses

## Village Eats: Jamaican Jerk Chicken



The easiest way to make jerk chicken is to purchase bottled jerk sauce available in most grocery stores. Most brands are good but the “Grace” or “Walkerswood” brands are my favorites. If it is your first time, buy the MILD.

### Ingredients

- ☑ 6 chicken pieces—legs, thighs, or breasts (with or without skin)
- ☑ Jerk sauce—2 tablespoons, more if you would like it spicier
- ☑ Thyme—3 sprigs fresh (or about 1 and 1/2 teaspoons dried)
- ☑ Salt—2 teaspoons
- ☑ Black pepper—1 teaspoon
- ☑ Lime juice—3 tablespoons

### Preparing the Chicken

**Marinate the chicken:** Place the chicken in a large freezer bag, or in a large non-reactive bowl or baking dish. Pour lime juice over the chicken and coat well. Rub the jerk sauce over the chicken pieces and coat well (it helps to use gloves!). Seal the bag or cover the chicken with plastic wrap. Refrigerate overnight.

**Prepare the jerk sauce:** When you are ready to cook the chicken, remove it from the marinade bag or pan. Put the remaining marinade into a small saucepan. Bring to a boil, reduce heat, and simmer for 10 minutes. Set aside to use as a basting sauce for the chicken.

### Cooking Jerk Chicken

If using a grill, preheat it to medium high. Sprinkle chicken pieces with salt and pepper. Place chicken pieces, skin or top side down on the grill grates. Cover. Cook for about 40-50 minutes, keeping the internal grill temperature between 350°F and 400°F. Turn the chicken pieces occasionally and baste with marinade until they are cooked through.

If using an oven, preheat it to 350°F. Place the chicken pieces skin- or top-side up in a greased baking dish. Bake for 1 hour and 20 minutes, turning the chicken occasionally and basting with marinade until the chicken pieces are cooked through.

### Finishing and Serving the Chicken

The chicken is done when the juices run clear (not pink) when a knife tip is inserted, about 165°F for the breast and 170°F for the thigh.

Transfer chicken to platter. Tent loosely with foil to keep warm and let stand 15 minutes. ENJOY!!!!

*Recipe and story from member Leslie Hansley*

## Village Hits Now on YouTube

Silver Spring Village now has a YouTube channel where you can watch, at your convenience, video recordings of some of our best events. In addition to a short film starring several of our members speaking about the Village, you can enjoy some wonderful presentations by local experts on wide-ranging topics. Just click on our YouTube channel link—[bit.ly/ssvillage-youtube](https://bit.ly/ssvillage-youtube)—and choose any presentations you want to see, including programs listed below. Some were part of “SPARKLE,” a monthly series of events co-hosted by Silver Spring Village and Silver Spring Town Center, Inc.

- **The Cuban Missile Crisis**—Foreign policy expert Peter Clement, a long-time CIA insider, presents little-known background of the Cuban Missile Crisis—one of the most dangerous moments in American history. Also participating in this presentation is Gary Ditto, who played a part in the naval blockade of Cuba.
- **Personal Reflections on Race in America**—Speaking about his lifetime of varied experiences, Isiah Leggett, former Montgomery County Executive, shares his personal stories and views about race in America. This event was part of Silver Spring Village’s series on racial justice.
- **Marriage Equality and the Supreme Court 5 Years Later**—This program looks at the impact of the U.S. Supreme Court’s ruling in “Obergefell v. Hodges,” the decision that guaranteed same-sex couples the right to marry. Montgomery County Council member Evan Glass moderates the discussion with Douglas Hallward-Drieieimeir, one of the attorneys who argued the case, and Jim Obergefell, the named plaintiff.
- **Aging in the Age of Covid-19**—Howard Gleckman is a senior fellow at the Urban Institute, expert in long-term care, and author of *Caring for Our Parents*. In this discussion of specific issues faced in the time of COVID-19, he addresses the importance of planning ahead and offers suggestions for protecting your health and that of others.

## Fun and More Fun

Yoga classes, play and poetry readings, ornament-making, going backstage with the Washington Chorale, discussing pre-election news, creating a holiday trivia game, visiting with Santa and Mrs. Claus, celebrating Thanksgiving, Hanukkah, and Christmas—there’s no end to what our Villagers come up with to enjoy being together via Zoom. About 50 times a month there is fun to be had. Just look at our calendar!



*A craft party and session on ornament making was led by one of our artist-members, Leslie Hansley—photo by Jeanne Adams.*

## Community Events

Even during the pandemic, the Village offers something almost every day. Most events are for our members, but some like those below are also open to the public. Join us! Visit our website for the full calendar of events.

- \* Wed., Jan. 13, 2 pm — **Spark Joy in Your Space. SPARKLE Program.** Pam Holland, founder of Mindful Decluttering & Organizing will share tips by Zoom on how to maximize your space through decluttering and organizing. Learn how to focus on the things that you love and find a new home for the rest.
- Fri., Jan. 15, 12:30-2:30 pm — **Winter Clothing Drive.** Start the new year with a tidy closet and a full heart by contributing to our no-contact winter clothing drive to benefit local families supported by A Wider Circle. We are looking for clean, wearable coats, hats, scarves and gloves for all ages. If possible, please bring your items in plastic or paper bags. No hangers. Drop donations in a bin that will be set up in the parking lot of Grace Episcopal Church, 1607 Grace Church Road.
- \* Wed. Feb. 10, 2 pm — **The Role of Spirituals in the African American Struggle for Freedom. SPARKLE Program.** Former Howard University scholar Dr. Annie Woodley Brown will present a performance lecture detailing the development and use of song as a communications tool before Emancipation and in the ensuing fight for equality.

\* RSVP at [programs@silverspringvillage.org](https://www.silverspringvillage.org) to register and get Zoom information.

## Member profile: The McBrides

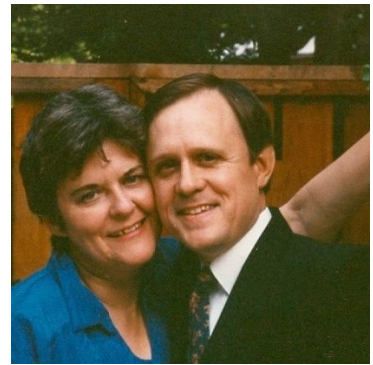
A twofer. Lucky us! Any group would consider itself lucky to have one poet in its midst, but our Village has two. And they are married to each other. Meet Lois and Greg McBride, 48-year residents of Woodside Park.

Lois is retired after many years as a health consultant, high school English teacher, and mother of three. She studied English at Cornell, and although she left the PhD program in English at Brandeis, she continued to write, her poetry focusing on the vagaries of neighborhood life.

Greg practiced law for 30 years at the U.S. Department of Transportation. He has a serendipitous memory of walking down Woodland Drive toward the Metro one bright day when an unbidden thought crossed his mind: “I want to be a poet.” He recalls reading the Romantics in college, but it was his discovery of Mark Strand’s work that kindled his desire to write poetry. Greg’s first poem was published in 1999, and his first book of poems won the Liam Rector First Book Prize and was published in 2012.

After retiring in 2004, Greg became founding editor of the *Innisfree Poetry Journal* (see [www.innisfreepoetry.org](http://www.innisfreepoetry.org)). The 32nd issue will appear in the spring and is thriving. One measure is that the journal accepts only two percent of submissions it receives.

Reprinted here you will find two short poems, one by Lois and one by Greg. They have been Village members for about six years, and we are proud to count them as ours.



Lois and Greg McBride—photo by Danny McBride

### Sizes

—by Greg McBride

My sister found our father’s ring,  
turquoise faded, sullied silver-plate.

It stopped my breath. Thirty years ago  
I took it from his cold hand.

A big man, he never took it off,  
not when he dug or swung or swam,

or smeared on huckleberry jam,  
or held a cribbage peg, or gripped

a favorite pitching wedge, then fudged  
his score again. With feeling,

she placed it on my palm,  
we his keepers. I slipped it on.

It hung, slack, wanting more.  
It stung. Once, the shoes. Now this.

[first appeared in *Alaska Quarterly Review*, 2020]

### First Impressions

—by Lois McBride

When we first came, everyone looked so whole—  
The even-tanned, the splotchy pink and white,  
Sat glued in old acquaintance by the pool,  
A fixed collage that trailed the shifting light.  
Groups of the chic, the smart, the dumb,  
Finding themselves in unaccustomed shade  
Would deftly move their members to the sun,  
Their changeless patterns perfectly remade.

Winter in Bethesda; the healing pool  
is closed, all fall down under the weather.  
I hear strange—someone being cruel,  
Some breaking glass, a woman crying *Mother*.

Hold on!  
The lifeguard comes like spring’s young groom.  
He’ll clean the waters with a long-necked broom.





Giving away masks and more masks—photo by Gary Begin.



From plain white to colorful—design and photo by Laurie Ekstrand

## Masking Up

The Village obtained 3,000 washable cotton face masks through a program of the U.S. Department of Health and Human Services and the National Council of Textile Organizations, which represents the entire spectrum of the textile industry and which includes major underwear manufacturers like Hanes and Fruit of the Loom. We gave away about 1400 of these masks to our members during a one-day drive-by pickup in front our Executive Director's house and more during the pickup of Thanksgiving dinners.

The Village is also using the masks as a recruiting tool by offering them, along with membership brochures and information, to non-member older adults via local neighborhood associations. Thus far, we have given away about 100 additional masks. We will continue outreach to neighborhood associations and conduct continued distributions through at least January.

Since the masks are all a plain, bright white, some of our members have chosen to decorate them to make things more interesting!



## Three Ways to Avoid COVID-19 Vaccine Scams

While vaccination details are getting worked out, here's what you can be sure of:

- You can't pay to put your name on a list to get the vaccine. **That's a scam.**
- You can't pay to get early access to the vaccine. **That's a scam.**
- Nobody legit will call about the vaccine and ask for your Social Security, bank account, or credit card number. **That's a scam.**

Ignore any vaccine offers that say different, or ask for personal or financial information.

Learn more at

[ftc.gov/coronavirus/scams](https://ftc.gov/coronavirus/scams)



FEDERAL TRADE  
COMMISSION



NATIONAL  
ASSOCIATION OF  
ATTORNEYS GENERAL

Thank you to the following for their contributions to this issue:

- Claire Maklan—Shepherd's Table, Village YouTube channel
- Sandy Morris—Profile of the McBrides

Clip art in this issue is courtesy  
[CreativeCommons.org](https://creativecommons.org).

## Seeking New Board Members

Do you or someone you know have the skills and passion to serve on Silver Spring Village's board of directors?



Take a few moments to review your contacts for someone who might be a good candidate.

We are seeking individuals with experience in areas of nonprofit governance and operations, including financial management and accounting, fundraising, business and entrepreneurship, health care, social work, diversity, marketing, law, volunteer management, and membership services. The Village's board is committed to representing the full diversity of the communities we serve—zip codes 20910 and 20901 and the small part of 20815 that lies east of Rock Creek 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 Martine Brizius at [mgbrius@gmail.com](mailto:mgbrius@gmail.com).

We select board members from among our membership, volunteers, donors, and the community at large. Board members do not need to be residents of the Village's service area.

## Volunteer Corner: Help during the Pandemic

Did you know that Silver Spring Village has volunteers who will go grocery shopping for our members? At the beginning of the pandemic, knowing that many members preferred not to go into a supermarket to shop, the Village recruited volunteers who were willing to provide this service. Over 90 requests were filled by these volunteers between April and early December. Volunteers have also picked up prescriptions, dropped off and picked up dry cleaning, gone to the post office to purchase stamps and mail packages, and taken a member's hearing aid in for repairs. Members may contact me if they need help with an errand. Also, anyone interested in volunteering in this way should contact me.



We also have volunteers who drive members to essential appointments. If more than one ride will be needed, the same volunteer and member are considered a pair. Once a volunteer has driven a member, we don't permit that person to drive any other member for a two-week period. The Village provides our volunteer drivers PPE (personal protective equipment): wipes, disposable masks, nitrile gloves, and infrared thermometers. If you are already a Silver Spring Village volunteer driver and are willing to drive during the pandemic, we can give you some of these supplies. We are not currently recruiting new drivers.

--Vanessa Ripps, [vanessa.rippls@silverspringvillage.org](mailto:vanessa.rippls@silverspringvillage.org)

**DONATE NOW**—Help Silver Spring Village continue to provide programs and services that strengthen our community while helping neighbors age in place. Your contribution is fully tax-deductible.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Amount: \_\_\$ 500 \_\_\$250 \_\_\$100 \_\_\$50 \_\_\$25 \_\_Other: \_\_\_\_\_

Please make your check payable to Silver Spring Village and mail it to Silver Spring Village, 8700 Georgia Ave., Suite 306, Silver Spring MD 20910. To contribute by credit card, please visit the [donations page](#) on the Village website. If you would like information about how to leave a legacy gift, please contact Doug Gaddis at (301) 503-7401.

Silver Spring Village, Inc. is a 501(c)(3) nonprofit Maryland corporation. You will receive no goods or services in exchange for this contribution, so it is tax-deductible as allowed by law. A copy of the organization's financial statements may be examined upon written request to Silver Spring Village, 8700 Georgia Ave., Suite 306, Silver Spring MD 20910. Documents required by the Maryland Charitable Solicitations Act are available for the cost of copying and postage from the Secretary of State, 16 Francis Street, Annapolis, MD 21061.