



Village Vibe

March/April 2016
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As We See It: Fighting Isolation, One Get-Together at a Time

Last month the *Washington Post* reported that scientists found that loneliness can be a **lethal** risk . . . as bad for you as smoking, diabetes or obesity. That's why the Village Programs Committee works hard to increase connections between members by offering educational and social activities. Check out our offerings on page 3: a cooking class, a local concert followed by a wine and cheese at a member's house, a book group, a conversation about current events, and much more.

The Village can also create social connections by bringing together members with shared interests to form "affinity" groups. The groups are self-directed by Village members and the potential topics are endless—walking, meditation, mahjong, films. Through regular meetings and outings, strong friendships are formed. Let us know if you have an idea for an affinity group that interests you, so we can help you find others to join in.

Finally, many members have told us they want smaller gatherings in members' homes, where it's easier to get to know each other in a relaxed setting. Village gatherings in your home can be as casual as you like and, of course, you can limit the number of people who attend. We can help with refreshments and any other planning details. Some Village members have held wonderful wine and cheese gatherings in their homes; others have invited members to their homes for coffee and pastries.

We hope that you will get involved in one or more of these endeavors. Social connections are fun but also essential for good health! Call or email the office to get started.

—Peggy Gervasi, President, and
Debbie Billet-Roumell, Executive Director



Stay warm with us

During a cold snap, a Village member hosted others with a roaring fire, good wine, and singing around the piano. There's a lot more fun and friendship to be had—join us!

Photo by Martine Brizius

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Mission of the Village

To build and sustain a supportive network of neighbors helping neighbors remain in their own homes and be engaged in the community as they age.

Using a combination of volunteer and professional services and referrals, the Village provides a variety of services, as well as opportunities for social engagement. Participation by a diverse mix of residents within the Village's defined geographic area enhances the quality of life for the entire community.

Like other Villages in the U.S. and abroad, our network aims to support individuals and to strengthen the community in which they live.

Progress Report

Totals as of the end of February

- Members: 116 (62 full, 54 associate)
- Volunteers: 85

Volunteer hours

- December: 987
- January: 928

Volunteer help Dec./Jan.

- 63 rides
- 173 friendly visits/phone check-ins (including 129 storm buddy visits and calls)
- 71 at-home assistance requests filled, including completing paperwork, daily pet care for an ill member, twice-weekly wheelchair assistance and organizing, plus help with recycling and home repairs
- Office telephone crew: 246 hours

Silver Spring Village, Inc.

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Vibe Editors

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Plant swap is coming:
 May 14, 11 am-1 pm.



Events Sampler: SPARKLE and more

SPARKLE (as we hope our readers know) is a monthly program—free and open to the public—co-sponsored by Silver Spring Village and Silver Spring Town Center (SSTCi) since October 2012, even before our Village opened. In 3½ years, topics have ranged from social media, to local history, Shakespeare, and downsizing.

The January 11 SPARKLE program on "Getting Fit in the New Year" covered fitness tips, County and private classes, and the new *Move More Montgomery* program. Participants also tried a few moves (see photo above). On February



10, Alan Breitler, President of Eagle Ridge Technologies and adjunct professor at the University of Maryland (shown at left), spoke about his book *Baseball on the Moon and Other Lunar Oddities*. On March 9, Judy Tiger, professional organizer and owner of Just That Simple, will share her experience taming clutter in a program called "Getting Organized for Spring." Thanks to Village volunteer Erin Byrne and to Lisa Martin, SSTCi, for making SPARKLE a success!

Other recent events included an entertaining talk by the *Washington Post's* John Kelly (at right). Among upcoming events are two workshops on Alzheimer's disease—March 12 on brain health and March 19 on early signs. See the event calendar on page 3 and join us if you can.



First two photos by Claire Maklan;
 John Kelly photo by Martine Brizius

Book Group Update

The Silver Spring Village book group, in conjunction with the Silver Spring Library, met on February 11 to discuss *Station Eleven* by Emily St. John Mandel. Although not one in our group would have selected this title, we were happy to have read it and we discussed it critically but enthusiastically. We even touched on the topics of parallel universes and wormholes. That's what the book group does—it opens us up to new perspectives. Our next book is *Orphan Train* by Christina Baker Kline on March 10, followed by *Girl on the Train* by Paula Hawkins on April 14. See events calendar for details.

—Carolyn Lauer

Reaching Out

On February 14, the Village held a Valentine's Day "Lunch and Learn" for prospective members at the Episcopal Church of the Ascension in Silver Spring. Nearly 50 people ventured out in the cold to learn about the Village's programs to help neighbors age in place. Special thanks are due to our planning committee and our event supporters, including Parkway Deli & Restaurant, Blair Park CVS, Blair Park Giant, Kaldi's Social House, and Thayer Avenue Safeway.



Photo by Claire Maklan

Storm Buddy Coverage

Member George Lane, his storm buddy Anne Gavin, and President Peggy Gervasi were interviewed by Willie Inman from Montgomery County Media (MCM) on storm readiness and the Village. See the video on the [Village website](https://www.youtube.com/watch?v=wQONcs2AJVE) or <https://www.youtube.com/watch?v=wQONcs2AJVE>.



Photo of George Lane and Ann Gavin by Willie James Inman, MCM

How to . . .

...become a member: Residents throughout the 20910 zip code are eligible. All members can attend events, get discounts from local businesses, receive a subscription to *Washington Consumers' Checkbook*, access our information service, and get referrals to professionals. Full members can also receive services from our volunteers such as transportation, indoor and outdoor household help, technology support, friendly visits, and check-ins. Membership dues cover only part of our operating expenses and are: Full: \$350/individual or \$450/couple; Associate: \$150/individual or \$250/couple. Reduced cost full memberships are available to qualified applicants. For more info, please contact us at membership@silverspringvillage.org or call (301) 503-7401.

...volunteer: People age 18 or older who support our "age in place" mission are invited to serve as volunteers. Volunteers are not required to be members of the Village (though they are welcome to join, and many do). They need to complete an interest form and application, and have a background check. Training is provided. All applicants must be officially accepted and enrolled by the Volunteer Coordinator before performing tasks for the Village. All sorts of skills and interests are welcome.

...donate: To keep our Village strong, we need funding from organizational and individual donors, in-kind contributions, and grants. Contributions in any amount are gratefully accepted. Donations are tax-deductible, as permitted by law. Checks should be made to Silver Spring Village and mailed to Silver Spring Village, PO Box 8217, Silver Spring, MD 20907, or donations by credit card can be made online via the [donation page](#) of our website. Consider the Village in your will, in memorial donations, or in someone's honor. We would love to hear from local businesses that might contribute or provide in-kind contributions or discounts to our members. Contact us!

Wednesday Night Is Movie Night!

Silver Spring Village is going to five classic movies at AFI Silver in March and April. Most are part of the AFI series on "Leading Men in Hollywood's Golden Age" and all showcase great actors. After we each buy tickets, we will meet in the café area of AFI Silver (outside of theater 3) at 6:15 pm; the movies start at 6:30. Here are the movies we will see:

March 2—*Mr. Deeds Goes to Town* with Gary Cooper

March 9—*High Sierra* with Humphrey Bogart

April 6—*Taxi Driver* with Robert DeNiro

April 13—*Cape Fear* with Robert Mitchum

April 27—*His Girl Friday* with Cary Grant

Plan to stay afterwards for discussions led by Montgomery College film professor, David Rothman.



Events Calendar

Check our website for any changes.
*Must be member; **members can invite potential new members

MARCH

Sat., March 5—**Visit to Waverly Street Gallery**, noon, followed by lunch at **Booeymonger***

Wed., March 9—**Get Organized SPARKLE** program, Silver Spring Civic Building, 2-4 pm, followed by happy hour at **Eggspectation**

Thurs., March 10—**Afternoon Book Group**, (*Orphan Train* by Christina Baker Kline), 2-3:30 pm

Fri., March 11—**Multimedia Presentation: The Universe**, at a member's home, 2 pm*

Sat., March 12—**Alzheimer's Association workshop, "Healthy Living for Your Brain and Body,"** Easter Seals Center, 10-11:30 am

Mon., March 14—**Current Events Discussion**, Tastee Diner, 2 pm*

Wed., March 16—**Social Hour**, Kefa Café (Bonifant Street), 2 pm**

Fri., March 18—**Dinner**, Vicino Ristorante Italiano, 6 pm*

Sat., March 19—**Alzheimer's Association workshop, "Know the 10 Signs,"** Easter Seals Center, 10-11:30 am

Mon., March 21—**Ice Cream Social, Tropical Ice Cream**, 2 pm*

Wed., March 30—**Social Hour**, Kefa Café (Bonifant Street), 2 pm**

APRIL

Sun., April 3—**Symphony of the Potomac**, Montgomery College, 3 pm, then wine and cheese at a member's house*

Wed., April 6—**Social Hour**, Kaldi's Social House, 2 pm*

Mon., April 11—**Current Events Discussion**, Tastee Diner, 2 pm*

Wed., April 13—**Fun with Fashion SPARKLE** program, Silver Spring Civic Building, 2-4 pm, followed by happy hour at **McGinty's Public House**

Thurs., April 14—**Afternoon Book Group**, (*The Girl on the Train* by Paula Hawkins), 2-3:30 pm

Wed., April 20—**Social Hour**, Kaldi's Social House, 2 pm*

Thurs., April 21—**Jamaican Cooking Class**, member's home, 4:00 pm*

Tues., April 26—**Ice Cream Social, Tropical Ice Cream**, 2 pm*

Thurs., April 28—**Springtime Walk in Brookside Gardens**, 1 pm*

Snowzilla

2015 was our second year asking new (full) Village members to complete a storm assistance survey. As membership numbers and storm assistance requests increased, we realized that a neighborhood-based approach was needed to adequately handle storm emergencies. *Voila!* The Storm Buddy Program was invented. We announced the Storm Buddy plan in the November/December *Vibe*, and sent all volunteers a follow-up email with the requesting members' street and block information. Twenty-three volunteers responded and were matched with members who live close to them. From December up to the day the snow started to fall, buddies met in person or by phone to help 32 members prepare for the storm.

Once the storm began, daily check-in phone calls were made. The final score: Silver Spring Village Storm Buddies - 100, Snowzilla - 0. Also, the Village volunteer email inbox and the office phone line were closely monitored throughout the storm to keep pace with member and volunteer questions. People requiring snow removal were either assisted by their buddy or were helped to find snow removal resources. Our thanks to all the volunteers,

once again, for doing a fabulous job assisting our neighbors.



A buddy tackles the snow—photo by Mae Novak

Volunteer Corner:

Hey Village Members—What day is it? π Day!

That's right, March 14, 2016, is Pi Day, not to be confused with National Pie Day, January 23, when we were in the midst of Snowzilla. (Thank you, storm buddies for all your help!) I digress. Harkening back to our school days in math class, who could forget pi (π), the ratio of a circle's circumference to its diameter, that irrational number that some of us had to memorize out to . . . wasn't it 15 places? A lot, anyway! To celebrate this year's uniqueness of "3.14.16," the cook and baker volunteers would like to offer Village Members a slice of one of the following types of pie, home-baked and hand-delivered to you on Pi Day: apple, pumpkin, chocolate, pecan, or cherry.



A free slice of home-baked pie—how can you go wrong? If you are interested, please call your pie order in to the Village office 301-503-7401 or email your request to volunteers@silverspringvillage.org. The pi/pie order deadline is Thursday, March 10. After that, to paraphrase the Soup Guy from Seinfeld, "no pie for you." Thanks in advance to our talented bakers and to the pie delivery squad.

—Mae Novak, Chair, Volunteer Services

A volunteer says

☞ "Our storm buddy . . . was really grateful to have someone on call, and we were happy to help! It's a great way for us to help support and build our community."

A member says

☞ "I joined the Silver Spring Village right before the blizzard and got an email about having a "snow buddy." She called each day to see how I was doing . . . then sent someone to transport me to a wine and cheese gathering one evening. A delightful antidote to cabin fever."

DONATE NOW—Help Silver Spring Village continue to provide programs and services that strengthen our community while helping neighbors age in place.

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, P.O. Box 8217, Silver Spring, MD 20907. If you would like to contribute by credit card, please visit the [donation page](#) of the Village website.

Silver Spring Village is a nonprofit, tax-exempt [501(c)(3)] organization. Your contribution is tax-deductible as permitted by law.