



Village Vibe

May/June 2016
Volume 3, No. 3

As We See It: Helping Us Help More People

It has been a busy two months for Silver Spring Village. In addition to providing 64 rides and filling 185 requests for direct services for our members, we have trained a new group of volunteers and increased the variety of our programming. We added Scrabble to our list of interest groups; a member graciously opened her home and provided a Jamaican cooking class; and we held a two-part series on Alzheimer's disease and started intergenerational programming with Easter Seals.



A friendly game of Scrabble—photo by Claire Maklan

With these services and programs come a lot of feelings for members and volunteers. The gratitude a member feels for a volunteer who is helping him at a doctor appointment or the sense of connection that develops at small social gatherings is hard to explain or quantify. There are many people in the Silver Spring community that would benefit from the Village. Our members and volunteers know best about the Village, and we need your help to spread the word. When you're out with your friends, at a community event or talking to your physician, please tell them about Silver Spring Village. Additionally, would you be willing to invite a group of your friends for a casual coffee so that we can talk to them about the Village? Any help that you can provide is appreciated. As always, if you have any concerns or suggestions about the Village, please let us know. It is your Village, and we want to tailor it to your specifications!

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

Give the Gift of Membership

It can be hard to find nice gifts for Mother's and Father's Day. This year, consider doing something that can really make a difference. Give a gift that keeps on giving all year long—Village membership. If you have parents, an aunt, an uncle, or another loved one in Silver Spring, visit www.silverspringvillage.org, or call (301) 503-7401 to find out more about the benefits of Village membership. If they live elsewhere, check out other Villages around the country at www.vtnetwork.org



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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 April

- Members: 117 (60 full, 57 associate)
- Volunteers: 85

Volunteer hours

- February: 863
- March: 885

Volunteer help Feb./March:

- 65 rides
- 40 friendly calls or visits (10 for pie deliveries)
- 79 filled home assistance requests, including twice weekly wheelchair help, organizing paperwork, fixing a sewing machine, technology help, recycling, household repairs, daily pet care for ill member
- New: we accompanied members to five doctor's appointments to take notes as requested
- Office telephone crew: 258 hours

Silver Spring Village, Inc. Board of Directors

Peggy Gervasi, *President*
 Claire Maklan, *Vice President*
 Mary Ann Zimmerman, *Secretary*
 Sue Decker, *Treasurer*
 Martine Brizius
 Leslie Hansley
 Gary Klauber
 Anne McHenry
 Tony Sarmiento

Executive Director

Debbie Billet-Roumell

Program Administrator

Vanessa Ripps

Committee Chairs

Board Development—Tony Sarmiento
 Communications—Claire Maklan, Bruce Rosenthal
 Development—Mary Ann Zimmerman
 Finance—Sue Decker
 Membership—Anne McHenry
 Programs—Gary Klauber
 Volunteer Services—Vanessa Ripps

Vibe Editors

Connie Raab, Erica Summers

Events Sampler:

It's been a great couple of months. We saw five classic movies at AFI Silver and watched opening day baseball on television together. Carol Trawick



(left) led a SPARKLE program on "Fun with Fashion," exploring the five basic items of the "magic chest": rubber bands, safety pins, a scarf, a silk flower, and a hat. We played Scrabble and Bridge, discussed a couple of books, heard a symphony, were refreshed at several local restaurants, and were introduced to the cooking of Jamaica by a member (right) who grew up there.



Photos by Claire Maklan

Pi (π) Day

On March 14, to celebrate that date's uniqueness of 3.14.16 (which bears a striking resemblance to the irrational number π), Village volunteers delivered slices of home-baked pies to any member who had requested the special delivery.



The mathematical equation for π may be 3.1416, but the Village equation for π Day is:

5 bakers (ages 14 to over 60)
 + 4 deliverers (one of whom was also a baker)
 + 7 pies of 5 varieties (apple, cherry, pumpkin, chocolate and pecan)
 + 24 members served
 = A great day of delicious pies and fun



Mix 'em and bake 'em—photos by Mae Novak
 Delivering the goods—photo by Connie Raab

Read On!

The Afternoon Book Club, a collaboration between the Village and the Silver Spring Library, holds meetings in the library on the second Thursday of each month at 2 pm. Listed below are the books scheduled for discussion through the end of this year. Please continue to check the *Vibe* in case there are any changes in the schedule.

- May 12, 2016—*Dead Wake* by Erik Larson
- June 9, 2016—*The Boys in the Boat* by Daniel Brown
- July 14, 2016—*The Likeness* by Tana French
- August 11, 2016—*Daniel DeRonda* by George Elliott
- September 8, 2016—*The Immortal Life of Henrietta Lacks* by Rebecca Skloot
- October 13, 2016—*Founders' Son: A Life of Abraham Lincoln* by Richard Brookhiser
- November 10, 2016—*All the Light We Cannot See* by Anthony Doerr
- December 8, 2016—*Dear Life: Stories* by Alice Munro

—Carolyn Lauer



Join the Fun

Nobody says we don't get out. Being social is good for your health. Come get healthy with us. Some events are open to all; more are available to members.

Photo by Erica Summers

How to . . .

...become a member: Residents of zip code 20910 are eligible for full or associate membership. Persons living close to, but outside 20910, are considered for full member on a case-by-case basis. Associate membership is open to all applicants regardless of place of residence. 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 also available. For more information, please contact Debbie Billet-Roumell at (240) 200-4290.

...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!

Recognition

The National Volunteer Transportation Center (NVTC) has honored Silver Spring Village for excellence in providing rides to our members. The STAR awards, which will be presented in May at the Community Transportation Association of America EXPO in Portland, Oregon, recognize outstanding volunteer transportation programs across the country. We received an Honorable Mention award, so congratulations to our wonderful volunteers for making it possible!



Events Calendar

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

MAY

Wed., May 4—**Coffee Social Hour, Bump 'n Grind**, 2 pm*
Thurs., May 5—**Dinner, Ghar-E-Khabab**, 5 pm*
Wed., May 11—**Wine Tasting SPARKLE** program, **Adega Wine Cellars & Cafe**, 2 pm**
Thurs., May 12—**Afternoon Book Group**, Silver Spring Library (*Dead Wake* by Erik Larson), 2-3:30 pm
Sat., May 14—**Plant & Seed Swap**, 11 am-2 pm**
Mon., May 16—**Current Events Discussion, Taste Diner**, 2:30 pm*
Wed., May 18—**Ice Cream Social, Moorenko's Ice Cream**, 2 pm*
Fri., May 20—**No Grass Yard Tour**, 2 pm*
Sun., May 22—**MoCo's Got Talent, Fillmore Silver Spring**, 5-9 pm
Wed., May 25—**Coffee Social Hour, Bump 'n Grind**, 2 pm*
Thurs., May 26—**AFI Behind-the-Scenes Tour, AFI Silver Theatre**, 11 am*
Tues., May 31—**Lunch, Parkway Deli**, 1 pm*

JUNE

Fri., June 3—**Ice Cream Social, Moorenko's Ice Cream**, 2 pm*
Sun., June 5—**Brunch, Copper Canyon**, 11 am*
Wed., June 8—**Navigating Change as We Age SPARKLE** program with Dr. Jacqie Wallen, Silver Spring Civic Building, 2-4 pm, followed by happy hour at **Egg-spectation****
Thurs., June 9—**Afternoon Book Group**, Silver Spring Library (*The Boys in the Boat* by Daniel Brown), 2-3:30 pm
Mon., June 13—**Current Events Discussion, Taste Diner**, 2:30 pm*
Wed., June 15—**Coffee Social Hour, Peet's Coffee & Tea**, 2 pm*
Sat., June 18—**Ice Cream Social, Tropical Ice Cream Café**, 2 pm*
Mon., June 20—**Walk in Sligo Creek Park**, 11 am**
Thurs., June 23—**Tour & Lunch, Weisser Glass Studio**, 11 am*
Sat., June 25—**Brunch, Nando's Peri-Peri**, 12 noon*
Wed., June 29—**Coffee Social Hour, Peet's Coffee & Tea**, 2 pm*
Thurs., June 30—**Lunch, Mrs. K's Toll House**, 11:30 am*

Thank you, Erin!

For the past several months, volunteer Erin Byrne has been the Village coordinator for the monthly SPARKLE (Senior Programs Aimed at Re-Kindling Lifetime Engagement) series in partnership with Silver Spring Town Center Inc. Erin has nabbed a "real" job, so she will be too busy to continue to develop SPARKLE events. We give Erin our heartfelt thanks and wishes her all the best.

If you are interested in picking up with SPARKLE where Erin left off, please contact Executive Director Debbie Billet-Roumell (executivedirector@silverspringvillage.org) to get the ball rolling.

A member says

"I thank the Village for such wonderful volunteers (I've learned a lot and enjoyed it!!)"

Roberta Gosier Outstanding Volunteer Award

The Village is pleased to announce an award to be given to the volunteer who provides the most direct services to members during the year. This award has been named in honor of Roberta Gosier, a founding member of the Village and President of its first Board of Directors. The award is intended to memorialize Roberta's tremendous contribution to the Village and her steadfast commitment to providing the best support services to our members. The first award will be presented this fall and will be announced in the *Vibe*.

Volunteer Corner: Happy Trails to You

Dear Friends—The time has come for me to turn over my varied Village responsibilities to others, and to get back to "retired life." I'm neither ill nor leaving Silver Spring; I'm just recouping a bit of spare time to devote to my other retirement activities. Many thanks to current and prior Board members and Executive Directors for all their support. Special thanks to all the volunteers for **without you there would be no Village**. Your support of the Village and its activities and, particularly, your commitment to the membership are just awesome. Bless you for your work on behalf of others—you have made an enormous difference in the lives of our Silver Spring neighbors.

I am remaining part of the volunteer corps, and as such will see you at events like the upcoming Plant and Seed Swap on Saturday May 14th. And when Vanessa is on vacation, I will be manning the volunteer line as her substitute! Again, many thanks to you all, and "Happy trails to you, until we meet again."

—Mae Novak, Outgoing Chair,
Volunteer Services



We celebrated Mae's 5 years of volunteer leadership, planning the Village, serving as Vice President, and establishing the volunteer program—photo by Erica Summers

June 8: Navigating Change as We Age

Some of the changes we encounter as we age are expected and may be positive. Others are harder to deal with, such as health issues or the loss of a loved one. All changes require adjustment. Dr. Jacqie Wallen, former Village board member, will describe some of the common changes and transitions that occur in later life and present the results of recent research on factors related to resilience and life satisfaction in seniors. This SPARKLE program starts at 2 pm at the Silver Spring Civic Building.

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.