

Silver Spring Village



Village Vibe

Spring 2020
Volume 7, Number 2

Leadership View: We Can Do It

Like the rest of Silver Spring, the state, the country, and the world, the Village has been upended by the coronavirus. However, we are taking actions to support our members, volunteers, staff, and the community, with health and safety being our foremost priorities, and doing all we can to “flatten the curve.” Still, we are working to thrive even under the restrictions currently in place as the Vibe goes to “press.”

In mid-March we temporarily suspended all of our inperson events and most of our member services. We are big believers in the importance of personal connections and reducing social isolation, so we have transformed many of our activities into virtual ones. Fourteen of our interest groups are now meeting online and by phone via Zoom. These range from games groups (e.g., bridge, canasta, poker), to discussion groups (current events, elections, philosophy, poetry, book club), to gardening, the men’s brunch, memoir writing, “cinemaniacs,” the Stitchers for Good, and more. We also added regular Village Zoom sessions, two each week for members (Tuesday morning “water cooler” conversations and Friday afternoon tea) and one Zoom call each week for our volunteers. Those without access to Zoom are able to call in by phone. (In general, we are doing regular mailings to the small number of members without Internet access.) These virtual events—almost 100 in the months of April and May—enable the members, volunteers, and staff of our vibrant community to interact, support each other, and provide practical advice and even some humor.

For now, our member services are limited to the most essential ones: individual wellness calls a couple times a week, tech help by phone, shopping for groceries and prescriptions, and rides for critical medical appointments. In addition, in early April we extended these services to our associate (social) members as well.

Safety being a priority, we are constantly improving how we do things. For example, we have asked members to postpone nonessential health care visits. We established a process that enables volunteers to get groceries and other goods for members, without requiring them to physically transfer payment (cash, check, or credit card). Groceries and drug store purchases are left outside the member’s door in small bags that

Continued on page 2

In This Issue

- Village stats
- Coronavirus risks and preventing illness
- Events past and future
- Village eats: pantry chili
- Pi Day report
- Scam prevention
- The census
- In memoriam
- Member/volunteer profile
- Volunteer corner
- Donation form



GREATER WASHINGTON

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 March

- Members: 225 (91 full, 134 associate)
- Volunteers: 140

Volunteer hours

- December: 543
- January: 805
- February: 680

Volunteer help December-February

- 191 one-way rides
- 82 friendly calls and visits
- 96 other fulfilled requests including technology support, decluttering, errands, and household repairs
- Telephone crew hours: 374

Events held

- December: 52
- January: 58
- February: 61

Silver Spring Village, Inc. Board of Directors

Peggy Gervasi, *President*
 Connie Raab, *Vice President*
 Claire Maklan, *Secretary*
 Katherine Anderson, *Treasurer*
 Martine Brizius
 Sue Decker
 Cheryl Gardner
 Minnedore Green
 Anne McHenry
 Vern McLendon

Staff

Doug Gaddis, *Executive Director*
 Vanessa Ripps, *Director of Volunteer Services*
 Ana Carrión, *Operations Manager*

Committee Chairs

Finance—Katherine Anderson
 Membership—Claire Maklan
 Programs—Gary Klauber
 Board Recruitment and Nominating—Martine Brizius

Vibe Editors

Connie Raab, Erica Summers

Continued from page 1

the member should be able to lift. In addition, all volunteers providing rides are now assigned to a single member and may not provide any inperson service to any other member within 14 days of the most recent ride.

The actress Bette Davis once said, "Old age ain't no place for sissies!" Staying home, washing your hands, keeping your distance, taking other precautions, and waiting out the coronavirus storm aren't for sissies either. We are convinced that these measures will make a big difference in this country and we will continue to support the Village community and the community at large. We hope that by the time the next issue comes out in July, things will have improved and we can see each other in person again. But if we need to continue to take precautions, we will keep on keeping on, or, as another famous figure, Rosie the Riveter, said, "We can do it."

—Doug Gaddis, *Executive Director*

Coronavirus: Who's at Risk, Preventing Illness

Cases of COVID-19 (the disease caused by the coronavirus) have occurred in all states. Where there is community spread of the virus, there is increased risk of exposure. People with elevated risk of exposure are health care workers caring for patients with COVID-19, those with close contacts of people with COVID-19, and travelers returning from affected international locations.

In terms of those risking serious illness after exposure, there are three major groups. They are people 65 and older, people who live in a nursing home or long-term care facility, and people of all ages with underlying medical conditions, such as lung disease, heart disease, a compromised immune system, severe obesity, diabetes, chronic kidney disease requiring dialysis, and liver disease.

The best way to prevent illness is to avoid being exposed to the virus.

The following steps are key:

- Stay home if possible.
- Wash your hands often.
- Take everyday precautions to keep space between yourself and others (stay 6 feet away, about two arm lengths).
- Keep away from people who are sick.
- Stock up on supplies, so you don't need to go out as much.
- Clean and disinfect frequently touched surfaces.
- Avoid all cruise travel and non-essential air travel.
- Call your healthcare professional if you have concerns about COVID-19 and your underlying condition or if you are sick.

This information is from the Centers for Disease Control and Prevention. Visit <https://www.cdc.gov/coronavirus/> for the most current information.

Stay home. Stop the spread. Save lives.

Events—Past and Future

The Village has always offered a lot of activities and events to our members and sometimes the public. In the past couple of years we have offered 40-50 events each month to enable people to touch base, have fun, learn something new, and build friendships. On these pages are photos of events, held before the middle of March, where people could gather and enjoy each others' company in person. Those were the days! As we finalize this newsletter, our events are now virtual and our photos will look like the Brady Bunch, because they are largely on Zoom. Check our calendar to see what we are up to—we are still socializing while maintaining our distance.



Visiting the Wheaton Arts Parade Gallery—
photo by Leslie Hansley



Relaxing at a fireplace party—photo by
Jeanne Adams

Bowling for Fun

A group of Silver Spring Village members has been bowling monthly at the White Oak Bowling Lanes on New Hampshire Avenue. We usually meet the last Thursday of the month, at 2 pm, and will resume once we are able to go back to in-person events. Bowling is fun and great exercise. There is no limit as to the number of people who can participate (we have had as many as nine people show up to bowl, plus family members who have come to support us and cheer us on). It is a duckpin house. All members are welcome!



Let the games begin!—photo by Lynn Olson

A Multitalented Village

Nine Villagers celebrated Valentine's Day—and wowed the Village audience that gathered in Denise and Chuck Sherer's family room—with songs, poems, and stories.

Rick Foucheux opened the program with a monologue about the pitfalls of live performance. Greg McBride shared some of his gorgeous love poems and Lois McBride, no slacker herself as a poet, recited an original sonnet and several other short poems. (Were those haikus?) Guitarist Jay Elvove sang an original song about his beloved grandfather. Minniedore Green entertained the group with a heartfelt rendition of "Steal Away," and recited "I, Too," a poem by Langston Hughes. Peggy Gervasi sang "Lies of Handsome Men," accompanied by her smart phone. Jeanne Adams performed a monologue from Neil Simon's play, "The Gingerbread Lady," and when the audience demanded an encore, she told a very funny story about the dangers of love. Lynn Ebner, Rick Foucheux, and Jane Gorbaty harmonized on "Wouldn't It Be Lovely" from "My Fair Lady" and the entire audience joined in the final chorus (see photo at left). What fun!

We're looking forward to future talent shows, whether virtual or inperson, and hope that more Villagers will join in and share their talents.



Sharing our many
Village talents—photo
by Jay Elvove

Pi/Pie Day Report

March 14 was a clear, chilly day and one of the last for which the Village could provide inperson service until further notice—namely, providing members with a delicious slice of homemade pie! Of course, this was part of the worldwide recognition of Pi Day, when we celebrate that mysterious number 3.1415926535..... and so on.

The types of pie this year were apple, pumpkin, cherry, pecan, chocolate pecan, blueberry, and key lime. Whew! The numbers really add up: nine pies, made by five bakers, delivered by five deliverers, and picked up or received by 38 members and another 14 people who were family members or volunteers. This is our fifth year of celebrating Pi Day and the fifth year it has been led by Mae Novak, one of the founders of our Village, who credits a large team for making it such a resounding success.

There was an outpouring of gratitude for this effort.

- “We are not alone. We are all one! Thank you!”
- “Thank you so much for this mouthwatering treat at a dark and worrisome time.”
- “What a generous (and sweet) thing to do for our community.”
- “This is such a delicious gift.”
- “Slice of pie brought a HUGE smile to the faces of everyone I delivered to. Never underestimate the power of pie.”

Pi Day shall return in 2021!

Village Eats: As-You-Like-It Pantry Chili

Hopefully, you can make this dish with things you have on hand and adjust it to your preferences. This recipe makes 4 large servings.

Ingredients

- ☑ Oil – spray or bottled
- ☑ Onion – 1 cup of chopped white, yellow, or red onion
- ☑ Garlic – 2 cloves chopped or 1/4 teaspoon of powdered
- ☑ Peppers – 1 cup of chopped green, red, yellow, or orange peppers
- ☑ (Optional) Other veggies such as a ½ cup chopped celery, a ½ cup chopped carrot, or 1 cup chopped zucchini or yellow squash
- ☑ Beans – Two 15-ounce cans of any beans of your choosing, such as light or dark kidney, black, garbanzo (chickpeas), pinto, fava, or other beans (it is interesting to use two or three kinds of beans)
- ☑ Spices – 2 tablespoons or more chili powder or a few drops of hot sauce. (Optional) Add ½ teaspoon of cumin, basil, or rosemary or ¼ cup of fresh chopped cilantro. You may also want to add sugar (1 teaspoon) and/or cinnamon (½ teaspoon).
- ☑ Tomatoes – One 14.5-ounce can diced (not drained) or pureed tomatoes, or tomato sauce

Instructions for making pantry chili on the stove

- In a large saucepan or pot with high sides, add 2-3 spritzes of spray oil or 1 tablespoon of cooking oil. Heat oil until hot over medium heat, then adjust burner to medium-low.
- Add the onions and cook until soft, about 5 minutes.
- Add the peppers and other vegetables and cook another 5 minutes.
- Drain the beans and add to the vegetables.
- Measure the spices and mix in to coat the beans and vegetables.
- Add the tomatoes or tomato sauce.
- Stir well. Add salt and pepper to taste and any additional chili powder or hot sauce to taste.
- Cook at a medium-low or low temperature for at least 30 minutes to blend the flavors.

Note: This chili has protein, but if you want more, you can add meat if you have it, such as a pound of ground beef, ground turkey, chopped chicken, or sliced or crumbled sausage. Add the meat after step two (the onions) and stir and cook until done. Then proceed with the rest of the recipe.



Serve in a bowl or large mug with toppings such as chopped onions, chopped cilantro, shredded parmesan or cheddar cheese, tortilla chips, sour cream, or low-fat yogurt. It can also be served over rice, pasta, or a baked potato.

Enjoy and stay healthy!

From the kitchen of Connie Raab

Beware of Coronavirus Scams

COVID-19 (or coronavirus disease) has given rise to many fraudsters who want to take advantage of the fears that we all naturally have with respect to this virus.



According to the Federal Trade Commission (FTC) and the Food and Drug Administration (FDA), scammers are using emails, texts, and social media posts to offer advice on unproven treatments and to try to sell fake cures and vaccines.

The FDA warns consumers to be cautious of any websites and stores selling products that claim to prevent, mitigate, treat, diagnose, or cure COVID-19, including dietary supplements and other foods, as well as products purporting to be drugs, medical devices, or vaccines. According to the FDA, “there are currently no vaccines or drugs approved to treat or prevent COVID-19.” Although there are investigational vaccines and treatments, these are all in the early stages of product development or evaluation and are not available to the public because none has been fully tested for safety and effectiveness. See <https://www.fda.gov/news-events/press-announcements/coronavirus-update-fda-and-ftc-warn-seven-companies-selling-fraudulent-products-claim-treat-or>

The FTC has issued tips for keeping scammers at bay. Specifically, it counsels, “If you see ads touting prevention, treatment, or cure claims for the coronavirus, ask yourself: if there’s been a medical breakthrough, would I be hearing about it for the first time through an ad or sales pitch?” See <https://www.consumer.ftc.gov/blog/2020/02/coronavirus-scammers-follow-headlines>

The FTC also recommends that consumers beware of emails purporting to be from the Centers for Disease Control and Prevention (CDC) and instead go directly to the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html> or the World Health Organization (WHO) website at <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses> for reliable information on the virus.

Continued from lower left column

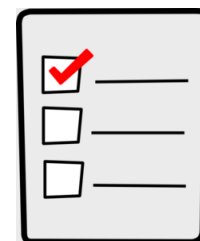
Please do your part to respond and be counted. The census, conducted every 10 years, is used for many important purposes—everything from drawing Congressional districts to determining how much of a share of government resources is allotted to each community.

Most of the questions will be similar to what census forms have asked for in recent counts. They will cover:

- The number of people living or staying in the home on April 1, 2020
- Whether the home is owned with or without a mortgage, rented, or occupied without rent
- A phone number for the person completing the census form
- The name, sex, age, date of birth, race, and ethnicity of each person in the home
- The relationship of each person to a central person in the home

Be sure to reply to the census if you have not done so already. The 2020 census is open for response online at <https://2020census.gov/> and over the phone at 844-330-2020. Members: need help with your census form? A volunteer can help you by phone.

The census has been counting Americans for 230 years. Be part of the count!



You Count. Be Counted!

By now you should have received official Census Bureau mail with detailed information on how to respond to the 2020 census online, by phone, or by mail. April 1 is the official Census Day. That means the information you provide should be based on your situation as of April 1, 2020.

In light of the coronavirus, the Census Bureau has extended the deadline for completing the census. The very last day for households to respond had been July 31; now it is **October 31**.



Continued next column

Voting



Maryland's primary election date is now June 2 instead of April 28. Voters will be sent ballots so that the election is by mail. If necessary, those unable to vote by mail may go, wearing a face mask, to one of four voting centers, including the Silver Spring Civic Building. The general election is November 3, 2020. For more information, check <https://www.montgomerycountymd.gov/elections/index2.html> and <https://elections.maryland.gov/elections/2020/index.html>.

Alert for Users of Windows 7: Support Ended January 14

If your computer's operating system is Windows 7 what does that mean for you?

Your personal computer (PC) will continue to start and run. But it no longer is receiving software updates, including security updates, from Microsoft. That means your PC (and Internet Explorer, an integral component of Windows 7) should still work, but you are more vulnerable to security risks and viruses.

What should you do if you are still using Windows 7?

Upgrade your computer/web browser to something more secure. Members can call the Village to request help by phone. Beware of vendors trying to sell you solutions using scare tactics.

In Memoriam

Village founding director Mary Ann Zimmerman died on March 1, 2020, after a three-year journey with cancer.

The Village meant a lot to Mary Ann. She served on its planning committee and then on the Board of Directors since the Village's launch in 2013. She was extremely appreciative of all the friendships she shared with Villagers and was grateful for the support of volunteers and friends during her illness.

Mary Ann was always ready to go to bat for the Village and the other causes she believed in. She used her engineering background, passion for operational excellence, and commitment to social justice to improve the lives of her Silver Spring neighbors. During her 30-year residence in Silver Spring, Mary Ann also served on the Silver Spring Citizens Advisory Board, the Oncology Patient Advisory Council at Medstar Montgomery Hospital, WMATA Riders Advisory Council, Silver Spring Town Center, Inc., the Silver Spring Branch of the American Association of University Women, First Night Montgomery, Silver Spring Urban District Advisory Board, and the County's Blue Ribbon Panel on Pedestrian and Traffic Safety.

Mary Ann was a civil engineering graduate from Purdue University (BS, MS), where she received the Distinguished Engineering Alumna Award—the first woman to be so named.

Her consulting work in international development—in regions as diverse as Mongolia and Somalia—gave her a unique ability to understand and address the needs of our multicultural community.

The Village and the County have lost a model citizen and tireless community leader. We miss her unconquerable spirit.

--Peggy Gervasi, President

Federal, Maryland Taxes Now Due July 15

On March 21, the Treasury Department and Internal Revenue Service (IRS) announced that this year's federal income tax filing due date is moved from April 15 to July 15. In addition, taxpayers can defer payment of federal income taxes to July 15, 2020, without penalties and interest, regardless of the amount owed. This deferment applies to all taxpayers, including those who pay self-employment tax.

Taxpayers do not need to file any additional forms or call the IRS to qualify for this automatic federal tax filing and payment relief. Individual taxpayers who need additional time to file beyond the July 15 deadline can request an extension by filing Form 4868.

If you are due a refund, the IRS urges that you file as soon as possible. Most tax refunds will be issued within 21 days. The IRS says filing electronically with direct deposit is the quickest way to get refunds.

For residents of Maryland, individual income tax state returns and payments are also now due July 15. (If you file for a federal extension, your Maryland individual income tax return is due October 15.)

For information see <https://www.irs.gov/> and <https://www.marylandtaxes.gov/>

Member/Volunteer Profile: Peggy and Fred Gervasi

When Peggy and Fred Gervasi joined Silver Spring Village in the fall of 2013, there were 30 members. Today we can proudly say there are 225. Peggy and Fred are long-time residents of Silver Spring. They have a blended family of five children and eight grandchildren. In fact, when reached by phone for this interview, Peggy was helping Fred's daughter and family pack up for a cross-country move.

Peggy, who is currently serving in her fourth one-year term as Village president, has worked tirelessly to grow and improve our organization and is gratified that the Village recently expanded from zip code 20910 to cover a new area, 20901 (and a small part of 20815). Aside from the many hours she devotes to her presidential duties and to providing direct assistance to members, Peggy still manages to participate in the Village's Scrabble and bridge groups and to keep up with singing and playing the piano. Members who attended our recent talent show (see story on page 3) saw just how accomplished she is as a performer.

Fred is an avid gardener and has a deep and wide love of poetry. He enjoys participating in the Village poetry group, which he led for a couple of years. His meeting notices always included a poem to ponder. He counts among his most loved poets John Ciardi and Mary Oliver.

Both Gervasis had lives before the Village. Peggy spent 16 years at the Federal Aviation Administration in roles as diverse as personnel and acquisition reform, interagency initiatives, and strategic planning. Fred spent the bulk of his career at the American Red Cross national headquarters in the areas of fundraising and chapter/government relations.

Fred and Peggy believe deeply in the Village concept and plan to remain active with us for years to come.



Peggy and Fred at last year's Montgomery Hills Street Festival—photo by Claire Maklan

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? We are seeking candidates with experience in areas of non-profit governance and operations including financial management and accounting, business and entrepreneurship, healthcare, 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 20901 and 20910 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 by May 6.

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. Learn more about the Village at www.silverspringvillage.org



Having a honking good time—photo by Peggy Gervasi

Party from Afar

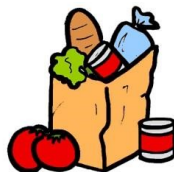
Villagers created a surprise parade of over a dozen cars to celebrate the birthday of our Executive Director, Doug Gaddis. Many happy returns!

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

- Cheryl Gardner—volunteer survey
- Anne Gavin—Windows 7
- Peggy Gervasi—talent show
- Minnedore Green—bowling
- Sandy Morris—the Gervasis
- Mae Novak—Pi /Pie Day

Volunteer with Us

Make a difference in the lives of seniors, especially during this challenging time. College students who are home or others who might have time to help are encouraged to contact the Village about volunteering. We are encouraging our seniors to stay home as much as possible. To do so, we need individuals willing to pick up groceries and drug store items and, in some cases, take members to essential medical appointments. We also have volunteers who make friendly phone calls and who provide remote assistance with technology.



We welcome volunteers 18 or older who support our mission of assisting seniors to age in their own homes and communities. Contact us if you or another family member or friend is interested at vanessa.ripps@silverspringvillage.org or (301) 503-7401.

Mask Maker, Mask Maker . . .

Members of the Village's Stitchers for Good group and other Villagers have made at least 150 face masks for Village members and volunteers, SEEC and other nonprofits, family, friends, and neighbors. Sew on!



His eyes are smiling—
selfie by Bill Schauman

Volunteer Corner: Informing Our Future

Volunteers are key to implementing our mission both in terms of the services they provide members and administrative support. Because we are always looking to improve, we periodically survey volunteers for their opinions and ideas. We are grateful that 73 percent of our volunteers (97 of 133) responded to our most recent survey.

Results indicated that our strengths include the variety of available tasks; the system for enabling volunteers to find and fulfill tasks; a well-organized program; responsiveness to volunteer concerns and interests; satisfaction with the organization, communications, logistics and the many volunteer opportunities available; and a willingness to recommend Silver Spring Village to others.



The survey also identified areas in need of additional attention, including mobilizing a team approach for supporting members as needed; offering more volunteer refresher training, including how to provide technology help; training on the use of the website to manage volunteer opportunities; and enabling more volunteer interaction.

We are happy to have this feedback and will use it to expand our volunteer training and enable more contact among volunteers.

If you are interested in joining our great team of volunteers helping seniors, contact Vanessa Ripps at vanessa.ripps@silverspringvillage.org or visit our website.

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 Katherine Anderson 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.