



Village of Takoma Park Newsletter

Helping Neighbors Age in Community

Volume 4, no. 1

January - March 2018



Message from the President

Greetings,

Our slogan is “Helping Neighbors Age in Community.” There are so many stories in the City of Takoma Park of neighbors taking responsibility to help each other, sometimes as a team, sometimes single-handedly either as members of the Village or simply as neighbors. We are touched by the willingness to help. The Village of Takoma Park itself has 78 volunteers. Forty-six are drivers who deliver residents to doctors, to churches, to shopping. They complete 700 to 800 rides a year. Nine are “friendly visitors” who paid 320 visits last year. Some do errands, some are walking companions, and some do small home repair and household tasks. Board members and committee members collectively donated thousands of hours last year to help the Village fulfill its mission, whether planning programs; recruiting and training volunteers; writing grant proposals; tracking finances; writing the newsletter; or communicating via the website, email, or newsletter. Needs and requests for help continue to develop. As a result, our need for volunteers is ongoing. Please let us know if you would like to help.

The past year was a very special one. The Board saw the need for a retreat. The “Strategic Planning Committee” organized the event, which was led by Mary Jacksteit, an outstanding facilitator. With her guidance, we looked at our successes, our challenges, and our vision and hopes for the future, and shared ideas on how to grow and sustain the Village, including how to prepare for leadership succession. The discussion is ongoing. Members with opinions and suggestions should contact the Board: villageoftp@gmail.com, 301-646-2109 or PO Box 11420, Takoma Park, MD 20912.

One of the challenges discussed at the retreat was that of continuing to grow and thrive while keeping dues affordable. Though designed to make membership accessible to all, our membership dues of \$10 a year have proven insufficient to cover our costs (insurance, programs, website hosting, postage, and more). After much deliberation and discussion, the Board voted to raise the annual dues to \$25 a year per member. The increase will go into effect beginning March 1, 2018. If this is a hardship for you, please contact us at villageoftp@gmail.com or 301-646-2019.

Finally, we are most grateful and humbled by the generous response to our end-of-year appeal for donations. We are committed to continuing to develop programs and services that respond to the needs of our members. These donations, along with the increase in membership dues, put us in a strong position to do so. Thank you for your support.

A happy and fruitful New Year to you all,

Wolfgang Mergner



LEADERSHIP UPDATES: Welcome to our newest Board member, Deborah Zuckerman. Thank you to Board member Laurie Welch for accepting the position of Board Secretary. And many thanks to departing Board member Gertrud Mergner for her unwavering dedication and invaluable contributions to the Village from the very beginning as co-founder, Treasurer, and Board member.

AGING WELL etc.

Upcoming Village Events

February events are in celebration of Black History Month.



<p>FEBRUARY 22 Thursday 11:45 – 2:15 pm</p>	<p>A Free Screening of <i>Selma</i>: This award-winning film dramatizes the epic Civil Rights march from Selma to Montgomery which culminated in President Johnson signing the Voting Rights Act of 1965. Directed by Ava DuVernay, the film stars David Oyelowo as Martin Luther King Jr., Tom Wilkinson as LBJ, and Oprah Winfrey as activist Annie Lee Cooper. Film starts promptly at noon.</p> <p>Where: Azalea Room, Takoma Park Community Center, 7500 Maple Avenue</p>
<p>FEBRUARY 24 Saturday, 6 pm</p>	<p>Kennedy Center/Millennium Stage Performance: The Concert Choir of Georgetown University performs the world premiere of the Easter cantata <i>Simon Bore the Cross</i> by African-American composer Margaret Bonds (1913–1972), with words by Langston Hughes. This work, once thought to be lost, is based on the spiritual <i>He Never Said a Mumblin’ Word</i>. Tickets are free. Metro cost is \$5.20 round trip with a regular SmarTrip card, \$3.50 with a Senior card.</p> <p>To go with the Village group, gather at the Takoma Metro entrance at 4:30 and look for Kathie Baker. For more info, contact Kathie at baker.kathie.66@gmail.com or 301-270-8451.</p>
<p>MARCH 29 Thursday, 12 – 2 pm</p>	<p>Healthy Living for Brain and Body (rescheduled from January): Diane Vance, Programs and Services Manager of the Alzheimer’s Association, National Capital Area Chapter, will present the latest research on maintaining a healthy brain and body and discuss how to recognize Alzheimer’s warning signs.</p> <p>Where: Heffner Community Center, 42 Oswego Avenue, Takoma Park</p>
<p>APRIL 26 Thursday, 12 – 2 pm</p>	<p>Occupational Therapist Tanya DeKona, with the participation of Wolfgang Mergner, will discuss ways to stay safe, functional, and independent at home.</p> <p>Where: Azalea Room, Takoma Park Community Center, 7500 Maple Avenue</p>
<p>APRIL 29 Sunday, 5 – 7 pm</p>	<p>Village Potluck Picnic – bring a main dish, side dish, or dessert to share (homemade or not!). For more information, contact sandyeganretired@gmail.com.</p> <p>Where: Takoma/Piney Branch Park, 2 Darwin Ave., Takoma Park</p>
<p>Questions? Call 301-646-2109, email villageoftp@gmail.com, or visit villageoftakomapark.com/calendar. Need a Ride? call 301-646-2109</p>	



Past Events

<p>NOVEMBER: Making Your Health Care Wishes Known</p>	<p> Annette Volk, a social worker with the Jewish Social Service Agency, discussed Maryland MOLST (Medical Orders for Life Sustaining Treatment), a document that makes your treatment wishes known to health care professionals.</p> <p>For more information, see page 4.</p>
<p>DECEMBER: A Holiday Celebration</p>	<p>Thirteen elders and two grandchildren enjoyed an abundant spread of food and shared details of seasonal celebrations. Stories revealed a common thread – regardless of culture or religion -- of celebrations marked by excitement and anticipation, the gathering of family and friends, and special foods, music, and decorations.</p> 

JANUARY:

An impromptu exchange of ideas and information

The January Aging Well session was to be a presentation by a representative from the Alzheimer's Association. Unfortunately, the speaker had to cancel at the last minute, too late to alert attendees. Those who came took advantage of the time for a free-form exchange of ideas and information on a variety of topics --from property tax relief to free classes to updates on upcoming events. We regret any inconvenience to those who came hoping to hear the speaker. She is now rescheduled for March 29.

COMMUNITY EVENTS

Did you know the Takoma Park Recreation Department offers a host of activities for residents 55+ that do **not** all appear in their *City Guide* which is mailed to residents as an insert with the *Takoma Park Newsletter*? For a complete listing, look for the Department's **Forever Young** newsletter, available in print at the Takoma Park Community Center or Takoma Park MD Library, and online at <https://takomaparkmd.gov/news/forever-young-newsletter/>. To receive a copy via email, contact Paula Lisowski, Seniors Program Manager, at PaulaL@takomaparkmd.gov or 301-891-7280. We've listed below some events scheduled for March. See *Forever Young* for much more.



Events celebrating WOMEN'S HISTORY MONTH

Monday, March 12
12 – 2 pm

Free Film: *Hidden Figures*, the 2016 biographical historical drama about three brilliant African-American women at NASA during the Space Race.

Tuesday, March 13
12 – 2 pm

Free Film: *Battle of the Sexes*, the 2017 film loosely based on the 1973 tennis match between Billie Jean King and Bobby Riggs.

Wednesday, March 14
12 – 2 pm

Free Film: *Wonder Woman*, the 2017 superhero film based on the DC Comics character.

Thursday, March 15
12 – 2pm (film)
2 – 3 pm
(post-film talk)

Free Film: *One Woman, One Vote*, a PBS documentary, narrated by Susan Sarandon, about the 70-year struggle for women's suffrage.

Author Rebecca Boggs Roberts will tell the fascinating story of the 1913 parade in Washington, DC, which marked the beginning of many protests for women's right to vote that led to the ratification of the Nineteenth Amendment in 1920.

Friday, March 16
12 – 2 pm

Free Film: *A League of Their Own*, 1992, a fictionalized account of the real-life All-American Girls Professional Baseball League during World War II.

Monday, March 19
1 – 2 pm

Meet Rosie the Riveter! Mary Ann Jung, award-winning actress and Smithsonian scholar, will present the story of Rosie the Riveter.

Wednesday, March 21
9:15 am – 3:30 pm

Trip in honor of National Women's History Month: Belmont-Paul Women's National Monument, Washington DC, home to the National Woman's Party for nearly 90 years. For more information and to register, contact Paula Lisowski at the Takoma Park Rec Center. **Registration begins March 1.**

These events will be held in the Takoma Park Community Center auditorium.

50+ EMPLOYMENT EXPO: April 26, 10 am – 3 pm at the Bethesda North Marriott Hotel & Conference Center at 5701 Marinelli Road, Bethesda, MD, accessible via the Metro Red Line. The Expo, for those over 50 and seeking work, is hosted by the Jewish Council for the Aging and Montgomery County and sponsored by AARP Maryland, Comcast, NBC4, the Beacon Newspaper, WorkSource Montgomery, Senior Service America, Rockville Economic Development, SCSEP, Leadership Montgomery, among other sources and contacts who will be there. For details, visit www.accessjca.org/programs/employment-expos/.



DO YOU KNOW ABOUT MARYLAND MOLST?



Many seniors are concerned about end-of-life planning and are familiar with advance directives and living wills, documents which state a patient's choices about health care and future treatments, but may not know about a third such order, the Maryland MOLST. At the November Aging Well event, Annette Waaler Volk, LGSW, from the Jewish Social Service Agency* in Rockville, discussed this Medical Order for Life-Sustaining Treatment.

MOLST is a standardized, two-page, medical order form covering options for CPR, endotracheal intubation, defibrillation, artificial ventilation, blood transfusion and other life-sustaining treatments. The form, complementary to the Advance Directive, is particularly relevant for patients who are suffering from an advanced stage terminal illness or an illness from which they are not expected to recover. Patients discuss the options with a doctor, nurse practitioner, or physician assistant who must sign the order for it to be legally binding. For further information on the MOLST form, email marylandmolst.org@maryland.gov, telephone 410-767-6918 or visit <http://marylandmolst.org>.

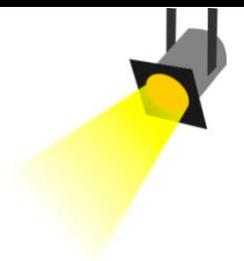
* Jewish Social Services Agency, a community-based non-profit, provides a comprehensive continuum of care to older adults that accommodates their changing needs as they age independently in place. For information on their Senior Services, telephone 301-816-2676.

SPOTLIGHT on the Board



Welcome to our newest Board member! Deborah Zuckerman has lived in the DC area since 1976 and in Takoma Park since 1996. She has had a long career working as an attorney focusing on seniors, persons with disabilities, and other vulnerable groups. She spent almost 16 years working on consumer cases, first as a staff attorney in the Consumer Affairs Division of AARP, and then as senior attorney in the Litigation Unit of the AARP Foundation. Her primary issue areas included telemarketing and sweepstakes fraud, investment fraud, abuses in payday lending and other high-cost credit products, abusive debt collection practices, funeral and cemetery practices, and restrictions on access to justice (such as mandatory arbitration and class actions bans).

Her most recent position was as Acting Executive Director and Senior Program Specialist with the Foggy Bottom West End Village. She worked on a grant-funded project examining the causes of social isolation and developing strategies to increase social engagement of Village members. She also worked as Adult Guardianship Liaison with the Circuit Court of Montgomery County, Maryland, coordinating a grant-funded project designed to ensure that older people and those with developmental disabilities under guardianship received proper care and services. Prior to that, she worked in the Montgomery County State's Attorney's Office investigating cases involving alleged financial exploitation of seniors and vulnerable adults. Deborah has been a volunteer with the Village of Takoma Park for several years and has served on its Advisory Board. She is also a volunteer with Food and Friends and the Jewish Social Services Agency's Hospice.



Small Home Repairs/Tasks: The Village of Takoma Park has a team of volunteers ready and willing 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 to 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.

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 member of the Village. 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 all requests within three days, sooner if there's an emergency.

Friendly Visitors/Callers: Village volunteers provide visits to Takoma Park elders or homebound residents. Do you know someone who might welcome this service, or would you like to volunteer? If so, please contact the Village of Takoma Park at 301-646-2109 or email Sandy Egan at sandyeganretired@gmail.com.

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.

Senior Stroll: How easy is it for you to go out for a walk in your neighborhood or Sligo Creek Park? For some of us it isn't easy: we are afraid of tripping, or 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 or call 301-646-2109.

SUPPORT GROUPS: The Village of Takoma Park has fostered the development of the following support groups and helps to promote them.

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, usually from 1:00 to 2:30 pm, to exchange information and hear from guest professionals on recent advances. For more information, contact wolfgang.mergner@gmail.com or call 301-646-2109.

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 fourth Thursday of the month at 6:30 pm. For more information, contact Mary Muchui (muchui@aol.com) or call 301-646-2109.





JOIN OR RENEW

Sign up or renew online at our website – 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 (effective March 1; \$10 until end of February).
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. Let us know if the annual dues are a hardship.

To volunteer, go to villageoftakomapark.com, **Join** and **Member Signup**, or email Sandra Egan at sandyeganretired@gmail.com.

SUPPORT

Village of Takoma Park is an all-volunteer, non-profit, tax-exempt 501 (c) (3) organization. We rely on grants and donations to supplement income from dues. All contributions are tax-deductible.

Donate online by credit card: <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.

Officers

President: Wolfgang Mergner

Vice-President: vacant

Secretary: Laurie Welch

Treasurer: Lois Weinberg

Additional Board Members

Kathie Baker

Marisa Cruz

Doris Duarte

Jacquette Frazier

Andy Kelemen

Joseph Khabbaz

Ruth McGoff

Deborah Zuckerman

The Advisory Board

Bruce Baker

Seth Grimes

Peter Kovar

Moses Wilds

Ex Officio

Paula Lisowski

Committee Chairs

Communications: Linda Carlson

Finance: Lois Weinberg

Membership: Wolfgang Mergner

Programs: Kathie Baker

Volunteers: Sandra Egan

Newsletter editors

Margo Stevens and Maria Tokic'

Contributors:

Linda Carlson and Paula Ottinger

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.

Thank you

to all who gave financial donations in 2017

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 Daphne Williams
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 in memory of Celia Zuckerman



And thanks to all who donated toys to the Difference Makers Toy Drive (conducted in partnership with Village of TP Volunteer Coordinator Sandy Egan) as well! Because of you, a local child had a happier holiday.

