



## Village Vibe

July/August 2017  
Volume 4, No. 4

### Leadership View: Growing Old in Silver Spring



Retiring last April prompted me to reflect on growing older and old in Silver Spring. When my wife Janet and I started living in the neighborhood more than three decades ago, as Boomers in our mid-30s, we gave no thought about “aging in place.” But now that we’re eligible for Medicare and not planning to move anywhere anytime soon, we are extremely grateful to the founders who officially launched Silver Spring Village in 2013 after nearly 3 years of planning. I joined the Village and started as a volunteer in 2014 and became a member of the board of directors in 2015. Starting this month, I am honored to serve as the Village board president.

What are the opportunities as well as challenges of growing old in Silver Spring? Many of us are improvising as we live longer lives in a changing society and shifting economy. What books, blogs, or articles have given you insights about your own aging? I follow Ronni Bennett’s blog, [www.timegoesby.net](http://www.timegoesby.net). I also read two exceptional books published last year: Phyllis Moen’s *Encore Adulthood* and Elizabeth White’s *Fifty-Five, Unemployed, and Faking Normal*. Several efforts to reduce stereotyping of older adults are also noteworthy, questioning what words we use to describe ourselves: old, older, senior, elderly? I invite you to share what you’re reading about aging by emailing me at [tsarmiento@mac.com](mailto:tsarmiento@mac.com).

Silver Spring Village board and staff are proud of our accomplishments so far, including our steady growth in membership and volunteers. We always welcome your ideas—and special thanks to all members who responded to our recent survey. Please feel free to contact me or any of the Village board or staff. Or join me for morning coffee at Kaldi’s on Silver Spring Avenue or Peet’s near the Silver Spring Metro. Thank you again for your interest in our community!

—Tony Sarmiento, President

#### Join us!

- ◆ Dine at Not Your Average Joe’s on Tuesday July 18th and 15% of your purchase will be donated to the Village. Print the required NYAJ certificates for you and your friends from [www.silverspringvillage.org](http://www.silverspringvillage.org).
- ◆ Learn about the unique services and products—including recommended vaccinations—offered to seniors by the new Corner Market & Pharmacy (located at 8309 Grubb Road). Event will be held at Temple Shalom, 8401 Grubb Rd. July 20th 11 am-1 pm

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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 June

- Members: 174 (86 full, 88 associate)
- Volunteers: 110

### Volunteer hours

- April: 897
- May: 725

### Volunteer help in April/May

- 79 rides
- 85 friendly calls and visits
- 30 home assistance requests filled, including unclogging drains, fixing leaky faucets and a bed frame, providing technology assistance, doing yardwork, helping with paperwork, decluttering, and running errands
- Telephone crew hours: 252

Our FY2018 election results and other changes are listed below, effective July 1, 2017, to June 30, 2018.

## Silver Spring Village, Inc.

### Board of Directors

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

### Executive Director

Debbie Billet-Roumell

### Director of Volunteer Services

Vanessa Ripps

### Committee Chairs

Development—  
 Mary Ann Zimmerman  
 Finance—Sue Decker  
 Membership—Anne McHenry  
 Programs—Gary Klauber

### Vibe Editors

Connie Raab, Erica Summers

## Events Sampler

Just a few of the many recent member events included a tour of a “dream house,” an Ethiopian coffee ceremony, and a visit to an urban farm. See pages 3-4 for upcoming events.



Photos, left to right, by Gary Klauber, Claire Maklan, and Lisa Rosenthal

## Read On!

The Afternoon Book Group, a collaboration between the Village and the Silver Spring Library, met on June 8 to discuss *To Kill a Mockingbird*. Thirteen participants, who ranged from those who had read Harper Lee’s masterpiece more than 40 years ago to those who had only seen the movie, wrangled with the book’s characters, subtleties, beautiful storytelling, and varied interpretations of the underlying themes.

Listed below are the next few books tentatively scheduled for discussion:

- July 13—*A Man Called Ove* by Fredrik Backman
- August 10—*Between the World and Me* by Ta-Nehisi Coates
- September 14—*Brown Girl Dreaming* by Jacqueline Woodson
- October 12—*The Old Man and the Sea* by Ernest Hemingway
- November 9—*Mockingbird: A Portrait of Harper Lee* by Charles Shields
- December 14—*The Bad-Ass Librarians of Timbuktu* by Joshua Hammer

## Improve Your Digital Literacy!

The Gwendolyn E. Coffield Community Center (2450 Lyttonsville Rd.) is hosting several upcoming events aimed at helping people with their smartphones, tablets, eReaders, and other tech gadgets.

- **Photo Management.** Representatives from TechMoxie will give a talk on how to take, share, file, and organize photos on smartphones, computers, and tablets. There is an \$8.00 fee for this program. Tuesday, July 18, 11:45 am-1:15 pm. (Requires preregistration.)
- **Techno Club Meeting.** Once a month, the Techno Club will offer a free, drop-in program led by Village board member Peggy Gervasi. Members of the Techno Club will help each other improve, learn, and practice their use and knowledge of their smartphones, tablets, and laptop computers. The first meeting is Tuesday, July 25, 11:45 am-1:15 pm. (Preregistration not required.)
- **Tech Connect Help Bar.** This free program provides an opportunity for older adults to increase their digital literacy skills through one-on-one private help sessions with computer-savvy teens. Wednesday, August 2, 9:45 am-noon. (Requires preregistration.)

For more information, contact the Coffield Center at (240) 777-6949.

## Getting Out, Getting There

In our continuing quest for ways to be social—which is important to health and wellbeing—we have started a series of “patio parties”



hosted by Village members. (When it gets cold we will go back to having “fireplace socials.”)

Interested in some healthy socializing? Read below on how to join the Village. Need a ride? We can do that too.

*At left: Taking a ride with a volunteer and members—photo by Debbie Billet-Roumell. At right: Patio partying—photo by Claire Maklan*



## 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 membership 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 or [executivedirector@silverspringvillage.org](mailto:executivedirector@silverspringvillage.org).

**...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 [donations page](#) on 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!

## Having a Picnic!

On a warm Sunday in June the Village held a picnic in Rock Creek Park for all members. About 60 people attended and enjoyed barbeque and brisket, cold beverages, and each others' company.

*Photo by Lisa Rosenthal*



## Events Calendar

Check our website for any changes.

\*Open to the public.

### ONGOING EVENTS

**Scrabble**, every Monday, **Parkway Deli**, 3-5 pm

**Poker Dawgs**, July 11, 25 and August 8, 22, at members' homes, 5-6:30 pm

**Beginner's Chess**, every Wednesday, **Kefa Café**, 2-3:30 pm

**Bridge**, every Tuesday at members' homes, 2:30-4:30 pm

**Mall Kats Walking**, every Monday, Wednesday and Friday, **Ellsworth Place**, 10:30 am-noon

**Monthly Reading to Children and Adults**, Easter Seals

### JULY

Wed., July 5 – **Pre-Movie Happy Hour**, **AFI/Silver Café**, 5:30-6:45 pm

Wed., July 5 – **Casablanca**, **AFI Theater**, 6:45-9 pm

Sat., July 8 – **Lunch**, **K Town Bistro**, 11:30 am-1 pm

Sun., July 9 – **Visit to McCrillis Gardens**, 2-4 pm

Thurs., July 13 – **Afternoon Book Group**, Silver Spring Library (A *Man Called Ove* by Fredrik Backman), 2-3:30 pm\*

Fri., July 14 – **Current Events Discussion**, **Tastee Diner**, 2-3:30 pm

Tues., July 18 – **Spirit Day Fund-raiser, Not Your Average Joe's**, 11:30 am-11 pm\*

Thurs., July 20 – **Poetry Group**, Silver Spring Library, 10:30 am-noon

Thurs., July 20 – **There's a New Pharmacy/Grocery in Town!**, Temple Shalom, 11 am-1 pm\*

Fri., July 21 – **Birthday Ice Cream Social**, **Tropical Ice Cream**, 2-3:30 pm

Sat., July 22 – **Dinner**, **Lina's Diner and Bar**, 6-8 pm

Thurs., July 27 – **Tea**, **NaTra's Tea**, 2-3:30 pm

Fri., July 28 – **Storytelling by Cricket Parmalee** at storyteller's home, 2-3:30 pm

### AUGUST

Thurs., Aug. 3 – **Patio Party** at member's home, 4-6 pm

Sat., Aug. 5 – **Colored Pencil Society of America Exhibition**,\* Strathmore Mansion, followed by lunch, 11 am-1:30 pm\*

*Continued next page*



Events, continued from page 3

Thurs., Aug. 10 – **Afternoon Book Group**, Silver Spring Library (*Between the World and Me* by Ta-Nehisi Coates), 2-3:30 pm\*

Fri., Aug. 11 – **Current Events Discussion, Tastee Diner**, 2-3:30 pm

Sat., Aug. 12 – **Lunch, Gusto Farm to Street**, 11:30 am-1 pm

Thurs., Aug. 17 – **Poetry Group**, Silver Spring Library, 10:30 am-noon

Fri., Aug. 18 – **Happy Hour/Dinner, Mrs. K's Toll House**, 5:30/6:30 pm

Sun., Aug. 20 – **Board Game Afternoon, Tastee Diner**, 4-7 pm

Fri., Aug. 24 – **Birthday Ice Cream Social, Kefa Café**, 2-3:30 pm

Sat., Aug. 25 – **Tie-Dye Party** at a member's home, 2-4 pm

Wed., Aug. 30 – **Dinner, El Golfo**, 6-8 pm

## Board Member Reflections

*My career in research on aging and health services, plus experience helping my parents in their last years, made it easy to love the Village concept. Helping to start a Village in my community was the perfect retirement project. Now, six years later (time does fly!), the countless meetings and overflowing inbox have contributed to what I think is a strong, and smart, Village. I love knowing that our members are happy and that they can continue to count on our amazing volunteers. I'm grateful for skills I've acquired through my various Village roles.*



*And I'm delighted that I now know so many of you!*

—Claire Maklan

Visit us at [www.facebook.com/silverspringvillage](http://www.facebook.com/silverspringvillage)

## Volunteer Corner: Congratulations, Village Volunteers!

The National Volunteer Transportation Center has recognized the great work of our Village with a "Fast Start" 2016 STAR Award! This national award is a significant accomplishment.

As part of the application for this award, a member who receives rides from many of our drivers wrote the following:

*I'm an independent sort. Own a car, but drive only a couple thousand miles a year. Determined to age in place.*

*In February I needed surgery, and spent 4 weeks in the hospital, and 2 weeks of rehab .... Just to get home with the ability of getting myself in/out of bed (that was independent!). Couldn't drive; couldn't walk further than a block; couldn't use subway/metro. How do I survive?*

*Enter Silver Spring Village ... among their services—rides with safe, friendly and on-time volunteer drivers. Since I received my first diagnosis, volunteers have provided over 18 rides to doctor's appointments and 5 rides to social events. Am I happy, oh yes. Am I independent, yes—not quite in the way I used to define it, but still aging-in-place. Thank you, Village!*

The Fast Start Award comes with a cash donation to our Village plus free participation for all our volunteer drivers in the online AARP Smart Driver Safety course. Contact Vanessa Ripps at [volunteers@silverspringvillage.org](mailto:volunteers@silverspringvillage.org) if you are interested in more information about becoming a volunteer driver.



## Speaking of Volunteering . . .

Village members and volunteers have begun to help out at Shepherd's Table, which assists people in our area who are homeless or in need of basic services. In June, we served lunch twice to Shepherd's Table clients. We plan to continue this great work.

**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 [donations page](#) on the Village website.

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