



Village Vibe

March/April 2014
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President's View

The past couple of months have brought exciting developments concerning Villages in Montgomery County and Silver Spring Village in particular. The most exciting news is that the Montgomery County Office on Aging, working with the Commission on Aging, has hired a full-time Villages Coordinator. As you can read on page 4, Pazit Aviv comes to this newly created position very familiar with issues of local elderly persons and with the County.

On the first Monday morning in February, over a cup of coffee at Zed's Café, I met with Pazit. We talked about our shared vision and the potential for positive changes in the quality of life for Village members.

The Village approach to community support for aging residents started in 1999 in Boston. It is still relatively new and evolving, and it varies widely across the country, the region, and Montgomery County. With this in mind, Pazit sees her role as a "work in progress." She is collecting information from our Village and others in Montgomery County to help define her focus and priorities.

She sees gathering information as part of a learning process, vital to her work in providing support, offering resources, and building a community of existing and emerging Villages. She believes Villages can work together and help one another as they work towards a common goal of facilitating the "aging in place" of older residents of Montgomery County.

Pazit notes that there are some barriers that can be identified ahead of time for a given group wanting to form a Village, and she looks forward to getting a sense of the various ways existing Villages operate, so she'll be in a better position to offer effective advice for Villages starting up and those under way.

Here at Silver Spring Village, our membership and volunteer rosters continue to grow as we build friendships through helping one another, getting together, and reaching out. I'd especially like to say thanks to those who have hosted social and educational get-togethers in your homes. We have enjoyed your gracious hospitality enormously.

I also encourage our members to participate in Village activities. We'd be happy to offer a ride if you need one. — *Roberta Gosier*

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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 on Silver Spring Village

Totals as of the end of January

Members: 45
Volunteers: 50

Volunteer assistance requests filled

December: 12
January: 48

Volunteer hours

December: 615
January: 691

Silver Spring Village, Inc.

Board of Directors

Roberta Gosier, *President*
Mae Novak, *Vice President*
Jacqueline Wallen, *Secretary*
Michel Frome, *Treasurer*
Martine Brizius
Peggy Gervasi
Gary Klauber
Claire Maklan
Anne McHenry
Bruce Rosenthal
Mary Ann Zimmerman

Committees

Membership—Peggy Gervasi
Member Benefits—Gary Klaber
Volunteers—Mae Novak
Service Providers—Shannah Koss
Development—Mary Ann Zimmerman, Bruce Rosenthal
Finance—Michele Frome
Communications—Claire Maklan

Vibe Editors

Connie Raab, Erica Summers

Silver Spring Village is a non-profit, tax-exempt [501(c)(3)] organization.

Sampler of Village Events

As you can tell from our events calendar (page 3), the Village has a lot going on. These photos and the story below provide some examples of the social, community-building events that have been offered to our members.



Ice cream social—photo by Cynna Janus



Happy hour—photo by Claire Maklan



Silver Spring Fire Department safety program—photo by Cynna Janus

Event Recap: Elderlaw Lecture

The Village offers lectures and discussion groups on topics of interest to members. One such lecture featured a talk by Bernadette Sweeney, a local elderlaw attorney, who spoke on the importance of making an estate plan. She touched on medical and financial powers of attorney, wills and trusts, things to think about when choosing “fiduciaries” (executors and agents), probate, and planning for long-term care. The 90-minute talk and question-and-answer session addressed the range of choices and decisions that must be made as members plan for the future.

Her bottom line: There are fallback laws if you fail to plan, but you have the ability to make choices—so DO IT! Also, consult with a qualified attorney to make sure you understand the legal requirements of your specific situation and to ensure that your estate plan is complete and your wishes clearly documented. —Peggy Gervasi



Lunch at Adegá—photo by Cynna Janus

Members say:

- ☞ *“Thank you for the personal Valentine's Day card that arrived yesterday. I haven't received one since I was in grade school. It means a lot to me . . .”*
- ☞ *“Let me tell you, there is nothing more reassuring than being driven to out-patient surgery in a 4-wheel drive vehicle by a retired Captain in the Navy Nurse Corps!”*

How to . . .

...become a member: Residents throughout the 20910 zip code are eligible. Members can attend events, get discounts from local businesses, receive a subscription to *Washington Consumers' Checkbook*, and access our information service. Full members can also receive services from volunteers such as transportation, indoor and outdoor household help, technology support, friendly visits and check-ins, and referrals to professionals. Membership dues cover less than half of our operating expenses and are: Full: \$350/individual or \$450/couple; Associate: \$150/individual, \$250/couple.

...volunteer: People over age 18 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 will be 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 a combination of organizational and individual donors, in-kind contributions, and grants. Contributions in any amount are gratefully accepted. Donations are *fully tax-deductible*. Checks should be made to Silver Spring Village and mailed to Silver Spring Village, c/o 500 Pershing Drive, Silver Spring, MD 20910. Consider the Village in your will or in memorial donations.

We would love to hear from local businesses that might provide in-kind contributions or discounts to our members. Contact us!

Events Calendar

Check our website for changes, additions, and details. # Must be member or volunteer. * Must be member.

ONGOING EVENTS

Tea at 2, Kefa Café, Tuesdays (except March 25)[#]

Coffee Hour, Zed's Café (March)/
Kaldi's Coffee Bar (April),
Wednesdays, 10 am

MARCH

Thurs., March 6, 13, 20 & 27 –

Walk, Sligo Creek Park, 2 pm*

Thurs., March 6 – **“Friday” Morning Music Club**, Strathmore Mansion, 11 am*

Tues., March 11 – **Games**, 3-5 pm*

Wed., March 12 – **“Seniors in Space” SPARKLE program**, Silver Spring Civic Building, 2 pm

Thurs., March 13 – **Pot luck dinner**, 5:30 pm, * **discussion of Ballroom at National Seminary**, 7:30 pm

Sun., March 16 – **Souper Sunday**, talk by Jason Fetting, Deputy Director, US Marine Band, 1 pm*

Tues., March 25 – **Lunch at SouperGirl**, 1 pm*

Fri., March 28 – **Bolshoi Ballet discussion by former dance librarian**, 2-4 pm*

Sun., March 30 – **Video Presentation of Bolshoi Ballet at AFI**, 11:00 am

APRIL

Sat., Apr. 5 – **Heyday Players of Roundhouse Theater**, 2-3 pm

Fri., Apr. 11 – **Early lunch, talk on falls prevention**, 11:15 am*

Wed., Apr. 16 – **“De-Cluttering Your Space” SPARKLE program**, Silver Spring Civic Building, 2 pm

Thurs., Apr. 17 – **Tour of Museum of Health and Medicine**, 2 pm*

Thurs., Apr. 24 – **Lunch, Goldberg's New York Bagels**, 1 pm*

County Hires New Villages Coordinator

Pazit Aviv has been appointed Villages Coordinator effective January 27, 2014. This new position is part of Montgomery County's Department of Health and Human Services, Aging and Disability Services, Area Agency on Aging (AAA). Pazit has been with the County's Housing Opportunity Commission since January 2009, serving older residents from very diverse backgrounds and developing partnerships with provider agencies. She served on several advocacy groups and developed new, creative initiatives in the County to improve services to older residents. She participated in the Commission on Aging summer study on Villages in 2013.

Dr. Odile Brunetto, Director, AAA, in making the announcement, describes Pazit as "well-respected as an energetic and creative professional." The Grass Roots Organization for the Well Being of Seniors (GROWS) named Pazit "Humanitarian of the Year" in December. She holds bachelor's degrees in East Asian Studies and Communications, and also in Social Work from the Hebrew University, Jerusalem, and a master's degree in social work from Salem State University, Massachusetts. She is currently working on a Certificate in Nonprofit Management at George Washington University.



Coffee at Zed's with new County Villages Coordinator Pazit Aviv and Silver Spring Village President Roberta Gosier—photo by Connie Raab

Volunteer Corner

January was a busy month for Village volunteers. We filled 48 requests for service, including: ten rides to medical appointments, post-storm phone and email check-ins, and friendly phone calls and visits to members all month long. Mae got to "un-decorate" a house she had helped decorate in December! In an extraordinary effort, a dozen of our volunteers stepped forward to form a care team that provided temporary daily assistance to a member returning home after a lengthy health-related absence. While the member was recovering, and receiving nurse visits at home, the team provided help with grocery shopping, laundry, light housekeeping, and trash removal, as well as visits and check-in phone calls. On the suggestion of the one of the volunteers, we used a website called "lotsahelpinghands.com" to schedule the needed help.

Special thanks to our 12 office volunteers who answer the Village phone Monday through Friday – 125 hours in January. Thanks also to our volunteer board of directors and committee members who donate an average of 500 hours of their time every month, attending meetings, bookkeeping, writing policies and grants, planning and running events, working on technology, managing forms, publicity and our website, and obtaining member discounts from local merchants and providers. In January we had our first training on Club Express, a cloud-based record-keeping system used by many other Villages nationally. Our thanks to volunteer and member Gwen Earle for the many hours she put in on this project. —Mae Novak

Volunteers say:

- ☞ "I enjoyed my visit. She's a really nice and interesting person and I'd be glad to visit her again."
- ☞ "Never thought doing laundry could be so much fun."
- ☞ "Roses are red, violets are blue, despite the polar vortex, Village volunteers come through!"