



Village Vibe

May/June 2014
Volume 1, No. 3

President's View: Milestones and Next Steps

Well, we seem to have survived the winter and snows that have besieged us for the past few months. It is nice to walk outdoors and see the birds clustered around our bird feeder, and the daffodils showing up on our neighbor's lawn.

It recently occurred to me the Silver Spring Village has come a long way from spring of last year, when, on April 17, 2013, we held an organizational meeting where we adopted our bylaws, approved our first budget, and elected our Board of Directors and Officers. Once that was accomplished, we moved forward to July 1, when we started accepting members and training volunteers, then to Sept 29, when we officially opened for business, and then to October 20, where our launch celebration played to a standing room only crowd at the Silver Spring Civic Building!

It's been great fun watching our village grow, from 24 members and 20 volunteers to 56 members and 55 volunteers, as we report on page 2. New activities and new challenges (otherwise known as "growing pains") are much on our minds now.

As an all-volunteer organization, the need for individuals to pitch in is becoming crucial. We're looking to local religious communities and congregations and neighborhood associations for the purpose of outreach and building our network of support, members, and volunteers.

As a 501(c)3 non-profit, service organization our need for funds is critical. We're pursuing County grants, and have defined a Sponsorship Program, as you can read on page 2. Persons interested in helping with this work are encouraged to let us know of your interest and areas of expertise and experience. We'd love to have you work with us.

The Board is greatly encouraged by the growth in the numbers of members and volunteers, and by the enthusiasm of all as we get to know one another. As we look forward, we see that fundraising and recruitment of members are the two major projects for our Village at this time. If you are not already involved, please consider climbing on board as we head into our second year.

— 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

Totals as of the end of March

Members: 56

Volunteers: 55

Volunteer help February/March

- 25 rides
- 40 check-in calls
- Weekly recycling help for 2 members
- 6 household repairs
- 2 people helped with paperwork
- Computer troubleshooting for one member
- Care team for member recovering from illness on site 50 days

Volunteer hours

February: 812

March: 828

Silver Spring Village, Inc.

Board of Directors

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

Committees

Membership—Peggy Gervasi
 Member Benefits—Gary Klauber
 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.

A Sampler of Events

There was lots to share, savor, and learn in the past couple of months—as you can see in this issue. See the calendar on page 3 for upcoming member events.

Souper Sunday: Strike Up the Band!

On March 16, Village members enjoyed a fun and informative event focused on the U.S. Marine Band. Major Jason K. Fettig, musician, conductor, (and neighbor), joined us for soup and socializing, and gave an entertaining talk. We learned about the band's early years and its famous leader, John Philip Sousa; how band members are selected (in addition to proving their musical talent, they must pass the Marine Corps physical); and that, as "The President's Own," band members are always on call. In addition to military marches and anthems, the large and versatile band performs symphonies, chamber music, and jazz. Major Fettig shared some amusing anecdotes about events at the White House. For example, when President Ford asked the Queen of England to dance at a White House reception, the band struck up "The Lady is a Tramp." Whoops!



Marine photo

Preventing Falls: What You Can Do

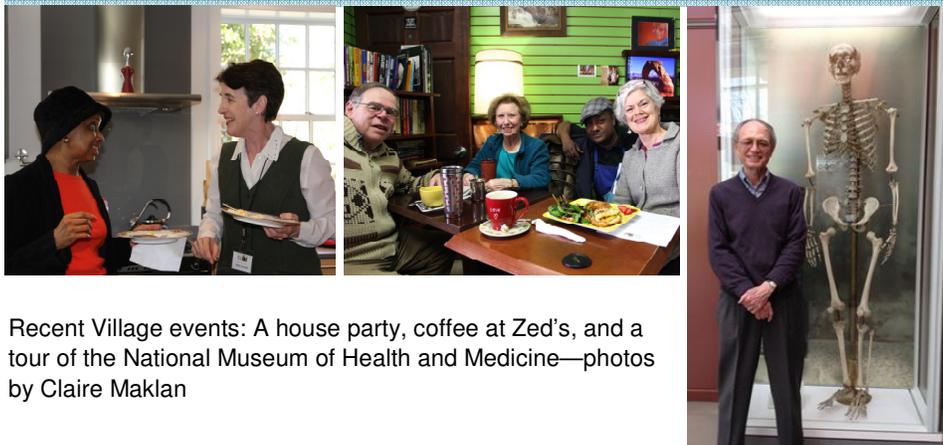
Mary Sanchez, Holy Cross Senior Source, recently spoke to members about falls, a leading and preventable cause of injuries, hospitalization, and death. She listed 14 ways to prevent falls, including understanding risks, getting a risk assessment, making sure medicines don't have interactions or side effects (like dizziness), modifying the home (lighting, handrails, nonslip floors), getting regular exercise, having your vision and hearing checked, wearing good footwear, using assistive devices correctly, being prepared (flashlights, batteries, night light), eating a good diet and avoiding alcohol, addressing fear of falling with a plan, taking your time when walking, watching where you are going, and using your common sense. Sources of information include nihseniorhealth.gov/falls and www.holycrosshealth.org/senior-source-wellness-center.



Photo by Jamie Livengood

Resource Development, Sponsorship Program

It is now easy to provide the Village with financial support through online contributions. In addition, several other aspects of our resource development efforts are moving forward. By the end of May, we intend to launch our first annual fund appeal. We hope that when you receive the message, you will consider a response and will inform others you know who may be interested in supporting the Village. We have also initiated our Sponsorship Program. Under this program, we are identifying organizations in Silver Spring and considering areas of mutual interest. We hope to persuade them to provide either financial support or in-kind contributions to the Village. If you know organizations that might be interested in knowing more about our Village, please let us know by email to info@silverspringvillage.org. Mary Ann Zimmerman and Bruce Rosenthal lead our resource development projects.



Recent Village events: A house party, coffee at Zed's, and a tour of the National Museum of Health and Medicine—photos by Claire Maklan

Members say:

- ☞ Knowing the Village is there is as comforting as this thing (the Lifeline Medical Alert) I wear around my neck.
- ☞ Thank you for a delightful afternoon discussing ballet and seeing a performance of Nureyev that is probably rarely shown.
- ☞ Great company and great food at Goldberg's—thank you.

How to . . .

...become a member: Residents throughout the 20910 zip code are eligible. 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 volunteers such as transportation, indoor and outdoor household help, technology support, friendly visits, and check-ins. 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 *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, every Tuesday, 2 pm# Note: There will be no get-together on June 10 and 17 to avoid conflicts with other Village events.

MAY

Thurs., May 1 – **Art Gallery Visit, Adah Rose Gallery**, Kensington, Noon*

Wed., May 7 -- **Coffee Hour, Zed's Café**, 10 am

Fri., May 9 (rain date May 16) – **Brookside Gardens Walk**, 1:30 pm*

Wed., May 14 – "**The Age-Friendly Home**" **SPARKLE** program, Silver Spring Civic Building, 2 pm

Sun., May 18 – **Montgomery's Got Talent**, senior talent showcase, Bethesda Blues and Jazz Supper Club, 1 pm

Wed., May 21 – **Coffee Hour, Zed's Café**, 10 am

Sat., May 24 – **Plant and Seed Swap**, 10 am-noon, rain or shine (members, volunteers, family, and friends)

Wed., May 28 – **Dinner at Thai Derm**, 7 pm*

JUNE

Wed., June 4 – **Coffee Hour, Kaldi's Coffee Bar**, 10 am

Sat., June 7 – **Brunch at Urban Butcher**, 11:30 pm*

Tues., June 10 – **Walking Tour of Woodside**, led by local historian, Robert Oshel, 1:30 pm*

Tues., June 17 – **Made in the USA, The Phillips Collection**, Noon*

Wed., June 18 – **Coffee Hour, Kaldi's Coffee Bar**, 10 am

Sat., June 21 – **Potomac Cruise to Old Town Alexandria**, 12:30 pm

Thurs., June 26 – **Frederick Keys Baseball Game**, Noon-4:00 pm*

Thank you, Silver Spring Village

My 92-year-old mother took a bad fall in November 2013. She fell on cement and badly bruised her face and the entire left side of her body. She was in the hospital for a week and in a physical therapy rehab for two months. Her recovery was very slow and I had doubts that she would ever walk unaided again. I live out of town and spent those two months making modifications to her home that would make it easier when she returned.

Thankfully, in August or September, mom had become a member of the village. It was truly a blessing. The incredibly caring volunteers helped with the laundry, vacuumed, took mom grocery shopping, took the trash in and out, and made occasional friendly visits that mom looked forward to. They truly are dedicated to helping seniors stay in their own homes. Mom and I can't say enough about this group of people; we're lucky to have them in Silver Spring.

If you're thinking about joining, please do – for the peace of mind it will bring.

Volunteers say:

☞ *"Grocery shopping together was an adventure!"*



Heyday Players, including a Village member, at Silver Spring's Round House Theatre—photo by Claire Maklan

Volunteer Corner

February and March were busy months at "Volunteer Central." We tried out (and liked!) www.lotsahelpinghands.com, an online volunteer calendar, which we are now using for our telephone schedule as well as for our care team project (which involves a dozen volunteers providing temporary assistance to a member who returned home after a lengthy health-related absence). We held training in February for six new volunteers, and they are already assisting our Village members, putting their training into action. Volunteers braved the elements and provided transportation to several Village members, and rearranged their schedules when members had to cancel and reschedule appointments due to the weather. Yikes! What a winter! My personal thanks to all the volunteers for their flexibility and dedication. Seen on a church message board: Life is like tennis - you only win if you serve well. —*Mae Novak, Volunteer Chair*

Village Program Evaluation

We are excited to announce that the Village is developing and implementing an evaluation system to address our program effectiveness. We want to determine whether we are doing the right things for our members and service area and if we are doing them effectively. We are very pleased to have access to an expert through the Montgomery County Volunteer Center Pro Bono Consulting Program, who will support us in this effort. Over the next few months, we will collect and analyze data on our efforts since our launch last year, identify gaps in information, and then seek to fill those gaps through possible small group interviews and surveys. We'll keep you posted on these efforts. Mary Ann Zimmerman and Peggy Gervasi are working with the consultant on the evaluation.

Consider giving the gift of Village membership this Mother's Day!