

# Silver Spring Village



## Village Vibe

May/June 2018  
Volume 5, Number 3

### Leadership View: Honesty, Aging, and Health

As older people, we probably spend more time than we'd like navigating health care systems. Trying to make the best-informed decisions about our own or a family member's health care can be challenging and frustrating at times—regardless of how many years of education we may have. We may feel overwhelmed by complex medical information as well as our struggle with knowing and being honest about our own selves.

Mary Ann Zimmerman, a founding board member of Silver Spring Village, has helped me gain new insights about aging and health. In March, she was the opening speaker at a public meeting on health literacy and older adults sponsored by a roundtable of the National Academies of Sciences, Engineering, and Medicine. I cannot recall ever attending an official meeting where representatives from the federal government, higher education, and private industry candidly shared their own reflections and feelings about aging, illness, and death. The roundtable chair, Dr. Bernard Rosoff, concluded the day by expressing his hope that the official roundtable proceedings don't "just stick with the science and details of facts," but also capture "the deep personal feelings" that were expressed.

Video of Mary Ann's presentation is available [online](#) at the National Academies website. By her example, Mary Ann showed roundtable members the value of disclosing their own emotions as well as their best analytical thinking in discussions of public policy. The first woman to be awarded the Distinguished Engineering Alumna Award by Purdue University, she used her "engineering mindset" to analyze her encounters with health care systems and highlight the importance of community supports like Silver Spring Village. She also described her own situation with exceptional honesty and humor, saying "I'm generally healthy but I have cancer," describing her changing definitions of being "independent," and closing with "overall, I'm good." For all of us, thank you Mary Ann!

—Tony Sarmiento, President

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Enjoying a concert at the Bethesda Blues & Jazz Supper Club—photo by Danielle Gallo

Silver Spring Village is a nonprofit membership organization started in 2013 to help older residents living in or near zip code 20910. We strive to enable our members to stay engaged in their community and continue to live at home with support from neighbors and friends.

## Progress Report

### Totals as of end of April

- Members: 195 (91 full, 104 associate)
- Volunteers: 100

### Volunteer hours

- February: 883
- March: 835

### Volunteer help in February/ March

- 124 rides
- 95 friendly calls and visits
- 77 requests filled, including errands, meals, medical note taking, technology help, de-cluttering, and organizing.
- Telephone crew hours: 252

## 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

## Inspiring and Promising Program Offerings

The Village’s many events and get-togethers each month are educational and fun. Recently, some have also been quite moving.

For example, for Black History Month, Village members heard a talk by Dr. Frank Smith, Founding Executive Director of the African American Civil War Museum. The stated mission of the museum is “to correct a great wrong in history that largely ignored the enormous contributions of the 209,145 members of the United States Colored Troops.” Members were moved by the Civil War re-enactor who participated and by Dr. Smith’s story of the slaves who joined the Union Army to fight for their liberation. One member said, “all communities and races have a history here.”



*Dr. Smith speaking on African American history—photo by Claire Maklan*

Another event reflected a new intergenerational partnership with Community Bridges, an organization that works with a diverse group of girls from age 12-18 to teach them leadership skills. This organization had reached out to Silver Spring Village to partner with them on an event that exposed the girls to different career opportunities. Eight Village members shared different challenges they experienced when aging in place. The girls were divided into four groups and were charged with coming up with innovative solutions to the challenges posed. The team that addressed increasing diversity in Village membership won the challenge. In the coming year we will update you on their progress in this area.



*Village leaders with young women who will be applying their talents to help the Village—photo by Debbie Billet-Roumell*

## Sticking to Your Knitting

It can be fun to finish something, at last! A member who is part of the Village’s Charity Stitchers group recently finished a beautiful sweater that she had been working on for a long time. You can see how happy she was! Next she plans to make baby hats to donate to a local hospital; these will go faster. Other members are knitting or sewing blankets for babies, toddlers, children, and teens, and other ideas are in the works.



*Photos by Claire Maklan*

## Pi/Pie Day by the Numbers

On March 14 (3.14) the Village celebrated our third annual “Pi/Pie Day,” by supplying our members with slices of delicious home-baked pies. Six types of pie were available on request: apple, pecan, chocolate pecan, pumpkin, cherry, and key lime. Four bakers made ten pies. Fifty-three members were given slices. Some members picked their slices up and the rest had their treats delivered by one of seven volunteers. It takes a Village to make pie available to members, and it certainly seems to make people very happy! The winning flavor? More people requested pecan than any other kind. Thanks to Mae Novak for once again coordinating this wonderful tradition!



Some of this year's pies cooling before delivery—photo by Mae Novak



Pie delivered, mission accomplished!—photo by Claire Maklan

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## Events Sampler

So much fun to be had this past few months. Members pondered their moves in various games, saw art exhibitions, heard talks, enjoyed plays and movies, read books and poems, went on tours and walks, served meals, read to children, had great meals, and in many other ways, enjoyed each other's company. See page 4 for upcoming events, some open to the public. We now hold about 60 member events a month, so there are plenty to choose from.



Thinking about the next move—photo by Claire Maklan

## New Groups: Rock Creek Hikes, Philosophy

Members continue to come up with activities for body and soul.

One member is leading a hiking group that will meet once a month to explore trails in Rock Creek Park. Each hike will be different.



Exploring Rock Creek Park—photo by Sue Decker

Another member asked if people were interested in a philosophy group and got 18 “yes’s”! The group is expected to meet every month and focus on one topic per meeting. Sample topics may include how to determine whether an action is good or bad; whether altruism really exists; the limits of liberty; and the value, if any, of censorship.



Learning to enjoy art—photo by Debbie Billet-Roumell

## Afternoon Book Group Update

On May 10 at 2 pm, we will discuss *Angela's Ashes*, a book many of us have read, perhaps years ago. I am reading it for the first time. The book is an autobiography by Frank McCourt, focusing on his childhood and early struggle with poverty, particularly in Limerick, Ireland. McCourt's book won the 1997 Pulitzer Prize for Biography or Autobiography.

Anyone interested in discussing the book is welcome, whether you read it years ago or more recently. We meet monthly at the Silver Spring Library, 3rd floor, meeting room 2. Copies of the book are on the reserve shelf next to the main check-out desk. Our book selection for June 14 is *Rabbit: The Autobiography of Ms. Pat* by Patricia Williams.



Touring Velatis Caramels with owner Amy Servais—photo by Jane Gorbaty

—Carolyn Lauer

## Calendar of Events

*\*Open to the public.*

Note: Some events fill up. Most require RSVPs. Members should check our website for details and updates.

### Interest Groups

Groups that meet monthly (such as Charity Stitchers and the poetry group) are included on the right. Those that meet more often are listed below.

**Bridge**, every Tues. and Wed., 2:00-4:00 pm, in a member's home (intermediate-level skills)

**Canasta**, May 1, 15 and June 5, 19, in a member's home, 1 pm

**Chess Club**, every Thurs., **Kefa Café**, 1:30-3:30 pm (not for beginners)

**Getting to Know You**, May 3, 10 and June 7, 14, in a member's home, 2-3:30 pm

**Mah Jongg**, every Fri., in a member's home, 1-3pm

**Memoir Writing Group**, May 7, 21 and June 4, 18, in a member's home, 10-11:30 am

**Poker Dawgs**, May 2, 16, 30 and June 6, 20, in a member's home, 5-6:30 pm

**Scrabble**, every Mon. (except May 28), **Parkway Deli**, 3-5 pm

**Walk in Meadowbrook Park**, every Tues. and Thurs. (except May 22, 24, 29 and 31), 10-11:30 am



Photo by Martine Brizius

### Game's On!

Silver Spring Village members do love their games, as evidenced by the happy members shown above. This group plays the classic form of canasta that originated in Montevideo, Uruguay, and was extremely fashionable in the US during the 1950s. The game we play is with partners using two decks of cards, though other variations on the game are also possible.

### MAY

Sat., May 5 – **Plant and Seed Swap**, in a member's backyard, 1-3 pm

Sun., May 6 – **Brunch, Copper Canyon Grill**, 11 am-12:30 pm

Tues., May 8 – **Rock Creek Park Exploration**, 10-11:30 am

Wed., May 9 – **What We Need to Know about Social Media in 2018, SPARKLE Program**, Silver Spring Civic Building, 2-3:30 pm,\* followed by **Happy Hour, McGinty's Public House**, 3:30 pm

Thurs., May 10 – **Afternoon Book Group**, Silver Spring Library (*Angela's Ashes* by Frank McCourt), 2-3:30 pm\*

Fri., May 11 – **Current Events Discussion**, Coffield Recreation Center, 2-3:30 pm

Sat., May 12 – **African American Civil War Museum**, 11 am, lunch after at Ben's Chili Bowl

Mon., May 14 – **Charity Stitchers**, in a member's home, 1-3 pm

Tues., May 15 – **Volunteer at Shepherd's Table**, 11:30 am-1:30 pm [must RSVP]

Wed., May 16 – **Costume Jewelry Swap**, in a member's home, 2-4 pm

Thurs., May 17 – **Poetry Group**, at a member's home, 10:30 am-noon

Fri., May 18 – **Storytelling by Cricket Parmalee**, in storyteller's home, 2-3:30 pm

Sat., May 19 – **Tea, Na Tra's Tea**, 2-3:30 pm

Sun., May 20 – **Philosophy Group**, in a member's home, 1 pm

Sun., May 20 – **Board Game Afternoon**, in a member's home, 4-7 pm [chking location]

Mon., May 21 – **Coffee, Kefa Café**, 11 am-12:30 pm

Mon., May 21 – **Reading to Children and Adults**, Easter Seals Building, 11-11:30 am

Thurs., May 24 – **Painting Ceramics, Color Me Mine**, 11 am-1 pm

Thurs., May 24 – **Techno Club**, Coffield Recreation Center, 11:30 am-1:00 pm\*

Thurs., May 24 – **Birthday Ice Cream Social, Ben & Jerry's**, 2-3:30 pm

Sat., May 26 – **Men's Brunch**, Courtyard by Marriott, 9-11 am

Sat., May 26 – **Dinner, Tacos, Tortas & Tequila**, 6-8 pm

Wed., May 30 – **Mindfulness Group**, in a member's home, 3-4:30 pm

### JUNE

Sat., June 2 – **Waverly Street Gallery 25th Anniversary Show**,\* 12 noon, followed by lunch (nearby, TBD)

Wed., June 6 – **Vietnamese Lunch, Pho Tan Vihn**, 12:30-2 pm

Fri., June 8 – **Current Events Discussion**, Coffield Recreation Center, 2-3:30 pm

Sat., June 9 – **Tea, Na Tra's Tea**, 2-3:30 pm

Sat., June 9 – **Akhmedova Ballet Presents "Paquita"**, Montgomery College Cultural Arts Center, 7 pm\*

Sun., June 10 – **Brunch, Eggspectation**, 1-2:30pm

Mon., June 11 – **Charity Stitchers**, in a member's home, 1-3 pm

Tues., June 12 – **Hike in Rock Creek Park**, 10-11:30 am

Wed., June 13 – **A Visit to an Urban Farm, SPARKLE Program**, Silver Spring Civic Building, 2-3:30 pm\*

Thurs., June 14 – **Afternoon Book Group**, Silver Spring Library (*Rabbit: the Autobiography of Ms. Pat*, Patricia Williams), 2-3:30 pm\*

Sat., June 16 – **Balcony Party**, on a member's balcony, 5-7 pm

Mon., June 18 – **Reading to Children and Adults**, Easter Seals Building, 11-11:30 am

Tues., June 19 – **Volunteer at Shepherd's Table**, 11:30 am-1:30 pm [must RSVP]

Thurs., June 21 – **Poetry Group**, TBD, 10:30 am-noon

Sat., June 23 – **Pre-Theater Dinner, Red Maple**, 5-7 pm

Sat., June 23 – **A Delicate Balance**, Silver Spring Theater, 8-10:30 pm\*

Sun., June 24 – **Village Member Picnic, Meadowbrook Park**, 11:30 am-1 pm

Mon., June 25 – **Dinner, Parkway Deli**, 5:30-7 pm

Tues., June 26 – **Techno Club**, Coffield Recreation Center, 11:30 am-1:00 pm

Wed., June 27 – **Mindfulness Group**, in a member's home, 3-4:30 pm

Thurs., June 28 – **Birthday Ice Cream Social, sweetFrog Frozen Yogurt**, 2-3:30 pm

Sat., June 30 – **Men's Brunch**, (location TBD), 9-11 am

*Suggestions for other events and groups are welcome, as are offers from members to host future events.*



## Get to Know Us

Among our dozens of events per month are three “getting to know you” groups, held by members, for members. How can *you* get to know us? See below to join, volunteer, or give.

*Photo by Claire Maklan*

## How to . . .

**..join:** We offer two levels of membership, full and associate. Both levels include invitations to all Village events, exclusive discounts, *Washington Consumers' Checkbook*, access to our information service, and referrals to professionals. Full members (only) can receive volunteer services like transportation, home repairs, tech support, friendly visits and calls. Full membership is for residents of zip code 20910 (or nearby). Associate membership is open to all.

Annual dues: *Full* - \$350/individual, \$450/couple; *Associate* - \$150/individual, \$250/couple. Reduced cost memberships (Full: \$60, Associate: \$25) are available for those who qualify. For information, please contact Debbie Billet-Roumell at (240) 200-4290 or [executivedirector@silverspringvillage.org](mailto:executivedirector@silverspringvillage.org).

To apply, please print and complete a [membership application](#) and mail it with your dues payment to: Silver Spring Village, PO Box 8217, Silver Spring MD 20907. Or send a note indicating interest in membership to [info@silverspringvillage.org](mailto:info@silverspringvillage.org).

**...volunteer:** We welcome applications from anyone 18 or older who supports our “age in place” mission. All sorts of skills and interests are needed. Please start by completing a [Volunteer Application](#) and [Interest Form](#). We will require you to complete a background check, submit references, and attend our training session. All applicants must be officially accepted and enrolled by the Director of Volunteer Services before performing tasks for the Village.

**...support:** To keep our Village strong, we need funding from organizational and individual donors, in-kind contributions, and grants. Your tax-deductible contribution—in any amount—will be gratefully accepted. Checks should be payable to Silver Spring Village and mailed to Silver Spring Village, PO Box 8217, Silver Spring, MD 20907; or [donate online](#). Also consider donating appreciated stock, including the Village in your will, or making contributions in someone's honor. We also love to hear from local businesses that wish to contribute or provide in-kind contributions or member discounts. Contact us!

## Executive Director's Note: Building the Village Network

Neighbors helping neighbors, friends helping friends. When I introduce the idea of the Village to people unfamiliar with it, I usually start by saying, “it's not a place!” It's a community, a network, an idea built around the belief that everyone benefits when neighbors help one another; the fabric of our community is strengthened.

Recently we introduced “friendraiser” events as a way to spread the word about Silver Spring Village. These events are not fundraisers; rather, their purpose is to strengthen the Village network and better position it for the future by attracting more volunteers, more members, and more program ideas. We won't turn away unsolicited contributions, but fundraising is not what this is about!

Might you host a friendraiser? Here is how it works: You open your home for 6 to 12 of your friends. We'll provide refreshments and some informational brochures. After some socializing, we will talk informally for 10-15 minutes about the impact the Village has on helping so many of our neighbors to live well as they age in place and ways that people can get involved. After answering questions, we will turn back to mingling.

Word-of-mouth advertising is considered one of the most

*Continued on page 6*

*ED note, cont'd from page 5*  
 effective methods of marketing. We all give great weight to testimonials by people we know and trust. Your friends will leave with greater knowledge of our Village and, we hope, they will share that information with their own friends.

Will you host a friendraiser in 2018? Please contact me via the Village phone number or email questions you may have and dates that will work for you.

—Debbie Billet-Roumell



Two long-time members enjoying a Village event—photo by Debbie Billet-Roumell

### Gift Idea for Mother's and Father's Day: Village Membership

Do you know someone in our area who would benefit from our social programs or our services? Village membership makes a great gift! See page 5 for details.



### Volunteer Corner: Ways to Help



In addition to volunteers who provide direct assistance to our members, Silver Spring Village always needs help with administrative tasks. These varied tasks are critical to the day-to-day success of our Village. Some examples of specific current needs follow. We are seeking enthusiastic coordinators for two of our regular monthly programs.

- The coordinator for **SPARKLE** works with our partner from Silver Spring Town Center, Inc. to select topics of interest to seniors, find expert presenters, publicize the events, and help to run them. Topics for these monthly public programs can be as varied as global warming and online safety to hands-on Origami. (See the SPARKLE photo album on our website.)
- The coordinator for our **Easter Seals reading program** recruits another Village volunteer or member to read to preschool children and/or disabled adults who attend Easter Seals programs. The coordinator arranges details with the staff at Easter Seals and ensures that a reader is available for this once-a-month program.

Another opportunity is to interview Village members or volunteers and draft short articles about them that could be featured in our publications or our website. This is a great way to meet interesting people and to introduce them to others. We're also seeking help with mailings and paperwork. For example, every other month we need someone to fold copies of the *Vibe*, put them in envelopes, and apply labels and stamps. Please contact us if you have an interest in any of these projects. You do not have to currently be a Village volunteer or a member. All you need is interest and availability. Call Vanessa Ripps via our office phone, 301-503-7401, or send an email to [volunteers@silverspringvillage.org](mailto:volunteers@silverspringvillage.org). We will be happy to get you involved!

**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. 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.