

# Silver Spring Village



## Village Vibe

Spring 2021  
Volume 8, Number 2

### Leadership View: Spring Has Sprung!

April has always been my favorite month. Cold weather is behind us, the outdoors bursts with new color, and there is hope and energy in the air.

Seems like there is always hope and energy around Silver Spring Village. We have some exciting news: Our Executive Director Doug Gaddis has announced that volunteer services for full members and programs for all members will begin returning to normal on April 19. He has outlined a detailed process for gradually expanding in-person services and programs that unfolds through June. (We are not yet setting a timeframe for offering indoor gatherings or group visits to destinations such as restaurants, theaters or museums.)

This is a relaunch, not a reopening. We never closed entirely. We have been holding dozens of fun Zoom offerings a month. We also have been providing rides, but only for essential medical appointments, and allowing only one volunteer to drive one member. Now any volunteer driver can drive any full member. We are also adding back rides to all medical appointments and by mid-May rides for almost any reason, such as that cut and color at the beauty parlor (at last!). We have been going to grocery and drug stores for full members; now our volunteers can run errands of all sorts. By June 1, the member can even come along with the driver. These and other plans are, of course, subject to change depending on COVID news.

Another bit of good news is that as of mid-April, 91 percent of our 220 members have been fully vaccinated and 8 percent are in the process. Clearly there is uncertainty about the effectiveness of the vaccines over time and against new variants, and whether vaccinated people can still spread the virus. Thus, we still ask members and volunteers to care for each other and the community by wearing masks, limiting time in public settings, being careful about travel, and keeping generous physical distances from others. We ask that our readers continue these practices.

Wishing you good health. Happy spring!

—Connie Raab, President



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Silver Spring Village is a nonprofit membership organization started in 2013 that helps our members to stay engaged in their community and continue to live at home with support from neighbors and friends.

## Village Stats

### Totals as of end of March

- Members: 221 (84 full, 137 associate)
- Volunteers: 150

### Volunteer hours

- December: 569
- January: 615
- February: 545

### Volunteer help September-November

- 121 one-way rides
- 140 friendly calls
- 4 sessions of tech help
- 111 household assistance
- Telephone crew hours: 360

### Events held

- December: 54
- January: 55
- February: 50
- March: 57

## Silver Spring Village, Inc.

Doug Gaddis, *Executive Director*

Vanessa Ripps, *Director of Volunteer Services*

Matthew Carolan, *Operations Manager*

### Board of Directors

Connie Raab, *President*

Cheryl Gardner, *Vice President*

Peggy Gervasi, *Secretary*

Katherine Anderson, *Treasurer*

Steve Durako

Minnedore Green

Carolyn Lauer

Gail McDonald

Anne McHenry

Jacqueline Wallen

### Committee Chairs

Finance—Katherine Anderson

Membership—Claire Maklan

Programs—Gary Klauber

Governance—Martine Brizius

### Vibe Editors

Connie Raab, Erica Summers

## A Village Thespian's Tale

Jeanne Adams was born into a military family and spent her early years living in Morocco and Germany and visiting other countries until her father was transferred back to the United States when she was seven. Jeanne's mom was trained as a nurse but spent most of her time raising five children. The family settled in Tampa in 1967 where Jeanne was able to attend four years of grade school and all of high school. She also continued her dance lessons begun at age 4 thinking she might pursue dance as a career. Unfortunately, Jeanne's dance audition in college didn't go well so she then cast her lot with the Theatre Department of the University of South Florida in Tampa.

Jeanne majored in Theatrical Performance and learned all realms of theater including playwriting, costume design, and set construction. Long after college, she gathered her strength and began to audition for community theatre where she performed in a number of murder mysteries. Her proudest moment during those years was her lead role in a little-known play by Neil Simon, "The Gingerbread Lady," in which she played a recovering alcoholic. Later, she had some professional experience including two productions of "MacBeth" and "Cat on a Hot Tin Roof." In addition, she has directed a number of community theatre productions, the best of those being "Deathtrap" and "Frankenstein." During this period, she also began writing plays and a few of her one-acts were produced professionally and at community theatres.



Jeanne as Phyllis Diller, jokes and all—photo courtesy Jeanne Adams

Jeanne moved to Silver Spring in 2016. She lives with her sister and fellow Village member, Lynne Ebner. Jeanne participates in Village programs and is a member of the Programs Committee. She leads two interest groups, Act Out! (play reading) and a playwriting group. She has produced three talent shows, hosted Halloween events, and played Mrs. Claus to Rick Foucheux's Santa. She also attends the book club, Zoom puzzle group, Scrabble, and Rummikub.

Thank you for the fun, Jeanne!

—Sandy Morris



The Act Out! Group reading Alice in Wonderland—screenshot by Jeanne Adams

## The Pi/Pie Goes On!

Neither snow nor rain nor heat nor pandemic can stop our Pie Lady, Mae Novak, and her team from getting pie to our members! Once again, as part of international recognition of Pi Day (always March 14), we offered slices of homemade pie to our members. Pi, of course, is the ratio of a circle's circumference to its diameter, roughly 3.14, (i.e., March 14, but with another 22 trillion digits . . . too many for this issue!)

It takes practically a village to pull off Pi Day. Thanks to the bakers, who this year provided a wide assortment of amazing pies: Sylvana Ehrman (fruit), Mary Fields (double mint chocolate chess), Claire Maklan (lemon ricotta), Fran Sussman (mocha fudge), Sarah Nealley (apple), and Michele Holzman (apple pomegranate). Mae baked the pecan and pumpkin pies, her family standards. Special thanks to the pie deliverers: Carol Lite, Cheryl Gardner, Jane Brown, Martine Brizius, Michael Ussery, Sandy Kemper, Beverly Lunsford, Anne McHenry, and Vanessa Ripps. Finally, thanks go to the Village office for its support, including Ana Carrión, Doug Gaddis, and Vanessa Ripps, as well as to Peggy Gervasi.

And there were rave reviews:

- “Bravo for Mae’s incredible talent and dedication to helping others during these trying times!”
- “I can honestly say I have never eaten anything quite so wonderful. I do believe this is one of the sweetest joy-inducing enterprises I have ever encountered.”
- “One of the many delights of being a member of Silver Spring Village.”

Our Pi event has grown. With Mae’s leadership, the first Pi Day in 2016 served up 24 slices of five types of pie by five bakers. This year we provided 76 slices of ten types of pie by seven bakers. The pi/pie keeps on growing, but the ratio (and the support of our members) remains the same. *See our profile of Mae on page 6.*



*Even the artwork was mouth-watering. Below left, pies cooling, and right, slices ready to go. Graphics by Ana Carrión, photos by Mae Nowak.*



## Advice and Inspiration Online

Three recent SPARKLE programs have been added to the Silver Spring Village YouTube channel. If you missed them (or want to see them again), check the videos out at [bit.ly/ssvillage-youtube](https://bit.ly/ssvillage-youtube). SPARKLE is a series of monthly events cosponsored by the Village and Silver Spring Town Center.

- **Earth Day.** Lisa Alexander, executive director of the Audubon Naturalist Society, shares easy, specific actions everyone can take to celebrate Earth Day and protect our planet.
- **The Role of Spirituals in the African American Struggle for Freedom.** Former Howard University scholar Dr. Annie Woodley Brown presents a performance lecture detailing the development and use of song as a communications tool before Emancipation and in the ensuing fight for equality.



- **Spark Joy in Your Space.** Pam Holland, founder of Mindful Decluttering & Organizing shares tips on how to maximize your space through decluttering and organizing. Learn how to focus on the things that you love and find a new home for the rest.

## Diversity, Equity, and Inclusion Conversations

Since last July, the Village has had a monthly diversity, equity, and inclusion conversation series. Recent topics and background resources are below.

- **January:** Two documentaries, "The Slanted Screen," about the portrayal of Asian men in the movies, and "Slaying the Dragon: Media Stereotypes of Asian and Asian American Women." Free via [kanopy.com](http://kanopy.com) with your Montgomery County Public Library card.
- **February:** "Driving While Black: Race, Space, and Mobility in America," on how cars brought freedom and mobility to African Americans, but also exposed them to discrimination and violence. Available at <https://www.pbs.org/show/driving-while-black/>.
- **March:** "How Jews became White Folks & What That Says About Race in America," a book by Karen Brodtkin. Prevailing classifications have sometimes assigned Jews to the white race and at other times have created an off-white, racial middleness designation for them. Brodtkin proposes that class and gender are key elements of still ongoing race-making in America.
- **April:** This topic was prompted by recent incidents of violence and hate against Asian Americans. Members were asked to watch at least one of five parts of the PBS documentary on Asian Americans free for viewing online: <https://www.pbs.org/weta/asian-americans/episode-guide/>.

## Village Eats: Apricot Wine Cake

Makes one cake



### Ingredients

- 1 cup sweet white wine\*
- 1 cup chopped dried apricots, the more fragrant the better
- 1/2 cup unsalted butter, softened
- 3 tablespoons extra virgin olive oil (don't substitute vegetable oil)
- 3/4 cup granulated sugar for step 4 and another 4 teaspoons for step 6
- 1 teaspoon lemon zest
- 1 teaspoon orange zest
- 1 teaspoon vanilla extract
- 2 large eggs
- 1 3/4 cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon kosher salt
- 2 tablespoons unsalted butter, cubed

### Steps

1. In small saucepan, bring wine just to simmer over medium heat. Add apricots and remove from heat. Let stand until cool, about 30 minutes.
2. Preheat oven to 350. Line the bottom of an 8-inch cake pan (springform if you have one) with 2-inch sides with parchment paper. Grease bottom and sides of pan with olive oil.
3. In bowl of stand mixer with paddle attachment, beat butter and oil at medium speed for 5-10 seconds. Add 3/4 cup sugar, orange zest, lemon zest, and vanilla. Beat until fluffy, about 3 minutes. Add eggs one at a time, beating well after each addition. (Can also use a hand mixer but it might take longer.)
4. In medium bowl, whisk together flour, baking powder, and salt. With mixer on low speed, gradually add flour mixture and wine mixture alternately to butter mixture, beginning and ending with flour mixture. Beat after each addition, just until combined.
5. Spread batter into prepared pan.
6. Bake until golden brown and toothpick inserted in center comes out clean, about 30 minutes. Sprinkle with cubed butter and remaining 4 teaspoons of sugar and bake 5 minutes more. Let cool 20 minutes in pan. Run knife around edge of pan to loosen before removing from pan. Serve warm or at room temperature.

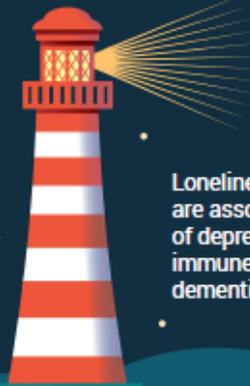
Enjoy!

*From Baker Anne McHenry*

\*Substitutes for wine could include white grape juice, ginger ale, or apple juice.

# STAY CONNECTED

to Combat Loneliness and Social Isolation



**Feeling lonely and being isolated are bad for your health.**

Loneliness and social isolation are associated with higher rates of depression, a weakened immune system, heart disease, dementia, and early death.\*

**Are you at risk?**



Try to stay active and better connected if you:

- live alone or can't leave your home
- feel alone or disconnected from others
- recently had a major loss or change
- are a caregiver
- lack a sense of purpose

## Ideas for staying connected

Find an activity that you enjoy or learn something new. You might have fun and meet people with similar interests.



**Get moving!** Exercise decreases stress, boosts your mood, and increases your energy.

**Volunteer.** You'll feel better by helping others.



**Stay in touch** with family, friends, and neighbors in person, online, or by phone.

**Consider adopting a pet.** Animals can be a source of comfort and may also lower stress and blood pressure.



For more information about preventing loneliness and social isolation, visit <https://www.nia.nih.gov/health/participating-activities-you-enjoy>.



\*Cacioppo JT, Hawley LC. Perceived social isolation and cognition. Trends Cogn Sci 2009;13(10):447-54.

## Connect with the Village!

It can be hard to stay connected with others when you are no longer working, your family moves away or is busy, you have ailments that slow you down a little, or life just changes—as it has during the pandemic. Silver Spring Village understands. We are all about supporting existing connections and making new ones. We are a community that has fun together, even on Zoom (about 50 Zoom connections a month), and through friendly phone calls. We are a community that helps each other—dozens of Villagers are both members and volunteers. We are also active in the larger community. Join us and get connected.

## Still Stitching, Still Giving

The Village's dedicated Stitchers for Good group is continuing to help the community. In early March we took 38 baby hats and six blankets to the Holy Cross obstetrics clinic, two blankets to the Linus Project (which distributes them to kids in need), and two hats and two scarves for children to A Wider Circle (which supports people in poverty).

Just after that, we found out that our nomination for a Handmade Heroes award resulted in a \$100 coupon from the craft and sewing store JO-ANN. This will help the Stitchers give even more.

Said one member of the group: "We love to create things and help people in need. Very exciting that we can do this."



Creations for new families at Holy Cross Hospital—photo by Connie Raab

Clip art in this issue is courtesy [CreativeCommons.org](https://creativecommons.org/).

## Volunteer Corner: Mae Novak

Mae Novak grew up in a family committed to the value of volunteering. Her first experience as a volunteer—which she fondly remembers—was when she was just nine years old. Mae stuffed envelopes for Easterseals and felt good because she knew then that she was making a difference.

After Mae's retirement from the Social Security Administration, Village co-founder Roberta Gosier (who knew Mae from church choir) invited her to join the planning committee for the Village. Mae agreed, thinking she could help members with Social Security problems and Christmas decorations. There wasn't much call for either of those services, but Mae joined the Village Board and served as the first vice president, with Roberta as president. When the Village opened in the fall of 2013, Mae was member number one.

Mae also took on the role of Volunteer Coordinator. She created the volunteer application and manual as well as the initial system for requesting and providing member services. She helped recruit and train many volunteers, most of whom are still volunteering with the Village. Mae realized that even though everyone is busy, nearly everyone can find an hour to help others, whether it be visiting someone, taking them to an appointment, or helping with something around the house. With this in mind, Mae knew that volunteering with the Village should be very flexible, so that volunteers can choose what they want to do and when.

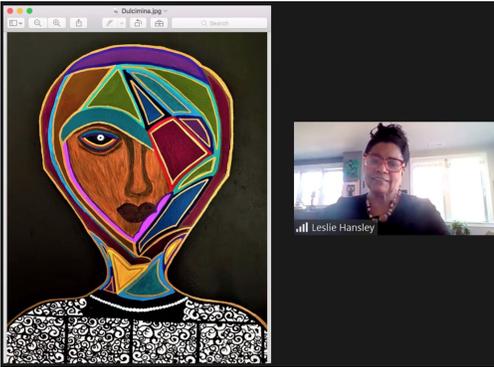
In 2015, Mae relinquished the ever-growing Volunteer Coordinator position to take on an "easier" volunteer role managing logistics for 45 local Girl Scout troops. She did not, however, resign from being a Village volunteer. She hosts or helps coordinate the annual Plant and Seed Swap (this year will be the 8<sup>th</sup> annual!) and in 2016 launched our first Pi/Pie Day—now a wonderful annual event. (See article on page 3.)

Mae, to you we say, thank you!

--Vanessa Ripps, Volunteer Coordinator,  
[vanessa.ripps@silverspringvillage.org](mailto:vanessa.ripps@silverspringvillage.org)



Mae Novak at the fall 2014 celebration of the Village's first anniversary—photo by David Maklan



## Art on Display!

Members Marge Hirano and Leslie Hansley were two of six creative people featured in a recent SPARKLE program on "Senior Women in the Arts." Congratulations to both! Here Leslie is shown with her work "Dulcimina," which can be seen at [www.lesancreates.com](http://www.lesancreates.com).

## How to

**...join:** We offer two levels of membership, Full and Associate. Both levels include invitations to all Village events, exclusive discounts, and access to "Washington Consumers' Checkbook." Full members (only) can receive volunteer services like transportation, home assistance, tech support, and friendly visits and calls. Full membership is for residents of zip codes 20910 and 20901 and the adjacent section of zip code 20815 east of Rock Creek Park. 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 email [membership@silverspringvillage.org](mailto:membership@silverspringvillage.org).

**...volunteer:** We welcome volunteers 18 or older who support our mission of assisting seniors to age in their homes and communities of choice. Whatever your skills or interests, we have a place for you! Our volunteer program allows you to help as much as you want as often as you want. Potential volunteers can find application materials on our website. After your initial application is approved, you've cleared a simple background check, and you've attended our orientation training, you'll be able to start making a difference in your community.

**...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, 8700 Georgia Ave., Suite 306, Silver Spring MD 20910; or donate online via our website. 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!



## Avoiding Coronavirus Scams

As we have discussed in prior issues of the "Vibe," COVID-19 has given rise to many fraudsters who want to take advantage of the fears that we all naturally have with respect to this virus. Scammers are using emails, texts, and social media posts to offer advice on unproven treatments and sell fake cures and vaccines.

The Federal Trade Commission (FTC) has issued tips for keeping COVID scammers at bay. Although these tips are specifically directed to COVID scams, many of them are good advice to protect yourself from all types of scams.

- **Ignore offers for vaccinations and home test kits.** Scammers are selling products to treat or prevent COVID-19 without proof that they work.
- **Hang up on robocalls.** Scammers use illegal sales calls to try to get your money and your personal information.



- **Watch out for phishing emails and text messages.** Scammers can send texts that look like they are from legitimate organizations. Don't click on links in emails or text messages you didn't expect.
- **Research before you donate.** Don't let anyone rush you into making a donation. You can get tips on donating wisely at [ftc.gov/charity](https://www.ftc.gov/charity).

*Continued, page 8, left*

Coronavirus scams, continued from page 7, right

- **Stay in the know.** Go to [ftc.gov/coronavirus](http://ftc.gov/coronavirus) for the latest information on scams.



- **Don't share your personal, financial, or health information** with people you don't know. No one from a vaccine distribution site, health care provider's office, pharmacy, or government agency will call, text, or email you asking for your Social Security, credit card, or bank account number to sign you up to get the vaccine.

If you see a scam, you can report it to the FTC at [ftc.gov/complaint](http://ftc.gov/complaint).

### Get to Know Us with a Free Trial Membership

Not sure you're ready to join the Village? Our *trial membership* gives you three full months to get to know us with no upfront cost. You'll be able to attend the programs on our calendar and enjoy all the other benefits of Associate Membership. Please visit our website—[silverspringvillage.org](http://silverspringvillage.org)—and email [membership@silverspringvillage.org](mailto:membership@silverspringvillage.org) for more information.

## Staff News

We have had a personnel change in the position of the Village's operations manager.



Ana Carrión

After two years, Ana Carrión stepped down at the end of March. She was widely admired for her many skills in keeping the Village running, and for her quiet, thoughtful competence. Ana wanted to be able to spend more time with her two young children, and the continuing uncertainty with school schedules and working remotely was making that very difficult for her. In leaving, she said, "Working with Silver Spring Village has been such a wonderful experience for me. It is a workplace with heart and that is something really special. I am glad I was able to contribute but also, I have learned a lot . . . about taking care of each other and our community as we age."

Thank you so much, Ana.

Matthew Carolan is our new operations manager. He will also continue to serve part-time as development and operations manager at DC127, a DC nonprofit organization that supports underserved families, including grandparents raising their grandchildren. Matthew previously worked as a federal policy assistant at Family Equality and as a policy and advocacy fellow specializing in environmental advocacy and civil rights at Franciscan Action Network. He has master's degrees in sports management and in American studies. In his free time, he works as an amateur videographer and graphic designer. He looks forward to getting to know the Village community.



Matthew Carolan

Welcome, Matt!

**DONATE NOW**—Help Silver Spring Village continue to provide programs and services that strengthen our community while helping neighbors age in place. Your contribution is fully tax-deductible.

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, 8700 Georgia Ave., Suite 306, Silver Spring MD 20910. To contribute by credit card, please visit the [donations page](#) on the Village website. If you would like information about how to leave a legacy gift, please contact Doug Gaddis at (301) 503-7401.

Silver Spring Village, Inc. is a 501(c)(3) nonprofit Maryland corporation. You will receive no goods or services in exchange for this contribution, so it is tax-deductible as allowed by law. A copy of the organization's financial statements may be examined upon written request to Silver Spring Village, 8700 Georgia Ave., Suite 306, Silver Spring MD 20910. Documents required by the Maryland Charitable Solicitations Act are available for the cost of copying and postage from the Secretary of State, 16 Francis Street, Annapolis, MD 21061.