



# The Village In Howard Newsletter

Volume 6, No 7 • July & August 2018  
*Special issue*

**TVIH will close on September 3 for Labor Day.**

## NEWS FROM TVIH COMMUNITY

### The Virtual Village Rocks!

We all miss gathering in the TVIH Center over the summer, and seeing all our members bright shining faces. Despite this hardship, most of our office volunteers have come to enjoy the freedom of working shifts from home, while the TVIH office space is unavailable to us over the summer months. We are amazed by and grateful to our volunteers who respond to calls and emails “flying solo” so to speak. This sometimes requires Sherlock-like detective skills or nuclear scientist research abilities as well as the patience of Mother Teresa! And they make it look easy! Kudos to Dee, Fran, Judy, Kathy, Meme, Sally, Vicki and Vivian - and, of course, to Marie, who pulls it all together! TVIH couldn't function without you!

— Susan Hailman

### News from Communication and Outreach Committee

On June 23, TVIH participated in The Longest Day, a health fair sponsored by the Alzheimer's Association and AKA sorority in Columbia along with Winter Growth, HC Fire & Rescue, and the Red Cross. Special thanks to Debbie and Warren Clayman, Jane and Kim Sherman, Mary McGraw, and Sarah Spence for volunteering at the TVIH table. We were able to distribute literature and share our mission and activities to interested people. We anticipate future participation in the event in order to raise awareness about TVIH.

— Lynda Rotter, Chair

### TVIH Staff Hiring

We are searching for a new manager so please refer any potential candidates to see the details on the home page of the website and submit cover letter and resume through July to [managerjob@thevillageinhoward.org](mailto:managerjob@thevillageinhoward.org).

## Coming Soon! Fall Back to the '60s Fun-raiser on October 27

A new and exciting aspect of this year's fundraising event will be an *online sale of goods and services* which will contribute to the overall funds to be raised. The online sale will include items donated by members, friends and local businesses and include restaurant gift cards, vacation getaways, jewelry, professional downsizing services to name a few. If you have goods or services to contribute to the online sale (i.e. home cooked dinner for 4, handmade crafts, original artwork, wine, gift card from a local store) send email to [donations@thevillageinhoward.org](mailto:donations@thevillageinhoward.org) or call the office to describe your tax-deductible contribution. Arrangements will be made for pick-up. Your donation will contribute dollars to pay our office rent, salaries, program supplies, website hosting, etc. Thanks for considering this opportunity to support TVIH and we look forward to seeing you on October 27!

— Joy Cheung

## MEMBERSHIP

### Welcome to Our New Members

Ellen Blackwell of Columbia  
Irene Decker of Woodstock  
John Toner of Columbia

### Buddy Program

The Membership Committee has instituted a “buddy” system, which pairs each new TVIH member with an experienced member who will meet one-on-one to explain the nuances of membership and attend a few TVIH-sponsored events with them. This system is a great way to help our new members maximize their investment and participation.

— Kim Sherman

## Welcome to Our New Transportation Volunteers - Thank You!

John and Sue Eberhard  
Sharonlee Vogel  
Carol O'Keeffe

15 at 9:30pm at a private home. Location will be sent to members ahead of the meeting. Contact Lynda Rotter at [lynda.rotter@gmail.com](mailto:lynda.rotter@gmail.com) if you have any questions. Interested members are welcome to the group.

## Seeking Other TVIH Volunteer Opportunities?

If you are interested in sharing your expertise or experience consider becoming a volunteer. You can serve as transportation, office or committee volunteer for a few hours each month. Please contact the office at (443) 367-9043 and ask for Susan Hailman or Marie Grunwell.

## VOLUNTEER NEWS

### Change of Meeting Date

The Communication and Outreach Committee has rescheduled its August meeting to Wednesday, August

## OPEN EVENTS: ALL ARE WELCOME

*(No need to sign up, just show up; those who would like to learn about the Village are welcome to join us.)*

### Happy Hour (August) at Walrus Oyster & Ale House

*Tuesday, August 3, 4:00pm – 6pm located at The Mall in Columbia, 10300 Little Patuxent Parkway, Columbia, MD 21044.*

### Sneakers and Coffee

*Meet Every Saturday at Lake Kittamaquundi at the People Tree at 9:00am.*

### Monday Morning Meanderings

*Meet Every Monday, 10am – 12pm at Lake Elkhorn.*

### Lunch Bunch July & August

*(July 18 & 25): Meets every Wednesday, 11:30am – 1:00pm.*

Join us in July at Food Plenty located at 2250 Clarksville Pike, Clarksville, MD 21029.

*(August): Meets every Wednesday, 11:30am – 1:00pm.*

Join us in August at an old favorite, Centre Park Grill, 8808 Centre Park Drive, Columbia, MD 21045.

### Bridge Group

*Meet every Second and Fourth Tuesday each month at 1:00pm at Wegman's in Columbia. If interested, contact Sarah Spence at (410) 730-9269, online registration is not available.*





# TVIH MONTHLY ACTIVITIES REQUIRING REGISTRATION

## THERE ARE THREE WAYS TO REGISTER FOR AN EVENT:

- Visit the website at [www.thevillageinhoward.org](http://www.thevillageinhoward.org) and sign in. After you have signed in, click on the "Calendar" tab for the activities for this month or for future months. Click on the activity you want to register for. If you are having difficulty registering on the website, please call the office at 443-367-9043.
- Call the TVIH Office at 443-367-9043 to register. If no one picks up, please leave a message and a volunteer will get back to you.
- Click this link to go directly to the website Calendar:

[http://thevillageinhoward.clubexpress.com/content.aspx?page\\_id=2&club\\_id=855297&sl=504175908](http://thevillageinhoward.clubexpress.com/content.aspx?page_id=2&club_id=855297&sl=504175908)

*Note: All events will take place at TVIH Center unless otherwise specified.*

**IMPORTANT:** Between June 15 to September 1, all activities usually held at the TVIH Center at Stevens Forest Road will move to new summer locations. Be sure to check the calendar for address information.

## July 2018

### Travel Near, Travel Far: Bulgaria

*Thursday, July 26, 5:30pm – 8:30pm*

Claudia Friend and her son, Julian, will present a talk on Bulgaria. Claudia and her husband, Joe, visited the country in 2013-14 and she will describe that visit. Julian, a Professor of English in Sofia, Bulgaria, has lived there for five years and will share more historical details from 5000 B.C. to the 20th and 21st centuries including life under the Nazis and Communism. Visit TVIH website for registration details.

### Outdoor Concert

*Friday, July 27, 7pm – 8:30pm*

Enjoy a free outdoor concert sponsored by HC Recreation and Parks. The Panama Rex band offers a tribute to Jimmy Buffet and his summer music. Contact the hotline (410) 313-4700 for weather questions. Location is Schooley Mill Park, 12975 Hall Shop Rd., Highland, MD 20777.

## August 2018

### TVIH Players

*Friday, August 10, 10am – 12pm*

Share your creative talents and enthusiasm for amateur performance with a song, skit, reading or music. The group is currently preparing a special performance for the fundraiser in October.

### The Village Readers

*Thursday, August 16,  
10am – 11:30am*

You are invited to join our book club on August 16 at 10am at the Thunder Hill Neighborhood Center, 9205 Log Chain Road, Columbia, MD 21045 to discuss *The Other Wes Moore, One Name, Two Fates* by Wes Moore.

Our group meets on the third Thursday of each month. The following books are being considered for future discussions: *Nobody's Fool*, by Richard Russo; *Enjoy Old Age*, by BF Skinner; *White Rage: The Unspoken Truth of Our Racial Divide*, by Carol Anderson; *The Last Days of Night*, by Graham Moore; *A Drop in the Ocean*, by Jenni Ogden

Bring your ideas and join us for some great discussions!

### TVIH Website Training and iPhone Workshop

*Thursday, August 16, 10am –  
11:30am*

Learn about navigating TVIH website using your devices. Bring your iPhone, iPad, or laptop.

## September 2018

### Outdoor Symphony Concert at Quiet Waters Park

*Sunday, September 2, 4pm - 7:30pm*

The Annapolis Symphony presents its annual Labor Day Concert at Quiet Waters Park. Enjoy picnic and/or walk before the concert. The setting is a beautiful park on the West River off Chesapeake Bay. The orchestra is amazing and the music is inspiring!

### The Times They are A-Changin': Medical Cannabis or Medical Marijuana 101

*Tuesday, September 11,  
10:30am - 12:30pm*

Most of us know very little about Medical Cannabis (Medical Marijuana). Therefore, we encourage you to attend this program being held on in the Warfield Room of the HC Central Library, 10375 Little Patuxent Pkwy, Columbia, MD 21044. Experts will be present to help, inform and educate on what it is and how it is used to help in the medical field. Come to learn and be informed on this important topic of today. Guests are welcome.

## Wine Tasting: International White Grapes

Sunday, September 16, 2pm – 4pm

This Teach and Taste will explore some lesser known international white grapes as well as an example that will surprise you. As we approach summer's end and autumn with its bountiful harvest, there is a place for white wines on many menus. Fee is \$15 with limited space. Details on TVIH website.

## Brandywine River Valley Museums/Taste of Kennett Square, Two-Day Event

Sunday, September 16 and  
Monday, September 17

Visit TVIH website for program and registration details. This is a special event; be sure to read about the unique arrangements.

## Smart Senior Living: Using Technology for Safety, Convenience and Savings

Monday, September 17,  
9:30am – 11am

You are invited to this presentation on using computers, smart phones and other electronic devices to help you enhance daily living. Whether you are an expert or a

novice, all will learn about saving money, making lists, emergency help, accessing magazines, newspapers and music, medication reminders etc. Meet at the TVIH Center. Register online or call TVIH office today.

## Here's to Good Health in 2018: Stepping Up Your Nutrition

Tuesday, September 25, 10am  
-12:30pm

As part of our ongoing series, *Here's to Good Health in 2018*, HC's Office on Aging and Independence (OAI) and TVIH will present another information and resource-sharing session to members. Join us for a workshop on nutrition, muscle strength, and fall risk. The program, *Stepping Up Your Nutrition*, is an interactive, 2.5-hour workshop focusing on how nutrition affects fall, muscle health, the importance of protein and fluids, recommended daily allowances, and much more. There is \$5.00 fee to participate, which will be collected on the day of the workshop as cash or a check (make check payable to the Director of Finance, Howard County). Interested members must contact Jennifer Lee, Health Promotion Program Manager at (410) 313-5940 or [jlee@howardcountymd.gov](mailto:jlee@howardcountymd.gov) to

register. Registrants must arrive by 9:45am to complete paperwork and payment.

**amazon**smile

**You shop. Amazon gives.**

Support TVIH by using AmazonSmile, a giving program offered by Amazon.com for the same products and prices. When you use AmazonSmile for your shopping, 0.5% of the purchase price of eligible products will be donated to TVIH. How does it work? Start each shopping session at the URL <http://smile.amazon.com>. Be sure to designate The Village in Howard to receive your donation by clicking on the link [smile.amazon.com](http://smile.amazon.com).

**TVIH newsletter  
will resume monthly  
publication in September.**

SUPPORTER:



**The Village In Howard**

Aging in Howard just got easier....

If you have problems with, or need information on:

Membership, email [membership@thevillageinhoward.org](mailto:membership@thevillageinhoward.org)

Volunteering, email [volunteer@thevillageinhoward.org](mailto:volunteer@thevillageinhoward.org)

If you would like to be removed from this email list, please email your name and email address to [4info@thevillageinhoward.org](mailto:4info@thevillageinhoward.org). We will not share your email address or personal information with anyone.

[www.thevillageinhoward.org](http://www.thevillageinhoward.org)

(443) 367-9043

[4info@thevillageinhoward.org](mailto:4info@thevillageinhoward.org)