



The Village In Howard Newsletter

Volume 6, No 12 • January 2019

A Note from our New President, Sally Parker



In Praise of Exceptional Leadership — As many of you know, Judy Pittman is a founding member of The Village in Howard and has been the president of the organization for the last two years. She has been a treasure to the organization. Throughout her tenure, the Village has grown in complexity, from offering dozens of services and programs per year to hundreds. And Judy managed to keep her finger on the pulse of all of them, while working regularly as an office volunteer and serving on several committees. We have benefitted from her considerable nonprofit experience as well as gained access to everyone in the county we needed to know. Judy has promised to continue being an active member and we look forward to seeing the unique contributions she will make in the future. When you see her, please join me in thanking her for her service.

Looking Ahead — I am honored to be the incoming president of TVIH; my greatest concern is measuring up to Judy's wonderful example. Looking ahead, there is still much to do. I hope we can grow the membership, as new members are the lifeblood of an organization such as ours. We need them to shore up the service volunteer roster, fill some office shifts, join committees and share their experience and ideas and it provides new opportunities for us to grow our community. Several committees

need an infusion of ideas, action and follow thru by new and old members. It is also time to look at additional staff hours for which more funding will be required.

The road ahead will not be straight, but we can handle the detours and curves if we pull together. I welcome your input on any facet of TVIH operation (sallyparker100@verizon.net). As we start the new year, I wish you all happiness and good health.

Officers and New Board Members Elected

The TVIH Board is proud to welcome three new members to its ranks. On November 28, the Board elected Sharon Neville, Jim Bouscaren, and Mary Pat Donelan to serve a two-year term beginning December 1, 2018. We anticipate that their skills and knowledge from past career and volunteer experiences will enhance the ability of the TVIH Board to meet its mission and to continue to



bring higher quality services and programs to our TVIH members. Congratulations to our new Board members who are so willing to contribute to the work of a very dedicated group of existing Board members.

The Board also elected the following slate of officers for 2019: Sally Parker, president, Susan Hailman, interim president-elect, and Peter Brunner, treasurer. They welcome your ideas about how TVIH can better meet the needs of our members.

Travel Near, Travel Far Potluck

TVIH member, Joy Cheung, will present her June 2018 adventure, "A Voyage to the North Pole." This was a once-in-a-lifetime trip, organized by the Dutch company Ocean-wide Expeditions, on a renovated icebreaker, to the North Pole. The daily adventures included excursions and hiking on the islands in the Arctic Ocean. Joy will share with you what she learned and the moments



captured by her camera, including the glaciers, sea ice and wildlife (polar bears, walrus, beluga whale, arctic reindeer, Arctic fox, cliff nesting birds) at 80° North.

This is the 31st monthly meeting of the TVIH Travel Group. All members are welcome to join us at the Central Library, January 24 at 5:30pm. Please bring a friend. There is no fee to participate. To register check the TVIH website calendar.



Teach and Taste Wine Events Expand Focus

Terry and Kathy Sullivan have been hosting Teach and Taste wine tastings on a quarterly basis for the past three years, with rave reviews from our members. At the International Red Wines event on Nov 11, they introduced a new format and asked for feedback.



While seated around their elegantly appointed dining room table we enjoyed food pairings with our wines.

This new format allowed us not only to sample new wine varieties, but also to identify how different flavors influenced our experience of the wines and how the wines enhanced the flavors of the foods. From sharp charcuterie served with Saperavi wine to dark chocolate brownies paired with Tannat wine, we nibbled, chatted, and savored six wines with similar and divergent taste profiles and gathered ideas about how to pair wines with foods when we got home. Participants enthusiastically supported the new format, which will be used for the January 27 Teach and Taste that will discuss, "Does a Wine Glass Make a Difference?" **Note that there will be two seatings for this event—12:00-2:00pm and 2:30-4:30pm. Remember to register early. Seats are limited.**

New Volunteer Orientation

If you are interested in volunteering with the Village, here is your chance to learn more about the opportunities available, expectations and policies that keep TVIH operating. Make 2019 your best by getting involved. Make friends and make a difference. An orientation session will be held at the TVIH Center on Jan 7, 2019 from 12:30-2pm. Contact shailman@comcast.net or mariegrunwell2@verizon.net for more information. Register online or by phone 443-367-9043.

Stepping UP Your Nutrition

The Howard County Office on Aging and Independence (OAI), in conjunction with TVIH, will present an interactive workshop for people interested in learning about the strong correlation between nutritional status, muscle strength, and fall risk. Stepping UP Your Nutrition is an interactive, 2.5 hour, workshop designed for those who would like to learn more about how nutrition affects falls, and why muscle matters. Topics covered will include: the importance of protein and fluids on nutrition, recommended daily allowances, and how to set goals to improve nutritional status and muscle health.

A \$5.00 fee will be collected on the day of the workshop. Cash or a check payable to the Director of Finance, Howard County will be accepted. Interested participants must contact **Malarie Burgess at OAI** to complete the registration. Call (410)313-6073 or email mburgess@howardcountymd.gov. **Registrants should arrive by 9:45am to complete registration and payment.**

Portrait of a Villager

A sprinkle of human interest has been added to The Village In Howard Newsletter (TVIH) with the introduction of a new monthly feature: "Portrait of a Villager." Each issue will present one of our wondrous friends of TVIH. Our portrait subject this month is Marie Grunwell.

Occasionally, a person appears among us who allows us to see things more clearly - - that is, Marie Grunwell, a source of inspiration and enterprise, a person characterized as "phenomenal" and as a "treasure."

As this portrait is written, Hanukkah has just ended and we look forward to Christmas and the beginning of 2019. This time of year, more than any other, seems to evoke memories of that old



her friends, Sally and Buttons. Me, well, I am only 3 years old. I am a little girl with very dark hair and a pretty smile, so everyone says. I am staying cool by playing in a water-filled basin with my next-

Maryland since Fort Meade was their last duty station. She continued her education, participating in the Howard County Community College's Computer-Aided-Design Program. Of note is the fact that Marie became the first female project designer at Baltimore Gas and Electric Company (BGE). From there, she went on to create and develop a system for BGE to automatically verify contractor invoices and became integral to developing BGE's work management system, as well as their related instruction manual and training presentations. Marie retired as a finance supervisor after a 23-year career at BGE.

Our Villager's life dramatically changed forever in 2012 upon her husband's death. Fortunately, for TVIH, Marie met up for lunch with a friend and TVIH volunteer co-chair and Board member, Susan Hailman, and the rest is history. Since 2014, Marie has become not only the volunteer co-chair, but also a Board member and a Membership Committee member. Susan uses the term "phenomenal" in describing Marie, emphasizing, "she does not miss a trick."

Marie understands the power of kind and gentle words and deeds. Her life philosophy was learned from her parents and a strong Italian family at an early age: live with purpose; keep friends and family close; truth and honesty; and integrity.

Asked for an anecdote, Marie's Portrait has a loving conclusion. Through TVIH volunteering a blossoming relationship has been born. Marie has found a second chance at love with Jim Bouscaren.

— Submitted by Warren Clayman, TVIH member

God has given me 'A Wonderful Life'.

— by Marie Grunwell

fashioned but essential concept, goodwill. Our lives would be more difficult without it. Let us allow Marie to share her memories of family written in 2013:

"It is a very hot summer day in 1948. A small fan whistles back and forth in our wonderful-smelling Italian kitchen. My older brother is listening to 'Sergeant Preston of the Yukon' on the radio and soon he will be out playing baseball with the boys up the street. My older sister is playing pinochle on the front steps with

door neighbor, Johnny. There is lots of splashing and giggling as our mothers look on. It is a happy day in my memory. Much more has happened in my life since those early years. I have learned so much. I am rich in memories of family and friends. God has given me 'A Wonderful Life'."

Marie was raised in Delaware County, PA. She holds an AA degree as a medical secretary. As a military wife and mother, Marie moved 11 times while her husband served 23 years in the US Army. Her family put-down roots in

Do You Need a Little Extra TLC?

If you are recovering from surgery, an illness or injury, and you are a full member of TVIH, you may want to ask for help through our Circle of Care service. The Circle is a benefit of full membership that allows a small group of volunteers to coordinate and provide both the services you might ordinarily use and some additional services like light meal preparation and housekeeping tasks, mail and trash management and other tasks that might be hard for you for the 4-6 weeks that you need to recuperate. We work with the family and friends you might have supporting you and a Circle representative can be part of your discharge meeting to make sure all the services you require are in place.

Probably the most important function the Circle offers is coordination. Rather than making calls to the office for each of the things you need separately, your Circle coordinator will help you anticipate what you might need and submit all the requests for you. We will then confirm who will be there for each day and function. Our volunteers cannot provide medical services or hands-on assistance that requires licensing, but they are great at “filling in the cracks” between the medical assistance you need and the everyday tasks you hate

to ask a family member to do. Feel free to contact us with questions! Millicanm3@gmail.com or shailman@comcast.net

TVIH Newsletter Editorial Board

We are pleased to announce that Warren Clayman, Ellin Scholnick, Helen Worth, and Lynda Rotter (Ex-Of-ficio) are serving as the Editorial Board for the TVIH Newsletter. They will be assisting Cheryl Neely with the publication of the monthly newsletter.

The Editorial Board encourages the submission of ideas and articles, but retains the right to edit submissions as necessary for publication.

WELCOME NEW MEMBERS

We extend a warm welcome to:

Jane Dustin of Laurel
Janet Ruck and Carlos Pastor of Columbia
Jim Sanders of Clarksville
Lillimor Zuberi of Columbia

TVIH MONTHLY ACTIVITIES REQUIRING REGISTRATION

THERE ARE THREE WAYS TO REGISTER FOR AN EVENT:

- Visit the website at 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

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

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

Monday, January 7, 10:00AM until 11:30AM

Presentation will focus on ways to use a smartphone, Alexa, and computer to enhance your safety, daily activities and save money.

My 3 Cents

Wednesday, January 9, 2:00PM until 4:00PM

In-depth monthly discussion. Our January session will focus on planning for the future of Howard County.

Elders' Wisdom Collective

Thursday, January 10, 11:30AM until 1:00PM

An open discussion and sharing of information related to aging. In January we will continue our discussion of Ashton Applewhite's “This Chair Rocks” with emphasis on chapters 7 and 8.

Mah Jongg

Friday, January 11 and 25, 10:00AM until 12:00PM

A tile-based game of skill, strategy and calculation involving a degree of chance. Registrants must have knowledge of the game.

Restaurant Night Celebration

*Celebrate the Chinese New Year at Hunan Manor, 7091
Deepee Drive, Columbia, MD 21045
Sunday, January 13, 5:00PM
There is a pre-payment of \$25.*

US Holocaust Memorial Museum

*Wednesday, January 16, 8:15AM until 4:30PM
Newly Opened Exhibit: Americans and the Holocaust*

The Village Readers

*Thursday, January 17, 10:00AM until 11:30AM
Book selection to be announced.*

Assistive Technology -

What it Does and How to Get It

*Wednesday, January 23, 11:00AM until 12:30PM
Learn how assistive technology can help make life a bit
easier.*

Travel Near, Travel Far/ Potluck and Presentation

*Thursday, January 24, 5:30PM until 8:30PM
Howard County Central Library, Columbia, MD 21044
Potluck Dinner/Presentation: A Voyage to the North Pole*

Teach and Taste: Does a Wine Glass Make a Difference?

*Sunday, January 27, Two seatings: Early Seating:
12:00PM until 2:00PM
Late Seating: 2:30PM until 4:30PM
Location information will be provided at time of
registration.*

EVENTS OPEN TO ALL

Open to members and non-members. Join us to learn about the Village.

Happy Hour: Tuesday, January 8 at 4:00PM until 6:00PM. at Houlihan's, 8240 Gateway Overlook, Elkridge, MD 21075.

Sneakers and Coffee: Meets every Saturday at Lake Kittamaqundi at the People Tree near the fountain at 9:00AM.

Lunch Bunch: Each Wednesday from 11:30AM - 1:00PM. In January we will get together at Uncle Julio's next to Barnes & Noble at Columbia, Mall.

Monday Morning Meanderings: Meets every Monday from 10:00AM - 12:00PM. We meet at the Wilde Lake Boat House if the weather is 40 degrees and no rain or snow. If the weather doesn't cooperate, we will meet at the mall in front of the Apple Store.

Bridge Group: Meets 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.

SUPPORTERS:



Aging In Howard just got better....

If you have problems with, or need information on:
Membership, email membership@thevillageinhoward.org
Volunteering, email 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. We will not share your email address or personal information with anyone.

www.thevillageinhoward.org (443) 367-9043 4info@thevillageinhoward.org