



The Village In Howard Newsletter

April 2019

April is National Volunteer Month



Volunteering Makes A Village

Susan Hailman has been the driver of TVIH's Volunteer program since it began in 2015. She says, "Volunteering is part of the Village's grace. It's people with open hearts saying, 'I can do that.'" Volunteers make it possible for people to age in place by providing services and activities within the mission of the Village. "The concept of a Village only works if we're supporting each other," Susan says. "If we don't do that, then we're just an agency."

Working alongside Susan as the Volunteer co-chair is Marie Grunwell. Together they process offers to help, finding the best fit for each one. Volunteers can be found working in the Village office, presenting classes, arranging trips, inspiring fitness through walks, arranging for speakers, even producing this newsletter.

Volunteers also provide transportation – the most frequent request – making it possible for members to attend medical appointments, a class, a nighttime activity, or food shopping. Some "grab bag" volunteers are available for quick, last minute requests like, "I'm out of town and forgot to fill my birdfeeder!" Others address a more time-consuming need like helping to down-size for a move or being a "friendly visit" volunteer who spends 1-2 hours chatting or having a meal with a housebound member or someone whose caregiver is away for an afternoon.

More complex needs are addressed by the Circle of Care, which is a team approach to addressing the needs of "full membership" people (those who joined at the

\$385/year level) who are temporarily unable to do their usual activities because of a hospital stay, an accident, or other circumstance. Processing a full membership request begins with a 2-4 person team evaluating the situation and determining what services are needed. They then follow the client's progress, adding or eliminating support as they progress, usually for six weeks or less. Full members account for about 20 percent of the membership.

"One of the most important roles of a volunteer is to be a problem solver," Susan says. They need to be creative; they need to be someone who when a client asks for help with laundry because they can't get to the basement, they come up with options. Or someone who goes to solve one problem and notices a bigger one that is then addressed.

When a help request comes into the TVIH office Susan and Marie evaluate it and refer it to four volunteers who decide if it's a good fit for them. There's no pressure to accept a request. Volunteers also receive training for the area of work they choose to do and are always given emergency contacts for each client and protocols to follow to insure they aren't put in a tenuous situation. They meet as a group throughout the year to exchange experiences and get necessary updates.

"Our volunteers are the voices of the organization and they love what they do," Susan says. They also know that today's volunteer could be tomorrow's client – what goes around comes around. It's all part of being a community of caring people.

TVIH needs more volunteers, especially for transportation requests and office help. Even if you have only a few hours a month, it would be greatly appreciated. To learn more about volunteering, come to the next volunteer orientation, April 15 at 1PM at the TVIH Center. You can contact Susan or Marie at: volunteer@thevillageinhoward.org or call the TVIH Center.



— Helen Worth

Oh Say, Can You See – Your Drug Label?

Do you have difficulty reading your prescription bottles? Is the print on the bottle too difficult to see and you're unsure what pill to take and when?

One of our members, Fred Butt, has advocated with the Walmart on Dobbin Rd in Columbia to assist low vision community members who have difficulty reading their prescription bottles. If low-vision individuals fill their prescriptions at Walmart and ask for ScriptTalk labels, you can choose between three kinds of labels: digital labels (that can be read aloud by a digital reader), large print, or Braille.

If you opt for the digital label, Envision America will send you the reading device at no cost. Another option is to download an app onto your smartphone that will allow you to have your smartphone read the prescription label to you. If you have questions about these options, you are welcome to contact Fred frederickbutt@yahoo.com.



WELCOME NEW MEMBERS

We are thrilled to have you in our community and can't wait to get to know you.

Stephanie Mooney - Columbia
Adrienne Newberg - Columbia
Bob Whitmore – Columbia

Get involved by attending a few April events listed in this newsletter. You can view our full calendar of events at www.thevillageinhoward.org.

Now Boarding...

Some members have asked for more information on the goals of the TVIH Board or have questions about how decisions are made. This is a new column in which we will highlight some of the things the TVIH Board is currently working on. More complete information is available to members in the TVIH Board minutes and corresponding budget documents, which are posted monthly under Resources on the TVIH website.

In order to further support member understanding and involvement, Pete Brunner, our TVIH Treasurer, will schedule a town hall type meeting in April to review the

budget format and answer any questions members have. **Fundraising:** We raised \$6,521 from the year-end individual solicitation. While this is good, it represents contributions from only a small percentage of our membership, which makes appealing to local foundations more difficult. Support from members, beyond paying annual membership dues, demonstrates that we have commitment from our members, which is an important factor for funders evaluating grant decisions.

Our annual fundraiser event will be different this year, since we will not be relying on the TVIH players. We solicited ideas via the forum but have received no suggestions. We are looking for events that might attract the larger community rather than relying solely on our members attending. We are hoping this might attract new members as well as soliciting support from a larger pool of contributors. If you have ideas, please contact Pete Brunner.

Advisory Council: Elizabeth Johnson researched and presented a framework for determining if we would benefit from forming an Advisory Council to expand the perspective, reach and reputation of the Village. In coming months we will be considering the scope and tasks we could ask this outside group to tackle, as well as soliciting ideas of potential members to recruit.

Limits on Supported Membership: We are evaluating the financial limits in effect for the Supported Membership program, which have remained the same for the past three years. In order to set the parameters for this program, we are updating our records documenting the income and resources of current recipients. Supported members will receive a letter requesting this information. This documentation will also be needed for future financial reviews and grant proposals.

Board Positions: We are still in need of a Secretary and President-elect and will be reaching out to try to fill these positions no later than May 2019. Interested individuals should contact Sally Parker or Susan Hailman.

These are just a few of the issues the TVIH Board is working on! If this has piqued your interest, remember members are welcome to attend Board meetings which are held on the 4th Wednesday of each month from 3-5PM. Members are assumed to be observers unless they have submitted an issue in advance to present to the Board.

— Susan Hailman
(Interim President-elect)



SAVE THE DATE!!!

Annual Member Picnic

Our annual summer picnic will be held on Sun., June 2, 4pm – 7pm, rain or shine. The location is East Cedar Lane Park at 10745 Rt. 108 across from the Masjid Dar Al-Taqwa Mosque. Details will be posted on the TVIH website.

Did You Know?

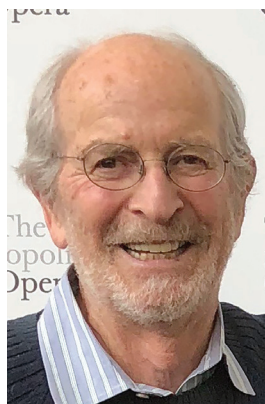


Volunteers are the heart of TVIH.

When you enjoy a program, hear a friendly voice when you call, have a buddy to introduce you to the TVIH community, feel secure that TVIH is fiscally sound, need help learning to navigate our website, see us reaching out to the greater Howard County community or are reading this newsletter, you can thank a volunteer.

At the Intersection of Golden Years and Giving Back

Volunteer involvement is a cornerstone of the TVIH community. More than 50 Village members routinely staff the office and help other members when they find themselves temporarily unable to do routine things like minor repairs, driving to meet a friend or to the hardware store. This spirit of support helps make the Village a warm and friendly community and Volunteer coordinators Susan Hailman and Marie Grunwell are encouraging more members to feel the warmth. The pay isn't great but the feeling it brings is rich indeed.



One Village member, Chuck Sternheim, was well experienced in helping others before he joined TVIH. He sought new challenges after retiring from the University of Maryland's Department of Psychology in 2008. Retirement, plus the memory of how helpful hospice had been to him when some of his family members were dying, led him on a path to facilitate grief support groups as a volunteer for Gilchrist Care in Howard County.

After completing Gilchrist's comprehensive training program he said he was honored when they asked him to help create, then co-facilitate, The Men's Group, a program that helps men better understand and cope with their grief in their own way. "While everyone experiences grief, men may grieve differently than women, at least partly because they are socialized not to express emotions," Chuck says. "For men, emotional control is a sign of strength and they often find themselves confronting an inner conflict between a personal need for emotional expression and a cultural taboo against it."

There's a tendency for men to isolate in the face of grief, he says, especially if their spouse was their primary source of social support. Many find themselves having to take care of all the household needs for the first time. And too often there's a reluctance to ask for help.

But at The Men's Group, members can comfortably share their experience in a like-minded community. One man told Chuck, "I cannot fully explain or comprehend the sense of loss, emptiness and sadness. At the same time, I have come to understand that I am not alone, that other men feel and have felt the same emotions and that by simply talking and listening to one another, you can move through the pain and live."

Greatly pleased by the success of this program, Chuck searched for other volunteer opportunities and joined TVIH in 2016. He became a transportation provider soon after he joined. In 2018 he was elected to the Board of Directors and became a member of the Membership Committee. He is delighted to be able to contribute in ways that allow TVIH to thrive as well as it does and to build friendly relationships within this caring community.

Echoing the experience of other Village volunteers Chuck said he is grateful for the opportunity to help others, to join others in the pursuit of a common goal, and for the lessons he learned in the process.

April is National Volunteer Month, so what better a time to contact Susan Hailman or Marie Grunwell at volunteer@thevillageinhoward.org, call the office at 443-367-9043. That warm feeling is just a phone call or click away.

— Helen Worth

My3Cents Helping You Evaluate Your Housing Situation

“Aging in Howard just got easier,” declares The Village in Howard’s promotional materials. A key component of making life easier is finding the right place to live as life circumstances change. It’s a topic ripe for the thoughtful analysis of a multifaceted set of issues and the My3Cents discussion group is doing just that.

My3Cents, which meets at 2PM, the second Wednesday of each month, is addressing this topic under the leadership of Jim Sanders, an adjunct professor in the Department of Business and Management at the University of Maryland’s Robert H. Smith School of Business and TVIH member.

Each meeting explores a different facet of “aging in place”, often with a guest expert. Plus, many members of the group have experience in construction, real estate and health care, which makes the discussions informed, multifaceted and lively.

The meeting’s aim is to educate participants and give them tools they can use for deciding to stay, or not, in their home. At the April 10 meeting, an occupational therapist will discuss how to assess current and future needs in one’s current house.

The May 8 session will focus on financial issues, especially the cost and mechanics of modifications. Perspective will be provided by a CAP (certified aging professional) remodeling firm. Other future meetings will concentrate on how health factors, such as balance and fitness, eyesight, and medications impact residential plans; understanding the financial costs and incentives of housing modifications; and exploring approaches such as house sharing, in-law suites and accessory development units.

Members of each group will receive references to background readings and notes on what has transpired in earlier sessions. All sessions are open to TVIH registrants but space is limited, so register early. Contact: Jim Sanders jsanders@rhsmith.umd.edu or Ellin Scholnick escholni@umd.edu for more information. Your input at the meetings will help us compile information that will make aging in Howard County easier.

— Ellin Scholnick and Jim Sanders

Technology Workshop: 21 Hidden Smartphone Superpowers



On April 23, at 9AM, Marlene Furst West, a technology fan and new TVIH member, will teach a smart-phone class from an article

in the Feb. 2019 issue of Consumer Reports magazine.

You will practice hands-on, so bring your Apple iPhone or Android smartphone. Marlene and other knowledgeable coaches will guide you step by step to learn such functions as: make the screen easier to see, erase a missing phone, keep tabs on a family member, create a custom vibration pattern, have the smartphone read text to you, and use the smartphone as a magnifier, flashlight, and level tool.

TVIH TALK April 24: How I Finished Writing My Memoir

Are you thinking of writing a memoir to tell the story of your life to your children, grandchildren, relatives and friends? What does one need to do before starting to write? TVIH members, Ron



Putz and Marie Grunwell, have finished writing their memoirs and they will share tips at the TVIH TALK on April 24, 10AM at the TVIH Center. They will describe the process of gathering old photos, organizing documents, writing, editing, and printing of their memoirs.

If you’ve also written a memoir or biography, please bring a copy to the Talk and share your experience with us.

EVENTS OPEN TO ALL

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

Happy Hour: Tuesday, April 2 from 4PM – 6PM at White Oak Tavern, Enchanted Forest Shopping Center, 10030 Baltimore National Pike, Ellicott City, MD.

Sneakers and Coffee: Every Saturday at Lake Kittamaquundi. Meet at the “People Tree” near the fountain at 9AM for a 30 minute walk followed by a get together for coffee and conversation at Whole Foods Market.

Lunch Bunch: Each Wednesday from 11:30AM – 1PM. This month we’ll lunch at Bertucci’s Italian Restaurant in Snowden Square, 9081 Snowden River Parkway, Columbia, MD. “Good food, good service, good atmosphere.”

Monday Morning Meanderings: Meets every Monday at 9:30AM. Start your week off on the right foot with a group walk around Lake Elkhorn. Meet at the dock on Dockside Road off Cradlerock Way across from McDonald’s.

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.

Mah Jongg

*Friday, April 5, 12, 19,
and 26 at 10AM*

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

Practical Steps and Ideas for Everyday Sustainability

Monday, April 8 at 2PM

Come to learn what we can do to make our community more sustainable and what resources are available to help us get there.

Bridge Group

Tuesday, April 9 and 23 at 1PM

Registration is not required, but you must call Sarah Spence (contact information on TVIH website, Membership Directory) to inform her that you will attend.

Special Need Resources – Vision

Wednesday, April 10 at 10:30AM

Are you or someone you know having difficulty with reading material? Join us for a presentation by Ashley Biggs, Outreach Librarian for the Maryland Library for the Blind and Physically Handicapped.

My 3 Cents

Wednesday, April 10 at 2PM

In-depth monthly discussion. April session will continue to focus on residential resources for people over 55: what we know and what we need.

Speakeasy – First of a Three-Part Series Sponsored by Horizon Foundation

*Wednesday, April 10 at 4PM
Watermark Place, 10001 Wind-
stream Drive, Columbia Town
Center*

There will be a screening of “Being Mortal” the PBS documentary based on the book by Atul Gwande followed by a discussion.

Office, Transportation & Service Volunteer Meeting and Appreciation Brunch

Saturday, April 13, 10AM

This is an appreciation event for volunteers.

Alzheimer’s Disease & Dementia

Wednesday, April 17, 10AM

This is a three-program series offered over a three-month period

beginning this month. Sign up for one, two or all three. See webpage calendar for topics and dates.

Speakeasy Two-The Conversation Workshop

Sponsored by Horizon Foundation

Wednesday, April 17 at 4PM

Watermark Place, 10001 Windstream Drive, Columbia Town Center

This session will give members the tools to help have the conversation with their loved ones about their end of life wishes and updating or creating their directives.

The Village Readers

Thursday, April 18 at 10AM

April's selection is "An Unsuitable Match" by Joanna Trollope.

Workshop on "21 Hidden Smartphone Superpowers"

Tuesday, April 23, 9AM

You will learn a wealth of empowering skills in this hands-on workshop. Bring your iPhone or Android phone.

Travel Talk/Potluck Dinner

Tuesday, April 23, 5:30PM

Central Library, 10375 Little Patuxent Parkway, Columbia 21044

Kim and Jane Sherman will describe their recent visit to Berlin.

TVIH TALK – How I Finished Writing My Memoir

Wednesday, April 24, 10AM

Creating a memoir of your life's stories for the benefit of your children, grandchildren and friends. Presented by members Ron Putz and Marie Grunwell.

Queens of Egypt, National Geographic Museum

Thursday, April 25, 8:15AM

Travel back in time some 3,500 years to visit ancient Egypt, one of the world's greatest civilizations.

TVIH Website ad iPhone Workshop

Thursday, April 25 10AM

For members who have questions about navigating the TVIH website.

Maryland Legislature Tour & Meet Your Howard County Legislators

Friday, April 26, 9AM

Maryland General Assembly, Annapolis

Do you want to be a better citizen? Come see a tour of the Maryland Legislature in Annapolis and a video on the legislative process.

Restaurant Night at Hunan Manor

Sunday, April 28, 5PM

Hunan Manor Restaurant, 7091 Deepage Drive, Columbia 20145

Enjoy a pre-set menu of delicious Chinese fare.

TVIH ROMEOs (Retired Old Men Eat Out)

Sunday, April 28, 5:30PM

Location to be determined. Check website calendar for updates.

Member Solicitation Policy

In order to ensure confidence and privacy, and to promote an open exchange of information among our members, The Village in Howard maintains a policy of non-solicitation of fellow members for the purpose of business development or marketing. Our organization provides opportunities to learn from each other, both at TVIH activities and informally. Using the directory to find names and contact information of other members is appropriate for this purpose. It is not appropriate to market or solicit business.

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.



Aging In Howard just got better....

The Village In Howard: An Update

The First 5 Years: Our Past, Present and Future

Saturday, March 30th, 1:30pm-3:30pm, Central Library
10375 Little Patuxent Parkway, Columbia, MD 21044
Refreshments will be served.



"Happy Days" for Seniors

A potpourri of events, activities, lectures, classes, tours, trips and travel with TVIH. Hear about where we have been and where we are going.

The Village Concept and History
In 2014 the Village concept spread from Boston, MA to Columbia, MD.
Hear about organizational structure and committees.

Pictured: 2018 Board of Directors for TVIH



At Your Service

Hear about services the Village provides through volunteers ... and how you can make the Village part of your life.

Pictured: Volunteers providing services.

