



The Village In Howard Newsletter

May 2019



Picnic Time!!!

TVIH only has two all member events each year and the Annual Picnic coming up on **June 2** (rain or shine) is one of them. It is a great time to meet new folks, enjoy a “feast” and challenge your mind with “Team Trivia.” *Registration by May 30 is a must as we order BBQ.* The \$9 cost covers the chicken and pork sandwiches, beverages and paper products. We ask each participant to bring a small salad or side dish that serves six. TVIH Board members will provide desserts.

Hope you are registering today so we can enjoy your company on Sun. June 2 (rain or shine) at 4pm sharp in EAST Cedar Lane Park, 10745 Rt. 108, 21044 across from Dar Al-Taqla. It is a shady area, covered pavilion, easy parking with nearby restrooms. Hope YOU will be there to help set a new attendance high!

TVIH Planning for the Summer

From June 14 to August 27 TVIH will vacate its Stevens Forest premises to honor a long-standing contract that the Village of Oakland Mills has with a children's summer camp. As we have done in previous years, we will operate the Village remotely over the summer. Our office phone number and emails will



remain active. Our volunteers will receive your calls and emails and post service requests from their homes. Volunteer hours will remain the same: 10am–2pm Monday through Friday. When calling, please leave your name, phone number and a short message. A volunteer will contact you.

Meetings and programs will move to the Thunder Hill Neighborhood Center. Please read the TVIH website, newsletters and emails carefully when you plan to attend or register for meetings, programs and events. You can call us at 443-367-9043 for information and clarification.

The TVIH Sharing Library will not be available during this time. Prior to the move, please borrow any books that you might want to read over the summer. We will stop accepting book donations on May 31 and resume when we return in September.

In order to keep TVIH operational during the summer, our manager will remain available in her office at the TVIH location at the Stevens Forest Center one day each week from 10am–2pm if you need to speak to her or drop something off.

Pay It Forward Opportunity

We will be collecting professional clothing for women and belts, ties and shoes for men for the nonprofit organization Success in Style that helps folks trying to enter or re-enter the job market. We are looking for items that are current, clean and in good condition.

Collection dates: May 6–10 and May 13–15 from 10AM–2PM. Please bring donated items to TVIH Center at 6061 Stevens Forest Rd, Columbia.

Donated clothing should be clean and folded – no hangers. Please call the office 443-367-9043 for more information.

On Health and Wellness

Recently, Howard County Executive Calvin Ball, announced that Howard County is among the Top 10 Healthiest Counties in the nation. The announcement is significant! Appropriately, the May TVIH newsletter focuses on health and wellness - - health being defined by the World Health Organization as “not merely the absence of disease or infirmity, but a state of complete physical, mental, and social well-being”. Wellness has been defined more as the action an individual takes to meet the definition of health. Wellness is the action, while (good) health is the desired outcome.

An Emergency Room visit experience can be challenging for older adults. Judy Goldfarb responds to these challenges in her article, “What Is a Geriatric Emergency Room”, an approach to comprehensive tailored care for older adults. Jim Bouscaren, in turn, tells us in a heart-driven article how he has advanced to healthy behaviors through participation in Cycle 2 Health and a better diet.

— Warren Clayman

What Is A Geriatric Emergency Room (ER)? PART 1

For many reasons, an Emergency Room visit can be more confusing and frightening for older adults. According to the American College of Emergency Physicians (ACEP), there is a **voluntary** accreditation program (see <https://www.acep.org/geda/>) for Geriatric Emergency Departments with the intent of improving care for the geriatric population both in the ER and after discharge. The characteristics of such a department include special training for clinicians about the standards of care and risk assessments for the elderly. This includes training on medications, independence, dementia, social isolation, nutrition, equipment needs, falls-risk, palliative care, infection-management, delirium-prevention, frailty, etc. Age-sensitive design of the unit with “thicker mattresses, dimmed lights and non-skid floors” are mandated. Finally, there is the transition of the patient to community resources since generally 2/3 of patients admitted to an ER are discharged to their previous dwelling. A Geriatric Emergency Department does not necessarily require a separate physical structure, although some do exist. What is required is specialized training of personnel to meet the unique needs of this population combined with supportive individual and environmental accommodations and discharge planning. As early as 2009, such a concept

evolved in a hospital in New Jersey, followed by others across the country (Butcher, Jan 25, 2019, <http://bit.ly/2RTS9bj>), including Carroll Hospital Center in Westminster, Maryland and Johns Hopkins Sibley Memorial in D.C., both ACEP-accredited. According to Butcher, 125 hospitals declare they provide a geriatric ER but in actuality only approximately two dozen are ACEP-accredited in 10 states and approximately 100 have begun the application for this accreditation. In Montgomery County, Holy Cross Hospital declares it has one but it is not ACEP-accredited (<http://www.holycrosshealth.org/seniors-emergency-center>) and the same for Johns Hopkins Suburban Hospital, Bethesda. This does not mean the care is inferior, however.

TVIH Healthy Aging Workgroup has formed a team, Geriatric ER Exploratory Team, to explore the status of this concept at Howard County General Hospital (HCGH). Lynn Brallier, Alice Triplett, and Judy Goldfarb, along with Jim Sanders as a contributor, are currently participating and all have provided materials and comments for this article. ACEP states, A Geriatric ER signals to the public that your institution is focused on the highest standards of care for your community’s older citizens. HCGH has publicly acknowledged they consider investing in Howard County’s older citizens a major priority (Snelgrove, Town Hall Meeting, November 2018). Does this include a Geriatric ER? If not, we are advised by ACEP to ask why and encourage pursuit of one with accreditation. Our exploratory team is planning on doing just that as we collect and review any concrete information and current data about HCGH. We do know that the hospital’s ER has offered an orientation program to its volunteers and, perhaps, to others who work in that environment on the needs of various population age types.

The TVIH ER Team is in pursuit of current data about geriatric behavioral health and chronic illnesses at HCGH. We will present our data and findings in the next issue of the TVIH newsletter.

— Judy Goldfarb

Editor’s note:

For 12 years of her career, Judy was a full-time nurse consultant at the Centers for Medicare and Medicaid Services (CMS) where she served as an expert in clinical issues in the development of national quality measures used by hospitals and nursing homes, and supported technically, the Administrator of CMS, at the National Quality Forum.

Frederick Butt

Visually Impaired Technology Wizard

Lift the corner of Fred Butt's life and out tumbles worldwide adventures, late life challenges, and a resolute desire to help people with vision problems. His professional life - 60 years as a pharmacist - began after serving in the Korean War. It included operating his own pharmacy, government stints setting up pharmacies in the Middle and Far East, living on Native American reservations throughout the U.S. Midwest as a relief pharmacist, and working in Baltimore hospital pharmacies.

Artwork, awards and memorabilia from these years fill the walls of his Hickory Ridge townhouse. And also elephants, lots of elephants: figurines of various sizes and mediums, a wooden trunks-to-tails ring of them holding up a coffee table, one looking down on the room from a window-size photograph, and a very large picture frame filled with a very large elephant's posterior and swinging tail. Shelves of coffee mugs with faces on them mark Fred's short-lived entrepreneurial sidetrack as a novelty t-shirt and coffee mug vendor.

Fred Butt is an interesting man. He is also legally blind thanks to macular degeneration that overtook his sight five years ago while he was in his early 80s. He is also hearing impaired. But Fred being Fred, he has turned these disabilities into an opportunity to learn all he could about technologies to help him and similarly challenged people. He shares the information, equipment, contacts, and a friendly ear with all who contact him.

Fred joined TVIH in 2018 after hearing about the organization at



Fred Butt sits surrounded by the technology that makes a full life possible for him.

a Columbia senior center. He says the warmth of Village members and their penchant to help him, made his life "something to look forward to." Given his lack of mobility, Fred thanks the kind TVIH volunteers for making it possible for him to attend Village programs, and the Florence Bain Senior Center's Tuesday morning "low vision" meetings. This month he will give his own presentation at the Residences at Vantage Point in Columbia, where he will talk about: "My toys - the things that make my life easier".

The list of Fred's "toys" is huge but here are just a few that make a difference in his life:

ReSound Multi Mic, a flash drive-size microphone that wirelessly connects with his VA-supplied Quatro hearing aids to screen ambient sounds so a speaker can be heard more clearly.

Amazon Echo, a common device

that helps him access podcasts, listen to music, use Wikipedia, and remember to go to doctor's appointments and take medications.

Optelec Clear Reader, a device takes a picture of a page of text, or his mail, and reads it to him.

Merlin, a computer monitor-like desktop magnifier that reads publications placed under it (see photo) and magnifies them up to 32 times. It can also project text with color contrasts when needed. Fred also uses it to scan mail envelopes for quick disposal.

Galaxy, a handheld portable device made by Envision America that scans and reads barcodes, and can also create personal barcodes using un-coded peel-off stickers that can be used to identify storage boxes, read a list of what is on a kitchen cabinet shelf, read food can contents

My Travel from Out-Of-Control to Healthy

My wife, Jeannie, died August 2012 and I was left to fend for myself. I did not start off very well. I began to lean on food as a source of comfort, eating frozen dinners. During the first two years, weight and health were not a priority. In 2014, my friend Kim Sherman took a picture of me, which turned my life around. That is when realization hit that I was totally out of control. I had to do something. My friends were avid cyclists and suggested I try it.

Before I knew it, biking became my passion and a means of coming back to life. I began to gradually see results, especially combining exercise with improved eating habits. I was feeling better. Rather than frozen dinners and desserts I concentrated on vegetables, fruits, and nuts and occasionally treated myself to an 'indulgence'. The book, "Eat to Live", was a good way for me to start. Eventually, I lost more than 50 pounds.

This took place while I was living in Virginia, but my family and friends were in Maryland and Delaware so they convinced me to move back to Maryland where we had

lived while our children were growing up. I had known about The Village in Howard through my dear friends and had gone to several of the Village functions as a guest while still living in Virginia. However, upon moving back, I decided to join for the comradery and to become a helpful member and volunteer. Kim and Jane Sherman, Mike and Kathy O'Rourke, and other members of the Village introduced me to Cycle 2 Health, which is sponsored by Howard County Department of Aging. This group helped me to maintain my weight at a healthy level while allowing me to enjoy life again. And the Village has provided me with immeasurable good friends and experiences to enrich my life, for which I will forever be thankful.

My advice to those who feel down due to weight gain is to start small. Try eating fewer 'bad' foods. You know what they are. If you're able, take a walk every day. Columbia has wonderful walking paths around the lakes. Brighten your life with all the beautiful things around you. These are the things that lift me up every day, besides Marie Grunwell, the new addition to my life whom I met at the Village. Without the change she would never have noticed me.

— Jim Bouscaren

Frederick Butt

Continued from page 3

and dietary information in stores, and help when dressing by identifying the color of clothing.

Some of the local services Fred works with are:

The Loan Closet (410-313-0363), run by the Howard County Office on Aging Independence, which collects and provides used durable medical equipment.

Maryland State Library for the Blind and Physically Handicapped (800-964-9209) in conjunction with the **Library of Congress**, puts books or other materials selected by the reader, on cartridges that can be read by a digital device provided free of charge by the LBPH. They also help local libraries conduct low vision workshops and programs. Libraries will install apps, like BARD, on an iPhone or other smart device that make it possible to download books, magazines and music.

Walmart Pharmacy in Columbia, has a free service initiated by Fred (featured in the April TVIA newsletter) that provides digitally-encoded braille or large font medication labels that can be scanned by a device - provided free from Vision America - that reads the prescription labels.

These are a few of the available low-vision devices and services and if he doesn't have what someone needs you can be sure he will find it. As new programs and technologies

emerge, Fred learns about them and passes the information on. He welcomes all inquiries and invites people to contact him at frederickbutt@yahoo.com or phone (410-707-8690).

— Helen Worth

*Village members made Fred's life,
"something to look forward to."*

Maryland Technology Assistance Program (800-832-4827), which loans equipment to people who want to test before buying.

The National Federation of the Blind in Baltimore (443-426-4110), provides services and training for the visually impaired.

Upcoming TVIH Programs

Health and wellness, history, and travel programs are highlighted. For registration and additional information on these and other programs, go to TVIH's online calendar.

TVIH Talks: How to Cook for One and Eat Well

TVIH member Bill Levine will share his routine for preparing healthy, homemade meals for one and a few recipes. "In my own cooking, and in this talk, I emphasize healthy meals that are as foolproof and effortless as possible. I plan to share a basic template for a reasonably healthy meal and a bunch of examples of how to follow that template. Better cooks than me who are interested in improving my recipes will easily be able to do so."

All TVIH members and friends are welcome to attend. If you cook for one person and have tips/recipes to share, please bring them. The event is scheduled for Wednesday, May 22 at 10AM.



Focus on Fitness



The Howard County Office on Aging and Independence (OAI) in conjunction with TVIH will present a workshop on improving your fitness on Wednesday, May 29 beginning at 10AM. Take a snap

shot of your current fitness level by participating in two simple fitness tests: flexibility and cardiovascular endurance. Each participant will receive a fitness report card and information about opportunities to stay active in Howard County. Testing is performed by Certified Fitness Instructors. There is no charge. Participants will be given a specific time-slot for their testing. To register,

call Malarie Burgess at OAI at 410-313-6073. The workshop takes place at the TVIH Center.

Tour the Home of one of the Most Prominent African Americans of the 19th Century, Frederick Douglass National Historic Site - Cedar Hill

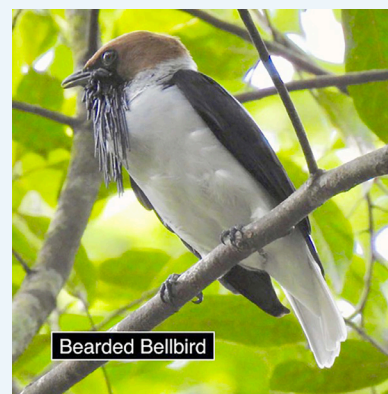
Born enslaved, Frederick Douglass sought freedom and against all odds rose to a life of honor by becoming a statesman, journalist, activist, hero, and more. The Frederick Douglass National Historic Site preserves Cedar Hill, where Frederick Douglass lived from 1877 until his death in 1895. The house is furnished with original objects. The view of the nation's capital from Cedar Hill is breathtaking. After the tour, we'll gather for lunch at Thai Orchid's Kitchen nearby. This event is scheduled for Friday, May 17 at 9AM.



TVIH Travel Talks/Potluck Dinner

"250 Days of Wandering with a Camera"

Dick Voelker will share his photos taken while traveling in the U.S., remote areas of Trinidad and Tobago, travels to Maya ruins, and capturing nature in Belize. This event is on Tuesday, May 14 at 5:30PM.



Now Boarding

The purpose of this column is to summarize TVIH Board meetings, highlighting issues/topics that members might be interested in exploring further. As always, notes you see this month in this newsletter will reflect the highlights of meeting minutes that will be posted on the website next month, after they are approved by the board.

Recruitment – There is ongoing discussion on how to focus our outreach efforts to help folks move from interested visitors to members. We need more committee members to work on all aspects of this process, from identifying and participating in community events that expose larger numbers of folks to what TVIH offers to following up with individuals who express interest in receiving more information. Anyone interested in participating in this effort can contact Kim Sherman or Lynda Rotter while the Membership and Communications and Outreach Committees are fine-tuning their work together.

Ad-hoc Advisory Council Update – this Ad-hoc committee met twice and recommended to the Board that we pursue the development of an Advisory Council. It was recommended that the Council once recruited, could focus on issues related to better identification and utilization of our members' skills, leadership development/planning for Board Officers and Board members as well as increasing paid staff and better utilization of paid staff currently available.

Summer Move – We will need three SUV/s or vans to move boxes and some furniture out for the summer. If you can help on June 14, contact Sally Parker sallyparker100@verizon.net.

Community for Life – The Executive Committee will be meeting with a representative from the Maryland Department of Aging's Community for Life office. He has requested this meeting to learn more about our village. We are hoping he is interested in learning more about villages before the state office develops new initiatives that assist residents to age in community.

The next Board Meeting will be May 22, 3-5pm. All members are welcome to attend. If you have items you wish to present, please send them to 4info@thevillageinhoward.org by May 15.

Call to Writers

Sill thinking about writing that best-selling novel but you'd like something more modest for now? How about helping us tell the many stories of what makes a Village – OUR Village? The TVIH Editorial Board could use a few good writers. If you're willing to give it a try, contact Cheryl Neely at: manager@thevillageinhoward.org.



WELCOME NEW MEMBERS

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

Herb Hartnett – Columbia
Julia Mattis – Ellicott City
Roberta Rood – Ellicott City
Ruth Paine – Columbia
Mark Wong – Columbia

We hope to meet you at any of the events listed in this newsletter. You can view our full calendar of events at www.thevillageinhoward.org.

Your Invited to Attend The Encore Chorale Spring Concert

TVIH members Stephanie Coakley, Inger Hyder, and Mary McGraw sing with the Encore Chorale of Columbia and invite fellow Village members to attend their Spring Concert at the Owen Brown Interfaith Center located on 7246 Cradlerock Way on Sunday, May 5 at 4:00. The chorale will perform Gershwin favorites, the Music Man and more. This concert is free.

EXTENDING THE WELCOME MAT

It's often difficult to walk into a new group and determine whether you'd be comfortable in it. TVIH offers opportunities for free trial runs without having to register or make a long-term commitment. These are events that have drawn many of us into the Village.

Walkers might enjoy Saturday Sneakers & Coffee, which meets every Saturday at Lake Kittamaqundi by the People Tree or Monday Morning Meanderings at Lake Elkhorn.

If you're searching for conviviality, join the Lunch Bunch each Wednesday or Happy Hour on the first Tuesday of each month.

Bring your friends and neighbors to any of these events. We'd enjoy your company and love to get to know you.

Happy Hour: Tuesday, May 7 from 4PM – 6PM
at Tino's Italian Bistro & Wine Bar on the patio, 8775
Centre Park Drive, Columbia, MD 21045.

Lunch Bunch: Each Wednesday from 11:30AM – 1PM.
This month we'll lunch at Leelynn's Dining and Lounge,
9495 Old Annapolis Road, Ellicott City, MD 21042.

Sneakers and Coffee: Every Saturday at Lake Kittamaqundi. 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.

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 of Dockside Road off Cradlerock Lane across from McDonald's.

MAY AND JUNE 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 TVIH Center unless otherwise specified. Please check our online calendar. Additional events may have been added to our calendar after this newsletter was published.

Mah Jongg

Friday, May 3, 10, 17, 31 at 10AM.

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

Howard County Gifted & Talented Jazz Ensemble

Thursday, May 2, 7PM, Rouse Theater

A talented group of young musicians from the Howard County Public High Schools.

Teach and Taste

Wines from areas along Eastern Europe's Romantic Danube

Sunday, May 5, 12:30PM and 3PM
Sessions

Presentation will concentrate on the unique grapes of Hungary and Austria.

Speakeasy Three: Advance Directives

Monday, May 6, 4PM
Watermark Place, 10001 Windstream Drive, Columbia

You need not have attended previous two events. An attorney will be present to help answer specific questions about Advance Directives and help individuals complete a detailed Advance Directives.

My 3 Cents

Wednesday, May 8, 2PM

Information on how to make aging in place a manageable reality.

Elders' Wisdom

Thursday, May 9 at 11:30AM

Discussion: "Where Do We Go From Here?"

National Mall Smithsonian Gallery Gardens & Sculptures Trip

Tuesday, May 14, 8AM

This trip includes the Museum of the American Indian landscape, Air and Space Museum landscape,

Hirschhorn Museum Sculpture Garden, National Gallery of Art Sculpture Garden. Check the TVIH website calendar for additional sites and travel arrangements.

Bridge Group

Tuesdays, May 14 and 28 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.

Travel Talk/Potluck Dinner

Tuesday, May 14, 5:30PM

Central Library, 10375 Little Patuxent Parkway, Columbia 21044

Dick Voelker presents "250 Days of Wandering with a Camera."

Alzheimer's Disease & Dementia

"10 Warning Signs of Alzheimer's"

Wednesday, May 15, 10AM

This month is the second of a three part series. The program in June discusses "Healthy Living".

The Village Readers

Thursday, May 16, 10AM

May reading: "The Woman in the Window" by A.J. Finn

Frederick Douglass National Historic Site- Cedar Hill

Friday, May 17 at 9AM

Meet at TVIH at 8:50AM to form carpools to the home of Frederick Douglas from 1877 until his death in 1895. We will gather for lunch at Thai Orchid's Kitchen.

TVIH Talks: How to Cook for One and Eat Well

Wednesday, May 22, 10AM

TVIH member Bill Levine will share his routine for preparing healthy, homemade meals for one and a few recipes. All TVIH members and friends are welcome to attend. If you cook for one person and have tips/recipes to share, please bring them.

TVIH Website and iPhone Workshop

Thursday, May 23, 10AM

For members who have questions about navigating the TVIH website.

TVIH Center is closed for Memorial Day

Monday, May 27

Focus on Fitness

Wednesday, May 29, 10:30AM

This program, sponsored by Howard County on Aging and Independence in conjunction with

TVIH presents a workshop on improving your fitness. Each person registering with OAI (see website for details) will be given a specific time slot to arrive at TVIH to take tests and obtain results.

TVIH Annual Picnic

Sunday, June 2, 4PM (rain or shine)

East Cedar Lane Park

This is our annual member picnic. Register today for this fun event.

Get Acquainted Coffee

Monday, June 3, 1:30PM

New members and those who have not participated in recent events are welcome to join us to find out more about Village activities, programs, and services.

New York City Tenement Museum Trip

Thursday, June 6 and Friday, June 7

Experience the story of the immigrants who settled in the Lower East Side of NYC. **This event is filled.**

William Paca House & Garden Tour, Annapolis

Thursday, June 13, 9AM

William Paca who was one of Maryland's four signers of the Declaration of Independence and Maryland's third governor built this Georgian mansion in the 1760's.

Registrations are due by May 20.

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.