



The Village In Howard Newsletter

April 2020

In observance of Good Friday on April 10, 2020, TVIH office volunteers will not be available to respond to messages or answer phone calls. We will resume taking messages and calls on Monday, April 13, 2020.

TVIH – A Caring Community

At this time of social isolation and closings, let's think of new ways we can come closer as a community and open up to each other. Are you willing to share the ways you are trying to cope with the pandemic that we are in the midst of? Are there coping strategies which are working for you which may work for others? Are there lessons you have learned from the past which have helped you work through a dilemma?

Please consider using the TVIH Forum to share how you are coping with the current state of misfortune we are now all facing. And please allow me to begin the conversation, here and now.

There are many reasons why I value poetry. Especially, in times of adversity like these, I look to poets for their understanding of a complex situation and maybe, for their creative thinking about how to overcome. Take, for example the poem titled **Pandemic** that Lynn Ungar recently published online and appears here. As you will read in two of her penultimate lines: "Do not reach out with your hands. Reach out with your heart."

With so many of us staying at home and unable to attend community events – including TVIH events – if there ever was a time to pick up the phone and call a friend or acquaintance, now is the time. I have started to do this more than I have in the past and I will continue. There is nothing like hearing the human voice that, in some degree, makes up for being apart.

*Submitted by
Chuck Sternheim,
TVIH Member since 2015*

Pandemic

Lynn Ungar 3/11/20

What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?

Cease from travel.

Cease from buying and selling.

Give up, just for now,

on trying to make the world
different than it is.

Sing. Pray. Touch only those
to whom you commit your life.

Center down.

And when your body has become still,
reach out with your heart.

Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)

Know that our lives
are in one another's hands.
(Surely, that has come clear.)

Do not reach out your hands.

Reach out your heart.

Reach out your words.

Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love—
for better or for worse,
in sickness and in health,
so long as we all shall live.



Virtual Programming

The Program Committee, along with the TVIH Board, is exploring different ways of providing virtual programming for many of our programs such as book clubs, meditation, meetings, lunch bunch, etc., through free conference calls or Zoom. As soon as details have been worked out, this information will be provided to the membership on our website. **Be sure to check out the TVIH website on a regular basis.**

Virtual Events in April

More events will become available virtually. As these programs become available they will be posted on our online calendar with instructions on "how to join". Please check our online calendar frequently.



Virtual Lunch Bunch

Each Wednesday beginning at 11:30AM.

Virtual Sneakers and Coffee Group

Saturday mornings at 9:00AM

Grab your coffee mug and join this walking group virtually every Saturday morning at 9AM for great conversation. Sneakers not required!

Happy Hour

Happy Hour is going virtual. Check our online calendar for program information.

VIRTUAL Meditation Class - Morning and Evening Sessions

Mondays: 9:30 AM - 11:00 AM April 6, 13, 20, 27

Thursdays: 7:00 PM - 8:30 PM April 9, 16, 23, 30

This new program beginning April 6 will continue weekly in April. TVIH member Fran Dummett will lead this virtual program. Check our online calendar on "how to join" this virtual program.

Virtual Pasta Dinner with Friends

Friday, April 3, 5:30PM-6:30PM.

Let's have dinner together and chat in one of our ZOOM meeting rooms. We will meet in front of our own computer or tablet screens in our homes. Details are now on our online calendar.

Welcome New Members



We extend a warm welcome to **Judy Canahuati, Harry Glass, Kathy Lieberman and Jane Sneider.** While our center is closed due to COVID-19 state directives, we hope you will take the

opportunity to join one of our upcoming **virtual** activities. We will be using ZOOM for Lunch Bunch, Happy Hour, Meditation Class, The Village Readers book club and Flying Solo. We will be up and running **virtually** for these and many other programs by April 1. Check our online calendar regularly for updates. Registration (if necessary) and sign on information will be in the program detail

on the TVIH online calendar. If you have any difficulty registering or signing on to any of our **virtual** programs, please call the program organizer or the office at 443-367-9043. We'll be delighted to assist you.

April is National Volunteer Month and we are very appreciative of our volunteers for the services they provide TVIH members. We welcome **Patricia Levay** to our Transportation Team. Our transportation volunteers provide TVIH Full Members rides to the grocery store, a doctor's appointment and other places on a need basis. **THANK YOU!**



What Does the “V” Stand for in “TVIH?”

Ostensibly it connotes our group of approximately 200 Villagers. But that Village could not function without the work of volunteers. They are the crucial V behind the Village, the heart of the organization and the skeletal structure that provide its administration and the implementation of its mission of mutual care.

Last year volunteers completed 1918 hours which included responding to 857 office shifts and requests for information, assistance and transportation. Susan Hailman and Marie Grunwell who coordinate these efforts estimate that in the past year, volunteers have spent 1009 hours staffing the TVIH office. The office volunteers answer phone calls, maintain our databases,

Volunteers exemplify our motto of making aging in Howard County easier

and connect requests for aid with volunteers who can fulfill them. As Susan Hailman notes “Regardless of what we could pay, it would be difficult to find a staff that could be as responsive to the needs of our members as our volunteers... It’s the ability of office volunteers to contact just the right person for an unusual request... that allows us to meet diverse needs.”

Volunteers also provide outreach and support to address the problems characteristic of our age group. They exemplify our motto of making aging in Howard County easier. Inability or limitations on driving affect the ability to participate in Village programs. The Village has recruited a cadre of qualified drivers to address this issue. Last year transportation volunteers responded to 325 requests for help. During the 768 hours volunteers spent in this activity, they have helped members to attend programs and do errands, such as picking up medications or grocery shopping. When they transport villagers to medical appointments, they often stay with the individual during the stressful waiting period.

Sudden accidents or surgery that temporarily disable people are part of the aging process. Susan Hailman has

built a Circle of Care of volunteers who help individuals by bringing meals, taking them for checkups and providing social support. There is a separate social support volunteer group who provides respite time for caregivers while participating in a friendly visit to the person under care.

Volunteers staff our committees and create our programs, recruit new members, create and manage our website.

This is an incomplete catalog of some of the roles volunteers play in TVIH. Why do they do it? Here are some responses from volunteers.

Many volunteers do so out of a sense of personal concern. Aware that aging brings with it uncertainty, they “invest time and treasure now to support others ‘whose when I need it’ has come.” They pay it forward for when their need arises. For others service is an essential part of their belief system.

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.”.....

Unknown

They fulfill this purpose by contributing service to particular individuals or by working on activities like Healthy Aging efforts with HCGH which ben-

efits the senior population of Howard County. Other volunteers see their service as pay back “to an organization that has enriched my life in so many ways.”

Volunteerism is also motivated and sustained by personal commitment. “As a volunteer driver, I have had the opportunity to get to know people who are incapacitated in some way and this has enriched my understanding of the meaning of courage, fortitude, and resilience. I am thankful moreover, to have made new dear friends.” And from another volunteer “The more you become involved, the more you realize how special this group is. As the saying goes, “the more you put into an organization, the more you will get out of it.”

April is National Volunteer Month. It reminds us to thank the cadre of people whose motivation to help others and create a caring organization sustains TVIH. We deeply appreciate your contributions. TVIH needs more of you. We need help in staffing the TVIH office, in populating its committees and even in writing this newsletter. To lend a hand please contact Susan or Marie at volunteer@thevillageinhoward.org

Maryland Senior Call Check

Maryland is the first state in the country to start a free, opt-in, telephonic service to check on Maryland residents 65 years or older. Each day at a regularly scheduled time between 8AM and 4PM a telephone call will be placed to the participant. If the participant does not answer their first call, they will be tried two more times. If those calls go unanswered, additional calls will be made to notify an alternative emergency contact preselected by the participant who will be encouraged to check on the participant. The failure of the participant and alternate to answer may result in a Welfare Check by local law enforcement.

It is recommended that all seniors use the program as a resource during the COVID- 19 global pandemic. Senior Call Check phone lines are open M-F 8 am-5 pm and Saturday 9 am-3 pm. The toll-free number is 1-866-50-CHECK (1-866-502-0560). The enrollment process can be completed within 24 hours Monday – Saturday. Daily calls will not begin until the applicant/participant receives a call to verify all of their information. Verification will include a successful test automated call to both the participant and alternate. After all information is validated, a Welcome Packet including start date will be mailed to the participant's home address.



for Maryland
Residents 65 +
FREE

 **Maryland**
DEPARTMENT OF AGING

Senior Call Check

Call 1-866-50-CHECK
or Register Online
aging.maryland.gov

*A daily call to verify your well-being, at a time scheduled at your convenience.
Register today or tell a loved one about this program!*



HOW TO APPLY?

There are 3 ways to apply:

CLICK THE LINK BELOW TO REGISTER

1. Download & print Maryland Senior Call Check Paper Application to mail in Maryland-Senior-Call-Check-Paper-Application.pdf
2. For Maryland residents who qualify for the program but who do not have access to the Maryland Department of Aging website, www.aging.maryland.gov, you may call our toll-free number to register by phone: **1 (866) 502-0560**.
3. Ask to have a hard copy application mailed to your home.



Click this link to watch Preview Trailer!

<https://player.vimeo.com/video/399466744>

Our filmmakers have graciously agreed to participate, making their films available online from Friday, April 3rd, 2020 at 12 noon until midnight Sunday, April 5th, 2020. Upon registration, you will receive a private link and secret password which will give you unlimited access to watch at your leisure once films are posted! We will even send you a reminder!

Thank you and Enjoy!

Your Columbia Film Festival and
Columbia Festival of the Arts Team

Free Film Retrospective - Best of 2019!



We are pleased to present ONLINE for FREE over twenty (20) of the best films from our 2019 Columbia Film Festival, presented by Columbia Festival of the Arts, including the Best of the 48 Hour Film Festival, to provide a little entertainment, plus a sneak preview of our upcoming 2020 season. We have a unique selection of films for your enjoyment. For more info on each film or to register click here:

<https://www.showclix.com/event/virtual-film-retrospective>

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.