



The Village In Howard Newsletter

October 2020

TVIH Help With Your Absentee Mail-In Ballots

If you have applied for a Mail-In Absentee Ballot and need help getting your signed and sealed ballot to a drop-off box, we have checked with the Board of Elections, and we can provide you with that assistance. Simply phone the office (443) 367-9043 to request this service.

7085 Montgomery Road
Elkridge, MD 21075

Laurel Woods Elementary School
9250 N Laurel Road
Laurel, MD 20723

Lisbon Elementary School
15901 Frederick Road
Lisbon, MD 21797

Howard County Ballot Drop Box Locations for the 2020 Presidential General Election

This list may be updated to include new drop box locations as they become available. For location updates, go to elections.maryland.gov/2020.

These locations will be available for use by September 28th – 30th

Howard County Board of Elections
9770 Patuxent Woods Drive, Suite 200
Columbia, MD 21046

Long Reach High School
6101 Old Dobbin Lane
Columbia, MD 21045

Marriotts Ridge High School
12100 Woodford Drive
Marriottsville, MD 21104

Meadowbrook Athletic Complex
5001 Meadowbrook Lane
Ellicott City, MD 21043

Reservoir High School
11550 Scaggsville Road
Fulton, MD 20759

Wilde Lake High School
5460 Trumpeter Road
Columbia, MD 21044

These locations will be available for use by October 15th – 17th
Elkridge Landing Middle School



Niloufer Mavalvala Hosts a Cooking Demonstration on October 20, 2020

Born and raised in Karachi, Pakistan, Niloufer's love for food combined with extensive world travel from a young age inspired her to experiment with world cuisines. Niloufer gave her first cooking class to a group of school girls at the age of 17. Loving the opportunity to meet new people who share her passion for food, she has gone on to give many more cooking classes in Dubai, the United Kingdom, and Canada - where she has lived for the past 19 years with her family. In 2013, Niloufer decided to start a recipe blog Niloufer's Kitchen where she shares old and new culinary creations with a following of over 750,000 from around the world. Author of two award-winning cookbooks, *The Art of Parsi Cooking* and *The World of Parsi Cooking* and ten e-cookbooks, she also freelances for *The Cook's Cook*, *Le Bon Magot*, *Fezana* and various magazines and journals from around the world.



Through the pandemic, Niloufer has hosted cooking demonstrations on Zoom from her kitchen outside Toronto. I have logged in for most and have learned so much about cooking from our shared heritage in addition to virtually meeting aspiring chefs from around the world. I have been cooking for over 40 years; Niloufer's tips and advice have made me a more focused and meticulous cook. Niloufer has hosted cooking classes for young people to introduce them to this ancient cuisine

which is a delicious blend of Persian, Indian, and British influences, with the perfect balance of sweet, sour, and spice. Family recipes from her mother's kitchen combined with a love of cooking inspired by her aunt, make Niloufer's recipes authentic and appealing. Niloufer has modified some of the recipes to make them easier to prepare with easily available ingredients, while maintaining their flavors and authenticity. Her many platforms revive this ancient cuisine and introduce it to a wider audience of chefs and foodies.

Niloufer has kindly offered to do this cooking demonstration for TVIH members and guests for free. In addition, she is donating her cookbook as a giveaway to one lucky winner to be drawn from the attendees. Don't miss this once in a lifetime opportunity to REGISTER for this exciting class.

— Farida Guzdar

HEALTHY AGING WORK GROUP STAYS ACTIVE DESPITE PANDEMIC

During the pandemic the TVIH Healthy Aging Workgroup has kept up virtually with its collaborative relationships with our Howard County Health Initiatives organizations: the Hospital, Horizon Foundation, Age-Friendly Howard, Local Health Improvement Coalition, and Office on Aging and Independence. Here is a brief summary:

Howard County General Hospital (HCGH):

Before disbanding, the Patient/Family/Caregiver Workgroup established the Community Care Technician Program where specially trained aides and nurses follow up qualified patients with chronic conditions with 30 days of free home care post discharge.

The Patient/Family Emergency Department Advisory Council has corresponded with HCGH leadership regarding issues TVIH members experience when using the Emergency Department (ED). TVIH is an accepted partner in the review process for the ED. (Lynn Brallier, Alice Triplett, Kim Sherman, Judy Goldfarb)

Patient Engagement Program (PEP): This project aims to use training modules to enhance communication skills of clinicians with patients in various settings. Currently they are developing a Diabetes Module. (Nancyellen Brennan)

Horizon Foundation Speakeasy Program:

Jane and Kim Sherman continue to lead this effort to encourage TVIH members and the public to complete Advance Directives, and file them in the HCGH database.

Age-Friendly Howard (AF):

The Age-Friendly Howard County initiative continues its activities. TVIH members are members of some of the 8 workgroups (Susan Hailman, Alice Triplett, Kim Sherman, Michele Millican, Jim Sanders). An action plan incorporating the 8 workgroup's recommendations will be completed by June 2021.

The AF Community and Health Services workgroup (Jim Sanders and Michelle Millican) is researching AF issues and plans from other similarly sized U.S. cities and counties. They are also examining issues existing today in the county and developing their own ideas. Calvin Ball is very interested in this initiative and is meeting with each workgroup. In particular they are focusing on:

Aging in Place: recommendations include easy access to home assessments for minimizing falls and reform of government approval processes for: a) home modifications, b) home sharing, c) in-law suites/ADUs, and (d) more affordable housing for seniors;

Age Friendly/Engagement: recommendations for financial support to re-invent the CA Volunteer Center which closed in March; support to develop more virtual volunteering opportunities; expansion of workforce development center programs to support seniors' desire to find flexible work (part time/ job sharing); creating easier/safer ways for seniors to vote.

Local Health Improvement Coalition (LHCI):

Jim Sanders represents TVIH. LCHI tabs on all health initiatives in Howard County.

Office on Aging and Independence (OAI):

OAI is conducting its classes and offerings virtually. The OAI hyperlink to classes is located on TVIH Homepage (scroll down). (Rosalie Koslof, Jane Sherman, Judy Goldfarb)

— Judy Goldfarb, Chair

Travels in the USA



Between September's travel talk on CROATIA and BOSNIA-HERZEGOVINA and November's talk on JAPAN, we find a geographic midpoint to the USA for October.

This Zoom meeting/talk [without the traditional buffet dinner] will highlight several of Dick Voelker's adventures.



Pictures have been compiled into a video with titles and music from his March 2011 Death Valley, CA adventure as well as travels in September 2011 to Utah National Parks. Following these videos, there

will be an assortment of photographs from a variety of locations including the Grounds for Sculpture in New Jersey.

Naturally, during these Zoom Travel Talk presentations, TVIH members and guests are cordially invited [encouraged] to share their photos and adventures in

the USA. The date for this event is Thursday, October 22. Hopefully, from the attached photos, you can detect the difference between Utah National Parks and Death Valley. We're looking forward to seeing you on Zoom while enjoying some chit-chat before the show.

Welcome to New Members Let's Get Acquainted



We wish to extend a warm welcome to new members **John and Karla Kastner** of Clarksville. We look forward to meeting you soon!

Monthly Events Requiring Registration

Register for an event on the online calendar. On the day of the event, return to the event on the calendar about 15 minutes before the time of the event, click the zoom meeting room link and you're in! If using your phone, follow instructions given.

Reminder: Please remember to use the 'Cancel' button or phone the office, if you are unable to attend an event for which you've registered. This courtesy not only helps the event coordinator, but opens a space for others who may wish to attend.

Thank you for your consideration.

Sarah Spence, Program Chair

- **The Village Readers Book Group** – Thursday, October 15th @ 10:00 AM. Discussing the book *The Color of Water* by James McBride
- **Can you Haiku?** – Wednesday, October 7nd @ 2:00 PM. An opportunity for poetry lovers to create and read their own haiku as well as reading the offerings of traditional and non-traditional masters of the art. A traditional Japanese haiku is a three-line poem with seventeen syllables, written in a 5/7/5 syllable count. Often focusing on images from nature, haiku emphasizes simplicity, intensity, and directness of expression.
- **"Hooked on Books" Book Club** - virtual. Tuesday October 6th @ 1:00 PM.
Meets on the first Tuesday, every other month:

August, October, December, February, April, June. This month we will be reading *The Giver of Stars* by JoJo Moyes.

Weekly Activities/Events Requiring Registration

- **Good Morning Howard** – Virtual. Please note the new days/times for October!
Every Monday and Wednesday @ 10:00 AM. 10/5, 10/7, 10/12, 10/14, 10/19, 10/21, 10/26, 10/28.
- **Virtual Bridge** – Every Tuesday @ 1:00 PM. 10/6, 10/13, 10/20, 10/27.
- **Mah Jongg** – Every Friday @ 10:00 AM. 10/2, 10/9, 10/16, 10/23, 10/30.
- **Dinner and Discussion with Friends** – Every Friday @ 6:30 PM. 10/2, 10/9, 10/16, 10/23, 10/30.
- **Virtual Meditation – Led by Fran Dummett**
Tuesdays @ 7:00 PM: 10/6, 10/13, 10/20, 10/27
Thursdays @ 10:00 AM – 10/1, 10/8, 10/15, 10/22, 10/28
If you would like some time to focus on managing your stress, gaining more self-awareness, improving creative thinking and experiencing calm be with us via Zoom for "It is okay NOT to be okay," "The Power of Mantras", "EFT Tapping Meditation", and "Autumn Blessings".

Individual Events Requiring Registration

- **TVIH Website, Zoom, and iPhone Workshop** - Thursday October 1st and 28th @ 11:00 AM

This workshop is for *members* who have questions about navigating the TVIH website (registering for events, cancelling your registration, checking your payment history, posting messages to the TVIH forums, etc.).

- **Discovering Podcasts** - Wednesday October 7th and 21st @ 4:00 PM

This 45-minute program will present clips from three podcast episodes. Story-telling of personal experiences, science, history, and imaginative ideas will be emphasized.

- **Cooking Lesson - Indian Vegetarian Dishes Taught by a Cookbook Author** - Monday

October 12th @ 11:00 AM

This is a monthly meeting on healthy diet. TVIH members share their journey/recipes/books/articles to improve their health by changing the food they eat every day. This month we are fortunate to have a guest speaker; cookbook author, Niloufer Mavalvala.

- **Empowering Yourself with Technology** – Wednesday October 14th @ 11:00 AM

This month's topics include:

Youtube: How to use it effectively?

How to watch it on Roku?

Twitter, Instagram, FaceTime: Are there special features for older adults?

Virtual resources at the HC library: ebooks, movies, music, newspapers, magazines.

- **Listen: Is Music a Universal Language? Session 2: Presenter, Tom Benjamin, composer, music**

theorist, conductor, and performer - Thursday October 29th @ 10:00 AM. Virtual. This will be a follow-up from last month's session, dealing in more depth with questions of geography, trade routes, culture, languages and their influence on music.

Virtual Programs Not Requiring Registration

- **Saturday Morning Virtual Coffee with Friends** – 9:30 AM. 10/5, 10/12, 10/19, 10/26.

- **Monday Morning Virtual Meanings** – 10:00 AM. 10/5, 10/12, 10/19, 10/26.

- **Wednesday Lunch Bunch (Virtual)** – 11:30 AM. 10/7, 10/14, 10/21, 10/28.

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.