



The Village In Howard Newsletter

December 2020

= Happy Holidays =

The Village In Howard Offers a Community Wide Workshop courtesy of a generous grant from the Horizon Foundation

In a two-part virtual series open to TVIH Members and the public, Jim Sanders will guide his audience through the challenges of self-isolation during the COVID-19 pandemic.

The pandemic is having a profoundly negative impact on the mental health of our communities and is expected to worsen over time. Fortunately, older adults have demonstrated a solid resilience in the face of adversity and revealed the ability to adapt to the requirements for physical distancing. If you are looking for trusted sources on the infection and strategies for stress management, this series is for you.

The First Session, scheduled for December 7th at 4:00 PM, is Understanding the Pandemic. The focus is on creating a Personal Management Plan. The presentation will include facts about the infection, treatment, and vaccination; forecasts for the pandemic's length and intensity; and explore risks of illness and strategies to reduce infection opportunities. As always, Jim will provide the latest top resources for Covid-19.

The Second Session, Dec. 14th at 4:00 PM, covers Approaches to Daily Living, Social Distancing and Isolation. The group will tackle common daily risk factors; overcoming social isolation, and successful programs and methods that create community.

This is another activity provided by the Horizon Foundation Grant funds. Virtual outreach activities supported

by Horizon kicked off in September with Good Morning Howard and Fran Dummett's Meditation series.

Last year, Jim Sanders led the Village in Howard through many classes on successfully aging in place. A 45-year Columbia resident, Jim is a semi-retired professor of social entrepreneurship, and active member of the American Society on Aging, and the Gerontology Association of America. Please register on the TVIH Calendar page.

Getting To Know You- An Introduction To Some Of Our New Members

Clarksville residents **Karla and John Castner** are both Russian linguists who have retired from NSA. Karla was born in Pittsburgh, but has spent most of her career as an Executive Writer and Editor. She loves musical theater. John, a native of New Jersey is a sportscar enthusiast and also is interested in art. They both remain active in volunteering for Project Kiwanis where they distribute blankets for the needy.

You may have met **Cathy Latham** already. This resident of Columbia is an active participant and organizer in our Good Morning Howard Program.

Lois Nicoletti is a retired teacher originally from Philadelphia and now living in Ellicott City. She continues to teach by offering tutoring services aimed at improving students' English language skills. She is eagerly looking for a few members who are interested in learning the game of poker together.

Welcome to New Members Let's Get Acquainted



We wish to extend a warm welcome to new members **Melanie Milner** of Highland and **Amanda Maguire** and **Chris Szendroi** of Ellicott City. We look forward to meeting you soon!

Support the Village in Howard
Click **DONATE** today.
Thank you



TVIH Music Lecture Series

On December 22, TVIH member and retired music professor, Tom Benjamin, will give the third monthly music lecture. This event is open to the public. Please register on the TVIH website at www.thevillagein-howard.org. The zoom meeting link will be emailed to you after you register.

The title of Tom's December lecture is "Listen! Unto Us a Child is Born". Many



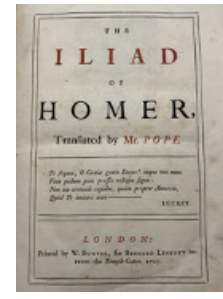
of the world's cultures celebrate miraculous births, often at the turn of the year, births of spiritual leaders and the mothers who bore them. We'll explore the music of some of these celebrations, and the ancient festivals of light and renewal, feasting and gift-giving that give rise to them. Saturnalia, Saint Nick, solstice, calypsos and Bach!

— Submitted by Joy Cheung

In With The Olde Out With The New

A new program "Days of Olde" begins on December 8 at 11:00. The event provides an opportunity to share and discuss family treasures that you may be giving to your children and grandchildren. Items such as paintings, china, glassware, furniture, jewelry, lamps, books, coins are examples. We'll have a wonderful time looking back and, in some cases, the items are from foreign lands.

Some examples of things that will be shown, admired and talked about are shown below: a German beer stein from 1747, an English book printed in 1715 and an



American 50 cent silver coin from 1807.

Looking forward to seeing everyone and sharing items that you plan to pass onto others.

This event is open to the public. To register, go to our website at www.thevillageinhoward.org. The zoom meeting link will be emailed to you after you register.

— Submitted by Dick Voelker

Good Morning Howard Topics for December

This program on Mondays and Wednesdays at 9:00 AM is open to the public. Registration on our website is required to receive the zoom meeting link.

12/7 and 12/9 Host: Sarah Spence

Topic: Holiday Traditions

What are your holiday traditions? Do you hope to pass on these traditions to your children? Do you celebrate traditions that were passed down from your or your spouse's parents? Let's share our favorite traditions with fellow TVIH members and friends.

12/14 Hosts: Michelle Blumhagen and Megan Dvorkin

Topic: Great Cell Phone Photos for the Holidays

Megan and Michelle will discuss how to use your cell phone and freebie photo editing software to create better photos. We will discuss the use of lighting, color, frames, portrait mode, and when to use Zoom to improve your family pictures. Storage? Learn how to use the Cloud safely to store your photos.

12/16 Hosts: Michelle Blumhagen and Megan Dvorkin

Topic: Wearable Digital Devices

Looking for a stocking stuffer? Megan Dvorkin and Michelle Blumhagen will use this Good Morning Howard activity to present information about fitness watches, their settings, benefits, and learning curve. They will also present some of the other wearable devices

which offer seniors messaging, GPS tracking, Wi-Fi positioning, and even calling for help when needed. This GMH activity is free and open to the public.

12/21 Host: Harry Glass

Topic: The Howard County Hospital Controversy of the 1970s; Health Planning at its Worst; Citizen Activism at its Best.

Until the summer of 1973, the only county in the state without a general hospital was Howard. That summer, the 59-bed Columbia Hospital opened. It had an emergency department and was designed to expand to 180 beds. A year before it opened, two Baltimore area hospitals that were in dire financial straits began a competition to receive authorization from the State to build a new general hospital in Ellicott City. The battle over establishing one, two, or three hospitals in Howard County lasted until 1978. The Citizens Committee for Sensible Hospital Planning battled against the construction of multiple hospitals in the County. Its co-leaders were Liz Bobo and Angela Beltram. Harry Glass backed-up the gut feelings of the activists with hard facts about the folly of allowing approval of multiple hospitals to build in the County. Spoiler alert: there was a happy ending!



Harry Glass

12/23 Host: Harry Glass

Topic: Columbia and County politics in the early years

Liz Bobo and Lloyd Knowles will participate in both sessions.



Liz Bobo

12/28 Host: Fran Lorenzi

Topic: Can we agree to disagree again?

Most of us have had our fill of divisive politics and screaming heads on television. During this session we will discuss positive steps that can be taken to counteract the culture of contempt that has taken hold in our country. We will examine what the ordinary citizen can do to bridge divides and mend relationships. The purpose of this discussion is NOT to point fingers but to discuss what we can do to play an active role in helping our community and country heal.

12/30 Host: Fran Lorenzi

Topic: New Year's Resolutions

Before things get back to semi-normal, most of us

will have experienced a life put on hold (in one way or another) for at least a year. This has come at a time when more years are visible from our rearview mirrors than out our front windows. Many of us have used this time as an opportunity to re-examine our lives. Are things that have become important to you that were not before? Conversely, are things you used to think were important that turned out not to be? Let's discuss what we individually resolve to do once we can resume a more normal life and what we can do now to get ready.

Emotional Health Matters – How to Help Ourselves and Others

Howard County's Health Department and Office of Aging and Independence will explore the emotional and mental/behavioral health changes that coincide with physical health changes, losing capabilities, or issues with family, friends and society. As we age and lose capabilities, temporarily or permanently, knowing this basic terminology and practical skills toolkit can be helpful.

A new TVIH Initiative called Village Pods will also be introduced. TVIH wants to encourage our members to support the concept 'It takes a village to age in place,' promote friendships among TVIH members, and lessen loneliness and isolation. Multiple Village Pods can be created, each being a small group supporting each of its members with friendship and shared activities within and outside of TVIH.

The class is a series of three classes on Tuesday 12/15/2020, Thursday 12/17/2020, and Tuesday 1/12/2021. We encourage you to attend all three sessions; come to all that you can.

Ken Lobo Wins First Place At Woodturning Exhibition

This October, Ken Lobo was awarded first place for his creative piece shown at the Delaplaine Arts Center in Frederick, MD. Three clubs from the American Association of Woodturners exhibited 20 pieces each representing the Mid-Maryland Woodturners Club, Montgomery County Woodturners, and Chesapeake Woodturners.

Two jurors evaluated all 60 pieces. Ken's winning piece is shown below and was made from Makore (an African



hardwood). The piece is 10 inches in diameter and the color of the wood is natural; there is no stain.

Ken views his efforts as a form of “engineered art” that involves a lot of creativity. In effect, a lot of thought and planning goes into the piece.

The development of this award-winning piece involved experimentation with other pieces. Specifically, the focus was to carve (on the lathe) both sides of the piece of wood so you could see through it.

Although Ken is a mechanical engineer with a fascinating career, he has been a wood worker for about 50 years. It began while living in Canada where he designed and built furniture for his condo (chairs, cabinets, sofas, and beds). Subsequently he designed and built other types of furniture including bookcases, display cases, frames for pictures and the like. His retirement interest for the last seven years is woodworking on a lathe with specialized tools for cutting and shaping.

Ken does this for fun and does not make pieces for sale.

— *Story and photo submitted by Dick Voelker*

About the TVIH Facebook Page

Who is on the current cover? Ron Putz, who undertook a one-man fundraising activity in 2019. Facebook is a free method to inform, educate and entertain the community. We highlight the activities and achievements of our members. Lots of nonprofits use their Facebook sites for fundraising.

To access our page, you should have a Facebook account. You can click on Like or Follow at the top of the TVIH page, and you will automatically receive regular updates. Catch up on Good Morning Howard announcements, or receive an event invitation. Scroll down to see recent activity photos and videos. Users who Comment and Share a post which they enjoy help us reach a whole bunch of people and we keep track.

If you respond to a TVIH event with Interested or Going, then your Facebook Friends will also receive the Event information.

Users who Like the Page, follow a Page, or Share a Post drives us higher up in the Facebook food chain so that internet searches are more likely to find the TVIH Page. And the easier we are to find, then the more people learn about the Village.

If you have photos to share, or wish to celebrate a special day, please contact Michelle Blumhagen, email michblumhagen@yahoo.com.

— *Submitted by Michelle Blumhagen*



Horizon is presenting a Speakeasy Program which will include end of life choices, housing options, financial choices, and health care among other topics. See the flier in this newsletter for details and links to virtual presentations. There is no cost, but registration is required to attend.



ON BOARDING – Discussion topics at The Village In Howard Board of Directors Meeting

October 28, 2020

Status Report- Where we are now

At present we are paying a nominal rental fee which will be raised to full rental in January 2021. The Columbia Association will notify TVIH when we are able to occupy the building and the required CA protocols. At that point we will hire a qualified cleaner specializing in COVID sanitation cleaning. After COVID, we will offer a mix of live and virtual programs. Mary McGraw will head a committee to work on “how-to-open” safely forming plans and consulting with others (e.g. County Government officials). The “how to-open” plan will explain on-going steps toward opening.

To date we have 177 members (184 at our peak). Through the end of December 2020, we will have initiated 570 programs. 100 more than in 2019. Through the end of October 2020, we have provided 195 services (excludes office volunteer services), encompassing 404 service-related hours.

Review of Survey Action Items- Assessing the past and planning for the future based on the recent TVIH survey

Issue 1: Some members have difficulty using our website and computer system.

Action: We have hired a part-time person, Sarah Ziemann to make the Home Page more user-friendly and to link Zoom activities and registrations more effectively, with greater attention to security issues. An intern has also been brought in to help us gain more connection with social media (e.g. Facebook) We will begin a project to make the website and its components easier to use and to aid members in their interactions with the system, as well as to train more of our members

to help others. This project will also investigate the creation of filters that will allow members to opt out of emails that do not pertain to them.

Issue 2: Members have noticed that the Village is not as diverse as we would like.

Action: We plan to involve all members (including you) in an effort to reach out to our non-Village associates (individual, group, institutions) to bring in members that are from different demographic, ethnic, neighborhood areas and to hold joint meetings with other groups such as churches.

Issue 3: Some members, new and/or long-standing, have found it difficult to break into conversations or seating arrangements with more established ones.

Action: Every activity leader will ask participants to greet someone new to TVIH before they greet an old friend.

Issue 4: The Village seems to be run loosely by a close cadre of people

Action: The Board of Directors is analyzing the current staff, volunteers, committees, and functions of The Village and is working on developing a new volunteer structure with new leaders and co-leaders able to step in as changes take place. The Board urges your active participation in its governance.

Issue 5: Is The Village in Howard a good value?

Action: The dues are now frozen for the next year. New programs have been added both to provide variety and to reach out to the greater Howard community such as Good Morning, Howard (Monday and Wednesday Mornings), and Wrongful Convictions (September 9, 2020). Both of these were facilitated by a grant from the Horizon Foundation of Howard County.

— Submitted by Marie Grunwell

Thank You Volunteers

I just want to tell all of you who are diligently working to find rides for me that I am deeply grateful to each and every one of you who have called me, who have scouted out drivers for me, and responded with many other areas of offers for help. I would name all of you but I'm afraid I'd miss somebody and that would not be fair. I am grateful not only for you, but for my station at this time in my life where so many have reached out to assist me in so many ways: my two wonderful sons and my three grandchildren who are always with me. All of you are my bridge to the troubled waters that we are trying to keep above today.

Bless all of you! I send good thoughts, many thanks, and passionate gratitude!

— In gratefulness, Nadine Warman

Thank You

Food on the 15th sincerely thanks the members and staff of The Village in Howard for their extremely generous donation of non-perishable food for low-income older adults in Howard County. The foods you so kindly contributed were delivered to multiple recipients' kitchens on Friday, November 20.



Special thanks to Mary McGraw for coordinating and to Ron Putz for being the drop off point and lending his garage for the collection.

Many of the low-income older adults who participate in our program live on just a social security check, which typically runs out mid-month. The free, non-perishable, nutritionally balanced bags of food that Food on the 15th delivers mid-month help the older adults until their next social security check arrives.



Food on the 15th offers volunteer opportunities for children of all ages as long as their parent or guardian is there to supervise them. We are one of the few local organizations that have no minimum age for children to volunteer. Our concept creates quality family time, and we have had 3 generations of families join us for our mini grocery store that we hold once a month at a building in Ellicott City.

To learn more about Food on the 15th, visit our website at foodonthe15th.org

To be aware of upcoming volunteer opportunities, like us on Facebook at <http://www.facebook.com/#!/pages/Food-on-the-15th/189244471120065>

To be added to our email distribution for notification of upcoming volunteer opportunities, email us at foodonthe15th@gmail.com

Again, our most sincere thanks for your partnership in making sure everyone has enough food to eat in our community.

Happy Thanksgiving!!

Warm regards, Julie A. Rosenthal
Founder and Director Food on the 15th

PLEASE NOTE: All Events Now Require 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

Monthly Events

- **"Hooked on Books" Book Club** - Tuesday, December 1st @ 1:00 PM. Discussing the book *Rules of Civility* by Amor Towles. Our next gathering will be in February.
- **Virtual Happy Hour** - Tuesday, December 1st @ 4-5 PM and 5-6 PM.
TVIH Happy Hours are moving "inside" for the winter. Join us on Zoom, still on the 1st Tuesday of each month. Sally Parker and Karen Ohlrich will be December's co-hosts. Watch for the announcements! Future Happy Hours are 1/5 and 2/2.
- **Can you Haiku?** - Wednesday, December 2nd @ 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.
- **The Village Readers Book Group** - Thursday, December 17th @ 10:00 AM. Discussing the book *American Dirt* by Jeanine Cummins.

Weekly Activities/Events

- **Good Morning Howard** - Virtual. Every Monday and Wednesday @ 10:00 AM. 12/2, 12/7, 12/9, 12/14, 12/16, 12/21, 12/23, 12/28, 12/30.
- **Monday Morning Virtual Meanderings** - 10:00 AM. 12/7, 12/14, 12/21, 12/28.
- **Virtual Bridge** - Every Tuesday @ 1:00 PM. 12/1, 12/8, 12/15, 12/22, 12/29.
- **Wednesday Lunch Bunch (Virtual)** - 11:30 AM. 12/2, 12/9, 12/16, 12/23, 12/30.
- **Mah Jongg** - Every Friday @ 10:00 AM. 12/4, 12/11, 12/18, 12/25.

- **Dinner and Discussion with Friends** - Every Friday @ 6:30 PM. 12/4, 12/11, 12/18, 12/25.
- **Saturday Morning Virtual Coffee with Friends** - 9:30 AM. 12/5, 12/12, 12/19, 12/26.

Individual Events

- **An Undisciplined Look at Japanese Fine Arts** - Wednesday, December 2nd @ 2:00 PM. This is a free-form discussion of different aspects of Japanese arts including poetry, painting, woodcarving and film and the philosophies and culture that shaped them.
- **Remarkable Reads** - Thursday, December 3rd @ 10:00 AM. Each participant will offer 2 book titles (either non-fiction or fiction) explaining why they are personal favorites. The title, author, publication date, genre and brief summary will provide all participants with some new additions for their own reading lists.
- **Days of Olde** - Tuesday, December 8th @ 11:00 AM. This meeting is open to TVIH members and the public. A show-and-tell of your treasured family heirlooms. These are the items (paintings, furniture, jewelry, lamps, books, coins) that you will give to your children and grandchildren to keep in the family.
- **Emotional Health Matters, Class 1: How to Help Ourselves and Others (Part 1)** - Tuesday, December 15th @ 10:30 AM. This is Class 1 in a series of 3 classes. We encourage you to attend all 3 sessions, but come to all that you can. Howard County's Health Department (HD) and Office of Aging and Independence (OAI) will present sessions 1 and 3, with TVIH member Michele Millican presenting session 2. Other classes will be held on 12/17 and 1/12.
- **Discovering Podcasts** - Wednesday, December 16th and 30th @ 7:00 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.
- **Emotional Health Matters, Class 2: TVIH Village Pods** - Thursday, December 17th @ 2:00 PM. This is Class 2 in a series of 3 classes. TVIH member Michele Millican will be presenting a new TVIH Initiative called Village Pods, created an effort to encourage our members to support the concept 'It takes a village to age in place'. Other classes will be held on 12/15 and 1/12.
- **Listen! Music, A Universal Language: Stories of Birth and Redemption Around the World** - Tuesday, December 22nd @ 10:00 AM. In this Christmas season it's good to consider that tales of birth, motherhood and redemption are universal, as is the celebration of these stories in music of all kinds- especially in glorious choral music.



Join us for Howard County's "Get it Done" Week!



Getting your affairs in order can be a gift. You get peace of mind. Your family gets protection, freedom from burden and clarity on your wishes. Luckily, it just got easier.

In partnership with the Howard County Office on Aging and Independence and the Coalition of Geriatric Services, Speak(easy) Howard is co-hosting Howard County's virtual "[Get it Done](#)" Week, December 7-11. Sign up for informational webinars and one-on-one sessions with financial, legal and health care experts who can help you get your future plans in place. Experts will show you what to do and give you one-on-one help planning across a range of topics, including:

- Advance care planning.
- Financial and long-term care insurance planning.
- Caregiving.
- Retirement living, assisted care and housing options as you age.
- Health insurance basics.
- Conflict resolution.
- Wills, trusts, powers of attorney and estates.

Making your plans just got easier than ever — so let's get it done.

Spots for these informational webinars and one-on-one sessions are very limited, so don't delay. [Sign up now](#) and claim your spot!

Newsletter Staff

Cheryl Neely, Editor
Sarah Ziemann, Program Editor
Ellin Scholnick, Proof-reader, Reporter
Farida Guzda, Reporter
Joy Cheung, Chief Photographer
Design: Jennifer Perkins-Frantz

Contributors this issue:

Michelle Blumhagen
Joy Cheung
Marie Grunwell
Michelle Millican
Dick Voelker
Nadine Warman

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:



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.

2020 PROJECT

Holiday

The Howard County **OFFICE ON AGING AND INDEPENDENCE** is collecting **new** gift items for low-income seniors who reside in assisted living facilities and in the community. The **OFFICE OF CHILDREN AND FAMILIES** is collecting **new** gifts (including books and toys) for families in need with children ages 0 to 5 years old. Financial donations are also accepted.*

CONTACTLESS DONATION SITES

WILL BE SET UP AT THE FOLLOWING THREE LOCATIONS:

1) Department of Community Resources and Services

9830 Patuxent Woods Drive, Columbia 21046
8:30 a.m. to 4:00 p.m.

2) Elkridge 50+ Center

6540 Washington Boulevard, Elkridge 21075
8:30 a.m. to 4:00 p.m. (ring bell for assistance)

3) Ellicott City 50+ Center

9401 Frederick Road, Ellicott City 21042
10:00 a.m. to 1:30 p.m.

* **Call 410-313-5956 to make a FINANCIAL DONATION or HAND DELIVER** (do not mail, cash or gift cards) to: Howard County DCRS
ATTN: Ms. Tené Young
9830 Patuxent Woods Drive
Columbia, MD 21046

Donations of **NEW, NON-WRAPPED GIFT ITEMS** will be accepted from Monday, November 2, through Monday, December 7, 2020.

Thank you for your kindness and generosity!



www.howardcountymd.gov/DCRS

FOR MORE INFORMATION

Tené Young — Office on Aging and Independence
410-313-5956 (VOICE/RELAY) • tyoung@howardcountymd.gov

Erica Taylor — Office of Children and Families
410-313-1483 (VOICE/RELAY) • etaylor@howardcountymd.gov

If you need this in an alternate format, or need accommodations to participate, contact Maryland Access Point of Howard County at map@howardcountymd.gov or 410-313-1234.

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

The wish list for children and adults includes:

- ☐ Body Lotion
- ☐ Body Wash
- ☐ Books (ages 0-5)
- ☐ Deodorant
- ☐ Hair Brushes
- ☐ Hair Conditioner
- ☐ Scarves
- ☐ Shampoo
- ☐ Shaving Cream
- ☐ Slipper Socks
- ☐ Socks
- ☐ Toothbrushes
- ☐ Toothpaste
- ☐ Toiletry Gift Sets
- ☐ Throw Blankets
- ☐ Toys (ages 0-5)