



The Village In Howard Newsletter

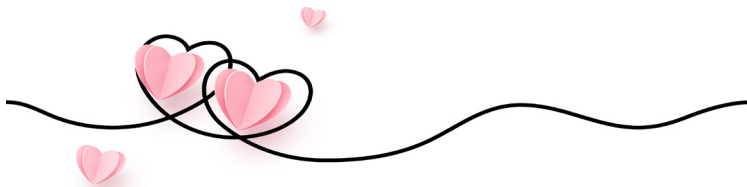
February 2021



Who Loves You?

To all TVIH Members

The past year has challenged all of us in many ways. Office volunteers have stepped up and kept our office running smoothly, week after week. Full members have reined in their “wants” and focused on the services they



have truly needed to protect our service volunteers as well as themselves. Service volunteers have stepped into the breach and filled many ordinary and extraordinary requests, using compassion and good judgement in equal measure.

Aside from formalized roles like these, we recognize the thousand little ways our members have reached out to each other informally, providing (virtual) companionship, meals, suggestions for entertainment and education, sharing a skill or taking on a new project to benefit both TVIH and the larger community. Although we may not have captured the hours you’ve spent, you have all been volunteers! When we look in the mirror, we can see a real and resilient community -- that’s due to you, TVIH members!

Who loves you? We do! Happy Valentine’s Day!

— Susan, Marie and the Volunteer Committee

Are YOU in the Mood for LOVE?

You are in luck! TVIH has planned a week full of events celebrating love and friendship from February 8-14. This “Love Fest” will culminate with a virtual Valentine’s Day Party on February 14 at 7:00 pm. Here is the “can’t miss” list of events:



Monday, February 8, Good Morning, Howard kicks off the week with Loving Memories of my Grandparents hosted by Joy Cheung; The reminiscing continues when High School Prom and College Weekend Experiences becomes the topic of conversation during Virtual Meanderings with Jane and Kim Sherman.

Tuesday, February 9, Fran Dummett hosts Virtual Meditation: Circle of Compassion. Tuesday morning’s meditation will be repeated during the evening on Thursday, February 11.

Wednesday, February 10, Joy Cheung will host a Good Morning Howard session when invited guests and participants will share their stories about How I Met My Spouse/ Partner.

Friday, February 12 at 6:30 pm, Virtual Dinner/Discussion guests will share Interesting Dating Stories hosted by Duane St. Clair.

Saturday, February 13, Saturday Morning Coffee with Friends (hosted by Joy Cheung) will celebrate The Power of Friendships.



Zoom movie watch parties will be held at 7:00 pm featuring romantic favorites:

Tuesday February 9: Casablanca hosted by Fran Lorenzi

Wednesday February 10: Dirty Dancing hosted by Joy Cheung

Saturday February 13: When Harry Met Sally hosted by Harry Glass.

The Valentine's Day Party on Sunday, February 14 will be a celebration of romantic and familial love and of the enduring power of friendship. The event will leave you with warm feelings engendered by being part of our lively Village community.

Sign up for these loving events on the TVIH calendar.



Janet Marks Randle in the past and present.

I Was A Cadet Nurse

By Janet Marks Randle

As Told To Cathy Schultz Rosenberger, Her Friend

I was a senior in the Johnstown High School when the Japanese bombed Pearl Harbor. Right after the President declared war and all the boys in my class tried to sign up. They would only take the boys that were eighteen but I think a few of them lied. One boy joined the Merchant Marines because he said they paid more. I can still see the faces of the boys that left. The rest of us were still stuck in class. Once the war got underway there was an extreme shortage of supplies. The Red Cross came to our school and distributed yarn and showed us how to knit. We sat in our classes and knitted hats, scarves, gloves and squares for afghan blankets.

I had already planned to be a nurse after high school and my parents had already paid the \$500 for my nursing school. By the time graduation came around the Army was recruiting the girls to be nurses. I signed up and they told me I had to take the summer off to "play". I wasn't to report for Cadet Nursing School until fall. In the meantime I went on field trips and air raid drills and learned basic first aid.

Once I got to Army Nurse's training I could see why they wanted us to have our last summer "fling". They

worked us to death. We had to march and do exercises. They also came around for inspections. I was called a "Cadet" and was supposed to be learning to be a nurse. Unfortunately, they had such a shortage of nurses because they were sending them overseas. There was so much to do and we worked long shifts. We didn't have military wounded but we had local people that needed to be in the hospital. Bethlehem Steel had a plant in Johnstown, Pennsylvania and they had so many injuries the plant had its own wing at the hospital.

We lived in dorms and had two girls to a room. We were not allowed to be married. One of the girls was secretly married. My room was on the first floor in the back by an alley. So this nurse would sneak out my window to meet with her husband. Late at night we would hear a tapping on our window – a signal to let her in.

I continued to practice nursing until I retired. In my first marriage I had two children and later divorced and married again. I am blind now and live alone and enjoy my friends and family.

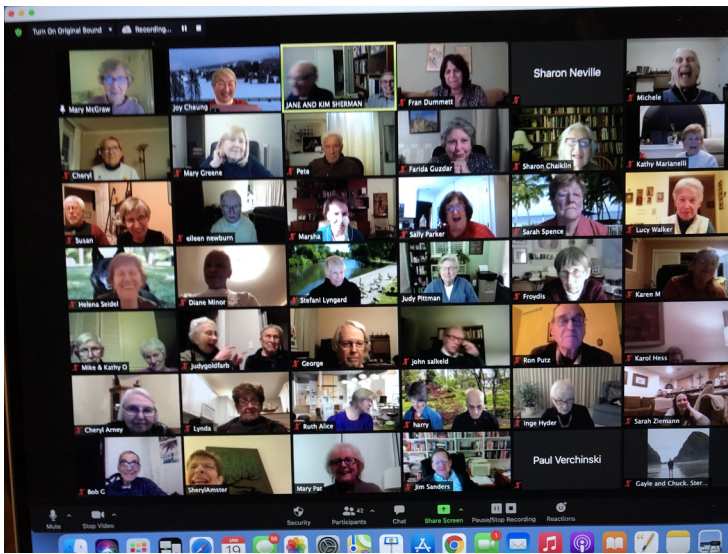
Oh yes, the Army gave my parents their \$500 back!



TVIH Annual Meeting on January 19, 2021

One aid to helping people through the pandemic is asking, "How are you?" The annual meeting of The Village in Howard was a response to that question. Members of the TVIH Tridirectorship and committee chairs informed the more than 75 attendees how we survived and where we plan to go during the coming year.

Mary McGraw, who has been serving as one of the Tridirectors, began the meeting by thanking outgoing Board members who have played a pivotal role in the functioning of TVIH: Sally Parker and Kim Sherman. Like Mary, who is also leaving the Board, they have helped TVIH grow into the vibrant organization it is today. Thanks also were extended to Joy Cheung, photographer, recruiter, and originator of many innovative programs. A new Tridirector, Sarah Spence, replacing Mary McGraw, was introduced. She has been the chair of the very active and successful program committee. Three new Board members were also introduced: Fran Dummett, Kathy Marianelli, and Jim Sanders. They have already begun to enrich TVIH with new programs on aging in place and virtual meditation.



Mary Pat Donelan, also a Tridirector, discussed the outcome of the recent TVIH survey. The overall evaluation of TVIH was favorable with respondents agreeing that TVIH was a valuable resource. TVIH is working on suggestions from the membership to make our website and emails as well as web resources easier to navigate. Sarah Ziemann has been hired to assist Cheryl Neely our office manager, with scheduling, the newsletter and the TVIH website. Even after the pandemic subsides, several programs may continue on Zoom because the format increases accessibility to members and to an even wider audience. We hope to increase the use of social media with the help of member Michelle Blumhagen. That accessibility may be useful in increasing the diversity of membership.

The third Tridirector, Peter Brunner, discussed our financial status. Nowhere were the challenges greater to TVIH than during this pandemic. Local government and Columbia Association funding withered. We could not run our BINGO fundraising event. Sources of donations from local businesses dried up. However our membership remained stable, the fundraising BINGO event was converted into a profitable 50/50 raffle and Pete was enormously enterprising and successful in securing \$35,000 in grant money. Consequently we did not have to dip into our reserve accounts and we were able to freeze this year's dues.

TVIH is thriving. According to Kim Sherman, there are approximately 175 TVIH members. Sharon Neville, the new head of the Program Committee, reported that we offered 594 programs on content that ranged across education, the arts, health and welfare and travel. A highlight was the Good Morning Howard series that will continue this year. It spawned Fran Dummett's meditation session which the audience sampled during the meeting.

However, these accomplishments require considerable effort and we are urgently in need of volunteers

to continue fundraising efforts and maintain the IT infrastructure which has helped sustain us during the pandemic. The request for more volunteers was a theme in each of the committee reports.

Sarah Spence, the TVIH Director for Public Affairs noted that in a time of pandemic, we can enhance our outreach by using social media but also urged members to help us reach local businesses and government agencies. She welcomed our newest member and Outreach Committee Chair, Diane Minor, who will be helping us build partnerships with local nonprofits and businesses.

Susan Hailman and Marie Grunwell chaired the committee of volunteers. They were commended for their effort and flexibility. Their committee racked up close to 1500 hours, serving as virtual volunteers answering phones from home, reaching out to check up on members who felt isolated and helping with home delivery of food and packages. The committee even recruited a new organization, VolunTeens, who can provide help with gardening and snow shoveling. One of Peter Brunner's grant activities enabled the acquisition of Amazon Echo Show devices. Its internal AI assistant Alexa may become an honorary member of our volunteer committee. She can turn on lights and the TV for you. One was given away as a prize at the end of the meeting. Others are obtainable from Peter Brunner.

The annual meeting reports from previous years (2015-2019) are on our website. Click on «about us» on the home page

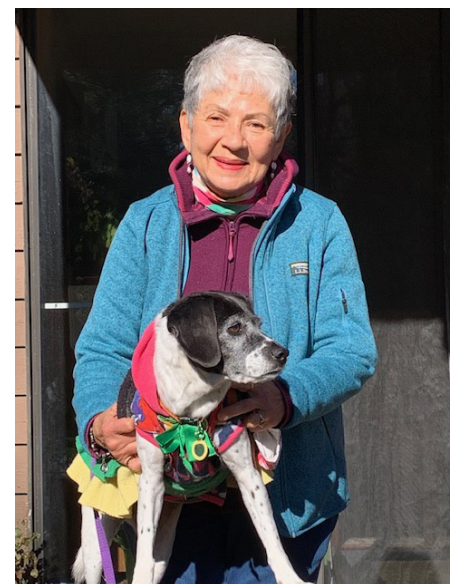
Volunteer Spotlight

Meme and Marina

Meme has been a volunteer for the Village since 2018.

"During this time of separation from our family and friends, the time I spend volunteering has been rewarding for me not only for keeping in touch with our members, but for the feeling of satisfaction and fulfillment I get for providing this service."

"Meme is a wonderful person. She and her dog Marina visit me almost every week; we often share



stories of our life experiences, and sometimes she brings a special homemade dish of delicious food. Meme is a lovely lady and I highly think she deserves this spotlight.” Fred B.

When Meme is not volunteering she enjoys cycling (she cycled nearly 1,300 miles in 2020) gardening, and being a dog mom. She has a heart of gold and we are fortunate to have her in our TVIH community.

Join a Village Pod

The Village Pod program is developing at a steady pace. A Village Pod is a small group of 4-8 members with a common interest or location, who help each other with aging in place concerns. A Village Pod supports the concept ‘It takes a village to age in place’. Regularly connecting with others leads us to be more resilient, less lonely and isolated. This has become much more important after a stressful year like 2020.

An introduction to the concept and benefits was presented on December 17. The attendees provided a lot of useful feedback. A few of the attendees agreed to join a committee of 6 TVIH volunteers to develop how to create Village Pods, test the feasibility of this program and to gain experience in creating pods.

The Committee decided the Village Pod purpose needed to be clearer about what the Program aims are. Our purpose statement below is our guiding light in developing the program.

The system of pods will provide manageable-sized groups or pods to provide connections where participants can deal with issues of life as we age and can share experiences, solutions, and opportunities.

The pods will be peer-led small groups that will provide opportunities to make friends and maybe help each other out with issues as we age in place. Identifying resources or describing experiences does not require a professional leader in the pod. If needed, pod members can suggest professional resources too.

In January, the workgroup conducted a phone survey, which explained what a Pod is and asked respondents their interest in joining a Pod during the pilot or later. Based on your responses, we plan to create 5 Village Pods for the pilot. It is expected that after the pilot study additional pods will be created.

The Village Pod pilot is planned for 3 months, starting in February. Each pod will be meeting (by phone or video) weekly during the pilot. A coordinator will lead the initial Pod meeting with the Pod coalescing into what the members want. We hope you will consider joining a Pod for the pilot or after it.

— Submitted by Michele Millican

Upcoming Programs to Consider

In With The Olde Out With The New



The program “Days of Olde” began in December 2020 and was well received and we are back at it. This event provides an opportunity to share and discuss family treasures that you may be giving to your children and grandchildren. Items

such as paintings, collectibles, china, glassware, furniture, lamps, books, coins are examples. We’ll have a wonderful time looking back and, in some cases, the items are from foreign lands.

Looking forward to seeing everyone and sharing stories on February 9 at

10:00 AM. The event is open to the public. To register, go to our website at www.thevillageinhoward.org. You will receive the zoom meeting link upon registration.

— Submitted by Dick Voelker
Photos by Dick Voelker



Parlez Vous Francais? Hablas Espanol?

Ever traveled to a foreign country and wish you knew a few words and phrases to find your way around, order at a restaurant, buy a train ticket, or ask for directions? Even though we cannot travel just yet, Joy Cheung, always thinking ahead, gathered a group of TVIH members to teach us some basic words and phrases to talk our way around on our next foreign vacation. Instructors will show you a map of the country where the language is spoken, show you how words are written, numbers and alphabet, and may even teach you a song in the language. Classes are offered monthly through 2021 on the third Wednesday from 1:00-2:30 pm. Some of you may have taken the Russian class with Victoria Tsitlik in January. February’s language class is Hebrew. Other languages offered include Hindi, German, French,

Norwegian, Spanish, Chinese, and Japanese; more languages may be added in the fall. Check the calendar and sign up soon.

For the Hebrew class in February, Marsha Birnbaum will give the basics of the Hebrew alphabet and first words and numbers. Hebrew is the official language of the modern State of Israel, spoken with the Sephardic pronunciation. Hebrew spoken in Israel today is revived from the ancient Hebrew of the Bible whereas Yiddish is of German root and written using the Hebrew alphabet. Migration patterns brought Jews from the middle east north up the Rhine River to northern France and German lands. The migration continued east where the German influence dominated in Poland and Russia. Yiddish became the everyday language of the eastern European Ashkenazi Jews.

Marsha's familiarity with Hebrew comes from an early Hebrew school education and one year at the Baltimore Hebrew College and as a student visitor in Israel for three months. She reads and writes but does not speak fluent Hebrew. Here's an example of the Hebrew script: The cat is in the house ת'ר'ל'ל

The 2021 foreign language class schedule:

1/22/2021 at 1 PM: Victoria Tsitlik, Russian - DONE

2/17/2021 at 1 PM: Marsha Birnbaum, Hebrew

3/17/2021 at 1 PM, Farida Guzdar, Hindi

4/21/2021 at 1 PM, Inge Hyder, German

5/19/2021 at 1 PM, Jean Selkeld and Sheryl Amster,
French

6/16/2021 at 1 PM, Froydis Beckerman, Norwegian

7/21/2021 at 1 PM, Judy Canahauti, Spanish

8/18/2021 at 1 PM, Joy Cheung, Chinese

9/22/2021 at 1 PM, Martha Chaiklin, Japanese

Positive Thinking for Well-Being

On Wednesday, March 10 from 1:00 PM to 2:00 PM, the Howard County Office on Aging and Independence in conjunction with TVIH will present on the topic of Positive Thinking for Well-Being. The presenter will be Karen Hull, Mental Health Program Coordinator at Howard County Office on Aging. The presentation will focus on what affects our ability to maintain a positive outlook, the physical and mental benefits of positive thinking, and ways to improve our thinking. There is no cost to attend, but registration through TVIH is required. A Zoom link will be provided upon registration.



TVIH Travel Talks

On Feb. 18 at 7 PM, TVIH member, Joy Cheung, will show travel slides of her trip to Easter Island in 2017.

Easter Island (Rapa Nui), one of the world's most isolated inhabited islands, is in the Pacific Ocean, 2,182 miles west of the Chilean coast. Easter Island is famous for its row of moai, towering figures of deified ancestors that were carved from volcanic rock in quarries, then moved to a platform on the water's edge. There are 887 moai on Rapa Nui.

Moai SI-WDC-001 statue is on display at the National Museum of Natural History in D.C. It was brought to the Smithsonian in 1887.

This travel talk program is open to the public. Registration is required to receive the zoom meeting link.

Welcome to New Members Let's Get Acquainted



We wish to extend a warm welcome to new member Susan Salvucci of Columbia.

We look forward to meeting you soon!



Do You Have Time on Your Hands?



Baby it's cold outside and like me, you may be spending more time indoors with extra time on your hands. There are many positive activities for all of us to engage in to pass the time and still accomplish goals. A recent activity for

me was to make a list of "50 Things to Throw Out Now". Here are ten suggestions from my list to help you get started.

- Old bills and tax returns
- Single earring of lost pair
- Receipts you don't need
- Window bill envelopes
- Old phones and phone accessories
- Greeting cards
- Spices past expiration date
- Expired beauty products
- Yarn/fabric scraps
- Old calendars/planners

And here is something you should retain to warm you on icy winter days – the warm friendships you have made with fellow Villagers who are just a phone call away.

— Submitted by Karol Hess

ON BOARDING

Discussion topics at The Village In Howard Board of Directors Meeting December 23, 2020

Welcome New Board Members

Mary Pat Donelan welcomed Sarah Spence as our new Director of Public Affairs and new Board members, Fran Dummett, Kathy Marianelli and Jim Sanders. Ken Lobo is stepping off the Board. We are sorry to see him go.

Finances

We may not need to tap into our reserves, a concern we worried about earlier in the year. We have received two exceptionally generous gifts and we expect to raise approximately \$10,000 from our funding appeal. December and January are also big months for renewals.

Grants

Two grants from the Horizon Foundation and the Housing and Community Development expire at the end of December. We intend to have funds from these grants fully expended at year end so that no funds lapse. To

do that we are forward funding our contractor, Megan Dvorkin, for work on our Social Media project as well as initial work on our Echo Show 8 pilot project.

We have just received two additional grants both related to the use of Echo Show 8 technology to address mental health concerns related to the pandemic. The Horizon Foundation grant will be used to develop simplified user documentation for the project. The Community Foundation of Howard County grant has three components: purchase of 44 Echo Show 8 devices, funding to address food insecurity for supported members and provision of Chrome Notebooks for supported members.

New sources of grant funding were also discussed. The new Stimulus program gives us the opportunity to apply for a second round of Paycheck Protection Program funding. Peter Brunner recently found another potential source of grant funding, the Kahlert Foundation. Although its current funding is committed to helping their existing supported non-profits through the pandemic, the Foundation is open to a meeting to learn more about what we do. Many, many thanks Pete for his research and skillful and effective grant writing.

New Echo Show 8 Program

In early November the Horizon Foundation and the Community Foundation of Howard County advertised funding opportunities addressed to pandemic related mental health issues. Pete Brunner submitted proposals to use Echo Show 8 devices to facilitate face to face communications with full members and others who were most likely to be isolated and in danger of becoming clinically depressed. The Echo Show 8 is an Amazon product based on the Echo Dot/Alexa personal assistant platform. In this case, Alexa is linked to an 8 inch screen to enable visual calls via the internet. Calls can be voice initiated and can be synchronized with cell phone and computer directories. Alexa also provides many additional capabilities such as medication reminders, personal calendars, emergency contact capability and shopping assistant. Alexa also has skills to provide book and magazine reading services. We expect to incorporate such Echo abilities within our effort. As a first step, Peter purchased 44 of the devices.

Our first effort will be to develop simplified documentation to enable users to install the device on their WiFi network and to identify core skills that may be useful. Additionally a user group will be formed to explore and, experiment with other Echo capabilities and recommend these to the participants. We hope to be able to share our experiences with our peers in the Village to Village Network.

The next Board Meeting: Wednesday, January 27, 2021 at 1:30 will focus on strategic planning.

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.

Sharon Neville, Program Chair

Monthly Events

- **Virtual "Hooked on Books" Book Club**- Tuesday, February 2nd at 1:00 PM. Discussing the book *Djinn Patrol on the Purple Line* by Deepa Anappara.
- **Virtual Happy Hour**- Tuesday, February 2nd at 5-6 PM. PLEASE NOTE: there will be only one session this month! We are hopeful to have outdoor TVIH Happy Hours starting in March in groups of 8-10 folks. If not March, certainly April! Always the 1st Tuesday of the month! Helena Seidel and Karen Ohlrich will be February's hosts.
- **World Languages 101- Hebrew with Marsha Birnbaum**- Wednesday, February 17th at 1:00 PM. This is a monthly program. Hebrew, German, French, Spanish, Norwegian, Hindi, Japanese, and Chinese classes will be offered on the third Wednesday each month.
- **The Village Readers Book Group** – Thursday, February 18th at 10:00 AM. Discussing the book *Together* by Julie Cohen.
- **My 3 Cents: "Our experiences getting vaccinated. The logistics, the event, the aftermath"**- Tuesday, February 23rd at 2:00 PM. Discussions with Judy Goldfarb, Ellin Scholnick and you!

Weekly Activities/Events

- **Good Morning Howard** – Virtual. Every Monday and Wednesday at 10:00 AM. 2/1, 2/3, 2/8, 2/10, 2/15, 2/17, 2/22, 2/24.
- **Monday Morning Virtual Meanderings** – 10:00 AM. 2/1, 2/8, 2/15, 2/22.
- **Virtual Meditation - Led by Fran Dummett** Tuesdays at 9:00 AM. 2/2, 2/9, 2/16, 2/23.

Thursdays at 7:00 PM. 2/4, 2/11, 2/18, 2/25.

Welcome to this series of meditations created to synthesize Art, Music, Math and Meditation, toward your inward journey of self-discovery and the cosmos. Join us this month via Zoom for "Zen Squares", "Circle of Compassion", "Solace in Art", and "Healing Power of Mandalas".

- **Virtual Bridge** – Every Tuesday at 1:00 PM. 2/2, 2/9, 2/16, 2/23.
- **Wednesday Lunch Bunch (Virtual)** – at 11:30 AM. 2/3, 2/10, 2/17, 2/24.
- **Mah Jongg** – Every Friday at 10:00 AM. 2/5, 2/12, 2/19, 2/26.
- **Dinner and Discussion with Friends** – Every Friday at 6:30 PM. 2/5, 2/12, 2/19, 2/26.
- **Saturday Morning Virtual Coffee with Friends** – at 9:30 AM. 2/6, 2/13, 2/20, 2/27.

Individual Events

Days of Olde - Tuesday, February 9th at 10:00 AM. This is 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. Send your photos to Joy Cheung if you would like to share photos of the objects in the Zoom meeting room.

TVIH Watch Parties- We will be showing 3 different movies via Zoom to watch in the comfort of your own home at 7:00 PM on the following evenings:

Casablanca- Tuesday, February 9th. Hosted by Frances Lorenzi.

Dirty Dancing- Wednesday, February 10th. Hosted by Joy Cheung.

When Harry Met Sally- Saturday, February 13th. Hosted by Harry Glass.

Valentine Celebration- Sunday, February 14th at 7:00 PM. A TVIH Community Celebration of all forms of love—Friendship, Love of Family, Romantic Love and even love of our faithful pets! Come join in an evening of music, poetry, reminiscing and expressions of gratitude for those who love us and those we have loved!

Travel Talk: Elephants in Pre-Modern Japan - Thursday, February 18th at 7:00 PM. Joy Cheung, TVIH member, will share her 2017 travel photos to Rapa Nui (Easter Island), Chile, a remote volcanic island in Polynesia.

Get a Free Alexa Echo Show 8 by Being a Part of our Pilot Project

In a previous Newsletter we told our members that TVIH received a grant from the Community Foundation of Howard County for a Pilot Project to demonstrate that video smart speakers (Alexa Echo Show 8) could be used to address issues of isolation and loneliness among seniors.

You may have heard of the Echo Dot device which uses the Alexa personal assistant to help perform daily routines. The Echo Show 8, combines the abilities of the Echo Dot with an 8 inch screen to enable visual calls via the internet. The use of a Personal Assistant such as Alexa on the Echo Show 8 device permits visual contact, and hopefully, can improve our ability to personalize our contacts.

We want to explore the ability of these visual personal assistants to help TVIH maintain better contact with members while also giving them the ability to “visit” friends face to face. At a minimum we expect to use Alexa to allow face-to-face contact between volunteers and isolated members, use the existing member data base to facilitate placing face to face calls among participants, provide participants with additional capabilities such as medication reminders, personal calendars, emergency contact capability and as shopping assistant.

Some of us have hearing and/or vision impairments and Alexa has skills to assist such users. We also have members who currently access services for the visually impaired to provide book and magazine reading services. We expect to incorporate such abilities within the scope of the effort.

In December, we convened a small group to manage the project and opened participation to members. So far 11 have signed up and we have several other members pending. Additionally, we have several participants who already have equipment. We have a number of remaining units and we are reaching out to members who would like to, participate in the pilot. To participate you must have

internet/WiFi access. Participants will be given an Echo Show 8 to keep. If you would like to participate, please contact us at 4info@thevillageinhoward.org.

In late January we will be training volunteers and members of the management team to assist in equipment installation. In the near future, we will be developing and offering user training.

The management team decided that we would initially focus on selected capabilities of the Alexa Echo Show 8. Specifically:

- Remote set up assistance.
- Synchronizing the video equipment with user phone directories and phone/computer calendars.
- Video calling including international calls via internet.
- Establishing routines. Routines are chained commands. For example, the user could have a routine named “Good Morning” which could announce the time, report the weather, make medication reminders, remind about appointments and start playing selected music.
- Producing shopping lists
- Setting timers and reminders.
- Identifying free and low-cost subscription services such as music and audio books.
- Setting up “Drop In”. Drop In is a feature that allows the user to authorize access to the smart speaker from other devices either in the same house or even external devices even in other communities or countries.
- Linkages to other formats such as Zoom or Skype.

There are many other potential uses. We want to establish a user group to identify and document functions on the Alexa Personal Assistant array of skills of greatest use to our members. At some point in the future, we would also share our knowledge and experience with other Villages.

SUPPORTERS:



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