



The Village In Howard Newsletter

April 2021

National Volunteer Appreciation Month

April is National Volunteer Appreciation Month, which is truly a time for us to celebrate our volunteers who have an essential role in the TVIH community. The office volunteers answer phone calls and inquiries, respond to emails, make weekly check-in calls to full members, initiate service requests, establish and participate in the Circle of Care program for those full members who have become homebound due to surgery or illness, and provide transportation to doctor appointments and so much more for our full members. There is also a separate social support volunteer group providing respite time for caregivers. Volunteers staff our committees and create our programs, recruit new members, create and manage our website, provide outreach to our community via communication and cooperation with various Howard County agencies such as our Healthy Aging efforts with HCGH.

During this month, it reminds us to thank the team of volunteers whose motivation to help others and create a caring organization sustains TVIH. We deeply appreciate the contributions of our volunteers.

We need help in populating TVIH committees and even in writing this newsletter. To lend a hand, please contact Susan or Marie at volunteer@thevillageinhoward.org.



Spring 2021 Virtual 50+ Resource Fair

TVIH will participate in the Winter Grace Senior Ministries "Spring 2021 Virtual 50+ Resource Fair" which will take place from April 1-15. We hope our participation will interest some of the senior public to become TVIH members. We will have one page exclusively dedicated to TVIH which will include a video and an interview with Kim Sherman.

Visit this resource fair from the comfort of your own home. You will have an opportunity to visit with authors and wellness workshops, "Ask the Experts" panels and more. Remember to visit the TVIH page.

For information visit www.ResourceFair.WinterGrace.org. Register for live events at <https://bit.ly/3uzyNHP>.

— Diane Minor, Chair, Communications/Outreach

Welcome to New Members Let's Get Acquainted



We extend a warm welcome to new members **Renee DuBois** and **John Freal** of Clarksville and **Patricia Levay** of Columbia. We look forward to meeting you.

Please join us for a Get Acquainted Virtual Coffee on Tuesday, April 13th at 10:30AM. To register, please [CLICK HERE](#).

\$\$ For You, \$\$ for TVIH

TVIH's 50-50 raffle is back and better than ever! Instead of \$100/ticket, you can buy a ticket for just \$50. We hope to sell 300 tickets, making your jackpot worth \$7500. The jackpot, of course depends on how many tickets are actually sold. That's where you come in! We hope you will not only buy a ticket, but sell 2 more! Just think! If you're the

lucky winner, you could have your windfall just in time for summer activities.

Because we are still unable to mount a large in-person event, we anticipate this will be TVIH's biggest fundraiser of the year. Our operating and cyber support expenses have increased, so we need your help to make it successful so we can continue

to provide the programs and services that we have all enjoyed.

The virtual drawing will be held on May 22. Tickets will be available starting April 5. If interested, please call the office 443-367-9043 and leave your name and number. You will receive a return call with details on getting your tickets.

Happy Birthday to Patricia Gordon



Our best wishes to Patricia Gordon on her 97th birthday. She serves as a model for productive aging. If she were asked, “How do you manage to live so long?” after noting her family history, she would probably cite her lifelong commitment to addressing inequity.

Born and educated in the New York City area, Pat lived through the Great Depression and World War II and has been active in the struggles for racial equity that continue today. After earning her Hunter undergraduate degree in history and Masters in secondary education from Queens College she taught in Queens, NY where she obtained a certificate qualifying her to become a school principal at PS 123. She was only the second African American to serve in this role. From the very beginning she championed early education as a tool for creating educational equity and when she retired in 1986 she advocated this cause as a member of the Board of Education in Westbury NY. She then moved to Ellicott City to be with her younger son and to help in the care of one of her three grandchildren. As they grew she returned her attention to the cause that continued to concern her, racial equity. She remained persuaded that the foundation for racial equity rests on another foundation, preschool education. She was elected to the Howard County Board of Education where she effectively advocated for full - day kindergarten. Her reach was even wider. She has also served as president of the Maryland Association of Boards of Education as well as on state commissions for pre-kindergarten and English language learners. She stepped down from the Howard County Board after 10 years and turned her attention to another pursuit at which she excels: playing bridge. She is reputed to be a master at both playing the game and teaching others. However, she has not lost her strong interest in educational equity, so much so that she has volunteered to discuss the state of education in Howard County with TVIH, even if the discussion conflicts with a regularly scheduled bridge game.

On Board - The TVIH Board of Directors Meeting Peter Brunner Presiding February 24, 2021 Committee Reports

Finance Committee-Peter Brunner

The Fundraising Committee will repeat the 50-50 raffle with a drawing on May 22. Tickets, costing \$50, will go on sale April 1. The first two weeks of sales will again be reserved for Village members. Members will be notified via the Forum and through a donation button on the TVIH webpage.

Communications/Outreach- Diane Minor

As a way of attracting new members TVIH will be participating in the Wintergrace “Spring 2021 Virtual 50+ Resource Fair” on April 1-15 and The Council on Aging virtual newsletter in May. The newsletter is sent to all local senior centers and other organizations serving seniors.

Volunteer -Marie Grunwell

Volunteers continue to provide weekly check-in calls to our full members and assist them with vaccination appointments where required. Circle of Care will continue to service one full member through mid-April. The Board will reinvigorate weekly check-in calls to all associate members and update our call-in lists and call assignments.

Programs - Sharon Neville

In March 49 programs were scheduled. Dick Voelker resigned from being the facilitator of Travel Talks in order to do his own travel abroad. The committee is looking for a new facilitator to continue this exciting, popular program.

Membership - Kim Sherman

Thanks to the program committee, Village activities are going on very nicely and 2020 membership held steady. We even added a few new members.

New Program Update

PODS Pilot Project Status – Michele Millican

The pod committee plans a pilot kick-off meeting on March 1st. Six pods will be running during the pilots –on exercise, arts appreciation, insomnia, current events, our neighborhood and a men’s pod. There will be 6-8 people in a pod with a total of 42 members participating. Each pod will meet weekly for six weeks. Each pod will have a convener to schedule the pod’s zoom sessions.

Pods will be peer led. Members can drop out of a pod and pod members can decide whether to open to additional members. Pilot results will be compiled in May in order to decide whether to roll out the program to all members.

Strategic Planning Update – Ron Putz/ Kim Sherman/Marie Grunwell

The committee asked, “Looking at 2024, what would we like the Village to be? Where should we be in terms of membership, programs, and budget?” Our existing mission statement does not address these issues because it is a justification of our existence, not a set of goals for action. We may need to create a mission statement which enables making proactive decisions from it. The committee used analyses of membership and programs to suggest what our mission should include.

Since our founding TVIH has had 2 bursts in new memberships: in 2016 and 2019. We currently have 175 members. Sixty people discontinued their membership over the past 6 years. Of these 33 people left because they felt the Village was not meeting their needs.

What sustains membership? Seniors tend to be motivated by the desire for independence, relevancy, security and companionship. Those should be some of the motivations to get seniors involved. The predominant reason people stop being members of the Village is for health reasons. In making a 5-year forecast of membership capacity, will we continue to have high numbers of people leave the Village because of health and age issues? Many join us as an insurance policy or for potential future health needs. Currently we have a few people who are full-members, but we can expect that many more people will become full-members and some will come in and out of that status. How many caregivers/volunteers would we need to fill this growing need for services? Because we are an aging community, we also need a systematic way to bring in new members. What’s our growth path? And as our TVIH community ages, do we want to be there for them and do we have the capacity and methods to do this? This requires recruiting volunteers and creating methods to render assistance. Do we understand what it takes to recruit our county’s aging population? In summary, how do we develop/identify our long-term needs? What type of things do we need to do to motivate members? How can we maintain a sustainable budget? Here are three options for devising a strategic plan to address these issues:

#1: A full-blown strategic plan with measurable goals, ways to track these goals, people to report on these goals, and an administrative staff to assist in creating and implementing the plan; this is probably a 3-year project.

#2: A modest plan with modest objectives to implement moving our growth and services forward in small steps.

#3: Continue with what we are doing.

In choosing which option is best for our group, we should consider the needs for staffing, the risks and benefits of each option, and where TVIH might be in 2-3 years.

At Lunch Bunch today, Ron gave the ten participants the three options. Nine of them liked where we were and wanted to make sure it could be sustained. They were concerned that if we became larger and more fully staffed, they would lose what they cherished: the flexibility to develop novel ways of approaching problems our community faces as we age.

Ron recommended Option 2: Taking baby steps to begin moving forward in small ways. He asked the Executive Committee (and anyone else) to email him with recommendations for continued Board discussion.

Good Morning Howard

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

April 5

Topic: Lost, Then Found

Host: Joy Cheung

Whether it’s your ring, wallet, your phone, or a special gift from a loved one, there’s nothing worse than that moment you realize you’ve lost something important to you. You check and recheck pockets and drawers, hoping and praying that whatever is lost will somehow magically reappear, while deep down you know that it’s almost certainly gone forever.

But what if it isn’t? What if it turns up days, months, or even years later in the most unexpected of circumstances? The chances are slim, but it could happen.

Come to share your unbelievable stories of finding something that you lost, then found. If you have photos to share, email to Joy. She will show it for you during the session.

April 7

Topic: What will our post-pandemic world look like?

Host: Duane St.Clair

As we move to be able to resume a more normal daily routine it remains to be seen which ones we will resume in the same way and which new ones from the past year we will continue. Will we resume shopping in stores as we did pre-pandemic or will continue to use home delivery services as we have this past year? This and other areas will be discussed in this session.

April 12

Topic: Getting to Antarctica and the Arctic for FREE

Host: Dick Voelker

Dick will describe how he led 15 Arctic and Antarctic research expeditions from 1975-85.

These “adventures” as he calls them, were sponsored by many organizations including U.S.

Department of Transportation [Maritime Administration], 13 petroleum companies, the National Science Foundation, US Coast Guard, State of Alaska, universities and others. During these expeditions, aboard US Coast Guard icebreakers, he directed operations to define environmental conditions, measured ice loads on the propulsion machinery and hull and gauged the performance of icebreaking operations. Of interest to TVIH are the significant variations in ice conditions, wildlife and modes of transportation in each of the polar regions. It was most “cool” to get paid to have the adventures of a life time.

The picture shows Dick standing next to five foot thick ice. Ice grows to six feet in thickness in undisturbed bays and inlets during the winter in both the Arctic and Antarctica.



April 14

Topic: Hawaiian

Ironman Triathlon

Host: Mark Shaw

Mark, Jane Shaw's husband, completed the Hawaii Ironman Triathlon in 1989 and 1991. He will tell us why he joined thousands of triathletes from all over the world to meet the

challenges of a bike/swim/run, the history of this annual event, the course, how to train, and how to qualify. Mark will also mention the triathlon events in MD.



April 19

Topic: How will we stay connected as quarantine restrictions are eased?

Host: Fran Dummett

It's the dawn of the 'New Normal' everyone has been talking about! Join us as we discuss how our lives will change once we are fully vaccinated. When do you plan to see family members and friends in person? What are your travel plans? Are there virtual experiences you want to make sure continue as you begin emerging from your homes? Is curbside delivery too good a convenience to give up? So much to think and talk about! Come join the discussion on Good Morning Howard.

April 21

Topic: Working at Johns Hopkins During the Pandemic

Host: Donna Shatzer

Jane Shaw's daughter is a pediatric nurse practitioner at the Johns Hopkins University Hospital in Baltimore. She has had a 30 year nursing career. Donna will share her work experiences before the pandemic and different tasks she had to do during the pandemic.

April 26

Topic: Noom Healthy Weight Loss, Part 3:

Customizing Noom's Keystone Habits

Host: Mary Greene

Fortunately, Noom's Keystone Habits for healthy eating and movement do not require quitting real life. This program shows us popular eating strategies enabling us to construct our own flexible mix-and-match eating choices and schedules while staying in motion. Today, we'll sample some of Noom's options and suggestions to crush our inner critic and stay on the weight loss reality track.

April 28

Topic: Noom Healthy Weight Loss, Part 4: What Noom Delivers to Active Participants

Host: Mary Greene

Noom's brief daily quizzes, mini-lessons, strategies, case studies, resources, reminders, results recording, and messages from my "Goal Specialist" Brooke are all found on my smart phone—or yours. The program feels like interacting with a smart, funny psychologist friend who earned a nutrition degree. I'll close our series by answering questions and talking about my Noom evolution into a motivated food tracker, daily exerciser, and sound sleeper who weighs less.

Mary plans to share a Noom discount coupon for new Village subscribers who stay beyond the trial period. And she pledges to donate 100 percent of any Noom referral reward to The Village in Howard.

Teach and Taste

Cabernet Sauvignon Blends – The King of the Red Grapes

Kathy and Terry Sullivan are wine experts who have traveled the world to learn about new vineyards and wines. Fortunately, they have shared their knowledge with the TVIH family for several years in these Teach and Taste sessions. The Sullivans own Wine Trail Traveler, LLC. Kathy writes many of the articles, Terry takes many of the photos, and their reviews are widely published.



On April 25th and 26th, the Teach and Taste sessions focus on Cabernet Sauvignon blends. Many people refer to Cabernet Sauvignon as the King of the red grapes. We'll sample blends with several varieties: Cabernet Franc, Merlot, Petit Verdot and Malbec.

Our wine session will take place in the Sullivan's lovely backyard, at socially distanced intervals. You can sign up on the TVIH Calendar page.

Wednesdays at the Movies

Zoom in on April 21st at 7:00 PM to view Tootsie (1982): Michael Dorsey is an unemployed actor with an impossible reputation. In order to find work and fund his friend's play he dresses as a woman, Dorothy Michaels, and lands the part in a daytime drama. Dorsey loses himself in this woman role and essentially becomes Dorothy Michaels, captivating women all around the city and inspiring them to break free from the control of men and become more like Dorsey's initial identity. A Zoom link will be provided upon registration.



TVIH Pods

The Village Pod Pilot Kickoff took place on March 1. The pilot's goal is to determine feasibility and proof of concept of TVIH Village Pod program, to gain experience in creating Pods, to make fellow TVIH friends, and to possibly feel less isolated. The pilot will run for 6 weeks, March 7 - April 17.

The 6 peer-led pilot pods, involving 42 members, will cover different types of pods to see which work well and which don't. The pods are based on a neighborhood (Tamar), a specific Interest (Pod Z), a broad interest (Exercise and Art Appreciation), a potentially controversial broad interest (Current Events), and a single gender (Men's). The pods will meet for 6 weeks, each with 1 or 2 Pod Conveners, who will be assisting with scheduling and initially hosting their pod.

Each pod will provide weekly feedback to the Village Pod Planning Committee. This feedback will provide pod issues or concerns to assist with program improvements, but no personal concerns discussed in the Pod will be included.

After this pilot and any needed program adjustments are implemented, we plan to open Village Pods for all the TVIH community.

Memories of the Way We Were

In the January newsletter we asked you to share your memories with the TVIH family. Farida Guzdar shared a birthday memory from her childhood in India. Janet Marks Randle told us about being a cadet nurse. This month we feature Pat Gordon who turned 97 on March 17. Now it's your turn. Send your story to manager@villageinhoward.org to feature in an upcoming newsletter.



Photo by Vural Yavas from Pexels

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

- **Outdoor Happy Hour (I & II)** - Tuesday, April 6th at 4:00 PM. PLEASE NOTE: there are THREE happy hour sessions this month, 1 Virtual AND 2 Outdoor! Please see the calendar event for specific in-person requirements. Always the 1st Tuesday of the month! Covid restrictions are being monitored with the hope. Halleluia that our Happy Hours can return to restaurants in the near future. We're looking at outdoor seating in smaller groups at multiple places on the same date at the same time.
Nancy Freeman and Barbara Carter/Karen Ohlrich will be April's outdoor hosts.
- **Virtual Happy Hour** - Tuesday, April 6th at 5:00 PM. PLEASE NOTE: there are THREE happy hour sessions this month - 1 Virtual AND 2 Outdoor! Always the 1st Tuesday of the month!
Sally Parker will be April's virtual host.
- **Virtual "Hooked on Books" Club** - Tuesday, April 6th at 1:00 PM. Discussing the book *Prayers for the Stolen*

by Jennifer Clement.

- **The Village Readers Book Group** - Thursday, April 15th at 10:00 AM. Discussing the book, *All the Devils are Here* by Louise Penny.
- **Travel Talks: Tales from Two Cultures: Japanese and Americans as Guests and as Hosts** - Thursday, April 15th at 7:00 PM. Charlie Catania has hosted Japanese academic visitors here. Nan Lyon has spent years living in Japan. They will share stories from these different perspectives. Along the way they hope to touch on such topics as learning the language, good manners, teaching, art, gift giving, and food and drink.
- **Wednesdays at the Movies: Tootsie (1982)** - April 21st at 7:00 PM. Enjoy a movie via Zoom to watch in the comfort of your own home! Frances Lorenzi will be hosting.

Weekly Activities/Events

- **Good Morning Howard** - Virtual. Every Monday and Wednesday @ 9:00 AM.
This month's topics include:
 - 4/5 - Joy Cheung (*Lost Then Found*)
 - 4/7 - Duane St. Clair (What will our post-pandemic world look like?)
 - 4/12 - Dick Voelker (*Getting to the Arctic and Antarctica for FREE*)
 - 4/14 - Mark Shaw (*Hawaiian Ironman Triathlon*)
 - 4/19 - Fran Dummett (*Staying Connected After Quarantine*)
 - 4/21 - Donna Shatzer (*Working at Johns Hopkins During the Pandemic*)
 - 4/26 & 4/28 - Mary Greene (*Noom Healthy Weight Loss, Parts 3 & 4*)

Support TVIH by using AmazonSmile, a giving program offered by Amazon.com for the same products and prices. When you use AmazonSmile for your shopping, 0.5% of the purchase price of eligible products will be donated to TVIH.



How does it work? Start each shopping session at the URL <http://smile.amazon.com>. Be sure to designate The Village in Howard to receive your donation by clicking on the link smile.amazon.com.

- **Monday Morning Virtual Meanderings** – at 10:00 AM. 4/5, 4/12, 4/19, 4/26.
- **Virtual Bridge** – Every Tuesday at 1:00 PM. 4/6, 4/13, 4/20, 4/27.
- **Wednesday Lunch Bunch (Virtual)** – at 11:30 AM. 4/7, 4/14, 4/21, 4/28.
- **Mah Jongg** – Every Friday at 10:00 AM. 4/2, 4/9, 4/16, 4/23, 4/30.
- **Dinner and Discussion with Friends** – Every Friday at 6:30 PM. 4/2, 4/9, 4/16, 4/23, 4/30.
- **Saturday Morning Virtual Coffee with Friends** – at 9:30 AM. 4/3, 4/10, 4/17, 4/24.
- **My 3 Cents** - Tuesday, April 20th at 1:00 PM.
Discussion Topic: “What is the basis for American exceptionalism? What does it mean to be an American?”
- **Teach and Taste: Cabernet Sauvignon Blends** - These are live, outdoor events, where we will be tasting different blends of Cabernet Sauvignon.
Sessions 1 and 2 - Sunday, April 25th at 12:00 PM and 3:00 PM
Session 3 - Monday, April 26th at 2:00 PM
- **Listen! The Language of Music: Presenter, Tom Benjamin, composer, music theorist, conductor and performer** - Friday, April 23rd at 10:00 AM. Halleluia! The large and varied world of choral music, from Africa to Latin America to Europe to the Near East and Asia. From Pygmy villagers to Bulgarian throat singers to medieval monks to Renaissance madrigals. Singing together!

Individual Events

- **Get Acquainted Virtual Coffee** - Tuesday, April 13th at 10:30 AM. Welcome to The Village in Howard! About once every three months, we conduct a “Get Acquainted with Coffee” to welcome new members and provide information to them and to individuals who are considering joining The Village.

Newsletter Staff

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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 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.