



The Village In Howard Newsletter

July/August 2021

Welcome to Yaa Ampofo

As you know, Cheryl, our Manager, decided to retire at the end of May. She will remain with the Village and looks forward to being an active member. Cheryl has made enormous contributions to the Village, and we will all miss her in that role.



The Village advertised for a replacement and there were many applicants. Our screening committee winnowed that down to a small number to be interviewed by the Executive Committee. After these interviews, the committee extended an employment offer.

A heartfelt welcome to our new manager, Yaa Ampofo.

Yaa brings to TVIH extensive experience working in multiple roles in nonprofit organizations that advocate for and provide resources for underserved populations.

While finishing her degree in Health Science at Towson University, she worked with individual clients experiencing homelessness, providing case management and crisis intervention at Sarah's House, part of Catholic Charities. She also worked at the Baltimore City Health Department.

She began as an educator delivering information to seniors about healthy eating. After graduation she quickly moved to the position of Neighborhood Food Advocate Coordinator, training other educators, planning events the educators would deliver on nutrition and wellness and purchasing food for delivery to needy populations.

The scope of her subsequent positions has expanded to the delivery of medical equipment to clinics in West Africa. In these positions she has been engaged in fundraising, program planning and financial and office management, critical aspects of her position at TVIH.

Cheryl will be assisting Yaa in the transition to make the change as smooth as possible.

Annual TVIH Picnic

*Saturday September 25, 4pm-7pm
EAST Cedar Lane Park Pavilion
10745 Rt. 108 across from Dar Al-Taqwa
(rain or shine)*

It is a great time to meet new folks, enjoy a "feast" and challenge your mind with "Team Trivia."

The \$10 cost covers the chicken, pork and beef BBQ sandwiches, beverages and paper products. We ask each participant to bring a small salad or side dish that serves six. TVIH Board members will provide desserts.

Registration by September 20 is a must as we order BBQ. Register today [on our calendar](#).



Fellow Village folks,

I'm launching a new art project and I need your help to get it started!

The project takes place in two locations, my website and Patreon. Patreon is a site designed to connect people who want to support the arts with artists, so I am using it to organize the Whimsy project (and others) and distribute the art that I create.

I need your help to be sure that I am explaining the project clearly. If you would be willing to provide feedback, please

- go to the Patreon page - <https://www.patreon.com/ChromaticFanatic> - and read the text there (I am not asking you to become a Patron! Just to read the text)
- go to my website - nancyfreemanstudio.com/cabbage-whimsies.html - and read the text about the Cabbage Whimsy project (and vote for your favorite



cabbage images while you're there! The poll closes JULY 15)

Both of these sites work best on larger devices, so you can see the artwork in all its glory.

Any feedback is helpful - Does it make sense? Do you think it sounds interesting? Does the text on the Patreon page make you want to learn more about the projects or my work? Do the Tiers seem about right? etc.

As thanks for your help, I will send you digital wallpapers of beautiful cabbages!

*Many thanks,
Nancy Freeman*

Nfreemanartist@aol.com

ON BOARD

Notes from The Village in Howard Board of Directors Meeting

May 26, 2021, Sarah Spence Presiding

Transition Plan to return to the Village Center

- Continuing on Zoom: My 3 Cents, Travel Talks, Wed @ Movies
- Good Morning Howard- off for July/August
- In Person: Bridge, Walking Monday and Saturday

Report of the Website Committee (Michelle Blumhagen)

Due to the difficulties in using Club Express a Website Committee was formed (Michelle Blumhagen, Michele Millican, Fran Dummett & Pete Brunner) to research other platforms. The new website must be able to handle securely member data and online payments. Websites are central to attracting the attention of new members and donors. Good websites use visuals, incorporating good photography, close ups, and videos, and engaging story telling. Senior citizens don't want to read a lot. We have a lot to be proud of and this message needs to go out there in a more updated and friendly way.

Village Pods (Michele Millican)

Michelle Milligan updated the Board on the outcome of the trial runs of the Pod program. Based on a survey of the participants and her observations, the pods provided smaller groups in TVIH which facilitated the formation of friendships and facilitated richer conversations, and possibly made pod members feel less isolated or lonely. The

pilot also identified issues that need to be worked on. These issues included: member uncertainty about the purpose of pods, feelings by nonparticipants that they felt excluded, conflicts within pods, the need to find ways to accommodate people with barriers such as disabilities and problems in determining the appropriate communication media in this time of Covid. Before expanding the Village Pod Program to the entire TVIH membership, the Pod Planning Committee identified some adjustments to address these issues. For example, to clarify a pod's purpose, additional guidance to pod members will stress the importance of pod members as a source of information on TVIH and aging in place in the local area. All members will be invited to join a default pod for their neighborhood. A waiting list for future pods will be kept so when enough members interested in an affinity area are found, a new pod can be created.

The Board members were impressed by the accomplishments and plans for the Pod Program and voted to open the program to all TVIH members. Additional volunteers are also needed to administer to this larger number of pods. Look for a forum email for more information.

Fall Picnic (Sarah Spence)

Plans for the Fall Picnic are underway. Save the date: Saturday, September 25th in Cedar Lane Pavilion. Picnic fare will be BBQ; each attendee will bring a side dish; Board members desserts.

Prosthetic Devices (Pete Brunner)

TVIH has purchased and lent out two types of helpful devices: Optical Readers and Echo Show. The Board noted that these are loans and the property of TVIH. We will create a form so that these devices can be returned to TVIH after the member leaves. Because members might not know about the possible uses of Echo Show, TVIH will plan to do a demonstration and have it videotaped. We have also purchased some manuals. To get the Echo device contact Pete Brunner (pjbrunner@comcast.net) for you or a TVIH member! Kim Sherman (janeandkim66@gmail.com) has the manual. Echo Show is designed around Amazon's virtual assistant Alexa, but additionally features a 7-inch touchscreen display that can be used to display visual information to accompany its responses, as well as play video and conduct video calls with other Echo Show users and users of Skype.

You can also go on YouTube to see how to use <https://www.youtube.com/watch?v=kmjcF-hMZJg>

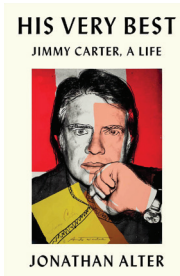
Top 5 Ways to Use Your Echo Show

- Show Recipes if hands are messy
- Play favorite music and on other connected Echos.
- Digital Picture Frame- slide show
- See who is at front door (RING)
- Call others who have Alexa.



8 Books To Add to Your Summer Reading List

It's the season for lounging by the pool, the lake, or the beach with a good book. Here are some recommendations from your fellow TVIH members.



His Very Best: Jimmy Carter, a Life

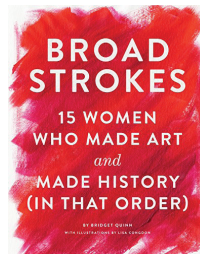
Recommended by Duane St. Clair.

I learned a great deal about Carter that I hadn't known before. He is a complex man but truly a person of great decency and intelligence.

Broad Strokes by Bridget Quinn

Recommended by Judy Pittman

A short collection of essays on female artists with photos. Amazing back stories we never learned.

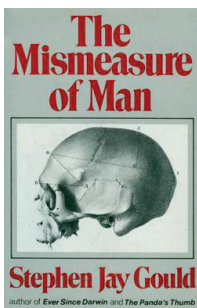


The Mismeasure of Man by Stephen Jay Gould.

Recommended by Bill Levine.

It describes the many attempts by scientists to measure human intelligence and the (hopefully) unconscious biases that caused them to get it wrong. It also describes the very bad consequences of this bad science. These include the US

quotas on immigrants from countries where the people were believed to be of lower intelligence — based on the lower scores by these immigrants on IQ tests given on arrival in English. The book also gives a somewhat technical argument for why IQ is a nonsensical concept.

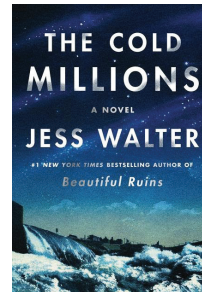
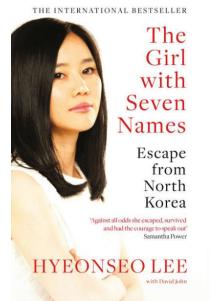


Girl with Seven Names

by Hyuneso Lee

Recommended by Judy Pittman

Memoir of her life in N. Korea. Provides excellent understanding of the culture and its impact. Almost reads like a spy thriller.



The Cold Millions by Jess Walter

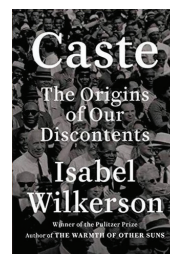
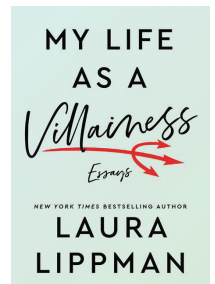
Recommended by Lucy Walker.

Cold Millions will take you back to the early days of the labor movement in 1909 Spokane, Washington. Told through the story of two young brothers who are easy to like, it's a winner.

My Life as a Villainess: Essays by Laura Lippman

Recommended by Jean Salkeld

With ties to Columbia as a former student at Wilde Lake High, mystery novelist Laura Lippman recounts episodes from her own life in this collection of autobiographical essays. While working as a reporter at the Baltimore Sun, Lippman began to write crime novels set in Baltimore and other Maryland locales such as Columbia. Now married to second husband David Simon, creator of the TV crime series The Wire, Laura Lippman has had an abundance of successful mystery novels published in as many as 30 languages; however, she seems most proud of having become a first-time mother at the age of 51--that alone merits a read!



Caste by Isabel Wilkerson

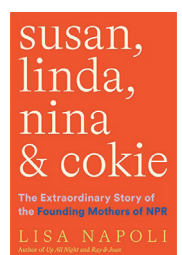
Recommended by Judy Pittman

Big investment in your time and thought, but a remarkable understanding of racism in America.

Susan, Linda, Nina & Cokie: The Founding Mothers of NPR by Lisa Napoli

Recommended by Judy Pittman

Amazing accomplishments in a male world and the development of public radio.



Gastro Adventures – A Review

The Food Market

A New Restaurant facing the Merriweather side of the Mall

This chic and stylish restaurant originated in Hampden (Baltimore City) in 2012. The menu described a wide variety of offerings for discriminating palates with prices to match. For smaller servings, the “LITTLE” menu listed Amish soft pretzels, Yellowfin tuna meatballs and Charred octopus to name a few. The “SMALL” menu listed Street tacos, Crispy lobster fingers and pan roasted mussels along with other interesting items. Then there was the “BIG” menu offering Crab cake with lobster mac & cheese, charred asparagus with sundried tomato gremolata, Duck parts including sliced breast, confit leg & thigh, cornmeal fried dough, asparagus, blackberry, pecans, red wine jus, and Cajun powdered sugar as well as Pat Lafrieda Burger with crumbled bacon, lettuce, tomato, onion, Tillamook sharp cheddar, pickles, slaughter house steak sauce, and hand cut fries.

We selected 3 items from the “SMALL” menu. The Crispy lobster fingers were ample and very tender. Delicious was the description shared after the last morsel was consumed. Then came the Triple cooked wings – “the best I ever had!” The Fried oysters “Carbonara” followed with “the best in a long time.” From the “BIG” menu, the Blackened tuna was selected. It was extremely tender with the spice adding a pleasant kick to the just right “cooked” tuna. Again, this tuna dish was outstanding. Of course, we had to sample a few desserts. The Heathbar crunch bread pudding was wonderfully warm and rich. The Key lime pie had just the right level of tartness and was a delicious end to an outstanding meal. The service and arrival of food was excellent. Reservations may be taken through OpenTable.

This new restaurant is located in the old Columbia Bank and is next to a parking garage. That garage is across Mall Access Road from the PNC Bank. One can also park across the “ring” road in the mall lot. The restaurant has a separate bar area, seating for 1 to many (happy hour capable) as well as ample outside seating. Even though the conversation level became a bit high, we had no problems hearing each other. As of May 25, only dinner is served starting at 4 pm. However, lunch times will be added. We are looking forward to returning when lunch is available. For more information, check their website: About — The Food Market (the-food-market.com)

—The Gastro Adventurers: Barb, Mary, Sarah, Karen

A Letter to The Villagers of Howard

Dear Members of The Village in Howard,

I am now residing in Florida. What do I miss so keenly? The Village in Howard!! I plan to keep my membership with a double purpose: it's important to me to maintain the wonderful relationships I have enjoyed since 2013 and, my desire to financially support The Village in Howard.

I wish to thank the many members who have helped me since 2013 when my husband Doug Rose had a massive heart attack. Members came and stayed with him so I could get errands done when he could not be left alone. Members drove me to doctor's appointments when I could not drive myself. Members helped me when I was faced with the daunting task of emptying my home and selling it mostly from afar.

And then there were the zoom programs. I cannot express how important these programs were to me after I moved to Florida. They helped me to maintain relationships; to enjoy interesting presentations and to not feel so isolated and lonely. To those who managed and participated in keeping such a variety of zoom events available consistently, I extend my sincere appreciation. Especially, Joy, Kim and Jane Sherman, Duane St Claire, and all of those who shared their expertise in Travel Shows, Language programs, Good Morning Howard presentations etc.etc.etc.

I have such fond memories of corn hole gatherings in my backyard with members who came to me when I could not readily get myself out to be with others.

I am now living with my daughter and son-in-law in a community that has a clubhouse with a social director. They have a limited program when compared to The Village in Howard. Although I have NEVER been manipulative, I hope to introduce some of the concepts of The Village in Howard to the social director.

You, the members of The Village in Howard are doing such a worthwhile thing. I hope to continue supporting your efforts and spreading the word about the need for Villages for seniors.

— Most appreciatively,
Kathy Rose



Fred Butt will be celebrating his 90th birthday this month.
Happy Birthday, Fred!



Poetry Corner

REPLACED

Charles E. Sternheim

It stopped raining cats and dogs
Today it's a deluge of cicadas

Flying willy nilly
Landing wherever

Woe to the old crew, particularly a tabby
Sitting alone at the kitchen table

Suffering in disbelief
Staring at unknown fate

Then looking over to the want-ads
To find another idiomist to welcome her.

New Village Pods Will Begin in July

In May, the Membership Committee, the TVIH Executive Committee and Board of Directors were updated on the Village Pods Initiative. All agreed that Village Pods should continue with some modifications. The next step will be scaling up the program to all TVIH members.

The focus for pods will be to expand social connections in a small group. Pod members will pass on information about TVIH events and activities and local area aging in place resources. Connecting new and existing members will be an important consideration in forming a pod.

Members will be invited to join a pod with other members who live close to a geographic area, e.g., a neighborhood cluster or nearby areas. Other types of pods can be created, if requested. Affinity pods will concentrate on a topic, such as arts, gardening, sports, caregiving, etc. TVIH members can start their own pod but must be open to adding new members who may not know the core members. A Member can belong to multiple pods.

Pods will have at least 6 members, but no more than 12. A waiting list will track members who want to join an existing pod. The Village Pods Committee will coordinate with the pod to see if they can accommodate the new members. All pods will need to have a point of contact, who will communicate with the Village Pods Committee to coordinate adding wait-listed members.

Every pod will be peer-led and self-governing. The Village Pod Committee will provide guidelines and resources to help the pods succeed.

The Village Pod Committee is working on updating the program documents. In July, new pods will start.

— Submitted by Michele Millican



ASA Presents
The Legacy Interviews

Hosted by Ken Dychtwald PhD



The Legacy Interviews kick off June 23rd!

Don't miss a single one!

The Legacy Interviews is our newest ASA Studios Production. This 12-week webcast series will feature interviews with diverse legendary pathfinders who have spent decades in the field of aging, health and social services. Each interview will be conducted by Ken Dychtwald, PhD, to capture the wisdom and character of gerontology's pioneers to inform, inspire and guide current professionals in the fields of aging and related services for years to come.

These conversations will delve into topics such as:

- How our healthcare, financial, social services and infrastructure



systems can better support older adults and their caregivers;

- Ageism in the workplace, politics, media and popular culture;
- The opportunities and obligations of today's and tomorrow's elders;
- The individual, social and systemic dimensions of diversity and equity.

And in a special first-of-its-kind collaboration with the USC Leonard Davis School of Gerontology, ASA is offering a digital badge for anyone who registers for and watches all 12 live programs.

[Register Today](#) (You will need to create an account.)

Web Series Schedule

All episodes air live on the date scheduled at 1:00 pm Pacific/4:00 pm Eastern.

June 23 Paul Nathanson, JD, Founding Director of Justice in Aging, originally National Senior Citizens Law Center

June 30 Imani Woody, PhD, President/CEO, Mary's House for Older Adults

July 7 Linda Fried, MD, MPH, geriatrician and epidemiologist, first female Dean of Columbia University's Mailman School of Public Health

July 14 Jennie Chin Hansen, MS, former President, AARP, former CEO, American Geriatrics Society

July 21 Larry Curley, MPA, Executive Director of the National Indian Council on Aging and author of legislation to establish Title VI of the Older Americans Act

July 28 Kathy Greenlee, JD, former U.S. Assistant Secretary for Aging and former Senior Health Policy Advisor, Center for Practical Bioethics

August 4 Fernando Torres-Gil, PhD, MSW, Director, UCLA Center for Policy Research on Aging, and first U.S. Assistant Secretary for Aging

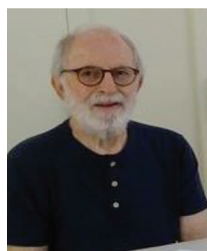
August 11 E. Percil Stanford, PhD, President of Folding Voice, Professor and Director Emeritus of the Department of Gerontology and The University Center on Aging at San Diego State University

August 18 Jeanette Takamura, PhD, former Assistant Secretary for Aging at the Administration on Aging, first female Dean of Columbia University's School of Social Work

August 25 Terry Fulmer, PhD, RN, FAAN, President, John Hartford Foundation, and expert in geriatric nursing

September 1 Marc Freedman, MBA, Founder/CEO, Encore.org

September 8 John Rowe, MD, Professor of Health Policy and Aging, Columbia University, former Director, Division of Aging, Harvard Medical School



In Memoriam TVIH Member Since 2017

Warren B. Clayman
1936-2021

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 Hours** - Tuesday, July 6th at 4:00 PM. Enjoy spending time with other TVIH members while

dining outside at local restaurants. For the summer, June, July, and August, the TVIH Happy Hours will be held simultaneously on the 1st Tuesday of each month from 4-6 pm at **Konstantine's Greek Taverna, Leelynn's, the Periodic Table, and Tino's Italian Bistro**. The address and web site of each restaurant are posted on the web page listing. Various members will be hosting at each restaurant, and are also posted on the events page. Please check the website for Happy Hour specials and menus.

- **The Village Readers Book Group**- Thursday, July 15th at 10:00 AM. Discussing the book *The Radium Girls* by Kate Moore.
- **My 3 Cents: "Who are you when there is less you can do?"**- Tuesday, July 20th at 1:00 PM.

Discussing: How do changes such as inability to drive affect your daily life and self-image? Stories and tips on coping with these changes.

Weekly Activities/Events

- **Monday Morning Meanderings** – at 9:00 AM. 7/5, 7/12, 7/19, 7/26.
- **Monday Morning VIRTUAL Coffee with Friends** - at 10:00 AM. 7/5, 7/12, 7/19, 7/26.
- **Virtual Bridge** – Every Tuesday at 1:00 PM. 7/6, 7/13, 7/20, 7/27.
- **Wednesday OUTDOOR Lunch Bunch** - at 11:30 AM. 7/7, 7/14, 7/21, 7/28.
- **Wednesday Lunch Bunch (Virtual)** – at 11:30 AM. 7/7, 7/14, 7/21, 7/28.
- **Mah Jongg** – Every Friday at 10:00 AM. 7/2, 7/9, 7/16, 7/23, 7/30.
- **Sneakers & Coffee** - Every Saturday at 9:00 AM. 7/3, 7/10, 7/17, 7/24, 7/31.
- **Saturday Morning Virtual Coffee with Friends** – at 9:30 AM. 7/3, 7/10, 7/17, 7/24, 7/31.

Individual Events

- **Auto Tour of Art Sites**- Sunday, July 11th at 11:30 AM. The Howard County Arts Council arranges to have innovative sculptures in several public places around the County. Some are there temporarily for a year (August – July) while others are permanent. TVIH will visit these locations in the form of an Auto tour which covers a circuitous route of about 20 miles over a two/three-hour period. Stops will include some walking, snack stops and discussion.

August Monthly Events

This newsletter was printed in July.

Please refer to our August online calendar for updated events.

- **Outdoor Happy Hours** - Tuesday, August 3rd at 4:00 PM. Enjoy spending time with other TVIH members while dining outside at local restaurants. For the summer, June, July, and August, the TVIH Happy Hours will be held simultaneously on the 1st Tuesday of each month from 4-6 pm at **Konstantine's Greek Taverna, Leelynn's, the Periodic Table, and Tino's Italian Bistro**. There is also a 5th outdoor Happy Hour at a residential address for those who wish to meet there instead. The address and web site of each restaurant are posted on the web page listing. Various members will be hosting at each restaurant, and are also posted on the events page. Please check the

website for Happy Hour specials and menus.

- **Good Morning Howard (Potluck Picnic) - Celebration of Year One** - Friday, August 6th at 3:00 PM. This outdoor picnic will commemorate the one-year anniversary of "Good Morning Howard" [GMH] The 41 hosts of GMH in 2020-2021 who contributed to the success of the program will be acknowledged. **All TVIH members are invited to celebrate with us.** Spend an afternoon at beautiful Blandair Park, enjoying good food, music and games. But most of all, come and enjoy the company of good friends! Please see the event page for info on what to bring and a schedule of events!
- **The Village Readers Book Group**- Thursday, August 19th at 10:00 AM. Discussing the book *To Kill a Mockingbird* by Harper Lee.

August Weekly Activities/Events

- **Monday Morning Meanderings** – at 9:00 AM. 8/2, 8/9, 8/16, 8/23, 8/30.
- **Monday Morning VIRTUAL Coffee with Friends** - at 10:00 AM. 8/2, 8/9, 8/16, 8/23, 8/30.
- **Virtual Bridge** – Every Tuesday at 1:00 PM. 8/3, 8/10, 8/17, 8/24, 8/31.
- **Wednesday OUTDOOR Lunch Bunch** - at 11:30 AM. 8/4, 8/11, 8/18, 8/25.
- **Wednesday Lunch Bunch (Virtual)** – at 11:30 AM. 8/4, 8/11, 8/18, 8/25.
- **Mah Jongg** – Every Friday at 10:00 AM. 8/6, 8/13, 8/20, 8/27.
- **Sneakers & Coffee** - Every Saturday at 9:00 AM. 8/7, 8/14, 8/21, 8/28.
- **Saturday Morning Virtual Coffee with Friends** – at 9:30 AM. 8/7, 8/14, 8/21, 8/28.



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.



Photo by Asad Photo Maldives from Pexels

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Jennifer Perkins-Frantz, Newsletter Design

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.