



The Village In Howard Newsletter

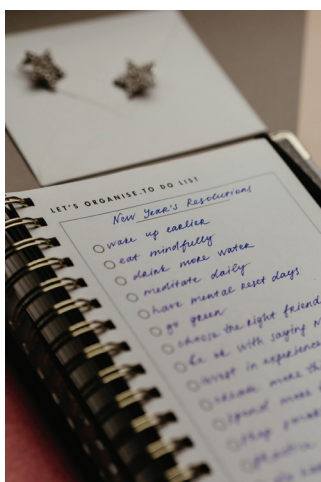
January 2022

Editor's Note

The office will be closed New Years Eve, Friday, 12/31/21. Any calls to the office during that period will not be answered until Monday, 01/3/22.

New Years Resolutions

According to historians, New Year's resolutions began more than 4,000 years ago in Babylonia. People then thought that if they made promises to the gods, they would treat them well during the new year. Down through the ages resolutions have continued in one form or another. Today resolutions focus on the individual doing some



form of self-improvement. Research shows that while 40% of Americans make resolutions, 80% break them by early February. What will you resolve for 2022?

MLK Day

Dr. Martin Luther King Jr. was the first modern private citizen to be honored with a federal holiday. It took 15 years of fighting to commemorate this man, who was notable for his nonviolent leadership of the civil rights movement. The initial push for the holiday took place 4 days after his assassination. With the lack of Black people in Congress at the time is why the bill initially paid. Because of the perseverance and protests of the Congressional Black Caucus and the few Black members of Congress, the Bill was passed.

TVIH Annual Meeting

TVIH's annual meeting is scheduled for January 20, 2022, (time to be determined but it will be in the afternoon) at the Kings Contrivance Community Association-Amherst House. All members are invited. The meeting will accommodate up to 50 attendees in the room and will also be accessible via Zoom. The details will be posted to the Village calendar shortly.

We are watching the progress of the Omicron variant of Covid-19. Should the incidence of the disease grow rapidly, as some are anticipating, we may have to cancel the in-person meeting; however, the Zoom aspect of the meeting will still proceed as scheduled. The Executive Committee will decide about cancelling the in-person meeting no later than January 10. Either way we will let our members know of the decision.



FAQs for Villages

1. What is the 20th anniversary celebration all about?

The year 2022 marks 20 years since the launch of Beacon Hill Village, the nation's first Village, in 2002. Since then, the Village Movement has grown to become a vibrant network of over 300 Villages, each serving older adults so they may remain at home and connected to their communities. In recognition of the tremendous, positive impact Villages are having on the experience of aging, Tuesday, February 15, will be celebrated as National Village Day!

2. What is being planned for the celebration? The Village to Village Network and a committee of Village leaders are planning the following:

- A proclamation in the U.S. House of Representatives (date to be advised), designating February 15 as National Village Day. The proclamation will be

sponsored by Congressman Stephen Lynch (MA) to recognize Beacon Hill Village and the Village Movement.

- b. A celebration webinar on **February 15, noon to 1:30 pm (Eastern)** that will feature remarks from a keynote speaker, trace key developments in the Village Movement, highlight stories from several Villages, and celebrate the role of Villages in communities across the country – and internationally.

The specifics of the celebration are being developed and additional information will be available in January.

3. How can my Village participate?

- Write to your Congressman to express support for the proclamation to proclaim National Village Day on February 15. Click [here](#) for a letter template you can customize.
- Mark your calendar for February 15, noon to 1:30 pm (Eastern) for the National Village Day celebration webinar. You may wish to schedule an in-person watch party if your Village has resumed social activities, or you can plan to share the Zoom link to members to view the webinar. Additional details will be coming in January.
- Use the National Village Day celebration to raise awareness about your Village and the Village Movement in your community and region. In January, Village to Village Network will make available to member Villages a media kit, which will include a release template to use in contacting the media, community leaders, partner organizations and other Village stakeholders.

Housing Options As We Age – A New Good Morning Howard Series

In 2022, Good Morning Howard will host a series of discussions designed to assist TVIH members who are thinking about future housing options. The first and third Wednesdays of GMH through April will be dedicated to this topic. Part 1: ‘The Big Move’ will address things to consider if you’ve made the decision to move (or are leaning in that direction). Part 2: ‘Staying Put,’ focuses on what you can do to stay safe and thrive if you decide to remain in your homes. Part 1 begins January 5 and Part 2 begins March 16.

Topics that will be addressed include:

- Factors to consider when deciding whether or not to move

- Housing options for seniors in Howard County and Maryland
- Decluttering – whether or not you plan to move
- How to assess whether we can age safely in our current home

Not only will information be presented about different options, but (just as importantly) TVIH members who have tried them (e.g., downsizing, continuing care, assisted living, moving in with adult children, etc.) will discuss their firsthand experiences - what they are glad they did and what they wish they had done differently.

Good Morning Howard invites you to be part of this important series. We guarantee there will be something of interest for everyone!

SPOTLIGHT ON Our Service Volunteers Dorothy Hutchins

Dorothy has been a TVIH member since 2014, literally at its inception. She became a transportation volunteer shortly thereafter. When our Circle of Care initiative was developed, Dorothy quickly came onboard to volunteer for that as well, providing friendly visits to members and respite care for spouses. Dorothy has served on the Board as well and is currently a member of the Membership Committee. Thank you, Dorothy for your practical assistance and perspective!

Good Morning Howard

Date: January 5, 2022

Topic: Aging In The “Right” Place

Host: Allyson Stanton

Our Senior Housing Options series will begin with a discussion led by Allyson Stanton, a Columbia-based Geriatric Care Manager (and TVIH member.) Allyson will walk us through the pros and cons of staying in our homes or moving and will explain why this decision needs to be reviewed and reassessed periodically. We will see how Geriatric Care Managers can serve as helpful guides as we consider our housing options at different stages in our lives.



Allyson Stanton

Date: January 12, 2022

Topic: The Best Movies of 2021

Host: Harry Glass

Harry will select at least half a dozen movies considered by critics to be among the best of 2021. He will show the trailers, and review the movies that he has watched. Come share your opinions and discuss your favorites.



Date: January 19, 2022

Topic: Retirement Community Options: How to Determine What 'Next Home' is Best for YOU

Host: Karen Gatzke, realtor

Karen will discuss how to determine the next best home for you based on critical questions you should ask the senior living communities that are being considered. Cost considerations will also be discussed. We will discuss real-life examples from people who have recently sold their homes, learned a lot in the process, & have great insight into navigating your next move.

Date: January 26, 2022

Topic: An Introduction to the Speak(easy) Series

Hosts: Jane and Kim Sherman

Even though the vast majority (90%) of people say that it's important to talk with loved ones about the health care they would want if they were unable to communicate their wishes, only 27 percent have had that conversation. Speaking with loved ones about our health care wishes and identifying a health care agent is a gift you can give your family – one which may prevent contention and confusion in the future. This GMH Session will serve as a 'tease' for the 3 or 4 -session "Speak(easy)" Series to be presented as a stand-alone program in February.

ON BOARDING

Notes from TVIH Board Meeting November 24, 2021

Farewells

Elizabeth Johnson and Karen Michaelson will be ending their terms on the Board of Directors and Mary Pate Donelan will be leaving her post as Tri-Director of Operations.

The Board thanked them for their contributions. They will be sorely missed. Mary Pat has agreed to help orient Jim Bouscaren to his new role as Tri-Director of Operations.

Financial Report- Pete Brunner

Our annual appeal letter is off to a good start. This year we changed the pitch a little. We sent out two separate letters. The first was sent to the 40 percent of members who contributed last year. The second was sent to the 60 percent of members who have not contributed in the past. As of Nov. 21, we have recorded donations of approximately half of last year's total amount with at least ten new donors responding to the new letter. We will follow up with an additional appeal on Giving Tuesday. The names of this year's major donors will be published in the February Newsletter using the categories-bronze, silver, gold and platinum.

The 2022 budget was approved.

Annual Meeting in January

A decision was made to try to have the Annual Meeting live and on Zoom. Yaa will check Kings Contrivance and the Owen Brown Interfaith Center for a date in the last two weeks in January.

By Laws approval vote

The Bylaws were approved adding a new section allowing the suspension of the by-laws if two thirds of the Board approve. The updated bylaws also define the roles and terms of the tri-directors.

Reminder

Strategic planning/evaluation committees will be reporting to the Board in January.

Community Outreach – Mary McGraw

The Village donated seven baskets to the Thanksgiving Drive. Each food basket contained a \$25 gift certificate. Two outreach presentations are scheduled. The Village has a spot in the Beacons Expo and TVIH will give a presentation January 19th at the East Columbia Library.

There will be no board meeting in December.

Welcome to New Members Let's Get Acquainted



Jennifer Steciak – Columbia
Jen is a public health nurse with a distinguished career working with special populations. She moved from Cleveland to Columbia in 1995. Currently she is working at the Maryland Department of Health in a crucial role-administering COVID-19 vaccines. In her spare time she enjoys gardening, travelling and swapping stories with fellow residents at The Evergreens.

Alice Pham - Columbia

PODS CORNER

If you want to join any pod or have any questions, please contact the **Pods Committee at pods@thevillageinhoward.org**. We'll get you connected. TVIH members can login to the TVIH website and view pods information under the Resources tab. TVIH members should keep an eye open for forum emails for forming pods and possible future pods topics. Once enough members show interest in a topic, the pod will start to form.

Do you like to write, organize, or plan? The Pods Committee is looking for a few more members. For more information, please email **Pods Committee at pods@thevillageinhoward.org**.

- Total Pods running - 6 neighborhoods, 4 interests
- Pods started in past month - 1 interest (Photography)
- Pods forming - 2 neighborhoods (Oakland Mills/Thunder Hill, Wilde Lake/Town Center), 1 interest (Elder Orphan)

PLEASE NOTE: All Events Now Require Registration!

Register for an event on the online calendar.

When you register for a Zoom TVIH event, you receive the Zoom link two times. The first time is right after you register. You receive the second notice on the day before the event. If you cannot find the zoom link in your emails, go to the website and cancel your registration, then register again. The email link will be emailed to you within 2 minutes.

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

Weekly Programs

- **Monday Morning Meanderings** – at 9:00 AM. 1/3, 1/10, 1/17, 1/24, 1/31
- **Monday Morning VIRTUAL Coffee with Friends** – at 10:00 AM. 1/3, 1/10, 1/17, 1/24, 1/31
- **In Person Bridge** – Every Tuesday at 1:00 PM. 1/4, 1/11, 1/18, 1/25a
- **Good Morning Howard** – Every Wednesday at 9 AM. 1/5, 1/12, 1/19, 1/26

- **The Art of Mosaic** – Every Wednesday 10:00 AM. 1/5, 1/12, 1/19, 1/26
- **In Person Mah Jongg** - Every Thursday at 10 AM. 1/6, 1/13, 1/20, 1/27
- **Virtual Mah Jongg** – Every Friday at 10:00 AM. 1/7, 1/14, 1/21, 1/28
- **Sneakers & Coffee** - Every Saturday at 9:00 AM. 1/8, 1/15, 1/22, 1/29
- **Virtual Lunch** – Every Wednesday at 11:30 AM. 1/5, 1/12, 1/19, 1/26
- **In Person Lunch** – Every Wednesday at 11:30 AM. 1/5, 1/12, 1/19, 1/26

Monthly Programs



Jan. 13 at 10 a.m.
Topic: Keep Up with Technology

A monthly virtual meeting for TVIH members to ask tech questions, share information, and learn together from free technology

lessons on the Internet. No prior experience is required. Everyone is welcome to join this meeting.

Do you have questions about the TVIH website, the apps on your smartphone, making a digital recipe file on your computer, or a good scanner to buy for scanning old family photos? Come to ask your questions and share what you know with other TVIH members. If we don't know the answers, we will look them up in Google search.

In 2019, more than half of older adults bought a new tech product, whether it was a smartphone, laptop, or smart home device. The internet enables seniors to connect with loved ones or stay informed on current news and research. Searching for yummy recipes, watching videos, making telemedicine calls, paying bills, and social networking are all common reasons seniors choose to hop on the World Wide Web.

Jan. 18 at 1 p.m.
Topic: My 3 Cents-a virtual discussion group

Social Media: What are getting? What price are you paying in return? Who is monitoring the cost /benefit analysis.

Jan. 19 at 1 p.m.

World Languages

Topic: Learning about Polish Language and Culture

Speaker: Laura Kafka-Price Ph.D.



Laura's parents were Polish and her dad was a Polish language instructor.

In this introductory class to the Polish language, you will learn about Polish and learn to say a few words. You will also learn about Poland's rich cultural heritage in music, literature, and art. You'll have a glimpse at my newly completed book, Karol Szymanowski *Rymy dziecięce* op. 49 for Voice and Piano: Polish Pronunciation Guide for Singers, and I'll teach you to sing a well-known song in Polish. I'll tell you about Polish organizations and their activities in the greater Baltimore-Washington corridor, and I will also share a few of my mother's recipes for making delicious Polish dishes.

Jan. 20 at 10 a.m.

The Village Readers

We are a group of TVIH members who love and enjoy books. We read both fiction and nonfiction. Books are selected as a joint decision by the group membership. Our discussions are always stimulating and lively. We enthusiastically invite you to join our group. The January book is "Oil and Marble" by Stephanie Storey.

Jan 20 at 11 a.m.

Topic: "Undesign the Redline" Exhibit: Understanding More About Racism

This interactive exhibit led by a guide, helps to explain why a federal housing act of the mid 1930's contributed significantly to systemic racism by establishing legal guidelines for who was able to obtain mortgages and purchase homes in specific neighborhoods. While repealed several years ago, the racial discrimination shaped the demographic and wealth patterns of American communities. The exhibit has been in dozens of major U.S. cities and is returning to Howard County again.

This session will be held in the second floor of the Central Library's new **Equity Resource Center**. Registration required; maximum of 15 participants.

Jan. 22 at 10 a.m.

Topic: Apollo and Dionysus Redux. Part 2

Instructor: Tom Benjamin

Continuing the December Listen! more music, dancing, and art. Beethoven, Stravinsky, Prokofiev, Balanchine, Louis Armstrong, Miles Davis, more African and Asian music and dance- and more!



Royal Ballet: The Firebird, music by Stravinsky

Jan. 27 at 7 p.m.

Topic: Travel Talks - Afghanistan



Dan Blumhagen on a beach on Washington's Olympic Peninsula in August, 2021

Description: Dan Blumhagen has been in and out of Afghanistan since 1960, when he was a teenager and his parents took the family to Kabul to provide medical services for the American Embassy community. He was most recently there in 2016, assessing the quality of the

USAID assistance during the war. During high school, he spent time in the back bazaars learning Dari/Farsi talking to the shopkeepers and craftsmen he met. Four years later, the family drove westwards. He left his family in Barcelona, and went to school in Switzerland, in part to learn German. His long peregrination through academe led to two doctorates. His subsequent career was as an international public health specialist for the U.S. Agency for International Development, primarily in West Africa. He has visited or lived in some 100 countries, including most of the countries in the Islamic world.

His discussion will focus on Afghanistan, but digressions into other aspects of his life and career will be welcome.

January 31 at 11 a.m.

Topic: Dumpling Party Joy Cheung

To celebrate The Chinese New Year, Year of the Tiger, Joy Cheung will prepare the supplies and teach you how to make traditional dumplings. You will wrap 12 dumplings to take home to cook. Bring a bag lunch and enjoy Chinese snacks made by Joy (tea eggs, red bean rice cake, sesame cookies, and oranges).



The maximum capacity is 15. **Proof of vaccination is required.** Please pay \$5 at the door for supplies.

TVIH Holiday Party

On 12/18 TVIH had a holiday party at Stevens Forest. TVIH had a wonderful turnout and it was a pleasure to close out the year with new and old members. We look forward to seeing everyone at more events in the New Year!



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.