



The Village In Howard

Aging Better Together

NOVEMBER 2022

Editor's Note

Due to the Thanksgiving Day holiday, the office will be closed on Thursday, November 24th, and Friday, November 25th. Any phone or email messages left on those days will be answered on Monday, November 28th.



Daylight Savings Time

Revert to Standard Time on Sunday, November 6, 2022 at 2:00 AM.

TVIH Board Sets Membership Dues for 2023

At its September meeting, the TVIH Board of Directors approved a new budget for 2023. It includes an increase in membership dues effective January 1, 2023. The new dues will be as follows:

- Associate Member (individual) will increase from \$173 to \$180.
- Associate Member (couple) will increase from \$289 to \$305.
- Full Member (individual) will increase from \$404 to \$425.
- Full Member (couple) will increase from \$520 to \$545.

The approved increase is just under five percent.

This is the first dues increase in two years as TVIH did not increase dues in 2022. However, this year has seen some large increases in expected expenses. For 2023, membership dues

cover just under 33 percent of our total budget. The remainder is covered by fundraising activities, grants, and drawdown of reserves.

Members who renew their membership before the end of calendar year 2022 will be able to renew at current rates and avoid the increase for 2023. Those who meet income criteria may be eligible for a reduced-rate membership. For further information, please contact Cheryl Neely at the office.

On-Boarding

**The Village In Howard
Board of Directors Meeting**
*September 28, 2022
Peter Brunner presiding*

2022 PODS SURVEY RESULTS - Michele Millican

In early Sept. 2022, a survey was sent to 91 TVIH members who participated in Pods from Sept. 2021 to Aug. 2022. There was a 58% response rate. These respondents were generally satisfied, giving the Pods activity a 3.5 rating on a 5-point scale. Members of Pods praised them for offering interesting conversations and comradery in a small group setting. These evaluations were exactly what the Pods leadership had hoped: Pods decreased feelings of isolation and increased participation in TVIH activities.

However, the informal structure of Pods, which fostered easy interactions, also created problems for roughly a quarter of the participants. They noted that the Pods were too disorganized and lacked definite goals, sometimes leading to low attendance. Pods members suggested some struc-

tural changes, such as determining a standard meeting date and time and assigning a set role or responsibility to each Pod member.

The survey led the Pods Committee to plan to create a Pods framework and guidelines to assure success. The structure would be incorporated in Pods documents, a website, marketing, and the design of the initial meeting of each Pod, which a Pods Committee member would facilitate. After informing the Pods Committee, the guidelines would permit Pods to dissolve if they chose. The Pods Committee would also be notified when a new Pod was created or new members were added to a current Pod. The Pods Committee would also act as an outreach committee in managing the waiting list for each Pod and seeking new membership for Pods.

Michele was praised as a great example of someone who pursues her passion for helping others and embeds her work within the mission of TVIH, thereby enriching the TVIH organization.

2023 MEMBERSHIP DUES

The Board of Directors approved an annual 5% membership fee increase beginning January 1, 2023. Please refer to the article entitled "TVIH BOARD SETS MEMBERSHIP DUES FOR 2023" for details about the dues increase.

The 2023 BUDGET was approved. The draft budget incorporates committee requests and assumes TVIH will hire an Executive Director or Manager and continue Sarah Ziemann.

HIRING COMMITTEE REPORT - Jim Bouscaren

The Hiring Committee consists of Jim Sanders, Fran Dummett, Fran Lorenzi, Sheryl Amster, Cheryl Neely, and Jim Bouscaren. Initially, their weekly meetings have focused on defining the role of Manager and Executive Director to decide which role TVIH seeks to fill. They presented ideas and findings to the TVIH legacy members via Zoom on Monday, October 3, 2022, at 3:00 pm. Input from these discussions and the committee's recommendations will be presented to the Board of Directors before the October 26th Board meeting.

NOMINATING COMMITTEE REPORT -

Sarah Spence

A short bio of the Board nominees, Marsha

Birnbaum, Dee Sullivan, and John Marsch, will be distributed before the October 26th Board of Directors meeting. We still need candidates for Director of Public Affairs and Director of Finance. During the August Board meeting, the Board extended Peter Brunner's term as Tri Director of Finance by 3 months (11/20/22 – 2/28/23). Candidates are also needed to chair two separate committees: Communications and Outreach.

CALL FOR VOLUNTEERS

TVIH has no representation for networking with other non-profit organizations (e.g., ACS, COGS, WAVE, etc.). Board members were asked to let Pete Brunner know if they wanted to participate in any of the following ACS meetings:

- **9/29** – New kids on the block
- **10/3** – Networking with Howard County's 2022 Electoral Candidates

If you attend, you may get a chance to speak with David Youngmann or Christina Rigby to chat about your position regarding the Aging in Place Tax Credit

- **10/19** – MD Non-Profits

USEFUL VILLAGE CONTACTS

Donations

donations@thevillageinhoward.org

Events

Events@thevillageinhoward.org

General

4info@thevillageinhoward.org

Manager including Supported Membership

manager@thevillageinhoward.org

Membership

membership@thevillageinhoward.org

Services

services@thevillageinhoward.org

Volunteer

volunteer@thevillageinhoward.org

Webmaster

frandummett@gmail.com

If you are not sure whom to contact for assistance, call the office at 443-367-9043 M-F between 10 am and 2 pm.

WE APPRECIATE YOUR CONTRIBUTIONS



Pictured are the Founders: From the top left: George Maestri, Susan Hailman, Michele Millican, meeting participant, Philip Dopkowski, Joy Cheung;

Second row: Judy Pittman, Mary McGraw, Joe Bettinger, Duane St.Clair.; Last row: Steering Committee meeting 3/28/2014, Ginny Thomas, Pamela Johnson, Phyllis Madachy, Dayna Brown.

TVIH Founders' Luncheon

Wednesday, Nov 9 at 11:30 AM

*Where: TVIH Center, 6061 Stevens Forest Road, Columbia, MD 21045
Contact: Joy Cheung*

Join the celebration of the 10th anniversary of TVIH, enjoy lunch, and hear from our founders about how it all came to be! Outdoor seating will be available. All TVIH members and guests are welcome to join this celebration and bring a side dish or dessert to share.

Program

- 11:30 am - 12:30 pm Lunch
- 12:30 -12:45 pm Meet the TVIH Founders, Q&A, and a group photo of TVIH Founders at the 10th anniversary.
- 12:45 -1:00 pm Slide show: TVIH's Early History 2012 - 2015 presented by Joy Cheung

We thank the following local businesses for their support!

Sprouts Farmers Market, Giant Food in Owen Brown Village, Harris Teeter in Ellicott City, Harris Teeter in Kings Contrivance Village, and Safeway in Ellicott City.

Members' Corner

Open Invitation to Members to Attend a Board Meeting

TVIH members are invited to attend any monthly board meeting. Proposals for topics for Board discussion should be presented at least 3 days before any monthly Board meeting by submitting your topic to 4info@thevillageinhoward.org. Board meetings are held on the 2nd Wednesday of every month at 1:30 pm in person beginning December 2022. Please register on the event calendar if you wish to attend.

Please understand that some Board topics are confidential and are to be discussed only among Board members; therefore, you may be asked to leave the meeting when confidential discussions begin.

Supported Membership Program

The Village in Howard has established a membership support program (reduced fees) for Associate and Full Memberships. This support is available, subject to TVIH resources, to applicants meeting specific income requirements. TVIH has a limited number of supported memberships which can be offered. For additional information or to apply, call the TVIH Manager at 443-367-9043.

Trial Membership

A 3-Month ASSOCIATE Trial Membership is now available. This truly is a no-obligation FREE 3-month trial membership. Trial ASSOCIATE Members will be provided a login and will have the ability to register for events and activities freely. In addition, a trial ASSOCIATE member will be assigned a 'Buddy' to assist in becoming familiar with all the Village has to offer. A trial ASSOCIATE member will have the ability to renew their membership as a regular member. Suppose they do not care to continue as an actual ASSOCIATE or Full member by the expiration date. In that case, their trial membership will automatically cease, and no membership fee will be charged. To become a Trial ASSOCIATE Member, register online or download a paper application at <https://www.thevillageinhoward.org>.

org via the Membership Tab/Applications. If you have any questions or need assistance, contact the office at 443-367-9043.

Loan Closet of Howard County

The Loan Closet of Howard County connects individuals with medical equipment (e.g., walkers, wheelchairs, crutches, bedrails, shower chairs, and much more) on a loan basis, free of charge. To receive equipment, your healthcare professional must complete the Loan Closet Referral Form at <https://www.howardcountymd.gov/disability-services>. Once the referral is received, you will be contacted to schedule an appointment for pick-up.

The Loan Closet of Howard County is located at 7125 Riverwood Drive, Suite D1, Columbia, MD 21046. Appointments are required for all services. Call 410-313-0363 to discuss your needs or ask for a referral form.

Volunteer Spotlight

Barbara Marley

Barbara has been a valued, non-member transportation volunteer since June 2022. With her quick smile, Barbara has and continues to respond to numerous member services. Barbara not only became a volunteer during COVID but also was one of the handful of drivers who continued to provide rides during the pandemic. Members very much enjoy Barbara's company. Thank you Barbara for stepping up when needed.



Welcome New Members



Ruth Bone – Clarksville
Carol Spangler - Columbia

Healthy Aging Workgroup News

Howard County General Hospital (HCGH) has established The Patient-Family Advisory Council (PFAC) over several years. The Mission is "to improve the patient and family experience across the continuum of care in the Johns Hopkins Health System." This is accomplished with set goals and objectives that are being refined at this writing. In essence, they include 1) facilitating best practices; and 2) ensuring that the patient/family perspectives and voices are heard.

Various clinically-specific advisory councils are in place or evolving. Each includes representatives from the administrative and clinical staff and the hospital-wide PFAC. TVIH's interests (age-related care) are currently represented on the hospital-wide PFAC by Judy Goldfarb. TVIH members can help inform Judy of any experiences/concerns one may have regarding their hospital experience. Please send your comments to judygoldfarb8@gmail.com. I will then make sure to share your perspective on the council; this can be done without disclosing your name if that is what you prefer.

Once the PFAC firms up its charter and processes, pertinent outcomes of meetings will be shared with the TVIH membership.

— Judy Goldfarb, Chair, TVIH Healthy Aging Workgroup

2nd Annual TVIH Survey Winners

Lorraine Costella, Francis Herron, Carol Lobell, and Gabriele Weida have each won a \$25 Visa Gift Card for their survey participation. We received responses from 101 out of 184 members. Thank you for the numerous ideas that will lead to Village improvements. Your input will greatly aid in the Village's successful future.



The Frederick Visitor Center

PODS Corner

This year the PODS Committee is improving its approach for success. While the PODS survey confirmed that the Program's purposes are clear, POD members must discuss their own POD's goals. This will help ensure that the POD has a framework and guidelines for the POD to be successful. The Program's objectives are to

- Support easier & richer conversations
- Encourage friendships
- Present a forum to discuss pertinent topics
- Promote participation in other TVIH programs
- Provide a solution to feeling isolated or lonely



Linear Park

A POD's goals may involve who leads the POD itself, how POD responsibilities – such as scheduling, hosting, or discussion leading – are shared or not, and whether the POD will meet for a short term or continuously. An individual POD's goals can change over time.

The PODS committee is now creating new PODS and adding members to existing PODS. If any TVIH member or volunteer would like to join a small group to get to know other TVIH

members, now is the time to join. Is there an interest/affinity you'd like to see a POD formed around? We want to hear from you! Please send an email with your information and area of interest to pod@thevillageinhoward.org. We'll get you connected with other interested members.

Women's POD News



The Weinberg Center.

The TVIH Women's POD spent a beautiful day in Frederick, MD, on October 7th. The weather was sunny and warm, and everyone enjoyed the day. Sarah Spence drove four of us and conversed about the stops we would be taking and spending time to get to know each other better. POD members included Froydis Beckerman, Ellen Blumner, Kathy Rose, Karol Hess, and Sarah Spence. The first stop was the Frederick Visitor's Center, one of the best centers in the region. The exhibits were extensive and informative. We also watched a short film about Frederick from a historical perspective to present-day living and working in the county.

The next stop was lunch, and we decided to walk along Carroll Creek to the restaurant located outside and up from the Creek with a beautiful view. Following lunch, we explored some of the park areas along Carroll Creek. Carroll Creek Linear Park was created out of a need to protect the downtown area from future floods. In 1976 there was a major flood in all downtown, and this beautiful area, Carroll Creek, was created to contain the water. Next, we stopped at the Weinberg Center, an entertainment venue on West Patrick

Street. Karol arranged to have the director, John Healy, describe the beautiful center that in 1973 had flood waters up to 10 feet in the theatre. McCutcheon's Factory Store was next on our agenda. Here one can buy any apple product imaginable grown and produced by a family-owned farm and factory. Eventually, it was time to say goodbye to Frederick, and we drove past the site of the Francis Scott Key burial site and statue. We all agreed we had a great time, and in the car home, we planned our next outing.

SAVE THE DATE!

Gather for a Holiday Social on Saturday, December 17, 2022, from 3-5:30. The event will be held in the TVIH Office at 6061 Stevens Forest Road, Columbia, MD 21045. Enjoy a late afternoon snacking meal with friends. Mini sandwiches, accompanying vegetable garnish, desserts and beverages will be provided.

Registration is limited to 50 members and will be open through Dec. 10, 2022.

You will not be requested to show a Covid vaccination card.

The cost is \$8/person. Plan to pay in cash upon arrival rather than prepay online.

Further details will follow in the December Newsletter.

Kindly contact Marsha at marsha.birnbaum@gmail.com to volunteer to set up the welcome table and clean up.

Happy Hour at Silver Diner

Tuesday, November 8, from 4:00 – 6:00

Where: Silver Diner, 8250 Overlook Dr., Elkridge, Md., 443-733-5213,

www.silverdiner.com

Contact: Cheryl Neely, 301-461-3748

Host: Sarah Spence, 410-615-3177

FALL IS HERE...

... and Chef Ype of the Silver Diner has crafted a few delicious seasonal dishes using local-sourced ingredients currently in season. Looking

to try a new beverage - Watermelon-Cucumber Mint Lemonade is back – enjoy it as is or spike it with vodka. You might want to try meatballs over garlic spinach, sunflower seeds, feta, and tahini...oh so yum! What about crispy brussels sprouts and lentils with a red pepper sauce and pistachios? Whether you prefer heart-healthy, vegetarian, plant-based/vegan, gluten-free, or diner favorites, Silver Diner has it all. Join us for Happy Hour at the Silver Diner on Tuesday, November 8, from 4:00 – 6:00, and bring a friend or a new member. This event will take place inside. See the calendar for registration.

Teach and Taste: Holiday Wines

*Sunday, Nov 13 at 12:00 - 2:00 PM OR
3:00 - 5:00PM*



Think of Thanksgiving and Christmas dinners. Now consider all the different entree possibilities and sides, not to mention desserts. What wines can you match with this plethora of dishes? This Teach & Taste will explore wines that can match well with much of the traditional Holiday fare.

Due to rising wine prices, the fee for tasting will be \$25.00. Contact: Susan Hailman

Weather permitting, this event will be held outdoors at the member's home. Please register on the TVIH calendar, and the host's address will be emailed to you.

Good Morning Howard in November

Event Contact(s):

Kate Stevens kate.tch@gmail.com

Plan to join us Wednesday mornings from 9:00 AM – 10:00 AM for these fun and interesting sessions. You may register for the Zoom programs on the Calendar.

Note: there will not be a Good Morning Howard program on November 23, the day before Thanksgiving.

When: Wednesday, November 2, 2022, 9:00 AM

Topic: Effective Ways to Declutter & Sell Your Home for the Highest Price

Host: Karen Gatske



Do you still have your kids' stuff in YOUR basement or jammed-packed closets? Are you thinking about selling your home and don't know where to begin? This class will discuss the easiest ways to declutter, teach you what buyers are looking for, set yourself apart from the competition, and get you the highest price for your home. The current real estate market will also be discussed. Bring your questions!

Karen Gatzke has previously presented at TVIH and is a Board Member of the Ellicott City 50+ Center, Catonsville Senior Center & Arbutus Senior Center, and a Member of the Howard County Association of Realtors.

When: Wednesday, November 9, 2022, 9:00 AM

Topic: All About Podcasts

Host: Duane St. Clair

What are podcasts? The internet has opened up many different ways to get information. Before the digital age, we had only a few ways to get information, but now the whole world is open to us at the touch of our fingers. Podcasts are a way to get information on any digital device you own, like



a computer, tablet, or smartphone. Podcasts are produced on almost any topic you can imagine. Download a podcast related to your hobby, local sports team, or news program. There are a few apps that let you search for podcasts. Some examples are Google Podcasts, Stitcher, Tune In, and Apple podcasts. This session will get you started exploring the world of podcasts.

When: Wednesday, November 16, 2022, 9:00 AM

Topic: Asian vegetables and Seafood Markets

Host: Joy Cheung

Are you tired of eating spinach, broccoli, lettuce, and cucumbers weekly? A large variety of Asian vegetables are available all winter at Asian supermarkets. You will also find delicious fruits such as papayas, Philippine mangos, and Korean melons in Asian stores.



The American Heart Association (AHA) recommends four to five servings each of fruits and vegetables daily. You can eat all the vegetables you want and never gain weight. There is no cholesterol in vegetables. The fiber in vegetables keeps your GI tract healthy.

Joy will show you the photos of the vegetables that she regularly serves to her family, such as bok choy, Chinese broccoli, yu Choy, Napa cabbage, bottle gourd, Japanese daikon radish, Korean cabbage, tofu, bean sprouts, Japanese yam, pressed tofu, Korean eggplant, etc. She usually prepares the vegetables in 20 minutes or less.

Joy also loves seafood. She will share with you her favorite local seafood markets.

When: Wednesday, November 30, 2022, 9:00 AM

Topic: Meet New TVIH Members

Welcome to TVIH! "Make new friends and keep the old. One is silver, and the other is gold". That phrase is still true. We will meet new members and reacquaint long-standing members during this Good Morning Howard session. Come on by and say, 'Hi'.

Listen! HOW MUSIC WORKS

(well, mainly).

Date: Nov. 18, 2022, at 10:00 AM

Speaker: Tom Benjamin

Contact: Joy Cheung



Pictured are a band with members singing and playing along to various instruments and a Japanese woman singing with another accompanying her on a guitar-like instrument called a shamisen.

So, what are some of the elements common to music around the world? If music is a universal language, what are the shared aspects across time and cultures? We'll roam history and the globe in search of the elusive answers.



Meet Up for Arts, Crafts, and Projects

Friday, Nov. 4 and Thursday, Nov. 17 at 10:00 AM

This event will generally take place on the first and third Friday of each month.

Contact: Joy Cheung

Venue: TVIH Center, 6061 Stevens Forest Road, Columbia, MD 21045. Please register on the website for this event.

Many people work on their computers alone for hours in Starbucks coffee shops. They do not mind the background noise. They like the coffee

shops because they are with other people.

Instead of working alone in your home, why not bring your project (knitting, sewing, painting, card-making, memoir writing, letter writing) to the TVIH Center to work on? You will enjoy friendship, conversation, and laughter at the same time when you work on your project. You will also learn new skills by watching others.

Hope to see you at the TVIH center. TVIH pays rent, and we should use our "home away from home" often. Bring your own hot or cold beverages. Joy will provide cookies.

The Holidays Are Coming! The Holidays Are Coming!



The newsletter staff invites all Villagers to share their holiday recipes in a new monthly column.

WE WANT TO HEAR FROM YOU!

Is it a main dish?

For Breakfast or Brunch? Lunch or Dinner?



Is it a side dish?

Potatoes or a Vegetable? Rice or Pasta?

Is it a salad?

A relish? Jello Mold?

Is it dessert?

A cake, pie, or pudding? Cookies?

Whatever it might be, please send your recipes to the Newsletter Staff by emailing them to Sheryl Amster at samster60@icloud.com AND Ellin Scholnick at escholni@umd.edu by November 19th.

We look forward to hearing from you! Thank you!

Please refer to the Events Calendar on the TVIH website for further information.

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

Travel Talks is taking a break in November and December. We will resume in January.

Weekly Programs

- **Monday Morning Meanderings** – Monday, Nov. 7, 14, 21, 28 at 10:00 AM at Lake Elkhorn. Contact: Jane Sherman
- **Monday Morning VIRTUAL Coffee with Friends** – Monday, Nov. 7, 14, 21, 28 at 10:00 AM. Contact: Jane Sherman
- **Fall 2022 Virtual Meditation** – Tuesday, Nov. 1 at 9:00 AM. Topic: Healing. Contact: Fran Dummett
- **In Person Bridge Group** – Tuesday, Nov. 1, 8, 15, 22, 29 at 1:00 PM at the TVIH Center 6061 Stevens Forest Rd, Columbia, MD 21045. Contact: Sarah Spence
- **Good Morning Howard** – Wednesday, Nov. 2, 9, 16, 30 at 9:00 AM. Virtual. No GMH on 11/23. Contact: Kate Stevens
- **VIRTUAL Lunch Bunch** – Wednesday, Nov. 2, 9, 16, 23, 30 at 11:30 AM. Contact: Mary McGraw
- **In-Person Lunch Bunch** – Wednesday, Nov. 2, 9, 16, 23, 30 at 11:30 AM at The

Corner Stable in the Kings Contrivance Shopping Center, 8630 Guilford Road, Columbia, MD 21045, 240-755-0188
Contact: Mary McGraw

- **Fall 2022 Virtual Meditation** – Thursday, Nov. 3 at 7:00 PM. Topic: Healing. Contact: Fran Dummett
- **Virtual Mah Jongg** – Friday, Nov. 4, 11, 18, 25 at 10:00 AM. Contact: Susan Hailman
- **Sneakers & Coffee** – Saturday, Nov. 5, 12, 19, 26 at 9:00 AM at Lake Kittamaqundi. Contact: John Salkeld

Monthly Programs

- **Remarkable Reads** – Thursday, Nov. 3 at 10:00 AM. Contact: Sharon Neville.
- **Meet Up for Arts, Crafts, and Projects** – Friday, Nov. 4 and Thursday, Nov. 17 at 10:00 AM at the TVIH Center 6061 Stevens Forest Rd, Columbia, MD 21045. Contact: Joy Cheung
- **TVIH Happy Hour** – Tuesday, Nov. 8 at 4:00 PM at The Silver Diner, 8250 Gateway Overlook Drive, Elkridge, MD, 443-733-5213 www.silverdiner.com; Contact: Cheryl Neely, 301-461-3748 OR Sarah Spence, 410-615-3177
- **Keep Up With Technology** – Thursday, Nov. 10 at 10:00 AM at the TVIH Center 6061 Stevens Forest Rd, Columbia, MD 21045. Contact: Joy Cheung
- **Teach and Taste: Holiday Wines** – Sunday, Nov. 13 at 12:00 PM and 3:00 PM at the Sullivans' home. Contact: Susan Hailman.
- **My 3 Cents** – Tuesday, Nov. 15 at 1:00 PM. Virtual. Topic: "Gender in the Modern Era." Contact: Ellin Scholnick.
- **The Village Readers** – Thursday, Nov. 17 at 10:00 AM. Virtual. Book is "One Step Too Far" by Lisa Gardner. Contact: Mary Pat Donelan
- **Listen!** – Friday, Nov. 18 at 10:00 AM. Virtual. Topic: How Music Works (well, mostly). Contact: Joy Cheung



*** Due to COVID and weather event conditions, events are subject to change at the time the newsletter is circulated. PLEASE check the calendar on the website for the most up to date information.**

Newsletter Staff

Editors, Sheryl Amster, Ellin Scholnick,
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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.