



The Village In Howard Newsletter

June 2022

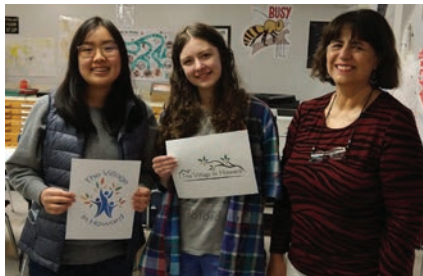
TVIH Annual Summer Picnic

Once again TVIH will celebrate summer with our Annual Picnic on Tuesday, June 14th at 4:00 PM, rain or shine, at East Cedar Lane Park under a pavilion, 10745 Rt. 108, Columbia (across from the Masjid Dar Al-Taqwa Mosque). A special trivia competition will be held . . . minus cell phones. Registration on the Calendar is necessary along with an \$8.00 per person fee to cover the cost of the Bar-B-Que and beverages. You are asked to bring a finger dessert (easily eaten without a fork or spoon) if your last name begins with A-P. Please bring a small side dish or salad for 6 to share if your last name begins with Q-Z. Please remember to bring a serving utensil for your dish! BBQ and beverages will be provided. Restrooms are on site. Looking forward to a fun outdoor event!



Congratulations to ARL Graphic Design Students (HCPSS) for Our New TVIH Logo

Congratulations to 2 graphic design students from the Applied Research Lab (ARL) in Howard County Public Schools: Adrianna Hwang (Marriot's Ridge H.S) and Sylvia Rabine (Centennial H.S) for their winning contributions to our new TVIH logo. The students' uplifting message of our vibrant, growing, and supportive community of people who are "Aging Better Together," will be revealed as soon as they finish refining their designs. Many thanks to their teacher, Mr. Jeffrey Sharpe, whose guidance enabled these students to achieve this success. Here's to the continued collaboration across ages with young people in the school system.



Communication and Outreach News



We would like to thank Jenna Crawley from the Howard County Office on Aging and Independence and Carol Zyka from the Enclave for inviting us to do a

presentation at the Enclave at Ellicott Hills. The event was on April 26. It was a combined effort to inform the residents about what is available to seniors living in Howard County. There were about 30 or so attendees.

We would also like to thank Renee DuBois, the manager and her staff at The River Hill Village Association for their hospitality on May 4 by providing lunch for us and about 10 people to casually mingle. On May 18, Renee DuBois and her staff again provided the venue for an informal presentation of The Village In Howard by our own Kim Sherman.

Tell your family, friends and neighbors!

Join us for another presentation about The Village in Howard.

WHEN: Thursday, June 16 at 11:00 AM.

WHERE: East Columbia 50+ Center
6600 Cradlerock Way
Columbia, MD 21045

WHAT: Light refreshments will be served
SEE YOU THERE!



The Village In Howard would like to tell you all about who we are and what we do. We can do a presentation in person or on zoom.

Do you live in a

55-plus community?

Are you a member of a church, mosque, temple, synagogue or any other religious institution?

If you are interested in a presentation, please contact us by calling 443-367-9043 or email us at 4info@thevillageinhoward.org.

We look forward to hearing from you!

Please consider joining the Good Morning Howard Team



Good Morning, Howard was launched in August 2020. It is an excellent way for TVIH members to get information while also enjoying each other's company. We

invite you to join the GMH team. We could use your help with monthly submissions to the TVIH newsletter, identifying and scheduling "Talent" to do presentations on various topics; editing and posting video recordings, sending out reminder emails, and hosting. Please contact Fran Lorenzi (florenzi@hotmail.com) to explore volunteering opportunities.

Good Morning Howard Using EBay to Sell Your 'Stuff'

Date: June 1

Host: Lynn Katzen

Description: As you declutter your home, take a closer look at your "junk" - there might be some items that would sell on Ebay! Lynn Katzen will tell us which things have "eBay appeal" and which ones don't. If thinking about listing and selling them yourself feels intimidating, overwhelming and time-consuming, Ms. Katzen can tell you how to get help. Some TVIH members have expressed an interest in selling their things and donating the proceeds to TVIH. This GMH workshop will be a great place to start!



Lynn Katzen examines a table for of tchotchkes to determine what will sell on eBay.

Health Disparities Affect Everyone

Date: June 8:

Host: Lisa Cooper, MD, MPH

Description: Health is determined by more than a person's choices and behaviors. Social and political conditions, economic forces, physical environments, institutional policies, the health care system, social relationships, risk behaviors, and genetic predispositions all contribute to physical and mental well-being. In America and around the world, many of these factors reflect a lingering history of unequal opportunities and unjust treatment for people of color and other vulnerable communities. Dr. Cooper, author of *Why Are Health Disparities Everyone's Problem?* will facilitate a discussion of how we can all work together to eliminate the avoidable injustices that plague our health care system and society.



Medication Management Issues for Seniors

Date: June 15

Hosts: Martin Pollack and Fred Butt

Description: Our two presenters are retired pharmacists who bring over 100 years of professional experience to this discussion.



Topics will include: medical ailments experienced by seniors and the types of drugs commonly prescribed; what specific drugs are intended to do (benefits) and how to

recognize and manage adverse effects (harms); the importance of taking medications as instructed; polypharmacy and drug interactions; generic vs. brand name drugs and other related matters. No medical advice will be dispensed during this presentation.

The Work Luminus (a local nonprofit) Is Doing with Afghan Refugees

Date: June 22

Host: Natalie Ledebor-Cid

Description: Current estimates suggest that 95,000 Afghans who were evacuated from their country will find their way to residency



in the U.S. and need help from programs like the Afghan Alliance of the Luminus Network for New Americans (formerly FIRN). Countless people in Howard County have wanted to help but are unsure where to begin. A representative from Luminus will explain how they are helping newly-arrived Afghan families and how we and TVIH might partner with them in these efforts.

Popular Scams and How to Avoid Them

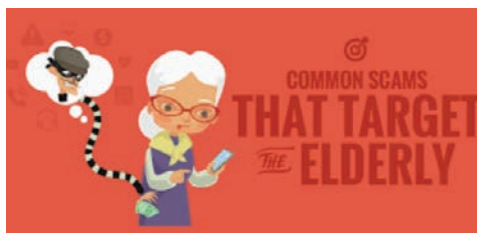
Date: June 29

Host: Beth Silverman, Howard County Office of Consumer Protection

Description: While scams and fraud affect everyone, they pose a particular threat to seniors. Last year, more than 92,000

victims over the age of 60 reported losses of \$1.7 billion to the FBI (a 74% increase in losses over the year before).

During COVID, scam victimization has been fueled by quarantine-related increases in social isolation and loneliness among seniors. Join the discussion as Beth Silverman, from Howard County's Office of Consumer Protection (OCP) provides tips on how to identify scams and how to avoid falling victim to the most prevalent ones.



Note: *Good Morning Howard will be on hiatus for July and August and will return in September.*

The Village In Howard First Strategic Planning Progress Meeting

May 17, 2022

Marie Grunwell presiding

This meeting was devoted to discussing TVIH's progress toward achieving its goals

Increasing membership

The membership of TVIH has fluctuated around 170 people with a goal of reaching about 300 members. The first step in increasing membership is to conduct exit interviews, going back historically to those who left, not just those who have left recently. The interviews would

include questions about satisfaction with TVIH. Did it meet the individual's needs? What might be done better? Fran Lorenzi volunteered to help with some tasks, such as phone calls to survey past members.

Other strategies were suggested:

- Offering trial memberships
- Hooking up with Age Friendly Howard to advertise what we offer
- Placing an ad in the "Sundays at 3" musical brochure that Harry Glass volunteers to coordinate. In return TVIH will reciprocate and advertise "Sundays at 3" in the TVIH newsletter.
- Hone in on people about to retire who are looking for ways to stay active and involved
- Increasing promotion of supported membership
- Opening up our successful presentations such as discussions on types of senior housing, Tom Benjamin's analyses of musical performances, travel talks and others, which will be attractive to seniors who may then want to learn about TVIH.

Increasing Funding

There was extensive discussion of the need to increase funding. In order to expand our membership and activities that can be of benefit to our communities, TVIH needs more paid staff to help in grant writing and in management of the organization. One way to obtain support is to recruit interns interested in writing grants and in management. A second tool is gaining corporate sponsorships and partnerships. TVIH is working on ways to encourage sponsors that will find it advantageous to reach an audience like Villagers without bestowing endorsement on the sponsor.

Grant Received

We would like to thank the Oakland Mills Village Association (OMVA) for its generous donation to The Village. Their donation will support Village efforts to make available reduced rates (supported memberships) to residents of Oakland Mills who might otherwise be unable to afford Village membership. Readers of the TVIH newsletter who may be eligible for membership at a reduced rate should contact the Village Manager at manager@thevillageinhoward.org for further details.

We hope that OMVA's generosity will be matched by some of the other Columbia villages so that reduced rate memberships can be more widely available.

Travel Talk: Ultimate Africa

Botswana, Zambia, Zimbabwe, Union of South Africa

In 2011, I went on a trip to Africa with two of my friends, Erin Hayden and Nancy Voskuhl. What an experience seeing the wild animals in their own environment! We travelled for three weeks with Overseas Adventure Travel (OAT), the adventurous side of Grand Circle Travel. The group was small—guaranteed no more than 16—which is very advantageous for a trip like this. We stayed in Chobe National Park and Okavango Delta in Botswana, Kafue National Park and Victoria Falls in Zambia, and Hwange National Park in Zimbabwe.

We would venture out in our land rovers early every morning and at dusk, the best times to see the animals. We

were fortunate to see all but one of the African Big Five: African bush elephant, lion, leopard, and African buffalo. The black rhinoceros managed to elude us. The rhino is very scarce, nearing extinction, and they are doing everything they can to protect them. We would have our normal “pit stops.” Most of these were in the “loo (bathroom) with a view.” In other words, the bathroom



was behind a bush to the right for the women; behind a tree to the left for the men. The guides were incredible, so knowledgeable, and I loved the

fact that they stayed in the camps and ate dinner with us. It was so interesting to hear their stories.

Accommodations were rustic but plush! We stayed in platform tents in all locations. However, they had teakwood floors, indoor plumbing, a hot shower and always a hot water bottle in our bed at nighttime. There was always a main gathering place where we ate, played

cards and shared our adventures. In the evenings, we were always escorted back to our tents by a guide with a loaded rifle. Once in our tents for bed, we were not allowed back out since many wild animals could be roaming nearby. We could only sound an alarm if we were having a medical emergency.

This trip to Africa was such a great adventure. I loved every minute of it! Hope you can join us for the Travel Talks on June 23rd where you will hear more about this trip and see slides of the beautiful animals and birds that we encountered.

— Written by Sarah Spence

TVIH Backyard Social



June 28th at 4 PM

VOLUNTEER SPOTLIGHT ON

Patricia Levay

Patricia became a TVIH transportation volunteer in 2020 and an active TVIH member in 2021. Patricia has quickly become a very big part of TVIH's transportation volunteer team. Rumor has it she is quite a baker, excels in calligraphy and watercolor and even participates in a comedic routine with one of our full members presented at the Bain Center. Thank you, Patricia, for your willingness to step up and help so very often!!!

New Volunteer:

Annette Uy

Welcome to New Members

Kathleen Liparini – Columbia
John and Mary O'Dea - Laurel

Village Pods Corner



This month the Pods Committee wants to introduce the women's pod. Guest writer Susan Salvucci, a pod member, gives you a taste of what this women's pod does. These pictures were taken at Brookside Gardens in Wheaton. Let's see what she has experienced with this pod.



The Women's Pod has been meeting monthly since November 2021. We are eight women who had an interest in getting to know others and forming some new

friendships while sharing ideas and conversation. We come from varied backgrounds and careers. We grew up in different states and countries. But we all share the commonality of being women "of a certain age", retired, and living in wonderful Howard County, Maryland. At our first meeting, we agreed that we wanted our meetings to have



substance - a topic for discussion or centered around an activity. During the winter, we met on Zoom and discussed topics like "What brought you to Howard County?" and "How has the role of women changed during your lifetime?"

We then started to meet in person in the Spring and shared ideas for possible day trips during the nicer weather. Our first "field trip" was in May to Brookside



Gardens. We spent a couple of hours wandering the pathways and enjoying the beautiful gardens and landscaping. On our way home, we stopped for lunch at Hudson Coastal. Our next gathering may be a cruise from Annapolis with lunch in St. Michaels. Those plans are still in the making.

We came together with the understanding that it

can take a little while for our group to gel and form a

familiarity that would lead to deeper friendships. Therefore, the Pod decided to purposefully keep our members to just eight. The smaller number allows everyone



the chance to share during our discussions. We also can meet in each other's homes more easily. Speaking for myself, I am enjoying getting to know my fellow Pod members and hearing about their experiences and



where life has taken them. I'm grateful to The Village in Howard (particularly the Pods Committee) for the work that went into getting the Pod program launched.

It's definitely

enriching my life as a newly-retired person.

*Photos and text by Susan Salvucci
(member of TVIH Women's Pod)*

If you have enjoyed this, consider joining a neighborhood or interest pod. Send an email to pods@thevillageinhoward.org with your name and neighborhood or interest area. We'll get you connected with other interested members.

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. 6/6, 6/13, 6/20, 6/27
- **Monday Morning VIRTUAL Coffee with Friends** - at 10:00 AM. 6/6, 6/13, 6/20, 6/27
- **In Person Bridge Group** – Every Tuesday at 1:00 PM. TVIH 6/7, (The Other Barn) 6/14, 6/21, 6/28
- **Good Morning Howard** – Every Wednesday at 9 AM. 6/1, 6/8, 6/15, 6/22, 6/29
- **In person Lunch Bunch:** Every Wednesday at 11:30 AM. 6/1, 6/8, 6/15, 6/22, 6/29 at The Corner Bakery in Columbia, MD
- **Virtual Lunch Bunch-** Every Wednesday at 11:30 AM. 6/1, 6/8, 6/15, 6/22, 6/29
- **Virtual Mah Jongg** – Every Friday at 10:00 AM. 6/3, 6/10, 6/17, 6/24
- **Sneakers & Coffee** – Every Saturday at 9:00 AM. 6/4, 6/11, 6/18, 6/25

Monthly Programs

June 7 at 1:00 pm

Hooked on Books: Book TBD

Contact: Sarah Spence.

June 14 at 4:00 pm

TVIH Annual Picnic.

Contact: Sarah Spence.

June 16 at 10:00 am

The Village Readers (Book Discussion Group).

Book is "Crying in H Mart" by Michelle Zauner.

Contact: Mary Pat Donelan.

June 16 at 1:00 pm

55+ Bocce.

Contact: Judy Pittman.

June 21 at 1 pm

My 3 Cents. Gender Identity Pronouns: What's in your signature and why?

Contact: Ellin Scholnick.

June 21 at 4:00 pm

Outdoor Happy Hour at River Hill Grill.

Contact: Cheryl Neely.

June 23 at 7:00 pm

Travel Talks: Africa. Travel Guide: Sarah Spence.

Contact: Marsha Birnbaum.

June 23 at 7:00 pm

Keep Up With Technology: the Central Library, Columbia, MD Contact Joy Cheung.

June 24 at 6:00 pm

TVIH Table Talks, "The joys and challenges of retirement".

Contacts: Joy Cheung and Duane St. Clair.

June 28th at 4:00 pm

Backyard Social.

Contact: Frances Lorenzi.

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.

On Boarding

Board of Directors Meeting

Wednesday, May 25, 2022 1:30 PM

Jim Bouscaren presiding

Finances: Pete Brunner

We received a generous \$500 donation from the Oakland Mills Village Association which we hope to use to recruit new supported members from the Oakland Mills neighborhood. Hickory Ridge and Harper's Choice also have donation programs. Perhaps Villagers who are residents of these neighborhoods could touch base with the appropriate village leadership to see whether they would be amenable to a similar donation.

TVIH has been notified by the Oakland Mills Village Association that our monthly rent will be increasing by \$100 to \$650 as of September 1st. The total annual increase will be \$1,000 (with summer remaining at \$100 per month). Thus it would be helpful to increase income. Our 50-50 raffle was only moderately successful, about

what we raised last year but below what was raised during the first raffle. This year the Bingo fundraiser is scheduled for October 29. Additional options for 2023 include reprise of the Antique Road Show we conducted a few years ago, and an on-line auction and donations that can be sold on E-bay. We could also include a slot on the renewal payment material for donations to TVIH.

Several suggestions were offered about strategies to increase our membership:

- Offering free 3 month trial memberships
- Initiating inducements to members who recruit new members such as entry into a lottery to win free membership the following year
- Having an open house event in which all members are asked to invite a potential new member

IMPORTANT JUNE DATES

TVIH moves out of its Stevens Forest office on June 11 at 10 AM. Help for moving will be gratefully accepted. Tentatively we will return to the office on August 27, 2022. We will clean and disinfect the office before moving back in. Contact information is available on the TVIH calendar.

***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

Editor-in-Chief, Yaa Ampofo

Editors, Sheryl Amster, Ellin Scholnick, Diane Fishman,

Alice Pham, Helena Seidel, Lynn Foehrkolb

Program Editor, Sarah Ziemann

Newsletter Design, Jennifer Perkins-Frantz

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:



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