



The Village In Howard Newsletter

February 2020

THE TVIH CENTER WILL BE CLOSED ON MONDAY, FEBRUARY 17 IN OBSERVANCE OF PRESIDENTS DAY.

We Need You

The Village In Howard is in its 5th year as a non-profit in Howard County. In the non-profit world, we are toddlers. Our progress to approximately 190 members and 415 programs this year has been remarkable. We have 44 volunteers who work in the office and provide our full members transportation and small home repairs. The Village is becoming a known entity to residents and other non-profits in the county. Our first wave of volunteers got us "off the ground", and have worked through many of our start-up problems. Many of them are still volunteering a substantial number of hours. However, The Village In Howard is in need of a second wave of volunteers to bring the organization to its full potential.

We all love being in this community, enjoying outings, walks, lunches, travel talks and even bocce ball. As a 99% volunteer-based community, we need you to keep the wheels in motion. There are things you could do to keep our community up and running. Answer the phone, drive someone to the doctor, plan an outing, find new members, plan a fundraising drive, take brochures to the libraries, have a talk at your faith community, wear an "Ask Me About The Village" button to the grocery store.

Below are the committees that keep the Village functioning. The committee chair person is listed along with contact information and a short description of what chairs do. Think about how you can contribute and contact the committee chair. **It is true.....We Need You!**

— Mary McGraw
Director of Public Affairs



PROGRAM COMMITTEE

Sarah Spence
tslspence@aol.com
410-730-9269

In 2019 the Program Committee provided 415 programs or events for the membership. The Program Committee strives to keep a good balance in our programming by offering educational, cultural, health and well-being, and social programs every month. All

Programs and Events must go through the Program Committee. We welcome suggestions from the membership and review each program for logistical problems, space conflicts, insurance issues, timing, etc., and we ask ourselves if the program would be beneficial for the members of The Village in Howard.



COMMUNICATION AND OUTREACH COMMITTEE

Lynda Rotter
Lynda.rotter@gmail.com
443-865-6264

This committee has two overall goals: (a) communication to TVIH members and non-members through the monthly newsletter by providing and editing articles submitted from the membership and other sources as well as (b) outreach to the greater 55+ community in Howard County to communicate to perspective members the value and support of TVIH membership. Coffees and other outreach community meetings are scheduled periodically throughout the county. We welcome new members at any time!



MEMBERSHIP COMMITTEE

Kim Sherman
aks@loyola.edu
301-275-4209

The Membership Committee manages the applications, waivers, and releases as new members are welcomed into The Village. One member of the committee welcomes each new member to The Village, acting as a "buddy" to ease entry into the activities of The Village. We discuss and handle unusual situations with members and recommend policies to the Board of The Village with regard to ongoing issues.



IT COMMITTEE

George Millican

geejayemm@gmail.com

443-812-1444

The IT committee supports the computer needs for the Village office. The committee is responsible for the Village website. The committee also provides orientation to the Village website and general computer and smart-phone instruction for Village members. It also plans for, purchases, and sets up equipment and software in the office.



FUND RAISING COMMITTEE

Pete Brunner

pjbrunner@comcast.net

443-745-8279

TVIH's Fund Raising Committee is responsible for raising all Village funds other than member dues. The Committee brings in funds covering over 60 percent of the Village's budget by running special events such as restaurant

nights, Bingo, an annual member donation drive and other activities. Additionally, we research and apply for grants and plan to contact local businesses and foundations for support. Our committee relies on the work of our members who have fund raising experience as well as experience in applying for grants. Our goal in 2020 is to increase our fund raising efforts to increase the number of paid staff hours in support of Village operations.

VOLUNTEER COMMITTEE



Susan Hailman and Marie Grunwell

shailman@comcast.net

mgrunwell2@verizon.net

443-994-5453/410-598-1094



The volunteer committee is made up of office volunteers and service volunteers who meet monthly to review service issues that come to our attention and plan how to meet anticipated needs.

Members must be familiar with the Club

Express software.

February's Travel Talks and Potluck Dinner

India (Part II) and Costa Rica

February Travel Talks is scheduled for Thursday, February 20 at the Howard County Central Library on 10375 Little Patuxent Parkway in Columbia. Please see the TVIH calendar for more details

and registration. Members and guests are welcome.

The program will begin with the concluding portion of Sarah Spence's video of her 2014 Overseas Adventure Travel trip "Heart of India." This will be followed by Dick Voelker's presentation of his January 9-19, 2020 travels to Costa Rica to photograph wildlife in remote areas. During this trip, he traveled on his own as well as participating in a small group in the Road Scholar Digital Photography program in that country.

See you there for more adventures.



Nutrition for Older Adults

The Howard County Office on Aging and Independence (OAI) in conjunction with TVIH will visit TVIH to present information on the topic of health and nutrition for older adults. The presentation, to be held on Thursday, March 12 from 10:30 am to 12pm, will focus on dietary needs and nutrition recommendations for older adults, common changes that occur in the aging process related to nutrition, and specific wellness strategies. There is no charge to attend this presentation. To register, email nbecerra@howardcountymd.gov or call 410-313-3506.

Classic Film Showing – "Female"



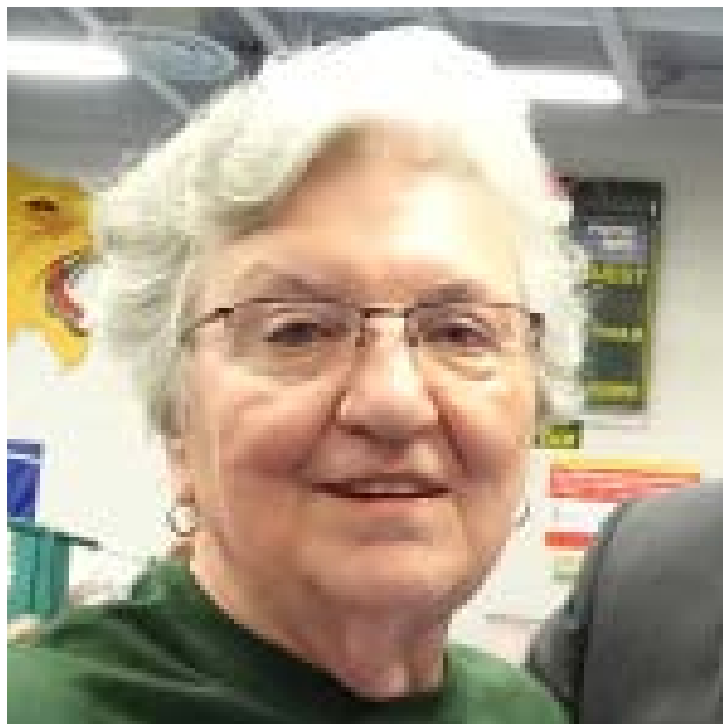
In celebration of International Women's Day, we will be showing a 1933 Precode classic film "Female" directed by Michael Curtiz (The Director of Casa Blanca) and starring Ruth Chatterton and

George Brent. This movie shows how independent women were in 1933. It is fun to compare women in the 1930's to women of today. Hope you can join us at The Village in Howard from 1:00 to 3:00 PM on Tuesday, March 3 to view this classic film.

PORTRAIT OF A VILLAGER — Judy Pittman

Judy Pittman describes herself as a long-time volunteer for organizations serving the community. That description underestimates her impact because her presence is often transformative. She helps build the structure of those organizations, creates new organizations and teaches others how to do the same. She has done this for TVIH.

Judy arrived in Howard County by chance 48 years ago. Her husband, a physicist, had just been hired in Washington. Although they had settled in a Virginia suburb, they decided to explore the local area. One visit included the new town of Columbia. They fell in love with Columbia and moved there. At first, Judy divided her time between raising a family and teaching part-time. As her children grew, Judy became free to work full-time and she switched her employment to a nonprofit, the Family Life Center in Wilde Lake. This was the first of many human services she was associated with, providing direct service, managing programs, serving as an Executive Director and then advising staff of other organizations on how to manage and use fundraising to create and refine their organizational structure and functions.



So it was not surprising that when Mary McGraw began to gather people to create a community of seniors in 2012, Judy was one of the founding group that created TVIH. She served on our first Board of Directors and then became its second president.

Judy has helped shape our past. Although she has stepped down from her formal leadership role, she continues to be engaged as an office volunteer, serving on the Program Committee and thinking about the organization's future. Her vision for TVIH reflects what she has learned and accomplished in her leadership of nonprofits. TVIH has evolved

from a small group meeting in the McGraw living room to a membership approaching 200. Growth requires organizational change. Fundraising and increased staffing are essential to providing stability, as is collaboration with other community organizations. We are also evolving in another way that presents a challenge. TVIH encompasses members from 55 years of age to those in their nineties. How does TVIH build programs and services reflecting the diversity of membership needs, interests, abilities and ages? We are lucky to have Judy Pittman as a partner in addressing these issues.

— Ellin Scholnick,
Member of TVIH

“[Judy’s] vision for TVIH reflects what she has learned and accomplished in her leadership of nonprofits.”

— By Ellin Scholnick

The same expertise and focus characterized her numerous volunteer activities in organizations such as FISH, A-OK Mentoring, the Community Action Council and Bridges to Housing Stability. She became one of the founders of Christ United Methodist Church and Neighbor Ride. Her retirement provided the free time to increase volunteer work with other nonprofits leading to TVIH. Her impact was recognized in 2005 by induction into the Howard County Women's Hall of Fame. Leadership Howard County honored her in 2007 by giving her their Unsung Hero award and in 2015 she received an additional honor, the Audrey Robbins Humanitarian Award.



TVIH Players

The TVIH Players will start the monthly meetings on Friday, February 21 at 10AM. Come to join us if you enjoy songs, skits, dance, comedy etc. No professional talent is required, just a willingness to have fun in amateur performances.

The Players will participate in the program for the TVIH karaoke/dance party on September 26. Bring your talent and enthusiasm for amateur performing with a song, skit, reading or music. Reclaim your creative talents with this friendly group.

Maryland General Assembly



On January 21, 16 people took a day trip to Annapolis to learn about the Maryland General Assembly. We toured the State House and

Governor's House. We also visited the Howard County District 12 legislators - Senator Clarence Lam, Delegate Terry Hill, Delegate Jessica Feldmark, and Delegate Eric Ebersole. We discussed TVIH's mission and pending legislation regarding aging-in-place programs. The trip ended with a wonderful lunch at Severn Inn.

TVIH Annual Giving Drive

In December, TVIH mailed each of our members a letter asking you to make a donation to the Village. We also sent an e-mail message to all the non-members who subscribe to our Newsletter. As of January 21, fifty-four of our members (28%) have donated an average of \$106 for a total of \$5,915. In addition, six non-members

donated \$476 for a total of \$6,191. This represents about nine percent of our budget for 2020. Member dues make up an additional thirty-seven percent of our budget. The remainder comes from other fund raising activities such as grants, Bingo and other events.

If you have not already sent in your donation, we hope you will consider the Village in your annual giving plans.

Would You Like to Follow TVIH on Facebook?



Facebook is such a fun way to keep up with TVIH activities and related postings. If you follow these instructions on how to "follow" us, you will see when a notice is added:

1. Log on to Facebook (or bring up the icon)
2. Select the magnifying glass to search
3. Type: The Village in Howard
4. If using a cellphone: Select the three dots, then select Follow

Other Platforms: Select The Village in Howard link, then select Follow

Want to create a Facebook account? AARP has a useful handout if you search Google for: "How to join Facebook AARP".

More advanced? Several helpful user topics are at wikihow.com if you search it for: Facebook.

— Marlene Furst West

SAVE THE DATE

TVIH Dinner/Dancing/ Karaoke Night

*Saturday, September 26, 4PM-8PM at the Owen
Brown Interfaith Center*

The party room has been reserved and a professional DJ has been booked.

You won't want to miss this fun party, mark your calendar today.

Details will be announced later.

Two Members of the TVIH Healthy Aging Workgroup to Join the Forthcoming Hospital Emergency Department Advisory Board

Howard County General Hospital Emergency Department (ED) leadership has invited two of the members of the Healthy Aging Workgroup to join the forthcoming Hospital Emergency Department Patient Advisory Board. Dr. Lynn Brallier and Judy Goldfarb

have accepted the invitation. The Senior Director of Emergency and Observation Services and the Chief Nursing Officer, sent a personal invitation to each. This invitation is a response to the direct pressure applied by the TVIH Geriatric Emergency Department Exploratory Team at the July 30, 2019 meeting held at the hospital. The concept of a Geriatric Emergency Department Accreditation may not be directly on the ED Leadership radar, BUT listening to the older population definitely is. More to follow as this ED Advisory Board takes form and begins to meet and affect positive change for the betterment of TVIH membership.

— Judy Goldfarb, Chair
TVIH Healthy Aging Workgroup

EXTENDING THE WELCOME MAT

Open to members and non-members. Join us to learn about the Village.

It's often difficult to walk into a new group and determine whether you'd be comfortable in it. TVIH offers opportunities for free trial runs without having to register or make a long-term commitment. These are events that have drawn many of us into the Village.

Walkers might enjoy Saturday Sneakers & Coffee, which meets every Saturday at Lake Kittamaqundi by the People Tree or Monday Morning Meanderings at Lake Elkhorn. Both groups meet at The Mall in Columbia during winter months.

If you're searching for conviviality, join the Lunch Bunch each Wednesday or Happy Hour on the first Tuesday of each month.

Bring your friends and neighbors to any of these events. We'd enjoy your company and love to get to know you.

Happy Hour: Please join us the first Tuesday of each month for Happy Hour. We meet at 4PM at different locations each month. Join us on February 4 at The Walrus Oyster and Ale House, Columbia Mall, just steps from the AMC Theater.

Sneakers and Coffee: Sneakers and Coffee has moved inside for the winter. We will meet every Saturday morning at 9AM in the Columbia Mall on the 2nd level in front of ALDO's near Macy's. We will take a 30-minute walk through the mall followed by a get together for coffee and conversation on the lower level in front of Nordstrom's.

Lunch Bunch: Please join us each Wednesday for lunch from 11:30AM – 1PM. February Lunch Bunch will be at The Walrus Oyster & Ale House, Columbia Mall, just steps from the AMC Theater.

Monday Morning Meanderings: Meets every Monday at 9AM. Start your week on the right foot with a group walk inside The Mall in Columbia. Meet on the second level near the Apple Store. We will resume our walks around Lake Elkhorn in early spring.



TVIH MONTHLY ACTIVITIES REQUIRING REGISTRATION

THERE ARE THREE WAYS TO REGISTER FOR AN EVENT:

- Visit the website at www.thevillageinhoward.org and sign in. After you have signed in, click on the "Calendar" tab for the activities for this month or for future months. Click on the activity you want to register for. If you are having difficulty registering on the website, please call the office at 443-367-9043.
- Call the TVIH Office at 443-367-9043 to register. If no one picks up, please leave a message and a volunteer will get back to you.
- Click this link to go directly to the website Calendar:

http://thevillageinhoward.clubexpress.com/content.aspx?page_id=2&club_id=855297&sl=504175908

Note: All events will take place at the TVIH Center on 6061 Stevens Forest Road, Columbia, MD 21045 unless otherwise specified. Please check our online calendar for detailed information and any additional events that may have been added since publication of this newsletter.

Events in February

Android Smart Phone Sharing Circle

Thursday, February 6, 10AM

This is a unique class for learning useful tips about your Android phone.

Mah Jongg

*Fridays, February 7, 14, 21 and 28,
10AM*

Must have basic understanding and previous playing experience.

Please register separately for each session.

Bridge Group

Tuesdays, February 11 and 25, 1PM

My 3 Cents

Wednesday, February 12, 2PM

An in-depth monthly discussion focusing on a specific topic of national, global, social, political or local interest. This month's discussion focuses on the challenges in discussing diversity.

"The Sky Revealed" at Robinson Nature Center

Thursday, February 13, 2:30PM

Come enjoy a unique experience of top notch astronomy and entertainment at the Robinson Nature Center. There is a \$9 fee for

this event that must be purchased through the center.

TVIH Talks: The First Time I Met My Wife/Husband

Friday, February 14, 10AM

Celebrate Valentine's Day with us as members share how they met their spouse, wedding photos, and refreshments. Attendees are welcome to share their own valentine stories and wedding photos. After the talks, Dick Krantz will play the guitar and sing love songs for us while we enjoy refreshments.

Flying Solo

*Tuesday, February 18, 3:30PM
BJ's Restaurant and Brewhouse,
6181 Columbia Crossing Circle,
Columbia 21045*

Female members getting together for pleasant conversation with friends old and new.

The Village Readers – A Book Discussion Group

Thursday, February 20, 10AM

February Selection: "Becoming"
by Michelle Obama

TVIH Website and iPhone Workshop

Thursday, February 20, 10AM

Learn how to navigate the TVIH Website and iPhone features.

Travel Talks/ Potluck Dinner

*Thursday, February 20, 5:30PM
Howard County Central Library
India – Part 2 and Costa Rica*

TVIH ROMEO's (Retired Old Men Eat Out)

*February 23, 5:30 PM
Leelynn's Dining Room and Lounge,
Ellicott City*

The Aging in Place Workgroup – Session 2 of 3

February 27, 4PM

Topic: Managing Caregivers,
Family and Friends

Looking Ahead ... Classic Cinema

Tuesday, March 3, 1PM

The film "Female" will be shown in honor of International Women's Day.

The Pleasures of Paired Reading

Thursday, March 5, 10:30AM

Sometimes, when you have enjoyed reading a book on a particular subject, you want to revisit that same subject perhaps in a slightly different form.

Mah Jongg

*Fridays, March 6, 13, 20, and 27,
10AM*

Must have basic understanding and previous playing experience.

Please register separately for each session.

Get Acquainted Coffee

March 9, 11AM

New Village members or members who have not yet participated in recent events can find out more about Village activities, programs and services.

Bridge Group

Tuesdays, March 10 and 24, 1PM

Nutrition for Older Adults

March 12, 10:30AM

This is a presentation by OAI on health and nutrition for older adults. The presentation will focus on

dietary needs and wellness strategies to reduce the functional decline in aging. Although this presentation is at the TVIH Center, registration must be made with OAI by emailing nbecerra@howardcountymd.gov or calling 410-313-3506.

Columbia Orchestra Symphonic Pops Concert

Sunday, March 15, 3PM

*James Rouse Theater, Wilde Lake
High School*

After the performance, plan to have dinner with us at Leelynn's.

The Aging in Place Workgroup – Session 3

March 26, 4PM

Topic: Home Based Primary Care

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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.



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.