



# The Village In Howard Newsletter

Volume 6, No 4 • April 2018

April is National Volunteer Month - A Big Thanks To All TVIH Volunteers!

## Volunteers Make the (TVIH) World Go 'Round

We thank our volunteers and appreciate their value in our work. Last fall the team that attended the Village to Village conference got a new perspective on the power of our volunteers.



Credit Joy Cheung

We found that our operating budget and member fees are less than the average across the country and that the number and variety of our programs and services are significantly greater, per capita, than many villages. This productivity is made possible by the commitment of our volunteers. Between January and March, they contributed 449 service hours to our members! Add to that the 1,330 hours that members contribute to Board and Committee activity, and we have an average contribution of almost 600 hours per month! That's the equivalent of 15 people working full time. Imagine what our fees would be if we had to pay for all that time. Regardless of amount paid, it would be difficult to find staff that could be as responsive to the needs of our members as our volunteers are. In addition to countless rides and friendly visits, it's the ability of office volunteers to contact just the right person for an unusual request and the willingness of our service volunteers to say "Sure, I'll try to help" that allow us to meet diverse needs. In the past quarter volunteers helped a member select a new mattress, walked the Mall as part of a friendly visit, completed numerous handyman chores and hung a bird house! We also want to acknowledge volunteers who organize programs, help raise funds, manage our budget, keep our technology systems running, make presentations, welcome and orient new members. These folks are an often invisible but vital backbone of TVIH. The Village wouldn't exist without all of you!!

**THANK YOU FOR ALL YOU DO!**

## TVIH Fundraiser

The generosity of our members and others is vital in helping to achieve our mission. On **Tuesday, May 1, 2018, 11am to 10pm**, Tino's Italian Bistro will host a TVIH's fundraiser. Tino's will donate 10% of their total proceeds on food and beverages on dine-in, carry-out/delivery and members' catering orders. Join us and enjoy delicious pizza and hearty Italian cuisine at reasonable prices. **Please share the flyer at the end of this newsletter with your family, friends and neighbors.**



Credit Joy Cheung

## Update From TVIH Healthy Aging Workgroup

Recently we informed you that TVIH Healthy Aging Workgroup has been exploring opportunities for collaboration with the Greater Howard County Healthy Aging Initiatives. The group has succeeded in establishing working relationships with the Office on Aging and Independence and the Howard County Local Health Improvement Coalition. Their hyperlinks and logos are on our homepage and classes are offered to our members. The group has begun connecting with reps of HC General Hospital to seek potential collaborations between our organizations. The group is a permanent subcommittee of the Program Committee and participation is open to interested members. There are currently 8 members, meetings are held quarterly and communication is by email. If you would like to join in these efforts to enhance healthy aging in our community, please contact Judy Goldfarb at [judygoldfarb8@gmail.com](mailto:judygoldfarb8@gmail.com).

## Tried the New Forums?

The revamped Forums are now up and running. Log into the TVIH website as a member, go to the Forums tab on the homepage and discover a new source of information, new ways to communicate and an expanded benefit of your TVIH membership.

## TVIH Library

The library located at the office has been quite popular. More donations of books in good condition will be appreciated. Biographies and cookbooks are requested along with current novels. Surplus books will be donated to Goodwill. No textbooks or children's books please. Place your contributions in the "DONOR BOX" in the office. Our thanks to Sharon Neville, TVIH Librarian, for her work.

## How Do I Change My Contact Information?

Be sure that we can always stay in touch and you don't miss any TVIH activities. It's easy to change contact information – simply update your profile by logging into our website and click on your profile to make changes to email, address, etc. If you have any questions please send an email to [4info@thevillageinhoward.org](mailto:4info@thevillageinhoward.org) or call the office at (443) 367-9043.

## Beware!! Potential Medicare Scam

In April 2018, Medicare will begin a year-long project to replace all current Medicare cards by converting to new alpha-numeric ID numbers. Currently the ID number is your social security number. The new Medicare card will arrive in the mail. You don't need to request it or do anything; be aware that scam artists are seeking to swindle the unsuspecting public.

How? Scammers claiming to be from "Medicare" will call to inform you that a new Medicare card is being mailed, but until it arrives you will need a temporary card at a cost of \$5 - \$50. They ask for personal information, bank account or credit card to process the temporary card. It's a SCAM!! Medicare will never call you; most communication is by mail unless you ask them to call. For more information, visit the Medicare website at: [www.medicare.gov/forms-help-and-resources/your-medicare-card.html](http://www.medicare.gov/forms-help-and-resources/your-medicare-card.html)

[www.thevillageinhoward.org](http://www.thevillageinhoward.org) (443) 367-9043 [4info@thevillageinhoward.org](mailto:4info@thevillageinhoward.org)

## COMMUNITY EVENT:

### Free Opioid Overdose Prevention (Narcan)

Training presented by Howard County Department of Fire and Rescue Services on April 4, 2018 from 5pm – 7pm; 10 to 15 minutes presentation on walk-in basis. Go to [www.howardcountymd.gov/Departments/Fire-and-Rescue/For-The-Community/Naloxone-Narcan-Training](http://www.howardcountymd.gov/Departments/Fire-and-Rescue/For-The-Community/Naloxone-Narcan-Training) for more details and to RSVP.

## PROGRAMS



Credit Joy Cheung

### Annual Member Picnic

Our annual summer picnic will be held on Sun., June 3, 4pm – 7pm, rain or shine. The location is East Cedar Lane Park at 10745 Rt. 108 across from the Masjid Dar Al-Taqwa Mosque. The cost is \$8 and advance registration is required. Details on TVIH website.

## SPECIAL PRESENTATION:

### Ellicott City: Birthplace of the Industrial Revolution

Shawn Gladden, Executive Director of the Howard County Historical Society, will present a lecture on Wed., April 18, 1pm – 3pm on the role of Ellicott Mills in the American Industrial Revolution beginning in 1772 when the Ellicott Brothers arrived from Bucks County, PA. It includes a tour of the museum and artifacts from Howard County's past. Details on TVIH website.

## MEMBERSHIP NEWS

### Welcome to Our New and Rejoining Members

Stephanie Coakley of Ellicott City  
Inge Hyder of Columbia

### TVIH Supported Membership Program

The Village offers 50% fee reduction for Associate and Full membership categories. This initiative helps to expand the number of eligible Howard County residents and to promote inclusiveness. Financial support is available, subject to resources, to applicants who meet certain income guidelines based on Federal Taxable Income, Medicaid, Section 8 Housing Voucher, and/or tax filing exemption. For a confidential discussion about these options, call the office at (443) 367-9043 and ask for the Manager, or send email to [manager@thevillageinhoward.org](mailto:manager@thevillageinhoward.org). Information provided will be kept confidential.

## VOLUNTEER NEWS

### Welcome to Our Newest Service Volunteers

Meme de Carvalho –  
Office Volunteer  
Ann Neale – Transportation  
Volunteer

### TVIH Volunteer Opportunities

Interested in volunteering for TVIH? Please send inquiries about volunteer opportunities or your skills and interests to [volunteer@thevillageinhoward.org](mailto:volunteer@thevillageinhoward.org) or call the office (443) 367-9043.



# OPEN EVENTS: ALL ARE WELCOME

(No need to sign up, just show up; those who would like to learn about the Village are welcome to join us.)

## Happy Hour: Hudson Coastal

Tuesday, April 3, 4pm – 6pm

Enjoy authentic seafood plates, raw oysters & cocktails in an airy, modern interior.

## Lunch Bunch

Every Wednesday, 11:30am – 1:00pm. Meet in April at Centre Park Grill in Columbia.

## Sneakers and Coffee

Meet Every Saturday at Lake Kittamaqundi at the People Tree at 9:00am on Saturdays, happening outside through the fall (note new location).

## Bridge group

Meet Every Second and Fourth Tuesday each month at 1:00pm at Wegman's in Columbia. If interested, must contact Sarah Spence at (410) 730-9269, no online registration.

## Monday Morning Meanderings

Meet Every Monday, 10am – 12pm at Lake Elkhorn if the weather is above 35 degrees.

## TVIH MONTHLY ACTIVITIES REQUIRING REGISTRATION

### THERE ARE THREE WAYS TO REGISTER FOR AN EVENT:

- Visit the website at [www.thevillageinhoward.org](http://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](http://thevillageinhoward.clubexpress.com/content.aspx?page_id=2&club_id=855297&sl=504175908)

Note: All events will take place at TVIH Center unless otherwise specified.

## Trivial Pursuit

Monday, April 2, 2pm – 3:30pm

Enjoy an afternoon of fun and test your memory in a fast-paced memory game or enjoy other board games.

and stained-glass windows. They make up one of the world's largest and finest collections of Tiffany art still in their original setting.

## TVIH Players Meeting

Thursday, April 13, 10am – 12pm

Showcase your creative talents and enthusiasm for amateur performance with a song, skit, reading or music.

## Game Night

Saturday, April 14, 7pm – 9pm

Ready for a game of Chronology and Oddly Obvious? These games are easy to learn and fun to play. Previous experience not required.

## Easy Yoga, Stretch and Guided Meditation

Tuesday, April 10, 1pm – 2pm

Easy yoga demonstrates postures and stretches followed by guided meditation and relaxation.

## Instant Pot Cooking Demo and Tasting

Monday, April 16, 2pm – 3:30pm

Enjoy an Instant Pot demo and learn how to use this multi-functional kitchen appliance to make "one pot" meals.

## Tour of Tiffany Windows at Brown Memorial Park Ave. Presbyterian Church Baltimore

Thursday, April 12, 9:15am – 2pm

Join this tour of American art glass

## Elders' Collective Wisdom: What's Up with the Loan Closet?

Thursday, April 12, 11:30am – 1pm

Howard County Loan Closet is a resource for free durable medical equipment. Loan Closet Coordinator, Vanessa Hughes, will share details about the program.

## TVIH TALK: From New York City To Columbia, MD

Wednesday, April 18, 10am – 11:30am

TVIH member Charlie Catania will share his interesting life journey.

## Ellicott City: Birthplace of The Industrial Revolution

*Wednesday, April 18, 1pm – 3pm*

A lecture on the role of Ellicott Mills in the American Revolution beginning in 1772. Meet at the Howard County Historical Society, 8328 Court Avenue, Ellicott City, MD 21043.

## TVIH Website Training and iPhone Workshop

*Thursday, April 19, 10am – 11:30am*

Learn about navigating TVIH website with your devices. Bring your iPhone, iPad, or laptop.

## Restaurant Night at Carrabba's Italian Restaurant

*Sunday, April 22, 5pm – 7pm*

Join us for a great meal at Carrabba's Italian Restaurant located at 4430 Long Gate Parkway, Ellicott City, MD 21043.

## My 3 Cents

*Tuesday, April 24, 2pm – 4pm*

Open discussion about timely issues. Meet on 4th Tuesday each month. Registration is required and seating limited.

## Singles Planning Meeting

*Wednesday, April 25, 1pm – 2:30pm*

Join other singles to brainstorm and plan programs/events for members who are single, divorced or widowed.

## Smithsonian Environmental Research Center Trip and Hike

*Wednesday, April 25, 8:45am – 2:30pm*

SERC offers many hiking trails, a museum, marshlands, etc. overlooking the Chesapeake Bay. The visit includes a 15-minute presentation by staff. Registration info on TVIH website.

## Photography Group

*Thursday, April 26, 10am – 12pm*

Meet at Centennial Park off Route 108 and take pictures of wildlife and flowers around the lake.

## Travel Near, Travel Far and Potluck: Colorado River Rafting

*Thursday, April 26, 5:30pm – 7:30pm*

TVIH member Paul Verchinski will describe a three-day family rafting trip down the Colorado River. Meet at H.C. Central Library, 10375 Little Patuxent Pkwy, Columbia, MD 21044.

## Needles, Hooks and Coffee

*Friday, April 27, 10am – 11:30am*

Showcase your skills to knit, crochet, sew, quilt, hook, make alterations, jewelry, cards or holiday decorations.

## Our Aging Brain: Strategies To Maximize Mental Health

*Monday, April 30, 1pm – 2:30pm*

A lively discussion focusing on cognition as it relates to aging and how the brain changes as we age.

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Support TVIH by using Amazon-Smile, 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](http://smile.amazon.com).

SUPPORTER:



**The Village In Howard**

Aging in Howard just got easier....

If you have problems with, or need information on:

Membership, email [membership@thevillageinhoward.org](mailto:membership@thevillageinhoward.org)

Volunteering, email [volunteer@thevillageinhoward.org](mailto: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](mailto:4info@thevillageinhoward.org). We will not share your email address or personal information with anyone.

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Aging in Howard just got easier....



**~ FUNDRAISING EVENT ~**  
**To Benefit The Village In Howard**

**Tino's Italian Bistro is generously donating 10% to TVIH**  
**from ALL sales that day on:**

**Lunch \* Dinner \* Carry-Out \* Delivery**

*Note: Catering orders placed by our members that day will also be  
included in the total sales figures*

**Tuesday, May 1st 11 AM – 10 PM**

**Tino's Italian Bistro**

**8775 Centre Park Drive, Columbia 21045**

**410-730-8466 – For reservations or take-out**

**Tinositalianbistro.com**

**The Village In Howard is a nonprofit organization that offers services and activities to  
support Howard County's older adults who wish to remain active and continue to reside in  
their own homes.**

**For more information visit our website: [www.thevillageinhoward.org](http://www.thevillageinhoward.org)**

**Or call our office at: 443-367-9043**

**~ THE VILLAGE IN HOWARD ~**  
**BUILDING COMMUNITY, ONE RELATIONSHIP at a TIME!**

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