



From the Village Board of Directors

As we usher in a new decade, we wish each of you a **Happy New Year**.

Village Annual Meeting Attendance Breaks Record

More than 75 Villagers attended the December Annual Meeting, filling the library’s conference room to capacity. Outgoing Board President Mary Rojas welcomed attendees, introduced Board Members and Committee Chairs, and discussed highlights from the Village’s annual report. She noted that the “2019 Fitness Initiative” was a success, with a new walking group started, well-attended Past Tense yoga classes, a new bicycling group, programs at The Well, and active participation in the “William Yates Experience” exercise group. Now established, these fitness activities will continue in the New Year.

It was also a time to bid farewell to several of the Village’s Board members and to welcome those newly elected to the Board. Leaving the Board were Bonnie Cain, Eileen Coffey, Robert Hoffman, Nancy Mills, and Mary Rojas. Thanks to their many contributions, the Village in on a sound financial and organizational footing. Tom Conway, Governance Committee Co-Chair, announced the election results. Laura Breeden and Bill Emmet were re-elected for second terms and four newly elected Board members, Olivia Cadaval, Jan Fenty, Judy Fisher, and Ross Hamory, will officially begin their responsibilities with the January Board meeting.

**Save the Date: Saturday, February 8, 2020
Village’s Winter Party**

For More Activities and Events
see the calendar on the Village website
www.mountpleasantvillage.org,
the Monday **Village Announcements** or
the Wednesday **FYI**

The keynote talk was given by Margaret Goodman, who provided photos and a delightful narrative about the two-month cross-country bicycle tour this past spring that took her and her riding companions from Saint Augustine, Florida to San Diego, California. Margaret had many fine adventures to report.

Photos: Richard Hogg & Lawrence Rickards



Board President Mary Rojas
Opening the Meeting



Bill Emmet Discussing
Governance Issues



Treasurer Laura Breeden
Presenting the Financial Report



Olivia Cadaval, Jan Fenty, and
Rick Reinhard modeling the
Long-Sleeve T-Shirts



Retiring Board Members Eileen Coffey,
Mary Rojas, Bob Hoffman & Bonnie Cain

Additional Photos from Annual Meeting – Margaret Goodman’s bicycle tour:



Margaret Goodman and Rob Fleming Preparing the Slide Show



Dipping the Rear Wheel in the Atlantic



Entering Mississippi



Sustenance



Entering Texas



Long Slog Across the State



California at Last: Dipping the Wheels in the Pacific

Villagers Help Rosemount Prepare for Christmas



Mount Pleasant Village members Judy Byron, Margaret Myers, and Alice Kelly stopped by Village partner Rosemount on a cold wintry day to help Santa wrap some of the gifts for the 240 children served by Rosemount.

Village Carolers Bring Joy to the Neighborhood



From L to R: Jan Fenty, Judy Byron, Darlene Meskell, Roberto Fernandez, Marianna Ohe, Bonnie Cain, Elizabeth Prewitt, Julie Byrne, and Rebecca Shannon brought holiday joy to Mount Pleasant as they walked through the neighborhood singing Christmas carols.

Here the group is serenading at the home of Susan Rees and Polly Donaldson.

Photo by Rick Reinhard

New Interest Group: Caregivers Support Group Explored

An organizational meeting of those interested in forming a new Family Caregivers Support Interest



Group will be held on Saturday, January 11, from 2:00 to 4:00 pm, at the Renaissance (formerly the Kenesaw) apartment building, 3060 16th Street NW. At this initial meeting, participants can explore the needs of the group and share ideas on the important issues to be addressed in future meetings. For additional information, contact Vivian Ling at vivianling12@yahoo.com.

Photo: Vivian Ling talking with Carol Godes about the support group.

Technology Precautions: Special Report by Rob Fleming

Christmas gifts, New Year's Resolutions, and the recent spate of people eavesdropping (and worse) on other people's homes suggest the following precautions should be taken:

- Change the default user name and password (the ones that came built in) on all your tech. Since most of this will be a one-time thing (or however often you feel uneasy), you can use a very long password.
- Change the WiFi channel that your technology uses, if you can. It will give you a little more protection and less interference from your neighbors' technology.
- Put a little piece of tape (or a stick-on shutter) over the camera on your tablet or laptop. You can do it on your phone, if you don't do any video-calling or chatting.

How you make these changes is dependent on your particular device, and there are too many ways to do it to describe them all here. Check your owner's manual and, if you can't find it, Google the device name and the word "privacy."

The Mayor's Second Annual Senior Holiday Celebration: A Report by Rob Fleming

On December 19, I attended Mayor Bowser's Senior Holiday Celebration at the National Armory. It was a big show, with lots of balloons, dessert and drinks in a box, and chicken with green beans and mashed potatoes cooked on-site. There were lots of people and lots of vendors, government agencies, and for-profit and not-for-profits with information tables around the edges. This was the second such event, and the first since the Office on Aging became the Department of Aging and Community Living (DACL).

I attended the Celebration, in part, to put in a pitch for more technical support for Villages, especially for other neighborhoods whose residents may not have as much computer expertise or public service organizing experience. However, the crowd was too big for any kind of one-on-one discussion with the Mayor. I'll follow up in some other ways. However, I was able to obtain information that may be of interest to Villagers. This includes:

- **Smart911** is a service where people can register additional information about health conditions that could be relevant in an emergency, as well as the address generally associated with cell phone numbers that might not show up on an emergency dispatch center's Caller ID. For additional information, go to www.Smart911.com.
- Attorney General Karl Racine's office provides brochures about protecting seniors and about civil rights. They have held programs on "Scams and the Elderly" for other Villages, and we may host one in our Village. For additional information, go to www.oag.dc.gov.
- The District's "Safe at Home" program provides such fall prevention equipment as handrails, bathtub cuts, and chair lifts. They also will provide cameras for home security. There are some household income ceilings and cost-sharing requirements. For additional information, call 202-724-5626.

Another program will reimburse residents for installing security cameras that meet certain standards. More on this at <https://ovsjg.dc.gov/page/private-security-camera-rebate-program>.

D.C. residents (but not renters) can also get free smoke detectors installed by the Fire Department by calling 202-673-3331.

- Older residents with disabilities may be eligible to have services to help stay in their homes funded under the “Elderly and Persons with Physical Disabilities Waiver Program” if they qualify for D.C. Medicaid and meet other requirements. For additional information, call 202-724-5626 or go to <https://dcoa.dc.gov/EPDWaiverProgram>.
- Comcast offers “Internet Essentials” for \$9.95 plus tax for households that qualify. Some income caps and qualifications apply. For additional information, call 1-855-846-8376 or go to www.InternetEssentials.com.
- The Investor Protection Trust and Kiplinger’s Washington Editors handed out brochures and a DVD on investing for retirement and avoiding scams. The brochures are available at www.iinvest.org/programs/when-im-65/.

Mount Pleasant Village T-Shirts are Available

Village t-shirts, decorated with the Mount Pleasant Street cityscape designed by local artist David



Greenfieldboyce, are available in a variety of styles: women’s and men’s short-sleeve t-shirts, as well as long-sleeve, heavier weight t-shirts for cooler weather. Shirts are available from Judy Byron, judy@judybyron.com or 202-422-2307. Your \$10.00 donation is appreciated.

Upcoming Activity: Mah Jong Resumes on January 13

The Mount Pleasant Village Mah Jong Group will resume play on January 13, 2020. The group meets on Monday evenings, 5:00 to 7:00 pm, at the home of Katie Tyler, 1735 Lamont Street NW. Learn a fun game and play with your neighbors. No fees and free lessons. For additional information, contact Bob Hoffman (Hoff) at hoffharmonica@gmail.com or call 202-320-6252.

Save the Date: Plan to Attend the Village Winter Party on February 8

The Villages post-holiday Winter Party will be held on Saturday, February 8. Time and place will be announced later. Volunteers are needed to help with planning and logistics. If you would like to join the party planning committee, contact Bill Emmet on 401-578-1529 or at wemmet@gmail.com.

Helping Hands Program

The Village’s *Helping Hands* program continues to be a pillar of support for Villagers, providing a wide range of assistance, from transportation to medical appointments and shopping, to help with household issues, such as decluttering, setting up electronics, simple home repairs, changing lightbulbs, and errands. Keep in mind that requests for *Helping Hands* services are now being handled by our website manager. Contact Claire Thompson at volunteer.mountpleasantvillage@gmail.com or by phone on 703-635-5114.

