



## Happy Holidays



### From the Village Board of Directors

The holiday season is upon us and we wish each of you **Happy Holidays**. Whether you celebrate the December holidays of Chanukah, Christmas, Diwali, Kwanzaa, or Las Posadas, we are proud to call you “neighbors” and wish you a joyous celebration.

### Mount Pleasant Village Annual Meeting

The Village’s Annual Meeting will be held on Saturday, December 7, at 2:00 pm, at the Mount Pleasant Library. The keynote speaker will be Villager Margaret Goodman. An active Village member, Margaret recently bicycled across the U.S., from Florida to California. The meeting will also be the time when several members will be leaving the Board: Bonnie Cain, Eileen Coffey, Robert Hoffman, Nancy Mills, and Mary Rojas. Two current Board members will be standing for re-election: Laura Breeden and William Emmet. There are four nominees for new Board members: Olivia Cadaval, Jan Fenty, Judy Fisher, and Ross Hamory. This promises to be a lively event, so please plan to attend.

The Village’s Annual Report will be sent to all members prior to the Annual Meeting.

**For Activities and Events**  
see the calendar on the Village website  
[www.mountpleasantvillage.org](http://www.mountpleasantvillage.org),  
the Monday **Village Announcements** or  
the Wednesday **FYI**

### New Village T-Shirt: Now We Are 3!

We have added a new style just in time for



holiday gifting – a 100% cotton long-sleeve t-shirt. The new style, as well as the short-sleeve men’s and women’s styles, will be available at the Village Annual

Meeting. For availability at other times, contact Judy Byron at [judy@judybyron.com](mailto:judy@judybyron.com). Your \$10 donation is welcomed.

### Please Consider Donating to the Village

As you plan your year-end charitable contributions, please consider donating to the Village. Your contributions will help us offer our members more services and more programs without raising our \$50 annual membership fee. Village programming has grown and spans health and wellness, arts and culture, trips to local sites and museums, educational programs, interest groups, dining experiences, social events, and much more. The Village has become an important player in the physical and mental health and in the social, cultural and civic lives of our members. Donations can be made by credit card through the Village’s website or by sending a check to Mount Pleasant Village, 1735 Lamont Street NW, Washington, DC 20010. Donations are tax-deductible.

## Meet the Villagers: Margaret Goodman, Annual Meeting Keynote Speaker

Margaret Goodman challenges us to think about aging as an opportunity for new possibilities and experiences. The keynote speaker for the Village's December 7 Annual Meeting, Margaret will use photos to illustrate her recent two-month cross-country bicycle excursion that took her from St. Augustine, FL to San Diego, CA. As Margaret describes it, "we dipped our back wheels in the Atlantic, rode to the west coast and dipped our front wheels in the Pacific." Few of us have such bragging rights. Her description of how this ride came about and her adventures along the way promise a very unusual and exciting Annual Meeting.



Margaret is a native of Wisconsin, growing up in the small towns of East Troy and Delavan, where her grandfather ran the local general store. While attending Beloit College, where she earned a degree in international relations, Margaret participated in study abroad programs in Geneva, Switzerland and Vienna, Austria. She moved to the District to attend Johns Hopkins School of Advanced International Studies, earning a Master's degree in international studies. As her Wisconsin congressman Clement Zablocki was on the House Foreign Affairs Committee, Margaret hoped to obtain a committee position, but instead ended up on his personal staff, far from the issues that really interested her. She left that position for a four-year stint with the Congressional Research Service at the Library of Congress. When Rep. Zablocki later became chair of the Committee, Margaret was hired as the first female professional staffer on the Foreign Affairs Committee. Margaret spent the next 16 years on the committee, under three different chairmen, where she specialized in the oversight of foreign aid and the Peace Corps programs.

Under Clinton Administration, Margaret's experience led to her appointment as a Regional Director for the Peace Corps, responsible for the Asia-Pacific region. After spending 4.5 years at Peace Corps headquarters, she became the Country Director for Bangladesh, moving to Dhaka with her 13-year old daughter. She brought the first Volunteers to Bangladesh, although Volunteers had served there in the 1960s, before Bangladesh gained its independence from Pakistan. After a three-year stay, Margaret retired from the federal government and returned to the District.

She quickly became active, first as government relations director for World Learning, formerly the School for International Training, where she stayed for seven years. But it was her second activity that became Margaret's passion – bicycling. Although she had ridden in France on a rented bicycle, it wasn't until 2009 that Margaret bought her own road bike, a 27-gear Specialized Sequoia. Over time she developed her strength and riding skills, and began what she felt were more interesting rides out of the metropolitan area into new and exciting terrain. Margaret was fortunate in connecting with a cadre of other avid riders, and this group has made many long-distance rides together. Prior to this year's cross-country trek, the group has ridden from Seattle to Pittsburgh, Minnesota to Boston, and around Canada's Gaspé Peninsula. Her plans for future rides include a June circuit around parts of Wisconsin and Illinois, and then from Maine to the District. Margaret's friend Marlene Cimons wrote a *Washington Post* "Health & Science" article about her biking activities that can be read on the following link: [https://www.washingtonpost.com/national/health-science/a-week-long-bicycle-trip-isnt-long-enough-for-this-69-year-old-woman/2017/07/07/ce75c03e-61c2-11e7-a4f7-af34fc1d9d39\\_story.html](https://www.washingtonpost.com/national/health-science/a-week-long-bicycle-trip-isnt-long-enough-for-this-69-year-old-woman/2017/07/07/ce75c03e-61c2-11e7-a4f7-af34fc1d9d39_story.html)

When not biking, Margaret has additional loves in her life. She flies regularly to Pasadena, CA to visit her daughter and son-in-law, 4-year old grandson, and new baby grandson; she is an active member in Cleveland Park United Church of Christ choir; and she is the member of two book groups. She has lived in Mount Pleasant since 1984, and was an early member of the Village.

We can all look forward to hearing more about Margaret's adventures at the Annual Meeting.

## Meet-the-Street at the Pear Plum Café

The recent Meet-the-Street outing to the Pear Plum Café was a culinary and social success. We were warmly greeted by owners Emily Friedberg and Jeanlouise Conaway, who gave a bit of history of the establishment. They met when both were working for USAID, finding shared a strong connection to nature and the love of good food. Wanting to open a market that would stock fresh, high-quality, and locally grown products, they were initially looking to locate in such up-and-coming neighborhoods as 14<sup>th</sup> Street corridor or Petworth. It was almost by accident that they were shown the property that became the location for the Each Peach Market on Mount Pleasant Street. Opening 2013, the market has become a very popular success story in the neighborhood. Two years ago, they expanded, opening the Pear Plum Café two doors away. That, too, has become a mainstay of our community and a place where locals gather and enjoy food, coffee (their own blend), and conversation. Although they normally close at 5:00 pm, Pear Plum is available for special dinners, such as our Meet-the-Street "private party," and catering events.



Emily handles most of the day-to-day business operations of the store and café, while Jeanlouise,



who is trained as a chef, oversees the menus and food preparation for both establishments. For our Meet-the-Street gathering, Jeanlouise prepared a choice of lemon roasted chicken thighs with seasonal risotto or mushroom ragout served over a bed of herbed farro; both choices came with roasted vegetables. The Villagers left raving about the entrees and delighted by the evening.

Top photo: Jan Fenty introduces Jeanlouise Conaway and Emily Friedberg to the Villagers. Bottom photo: Villagers learning about Each Peach Market and Pear Plum Café.

## Neighbors Helping Neighbors Thrive

The Village now has several levels of programs and services to help older adults to continue to live and thrive in their homes and in the Mount Pleasant community. In addition to the *Helping Hands* program, the Village added two new initiatives this year to help seniors remain independent – the Cluster Initiative and the Buddy System.

**Clusters.** Village members are already gaining benefits from the new Cluster Initiative. The initial concept behind the Cluster Initiative was a desire to continue personal support for each Village member and to continue to benefit from the feedback and skills of our membership. To help accomplish this goal, Village members have been organized into small clusters based on geographic proximity to one another, with a Cluster Coordinator designated to help create and sustain a local

network. The intention is to help localize neighbor-to-neighbor support and create a viable social network. Most Village members are now assigned to a cluster, though some of the area, such as Lanier Heights, are still lacking a Cluster Coordinator. Those who would like to explore becoming a Cluster Coordinator should contact Jill Eden at [jeden311@gmail.com](mailto:jeden311@gmail.com).

The Clusters add another layer of engagement and support to help Villagers live in their homes and community. Clusters have already come together to help Village members with needed tasks. The Cluster that encompasses the middle section of Park Road organized a yard clean-up for a member who needed help removing a tangle of bushes, weeds, and vines. Village Cluster members Jack and Tom Conway, Jean Charles Crochet, and Cecile Srodes helped Villager Mary Hathaway in clearing her front yard. An effort that brought satisfaction to all involved.



Photos L to R: Jack & Tom Conway pulling weeds; Mary Hathaway & Cecile Srodes; Tom Conway wielding a pick

**Buddy System.** The concept behind the Buddy System is developing a connection between two Village members for their mutual benefit. Here is how it works: A Village member who, because of limited mobility, rehabilitation, desire for more social contact, or other ongoing needs, contacts the *Helping Hands* program and is paired with Village volunteer. The volunteer and member determine together what the buddy activities will be. Possible examples are a daily call to check-in, a weekly walk together, grocery shopping together, and conversation visits. The pair remains buddies for a mutually agreed upon time, as long as there is a need or both are satisfied with the arrangement and are available. If you need a buddy or know someone who does, or to become a Buddy volunteer, contact our Volunteer Committee Chair, Elinor Hart, by email to [hart1651@juno.com](mailto:hart1651@juno.com) or 202-387-2066, or contact Claire Thompson, our website manager, at [703-635-5114](tel:703-635-5114) or email to [volunteer.mountpleasantvillage@gmail.com](mailto:volunteer.mountpleasantvillage@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 [703-635-5114](tel:703-635-5114) or email to [volunteer.mountpleasantvillage@gmail.com](mailto:volunteer.mountpleasantvillage@gmail.com).

## New Helping Hands Contact Information

The Village has a new system for the Helping Hands Request for Services process. For service requests, please complete the request form on the Village website, call our website manager, Claire Thompson at 703-635-5114, or email: [volunteer.mountpleasantvillage@gmail.com](mailto:volunteer.mountpleasantvillage@gmail.com).

## New Waste Management Interest Group Formed

The Village's Waste Management Interest Group held its inaugural meeting in July and since has been meeting on a monthly basis. Its mission is *"to make Mount Pleasant a model community for waste management by implementing solutions that are local, possible, and involve both seniors and juniors in the community."* To accomplish its mission, the interest group has deliberated about actions to enhance recycling, composting, energy reduction, and improve education and awareness. For more information on the group, contact Julie Byrne at [jbyrne@boyneresearch.ie](mailto:jbyrne@boyneresearch.ie).

## Village Participates in Iona's "End of Life Expo"

Village partner Iona Senior Services organized an exposition of information and content sessions where participants could learn about and discuss a range of end of life issues. There were twelve break-out sessions across the day that addressed a range of topics, from dementia, to telling one's own story, organ donation, palliative care, and burials. Villager Robert Hoffman led a session titled "Death Café," where participants could raise and discuss pertinent end of life issues.

## Villager Walked on Thanksgiving "So Others May Eat"

Villager Mary Anne Gibbons, shown here with son Mauro, joined 8,000 early Thanksgiving morning raisers to participate in the annual "Turkey Trot" charity 5-K run/walk to raise money for So Others



May Eat (SOME). This year, Mary Anne was the only Mount Pleasant "Well-Seasoned Turkey" to enter the race. She hopes to drum up more participation for next year's event.

SOME is an interfaith, community-based organization that exists to help the poor and homeless in the District. They meet the immediate daily needs of the people they serve with food, clothing, and healthcare. They work to break the cycle of homelessness by offering services, such as affordable housing, job training, addiction treatment, and counseling, to the poor, the elderly, and individuals with mental illness.

## Website Assistance Available

If you are experiencing any difficulties navigating the Village website, contact Lawrence Rickards, Communications Committee Chair, on 202-234-7818 or at [info.mountpleasantvillage@gmail.com](mailto:info.mountpleasantvillage@gmail.com)

## Bancroft Annual Tree and Wreath Sale and Holiday Festival on December 7

The Bancroft Elementary School will hold its annual tree and wreath sale on Saturday, December 7, from 10:00 am to 4:00 pm, the holiday festival from 11:00 to 2:00 pm, in the school's parking area. In addition to trees and greens, there will be an array of holiday items, including crafts, homemade food, entertainment, and crafts making. There will be fun for all.





### JOIN MOUNT PLEASANT VILLAGE

**Membership Fee:** \$50 annually per individual. For more information, contact Claire Thompson at [volunteer.mountpleasantvillage@gmail.com](mailto:volunteer.mountpleasantvillage@gmail.com).

**Donor:** Make a tax-deductible donation to Mount Pleasant Village at 1735 Lamont Street NW, Washington, DC 20010.

**Contact us.** If you have questions, comments, or news to share, contact: [info.mountpleasantvillage@gmail.com](mailto:info.mountpleasantvillage@gmail.com).