



Many Ways to Stay Active in the Mount Pleasant Neighborhood

The Mount Pleasant Village launched a “Fitness Initiative for 2019” at the Village annual meeting with the keynote presentation by William Yates, coordinator of the YMCA’s *Fit and Well Seniors* program in Washington, D.C. Our neighborhood offers many ways to stay active as we age. Some suggestions for you:

Village Walking Groups The Morning Group walks together in the neighborhood for 45 minutes on Monday, Wednesday and Friday mornings at 8:30 am (contact: magibbons50@gmail.com). The new Afternoon Group walks Tuesday and Friday at 2:00 pm (contact: janfenty@gmail.com). Both groups start at Lamont Park. Join us!

Past Tense Yoga Studio, 3253 Mount Pleasant Street, offers classes by instructors trained in yoga for seniors, at 9:00 am Tuesdays and Thursdays, at a discounted rate that can also be used for classes and workshops throughout the week. Contact info@pasttensestudio.com, 202-462-9642, or www.pasttensestudio.com.

Body Wise-Bone SmartSM Workshops, by Villager Deborah Dougherty, 2036 Pierce Mill Road: Change your Posture from the Inside OutSM and Certified Osteoporosis Exercise & Postural Change. (contact: deborahd100@verizon.net).

Anthony Bowen YMCA, 1325 W Street NW, and the DC Office on Aging offer free strength and resistance, Tai Chi 1, yoga and aqua aerobics under the Y’s *Fit and Well Seniors* wellness program designed for seniors age 55+. For a full schedule of

Upcoming Events

Mount Pleasant Village Mid-Winter Holiday Party

For Village Members and Their Guests
Saturday, February 9, 5:00 to 9:00 pm
1735 Lamont Street NW
(see page 4 for details)

For Other Activities and Events

see the calendar on the Village website
www.mountpleasantvillage.org
or the weekly *Village Announcements*

classes, contact: www.YMCADC.com, or phone 202-232-6936.

Bernice Fonteneau Senior Wellness Center, 3531 Georgia Avenue NW, offers Ward 1 seniors free exercise machines and fitness classes from Aerobics to Zumba. Contact: 202-727-0338.

CHECK THIS OUT: And if you find yourself house-bound, here’s the **Ruth Bader Ginsburg Workout**, in videos and print. If it works for the 80-something Supreme Court Justice, it can work for you!

From the Membership Committee

The Village is delighted to welcome several new members:

- * Chelsea Allinger, Lamont Street
- * Chris Krueger, Irving Street
- * Mary Melnyk, Mount Pleasant Street
- * Olga Messoria, Mount Pleasant Street
- * Lawrence Perry, 17th Street
- * John Skibiak, Monroe Street

Meet the Villagers: Judy Fisher



Judy Fisher, born and raised near Philadelphia, came to the District in 1967 to attend Howard University and never looked back. She has lived in her Clydesdale Place home for more than 30 years. Earning her degree in English and secondary education, Judy had dreams of becoming a writer, and began looking for jobs as a proofreader and editor. Unfortunately, the city was still under the heavy mantle of race discrimination and these positions were closed to her. Casting about for ways to support herself, Judy worked in sales in the old Lansburgh department store, while she continued to write on her own. Not realizing that a life-changing career move was approaching, Judy accepted an offer by a friend to work in early childhood education in a day care center. This led to variety of positions at the Columbia Road Children's Center (now Barbara Chambers Children's Center), work with special needs children, director of a day care center, and at the Frederick Douglass Child Development Center. Along the way Judy began graduate work in the Antioch School of Law's legal studies program, but left before completing all degree requirements. For twelve years she was the primary caregiver for her mother, while also working in early childhood education at Adams (in Adams Morgan) and Brent (Capitol Hill) elementary schools. Judy earned a Master of Arts degree from the University of the District of Columbia in early childhood education. In 1990, she adopted her daughter Adjua, who now lives in Philadelphia and is engaged.

Judy retired from the Langley Elementary School in 2016. Since retirement she has taken classes through the Osher Lifelong Learning Institute (OLLI), including a class in memoir writing, has spent time with her daughter in Philly, and has traveled. She has trips planned for Mexico (leaving soon) and to visit friends in England, Italy and Portugal. Judy joined the Village due to her long friendship with Rick Reinhard (they met when both were in their 20s) and Judy Byron, and has been an active member of the Diversity Committee.

Update on the D.C. Office on Aging Grant to the Village

As reported in an earlier newsletter issue, the D.C. Office on Aging awarded a grant to all District Villages. The broad two objectives for the Mount Pleasant Village grant are: First, to assess the Mount Pleasant population and Village member needs in order to improve services and member engagement and participation, and second, to enhance the Village website to increase member communication and engagement.

To begin addressing the first objective, the Village has held the first of three discussion groups with members to learn how programs, activities, and services could be enhanced and how we may increase member participation. For the second objective, the Village is planning a complete renovation of its website and moving towards a system that will be easier for members to navigate and find the features and information they need. More information on both of these objectives will be provided through this newsletter and by mail.

Special Report: Results from the City-Wide and Mount Pleasant Village Surveys

This past summer, Mount Pleasant Village joined with other District villages in a city-wide survey of members. In addition to the multi-village portion of the survey, there was also a set of questions specifically for members of our Village. Highlights of the survey results are included in a special supplement to this newsletter. Please see page 6 for survey highlights.

Meet-the-Street – A Wonderful Brunch at Addis Paris Café

Fourteen Villagers were recently welcomed by owner Amy Solomon for a Meet-the-Street brunch outing at Addis Paris Café at 3103 Mount Pleasant Street. The café merges two exquisite cuisines, Ethiopian and French, that reflect Amy's home country and her study of restaurant and hospitality management in Valence, France. She learned to cook from her grandmother and through the pizzeria she ran in southern France. Amy came to the District over fifteen years ago to learn English, but then found Mount Pleasant and stayed. She opened Addis Paris Café a year ago. The morning menu features traditional western fare – waffles, crepes, and eggs – while the lunch and dinner menus also feature Ethiopian specialties. Amy is able to maintain the authenticity of the Ethiopian dishes because her sister works for an airline and is able to bring her the spices and other ingredients needed for her cooking. The café has a warm and inviting atmosphere, with paintings by local artists hung on the walls. Future plans call for inviting local musicians for musical offerings and to host story-telling events. The Villagers enjoyed the brunch and left very enthusiastic about the café.



Above: Jan Fenty (right) introduces Addis Paris owner Amy Solomon (standing) to Villagers (L to R) Laura Breedren, Susan Rees, Bonnie Cain, Barbara Case, and Darleen Meskell

Top: Elizabeth Prewitt & Judy Byron in conversation
Above: (clockwise from left) Barbara Case, Darlene Meskell, Jan & Phil Fenty, Elizabeth, Prewitt, Judy Byron, Susan Hansen, Laura Breedren, Susan Rees & Bonnie Cain (Photos by Lawrence Rickards)

Helping Hands Program Adds New Volunteers



The Village's *Helping Hands* program recently conducted an orientation session to add an anticipated eleven new volunteers to their cadre of helpers. A strength of the program is organizing vetted and qualified volunteers to help Village members with some aspects of daily living. Volunteers do not accept payment for their services.

For those not familiar with *Helping Hands*, here are some of the services that can be provided to Village members:

(continued on page 4)

- **Transportation:** rides to and from medical appointments (as well as help getting from the car to the office), to and from social and cultural events, and other appointments.
- **Errands:** grocery shopping and the drop off or pick up of dry cleaning.
- **Home Maintenance:** gardening and lawn care help, snow shoveling, and such away services as taking in mail, watering plants, or security checks.
- **Companionship:** Daily “friendly phone calls,” companionship for the errands listed above, or medical note taking during medical visits.
- **Technical Assistance:** simple appliance and fixture repair, furniture assembly, and setup and troubleshooting of computers, phones, and home entertainment equipment.
- **Concierge Services:** sign for packages and deliveries and meet repair or installation people.

Services that cannot be provided by *Helping Hands* volunteers include:

- **Medical or personal care services.**
- **Administering medication** (though reminders about medication can be provided).
- **Signing of any legal or financial documents.**
- **Extensive home repair or those outside the abilities of volunteers.**

The *Helping Hands* program continues to recruit volunteers who can help expand the range of services provided Village members. As additional services are added they will be announced by the Village.

Villagers who want help with a task should contact *Helping Hands*, and the Service Coordinator will try to find a volunteer who can help with the task. You can request *Helping Hands* assistance by:

- **Phone:** Call the *Helping Hands* Hotline 202-854-8381 to leave information about the help you need;
- **Email:** Send an email to helpinghands@mountpleasantvillage.org, describing what you need; or

Upcoming: Village Mid-Winter Potluck Holiday Party

Village members and their guests are invited to the Mid-Winter Potluck Holiday Party, Saturday, February 9, 5:00 to 9:00 pm, at 1735 Lamont Street. Please contact Jan Fenty about food to bring (janfenty@gmail.com or 202-251-6866) and Tia Pratt if you need a ride (cprattdc@msn.com or 202-234-7818). Also, please RSVP to Katie Tyler (katherine.e.tyler@gmail.com or 202-468-0364).

Free Mah Jong Sessions for Villagers

Join a dedicated group of Villagers to learn the ancient Chinese board game Mah Jong. Renowned Mah Jong teacher and Village board member Bob Hoffman (Hoff) is offering free lessons for Villagers. Both beginners and experienced players are welcome. Mah Jong typically involves four players and



uses beautiful tiles that need to be arranged in certain patters. It is easy to learn and offers a lot of fun and camaraderie. All materials will be provided. Sessions are held on Mondays, through February, 5:00 to 7:00 pm, at 1735 Lamont Street NW. Contact Coach Hoff with any questions: at 202-320-6252 or hoffharmonica@gmail.com.



Left: Darlene Meskell enjoys the game. Right: Coach Hoff watches Villagers Jan Fenty & Darlene Meskell select their tiles. Photos by Katie Tyler.

Upcoming: Ad Hoc Book Club

The Village Ad Hoc Book Club is open to anyone who enjoys reading and discussing both fiction and non-fiction. The next book discussion, featuring *Frederick Douglass: Prophet of Freedom* by David W. Blight, will be held Thursday, February 7, 5:00 to 7:00 pm, at Marx Cafe, 3203 Mount Pleasant Street.

New Biking Interest Group Forming

Those interested in joining a group of Villagers for bike riding, both near and far, are invited to contact their fellow enthusiasts on the Interest Group section of the Village website:

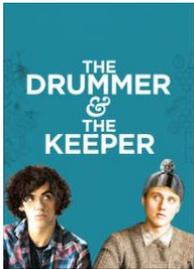
https://mpvillagedc.clubexpress.com/content.aspx?page_id=12&club_id=628724&item_id=29573.

While still in its formative phase, the group plans to explore the extent of Village interest, bike routes in and around D.C., and other organizational issues.

Capital Irish Film Festival at the AFI Theater in Silver Spring, February 28 – March 3

The [Capital Irish Film Festival](#), presented by Irish arts organization and Village partner, *Solas Nua*, will be held at the AFI Theater in Silver Spring from Thursday February 28th to Sunday March 3rd this year. The Village Cultural Events group invites Villagers to go together for the opening and/or closing day features. Tickets are \$13 per film and can be obtained online [here](#). Contact Darlene Meskell at dmeskell@gmail.com if you'd like to join either Village excursion.

Heartwarming Opening Film “The Drummer and the Keeper,” Thursday Feb. 28, 7:00 pm



“The Drummer and the Keeper” kicks off the [Festival](#), on Thursday February 28th at 7:00 pm. Winner of the Best Irish First Feature at the Galway Film Festival, this warm, thoughtful and insightful film explores the unlikely friendship of two young men, a reckless young drummer with bipolar disorder who revels in rejecting society’s rules, and a 17-year old with Asperger’s syndrome who yearns to fit in. The film will be followed by Q&A with the director, led by Villager and *Solas Nua* Chairman Paddy Meskell, and a reception hosted by the Irish Embassy.

Coming of Age Film, “Float Like a Butterfly,” Sunday March 3, 2:30 pm



Multiple award-winning “Float Like a Butterfly,” from the producers of “Sing Street” and “Once,” is the tale of a young Irish Traveler (gypsy) with a gift for boxing and affection for Mohammad Ali who draws on her talent for pugilism to confront sexism, alcohol abuse, Traveler traditions, and police harassment. An affectionate depiction of the curious and likable members of an extended Traveler family, the film also portrays many of the current challenges confronting the Irish Travelers’ community. The screening will be followed by Q&A with one of the actors.

JOIN MOUNT PLEASANT VILLAGE

Membership Fee: \$50 annually for an individual; \$100 for a couple. For more information, contact Cecile Srodes at membership@mountpleasantvillage.org.

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 news@mountpleasantvillage.org.

Special Report: Results from the City-Wide and Mount Pleasant Village Member Survey

This past summer, Mount Pleasant Village joined with other District villages in a city-wide survey of members. In addition to the multi-village portion of the survey, there was also a set of questions specifically for members of our Village. The purpose of the survey was to collect member information to better understand the needs of Village members and to learn about their experiences with transportation and other Village services. All this to help plan better programs and services to meet the needs and interest of our members. The following are highlights of what was learned.

Mount Pleasant Village Responses

- **Participation in the survey**
 - Multi-Village Survey: 106 respondents were from Mount Pleasant Village (51.7% of our membership). This was the highest participation rate among the ten participating villages and accounted for 25% of total respondents.
 - Mount Pleasant Village-Specific Survey: 101 respondents (49.3% of the membership).
- **Respondents' Gender, Sexual Orientation, Marital Status, & Education**
 - 63% identified as female; 37% as male
 - 6% identified as gay, lesbian, or bisexual
 - 67% identified as married or living with a partner
 - 16% identified as divorced or separated
 - 9% identified as widowed
 - 9% were never married
 - 16% reported some college, Associates degree, or technical school
 - 21% reported earning a Bachelor's degree
 - 25% reported earning a graduate or professional degree
- **Race and Ethnicity**
 - 90% of Village respondents identified as white
 - 51% of Mount Pleasant residents identify as white
 - 37% of District residents (from Census data) identify as white
 - 2% of Village respondents identified as African American
 - 13% of Mount Pleasant residents identify as African American
 - 48% of District residents identify as African American
 - 4% of Village respondents identified as Hispanic
 - 29% of Mount Pleasant residents identify as Hispanic
 - 6% of District residents identify as Hispanic
 - 1% of Village respondents identified as Asian
 - 3% of Mount Pleasant residents identify as Asian
 - 4% of District residents identify as Asian
- **Respondents' Ages**
 - 11% age 80 to 93 years
 - 42% age 70 to 79 years
 - 36% age 60 to 69 years
 - 6% age 50 to 59 years
 - 4% age 33 to 49 years

- Respondents' Living Arrangements
 - 37% live with 1 other person
 - 27% live with 2 other persons
 - 24% live alone or with a caregiver
 - 7% live with 3 other people
 - 5% live with 4 other people
- Household Income
 - 15% of respondents' income is less than \$50 thousand per year
 - 35% of Mount Pleasant residents' income is less than \$50 thousand per year
 - 63% of respondents' income is more than \$100 thousand per year
 - 46% of Mount Pleasant residents' income is more than \$100 thousand per year
 - Income sources: Social Security, investments, pensions, and wages
- Respondents' Years of Living in Mount Pleasant
 - 2% over 55 years
 - 33% 35 to 54 years
 - 31% 25 to 34 years
 - 17% 15 to 24 years
 - 12% 5 to 14 years
 - 5% less than 5 years
 - 60% would like to remain in their residences for the rest of their lives
- Satisfaction with Mount Pleasant Village
 - Quality of life as a result of Village membership
 - 52% improved
 - 48% stayed the same
 - Satisfaction with membership in Village
 - 24% extremely satisfied
 - 42% very satisfied
 - 28% somewhat satisfied
 - 6% unsure
 - What respondents like best about the Village (4 broad themes)
 - It provides social connection and builds community
 - It builds current and potential support networks
 - Village-sponsored activities
 - It is an investment in my future and the future of our community
 - Member participation in Village programs and activities
 - 34% 1 or 2 activities
 - 17% 3 or 4 activities
 - 17% 5 or more
 - 32% None
 - Member engagement with the *Helping Hands* services program
 - Many Village members are unaware of the range of services available
 - Those aware of service availability make few requests

- How Mount Pleasant Village can better meet needs or be improved
 - Provide more assistance to increase potential to age-in-place
 - Improve committee and leadership functioning
 - Improve internal communication
 - Expand services and activities
 - Do more outreach to prospective members

City-Wide Survey Responses

- Use of the internet
 - 100% of respondents reported regular internet access
 - 98% use it to communicate with friends or family
 - 88% use it for shopping or entertainment
 - 94% use it for news or information
 - 81% use it for transportation
 - Many Mount Pleasant Villagers reported not using the internet on a regular basis
- Knowledge and use of different modes of transportation
 - 9% of those aware of Village ride programs used the service
 - 71% of those aware of Lyft or Uber used them for rides
 - 6% of those aware of MetroAccess used their services
 - 98% of those aware of and had access used Metrorail
 - 91% of those aware of Metrobus or DC Circulator used the buses
 - 89% reported they drive regularly

Many thanks to the Village members who submitted responses to the surveys. This wealth of information will be used by the Mount Pleasant Village Board of Directors and Committees to improve communications and outreach efforts and in the planning of future programs, activities and services.