



## Board of Directors Nominations Open

The Governance Committee is seeking nominations for three seats on the Board of Directors that will become open as of the December 2019 Annual Meeting. Three founding Board members will have reached the three-term limit specified in the Village bylaws. Those who will be retiring from the Board are: Mary Rojas, President of the Board; Bonnie Cain, Vice President; and Robert Hoffman, Board Secretary. Nominations to the Board may be submitted to Tom Conway, Governance Committee Co-Chair, at [thomasbconway@gmail.com](mailto:thomasbconway@gmail.com).

## Website Transition Underway

In March the Village began the process of transferring data files from our current website to our new **Helpful Village** site. As with any renovation project, it always takes longer to complete than expected. Fortunately, we are not in a hurry and we can continue to use our existing website until the new one is fully ready to be launched. The extra time is being used make sure that all files have been transferred accurately and to design and test the new site for ease of use by our members. We will keep our members updated on progress and will offer training program on the new system as the work nears completion.

## The William Yates Physical Fitness Experience Continues

William Yates, Fit & Well Seniors Program Coordinator/Instructor at D.C.'s YMCA, is leading fitness programs for older adults on Wednesdays and Fridays, from 2:30 to 3:30 pm, at the Gavan Center, Sacred Heart Catholic Church



## Upcoming Events

### For Activities and Events

see the calendar on the Village website  
[www.mountpleasantvillage.org](http://www.mountpleasantvillage.org)  
or the weekly *Village Announcements*

(at 16th Street and Park Road, entrance to Church basement on right side). The sessions



are gentle, with a focus on participants' individual assessments and programs. Mr. Yates introduced the fitness program at the Mount Pleasant Village Annual Meeting this past December.

## Villagers Visit Home of Frederick Douglass

About 20 Villagers toured Cedar Hill, the



Fred Olsen, Jan & Phil Fenty and Susan Rees

home of abolitionist Frederick Douglass. Maintained by the National Park

Service, the Victorian house is where Douglass lived with his second wife, Helen, and where he died in 1895. It stands on a hill in Anacostia, overlooking D.C., Virginia and Maryland.

(Text by Darlene Meskell; photo by Rebecca Shannon)

## Hoff's Collection of Harmonica Cases

Bob "Hoff" Hoffman just closed an exhibition of a portion of his exquisitely crafted, custom-made harmonica cases at the Lost Origins Gallery on Mount Pleasant Street. Hoff's collection, the world's largest collection of custom-made harmonica cases, numbers over 500 individually commissioned cases, each crafted to include his likeness and/or name. Here are a few examples from the exhibit.



(Photos by Lawrence Rickards)

## Surfing the Gray Tsunami: A Report by Rob Fleming

You may have seen the article in the February 26 *Washington Post* titled "Older People Don't Get Enough Help." Well, our friends at Capitol Hill Village (CHV) are way ahead on this.

At the February Washington Area Village Exchange meeting, Mary Procter and Elizabeth Cabot Nash, from CHV, told us that, whether Village members or not, a lot of us are going to need more help as we get older. Right now, the help isn't there. They reported that:

- 12 percent of D.C. residents are age 65 or older, and the number is growing
- 12,000 older District residents need some level of long-term care:
  - 8,000 older persons need help with stairs, shopping, and other activities that require mobility.
  - 4,500 older persons need help with bathing, personal care, and dressing.
  - About 4,000 elders experience cognitive impairment.
- The home health care workforce is declining, while the need is growing.
- Because land in D.C. is expensive, it is challenging to create affordable Continuing Care Retirement Communities that offer independent, assisted, and memory care services.
- Despite the recent upgrade of the Office of Aging to the Department of Aging, most D.C. agencies are in "silos" with little coordination or overall strategic planning for a growing aged population.

CHV has some good ideas about what to do about this, but they need help. If you would like to become involved in the transition from "Aging in Place" concept of aging to "Aging in Community," contact Rob Fleming at ([rhfdc@comcast.net](mailto:rhfdc@comcast.net)) and phone (202-797-2388) (press 1 to get around the spam blocker).

The Tsunami is coming – learn to surf or be swept under.

## New Village Initiatives in the Works: A Report from Elinor Hart

During a recent gathering of Village volunteers, exploratory groups began working on a Buddy System, a Network of Block Captains, an IT (Information Technology) Team, and a Referral Program.

Our new Buddy System will be integrated into the *Helping Hands* service program. Village members who need extra attention because of frailty, rehabilitation or social isolation will be paired with Village volunteers. The volunteers and members will determine together what the buddy activities will be. Possible examples are a daily call to check-in, a weekly walk together, grocery shopping from time to time, and conversation visits. The pair will remain buddies for a mutually agreed upon time, as long as there is a need or both are satisfied with the arrangement and are available. For more information or to become involved, contact Mary Rojas ([m.h.rojas@verizon.net](mailto:m.h.rojas@verizon.net)) or Sheila Sontag ([sslodge@aol.com](mailto:sslodge@aol.com)).

The purpose of having a network of Block Captains is to provide ways to reach out to more Village members individually and to build neighborhood connections among Village members. The initial effort of the Block Captain Working Group will be to map geographic locations of Village members. This will be followed by a test-run in a small, defined area of Mount Pleasant. Following the test-run, the working group will be expanded. If you are interested in becoming involved contact Judy Byron ([judy@judybyron.com](mailto:judy@judybyron.com)) or Rick Reinhard ([rick@rickreinhard.com](mailto:rick@rickreinhard.com)).

The IT Team is exploring promising ideas for making our new Village website a valuable member resource. These ideas include a chatroom capability for interest groups and a list of vetted vendors. The IT Team is also exploring having IT mentors help Village members become more comfortable with, and more frequent users of, the Village website. If you are interested in being on the IT Team, contact Larry Rickards ([ldrickards72@gmail.com](mailto:ldrickards72@gmail.com)).

The Referrals Working Group will explore possibilities for Villagers having access to the Washington Consumer Checkbook database and whether our new Helpful Village Management software will make it possible to collect, store, and access referrals. This working group will also evaluate the Capitol Hill Village Vendors data base for scope and timeliness and work on developing collaboration tools, such as Google Docs or a Discussion Forum on our Village website to encourage wider participation by members. For further information or to become involved, contact Rob Fleming ([rhfdc@comcast.net](mailto:rhfdc@comcast.net)).

## The Village Welcomes the Following New Members:

- Carol Beswick, Kenyon Street
- Joyce Dehli, Walbridge Place
- Jill Eden, Oakwood Terrace
- Mary Paradise, Kenyon Street
- Nicole Saylor, Walbridge Place

## Morning Walking Group



Helping to support the Village's 2019 Health and Wellness Initiative is the Morning Walking Group, which gathers at its 8:30 am start time three days a week at the park at Lamont Street and 17th Street, on Mondays, Wednesdays and Fridays for a 45-minute walk (approximately).

## Tips for Making Fitness a Part of Every Day – by Mary Anne Gibbons

1. **Make a Plan**—schedule exercise time on your calendar. It will help you stay motivated.
2. **Find five minutes**—even if you are busy, find 5 minutes each day to exercise.
3. **Limit screen time**—trade low value screen time for exercise.
4. **Be an active watcher**—use commercial breaks to exercise when you do watch TV (stretch, use resistance bands, do the two-step).
5. **Delegate like crazy**—ask others to help with household chores or work activity to create exercise time for yourself.
6. **Be motivated by money**—pay for an exercise class if this will motivate you to exercise.
7. **Think positive**—instead of reasons why you can't exercise, use empowering thoughts like “I choose to make myself a priority,” or, “I am willing to do something active today.”
8. **Be a hot date or a fun friend**—take your friend, spouse, partner or love-interest to a cycling class, a ballroom dance lesson, to a picnic or on a hike.
9. **Do brisk business**—if you are employed, move meetings and conversations to the sidewalk so everyone is standing, do a group hike, or walk around the block for a meeting.
10. **Socialize on the move**—catch up with a friend by taking a walk, bike ride, or gym trip.
11. **Work it in**—while on a phone call, walk around the house, do leg lifts or stretches. Do a few calf-raises when you are standing at the counter or stove.
12. **Find a cheerleader**—ask a friend or family member to give you only positive messages when you report exercise progress to them – no nagging!
13. **Be yourself**—if you identify physical activities you enjoy, you will be more likely to make time for them.
14. **Bring the family or your group of friends**—if family or friend obligations keep you from exercising, bring them all along to the gym or other physical activities you enjoy.
15. **Take your physical activity on the road**—when you pack for vacation or a business trip, bring along your workout clothes and make time for exercise.
16. **Hit “play”**—buy an exercise DVD. You can start and stop it throughout the day and squeeze in exercise as it fits your schedule.
17. **Rise and shine**—exercise first thing in the morning to ensure you have fit it in. Lay out workout clothing the night before, put them on when you get up and exercise first thing.
18. **Ditch your ride**—walk or bike to do errands.
19. **Master the micro-workout**—minimize time sitting. Walk around the block every time you have a cup of coffee and plan stretch intervals or a brief workout every few hours.
20. **Hit it hard**—if you are having a super busy day, focus on higher-payoff workouts—a brisk walk, lifting some weights, Kettleball swings, resistance training.
21. **Measure it**—wear your fit bit or pedometer or measure your activity on your cell phone. Try for 10,000 steps each day.

22. **Adopt a DIY mentality**— do active things yourself instead of hiring someone to help. Rake leaves, shovel snow, clean the house, and don't use the remote control.
23. **Workout while you wait**—while you wait for a doctor appointment or your children or grandchildren at their activity, work in some simple stretches or walk around.
24. **Phone it in**—take a walk while on a long phone call or conference call. Stay aware of traffic so you remain safe.
25. **Keep a record of your exercise**—regularly write down the type/amount of your physical activity. After a month, congratulate yourself and adjust activity as appropriate.

**Note:** Ideas summarized from *Experience Life Magazine*, *25 Ways to Make Time for Fitness*, by Gina DeMillo Wagner.



### Helping Hands Ready with Assistance

Villagers who want help with a task should contact *Helping Hands*, and the Service Coordinator will try to find a helpful volunteer. For more information about what Helping Hands can, and cannot, do, contact Rob Fleming at [rhfdc@comcast.net](mailto:rhfdc@comcast.net) or phone 202-797-2388.

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](mailto:helpinghands@mountpleasantvillage.org), describing what you need.

### 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](mailto: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](mailto:news@mountpleasantvillage.org).