



Mount Pleasant Village Newsletter

Volume 3 Issue 1 • June 2017

www.mountpleasantvillage.org

Message from Katie:

I want to urge you all to come out for the Village's Annual Alley Sale this Saturday, June 3. We have collected some amazing items that will delight the intrepid shopper – from antiques, exercise equipment, beautiful wine stoppers, books, glassware, kitchen utensils, curiosities, tools, and home décor items. Browsing will be great fun, and the prices are right. In addition to hobnobbing and catching up with neighbors, it is one of the Village's primary fundraising events. It helps us keep going and allows the array of programs and events we offer each week. The forecast is for a lovely warm and sunny day, so please do come out.

I also want to encourage you to become familiar with the Village web site. It is the place to go to find upcoming events and programs, to request services from *Helping Hands*, read or download the latest Newsletter and blog, and find other Village information. Many of you may find "web-surfing" daunting, but the Club Express system we use was designed for specifically for villages. On page 5 of this newsletter are step-by-step directions for logging on and getting to the areas of your interest.

As you may know, Mount Pleasant Village is operated on an all-volunteer model. This means that all Village programs and administration are managed by Board members and volunteers. Now that we have grown to serve 182 members, we need your help to keep up this wonderful pace. Volunteering on a Village committee provides an opportunity to serve our neighborhood, meet and make new friends, share your experiences and help build our vibrant organization. There are a range of rewarding ways that you can serve the Village, from taking on smaller, discrete tasks that require only a few hours a month, to planning a program or event, to serving on a committee or as co-chair and providing broader leadership to the Village. If you would like to explore committee participation, I urge you to contact the committee Chairs, listed on page 4, for additional information. We look forward to our serving together.

Katherine Tyler

President, Mount Pleasant Village

Upcoming Events

Mount Pleasant Village Annual Alley Sale

Saturday, June 3, 10:00 am to 2:00 pm
Alley between 17th/18th Streets &
Park Road and Lamont Street

Film Screening and Discussion

Being Mortal by Atul Gawande Wednesday,
June 21, 6:30 to 9:30 pm
Sibley Memorial Hospital (see below)

Village Regulars

Walk with the Walking Group

Meet M-W-F, 7:30 am, Lamont Park

Mindful Meditation

Wednesdays, 4:30-5:30, tba

Mah Jong

Mondays, 5:00 pm, 1735 Lamont St.

Coffee at Dos Gringos

Thursdays 9:30—11:00 am

Seniors Yoga at PastTense

Tuesdays and Thursdays, 9:00 am

Happy Hour and Game Night, Tuesdays, 5-7 at Marx Café

Tuesdays, June 6 and 20

at Purple Patch's Habit Café

Tuesdays, June 13 and 27



Meet the Villagers: Charlene Minor-Howard – Long Term Mt. Pleasant Resident



Charlene Minor-Howard has lived in her Hobart Street home since 1960, moving there with her parents, sister and brother, while still in elementary school. Her grandparents once lived in Georgetown, where her parents grew up, and later moved to Deanwood, then to Mt. Pleasant. Charlene attended H.D. Cook Elementary School, Hardy Middle School, and Western High School.

She remembers childhood as a very child-centered and friendly time when they could safely roam the neighborhood, play in the lot where

Harvard Towers now stands, and attend youth activities at the Barney Neighborhood House and All Souls Unitarian Church. Charlene also recalls Mt. Pleasant as having diversity and an international flavor, with neighbors from Russia, Italy, Trinidad, Panama, and other Latin American countries as part of the neighborhood mix, socializing and playing together. The trolleys still ran on Mt. Pleasant Street and Heller's sold the best pastries in the District. She misses that sense of community, now that people are often so busy with careers and obligations, leaving them little time for neighbors.

Charlene attended the Washington School for Secretaries, then the University of the District of Columbia for a business degree. She worked as a legal secretary for various law firms and the non-profit Center for Community Change's juvenile justice project. After retirement, she worked as a contractor with the National Gallery of Art. She also raised three daughters, Patrice, Adar, and Felicia, who all earned graduate degrees and continue to live and work in the District. For fun, Charlene loves to travel, and has visited the Caribbean, Europe, Africa, and many of the major U.S. cities.

Jefferson Morley Regales Villagers with Tales from *Snow-Storm in August*



During his book presentation at the Library on May 15, journalist, author, and Mount Pleasant resident Jefferson Morley captivated his audience with the story of the Washington race-riots of 1835. It all began when 18-year old slave Arthur Bowen partook too generously of "ardent spirits" one August evening, picked up an ax left on a basement stairwell, and confused and befuddled, mistakenly entered the bedroom of his owner Anna Thornton. In the commotion that followed, Arthur was arrested

and charged with attempted murder. An angry crowd wanted to lynch Arthur, but were restrained by U.S. Marines. The backdrop to the story was the rising racial tensions in the city. At that time, Washington had the largest population of free blacks of any city in the nation, employment was scarce, and Nat Turner's 1831 rebellion a fresh memory. The situation was uneasy and volatile. The crowd, frustrated in its efforts to reach Bowen, turned its caustic energy on free blacks, destroying numerous homes and business, but fortunately causing no deaths. One of the businesses ransacked was the Epicurean Eating House, the first restaurant opened in the District (by Beverly Snow, a free man of mixed race). The District Attorney who brought the case against Arthur Bowen was Francis Scott Key. This is far too rich and nuanced a tale to be adequately told in this brief highlight – read this engaging book to learn about a fascinating period of D.C. history and the story's outcome.

Adapting Our Homes for Aging in Place



Most of us love our home and neighborhood and would like to live where we are for the duration. At his presentation at the Library on May 16, Architect Jeffery M. Stoiber, AIA, of Stoiber & Associates, applied the concepts of Universal Design in discussing home modifications which may help older adults to continue to live safely and comfortably in their homes while they age-in-place. Because many neighborhood row-houses have steep steps front and back, he suggested that homeowners first determine whether ramps or lifts can be installed to allow access. Such modifications

must comply with the historic district regulations of Mount Pleasant. Mr. Stoiber described interior remodeling features appropriate for older residents, such as the installation of non-skid flooring, levers rather than knob door handles, support bars for showers and toilets, improved lighting, lifts, kitchen and bathroom redesign, and unobstructed walking spaces. The cost of renovations depends on how extensive the remodeling must be to accommodate owner wants and needs.



Mr. Stoiber and Stephen Hage, CAPS, of Strategies for Independent Living, each conducted a field trip to a Mount Pleasant home to discuss what modifications might be done to allow residents to safely and comfortably age in place. The primary barrier to many Mt. Pleasant homes is access, with the costs of adding ramps and lifts prohibitive. However, there are many interior remodeling features that can allow those with mobility to enjoy their homes for many years to come.

Upcoming Event: Film Screening and Discussion of *Being Mortal*

Sibley Memorial Hospital is hosting a screening and discussion of the PBS FRONTLINE film, *Being Mortal*, based on the book by Atul Gwande, MD. The documentary explores the hopes and challenges of patients and families facing terminal illness, difficult treatment decisions, and how to have these important conversations ahead of a medical crisis. The panelists for the discussion include: Rabbi David Rose, Chaplin, JSSA; Susan Ely, MSN, Outpatient Palliative Care Nurse Practitioner, Sibley Hospital; Elisabeth Carrino-Tamasdi, MSW, Senior Coordinator, Sibley Center for Patient and Family Services; and Moderator: Joy Sexton, Director of Hospice, JSSA. There is no charge for the event, but pre-registration is requested at <http://bit.ly/2rwvkZr>.

In-Home Support Services for Elders – Part 2: Village Blog #5

The Village blog this month describes in-home support services available to older adults in our community from Iona Senior Services and Terrific, Inc. These services can help and assist older residents safely and comfortably remain in their homes.

Keeping Fit in Mount Pleasant



The Village wellness activities take a holistic approach to fitness, building strength, balance, and knowledge to promote mental and physical health. The activities help participants meet their personal health goals – fitness, weight loss, and general health, as well as the benefits of cheerful companionship. There are Yoga classes at PastTense Studio, offered at a discount to Village members; the Village walking group that meets three days a week for an hour's walk of two to three miles around the neighborhood; and a mindful

meditation group that meets every Wednesday. New participants are always welcomed. Check the website for up-to-date dates, times, and meeting places.

Helping Hands Program: Ready for Jobs Large and Small

With summer rapidly approaching, 31 Helping Hands volunteers are ready to provide that helpful assistance that can help your life move more smoothly. If you are a Village member and need a ride to medical services, lawn or plant watering, or small home repairs, you can request 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
- **Online:** Login to the Village website at www.mountpleasantvillage.org, and click on the blue "Get Help" button on the home page.

Opportunities for Serving Our Community: Help on Village Committees

Please consider volunteering your skills and talents a few hours a month to help keep the Village running smoothly:

- The **Communications Committee** needs help managing the Village website and with the monthly newsletter. Contact Larry Rickards at communications@mountpleasantvillage.org.
- A **Development Committee** is being formed to raise the Village's visibility/funding. It is looking for those with nonprofit experience. Contact Katie Tyler at president@mountpleasantvillage.org.
- The **Finance Committee** is seeking those with knowledge of non-profit accounting for a very small organization. Contact Rebecca Shannon at finance@mountpleasantvillage.org.
- The **Membership Committee** is looking for help with programs to increase and maintain membership. Contact Cecile Srodes at membership@mountpleasantvillage.org.
- The **Program Committee** is looking for leadership with cultural and social programs. Contact Bonnie Cain at events@mountpleasantvillage.org.
- The **Volunteer Committee**: is seeking help with volunteer management for the Village *Helping Hands*. Contact Elinor Hart at volunteer@mountpleasantvillage.org.
- The **Governance Committee** would like help with writing policies and procedures and to develop the Village governance structure. Contact Tom Conway at thomasconway@gmail.com.

Navigating the Village Website

Most of the content and important features of the Village website are reserved for members and require that you “log in” as a member. Here is a short instruction for how to use the web site:

- First, warm up your computer, tablet or smart phone and then go to www.mountpleasantvillage.org;
- Using the curser, click on “Member Login” on the upper right of the screen;
- Fill in your “User Name” (usually the first letter of your first name and your last name, in lower-case, and without spacing between words);
- Fill in your password (Note: If you click on “Remember me on this device,” you won’t have to enter your name and password the next time you log on to the website);
- Perhaps you forgot your password. Not to worry. Just click on “Forgot My Username/Password” and Club Express will send you a link that will allow you to “sign on” and change your password. (Note: For security reasons, neither the Village or Club Express keeps a record of your password).
- Across the top the Home Page (below the picture) is the Main Menu. When you click on, for example: “About Us” or “Helping Hands,” a drop-down menu will appear giving you additional choices for locating the information about activities and services.
- Another interesting feature is the Calendar, under the “Events” menu; when you click on an event, a link will provide you with date, place, time, and other pertinent information.

We want to make it easy for you to get the information you desire and need. If you try these instructions and encounter problems, please let us know – we are here to help.

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.