



## Mount Pleasant Village Newsletter

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[www.mountpleasantvillage.org](http://www.mountpleasantvillage.org)

### Message from Katie:

I want to thank the 30 volunteers and all of the Villagers for making this year's Alley Sale such a success. Members



graciously volunteered to sort and price donated items, set up the display areas, staffed and collected money, and helped dismantle the whole operation at the end of the sale. It all went quite smoothly. And, Mother Nature

cooperated with a beautiful sunny day that encouraged neighbors to come out, mingle and socialize, and to purchase the lovely donated items. It also helped the Village organization, raising about \$1,100 for programs and activities, and we gained 3 new members. Thank you all for making this a very successful event. (See additional Alley Sale photos on page 2).

This month we are including a health feature within the newsletter, rather than as a blog. With the summer heat and humidity already upon us, I felt that the topic of "Hot Weather Dangers for Older Adults" should be read by everyone, young and older. It is so easy for older persons to fall prey to heat, often before they realize they are dehydrated and at risk for serious health consequences. So, I urge you to attend to the warnings and take pre-cautions. You are all important to us, so please take care.

As a pet owner, I also want remind everyone about the care of animals in these warm summer months. Especially the danger of leaving pets in parked cars, which can become very hot very quickly; the importance of exercising pets in the cooler early morning hours; and their need for shade and cool water. We all love our pets and want them to be safe, too.

With summer, many of us will be enjoying vacations and traveling. Tim and I will travel to England to visit family. We wish you all safe travel, where ever your journeys take you.

*Katherine Tyler*

President, Mount Pleasant Village

### 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**

On Summer Break; will resume in Sept.

#### **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

Tuesday, July 11

#### **at Purple Patch's Habit Café**

Tuesday, May 18



## Meet the Villagers: Rosendo Fernandez



Rosendo Fernandez sometimes has dirty fingernails, but he doesn't mind. It means he is busy doing what he likes best, putting together furniture for *Helping Hands*, helping a friend with a plumbing problem, or, best of all, working on the engine of one of his three vintage V12 Jaguars sedans. Perhaps an unlikely scenario for someone who studied at the London School of Economics and narrowly escaped completing a doctorate in economics at the New School for Social Research in New York. But then, Rosendo relishes following his own path.

Rosendo and wife Eileen Coffey were both born in Puerto Rico, though on different parts of the island. He and his brothers and sister were sent to Montreal for schooling, their mother wanting them to learn French, and Rosendo stayed there until completing two years of college, finishing his degree back on the island in 1966. From there, his path took him to England and New York for advanced study in economics. He returned to Puerto Rico in 1976, and worked in the family business. In 1985, Rosendo, Eileen, and their three children moved to Bethesda. Following his "hands-on" approach to life, Rosendo applied his economic knowledge to being a stockbroker, first with Dean Witter, then with Morgan Stanley. They moved to Mount Pleasant in 2005. Following retirement, he worked with Eileen on development projects in Puerto Rico.

As we spoke, Rosendo was maintaining the home front while Eileen is walking the Camino de Santiago pilgrimage route, from southern France to Spain's Santiago de Compostela, where he will meet her in a few weeks. Plenty of time to work on the Jags. They both like to follow their own paths.

## Photo Gallery: The 2017 Village Alley Sale



Many Temptations



Fun Browsing



Sharon Hart



Jack Sontag  
with the Moneybox

## Refer a Neighbor to the Village

Mt. Pleasant Village would like to reach out to prospective new members in our community. One of the best ways to accomplish this through referrals from current members. If you know of someone on your block or in the neighborhood who could benefit from the Village services or who would enjoy our programs and activities, please contact Cecile Srodes, Co-Chair of the Membership Committee, at [membership@mountpleasantvillage.org](mailto:membership@mountpleasantvillage.org). A member of the committee will then contact the person you refer. The Village doesn't want cost to be a deterrent -- some scholarship funds available to assist low-income seniors with memberships and participation in specific events.

## Special Alert: Hot Weather Danger for Older Adults

The heat of summer can pose serious health risks for older adults. Both elders and their caregivers need to be vigilant to potential dangers. There are several reasons why seniors are particularly susceptible to fluid loss, dehydration, and electrolyte imbalances due to the heat and humidity of DC summers. First, an older person's body loses some of its ability to conserve water and regulate body temperature, their sense of thirst is often diminished, and persons with memory loss may forget to eat and drink. Second, some medical conditions and treatment medications can affect an elder's ability to retain fluids, and medications that stimulate frequent urination can deplete bodily fluids and electrolytes. Medications with these side effects include: antihistamines, laxatives, diuretics, beta blockers, chemotherapy drugs, and corticosteroids.

Overheating can occur before a person realizes they are in danger. There are several early signs that an older person may be experiencing **heat exhaustion**, such as: headaches and dizziness, confusion, muscle cramps, dry mouth, constipation, and lethargy. Signs of the more serious **heat stroke**, a condition requiring immediate medical intervention, include: rapid breathing and heartbeat, hot and dry skin, dark urine or no urination, nausea, and either a very rapid or very weak pulse.

Fortunately, there are many ways to prevent dehydration and heat-related health risks in older adults. Health professionals recommend the following:

- Drink plenty of cool water or juices, and avoid drinks containing caffeine or alcohol (which are dehydrating).
- Consume frozen snacks with a high water content, such as popsicles, milkshakes and smoothies.
- Eat foods with a high water content, such as cucumbers, tomatoes, watermelons, grapes, oranges, cantaloupes, blueberries, and apples.
- Try to stay out of the sun, and if you must go out wear loose, lightweight, light-colored clothing, a broad-brimmed hat, sunscreen, and sunglasses.
- Spend as much time as possible in air conditioned places.
- Try to arrange outside activities for early morning, when it may be a little cooler.
- Take cool showers or baths to cool down.
- Check on your older family members and elderly neighbors during the heat season.

(Sources: AgingCare.com; HealthinAging.org; Center for Disease Control and Prevention)

## Special Events: Discount Tickets to Arena Stage

The Waterfront Village has invited Mt. Pleasant Village members to participate in a group discount program at Arena Stage. The performances are for Tuesday evenings at 7:30 pm. Seats are limited. Book now by contacting Waterfront Village at 202-656-1834 or [info@dcwaterfrontvillage.org](mailto:info@dcwaterfrontvillage.org). DO NOT CONTACT ARENA STAGE DIRECTLY. The discounted performances and prices:

- Sept. 26: Native Gardens - \$43.00
- Oct. 17: The Price (with Hal Linden) - \$47.00
- Nov. 28: The Pajama Game - \$52.00
- Dec. 5: Nina Simone: Four Women - \$43.00

Arena Stage is located at 6<sup>th</sup> & M Streets, SW, one block from the Waterfront Metro Station (Green Line).

## **Helping Hands Program: Ready for Jobs Large and Small**

*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, gardening chores, or small home repairs, and so forth, 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](mailto:helpinghands@mountpleasantvillage.org), describing what you need; or
- **Online:** Login to the Village website at [www.mountpleasantvillage.org](http://www.mountpleasantvillage.org), and click on the blue “Get Help” button on the home page.

## **Help Wanted for the Village Board’s Committees**

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 185 members, we need your help to keep running smoothly. Working on a Village committee provides an opportunity to meet and make new friends, share your experiences, and help build our vibrant organization. A few hours per month would be very helpful. Please contact the committee Chairs listed below:

- The **Communications Committee** needs help managing the Village website and with the monthly newsletter. Contact Larry Rickards at [communications@mountpleasantvillage.org](mailto: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](mailto: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](mailto:finance@mountpleasantvillage.org).
- The **Membership Committee** is looking for help with programs to increase and maintain membership. Contact Cecile Srodes at [membership@mountpleasantvillage.org](mailto:membership@mountpleasantvillage.org).
- The **Program Committee** is looking for leadership with cultural and social programs. Contact Bonnie Cain at [events@mountpleasantvillage.org](mailto:events@mountpleasantvillage.org).
- The **Volunteer Committee**: is seeking help with volunteer management for the Village *Helping Hands*. Contact Elinor Hart at [volunteer@mountpleasantvillage.org](mailto: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](mailto:thomasconway@gmail.com).

### **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).