



Mount Pleasant Village Newsletter

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www.mountpleasantvillage.org

Message from Katie:

There are two important Village matters that I want to update you about. The first concerns the Village website. We realize that many of you don't use the site and that some find it difficult and confusing to use and navigate. We have begun a process to revamp and improve the site design and function. Our goal is make the site simple and easy to use for our members. We will keep you updated as this project moves forward.

The second issue concerns membership renewals. Membership is for one year, based on the date a member originally joined. All memberships expire on the first day of the month one year after the join date. For example, if a member joined May 15, 2016, the expiration date is June 1, 2017. When renewing, the next expiration date would then be June 1, 2018. In the example used above, even if a member renews late, such as not until July or August, the expiration date remains fixed at June 1.

We send members renewal reminder letters prior to their expiration date. Members may renew by mail or online. To renew online, click on Membership on the website Home Page, then click on Renew Now. We send follow-up reminders by email. If you have any questions, please contact either Cecile Srodes at membership@mountpleasantvillage.org or me at president@mountpleasantvillage.org.

I urge you to renew in a timely manner as membership dues are the main source of Village financial support that allows our programs and activities to continue.

Katherine Tyler

President, Mount Pleasant Village

Upcoming Events

Iona Workshop: Stay or Move?

Saturday, Sept. 16, Noon-1:30 pm

Atul Gawande on *Being Mortal*

Monday, Sept. 25, 4:30 pm

Sibley Memorial Hospital

Refugee Art Exhibit Opening

September 29, 6:00-9:00 pm

410 GooDBuddyY Gallery

First Mount Pleasant Village Round Table

Sunday, October 1, 1:30 pm

Mount Pleasant Library

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

Resumes on October 2

See Below

Coffee at Dos Gringos

Resumes 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, Sept. 5 and 26

at Purple Patch's Habit Café

Tuesday, Sept. 12



Meet the Villagers: Louise Meyer



Louise Meyer is passionate about solar and clean cooking methods and the benefits they can bring people living in developing countries. She has dedicated much of her professional life to these efforts. Born in the District, Louise has lived in Mount Pleasant since 1987. She spent her middle and high school years in Bethesda, and graduated from the University of Maryland with a master's degree in French and German language and literature. She later earned a degree in international development from the African Institute in Geneva, Switzerland. While in Geneva she learned to weave and spin, earning her livelihood by teaching English.

Teaching, the arts, and international development have played important roles in Louise's professional life. While living in the Ivory Coast, she taught fiber arts at the Institute of Fine Arts in Abidjan, then was hired by the International Labor Organization for an enterprise development project focused on improving the lives of rural women, stemming rural exodus, and preserving cultural heritage. She helped form an artisan cooperative. Returning to Switzerland, Louise lobbied to have the cooperative invited to country's largest trade fair. Louise, with a network of supporters, has helped the artisans to continue living in their local villages while earning a living from their crafts.

Louise's interest in solar cooking began more than twenty years ago while she was working in the Ivory Coast. She saw first-hand how women neglected their crafts due to the need to forage for firewood from increasingly remote locations, and saw how they suffering from lung and eye problems due to smoky cooking fires. She began searching for alternatives. The technology for garnering solar energy for cooking and techniques to allow its use by villagers has melded her teaching and organizational skills. Louise co-founded and is the director of Solar Household Energy, Inc.(SHE), a non-profit organization that conducts education and advocacy initiatives to foster the use of solar ovens and clean cooking stoves in such countries as Kenya, Ethiopia, Chad, Zimbabwe, Haiti, Mexico, Peru, and Bolivia. Though work with SHE keeps Louise busy, she makes time to enjoy her family – her son lives in Switzerland; her daughter, in Mount Pleasant – and Louise relishes her time with five grandchildren. She also finds time to participate in the Village walking group and coffee klatch, and has just organized a refugee art exhibit – details below.

Special Event: Refugee Art Exhibit Opening September 29, 6:00-9:00 PM

Louise Meyer is inviting Village members to the opening of an exhibit of art works created by refugees that focus on environmental topics. The exhibit will run September 29 to October 13, at the 410 GooDBuddy gallery, 410 Florida Avenue, NW.

Upcoming Workshop: Stay or Move?

Village partner Iona Senior Services is offering a workshop on "Stay or Move?: How to Find and Pay for the Best Living Arrangement." Facilitated by Carol Kaplun, the topics to be discussed include: how to know if moving is the right choice, the best ways to find community resources and the right senior living community, and how to pay care and services. The event will be held on Saturday, September 16, Noon to 1:30 pm, at Brighton Gardens of Friendship Heights, 5555 Friendship Blvd., Chevy Chase, MD. The workshop is free, but please register by email at registration@iona.org or call 202-895-9409.

Join Villagers for an Atul Gawande Talk on *Being Mortal*, Monday, September 25



Mount Pleasant Villagers are invited to view a live-streamed broadcast of Atul Gawande, MD, author of the book, *Being Mortal*, discussing his thoughts about life and attitudes about end-of-life conversations. The broadcast will be held at Sibley Hospital, 5255 Loughboro Road NW. Doors will open at 4:00 pm, with Dr. Gawande's presentation being broadcast from 4:45 to 5:45. The event is free, but you must call 202-777-3435 to reserve a seat.

Upcoming Event: First Village Round Table

The Village will hold its first Round Table to provide all 185 members a chance to gather, become better acquainted, and share ideas, and suggest next steps on how to take the Village and its programs into the future. We are eager to hear your thoughts and ideas. Refreshments will be served. Please pencil in the date: Sunday, October 1, at 1:30 pm, at the Mount Pleasant Library. Members interested in helping plan or facilitate this free-flowing Round Table discussion should contact Susan Rees, at susan.r.rees@verizon.com, or Bonnie Cain, at bonniejcain@gmail.com.

Upcoming Activity: Free Mah Jong Lessons Offered to Village Members

If you would like to learn the ancient Chinese board game Mah Jong, renowned Mah Jong teacher and seasoned Village board member Bob Hoffman is offering free lessons for Villagers. Beginners and experienced players are welcome. Typically, a game involves four players and uses beautiful tiles that need to be arranged in certain patterns. It is easy to learn and offers a lot of fun. All materials will be provided. Lessons beginning Monday, October 2, will be conducted on a weekly basis. Please contact Bob Hoffman with any questions: email at hoffharmonica@gmail.com or by phone on 202-320-6252.

The Eclipse That Didn't Black-Out Mount Pleasant



The anticipated solar eclipse arrived in Mount Pleasant at on Monday, August 21,



leaving only a glowing crescent sun that was enjoyed by Mount Pleasant residents Tim Tyler, Bonnie Cain, Alice Kelly Katie Tyler and Helen Jentoft. Dozens of other Villagers sat on their decks and stoops or stood on the sidewalks to watch the event, sharing their viewing glasses with eager passersby. It's a successful event that gets strangers talking to one another. For this, we all owe the eclipse a debt of gratitude.

Update on the Village Blogs

Because of the website issues mentioned in Katie's post, many members have not been able to read our blogs on important aspects of aging-in-community. Consequently, we included "Maintaining Independence by Preventing Falls – Village Blog #6" as an attachment to the August newsletter. Beginning with this issue, we will attach one blog per month until the first five blogs have been disseminated. Attached is "Warning Signs That Help Is Needed – Village Blog #1."

Limited Time: Free Home Energy Conservation Kits Available

The DC Sustainable Energy Utility is offering a free Home Energy Conservation Kit to District residents. Each kit contains six omni-directional LED light bulbs, one advanced power strip, and one bathroom faucet aerator that will help with energy savings and help lower utility bills. The Kits are quickly running out, so click on the link below or call toll free 855-693-2738 to order yours.

[Request Your Free Kit →](#)

A Sad Sign of Our Times: Beware of Hurricane Harvey Scammers

Following the hurricane and flooding in the Texas and Louisiana, we can expect a flurry of fraudulent calls and emails asking for support for Hurricane Harvey Victims. If you want to donate, please do so only through the websites of established charities like the Red Cross and Salvation Army. And then, only when you have gone to the charity website. It is recommended that you do not just clicked on a link that has been emailed to you as it may take you to a false (scam) site. Also, you should refuse to give credit card information over the telephone to calls claiming to be from these charities.

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, 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.

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.

Warning Signs That Help Is Needed – Village Blog #1

By Lawrence Rickards, Editor, Mount Pleasant Village Newsletter

According to a recent AARP survey, 90% of older people want to live independently in their own home for as long as possible. Many will need some assistance in order to do so. However, admitting that they need help is not easy for people as they age, and can be fraught with denial, confusion, deep emotion, and the fear of losing their home. Recognizing the signs that an aging loved one might need help with the tasks of daily living often falls to family or close friends. Difficulty with performing daily living tasks doesn't necessarily mean that loved ones need to leave their home and enter assisted living or nursing homes, but they may need help with living at home. Such help is available in DC. Here are some signs that may indicate your loved one needs help:

- Days spent without leaving the house. If your loved ones are no longer participating in hobbies or activities like they used to, it may be a sign that their physical or emotional health is declining. This is also true if they are missing important appointments or demonstrating confusion when performing once-familiar tasks.
- Changes in appearance or neglecting personal care. Lack of grooming, changes in eating habit or weight loss, wearing wrinkled or dirty clothing, and neglecting oral health or nail and skin care could be signs that your loved one is having difficulty performing such daily tasks as showering or bathing, laundry, cleaning, grocery shopping and meal preparation. This is also true if the house is inexplicably dirty or cluttered or when dirty laundry begins to pile up.
- Expired or spoiled food. A fridge full of moldy food that hasn't been thrown out or being greatly overstocked with many of the same items may be a sign that your loved one is finding it difficult to manage the home, can't remember what is in stock at home or is having difficulties in grocery shopping.
- Showing physical injuries. New physical injuries, such as unexplained burns or bruising, may be a sign that your loved one is experiencing walking, balance and mobility difficulties or general weakness, and may also suggest forgetfulness or misuse of alcohol or medication.
- Overflowing mailbox or stacks of unopened mail. Late payment notices, bounced checks and calls from banks, utility companies or collection agencies can be signs that loved ones are having difficulty remembering daily tasks and managing financial matters. This is also true if there are unusual purchases or charges to credit card accounts, entering a large number of contests or lotteries, or increased purchases from television advertisements.
- Dents or scratches in the car. New damages to the car, mailbox or garage may be a sign that your loved one is having problems with vision or coordination that are affecting driving.
- Changes in mood or extreme mood swings or exhibiting inappropriate behavior. Uncharacteristic moods or behaviors, such as being loud, quiet, suspicious, agitated, or making calls at unusual hours, is worthy of close attention. There are many possible causes, including mental or cognitive problems, physical or health concerns, alcohol consumption, or forgetting to take medications (or their misuse).

These signs are alerts that attention is needed. They indicate that loved ones may need assistance in the home and a review of their condition by their physician.

How to initiate the discussion about obtaining and accepting help and assistance will be discussed in a future blog.

Sources: AgingCare.com, Administration on Aging, and Iona Senior Services