



New Year's Message from Katie:

As 2017 draws to a close, I look back with a sense of wonder at the Village's on-going progress. I want to share a few highlights from our activities this year.

First, Village membership continues to grow. However, we can't rest on our laurels, and are looking to attract new members from across the Mount Pleasant community.

The *Helping Hands* efforts are expanding, but we still need to encourage members to request help through the Village. As winter has arrived, members may need help with clearing walks, snow shoveling, and other winter tasks. Don't hesitate to ask for help.

Helping Hands is branching into some new service areas. As part of the program, we are launching a series of workshops on topics of interest to both volunteers and Village members. The first one - Medical Note Taking - was very successful.

I urge all members to attend and participate in the Village Annual Meeting, to be held on February 18 at the Mount Pleasant Library. I'm very excited about the four nominated Board members who will be up for election (their profiles will appear in the February newsletter) and that our keynote speaker will be Art Mola, the principal of Bancroft Elementary School (one of our Village partners).

On behalf of the Board of Directors, Committee Chairs, and Volunteers, we wish you a healthy, prosperous, and Happy New Year.

Upcoming Events

Meet-on-the Street: Marx Cafe

Thursday, January 11, 6:30 pm

Mount Pleasant Village Holiday Party

Friday, January 19, 5:00 pm

Health Transitions in Older Years

All Souls Unitarian Church

Sunday, January 21, 1:00-3:00 pm

Creative Interest Group Meet & Greet Meeting

Sunday, January 28, 2:00-4:00 pm

Mount Pleasant Village Annual Meeting Sunday, February 18, 2018, 1:00-3:30 pm

Helping Hands New Program Series

Wednesday, February 28, 2018, 7:00-8:30

Mount Pleasant Library

Village Regulars

Walk with the Walking Group

Meet M-W-F, 8:30 am, Lamont Park

Mindful Meditation

Wednesdays, 4:30-5:30, tba

Mah Jong

Monday, January 8, 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, January 2, 16 and 29

at Purple Patch's Habit Café

Tuesdays, January 9 and 23



Mount Pleasant Village Mid-Winter Holiday Party & Potluck

Village members are invited to a post-Chanukah, Christmas, and Kwanzaa, mid-winter holiday party on Friday, January 19, 2018, 5:00 to 8:00 pm, at the home of Katie and Tim Tyler, 1735 Lamont Street, NW. Email invitations will be sent to all members this week. A few party particulars: potluck contributions are encouraged, so help celebrate with your finest dishes; members are encouraged to bring non-members who may be potential candidate for joining the Village; and escorts or rides will be provided to those who need them. One of the highlights of the annual party is the raffle of items donated by neighborhood businesses, so come prepared. More details will be provided in the *Weekly Announcements*.



The First Village “Meet-on-the-Street” at Corado’s Sold Out

The first “Meet-on-the-Street” local restaurant-night, organized by the Diversity Committee, was held at Corado’s Guatemalan Restaurant on Mount Pleasant Street. Owner/chef Jose Corado has been serving Latin American fare in Mount Pleasant since 1983. Chef Corado told the Villagers about learning his cooking skills after he arrived from Guatemala – at La Plaza restaurant, El Caribe (formerly in Adams Morgan), and at the Spanish embassy – and the devastating 2011 fire that kept his restaurant closed for seven months. Diners enjoyed appetizers and an entrée of camarones, enchiladas or chile relleno, based on recipes from several Latin American countries. It was a lovely night in the neighborhood.



L to R: Darlene Meskell, Gerry Fitzgerald, Julie Byrne, Bonnie Cain & B.L. Johnston



Jan Fenty introduces Jose Corado to the Villagers
(Photo by Lawrence Rickards)



Cynthia Pratt, Priscilla McClain, Elinor Hart, Susan Rees & Phil Fenty listening to the interview



Jan Fenty interviews Jose Corado
(Photos 1, 3 & 4 by Rick Reinhard)

Upcoming Village Event: “Meet-on-the-Street” at Marx Café

The next special dining-out opportunity will take place at Marx Café on Thursday, January 11, at 6:30 pm. Meet-on-the-Street combines dining with the opportunity to meet neighborhood chefs and learn about their experiences that led them to our local restaurants and to mix-and-mingle with other Villagers. Marx Café is located at 3203 Mount Pleasant Street. Bring a friend.

Return of the Popular Take Charge of Aging Series: “TRANSITIONS”

Mount Pleasant Village is co-sponsoring – with the Silver Souls of All Souls Unitarian Church and Iona Senior Services – a reprise of the popular two-part series that addresses transitions in older adults:

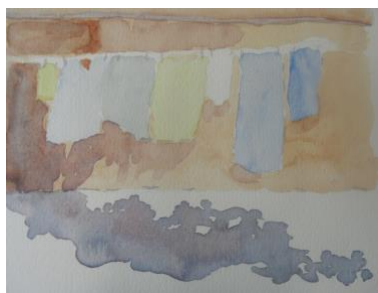
- **Session One: *Health Transitions in Older Years***, Sunday, January 21, 2018, 1:00-3:00 pm, at All Souls Unitarian Church, 16th Street at Columbia Road. As space is limited, please [register here](#).
- **Session Two: *Housing Transitions in Older Years***, Sunday February 25, 2018, 1:00-3:00 pm, at All Souls. As space is limited, please [register here](#).

Deborah Rubenstein, MSW, LICSW, Director of Consultation, Care Management and Counseling at Iona Senior Services will lead discussions focused on the transitions around health and those of housing, including the importance of social networks and financial issues, the ins and outs of family dynamics, choosing between medical intervention and palliative care and moving beyond the fear of losing autonomy.

One week following each session All Souls will hold a facilitated discussion to reflect further on the issues presented: January 28 and March 4, 2018, both 1:00-2:30 pm at All Souls. Registration online through www.all-souls.org or contact Bonnie Cain at 202-483-2727.

Villagers Exploring Forming New Creative Interest Group(s)

Several Villagers are inviting those interested in forming a new Creative Interest Group to gather on



Watercolor by Susan Sontag

Sunday, January 28, from 2:00 to 4:00 pm, for a meet & greet discussion on how one or more groups could be organized. Villagers have expressed interest in joining with others for creative activities, including: cooking, embroidery & sewing, music, oral histories & memoirs, poetry, and painting and drawing. The meeting will: 1) identify interest areas, 2) gain a better understanding of how many people share interests, and 3) take first steps to create supportive groups of like-minded members. The meeting will be held at the home of Judy Byron, 1910 Park Road, NW. Please RSVP at:

https://mpvillagedc.clubexpress.com/content.aspx?page_id=162&club_id=628724&item_id=755327

Helping Hands Announces New Program Series

The Village Helping Hands Committee has announced the second in its series of programs titled, “Supporting Older Friends and Neighbors Effectively.” The four-part series on “Accomplishing an Effective ‘Check-in’” will begin on Wednesday, February 28, 7:00-8:30 pm, at the Mount Pleasant Library. The first session will be devoted to understanding “Expectations in Aging.” Christine Bitza, LICSW, LCSW, Assistant Director, Care Management Program of Seabury Resources for Aging, will be the featured presenter. Future sessions will be held every two to three months.

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.

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. Now that we have grown to serve 196 members, we need your help to keep up the pace. Working on a Village committee provides an opportunity to meet and make new friends, share your experiences and help build our vibrant organization. Please contact someone listed below 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.
- 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 **Governance Committee** would like help with writing policies and procedures and to develop the Village governance structure. The committee has also begun work to form a **Development Committee** to raise the Village’s visibility/funding, and is looking for those with non-profit experience. Contact Tom Conway at thomasconway@gmail.com.
- 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.

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.