



Mount Pleasant Village Newsletter

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www.mountpleasantvillage.org

Meet the Villagers: Mary Anne Gibbons

Mary Anne Gibbons has lived in the District since 1979



and in Mount Pleasant since 1980, when she moved into a group-house on Park Road. In 1983, she purchased a Park Road house and soon launched into renovations and upgrades. Mary Anne married in 1995 and she and husband Michael Healy have lived there since, adding

daughter Kathleen Celeste, now 19, and son Mauro, now 16, and several pets to the lively family mix. And a lively mix it is. Mary Anne and her five siblings are first generation American; their parents immigrated from County Mayo, Ireland, both coming from large families. Mary Anne reported 60 first cousins in the US and dozens in England and Ireland, compared to Michael's six, and she keeps in regular contact with most. There have been many family trips to Ireland, with the Celtic family making return visits.

Mary Anne was born (at home) and raised in central New Jersey, leaving to attend Mundelein College in Chicago, where she earned a B.A. degree in psychology and education, and Northwestern University, earning a M.A. degree in counseling and higher education in 1973. She intended her life's work to be in education, but economic downturns threatened job security and led her to a change in career direction. Mary Anne enrolled in the Columbus School of Law at Catholic University, earning her degree in 1980.

Mary Anne developed her legal expertise in labor and employment law, serving as the assistant general counsel at the United Mine Workers of America Health and Retirement Fund (1980-85). She joined the U.S. Postal Service (USPS), in 1985, as a law attorney for the General Counsel, later earning promotions to Deputy General Counsel, and, in 2000, being appointed General

Upcoming Events

New Date – Book Discussion of *Chocolate City*
Sunday, November 18, 2:30-4:30
Mount Pleasant Library

For Other Activities and Events
see the calendar on the Village website

www.mountpleasantvillage.org
or the weekly *Mount Pleasant Announcements*

Counsel and Executive Vice President for the USPS. Mary Anne had a major role in the development of USPS legislative initiatives, the first agreement with FedEx to deliver packages, and improvements in the equal employment opportunity process. She has been an adjunct professor at both Georgetown and American University law schools. She retired in 2013.

In retirement, Mary Anne has maintained an active social and community schedule. She serves as a Commissioner on the District's Public Employee Relations Board, addressing labor issues, on the Parent Association of Archbishop Carroll High School, and on the Board of Directors of the Sacred Heart Dinner Program, which provides meals and other services to persons experiencing homelessness. And not the least, Mary Anne coordinates the Mount Pleasant Village's Walking Group. For fun, she enjoys reading, cooking, walking, traveling (in the U.S., Central America, & Europe), and keeping up with family and friends.

From the Membership Committee

The Village is delighted to welcome two new members:

- * Mary Melnyk, Mt. Pleasant Street
- * Olga Messoria, Mt. Pleasant Street

La Fiesta Del Barrio: La Clinica Del Pueblo's 35th Anniversary Celebration

Several hundred attendees recently gathered on Mt. Pleasant Street to help *La Clinica del Pueblo* celebrate its 35th anniversary. The celebration marked *La Clinica's* long commitment to providing health and wellness programs that serve a primarily Latino population at five sites in the D.C. metropolitan area. The *La Casa* program on Mt. Pleasant Street, the center for the festivities, is becoming their reception and health promotion center. Highlights of the event included Zumba dancing and salsa music; performances by *Los Vatos*, *Los Rumberos de Mt. Pleasant*, and the Malcolm X Drummers; local artists; food; a busy health fair; and a great deal of fun. There was a special exhibit of "*La Esquina*," the photograph and oral history project developed by Villagers Olivia Cadaval and Rick Reinhard about the Latino men who socialize beside the 7-Eleven store near *La Casa*.

More than 75 volunteers helped celebrants register and locate the activities and services of their choice. Among the volunteers were several Mt. Pleasant Villagers, as captured in the photos below.



Louise Meyer & Valery Martinez at the check-in table



Olivia Cadaval at the *La Esquina* exhibit



Mary Rojas staffing the early shift at the registration table



David Bosserman on the afternoon shift



Mt. Pleasant Street at *La Casa*



The volunteer crew for the festival

Village Board and Committees Hold Planning Retreat

The Village's Board of Directors and the Committee Chairs recently held a half-day planning retreat. Working with facilitator Candace Robinson, the group developed a range of goals and objectives to strengthen the governance processes, enhance Village membership and diversity, and broaden community relations. More information about plan implementation will be shared in future newsletter issues.

Iona Offers Workshop Series for Seniors Living Alone

Aging Solo, a "Take Charge/Age Well Academy" multi-session workshop series, provides strategies and support for older adults to age successfully even when they don't have a family member or friend to serve as caregiver or health care decision-maker. You'll learn how to navigate aging solo through presentations that offer advice, coaching, and guidance on critical decision-making and planning for the future. Each session will include conversation, personalized check-ins, and suggestions for next steps. Topics covered during the workshops will include:

- Elements of a successful aging solo plan
- Growing your social network
- Developing your support system
- Planning a move to another living situation (to your next home)
- Strategies for aging in place

This is a six-session workshop that meets on Tuesdays: October 9, 16, 23, 30 and November 6, 13, 2018, from 4:00-6:00 pm, at Iona Senior Services: 4125 Albemarle Street NW. The cost for the series is \$80. Scholarships are available. **Space is very limited!** [Please register online](#). You can also contact Elizabeth Frick at [\(202\) 895-9420](tel:(202)895-9420) or community@iona.org.

New Date – Coming in November: Book Discussion of *Chocolate City*

Villagers are invited to a Village-wide book reading and discussion of *Chocolate City*, the vividly



detailed, and beautifully written, account of first four centuries of the District of Columbia. The new date for the book discussion is Sunday, November 18, 2:30 to 4:30 pm at the Mount Pleasant Library. We are announcing this event well in advance to allow time for Villagers to obtain and read a copy of the book. The D.C. Library system has 50 copies of *Chocolate City*, and copies can be reserved at the Mount Pleasant Library or online. We anticipate a fascinating and stimulating discussion session with author George Derek Musgrove.



George Derek Musgrove is an Associate Professor of history at the University of Maryland, Baltimore County. He received his Ph.D. in U.S. history from New York University in 2005, and lives with his wife and two sons in Washington, D.C.

Notable Quote:

Criticism is hard to take, particularly from a relative, a friend, an acquaintance, or a stranger.

-- Franklin P. Jones

An Important Warning from Medicare

Medicare has begun issuing new cards to help protect your identity. Your new card will have a new Medicare Number that's unique to you, instead of using your Social Security Number. Unfortunately, con artists may still try to steal your personal information. To protect yourself: **Guard your card, like a credit card. And don't give your Medicare Number over the phone or email.** Remember, Medicare will never call you unless you have contacted them first.

Help Wanted for Village Committees

Mount Pleasant Village is operated on an all-volunteer model. Working on a Village committee provides an opportunity to meet and make new friends, share your experiences and help build our vibrant organization. For more information, please contact the Committee Chairs listed below:

- The **Communications Committee** needs help with the monthly newsletter. Contact Larry Rickards at communications@mountpleasantvillage.org.
- The **Diversity Committee**: contact Judy Byron at judy@judybyron.com for information.
- The **Governance Committee** would like help with writing policies and procedures and in developing 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 thomasbconway@gmail.com.
- The **Membership Committee** is looking for help with programs to increase and maintain Village membership. Contact Cecile Srodes or Katie Tyler 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.

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.