

## The Village Annual Meeting Is Set for March 20 at the Library

Mount Pleasant Village will hold its annual meeting from 1:00 – 3:00 pm on Sunday, March 20, in the Mt. Pleasant Library. The Village Board will report on progress in growing membership to around 150 in our first year in existence, creating social and wellness programs, and establishing partnerships with organizations in the neighborhood and across the city. Members are encouraged to attend, to get updated on Village progress and the issues confronting us, and to exercise their right to elect the members of the Board.

## Snowzilla Brings Out the Neighbors

Weather dominated much of the Village's attention the last week of January as upwards of 24 inches of snow carpeted our streets and alleys, reducing cars to curbside globs of ice, and halting transit systems. The important story may not actually be about snow, but rather how adversity drew neighbors together and fostered a sense of community, shared by our members. Member Tony Harvin happened on this sight of a snowplow on Mt. Pleasant St. (L) John Racin, having shoveled his own and neighbors' walks, took his dog, Ruby, for a walk on Lamont St. (C) Larry Rickards took a break from shoveling and found Jim Duff, with his son, Aidan, cross-country skiing down Hobart St. (R)

### Upcoming Events

**GALA Village Night Performance**  
February 4, 8:00 pm, GALA Theatre

**Urban Farming Interest Group**  
February 17, 7:00 pm, 1819 Newton St.

**AARP Workshops on Android Smartphones**  
Mondays, February 22 and 29, MP Library

**NEW DATE: Village Annual Meeting**  
March 20, 1:00-3:00, Mt Pleasant Library

### Village Regulars

**Walk with the Walking Group**  
Meet M-W-F, 8:30 am, Lamont Park

**Coffee at Dos Gringos**  
Thursdays 9:30—11:00 am

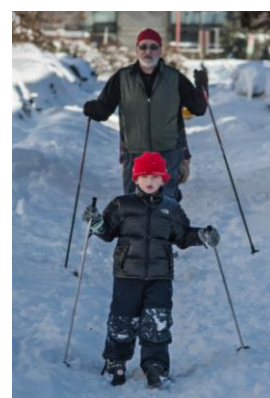
**Happy Hour and Game Night, Tuesdays, 5-7**  
**at Habit Café**

Tuesdays, February 9 and 23

**at Marx Café**

Tuesdays, February 16 and March 1

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## Meet the Villagers: Vice President and Events Chair Bonnie Cain

Bonnie Cain, Vice President of and Chair of the Village Events Committee, enjoys “meeting people I’ve seen for years in Mount Pleasant and now have opportunity through the Village to really get to know them.” Since finishing her work with former Ward 6 Councilmember Tommy Wells, Bonnie has been delighted to design activities for the Village such as walking groups, happy hours and game nights and coffee hangouts.



Bonnie moved to Mount Pleasant in 1980 with her husband Frank Method. From their Lamont Street home, she was a consultant in international education, building on her service as a Peace Corps Volunteer in Honduras, and extending to projects in Central and South America and Southern Africa. However, the pull of local politics and the joys of raising son Joseph led her to stop extensive international travel. She published the *Mount Pleasant Bulletin Board* and later worked with the DC Board of Education, several councilmembers, and the District government.

Prior to the Peace Corps, Bonnie worked with the U.S. Department of Health, Education and Welfare’s Office for Civil Rights, conducting compliance reviews of U.S. school systems. She was transferred here from Chicago to work on national-origin civil rights cases.

Bonnie received MA and D.Ed degrees in international education from the University of Massachusetts Amherst. She chairs the Multicultural Community Service, a local NGO that promotes civic engagement and provides oral interpretation and translation services for the region’s immigrants. In her spare time, she sings with the Encore Rock Chorale. She will soon begin renovating her home to support aging in place and is exploring co-housing options. Her husband Frank died in 2013 and son Joseph lives in Massachusetts.

## New Editor of the Mount Pleasant Village Newsletter, Larry Rickards

This issue marks the debut of Lawrence “Larry” Rickards as the Village Newsletter editor. A California native, Larry moved to New York after college, then to the DC area for a doctorate in counseling at the University of Maryland. Larry has been a Mt. Pleasant resident since his marriage to Cynthia “Tia” Pratt in 1983. His first DC job was in legislative affairs, working on the implementation of the mental health recommendations of the 1981 White House Conference on Aging.

Larry retired from the U.S. Department of Health and Human Services nine years ago, after overseeing programs for persons experiencing homelessness and those with co-occurring mental and substance abuse disorders. Larry enjoys traveling (he and Tia were in Tanzania and South Africa in August), photography, writing, meditation and family genealogy. Flying Fish coffee shop will exhibit his photos in June. He is delighted to volunteer on behalf of the Village.



## **50 Partygoers Make the January 27 Members' Reception a Big Success**

Braving snowdrifts, ice and cold, Village members enjoyed a warm reception at the Park Road home of Sharon and Tom Conway. More than 50 Village members gathered on January 27, to greet friends, renew acquaintances, and welcome new neighbors. It was a lively and engaging evening. Special thanks to the Conways and to three Mt. Pleasant St. businesses—Beau Thai, Haydee's, and Sportsman's Wine & Liquors—for their generous donations to the event.

## **Urban Farmers Convene to Discuss the Joys and Possibilities of Gardening**

The first meeting of the Urban Farming interest group was held January 20 for members ranging from "first timers" to "rural farm owners." The group discussed planting dates for DC; recommended planting combinations; promoting plant pollinators with flower seeds provided by the DC government; soil testing for pH and soil contaminants and nutrients; compost sources and production methods; seed sources, and tree pruning contractors who can help open up more sun to shaded gardens. The next meeting will be February 17, 7:00 pm at 1819 Newton St. For additional information, contact John Carhart, [jcarhart@jcarhartarch.com](mailto:jcarhart@jcarhartarch.com).

## **Partnerships and Opportunities: Iona Senior Services and DC Office on Aging**

The Village recently formalized partnerships with two major senior organizations to provide expanded opportunities and services for Village members.

**Iona Senior Services**, a 40-year-old nonprofit agency provides Village members access to and discounts on a number of its services, educational and advocacy programs at 4125 Albemarle St. NW in Tenleytown. Some Iona services may be covered by Medicare or health insurance.

- Each Village member will receive free Iona's 272-page **Resource Guide** to local retirement planning, home health care and agencies, nutrition and ombudsman services, housing, etc.
- Village members will receive a 17% discount on Iona's usual \$145 fee for its **Take Charge/Age Well Academy's** 8-workshop series on such topics as physical and mental wellness, critical decision-making, and planning for the future.
- Villagers get similar discounts for Iona's **professional care management** and consultations.
- Iona sponsors many additional workshops and events for which donations are requested. To learn about these, sign up for e-mail alerts at <https://www.iona.org/email-sign-up.html>.
- Villagers may participate in Iona's **Wellness & Arts** program for older adults living with memory loss or physical disabilities. This medically supervised daily program costs \$104.50 per day, often subsidized by Medicare, private insurance or Iona low-income scholarships.
- Village leaders receive free or discounted training on organizational issues, in-home assessments and consultations for addressing challenging eldercare situations. Iona will refer eligible individuals to join the Mount Pleasant Village if they live in our area.
- The Village may participate in several advocacy coalitions led by Iona that work to expand and improve aging services and long-term care options and address other aging issues.

Village members can get more information and register for services by visiting the Iona Web site, [www.iona.org](http://www.iona.org) or calling the Information and Referral Helpline 202-895-9448.

**Iona's Take Charge/Age Well Academy** is offering several winter workshops at its office, 4125 Albemarle St. NW for a suggested donation of \$10/person. RSVP to [community@iona.org](mailto:community@iona.org).

- February 10, 6:00-8:00 pm: *Keep It All Square, Down There: Pelvic Floor and Sexual Health for Women.*
- February 12, 12:30 - 2:30 pm: *Healthy Food Demonstration: What's on the Menu for 2016.*
- February 17, 6:00 to 8:00 pm: *Cyber Security: Tips and Tricks to Stay Protected.*

**Iona's Memory Cafes**, where people with memory loss, their care partners, family and friends can enjoy quality time together, will be held from 5-7 pm on Fridays April 29, July 29, Sept. 30 and Dec. 30 at 4125 Albemarle St. Each includes a light dinner and a \$20/couple contribution is requested. Register at [registration@iona.org](mailto:registration@iona.org). Contact: Sharon O'Connor, (202) 895-9469.

**DC Office on Aging Opens Doors for the Village.** The Village has entered a partnership with the District's Office on Aging in which DCOA has committed to help us gain access to city resources and services that have not been readily available to older residents of our neighborhood. DCOA will include Village officers in a city-wide council to explore new ways to improve aging services.

### **Free AARP Workshop: *Get to Know Your Android Smartphone!* February 22, 29**

AARP will offer free all-day sessions at the Mt. Pleasant Library on using Android smartphones. They will be held 10:30-5:00 on February 22 and 29. To reserve a seat, call 1-866-591-8105.

### **GALA Theatre's Mount Pleasant Village Night: Thursday, February 4, 8:00 pm**



[GALA Hispanic Theatre](#), 3333 14<sup>th</sup> St. NW, will offer Village members discount tickets to its February 4th performance of *Señorita y Madame: The Secret War of Elizabeth Arden and Helena Rubinstein*. This comedy explores the exquisite link between hate and admiration, morality in an immoral age, and substituting dignity for prestige, all fueled by the rivalry between the two marketing icons. For \$15 tickets call the box office at [202-234-7174](tel:202-234-7174) and mention Mount Pleasant Village Night.

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Congratulations to Village Partner GALA Theatre for receiving **14 Helen Hayes Awards nominations**, including Outstanding Play and Outstanding Musical, respectively, for its productions of *Yerma* and *Las Polacas*. Winners will be announced May 23.

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### **JOIN MOUNT PLEASANT VILLAGE**

**Individual Introductory Membership Fee:** \$50 annually. For information, contact Brenda Krieger at [mpvillagemembership@gmail.com](mailto:mpvillagemembership@gmail.com).

**Donor:** Make a tax-deductible donation to Mount Pleasant Village at 1735 Lamont St. NW, Washington DC 20010.

**Contact us.** If you have questions or comments or news to share, contact [ldrickards@msn.com](mailto:ldrickards@msn.com).