



A Note from Our Village President

Katie Tyler

It has been a long, hot summer. Tim and I were in England for most of July, and the weather was hot there too. On several days the temperature was as hot as in DC. We are home again and enjoying being back in Mount Pleasant, although the weather was very hard on the garden. We hope that you too are surviving the heat.

Mount Pleasant Village continues to be a very vibrant concern and we are grateful to our members for giving us their support. We hope to encourage more members as they see the benefits of our neighbor to neighbor community. We are gearing up for a busy Fall and Winter with lots of activities, events and social participation.

As you know we have several interest groups. Over the summer, several are on recess - Mah Jong, Urban Farming, Poetry. But, Mindful Meditation and the Walking Group remain in full operation.

I also want to reiterate our need for people to help us with our organization. Many committees need members to help take on small, discrete tasks. We understand that no one wants to take on a full time job. Think about helping with **outings** to interesting locations (the Mount Vernon trip was an amazing success and we hope to repeat it in November or December), or encouraging our talented neighbors to display their skills/interests (authors, artists, professionals). You all have so much to share. I can't wait to attend these sessions. We also need to develop our **partnerships** with local and DC wide businesses. Other committees include - Governance, Membership, Volunteers, Fund Raising, and Communications.

So in this quiet time of summer, when it is hot and we all have time to reflect, please be in touch about your ideas for new interest groups and activities, and about what you can contribute to the Village in the coming months.

Upcoming Events

Low-Income Phone Assistance Program Webinar

Monday, August 8, 2:00 to 3:30 pm

Workshop on the Preservation of Family History

Sept. 14, 21, 24. Mt. Pleasant Library

Special Day Trip to Barnes Museum in Philly

October 26, 9:30 am to 8:00 pm

Village Regulars

Walk with the Walking Group

Meet M-W-F, 7:30 am, Lamont Park

Mindful Meditation

Wednesdays, 4:30 pm, 1820 Kenyon St.

Coffee at Dos Gringos

Thursdays 10:00 to 11:00 am

Tuesday Happy Hour and Game Night at Marx Café

Tuesdays, August 2 and 16

at Habit Café

Tuesdays, August 9 and 23

LIKE US [ON FACEBOOK](#)

Village Membership is Growing

Membership Chair Brenda Krieger reported that the Village currently has 164 neighbor members. And, a major milestone has been reached: in the first round of renewals, which started in May and marks the beginning of the Village's second year of operation, 90 percent of members continued their membership. If you haven't yet renewed, please do so soon – the vitality of the Village depends on you.

Village Special Interest Groups

Poetry and Life Interest Group

The Poetry and Life Interest Group held its inaugural meeting on July 12. The group was treated to poems by ee cummings, Yeats, Shakespeare, Padraic Colum, and others. Currently, meetings of the Poetry and Life group are irregular, but will be announced in the Village Newsletter. For additional information on the group, contact Julie Byrne at: jbyrne@boyneresearch.ie.

Mindful Meditation Interest Group

The Village Mindful Meditation Group meets on Wednesdays, 4:30 to 5:30 pm, at the home of Mary Rojas, 1820 Kenyon Street NW. The group explores how mindful meditation can enrich the opportunities and challenges of aging. For more information, email m.h.rojas@verizon.net.

Visit the Village website at mountpleasantvillage.org for additional interest group listings.

Update for an Important Low-Income Phone Assistance Program

The National Consumer Law Center will hold a free webinar on Monday, August 8, from 2:00 to 3:30 pm, that will focus on upcoming changes to the Lifeline program, including new broadband and internet access for low-income persons. Discussing this and other program changes will be Cheryl Leanza (media policy consultant), Andy Lomeli (National Hispanic Media Coalition), and Olivia Wein (National Consumer Law Center). The webinar is free, but those interested must

register for the event on the following link:

[REGISTER NOW](#)

Special Opportunity: Participate in the 2016 Senior Needs Assessment

The George Washington University Center for Aging, in collaboration with the DC Office on Aging (DCOA) is conducting research for a 2016 needs assessment of older adults living in the District. The purpose of the survey is to identify the unmet service needs of seniors who are engaged, as well as those not engaged, in DCOA programs. The survey will help DCOA identify service gaps. The Village has been asked to help by distributing surveys to our members. Surveys can be accessed online at www.surveymonkey.com/r/DCOA-seniors. Paper copies may be requested at president@mountpleasantvillage.org or by calling 202-468-0364. Surveys must be submitted by August 30, 2016.

Next Village Volunteer Orientation Program Scheduled for September 10

The second orientation program for prospective Mount Pleasant Village service volunteers will be held Saturday, September 10, at 3:00pm, at Stoddard Baptist Home (1818 Newton Street, NW). Developed by the Village Volunteer Committee, chaired by Elinor Hart, the orientation helps volunteers match their expectations with the reality of providing services to their neighbors. The orientation is required before volunteers can begin service assignments.

Hillwood Tour and Lunch Scheduled for Wednesday September 14th

Mount Pleasant Village is offering up to 20 members a unique opportunity to visit [Hillwood Estate Museum, House and Gardens](#) on **Wednesday, September 14th**. The trip, organized by Board Member Linda Low, will include a guided tour of the garden and the house (free for members), followed by lunch in the cafe (\$20-\$26). The tour begins at 10:00 am with a 15-minute video, and is followed by a tour of the garden at 10:30, a tour of the house at 11:30, and lunch at 12:30. While Village members will have first priority for the 20 available tickets, non-members may fill any unused slots for \$10 apiece plus the cost of lunch. To sign up, and for more information, contact president@mountpleasantvillage.org.

Upcoming Special Event: Village Day Trip to the Barnes Museum in Philadelphia

The Georgetown Village and North West Neighbors have invited Mount Pleasant Village members to join them for a special day trip to the Barnes Museum in Philadelphia on Wednesday, October 26, 9:30 am to 8:00 pm. The Barnes Foundation is home to one of the world's leading collection of French Impressionist and Post-Impressionist paintings. This unique museum is organized around themes and formal elements, often pairing paintings with artifacts and furniture, that reflect the teaching and collecting approach of its founder, Albert C. Barnes.

The all-inclusive cost of the trip is \$155 (non-refundable). This includes round-trip deluxe motor coach transportation, box lunch and snacks en route, an introduction to the museum collection, and an audio tour of the museum. RSVP by August 15 to Benita Lubic at 202-362-6100 or blubic@aol.com.

Partnerships and Opportunities

Iona Senior Services Workshop

Iona Senior Services will offer a two-session "Planning for Living Well" program on Tuesday, August 30 and Wednesday, August 31, 3:30 to 5:30pm. The first day will address planning for medical care in a way that preserves one's independence; the second, how to communicate with potential surrogate decision makers – spouse or adult children – about one's personal medical and life goals. Early Bird Fee is \$20; after 8/23 the cost is \$30. Contact community@iona.org with any questions or to enroll for a session. Register online by visiting

www.iona.org and going to “Take Charge/Age Well Academy” under the “Education and Events” tab. All classes take place at Iona Senior Services, 4125 Albemarle Street NW.

Mount Pleasant Library Workshop on Preserving Family History

One of the Village’s newer partners, the Mount Pleasant Library, is offering a free presentation series on “Preserving Your History: A Digital Preservation Workshop.” Do you ever wonder what to do with old family photos and crumbling albums? Wonder if you'll ever be able to watch or listen to your home movies and old recordings again? What about how to manage and preserve your social media accounts, emails and digital files? If so, you should attend these three seminars to learn more about preserving your history through personal archiving.

Digital Preservation Workshop: Weds., September 14, 6:30 pm

Learn why personal archiving matters, and learn how to save: home movies, photographs, social media accounts, papers, audio recordings and email.

Personal Archiving with Facebook: Weds., September 21, 6:30 pm

In this hands-on workshop, you will download an archived copy of your Facebook profile to explore what actually gets saved (we'll provide laptops and flash drives if you cannot bring your own). Then, we'll discuss what rights you have to your content even after death, how you can use some of Facebook’s features to enhance your archive, and what files you should probably keep somewhere else.

Digital Estate Planning: Sat., September 24, 2:00 pm

Have you ever thought about your digital afterlife? Learn what happens to your digital photos, files, and accounts after death, and how you can protect the priceless memories on your computer, phone, social media accounts, and email.

Sessions will be held in the Large Meeting Room, and attendees are encouraged to bring in examples of their family's precious memories and share their stories.

JOIN MOUNT PLEASANT VILLAGE

Membership Fee: \$50 annually for individuals; \$100 per couple. For information, contact Brenda Krieger at membership@mountpleasantvillage.org.

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

Contact us. If you have questions, comments or news to share, contact news@mountpleasantvillage.org