



Happy Holidays

Message from Village President Katie Tyler

On behalf of all the volunteers working on behalf of Mount Pleasant Village, I want to send Happy Holiday greeting to all of our members and friends. May your holidays be cheery and bright.

This is also the time of year that we make our end of year donations. As you plan your year-end charitable giving, please consider a donation to Mount Pleasant Village. Your contribution will help us offer our members more services, more programs, and more essential information for aging-in-place, while keeping our \$50 annual membership fee.

Although we are an entirely volunteer operation, the Village is not without expenses. There are costs associated with programs, such as renting space for programs, providing refreshments to attendees, or transportation expenses. These costs must be met through dues and donations. To keep the cost of our membership affordable for our community, we need your help. Please make a tax-deductible donation by clicking [here](#) for a direct link to our website, or send a check to **Mount Pleasant Village, 1735 Lamont Street, NW, Washington, DC 20010**. Thank you.

This is also the season when we must plan for snow and other inclement weather. I want to remind you that the Village's *Helping Hands* program is available to members for such tasks as shoveling snow, distributing ice-melt, and the many other tasks associated with cold weather. On page 4 are listed the ways that you can request needed assistance. We wish you a safe winter season.

Katherine Tyler

President, Mount Pleasant Village

Upcoming Events

Solas Nua Tickets

Until Tuesday, December 9

Meet-on-the-Street

Thursday, December 14, 7:00-8:30 pm

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, December 4, 11, & 18, 5:00 pm
1735 Lamont Street, NW

Coffee at Dos Gringos

Thursdays, 9:30—11:00 am

Senior Yoga Classes at PastTense

Tuesdays and Thursdays, 9:00 am
Corner of Park Road and Mt. Pleasant St.

Happy Hour and Game Night, Tuesdays, 5-7 at Purple Patch's Habit Café

December 5 & 19

at Marx Café

December 12



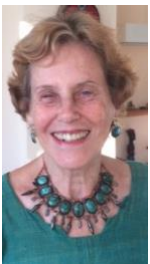
Meet the Villagers: Alex Kramer – Home and Business Owner



When *Dos Gringos* opened on Mount Pleasant Street in 1999 Alex Kramer expected to be the silent partner and not involved in daily operations of the café. But it didn't go as planned; within two years the working partner had departed and the managers hired to take his place eventually moved on. Alex made the career switch from private investigator to owner/manager and with commitment and hard work, made the café thrive. Alex works long hours six days a week, developing the menu items for their weekly specials and managing the business. It helps that two of her staff have been with her for more than 15 years. On Mondays, when the café is closed, Alex is often involved in business-related activities or rejuvenating by visiting friends and family, or simply relaxing. Vacationing isn't in her lexicon.

Alex was born and raised in New Rochelle, New York, and has an older brother and sister. She came to the District in 1983 to attend George Washington University, graduating with a political science and journalism degree. She purchased her Lamont Street house in 1994, and the café in 1999. Prior restaurant experience was as wait-staff during high school, continued through college, and included some old-time DC restaurants.

Her scariest experience as a business owner was the Mount Pleasant fire of 2008, which burned the Deauville apartments across the street. Alex was kept busy throwing buckets of water to keep her outside tables from incinerating and possibly taking the whole building with them. One of her fondest memories was making all the pottery cups and dishes initially used in the café – something she no longer has the time to do. By hiring bi-lingual staff, printing their menu in Spanish, and learning the names of most of their regular customers, Alex has attracted a loyal clientele that reflects the diversity the neighborhood. It is also the favorite meeting spot of the Village's coffee klatch.



Louise Meyer Receives Award for Solar Energy Effort

Villager Louise Meyer received the annual Four Generations Award from Leaders in Energy, a locally-based organization that promotes solutions for sustainable energy systems world-wide. Louise, co-founder of Solar Household Energy, was recognized for her dedication to enabling families living in villages and refugee camps in developing countries to cook with solar energy. This environmentally sound approach reduces the need to forage for firewood and helps prevent the health problems associated with smoky

fires.

Mount Pleasant Village Recruiting for a Website Manager

The Village is recruiting for a part-time website manager (6 hours per week) with technical and communications skills. The website manager will oversee the optimal functioning and maintenance of the website, troubleshoot and repair technical problems, improve website design, develop additional links with social media, and help develop and disseminate the Village's Weekly Events Bulletin. For additional information on this paid position, please contact Lawrence Rickards, the Village's Communications Committee Chair, at news@mountpleasantvillage.org.

Village Conducts First Medical Note-Taking Training



Many of us have experienced returning home from a medical appointment and not recalling what was said by our health care provider. We don't remember which pill to take, or how many, and we don't clearly recall all the instructions we received. Sound familiar? Having a medical note-taker accompany us to the appointment helps solve part of this problem. Offering a second set of ears to listen and capture details in writing, the note-taker can provide a valuable written record of the medical visit.

To help Village volunteers develop effective note-taking skills, the *Helping Hands* program invited Lynn Golub-Rofrano, MSW, social worker and Executive Director of the Georgetown Village, to conduct a Medical Note-Taking training at the Mt. Pleasant Library for 21 Village volunteers. The training addressed such topics as note-taker duties, pre-medical visit conversations with the member, appointment day tasks, and follow-up activities. All activities would be conducted with strict confidentiality. Although not currently offered as a *Helping Hands* service, the Village Volunteer Committee is considering adding medical note-taking as an option for Village members.



L to R: Pricilla McClain, Teresa Hinze, Eileen Coffey, Tim Tyler, Darlene Meskell, Bob Hoffman(Hoff), David Sitomer, & Bonnie Cain



Tim Tyler, Darlene Meskell, Hoff, David Sitomer, Bonnie Cain, Katie Tyler, & Sam Leiken



Elinor Hart, Judy Byron, Susan Hanson, & Nancy Mills

Solas Nua: Tickets Still Available

Solar Nua, the DC-based Irish arts organization and Village partner, still has tickets available for the performance of *Misterman*, a one-man kinetic performance. The show runs until December 9, at the Dance Loft, 4618 14th Street NW (between Buchanan & Crittenden Sts.). This 65-minute performance has received stellar reviews from *DC Theatre Scene* and the *Post*. Tickets may be obtained by

Upcoming New Village Event: “Meet-on-the-Street”

An exciting new special dining-out opportunity will take its maiden voyage on Thursday, December 14. Meet-on-the-Street combines dining with the opportunity to meet neighborhood chefs and learn about their experiences that lead them to our local restaurants. The first event, organized by the Diversity Committee, will take place at Corado's Guatemalan Restaurant, 3217 Mount Pleasant Street, where chef Jose Corado has been serving Guatemalan fare for more than 30 years. Chef Corado has developed a special menu for the event ([Special Event Menu](#)), and will share stories about his home country and favorite recipes, and talk about the changes he's seen in our own neighborhood. As seating will be limited, please [Make your reservation here](#).

Mount Pleasant Village is Seeking Nominations for the Board of Directors

The Village Governance Committee is seeking nominations for membership on the Board of Directors. Collaboratively with the Village officers and committee Chairs, the Board manages the business and other activities of Mount Pleasant Village. Ideally, the Board will include individuals with a range of backgrounds and skills, including management, communications, education, aging, public relations, public interest, and government. We encourage interested individuals to self-nominate and for Village members to forward suggestions for Board membership. For further information, and to submit nominations, contact Tom Conway at thomasbconway@gmail.com.

The Village Blog

This month's blog describes some of the in-home support services for elders through the Village's *Helping Hands* program and from Seabury Resources for Aging, a Village partner. We are fortunate to live in an area where there are a growing number of in-home care and support services available to assist older adults in remaining in their homes. Additional in-home services will be discussed in next month's blog.

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, or on-line by clicking [here](#) for credit card donations.

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

In-Home Support for Elders – *Helping Hands* and Seabury Resources for Aging – Village Blog #4

By Lawrence Rickards, Editor, Mount Pleasant Village Newsletter

Most older adults prefer to continue living in their homes rather than move into assisted living or nursing home arrangements. Fortunately, there are a growing number of supports available to help and assist older persons in remaining in their homes. This is the first of a two-part blog that will explore community-based care for elders needing moderate assistance to remain living independently.

An earlier blog, *Warning Signs That Help Is Needed*, described circumstances where assistance is likely needed to maintain the health and well-being of the older person. Many of the needed supports are available from the Mount Pleasant Village *Helping Hands* Program and Seabury Resources for Aging. Next month's blog will provide information on the programs and services provided by Iona Senior Services.

The Village *Helping Hands* Program

Mount Pleasant Village was established to help neighborhood residents age independently in their own homes. The *Helping Hands* Program utilizes volunteers to provide a range of services on a no-cost basis. The services available include:

- **Companion and Special Assistance:** Escorting a Village member for grocery shopping and medical appointments, and providing companionship with home visits, social outings, hobbies, reading, and phone calls.
- **Personal Administrative Tasks:** Organize paperwork, complete medical/dental forms, sort and review mail, bill paying, draft correspondence, and arrange for documents to be notarized.
- **Transportation:** One-way/round-trip rides for errands, appointments, and events.
- **Neighborhood Errands:** Shopping, pharmacy, dry cleaning, pet walking, etc.
- **Home Maintenance (light):** Changing light bulbs, minor fixture repair, seasonal packing and storage, brief absence services (watering plants, pet care, mail pick up).
- **Downsizing and Decluttering:** Helping to organize, display, store, sell, and donate collections, and organize and deliver donations to area centers.
- **Gardening and Yard Work (light):** Indoor plant maintenance; outdoor landscaping, and raking and removal of leaves.
- **Inclement-Weather Support:** Sidewalk preparation, snow shoveling and removal, digging out cars, and ice removal.
- **Electronic Appliance Support:** Troubleshooting and minor repair of televisions, radios, kitchen and bath appliances, yard tools, and medical equipment.

- **Technology Support:** Setting up, programming, troubleshooting and minor repairs, and tutorials for computers, software, printers, copiers, faxes, scanners, and smartphones, and help with social media.

There are services the *Helping Hands* Program is not able to provide:

- Medical or personal care services
- Administer medication
- Legal or medical advice
- Sign any legal or financial documents.

Helping Hands assistance may be requested 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.

Seabury Resources for Aging

The Village has entered into a partnership agreement with the [Care Management Program](#) of [Seabury Resources for Aging](#) that offers Villagers free advice and discounted care management and consultant services. Seabury, a 93-year-old nonprofit organization, provides affordable services to older adults.

- **Care Management Services:** Members of the Village will receive a 10% discount on the Seabury Care Management Services fee, currently \$125/hour. Care managers provide guidance during crisis and assist with planning, getting to know the client through assessments and evaluations and creating a care plan that meets the client’s needs.
- **Consultations:** Members will receive a 10% discount on consultation services, which currently cost \$400 per person and \$550 for two people in the same home. This is a one-time 2-hour meeting with a Care Manager to discuss a specific goal or situation. A written summary of resources discussed with contact names is provided following the meeting.