



## Mount Pleasant Village Newsletter

Volume 4 Issue 1 · June 2018

[www.mountpleasantvillage.org](http://www.mountpleasantvillage.org)

### Come Out for the Annual Village Alley Sale

The Village's Annual Alley Sale will be held this Saturday, June 2. The Alley Sale is a wonderful chance to bump into neighbors and to find those beautifully preserved books, decorative items, electronics, unused sports equipment, and children's books and toys that will fit beautifully on your shelves and that have been lovingly donated. The Alley Sale will be held from 10:00 am to 2:00 pm, 1700 block of the alley between Park Road and Lamont Street.



Contact Katie Tyler ([katherine.e.tyler@gmail.com](mailto:katherine.e.tyler@gmail.com) or 202-468-0364) to help sale-day set-up/clean-up or to staff sale tables.

### Upcoming Events

#### **Mt. Pleasant Village's Annual Alley Sale**

Saturday, June 2, 10:00 am to 2:00 pm  
in the 1700 block alley between  
Park Road and Lamont Street

#### **Village Picnic in Rock Creek Park**

Sunday, June 24 (details on page 3)

#### **Mah Jong**

On vacation until September

#### **For Other Activities and Events**

see the calendar on the Village website  
[www.mountpleasantvillage.org](http://www.mountpleasantvillage.org)

### There's Still Time to Have Your Voice Heard

If you have not yet taken the multi-village survey, there is still time. While our Village got a record-setting survey response rate, we can achieve an even higher return. The deadline for submissions has been extended through June 15th.



The multi-village portion of the survey is being used by all of the villages in the District. It will provide important information that will help D.C. villages better understand and meet the needs of their members. If you haven't yet completed the survey, please do so by clicking on the following link: <http://www.surveymonkey.com/r/village18>.

We are happy to report that more than half of Mount Pleasant Village members completed the multi-village survey — a higher rate than any of

the other participating villages. However, 20% of our members did not complete the Mount Pleasant-section of the survey. This section contains questions that are specifically relevant to our Village. This information is important to us. If you overlooked the Mount Pleasant questions, please click on the following link to complete the survey:

<https://www.surveymonkey.com/r/MountPleasantVillageSurvey2018>

If you have any questions about the survey and/or prefer a hard copy version or to have someone help you fill it out, email [Mount Pleasant Village 2018 Survey](mailto:MountPleasantVillage2018Survey@gmail.com) and include the word "SURVEY" in the subject line.



## Meet-the-Street: Pupusa-Making at Don Juan's

A dedicated and adventurous group of Villagers recently met at Don Juan's Restaurant to learn the fine art of pupusa making. Owner and host Don Alberto and his staff led a demonstration on making pupusas before giving the Villagers an opportunity to craft their own. For those unfamiliar with this dish, a pupusa is a traditional Salvadoran dish (also popular in Honduras) of a thick corn tortilla with a filling -- typically cheeses, pork and refried beans, often accompanied by spicy cabbage slaw and tomato salsa. Great fun was had in both the learning and eating.



Louise Meyer and Don Alberto  
inspect a crafted pupusa



Pupusas



Villagers enjoying the  
fruits of their labor

## Planning for Longevity: Creating a Master Aging Plan

Many of us are aware of the need to create an end-of-life plan for the time of approaching death, making sure our wishes are known to family members and our medical professionals. But we may not have considered the equal importance of “planning for longevity” – that is, how to prepare for aging itself and the inevitable changes that occur as we reach the period of the “oldest old” (age 80-85 and older), the fastest-growing age group in our country.



Miriam Kelty & Rob Fleming (center)  
Photo by Shelley Moskowitz

The first educational program offered by the consortium of volunteer-managed Villages – East Rock Creek, Glover Park, and Mt. Pleasant – took place in May at Washington Ethical Society. Miriam Kelty, current president of WAVE (Washington Area Village Exchange), brought warmth and personal experience to this topic, sharing expertise based on her previous work at the National Institute of Health's Institute on Aging and the Montgomery County Agency on Aging.

Miriam encouraged Villages to organize discussion groups to help us as individuals create a “Master Aging Plan.” We would like to follow through on this suggestion this summer by organizing discussion groups guided by materials provided by Miriam. If you would be interested in participating in such a group, contact East Rock Creek Village at 202-656-7322 or email: [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org).

## Discount Theatre Tickets for Village Members

Mount Pleasant Village is partnering with the Woolly Mammoth Theatre Company to offer Village



members a 20 percent discount on any tickets to the remaining performances of this season as well as next year's full season. To obtain the discount, use the code *MTPV* when ordering tickets. Please DO NOT share this code with those who are not current members of the Village.

## Upcoming Event: D.C. Primary Elections

This is a gentle reminder that one of our civic rights and responsibilities is approaching. We urge all registered voters to participate in the Tuesday, June 19, D.C. Primary Elections. There are several voting locations for Mount Pleasant residents. For questions about voting place or voter registration, contact the D.C. Board of Elections at: <https://www.vote4dc.com>.



## Candidates Forum: Women's Only Preference Poll Voting

Unsure how to cast your vote in the upcoming primary elections? D.C. Women in Politics is sponsoring a "Woman's Only Preference Pole Voting" forum on Sunday, June 3, 3:00 to 5:00 pm, at the Greater Washington Urban League, corner of 14<sup>th</sup> and Harvard Streets NW. There will be a pointed conversation on women's issues with female election candidates. Female candidates for the positions of Delegate to the House of Representatives, District Mayor, At-Large Council seats, and Wards 1 and 5 Council seats are expected to participate.

## Upcoming Information Sessions: Checking-In with a Loved One, Friend or Neighbor – Tips and Techniques

The Helping Hands Committee is sponsoring – in cooperation with the East Rock Creek and Glover Park Villages and with support of the D.C. Office on Aging – two interactive information sessions for **all** Village members on how to help someone who is coping with both the changes related to aging and/or the common challenges of facing sudden loss or health crisis.



The first information session, ***Recognizing Someone's Strengths and Challenges***, will be held on Thursday, June 7, from 7:00 to 9:00 pm, at the Stoddard Baptist Home, 1818 Newton Street NW. The session, led by Deb Rubenstein, M.S.W., L.C.S.W., Director of Consultation, Care Management, and Counseling for IONA Senior Services, will help villagers know what to look and listen for regarding the challenges a senior may be experiencing.

The second information session, ***Having a Caring Conversation***, will be held on Thursday, June 28, from 7:00 to 9:00 pm, also at the Stoddard Baptist Home. The session, to be led by Deb Rubenstein, will help villagers on how to have productive conversations with seniors about the issues they have observed.

## Upcoming Event: Village Summer Picnic on June 24 in Rock Creek Park

The second Mount Pleasant Village Picnic will be held in Rock Creek Park, in the picnic area across from Pierce Mill, on Sunday, June 24, from 3:00 pm to dusk. This will be a pot-luck event, with fun, games and surprises for kids of all ages. Grills will be provided. Information about volunteer needs will be forthcoming. Please attend and bring friends and family.



## Assistance Needed for Village Newsletter



The Village Newsletter is a primary communications vehicle for members. As it has grown in scope and content, assistance is needed to sustain its monthly distribution. This volunteer position is perfect for those who enjoy writing, being informed about Village programs and activities, are creative, and enjoy meeting other Villagers. The position has many satisfactions and greatly benefits our membership. For additional information, please contact Lawrence Rickards, Communications Chair, at [ldrickards72@gmail.com](mailto:ldrickards72@gmail.com).

## Coming in September: *La Fiesta del Barrio*



This year, Village partner *La Clínica del Pueblo* will celebrate its 35<sup>th</sup> anniversary of providing community health and wellness programs to a primarily Latino population in the District and Maryland. Villagers are invited to join in the celebration and fundraiser *La Fiesta del Barrio*, to be held Sunday, September 16, from 11:00 am to 4:00 pm, at their *La Casa* location (3166 Mt. Pleasant Street). *La Fiesta* will include dancing, music, art, an interactive mural, vendors, and activities to showcase healthy behaviors and lifestyles. Tickets may be purchased at: <https://www.eventbrite.com/e/la-fiesta-del-barrio-tickets-45982873011?aff=es2>.

### 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](mailto: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](mailto:news@mountpleasantvillage.org).