

NEWSLETTER

MAY 2024



Volunteer Appreciation Lunch, April 17

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Let's Get Creative!

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May Message



Spring, in all its glories and celebrations, has returned. After Easter and Passover, but before Memorial Day, there's always a bit of a lull in the holiday schedule. However, we can celebrate ourselves all month long with Older Americans Month.

Established in 1963, Older Americans Month is led by a federal agency, the [Administration for Community Living](#). The ACL is dedicated to helping seniors and the disabled live in their communities. May has been designated as a time to recognize older Americans' contributions and reaffirm commitments to serving them in our communities. This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on older adults' well-being and health.

There are many ways to stay connected. One of the best ways to connect and enrich your spirit is through the arts. Picking up an artistic hobby later in life can bring new-found joys and fulfillment. Do you think of the artist as a loner? In reality, that's hardly the case. Art in the real world is rarely an isolating experience. Artists collaborate, inspire, and connect. Involvement with the arts or crafts — even as an audience member — can open up a world of engagement, creativity, and growth.

FHNN is sponsoring several programs this month where you can participate in both the arts AND community. Join a [guided tour](#) of the Fiber Arts Exhibit at the Village Center on May 16 or sign up for a [Big Band "listening party"](#) on May 22. Check out our [Crafts & Chat](#) group if you want to get hands-on and join a fun, creative bunch. I've also provided a range of arts programs — singing, dance, theater, craft, painting — where older adults would feel welcomed ([page 8](#)). I encourage everyone to choose one arts program and try it out in May.

Happy Older Americans Month!

Beth Beisel
Communications



Full Members: Tell Us What You Need!

We have volunteers willing to do more than rides.
Would you like some company: telephone calls or visits?
Are you sight-limited and would like someone to read to you?
Just let us know.
Email us at information.fhnn@gmail.com or call 240-620-3285.
George Feise, our Operations Manager, will follow up.

Advocating for Yourself or a Loved One in the Hospital

Registration Deadline: April 30, 10:00 am
OPEN TO ALL

Wednesday, May 1, 2:00-3:30 pm, in-person

Talking to doctors and navigating the health care system can be challenging. Gain insights from certified senior advisor Steve Lorberbaum for successfully advocating for yourself or a loved one in the hospital. This in-person discussion will help you to:

- **COPE:** Take care of yourself during a stressful time
- **UNDERSTAND:** Communicate competently with doctors and nurses
- **PARTICIPATE:** Be an integral member of the care team
- **MANAGE:** Connect the dots and stay on top of your loved one's care
- **ACT:** Know what to do if things don't go well
- **PLAN:** Prepare for discharge and next steps.



Steve Lorberbaum is the owner of Assisting Hands Home Care, which he opened in 2014 after learning from the challenges he and his wife faced addressing the care needs of their parents. Refreshments will be served. *An FHNN/LFV collaborative program.*

WHO: Open to all.

LOCATION: St. Dunstan's Episcopal Church, Parish Hall, 5450 Mass. Avenue, Bethesda.

REGISTER: [Online](#).

FHNN members and volunteers may also register by emailing information.fhnn@gmail.com.

Email subject line: Advocating.

NOTE: Part IV of "Introduction to Mindfulness Meditation" will take place on Tuesday, May 7, 1:00-2:30 pm. Registration is now closed.

For FHNN Members and Volunteers

Wednesday, May 8, 12:30-2:00 pm, in-person

May Lunch at Clyde's

By popular demand, FHNN is gathering at Clyde's restaurant in May. With its lush interior and friendly waitstaff, Clyde's has been a neighborhood favorite for years. **Limited to eight people.**

WHO: For FHNN members and volunteers.

REGISTER: [Online](#).

FHNN members and volunteers may also register by emailing information.fhnn@gmail.com. Email subject line: May Lunch.





In-Person Guided Art Tour

Thursday, May 16, 2:00-3:00 pm, in-person Guided Tour of the Fiber Arts Exhibit at the Village Center

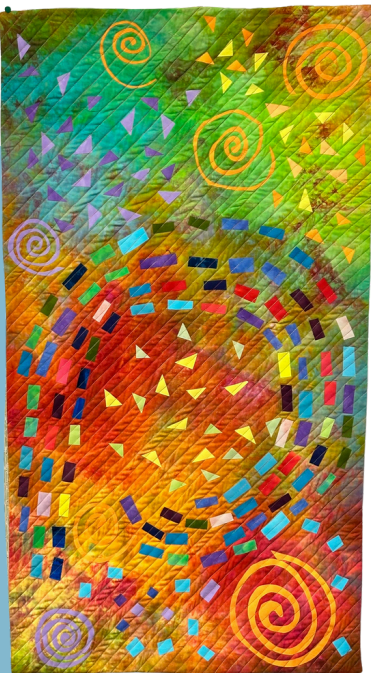


This May, Fiber Friends' popular exhibit is returning to the Friendship Gallery in the Village Center. Featuring beautiful contemporary fiber art from local artists, the pieces are filled with bold colors, dynamic shapes, and arresting images. The show begins on May 6, and there will be an opening reception on May 9 from 6:30-8:00 pm (open to all; no registration is required).

But that's not all! On May 16 from 2:00-3:00 pm, several of the featured artists will be giving a guided tour of the exhibit. They will be on-hand to answer your questions about aspects of these incredible pieces of art, such as their sources of inspiration, materials, techniques, and meaning. The May 16 event has limited space and requires registration.

FHNN has a few spots for FHNN members for this guided tour. FHNN members may register for the May 16 tour beginning in early May on the FHNN website. For more information, go to www.fhneighbors.org/fiberfriends.

A quilting workshop on May 19 is also planned at the Village Center in conjunction with these events. Donna Radner and Sandra Smith, two artists from the May Fiber Arts show, will teach techniques related to adhered fabrics. The workshop is fee-based, and there are only a few spots left. [Find out more and register online](#).



FHNN Member Registration for Guided Tour

Member Registration for this event begins in early May.
www.fhneighbors.org/fiberfriends.

FHNN members may also register by emailing information.fhnn@gmail.com.
Subject line: Fiber Tour.

All can register for the guided tour through the [Village website](#) in early May.

More May Programs



For FHNN Members and Volunteers

Wednesday, May 22, 3:00-4:30 pm, in-person

Enjoy Big Band and Swing Music of the 1930s and 1940s

Calling all music lovers! When was the last time you heard the joyful sounds of Big Band and swing music? Revel in tunes from this beloved musical era at a "listening party." FHNN member Damon Cordon will play the music of three popular bands of the 1930s and 1940s: Glenn Miller, Tommy Dorsey, and Benny Goodman. Everyone will gather and enjoy the tunes together. Due to limited space, the exact location for the event will be confirmed after registration (but it will be in easy walking distance for those living in Friendship Heights). Members can register online. Volunteers can email FHNN to register. Space is limited. A greeter will be in the lobby to show you the way.

WHO: For FHNN members and volunteers.

REGISTER: [Online](#).

FHNN members and volunteers may also register by emailing information.fhnn@gmail.com. Subject line: Big Band.



OPEN TO ALL

Friday, May 31, 10:30-11:30 am, via Zoom

Highlights of the National Museum of the Marine Corps

Live from the National Museum of the Marine Corps, this presentation will explore the role of the United States Marine Corps in world history, as well as in the daily culture of the US. Museum highlights include the Leatherneck Gallery, which features some of the air and ground equipment essential to Marine Corps operational success. Suspended over the Leatherneck gallery are five aircraft that represent turning points in Marine Corps aviation. Other museum highlights include the World War II gallery, which showcases the gripping story of the Pacific campaigns, and the World War I, Korean War, and Vietnam War galleries. Priority registration for FHNN and LFV members and volunteers. *An FHNN/LFV collaborative program.*

WHO: Open to all.

REGISTER: [Online](#).

FHNN members and volunteers wanting help registering can email information.fhnn@gmail.com. Subject line: Marine.

FHNN Affinity Groups

Registration Required
for first-time attendees.

To register, email
information.fhnn@gmail.com

**Find New Connections.
Join an FHNN Affinity Group.**

**Walkers Group
Meditation Groups
Men's Group
Crafts & Chat
Tech Tuesdays and Thursdays***

These shared interest groups (except for our Tech group) are open to FHNN members, volunteers, and anyone living in the neighborhood. Interested?
[Email us](#) and we'll get you started.

Calendar of Recurring Programs: Open to all unless noted

Weekly

Sundays

Silent Meditation, 8:30–9:10 pm, via Zoom

Mondays

Walking Group, 10:00–11:00 am, in-person

Tuesdays

Tech Tuesdays (for Apple users)*

10:00 am–noon, via Zoom

Guided Meditation, 1:00–1:45 pm, via Zoom
Program resumes May 14.

Thursdays

Tech Thursdays (for Apple users)*

10:00 am–noon, via Zoom

**For FHNN and LFV members and active volunteers only.*

Monthly

FHNN Lunch**

Wednesday, May 8
12:30–2:00 pm

Zoom Men's Meetup

Thursday, May 9
2:00–3:00 pm

Coffee & Company

Thursday, May 16
10:00–11:00 am

Men's Lunch

Thursday, May 23
12:30–2:00 pm

Crafts & Chat

Thursday, May 23
3:00–4:30 pm

***For FHNN members and volunteers.*

June Programs

**OPEN TO ALL**

Thursday, June 6, 2:00-3:30 pm, in-person

Staying Healthy and When to Use the Emergency Room with Kelly Goodman, NP

Learn tips about staying healthy as you age in this in-person presentation. You will also get great advice on what signs you should watch out for to decide when you need to go to the emergency room. Our presenter will be Kelly Goodman, owner and CEO of Kelly Goodman NP & Associates. She is certified by the American Academy of Nurse Practitioners. St. Dunstan's Episcopal Church, 5450 Massachusetts Avenue, Bethesda. Registration required. www.fhneighbors.org/nurse

For FHNN and LFV Members and Volunteers

Monday, June 17, 1:00-2:00 pm, via Zoom

Art Herstory: The Few, the Proud, the Female, Part 1

Female artists and their work from the renowned Getty Museum will be showcased in this online tour. Painters, sculptors, and photographers will be featured, including Artemisia Gentileschi, Elisabeth Vigée Le Brun, Dorothea Lange, Maria Sybilla Merian, and Luisa Roldan. www.fhneighbors.org/HerStory

OPEN TO ALL

Tuesday, June 25, 2:00-3:30 pm, via Zoom

Care Alternatives for Mild Cognitive Impairment Through Advanced Dementia

This is the last of FHNN's special four-part series on dementia. This program focuses on care alternatives. Information will be provided about programs for early-stage dementia through late-stage dementia. Our speakers are Colleen Kemp of the Jewish Council for the Aging, Patty Hagen of WinterGrowth, and Kathleen McGuinness, a commissioner for the Montgomery County Commission on Aging.

www.fhneighbors.org/carealternatives

SAVE THE DATE

Social Events in June

June 12, FHNN Lunch

June 13, Men's Zoom

June 20, Coffee & Company

June 27, Men's Lunch

June 27, Crafts & Chat



Let's Get Creative!

There's an abundance of local organizations that connect older adults with the arts. Check out some resources below and get artsy this May.



A quilt being shown at FHNN's Crafts & Chat

Arts for the Aging is a great resource for caregivers to help their care partners of diverse abilities and backgrounds enrich their lives through the arts.

Crafts & Chat is an FHNN affiliate group that encourages creativity and connection. It is open to everyone in the neighborhood and meets the third Thursday of each month from 3:00-4:30 pm in Willard Towers. First-time attendees should register by emailing information.fhnn@gmail.com.

Dance Exchange in Takoma Park has several classes for older adults, including a [free online class](#) on Thursdays. Their "Dance On" program encourages creative aging in older adults. No prior dance experience is required.

Encore Creativity for Older Adults is the nation's largest and fastest-growing choral organization for older adults, with over 40 ensembles nationwide. Encore Creativity holds summer sessions, which last six weeks. Beginning the week of July 15, you can sing in one of two choral groups in person at the Rockville Senior Center on Wednesdays. Enjoy a classic repertoire with Encore Chorale from 12:30-2:00 pm or arrangements of rock and roll hits with Encore ROCKS from 3:30-5:00 pm. Programs are also offered online. Registration begins May 9 (\$75). [More info and to register.](#)

Montgomery County Playhouse is the County's oldest community theater group. They encourage auditions and involvement from people of all ages.

Montgomery County Public Libraries (MCPL) Programs for Older Adults offer various arts-related programs for seniors, including craft workshops, book clubs, and author talks.

Montgomery County Recreation Department Senior Programs offer a range of arts and crafts classes specifically designed for seniors. Download their [55 & Better catalog](#) for information on their classes for spring 2024.

Roundhouse Theater has ongoing improv classes for adults. You can learn improv in a series of classes (\$150) or take a \$5 Friday-night drop-in class.

FHNN News & Noteworthy

Volunteer Appreciation Lunch



On April 17, FHNN held a lunch to thank our volunteers whose hard work and dedication make FHNN possible. In 2023, FHNN volunteers answered 438 service requests and provided over 543 hours of service. Volunteers also spent an eye-popping 3,294 administrative hours to help keep FHNN running smoothly. As a token of FHNN's appreciation, volunteers were treated to a lunch and given a small gift. A number of awards were given out too.

Some made people smile, like the Quickest Responder Award, the Ray of Sunshine Award, and Grocery Girl of the Year Award (for doing **a lot** of grocery shopping for FHNN's full members). We thank all our volunteers who do so much to make the lives of seniors in our community better.



In the Know

Housing Needs for Older Adults

This year's Commission on Aging Public Forum will address the housing needs of older adults. "Reimagining Housing for Older Adults — Ideas and Actions to Make Housing Available, Affordable, and Accessible" will be held on **Thursday, May 16 from 9:30 am-2:30 pm** at the Executive Office Building in Rockville (101 Monroe Street). This public forum will bring together locally and nationally recognized speakers, moderated discussions, and lively conversations. The event is free and will feature a complimentary lunch. [Register online](#) to attend.

Strategies for Successful Aging: Isolation and Loneliness

The Alzheimer's Association and Medstar Health are partnering for an important presentation on social isolation in older adults. Experts in the field will review the impact of social isolation and provide advice and strategies to help. The expert panel includes Mary Jo Deering, President, Washington Area Villages Exchange; Jennifer Fitzpatrick, LCSW, CSP, Jenerations Health Education; Laura Byer, MBA, MSOD, Program Manager, Alzheimer's Association, and Carole Ashendorf, MSW, Support Group and Memory Care Facilitator, Alzheimer's Association. This online event will occur on

Thursday, May 16 from noon-1:30 pm.

[Register online](#) to receive the Zoom link.

Free Computers for Eligible MoCo Residents

[Montgomery Connects](#) is providing free Chromebooks to MoCo residents who do not have access to a computer. You must be a MoCo resident, at least 7 years old, and have not previously received a computer from MoCo. You must make an appointment via Eventbrite in your own name and appear in-person with photo ID to receive a computer. Computers will be distributed at locations throughout MoCo. Have your MoCo library card, email address, and telephone number at hand for Eventbrite registration. This is a time-limited offer and appointments are going fast. Be sure to [read details of the offer online](#) before making an appointment.



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**Discover the Benefits of
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Find out more



FRIENDSHIP HEIGHTS NEIGHBORS NETWORK

ABOUT FHNN



Through the power of neighbors helping neighbors, FHNN enables seniors to age in place and remain active and engaged in their community.

We offer support, connection, enrichment, and fun.

Choose the Membership That's Right for You

Social Members

Enjoy over 400 events a year, including educational and cultural programs, special interest groups, and monthly social events.

Full Members

Gain access to all Social Member programs PLUS help with everyday tasks from trained and vetted FHNN volunteers. Get rides to medical appointments, help with grocery/pharmacy shopping, technology support, simple household repairs, social visits, telephone check-ins, and more!



www.fhneighbors.org

240-620-3285

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Donations to FHNN, a 501(c)(3) nonprofit, are tax deductible.