



BETHESDA METRO AREA VILLAGE

Your home Your neighborhood Your future

Thank you, volunteers!

We will honor our volunteers next month at a luncheon on Monday, April 24, at noon. Look for your invitation in the mail and join us for some long overdue in-person cheer.

Would you like to become a volunteer service provider for the village? Open to all friends and neighbors interested in learning about the village and the services our volunteers provide. [Read about direct service volunteer Andrew Green, below.]

BMAV has two kinds of volunteers. One kind helps other members keep engaged with their community and stay engaged themselves by helping run our committees or planning and leading events and shared interest groups.

The other kind provides direct services to members through rides, technical assistance (especially with electronic devices), household tasks, and more. In helping other BMAV members, BMAV direct service provider volunteers get to meet and learn about those they are serving and about other volunteers in our community.

Direct service provider volunteer applicants take a 45-minute orientation session. They also undergo online driving record and criminal background checks. You can agree to fill as many of the service requests as you want that Executive Director [Elizabeth Haile](#) sends you. The next volunteer orientation session, via Zoom, is on March 9. [RSVP and application required](#). Contact Elizabeth if you have any questions.



Meet Andrew Green, direct service provider volunteer

Andrew Green started volunteering for the village last year. He learned about the opportunities on a neighborhood listserv. So far, he has solved a printer problem, helped a member sell her car via social media and driven a member to a medical appointment. He looks forward to helping other full-service members of Bethesda Metro Area Village.

Andrew grew up in Southern California. After graduating from UC Berkeley, he worked for a couple of years in Silicon Valley for a startup

software graphics company, then came East to get a law degree from George Washington University Law School. The following two years he worked in DC for a law firm that specialized in FCC issues. Then, in 1998, he joined a dot.com company founded by two friends. In 2001, he started his own e-commerce business, which he sold in 2018, enabling him to take early retirement. He now has a part-time consulting practice that specializes in e-commerce strategy.

Andrew enjoys running. He recently completed the Houston half-marathon, did well, and now has his eyes set on running in the Marine Corps Marathon -- once. He's a huge Washington Capitals hockey fan and has had season tickets for the past 15 years. He's also a member of a local hockey "beer league" team that plays at county skating rinks.

Andrew has lived in East Bethesda, across from Lynbrook Park, for the past 10 years. He's married to a lawyer-lobbyist and they have three children: a son who is a junior at Purdue University studying civil engineering, and identical twin daughters, 16, who are sophomores at Georgetown Day High School.

Have you been thinking about becoming a full-service member?

Do you have questions about how to use your smartphone, smart TV or apps? Do you need lightbulbs or storm windows changed, heavy things carried to or from the car or dug out of your attic? Do you need assistance with garden tasks, watering plants or moving trash cans to the curb while you are away or recovering from an illness? If you are a full-service BMAV member, volunteers can help and are just a phone call away. Contact [Elizabeth](#) for more information on the full-service member application and fees. Reduced-cost memberships are available.

Interview with member Alice Padwe

Alice grew up in Brooklyn. She was lucky enough to have her extended family -- grandparents, aunts, uncles, and cousins -- within walking distance of home. She appreciated that, but as she neared adulthood, she was ready to leave the nest. Going to college (Wellesley) was her "ticket out of Brooklyn." After graduating, she got a publishing job in Manhattan. Since apartments there were not affordable on her entry-level salary, she lived at home until she married Gerry. They got an apartment in Manhattan on the fringe of Greenwich Village. She loved it.

Before they had children, Alice worked her way up in the publishing field, starting at Doubleday, filling in for secretaries on leave, then at World Publishing in the schools and libraries sales departments. From there, she went to Knopf, where she became associate editor in the college textbook department.

After their first child was born, Alice switched to part-time work editing textbooks at Teachers College Press. She and Gerry moved to Riverside, CT, when their son was nearly through kindergarten. Alice got involved in several activities in Riverside, including volunteering for the



Greenwich League of Women Voters, where she served on the board and edited the *Greenwich Voter*. She joined a docent program that made presentations to school children on human origins.

When Alice and Gerry moved to this area in 1977, she continued teaching human origins as a docent at the Smithsonian Museum of Natural History. With the help of her teacher in Connecticut, she arranged for the museum to borrow tools from UCLA that had been used by early hominids so that the visiting schoolchildren could handle ancient artifacts.

Having served on a local League of Women Voters board in Connecticut, Alice was invited to join the national League's volunteer Lobby Corps. She enjoyed learning about current issues in depth and visiting congressional offices to present the League's position.

Alice wanted to go back to work after her children were old enough. She got a job at the National Building Museum doing fundraising but realized fundraising was not for her. She got an internship at the National Portrait Gallery, where she did extensive research for the then-upcoming *1846: Portrait of the Nation* exhibition commemorating the Smithsonian's 150th anniversary. She liked the work and loved the museum.

Music was very important to Alice's late husband Gerry (they were married 58 years). He sang with a Gilbert & Sullivan troupe in Connecticut and then with the National Cathedral Choir for many years. He loved opera and concerts, and together they went to many performances, including at the Met in New York, even after they moved here.

Alice and Gerry loved travelling, beginning with their honeymoon driving through Italy, Switzerland, and France in their new VW. They returned to Europe several times over the years. They also visited Vietnam and Cambodia in 1992 and were surprised at the warm welcome they received from the Vietnamese people.

Alice calls Bethesda Metro Area Village "a lifesaver." She and Gerry lived in McLean for decades, then downsized and in 2013 moved to Bethesda, where their daughter lives. Alice joined BMAV in its earliest days as a pioneer member. She hadn't known any Bethesda residents well then except their daughter and family. That changed fast after she joined. She found other members to be both welcoming and interesting.

Not long after she joined, member Elyse Jacob persuaded Alice to join the knitting group. She hadn't knitted in decades, but when Eugenia Covarrubias put a ball of wool and a pair of knitting needles in her hands, it started Alice on a path to the production of many scarves and hats for her family, Bethesda Cares, and premature babies. Her knitting skills haven't approached the level of several fellow knitters, but she values the camaraderie of the group.

Alice applauds BMAV for pivoting from in-person to Zoom activities when the pandemic began, keeping the village's sense of community alive.

Member develops workshops series to share with other villages, creates award

Since 2016, BMAV member Chris Palmer has led BMAV's popular Aging Well discussion group, which addresses aspects of aging, death and dying. He is working with WAVE (Washington Area Villages Exchange) to develop a series of workshops that will give all villages practical and effective tools to help them create, manage, and lead programs for villagers on those issues that are welcoming, positive and provide a safe environment for productive discussions.

WAVE is a nonprofit organization that brings together 74 villages in the DC area to share resources and experience.

Chris and wife Gail Shearer have generously created a *Finishing Strong Award* under the auspices of WAVE. The award is for proposals to create and implement programs on those issues. For more information about WAVE and the award visit WAVEvillages.org.

BMAV's executive director, Elizabeth Haile, recently joined the WAVE board. BMAV is also a member of Village to Village, a national membership-based organization that brings villages together to share best practices for enabling older adults to live independent, healthy, purposeful lives with connections to their communities.

Book recommendations

I enthusiastically recommend *Cat Brushing*, a debut collection of short stories by 80-year-old author Jane Campbell. She has sharp insight into human behavior and her use of the English language is a pleasure for a retired editor to read. The book is available at the Montgomery County Library via their Hoopla app, as well as in print version.

Another treat, although not aimed at older people, is a 60-page novella, *The English Understand Wool* by Helen DeWitt. If you are not amused by this, I doubt that anything could make you smile. This is available on the library's Overdrive ebook collection for both Kindle and other e-readers.

- Alice Padwe

Recent events of interest

Dining out together

Members are having a good time eating tasty food and getting to know each other better at monthly outings to restaurants in and around Bethesda.

Persimmon, January 4



Paneterra, February 7



Hardy Hikers' first hike of the year, along the C&O Canal



Museum visits

Rubell Museum of contemporary art



Museum of Illusions

“Reality is merely an illusion, albeit a very persistent one” – Albert Einstein



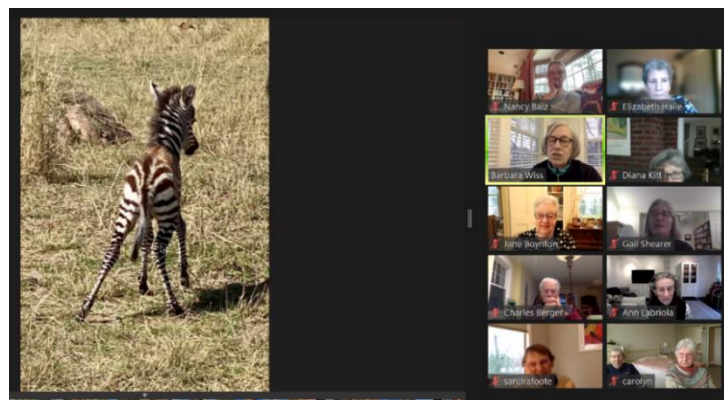
Some illusions were confounding, but a good time was had by BMAV villagers and all the children in the museum. It's a fun place to take grandchildren.

Game night



Armchair travel: Tanzania

Barbara Wiss shared her photos and experiences from a trip to Tanzania last year.



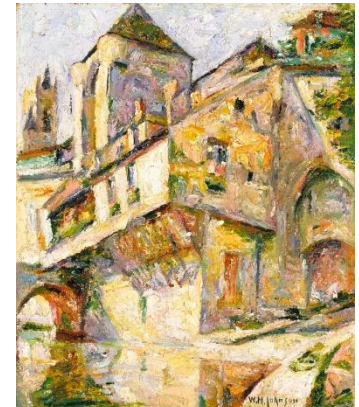
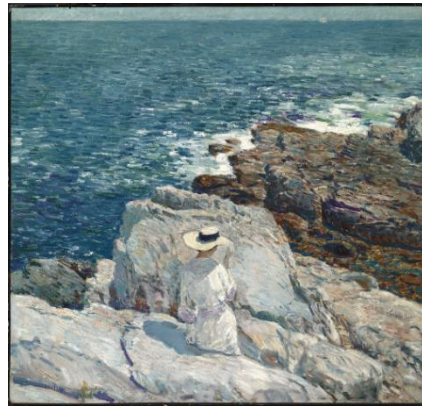
Upcoming events. Mark your calendars now, and think of non-member friends or neighbors who might welcome the chance to join you as a guest at a village event or two.



Registration by members for virtual events is not required. The Zoom link is sent to members by email for each event. For BMAV events that are open to the public, registration instructions for non-members are noted below.

Highlights of American Impressionism at SAAM, Monday, March 6, 1–2 pm

BMAV members, join docent Bob Ferguson on this virtual tour of highlights from the Smithsonian American Art Museum. The 19th century Impressionist movement began in France and quickly spread to many other locations in the western world. It proved to be a real boon to many American artists, who spent time studying the work of people like Monet, Degas, and Morisot, then brought their versions of it to a very receptive American audience.



Tai Chi, Wednesdays, March 1- April 12, 10-11 am, Town of Chevy Chase hall, 4301 Willow Lane

BMAV and Chevy Chase At Home members are invited to weekly Tai Chi classes with internationally recognized Master Nick Gracenin teaching. Study the essentials and forms of traditional Tai Chi, and improve balance, circulation, strength and relaxation. He tailors each class to the participants, and classes can be adapted to accommodate all levels of mobility and health. Beginners through advanced practitioners are welcome. After a free introductory session March 1, classes meet weekly on Wednesdays, March 8-April 12. The six-week session is \$75, payable onsite via cash, check, mobile payment or credit card. There will not be drop-in options for this session. BMAV members, RSVP [here](#).

TED Talks, Wednesdays, March 8 and April 12, 4-5:15 pm

Join hosts Paul Thorn and Barbara Reese for a new series of TED Talks, once a month on Wednesdays. In March we will focus on planning for retirement and making changes in our

lives. After watching together, participants will discuss their reactions and the most important takeaways. Come for what is sure to be an enriching conversation with other BMAV members.

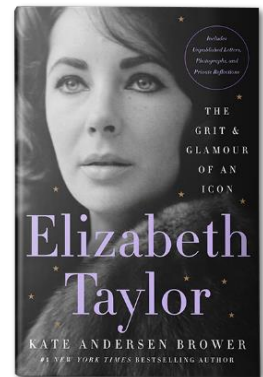
Volunteer service provider orientation, Thursday, March 9, 11:30 am-12:15 pm

Do you want to build a community that values people of all ages? Are you interested in helping your older neighbors? Would you like to donate your time or expertise to help a local nonprofit? In this orientation, Executive Director Elizabeth Haile will go over the services offered (rides, friendly visits, in-home assistance with technology or light repairs, vacation checks, snow shoveling and garbage can placement), how requests are made and filled, and answer questions about common scenarios. Open to all friends and neighbors interested in learning about the village and the services our volunteers provide. [RSVP and application required](#). Zoom link will be sent to registrants. Current volunteers who would like a refresher are also welcome.

Elizabeth Taylor: The Grit & Glamour of an Icon, Tuesday, March 14, 2-3 pm

New York Times #1 bestselling author Kate Anderson Brower will discuss her book, *Elizabeth Taylor: The Grit & Glamour of an Icon*, the first- ever authorized biography of the most famous movie star of the twentieth century, Elizabeth Taylor.

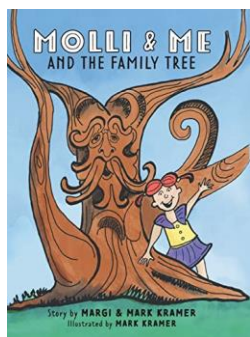
No celebrity rivals Elizabeth Taylor's glamour and guts or her level of fame. And her private life was even more compelling than her Oscar-winning on-screen performances. During her seventy-nine years of rapid-fire love and loss she was married eight times to seven different men. She is the ultimate survivor. And she became the first major celebrity activist to lead the fight against HIV/AIDS. A co-founder of amfAR, she raised more than \$100 million for research and patient care.



Brower is a CNN contributor and covered the Obama administration for Bloomberg News. She is also a former CBS News staffer and Fox News producer. She has written for the *New York Times*, *Vanity Fair*, and the *Washington Post*.

Open to friends and neighbors. RSVP to director@bmavillage.org for the Zoom link.

Sharing legacy with little ones, Wednesday, March 15, 1-2 pm



Join neighbors Margi and Mark Kramer in this talk on how to encourage conversation about family legacy and keep the memory of loved ones alive, based on their book, "[Molli & Me and the Family Tree](#)." This imaginative children's book shows ways to showcase your family's ancestry, mementos, and special stories to the "little ones" in your life. It includes creative worksheets to draw your own family tree and engaging activities to inspire readers to discover and connect with their own family stories and history. Open to friends and neighbors. Contact director@bmavillage.org for the Zoom link.

Tech tutors: one-on-one help with your devices, Sunday, March 19, noon, Connie Morella
Library (in person)

Do you have a question about using your iPhone or Android smartphone? Want to learn how to add or use apps or how to text? Bring any of your portable devices (phone, iPad, Kindle, laptop) and get your questions answered by tech-savvy area students. You'll be paired up with a student volunteer who can help diagnose and fix almost any problems with your devices. BMAV members only. [RSVP](#) required by March 16 so that we can match you up with a student.

Your digital life after you are gone, Monday, March 20, 2-3 pm

Many of us have created a virtual online digital world including email accounts, social media, and the others accounts we may have set up over the years. But what will happen to our digital lives after we die or due to health reasons become unable to manage them? Erin Byrne, director of education and community outreach of TechMoxie, will discuss steps you can take now to plan for your "digital estate." She'll cover the options for your social media accounts, such as creating a memorial page, and how to ensure that a designated family member or executor is able to access your accounts in order to follow your wishes.

Open to friends and neighbors. Register in advance [here](#).

Fire safety, Thursday, March 23, 1-2 pm

Do you have the right number of working smoke alarms in the correct locations? Do you know that all residents by Maryland law must use hard-wired or sealed-in 10-year-long-life smoke detectors? Did you know that Montgomery Fire and Rescue Service can help you replace your old ones? Jim Resnick, MCFRS fire safety educator, will provide us with important, potentially lifesaving updates on how to reduce our chances of experiencing a home fire, and what to do if one occurs. Resnick has more than 45 years as a firefighter, paramedic, chief officer, and fire safety educator. Join us on Zoom [here](#). Open to all.

From member Gail Shearer:

We were recently reminded of the importance of fire safety refreshers. Flames leapt out of our brand-new oven when heating up taco shells for five hungry grandchildren, which could have led to a potentially serious oven fire. A call to 911 and rapid assistance from what seemed like an army of firefighters solved our immediate problem without long-term damage, thankfully.

This emergency reminded us of the need to do a fire safety check of our house. We look forward to some professional advice about fire safety equipment we should have on hand and other fire safety tips. It's so important to be prepared for the unexpected!



Choosing a good death after a long life, Monday, March 27, 2-3 pm

Dr. Sam Harrington spent over thirty years in clinical practice at Sibley Hospital and developed a passion for helping patients make appropriate end-of-life decisions. He was a hospital and hospice trustee and is the author of the highly praised book "At Peace: Choosing a Good Death After a Long Life." Dr. Harrington will explain why many older patients undergo painful procedures at the end of life instead of having the better and more peaceful death they deserve. He will outline specific steps that older patients and their healthcare proxies can take to ensure loved ones live their last days comfortably at home and in hospice when further aggressive care is inappropriate.

Open to all. RSVP to director@bmavillage.org for the Zoom link.

End-of-life planning, Wednesday, March 29, 1-2 pm

Learn how to replace fear with a plan for your end-of-life care and make empowering decisions. In this session, Dixcy Bosley, a geriatric nurse care manager and a nurse-practitioner with Iona Senior Services, will clarify what lies ahead, how to get specifics, identifying what matters most, considering prolonging life, and how to communicate and document your wishes. She will share practical approaches and insights from her years advising older people about end-stage medicine and hospice. Free and open to everyone. Register for the Zoom link [here](#).

Bosley has spent the last 30+ years developing wellness programs, raising a family, caring for her own aging parents, and advocating for informed end-of-life care in various community settings. She has been a hospice nurse and refers to herself as an end-of-life activist.

This program is made possible by an Advances in Aging grant offered by Suburban Hospital to Friendship Heights Neighbors Network.

Great Falls, Maryland: the canal and the river, Monday, April 3, 10-11 am

BMAV members and guests are invited to join volunteer park interpreter and BMAV member Dan Mick for a one-hour guided tour of the Chesapeake & Ohio Canal National Historical Park in Potomac, Maryland. It will begin outside Great Falls Tavern with a brief review of some 19th century canal facts. Then it's an easy walk (approximately half a mile) to the falls overlook for gawking and conversation about the river, the falls, the rocks, kayaking and anything else that comes to mind. Reminder: The per-car park entrance fee is \$20 per vehicle unless you have a National Park Service lifetime or season pass. Meet at the Great Falls Tavern Visitor Center, 11710 Macarthur Blvd. RSVP to Dan [here](#).



Paint and sip, Monday, April 3, 7 pm, Battery Park Clubhouse, 7908 Glenbrook Road

BMAV members, come and create a cherry blossom landscape at a shared evening of fun and creativity. No prior painting experience required. All levels are welcome. Capture spring and the blooming cherry blossoms in your very own painting. Art instructor [Ellen Lafferty](#) will provide professional step-by-step guidance, all materials, and a custom design. Beverages will be provided, too. Cost: \$25 (pay at event), minimum 10 people, maximum 15. RSVP by March 29 on the website, or to [Stephanie Sutton](#). Parking available. Contact Stephanie or [Jane Boynton](#) if you have questions.

Game night, Thursday, April 13, 5-7 pm

Last month's Game Night was so fun, join us for another night, this time at Elyse Jacob's home. Bring your favorite game to play for an evening of games and appetizers with BMAV members.

Bethesda history walking tour, Saturday, April 15, 9:30-11:30 am

Hank Levine of the Bethesda Historical Society (BHS) leads a tour that explores how and why Bethesda came to be where and what it is today, and talk about what it went on along the way. You may be surprised how much of our community's history survives amidst the high rises that line Wisconsin Avenue. The tour covers 1–1 ½ miles over the course of about two hours, starting near the Bethesda Theater (near where Wisconsin intersects Middleton Lane) and ending at Ourisman Honda on Bethesda Avenue. Attendance is limited to 15. There is no charge, though [BHS](#) welcomes contributions.

Create an advance directive with a physician, April 19, April 26, May 3 (times vary)

BMAV members and volunteers are invited to enroll in a series of Zoom workshops taught by Eleanor Tanno, a board-certified family physician, on how to complete an advance directive, who aims to make the topic engaging, easy-to-understand and informative. Free.

The first two workshops cover the fundamentals of how you want to be treated at the end of life and how to name a health care agent, someone to speak for you when you can no longer speak for yourself. She will review the necessary legal documents and provide assistance in completing them. [More information and user-friendly resources at advancedirectivemd.com.]

The third workshop is only for BMAV members and volunteers who are interested in additional training on how to teach others the fundamentals of making an advance directive. This workshop is for you if you are interested becoming a future ambassador of advance directives,

Workshop dates: Wednesday, April 19, 2-3:30 pm; Wednesday, April 26, 2-3 pm; Wednesday, May 3, 2-3 pm (optional, per above). Space is limited and advanced registration is required. Spots will be opened to other DC area villages as space allows. Register by emailing director@bmavillage.org.

This program is funded by an Advances in Aging grant from Suburban Hospital.

Glenstone Museum, Friday, April 21, 11 am, 12100 Glen Road, Potomac

BMAV has reserved a block of 5 tickets to Glenstone museum. The indoor and outdoor pavilions are now open. Enjoy the large and spectacular expanded exhibition space, outdoor sculptures in fabulously landscaped spaces. The Gallery is showing a traveling exhibition of works by Faith Ringgold. The Pavilions feature new installations by Glenn Ligon and Tacita Dean. Outdoor dining available. Free.



[RSVP](#) required. Tickets will be emailed. We can arrange for carpooling. Full-service members, call 240- 630-2628 for a ride.

Volunteer appreciation luncheon, Monday, April 24, 12-1:30 pm, Edgemoor Club, 7415 Exeter Road, Bethesda

Thank you to all our wonderful village volunteers! You are invited to a lunch to recognize you for your time and dedication. Come socialize and enjoy food and drink together. Look for your invitation in the mail and [RSVP](#) to Elizabeth. Windows and doors will be open for airflow. Limited street and on-site lot parking available.

**Private tour of Smithsonian American Art Museum, Friday, May 5, 10:30 am, G & 8th St NW, Washington, DC**

Being in the museum as it starts to awaken is a magical experience. BMAV members, volunteers and friends are invited to join volunteer docent Bob Ferguson on this tour of highlights of the museum showcasing how American art reflects, and sometimes influences, the course of American history. RSVP to director@bmavillage.org required.

From our members

"BMAV inspires goodness and kindness!"

"My life is richer since joining BMAV. I have an expanded sense of community and have made good friends. Members have such varied and interesting backgrounds."

Shared interest groups for members***Aging well***

This popular shared interest groups meets monthly on Sundays at 4 pm via Zoom. The *March 26* topic will be green burials: The un-embalmed body is wrapped in a shroud or placed in a biodegradable casket, then buried without a vault and allowed to decompose naturally. Two green burial sites are opening in Maryland, including one in Silver Spring. We may also touch on

other ways to dispose of dead bodies, including alkaline hydrolysis and natural organic reduction.

The *April 23* topic is legacy letters. A legacy letter (sometimes called an ethical will) is a letter or statement created for heirs that communicates the writer's feelings, intentions, and values seen as too important to be left unsaid or that could otherwise get lost over time. This session will include how to write a legacy letter and why it is a good idea.

To be added to the Aging Well email list or for more information, contact host [Chris Palmer](#). Written summaries of members' contributions from these meetings are on the BMAV website in the [Forums](#) section (accessible to members only).

Armchair travelers. On March 3 at 3 pm, Hanne Caraher will take us on a Zoom tour of the Mosel River, called by some the most scenic river in Germany, showing us photos taken on her rowing trip last fall. On March 17, the tour will be of Scotland, with a Celtic celebration in the Shetland Islands. We'll travel to northern Scotland and celebrate the fire festival Up Helly Aa. Mark your calendar!

Do you have photos from trips you've taken? Armchair travelers would love to hear about your travels. [Diane Goldman](#) can help with the presentation if you don't know how to screen share; just send her your digital photos ahead of time. Contact her if you are interested.

Biking. Join other BMAV members on occasional bike rides, kayaking and canoeing outings. Contact leads [Steve](#) and [Stephanie Sutton](#) and [Elyse Jacob](#) for details, questions and to learn about future rides.

Birding. [David Moulton](#) hosts birdwatching sessions online and sends email updates with photos and descriptions of birds to keep a lookout for. Contact him to be added to his list.

Book club. Meets monthly on Zoom on Tuesdays at 7 pm to recommend and discuss favorite works in any genre. Rather than all reading the same book and discussing one book, the group discusses whatever they have read and enjoyed. Authors occasionally join the Zoom events to discuss their books. See the website [Forums](#) for a compilation of recommendations. Hosted by [Jane Boynton](#).

Bridge. Meets daily for afternoon games via computer program or in person. If you would like to join, contact lead [Marilyn Kerst](#) for more information.

Coffee talk. Members meet on the second and fourth Thursday morning by Zoom or in person at 10 am to share tips and inspiration. The meetings are via Zoom during the winter months. Hosted by [Ann Labriola](#) and Naomi Collins. Contact Ann to be added to the email list.

Dining Out Together. Once a month, members descend en masse to sample a new restaurant or an old favorite for a fun meal out and the opportunity to get to know each other better. The next outing is Tuesday, March 7, pm, at Delhi Spice. RSVP to co-lead [Janet Dante](#), the earlier the better.

Film Fans. [Diana Kitt](#)'s film group meets monthly on Zoom to share titles of recommended films and to discuss, debate, critique two movies of the month members have selected. The theme varies month to month. Plans for 2023 include more in-person movies along with Zoom chats on movies the group agrees to watch and discuss. All are welcome.

Gardening. [Ann Labriola](#) and Jan Bill host a group for those who love gardens, but you don't need to be a gardener to join. During fall and winter, they send out information about upcoming virtual garden talks and tours, gardening tips, questions and answers. During spring and summer, they coordinate in-person garden tours. Contact Ann to be added to the email list.

Happy hour. BMAV members meet online or in person for lively conversation and good cheer the first and third Friday afternoons on Zoom or at a Bethesda restaurant, outdoors if the weather permits. Coordinated by [Stephanie Sutton](#), [Susan Gorman](#) and [Barbara Brown](#). RSVPs required for in-person meetups.

Hardy Hikers. [Ann Bennet](#) leads the BMAV hiking club on monthly weekday morning hikes at locations throughout the metro area. Contact Ann to be added to the email list for information about the next one.

Knitting, Needlework and Friends. Members of this group work on their own projects or a charity project. The group meets on Zoom and in person the first and third Tuesday of the month at 1 pm to share tips, patterns and socialize. All skill levels are welcome. Contact [Sandi Ross](#) for more information.

Ladies' lunch. Members meet monthly at noon for lunch, conversation and camaraderie at an area restaurant, a member's home (sitting outside if weather permits), and occasionally via Zoom. The next lunches will be on Friday, March 31 (Zoom), and Wednesday, April 26 (in-person). Hosted by [Lynn Barclay](#). RSVP required for in-person meetups.

Men's lunch. [Bob Metzler](#) and [Reid Detchon](#) host lunch and discussion gatherings the first and third Tuesdays at 1 pm on Zoom or at area restaurants. Themed discussions are held the first half of the lunch; the second half is for catching up. RSVP required for in-person meetups.

Walkie-talkies. [Nancy Balz](#) leads a weekly 11 am Tuesday walk-and-talk group on a leisurely 30-45-minute circuit. The walks are in hiatus during the winter months, but contact Nancy if you are interested and would like to receive updates on future meetups.

News you can use

New federal income tax credits for making your home more energy efficient

[New federal income tax credits](#) are available through 2032 of up to \$3,200 annually to lower the cost of energy-efficient home upgrades by up to 30 percent. Improvements, such as installing heat pumps, heat pump water heaters, insulation, doors and windows, as well as electrical panel upgrades, home energy audits and more, are covered by the tax credits and can help families save money on their monthly energy bills for years to come.

Homeowners may be eligible for rebates on the improvements. There is a rebate-finder on the [EnergyStar.gov homepage](https://www.energystar.gov/homepage), searchable by zip code.

Homeowners also can take advantage of the modified and extended residential clean energy credit, which provides a 30 percent income tax credit for clean energy equipment, such as rooftop solar, wind energy, geothermal heat pumps and battery storage through 2032, stepping down to 22 percent for 2033 and 2034.

No income limits apply, but because of annual limits on the tax credit amounts, it may be prudent to spread the improvements over a few years.

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Suggestion box

Do you have an idea for an article or a comment about the newsletter? If you do, please email newsletter editor [Lynn Barclay](mailto:Lynn.Barclay@bmvillage.org).

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