



## BETHESDA METRO AREA VILLAGE

*Your home Your neighborhood Your future*

### BMAV meets with County Council

BMAV's executive director Elizabeth Haile, board president Jeanne Parker, and leaders from other villages in Montgomery County met June 28 with the entire County Council. It was an opportunity to enlighten elected officials on the collective impact of villages and highlight our work creating community and connectedness. Council members talked with the village representatives about ways to support the villages' work and connect villages with more of their constituents.



*Jeanne Parker, Elizabeth Haile, County Councilmember Andrew Friedson*



*Jeanne Parker, Bob Levey (Commission on Aging), County Councilmember Evan Glass*

Elizabeth planned the meeting and presentations with Silver Spring Village executive director Doug Gaddis, and council president and member-at-large Evan Glass.

BMAV is one of 10 villages in the county's electoral District 1. There are over 30 villages operating or in development throughout the county, the largest concentration of villages anywhere in the United States. Each village is unique, but we all share a common belief in the effectiveness of neighbors helping neighbors and our power to combat the deadly effects of loneliness and social isolation.

## Combatting loneliness and social isolation

On May 3, U.S. Surgeon General Vivek Murphy issued an advisory report, [\*Our Epidemic of Loneliness and Isolation\*](#), in which he calls loneliness and social isolation a new public health epidemic, particularly among the elderly. He said research studies estimate that the impact of social isolation on mortality is similar to that caused by smoking up to 15 cigarettes a day and even greater than that associated with obesity and lack of physical activity. In releasing the report, Murphy said, “Social connection is as fundamental to our mental and physical health as food, water, and sleep.”

Bethesda Metro Area Village and other villages are in the forefront of addressing loneliness and social isolation among older residents. Every interaction with another member of one’s village is an opportunity to have a meaningful connection. BMAV provides its members with many events and activities each month in which they can establish and strengthen social connections and expand their sense of community. See the pages that follow for examples of BMAV activities that so engage the members.

If you are new to Bethesda, feeling isolated and looking for a way to meet other seniors, join BMAV! We cover most of downtown Bethesda and several adjacent neighborhoods. To find out if BMAV includes your neighborhood, go to the county’s [Villages Map](#) and enter your address in the search bar on the right. That will pinpoint your location on the map. Then left click (or right click, depending on your device), which should result in a box with the name of the village for your area. If there is none, it will tell you that. Keep in mind that if your location is not served by an existing village, you can [join BMAV as a social member](#). Contact us with any questions at [info@bmavillage.org](mailto:info@bmavillage.org) or 240-630-2628.

## New pop-up event email group enjoys success

BMAV members in this email group are enjoying getting together on short notice for an event or activity in our or another nearby community. They send each other invitations for last-minute outings, e.g., a movie, special event, maybe just a weather forecast for the next couple of days that inspires a walk or al fresco dining. When you receive an email with an event that appeals to you, get in touch directly with the person who listed it. It's that easy! Ready to join? Send an email to [Alice Padwe](#) to be added to the list or if you have questions. You can always let her know if you want to opt out.

*“This has been a huge success of BMAV for me. Last night I went to hear jazz in SE DC and I’m going to Strathmore tonight, both through invites in the group. Thank you for making this happen.”*



## Our members are out and about

*Hillwood gardens tour arranged by the gardening shared interest group*



## *New member socials*





*Biking and kayaking with the biking shared interest group*



*Seeing a free performance of "Radio Golf" at Round House Theatre in Bethesda*



*Bethesda Historical Society talk: "The Roots of Bethesda," at Connie Morella Library*



*Hank Levine and Connie Morella*



*Private docent tour of the Smithsonian American Art Museum*



*Ladies lunching on Doris Aronson's deck*



*Coffee talk*



## Meet BMAV member Reid Detchon

Reid Detchon spent the first several years of his life in suburban Chicago. When he was 10, the family moved to Manhattan, where they lived for many years. However, he considers the family's decades-old summer place in northern Wisconsin home, his "special place." He and the rest of the family go there most summers for together time.



Much of Reid's career involved writing, beginning in college, when he wrote about sports for the Yale University newspaper. After that, he continued with sports writing for the *Baltimore Evening Sun* for a couple of years, then moved to upstate New York to try his hand at writing what he hoped would be the great American novel. That didn't pan out. Instead, he went to Columbia, Missouri, while his first wife went to graduate school. He became a general assignment reporter, then reporter, on city hall and politics for the *Columbia Daily Tribune*. They moved here and for two years he was the newspaper's Washington correspondent.

Reid's career took a turn towards policy. He worked for Senator John Danforth, first as a professional staff member on policy issues, then as Danforth's legislative director. Later, he was principal speech writer for Vice President George H. W. Bush when he was getting ready to run for president. Following Bush's election, Reid held a high position at the Energy Department that focused on conservation and renewable energy. He says it was four years of hard, fulfilling work. After leaving DOE, he had stints as a principal at a government relations and public affairs firm in DC, director of special projects at the Turner Foundation, and finally, senior advisor for climate solutions at the United Nations Foundation. He retired in 2019.

Reid and his wife, Louise Moody, a retired physician, have five children who are scattered across the globe: New Zealand, London, Colorado, Brooklyn, and Takoma Park. He leaves shortly for an extended visit with the daughter who lives in New Zealand.

Reid knew of BMAV and liked the village concept. Initially, he and Louise were happy just to support it monetarily. Then they realized it would be a good way to get to know more neighbors and became members in 2020. He soon began participating in the men's lunches (on Zoom during the pandemic) and during one of them, someone mentioned biking. Reid is a biker and soon began biking with other BMAV members, including Bob Metzler, Dick Jung, and Elyse Jacob. More recently, Reid started the Dining Out Together special interest group that eats dinner at a different area restaurant each month. It has proven very popular among BMAV members. He is on the BMAV board of directors.

Reid actively spreads the word about BMAV among neighbors and has been successful in persuading a few to join. He likes connecting new members to each other and hopes that they, too, will enjoy running into people whom they hadn't known before joining the village when they are out and about in the community.



## Meet volunteer Ryan Johnston

Volunteering is part of Ryan Johnston's DNA. He volunteered for several years at his church in Lancaster, PA, and using self-taught skills with cell phones, computers, and other electronics, he helped residents of a nearby retirement community with their cell phone and other tech issues. Ryan moved to this area to attend AU law school, graduating in 2019. A couple of years later, he began looking for volunteer opportunities. On the Montgomery County Volunteer Center website, he saw a listing for an organization – Bethesda Metro Area Village – that needed someone with his skills. He applied, and Elizabeth snapped him up.



Ryan has been providing much-needed technical support for our TED talks, run by Paul Thorn and Barbara Reese. He also prepared a class for BMAV members on online scams. Ryan says he is happy to help villagers however he can, not only by answering questions about their cell phones and other electronic devices, but also by doing basic home repairs or whatever else is needed. If you are a full member of BMAV and need help with something, contact Elizabeth. Maybe Ryan will be the volunteer who resolves your problem.

Ryan's first job after law school was interning at a large trade association that represents big players in the tech field. He realized he wanted to have more personal input and switched to a non-profit, [Next Century Cities](#), where he is the senior policy counsel for federal programs. The organization works with municipalities, counties (including Montgomery County), states, and federal entities to help them determine how they can best meet the public's needs, often with federal resources and programs, for broadband, infrastructure, networking, digital equity, and inclusion. Ryan thoroughly enjoys his work.

## From our members

"Thanks for enriching our life with your superlative offerings... and for the bounty of BMAV gifts." – Patti Steckler

"BMAV has been so wonderful in so many ways, including the special treat of [volunteer] Michael's companionship! When Michael arrived for a scheduled friendly visit today, [my husband] Bob was so excited that he raced outside to greet Michael at his car. Michael is amazing with his relaxed and genuinely calm, happy, and accepting personality. He cheerfully brings out the best qualities of those around him. Michael stayed more than two hours last visit. Pictured here, Bob and Michael are chatting and constructing a Lego cityscape." – Amy Lamb



## Meetups for caregivers and spouses with dementia

Are you a caregiver for a spouse with dementia? If so, you and your spouse might enjoy meeting with other caregivers and spouses in each other's home or at an outdoor location for coffee and conversation. Get in touch with Executive Director [Elizabeth Haile](#) to be connected to a group for monthly meetups.

### *Matching opportunity*

Thank you to all who participated in *Giving in July*! We raised funds for a matching opportunity of \$5000. We are grateful to everyone who donated.

**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.*

*Glenstone Museum, Friday, July 7, 1 pm. FULL.*

BMAV has reserved a block of 5 tickets to Glenstone museum. RSVP required. Tickets will be emailed and we can arrange for carpooling. Free.

*Tech Tutors: one-on-one help with devices, Sunday, July 9, 1-2 pm, at Connie Morella Library, 7400 Arlington Road*

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 a tech-savvy high school student. You'll be paired up with a student volunteer who can help diagnose and fix almost any problems with your device(s).

BMAV members only. [RSVP](#) required by July 6 so that we can match you up with a student. If this time slot does not work for you, please let us know ASAP and we will try to set up additional days or times.

*Tech Tutors: BMAV website orientation, Monday, July 10, 1-2 pm, on Zoom*

Executive Director Elizabeth Haile will explain how to use the new BMAV website and access the member directory, the forum, and past newsletters, enjoy photos, and find and RSVP for events on the event calendar. We can also do a short refresher on using Zoom, such as how to



rename yourself, use the chat function, and answer any other BMAV-related matters. New and longtime members welcome. [RSVP](#) to get the Zoom link.

*Game night, Thursday, July 13, 4-5:30 pm*

Join BMAV friends at Ann Benet's home for an evening of cards and board games. Bring your favorite game to play. Space is limited and [RSVP](#) required. Street parking available.



*Tech with Tony, Mondays, July 17 and August 21, 2-3 pm*

Join us to talk tech with BMAV volunteer Tony Mastria. He can answer your questions about computers, smartphones, anything tech-related. The group will discuss advice on universal problems. Open to full and social members. You can drop in to as many sessions as you'd like, but an [RSVP](#) by the day before with your question will be most helpful to give Tony time to prepare. In July Tony will explain *WhatsApp* messenger and in September, digital wallets.

*Capital Jewish Museum visit, Friday, July 28, 11:30 am-1:30 pm, one block from the Judiciary Square Metro station (National Building Museum exit). Members going by Metro should [RSVP](#) so that they can meet at the Bethesda station and go to the museum together.*



The newly opened Capital Jewish Museum (formerly Adas Israel Synagogue) explores the Jewish experience in the national capital region and inspires visitors to connect, reflect, and act. Exhibits dig deep into local Jewish history and Jewish perspectives on social justice issues facing the world today, and help visitors think about their own identity and values. Admission is free, but there is a fee (\$10 for seniors) for access to the special exhibit, *Notorious RBG: The Life and Times of Ruth Bader Ginsburg*. Tickets can be purchased online individually [here](#).

*Virtual art tour, Wednesday, August 9, 4-5 pm*

Volunteer docent Bob Ferguson returns to take BMAV members on a tour of the Smithsonian American Art Museum via Zoom.

*Josiah Henson Museum and Park, Saturday, August 26, 10 am-noon, 11410 Old Georgetown Road, North Bethesda. Join BMAV members and their guests for a visit (and maybe coffee or lunch afterwards).*



[Josiah Henson Museum and Park](#) is the former plantation property of Isaac Riley where Reverend Josiah Henson was enslaved. Reverend Henson's 1849 autobiography, *The Life of Josiah Henson, Formerly a Slave, Now an Inhabitant of Canada*, inspired Harriet Beecher Stowe's landmark novel, *Uncle Tom's Cabin*. The park contains the historic Riley-

Bolten House (1800-1815), its attached log kitchen (1850-51), and ongoing archaeological digs. The Josiah Henson Museum and Park is part of the National Park Service National Underground

Railroad Network to Freedom program. Tickets are available onsite (\$4 for seniors). RSVP on the [BMAV website calendar](#) or to [Stephanie Sutton](#).

## Books that resonate with our stage in life

*Recommendations from member Chris Palmer*

*Oh, William!*, by Elizabeth Strout, explores a long marriage and the couple's reckoning with their pasts and their secrets. Strout's later work, *Lucy by the Sea*, also explores long-term relationships as Lucy moves in with her former husband during Covid.

*Henry, Himself*, by Stewart O'Nan, focuses on 75-year-old Henry, retired and feeling somewhat purposeless, filling his days with small errands, and revisiting in his head his marriage and earlier life.

*Fellowship Point*, by Alice Elliott Dark, is the story of 80-year-old Agnes, a writer of children's books, and her lifetime friend Polly, working to protect their family homes on a Maine peninsula from developers... a story of friendship, family complexities, and land conservation.

## Shared interest groups for members

**Aging well.** This popular shared interest group usually meets monthly. Talking about death and dying may seem like a challenging conversation, but in our Aging Well meetings, it is fascinating, constructive, and useful. There are no meetings over the summer; they will resume September 17. FYI, written summaries of members' contributions from these meetings are on the BMAV website in the [forums](#) section (accessible to members only).

To be added to the Aging Well email list or for more information, contact host [Chris Palmer](#).

**Armchair travelers.** 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. Our next scheduled outing is the morning of August 8. 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. The next meeting is July 11. 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 [forum](#) 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. 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 Wednesday, July 5, 6-7:30 pm, at [The Restaurant at Zinnia](#), site of the former Mrs. K's Toll House, on Colesville Road in Silver Spring. RSVP to co-lead [Janet Dante](#).

**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. All are welcome to our next meeting, Wednesday, July 26.

**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 outdoors, weather permitting, usually at a Bethesda restaurant. Coordinated by [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. The group will next visit Kenilworth Aquatic Gardens while the lotuses are at their peak, Tuesday, July 11, meeting at her home at 8:30 am and carpooling. RSVP required to Ann

**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 4 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 (outside if weather permits), or occasionally via Zoom. The next lunches will be on July 25 and August 23. RSVP to [Lynn Barclay](#).

**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 walk-and-talk group on a leisurely 45-minute circuit in a different Bethesda neighborhood each week. During the hot summer months, the group will meet on Thursdays at 8:30 am -- July 6, 13, 20, and August 3 -- and then take a break until the fall, when the group will convene at a later hour. Contact Nancy if you would like to receive updates on future meetups.

## News you can use

### *How do I call off parking restrictions in my neighborhood temporarily?*

The county suspended enforcement of neighborhood permit-only parking during the COVID-19 pandemic, but enforcement resumed once the pandemic was declared over. If you have an event or party coming up, it's easy to ask the county to lift enforcing the parking restrictions in your neighborhood: call 240-777-8740 and request a [call-off](#) at least 48 hours before your event.

### *File of Life*

Imagine that you're at home and injured or suffer from a medical condition that temporarily renders you unconscious or unable to communicate effectively with paramedics. Without important information about your medical history, allergies or other conditions, how will they be able to quickly assess and treat your condition? How will emergency room physicians know? With the information you provide in a [File of Life](#).

File of Life is a red magnetic packet that contains important medical information about you that you display on your refrigerator. The information you insert in the packet gives paramedics access to a quick and accurate medical history when you or a family member is unable to provide it. The insert has a section where you can list contact information for your doctor, family members, insurance information and any other special circumstances that rescue personnel (and emergency room physicians) should know in caring for you.



You can request a packet be mailed to you by calling 311, or you can [print out the insert](#), fill it out and put it in a baggie that you attach to your refrigerator.



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240- 630-2628