

NEWSLETTER

APRIL 2024



CONTENTS

This Month's Message	2
April Events	3-6
Dream Guidance	3
Introduction to Meditation Series	4
Celebrating National Volunteer Week and Volunteer Appreciation Lunch	6-8
FHNN Calendar of Recurring Programs	9
May Programs	10
FHNN News & Noteworthy	11
In the Know for Seniors	12



Celebrating Volunteers
see [Pages 6-8](#)

April Message



April 21-27 marks National Volunteer Week, which is a celebration honoring the many contributions of volunteers to civic life in America. According to the [latest biennial report](#) compiled jointly by the US Census and AmeriCorps, those who formally volunteered in the US gave more than **4.1 billion** hours of service, with an estimated economic value of **\$122.9 billion** (for years 2020-2021). If volunteering were a company, it would land in the [top 30 of Fortune 500 companies](#), right above AT&T, Fannie Mae, and Comcast. That's a lot of elbow grease!

Breaking down volunteering into cumulative data is impressive, but what's more affecting, I think, are the individual stories I hear . . . stories that get to the "heart value" of volunteering. There seems to be something ingrained in our nature that makes us feel good when we willingly help others.

FHNN is blessed to have dozens of volunteers who give their time to support seniors in our community. I've personally seen lives transformed through the power of volunteering, both for the seniors we serve AND for our volunteers.

For this issue of the newsletter, I asked a number of our volunteers, and a few of our full members, about their experiences with volunteering (see [pages 7-8](#)). Volunteers tell of the tremendous expressions of gratitude they receive from those they serve. They also mention something bigger: that volunteering fills them with an ineffable sense of satisfaction. This heart experience, I think, is why so many of our volunteers return year after year to help their neighbors. FHNN is, of course, so very grateful for their efforts.

To honor our volunteers, FHNN is hosting a celebration of their service. All FHNN volunteers are welcome to join us on **Wednesday, April 17** from noon to 1:30 pm for a **Volunteer Appreciation Lunch** (see [page 6](#) for details). Whether you volunteer for direct services to our members or provide administrative support to FHNN, you are welcome to join in the fun.

So here's to the heartbeat of our community: our volunteers! Let's celebrate the dedication, kindness, and good cheer they bring along the way. It's what keeps our community thriving and our hearts full.

Beth Beisel
Communications



Dream Guidance with Author Machiel Klerk

OPEN TO ALL

Tuesday, April 9, 3:00-4:15 pm, via Zoom

Everyone dreams. However, most people don't know that their night-time dreams play a fascinating role in self-awareness. In this online program, you'll learn about "dream incubation," an ancient practice that helps unlock the creative wisdom of the subconscious. In dream incubation, you question yourself before going to sleep to elicit a practical response that is shown in your dreams. Our presenter, Machiel Klerk, has been receiving accolades for his book, *Dream Guidance* (Hay House, 2022). He offers a step-by-step process of asking the focused questions that unleash the guiding wisdom of dreams.

This process will help people identify the changes they need to make to move forward and live a more balanced, joyful life. Machiel holds a Master's in Counseling Psychology and draws knowledge from psychology, his own insights, ancient practices, and Indigenous healers around the world. You can [purchase Dream Guidance at 20% off](#) (offer expires April 15, 2024). An FHNN/LFV collaborative program.

"Dream Guidance offers an easy, open, and effective approach to engaging our inner wisdom and its advice!"

— Robert Waggoner, author of *Lucid Dreaming*

WHO: Open to all.

REGISTER: [Online](#).

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



For FHNN Members and Volunteers

Wednesday, April 10, 12:30-2:00 pm, in-person

April Lunch at Meiwah

For this month's lunch we're gathering at Meiwah. With its lovely window-filled dining area, Meiwah has been a lunch go-to spot for years. Located at 4457 Willard Avenue on the second floor. **Limited to 8 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: April Lunch.

Introduction to Mindfulness Meditation, Four-Part Series



OPEN TO ALL: Space Is Limited

Tuesdays: April 16, 23, 30 and May 7

1:00-2:30 pm, via Zoom

Learn to bring calm into your life through the healing practice of meditation. Led by popular meditation teacher and long-time FHNN volunteer **Andy Streich**, this course will introduce you to the essentials of how to meditate. There will be ample time to ask questions and share your experience. Each week will focus on a specific topic:

April 16, Body/Breath

April 23, Feelings/The Heart

April 30, Mind/Thoughts

May 7, Putting It All Together.

Please check your calendar before registering to ensure you can attend each date.

Space is limited, so sign up today! *An FHNN/LFV collaborative program.*

WHO: Open to all.

REGISTER: [Online](#) (online registration is for FHNN members only).

FHNN members, volunteers, and non-members may email information.fhnn@gmail.com to indicate interest in attending the series. You will be contacted to confirm whether you have been placed in a spot. Email subject line: Meditation Series. *For non-members of FHNN and LFV whose registration is confirmed, we suggest a donation of \$10-\$20 to defray program costs.*

For FHNN Volunteers

Wednesday, April 17, noon-1:30 am, in-person

FHNN Volunteer Appreciation Lunch (see page 6)

OPEN TO ALL

Wednesday, April 17, 2:00-3:00 pm, via Zoom

Maintaining Mental Health as You Age

As people age, many experience life changes that can impact mental health, such as a medical illness, death or illness of a loved one, or a job loss. When feelings of grief, social isolation, and loneliness persist, they can lead to depression and anxiety, which often express themselves differently in seniors than in the young. Learn steps to maintain mental health as you age from Carlos Brown, PhD, LICSW, from Sibley Memorial Hospital. *Sponsored by Suburban Hospital in partnership with FHNN, LFV, and Greater Stonegate Village.*



WHO: Open to all.

REGISTER: [Online](#).

Note: All registrations will be online through Suburban Hospital.



Mindful Decluttering

OPEN TO ALL: Space Is Limited

Thursday, April 18, 4:30-6:00 pm, in-person

At this in-person event, learn from experts how to declutter your space and keep it that way. Our presenters, Alexandra Fry and Cindy Szparaga (co-owners of Orchestrated Moves), will provide a virtual “tour” of a typical home by pointing out problem areas and corresponding solutions in various rooms. They will be joined in this highlight event by Becky and Nelda Harris of Long & Foster. This event will be held on the lower level at the Shops at Sumner Place in the Long & Foster meeting office. Light refreshments and white wine will be served. **Space is limited!**

An FHNN/LFV collaborative program.

WHO: Open to all.

LOCATION: Long & Foster, 4701 Sangamore Road, Suite L-1, Bethesda.

REGISTER: [Online](#). (Registration runs through the Little Falls Village.)

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

For FHNN and LFV Members and Volunteers

Friday, April 26, 10:30-11:30 am, via Zoom

American Secrets, a Virtual Tour of the National Cryptologic Museum

Here's your chance to learn about some of the most dramatic moments in the history of American code making and code breaking. “American Secrets” is a virtual tour of the National Cryptologic Museum. From America's first spy ring under George Washington to breaking the Germany's WWII “Enigma” machine, from Native American code talkers to modern secure telephones, the NCM brings it all out from under the veil of secrecy. Our guide will be the NCM's Director of Education, Jennifer Wilcox. *An FHNN/LFV collaborative program.*



WHO: For FHNN and LFV members and volunteers.

REGISTER: [Online](#).

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



Happy National Volunteer Week!

April 21-27 is National Volunteer Week, so let's give a big "Hurrah!" to all the special FHNN volunteers who make our organization possible (like those pictured above from our February 2024 volunteer orientation). In the following pages, some of our volunteers, and a few full members, explain what volunteering means to them.

And if you're a volunteer, be sure to register for our Volunteer Appreciation Lunch!

To everyone who has taken the time to help, we thank you for your dedication, your big heart, and — as they say — your service!



Calling All Volunteers! FHNN Volunteer Appreciation Lunch



For FHNN Volunteers

**Wednesday, April 17, noon-1:30 pm, in-person
(revised date)**

All FHNN volunteers are invited to a lunch in honor of your service. Enjoy yummy food, awards, and door prizes. Have fun while spending time with your fellow volunteers. The reception will be held at The Elizabeth. All FHNN direct service or administrative support volunteers are welcome to attend. Please register by **April 12 at 5:00 pm** so we can order the appropriate amount of food.

LOCATION: The Elizabeth Party Room, 4601 N Park Avenue.

WHO: Open to all FHNN volunteers.

REGISTER: [Online](#).

FHNN volunteers wanting help registering can email information.fhnn@gmail.com.

Email subject line: Volunteer Lunch.



What Our Volunteers Say



Whether new to volunteering with us, like Bob, or having been with us from the beginning, like Linda, FHNN volunteers enjoy their service.

Read what they have to say.

“ **Bob Blaemire, member and volunteer**

The people I have driven to various appointments have been so warm and appreciative that it makes the volunteer effort worthwhile. This has not meant a major time commitment, but given the gratitude I have received, it has been very worth any amount of time that is required. ”



Jim helping to compile letters for FHNN renewals.

“ **Jim Johnson, member and volunteer**

Volunteering with FHNN is so rewarding. Driving our neighbors to appointments is easy and the rewards are terrific. Meeting our neighbors and hearing their appreciation is very gratifying. I wouldn't miss it for anything. ”

“ **Bonnie Corcoran, non-member and volunteer**

I have been volunteering for FHNN for about a year now and have found it so rewarding. All of our members are incredibly appreciative of anything we do and thank us profusely. One woman made me a cake as a thank you when I gave her a ride one evening to an event. I was speechless! Needless to say it has also given me a chance to meet many new people in our community. I look forward to continuing to help out this year. ”

“ **Joyce Paul, non-member and volunteer**

My experiences with FHNN as a volunteer seem just "little" — so little time and effort. Yet hopefully it helped a lot.* FHNN people have such positive attitudes that personally I received a lot of fun, satisfaction, and pleasant connections through volunteering. ”

**Editor's note: Yes, Joyce, you help a lot!*



Joyce serving drinks at an FHNN event.

“ Linda Herson, member and volunteer

Eight years ago, I joined FHNN from its start because I liked its mission: neighbors helping neighbors to age in place. But I had no idea how many opportunities to volunteer I'd be offered: serving as a board member, helping to develop and conduct volunteer training, meeting so many interesting folks in Friendship Heights, and best of all, directly serving our full members by driving to appointments, visiting in their homes, helping with their cell phones, and even setting up for in-person events. All so gratifying, while FHNN continues to stay true to its mission! ”



Linda giving a ride to a full member.

What Our Members Say

“ Alexandra, full member

As a new FHNN member, I have been really impressed by the volunteers who have helped me thus far. They have been unfailingly kind, considerate, nice, and helpful. These are really selfless people who donate generously their time to help others. In our increasingly uncivil world, they are shining examples of the best of humanity. Kudos and thanks to them! ”

“ Elly, full member

My name is Elly, and I am legally blind, hearing impaired, and technologically challenged. Volunteers from FHNN help with all these problems. One long-term helper comes weekly to read mail and other written material and helps me with computer issues. Another reader brings magazines, and we select articles I'd like to hear. Another volunteer has installed software on my computer. Some give me rides to appointments, others do grocery shopping. I look forward to the weekly walking group, which is also run by a volunteer.



I feel both sad that I need this much help and immensely grateful that it is available. I was widowed five years ago, and I do think FHNN enables me to live alone and at home. ”

Interested in becoming an FHNN volunteer? Visit:
www.fhneighbors.org/volunteer

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

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, April 10
12:30–2:00 pm

Zoom Men's Meetup

Thursday, April 11
2:00–3:00 pm

Coffee & Company

Thursday, April 18
10:00–11:00 am

Men's Lunch

Thursday, April 25
12:30–2:00 pm

Crafts & Chat

Thursday, April 25
3:00–4:30 pm

May Programs

Here are a few of the programs coming in May. Look out for more May events on our online calendar at www.fhneighbors.org/calendar.



OPEN TO ALL: Save the Date

Thursday, May 16, 2:00-3:00 pm, in-person

Guided Tour of the Fiber Arts Exhibit at the Village Center

Fiber Friends' popular exhibit is returning to the Friendship Gallery in the Village Community Center and will open on May 6. A few of the artists will lead a special tour of the exhibit on May 16. They will be happy to answer your questions, such as their sources of inspiration, materials, techniques, and the meaning of the design. Registrations will begin at the start of May. Space is limited. A few spots have been put aside for FHNN members, who can register through the FHNN website starting in early May. All other should register starting in early May through the Village Center.

www.fhneighbors.org/fiberfriends

Elizabeth Davison

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, or even the first time, you heard a dance band? FHNN member Damon Cordon will be playing the dance swing music of three popular bands of the 1930s and 1940s: Glenn Miller, Tommy Dorsey, and Benny Goodman. Join in this "listening party" and enjoy the tunes together! Due to limited space, the exact location for the event will be confirmed after registration (but it will be easy walking distance for those living in Friendship Heights). Members can register online. Volunteers can email FHNN to register. www.fhneighbors.org/bigband



For FHNN Members and Volunteers

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

Highlights of the National Museum of the Marine Corps

Join us live from the National Museum of the Marine Corps as we explore the role of the United States Marine Corps in world history, as well as their role in the daily culture of the US. In this virtual gallery tour, the audience is guided through selected museum exhibits. www.fhneighbors.org/marine

FHNN News & Noteworthy

Welcome New FHNN Building Representative

FHNN is pleased to announce that Jim Curtin is the new Willoughby Building Representative. Jim has lived in the Willoughby for five years and has recently served on the Willoughby Board of Directors. He attended FHNN's volunteer orientation in February 2024 and soon was volunteering to drive FHNN members to doctors' appointments. We welcome Jim to FHNN and look forward to his contributions.

We also want to give our heartfelt thanks to Joan Lewis, the outgoing Willoughby Building Representative. Joan has been a stalwart presence at the Willoughby, hosting events and telling residents about FHNN programming. Joan will continue to serve on FHNN's Board of Directors and dedicate her skills to Crafts & Chat. (Joan is pictured here donating Twiddle Muffs.) Thank you, Joan, for all of your hard work and dedication to FHNN.



Can You Believe It? Four Years Since Covid

It's hard to believe, but it's been four years since the coronavirus entered our lives. Inciting fear and changing the world as we knew it, the early days of the pandemic were a difficult, now almost unimaginable time. FHNN responded by canceling in-person events, conducting telephone check-ins, and moving programming to Zoom (remember when you first heard the phrase, "You're on mute"?). Now that we're no longer keeping six-feet distance apart, we can look back on this time with wonder and amazement that it even happened. And as a reminder, Covid is still with us and we still need to be careful. In late February, the CDC Advisory Committee on Immunization Practices (ACIP) recommended that adults ages 65 years and older receive an additional updated 2023-2024 COVID-19 vaccine dose.



Information on Lifestyle Factors and Cognitive Decline Now Available

On March 13, Suburban Hospital sponsored an online program on lifestyle factors affecting the risk of Alzheimer's disease. Dr. Marilyn Albert from the Department of Neurology of the Johns Hopkins University School of Medicine gave a fascinating review of the most recent research on what we can do to lower our risk of cognitive decline. [The video of the program](#) is available for viewing on YouTube.



In the Know for Seniors

Tax Preparation Help for Seniors

Need some extra help with tax prep this year? Eligible taxpayers can have their taxes prepared in-person for free with Tax Counseling for the Elderly or Volunteer Income Tax Assistance (generally for people making less than \$64,000 a year). To find locations near you, use the [location finder](#). Check for appointment availability since slots fill up closer to the tax filing deadline. The IRS also has a number of free tools for [filing taxes online](#) that seniors can use.

Scam Alert for Seniors: Spoofed Websites

Seniors are reporting that they are getting scammed by false websites of financial institutions that look like the real thing. Called "spoofed" websites, they are run by bad actors. Scammers will purchase "sponsored links" that have a reputable financial company's real name but link to a fake website. These links appear at the top or bottom of your Google search results and look like legitimate links. Once on these fake sites, you may be exposed to malware, identity theft, attempts to get your user name and password to your real account, and financial loss. Always be sure to enter a financial web address directly and call them back at a phone number found on printed material if an email or phone call asks you to provide sensitive information or do something

urgently. These are both red flags for scammers. For up-to-date information on scams that target seniors, visit the National Council on Aging's [senior scam information page](#).

Free Webinar on Cooking for the Climate

On Tuesday, April 2, all are invited to a free online program to learn what to cook and eat to help the planet's health and your own. Presenter Erin DeMarines will share her expert insights on cooking sustainably. Erin is a celebrity plant-based chef, fitness expert, and entrepreneur. You'll also hear from Dr. Sailesh Rao, CEO of Climate Healers, and Eric Lindstrom, FARM Executive Director. The program is at 5:00-6:00 pm. [Register to attend](#), and you'll be emailed the access link.

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FRIENDSHIP HEIGHTS NEIGHBORS NETWORK

DISCOVER 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 have 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, and more!



www.fhneighbors.org

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