

## BETHESDA METRO AREA VILLAGE

Your home Your neighborhood Your future

**From the desk of BMAV Executive Director**

**Elizabeth Haile**

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During the pandemic, Bethesda Metro Area Village (BMAV) continues to build an engaged, caring community of members who want to remain in their homes as they age. We may be physically isolated, but we are not socially isolated! Our volunteers are running errands, dropping off groceries, and checking in on members. We have held remote volunteer trainings, provided masks to members and volunteers, and offered tech assistance to get all our members online. We have created safe ways to socialize with frequent discussion groups, classes, bridge, knitting, coffees, happy hours and lunches online, as well as speaker presentations – all on Zoom. In the last three months, we held over 150 virtual events, with a large percentage of our members participating, some of them for the first time. We also collaborate with other area villages and have hosted many events open to the public to further connect us all with our community.

BMAV's Task Force, made up of Board members and me, continues to closely monitor evolving CDC, Montgomery County, and Maryland Department of Health guidelines, and look forward to resuming in-person events when safe. We also plan to continue certain virtual programming after that date so that even more members can easily participate.

**It is a great time to become a member of BMAV! We encourage readers in all neighborhoods served by our village – Kenwood Park, Landon Village/Pineview, English Village, South Bradley Hills, Bradley Village, Battery Park, Edgemoor, Greenwich Forest and Kenwood Forest – to share this newsletter with neighbors who might enjoy becoming a member, especially during this period of isolation.**

– Elizabeth

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*“When I first heard about BMAV I thought I had enough social support without joining but I was eager to become a volunteer to lead a hiking group. After meeting fellow hikers and being invited to a couple of social activities, I was hooked. The village has given me a whole new group of friends and activities and even activated some of my grey cells. Especially now it has been a lifeline. The abundance of Zooms has maintained a connection to others and*

*kept me from feeling lonely and isolated. I'm indebted to everyone who brought BMAV to fruition."*

- BMAV member Ann Bennet

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*"This [group discussion] is exactly why I joined BMAV! My aging is creeping up on me quickly and I love seeing ways to cope that are just a great way to add to the quality of life."*

- BMAV member Melissa Watts

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*"Thank you for the Zoom Happy Hour login, it worked fine for me and was fun! I would like to attend the garden group this week and perhaps more. Thanks for your help in making my new virtual life possible."*

- another happy member

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Welcome to Bruce Coolidge who joined the BMAV board last month. Bruce is a pioneer member of the village, along with his wife Ann Labriola, and a longtime volunteer service provider. Thank you Bruce for your continued commitment to the village!

*If YOU might be interested in getting involved in village leadership through service on a committee or the Board, please reach out to [Tom Henteleff](#), Board Chair.*

*"Why I love the BMAV community...BMAV members out and about in the neighborhood during the era of coronavirus" – photos taken by member Barbara Wiss*



Ann Bennet after picking up NYT Sunday magazines from a village friend so that she could do the Sunday crossword puzzle. Betty Mushinski after her mid-day walk with a village friend and dog Stella. Jeanne and Tom Parker out for an afternoon neighborhood walk.



MaryLu Carnevale out for a walk with black lab Buddy and son Mike. Membership Chair Bob Metzler out for a bike ride. Marilyn Kerst and Sam Sipe out for a walk after hosting BMAV's online bridge game.

### Interview with member Elyse Jacob



Elyse Jacob, BMAV Board member and programs chair, lives the motto: "Life. Be in it." She has had a lifetime interest in making lives better for older community members.

As an undergraduate at the University of Michigan, Elyse established and helped run a student-run friendly-visitor program for older members of the community who lived alone. She also helped design and administer a project to help senior citizens remain relatively self-sufficient and maintain self-respect and dignity with the help of student volunteers – helping seniors with housecleaning, shopping, cooking, shoveling snow, and even building a ramp for a woman housebound because of stairs at her front entrance.

Her work continued in a university-sponsored internship at the DC National Council of Senior Citizens and after graduation on the staff of the Massachusetts Senate Ways and Means committee. As a budget analyst, her portfolio included the Department of Elder Affairs. She says it was one of the best jobs she ever had.

Elyse then earned an MA from the Kennedy School of Government, Harvard University. Continuing her focus on the elderly, she developed the "Poor People's Budget" to address how the state could help those on the margins of the economy. The concept, now called "The People's Budget," has continued to be proposed to the Massachusetts legislature annually.

After graduate school, Elyse worked for Governor Dukakis as director of policy and program planning in the Department of Public Welfare - developing shelters for homeless families, providing support services, and job training skills. Her model program to prevent families from becoming homeless became the basis of a national model. While later the research director for

Baltimore non-profit, Center for Poverty Solutions, she was instrumental in the early development and calculation of the “Maryland Living Wage,” then a new concept.

Another thread that runs through Elyse’s life is sports. At the University of Michigan, she played JV basketball and varsity tennis, and was among the first females at Michigan to receive a varsity letter under the newly passed Title IX. Elyse continues to play tennis regularly and last year competed with the mid-Atlantic team in the USTA over-65 national invitational in Orlando. She’s also an avid biker and aims to bike more miles annually than she puts on her car.



Elyse loves the concept of age-in-place villages. After Scott and Elyse built a house in the Edgemoor area in 2014, Elyse immediately became involved in the early development of BMAV. She thought the village would bring together all her interests, skills and talents, as well as be a great way to get to know more of her neighbors. BMAV has exceeded those expectations. Elyse helps create BMAV programs, including the many BMAV shared interest groups, and is most active in the knitting and film groups. Currently she attends many of the BMAV Zoom talks and discussions and is learning to speak Spanish along with several other BMAV members.

### Highlights from past events

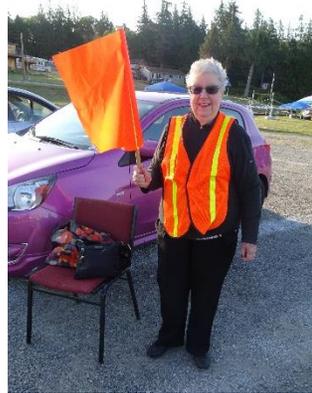
#### *Armchair Travelers*

BMAV members love to travel! And during this time when vacation plans are on endless hold, we have enjoyed travelling “virtually.” Jane Boynton hosted a series of discussion groups where members shared photos and experiences from past trips. We heard from members about their trips to: Mongolia (Barbara Reese); Cairo and Jerusalem (Paul Thorn); Capetown and cruising Suez to Dubai, Israel and Jordan (Maureen and Frank Valcour); Beirut, Lebanon and Ethiopia (Diana Kitt); Sweden and Cuba (Jane Boynton); Iran and Peace Corps in South Korea (Lynn Barclay); Europe, Peru, Australia and Antarctica (Alice Padwe); Bath, England (Chris Palmer); transSiberian railroad - Beijing to Russia (Doris Aronson); slot canyons in Utah (Elyse Jacob); climbing Mt. Kilimanjaro (Barbara Wiss); and a leper colony (Judy Armbrister).





Member enthusiasm led to the creation of our newest shared interest group, *Armchair Travelers* on June 11. Our first official trip by Zoom was to Bellingham, Washington with Jane Boynton. She described her experience at the five-day Indian powwow of tribes of the Pacific she attended last summer at the Lummi Nation reservation with her daughter. They served as volunteers directing traffic at the arrival site and distributing food to some of the 10,000 attendees. One hundred tribes convened from reservations throughout the West, many paddling in hand-crafted canoes. The following four days consisted of singing, dancing, gift exchanges and even a public marriage proposal (which the young woman accepted).



Armchair Travelers next trips will be July 6 with Lynn Barclay taking us to Tibet, Nepal and Bhutan, and July 29 with a trip to Rwanda with Barbara Wiss. **We would love to showcase one of your trips!** [Contact us](#) if you might like to show some photos from your travels – we can help you with the tech know-how to show the photos on screen.

### *Sharing our gardens*

On April 30 and again in late May, nearly a dozen BMAV members (and our Executive Director) met via Zoom to talk about what's happening in their gardens this spring, illustrated by several photos. At the second meeting, we talked about how our gardens had developed over the month. All agreed that they seem especially lush and beautiful this year.

A few members asked for advice regarding problems they were having with particular plants, and some asked for recommendations for what would grow well in specific growing conditions, such in shade as under a large oak tree. Members also talked about composting, pest control and good apps for identifying plants. We learned from host Ann Labriola that gardeners can get free help with plant problems by emailing photos of the plants in question to American Plant or to the University of Maryland's [Home and Garden Information Center](#).



Elyse Jacob and her alliums. Bob Berish and his lilies, and koi pond

### *What's the buzz?*

On May 9, Maureen Jais-Mick, a BMAV member and member of the Montgomery County Beekeeper Association, gave a wonderful presentation on her beekeeping operation in Edgemoor. Attendees on Zoom learned how to identify the honeybee, how they communicate and see, construct honeycomb and make honey, and how hives operate. Bees are being killed off through the introduction of pests from global commerce, loss of forage, increased monoculture, use of pesticides, and the warming climate. Loss of bees is part of a larger kill-off of insects globally. Scientists estimate that 40% or more of all insects could go extinct in the next decades.

How can we help? Maureen recommends:

- Plant habitat for pollinators. See ideas here <http://www.xerces.org/publications/plant-lists/pollinator-plants-mid-atlantic-region>
- Lawns are a food desert – plant a flowering lawn or mow your grass less often
- Put out shallow plates of water – bees need a lot of water



### *How to Critique a Work of Art*

On May 31, volunteer Smithsonian American Art Museum docent LeeAnn Lawch taught BMAV members about artists' use of subject matter, color, shapes, contrast, texture and the direction of lines. We may react in different ways to particular pieces because of the artist's choices: To create drama, artists use diagonal lines. Whenever you feel anxious while viewing art, we learned to ask "Where's the diagonal?"



On June 8, Lawch returned to lead an exploration of art in the era of the Civil War. We learned how painters and photographers responded to the conflict, including the use of symbolism through descriptions of nature as metaphors. Although some landscapes may appear to just be a pretty painting to hang on the wall, if they were created in the war era, there are bigger messages lurking.

### *Virtual Ladies Lunch*

While most of our cars sit idle in our garages, a dozen of us ladies gathered virtually over lunch to share stories of our first car or first car we learned to drive in. To illustrate our reminiscences, Elyse Jacob gathered and presented photos during the event showing the range of our special vehicles. Vehicles from a Citroen, Volvo, VW, and rumble seat, running board Ford, to the good old American pickup truck, Plymouths and Chevys; and from hardtops to convertibles; manual to automatic transmissions, we covered the range.

### *Virtual Men's Lunch*

The BMAV men have been zooming along weekly at lunchtime during the pandemic, supporting our local restaurants who do takeout and delivery. The group has solved many of the nation's problems including the national debt, the questionable "observation" classification used by many hospitals for their overnight patients, and most importantly, how to cut your own hair. Perhaps not actually solved these problems, but certainly learned a lot about them. Lunchers have also been paying attention to Harry Geisel and Bob Berish's observations on the economy, which undoubtedly explains why the stock market has started to recover.

### *Virtual book club*

BMAV's virtual book club was created in March as a way to connect members each week and find recommendations for new titles to entertain us. Group lead Jane Boynton quickly put in place an astounding array of local authors to speak to the group each month. Thus far we have been treated to talks by:

- Kate Andersen Brower, author of *The Residence* and *First Women*, about her newest book, *Team of Five: the Presidents Club in the Age of Trump* - a poignant, news-making look at the lives of the five former presidents in the wake of their White House years
- Nancy Greenspan about her newly-released book, *Atomic Spy: the Dark Lives of Klaus Fuchs*
- James Reston, former assistant secretary of the Interior and prolific author of books on the Vietnam War Memorial, Richard Nixon and JFK
- Jonathan Padwe about his book, *Disturbed Forest, Fragmented Memories*
- member Chris Palmer about his two books on wildlife filmmaking: *Shooting in the Wild* and *Confessions of a Wildlife Filmmaker*
- and member Naomi Collins about her book *Through Dark Days and White Nights*, an eye-witness account of living in Russia from 1960's through the turn of the 21st century.

More authors will be joining us in July and August – see Upcoming Programs for more info.



Jane Boynton in her library. Chris Palmer during his presentation

### Tea Time Talks

BMAV's special interest group on aging, dying, and death (known as the Aging SIG) met via Zoom on June 14 for a *Tea Time Talk* to discuss the question: *What do you do that helps you age successfully?* The group shared ideas and everyone made thoughtful and creative comments which are collected [here](#) so we can all learn from each other. The Aging SIG will continue to hold these Tea Time Talks on a monthly basis – the next meeting will be July 12 when we will focus on the question, *What advice would you give your children for when they become elderly?*

Since "stay-at-home" started in early March, SIG lead [Chris Palmer](#) has also been sending two emails every week to the Aging SIG. One is on how to declutter, the other is thoughts and ideas on aging, dying, and death. Members can find all of them on the [Forum](#) on BMAV's website.

### Shared Interest Groups for BMAV members

**Aging, dying and death:** [Chris Palmer](#) sends a weekly e-mail to keep this group connected and hosts Tea Time Talks once a month on Zoom. Contact him to get on his email list.

**Armchair Travelers:** Our newest shared interest group meets twice a month on Zoom to share travel photos. Future dates are July 6 at 11 am and July 29 at 4 pm. Contact lead [Diane Goldman](#) if you would like to share one of your trips.

**Birding:** Leader [David Moulton](#) hosted 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 weekly on Tuesday mornings to discuss favorite works in any genre. About every other week an author joins the Zoom event to discuss his or her book. Hosted by [Jane Boynton](#).

**Bridge:** Meets daily for afternoon games via computer program. If you would like to join, contact lead [Marilyn Kerst](#).

**Coffee Talk:** Members gather weekly on Wednesday mornings by Zoom with coffee mugs in hand to share tips, activities, and inspiration. Hosted by [Ann Labriola](#) and [Naomi Collins](#).

**Film Fans:** [Diana Kitt](#)'s film group shares by email names of recommended films and holds monthly Zoom meetups to review films together. The next meetup is July 15 at 3 pm to review *Nobody's Fool* and *The Rider*. Contact Diana to get on her email list.

**Gardening:** [Ann Labriola](#) hosts a monthly discussion group to share gardening tips, questions and answers. Attendees share photos on Zoom. The next meetings are July 1 and August 3 at 4 pm.

**Happy Hour:** BMAV members meet online for lively conversation and good cheer every Friday afternoon at 4 pm. Bring your own drinks. All topics welcome. Hosted by [Susan Gorman](#).

**Hardy Hikers:** Walking together is on hiatus but contact [Ann Bennet](#) to be added to her email list and get information on future meetups.

**Knitting, Needlework and Friends:** Meets every other Friday on Zoom to share what we are working on. Contact [Sandi Ross](#) for login info.

**Ladies Lunch:** Ladies Lunch has been meeting monthly for themed discussions. Contact [Elyse Jacob](#) to join.

**Men's Lunch:** A dozen or more men join [Bob Metzler](#) for lunch and discussion every Thursday at 1 pm.



**Spanish conversation group:** A wonderful volunteer leads this small group session in Spanish lessons every Tuesday and Thursday. Although the group is full, contact [Elizabeth Haile](#) if you would like to form another group.

Check BMAV weekly email reminders for Zoom login links for all our events. You can connect using a computer with a webcam, a tablet, or smartphone or even via regular phone without video.

If you have not tried Zoom yet or have any questions, one of our volunteers can walk you through it. Many of us are using Zoom for the first time and found it is easy once you know how. We would love to see all our members at our events, so please call if you need help! 240-630-2628

### Upcoming special programs

[Author Sarah Blake](#), Tuesday, June 30, 10 am. Blake will discuss her books *The Postmistress* and 2019's *The Guest Book*. Open to the public. [RSVP](#) for Zoom login.

[Author Rebecca Boggs Roberts](#), Tuesday, July 14, 10 am. Roberts will discuss her book *Suffragists in Washington, DC: The 1913 Parade and the Fight for the Vote*, detailing the heroic struggle of Alice Paul and the National Woman's Party as they worked to earn the vote. Open to the public. [RSVP](#) for Zoom login.

[Faking Vermeers](#), Thursday, July 16, 2 pm. Art historian Barbara Evans returns to BMAV to present the story of two works at the National Gallery of Art and their Dutch forger, Han van

Meegeren. Van Meegeren was charged with selling a priceless Vermeer to Herman Göring, but he confessed that he had painted the work himself and should be treated as a hero for hoodwinking the Nazis. Open to the public. [RSVP](#) for Zoom login.

[Author Lynne Olson](#), Tuesday, July 21, 10 am. Olson will talk about her books dealing with World War II and Britain's crucial role in it, including *Citizens of London*, *Last Hope Island*, *Madame Fourcade's Secret War*, and her upcoming book on Holland in World War II. Open to the public. [RSVP](#) for Zoom login.

[Cutting the Cord - Alternatives to Cable TV](#), Wednesday, July 22, 1 – 2:30 pm. We are experiencing a new paradigm in home entertainment where households are discontinuing their cable TV contracts in favor of streaming options over the Internet where content is delivered by companies such as Netflix, Hulu, Amazon prime video and YouTube TV using streaming devices. During this class for BMAV members and volunteers, we will examine how streaming compares to cable TV and the pros and cons of each approach with Victor Rezmovic, PhD.

[Gettysburg Address: Did You Know?](#), Thursday, July 23, 2 pm. The Village at Kentlands and Lakelands invites you to join Barney Gorin for discussion of one of the greatest orations ever made in the English language. Lincoln's words, that few if any expected to be significant, became a touchstone for people around the world. And while many memorize them and are transfixed by their power, few take the time to examine their context and meaning. Registration required to <mailto:jeanmocarSKI@gmail.com>.

[Tech Tutors - Tour Our Village](#), Monday, July 27, 3:30 pm. Executive Director Elizabeth Haile will show BMAV members how to use the BMAV website in a Zoom presentation. Learn how to enjoy postings on our forum, find fellow members, find events, or smile at photo albums. Tune in for a guided stroll through our village or with questions.

[Planet Word](#), Thursday, July 30, 2 pm. Rebecca Roberts, journalist and curator of Programming for the new Planet Word Museum, will discuss how language is what makes us human. From earliest childhood we weave our words into speech to communicate. Let Rebecca inspire and renew your love of words and language. Co-hosted by BMAV and Connie Morella Library and open to the public. Note that the event will be closed by the library to latecomers at 2:05 pm so be sure to login early. Zoom link: <https://zoom.us/j/93637298040>. Meeting ID: 936 3729 8040 (Dial In: 301-715-8592).

[Introduction to Social Media](#), Wednesday, August 5, 1-2 pm. Social media sites make it easy to share content and connect with other people online. In this presentation by a volunteer, BMAV members and volunteers will get a general introduction to some of the most popular social media sites such as Twitter, Facebook, and Instagram. We'll go over their features and how to create accounts. When [RSVPing](#), include questions you would like answered.

[Exploring American art](#), Monday, August 10, 4-5:30 pm. Volunteer docent LeeAnn Lawch returns to help BMAV members explore artwork from the SAAM collection. From the

conclusion of WWI through the Great Depression and World War II home front experience - we'll learn how artists' depictions of America during troubled times reflect a changing national identity.

["Gold" in the United States: Past, Present and Future](#), Monday, August 17, 3:30 pm. BMAV member Bob Berish will discuss gold and the United States: the dollar - where did it come from...and is it near its end?

[Authors Karetta Hubbard and Molly Best Tinsley](#), Tuesday, August 18, 10 am. Hubbard and Tinsley, co-authors of *Satan's Chamber*, will talk about researching their spy thriller set in Sudan. Open to the public. [RSVP](#) for Zoom login.

[Terra Firma ain't so firma](#), Monday, August 24, 4 pm. BMAV member Dan Mick will give a history presentation on "Plate Tectonics and the Shaping of Maryland."



- Click the Forum tab to the left of the page on [BMAV's website](#) for recommendations and timely tips for the latest online diversions. Available to logged-in members only.
- For the latest Covid-19 updates, visit the [County's website](#).
- Another excellent source of Montgomery County news and the current status of regulations surrounding the Covid-19 virus, plus many other matters, is the free BCC Regional Services Center's *Neighborhood News* (written by BMAV's own Lynn Barclay!) [Subscribe here](#).
- During the Covid-19 emergency, Suburban Hospital has transitioned some of its classes online to Zoom, including Better Breathers Club, Healthy Choices and Tai Chi. Visit [events.suburbanhospital.org](https://events.suburbanhospital.org) to see all of the classes available online.
- The nonprofit Cyber Seniors offers daily Zoom practice sessions as well as many online tutorials, such as how to listen to music online, shop online, play games online, or make video calls using Skype, etc. Registration is always free for seniors. <https://cyberseniors.org/>.

- Senior Planet Montgomery, a local branch of nonprofit Older Adults Technology Services, now has a tech hotline! Call 920-666-1959, 9 am – 5 pm M-F for help with your computer questions from class trainers. You can also enroll in free online classes at [seniorplanet.org/locations/montgomery-county/](https://seniorplanet.org/locations/montgomery-county/).

*From BMAV member Bob Metzler:*

I recently turned 70 ½ and became eligible to make a tax-advantaged Qualified Charitable Distribution (QCD) from an Individual Retirement Account (IRA) account that I have at Vanguard. A QCD generally excludes the donated amount from taxable income and this normally lowers your taxes. Having plenty of time on my hands while I am hunkering down during the coronavirus pandemic, I decided to make my first distribution. Much to my delight, I was able to do so without calling customer service. Although there were several steps involved, the process was not intimidating.

After signing in, I navigated to the IRA account from which I wanted to make the distribution. I then:

- Clicked the “Transact” button next to the fund from which I wanted to make the distribution and clicked on “Sell” in the drop-down menu that appeared.
- The next screen had two columns: (1) “Where’s the money coming from?” and (2) “Where’s the money going to?”
- Under “Where’s the money coming from”, I checked the fund (e.g., Prime Money Market) from which the distribution would be made, specified the dollar amount of the distribution (e.g. \$500), and clicked “continue” at the bottom of the page.
- Under “Where’s the money going to,” I clicked the drop-down menu and selected “Send me a check.”
- On the next screen that appeared, I clicked the box for “Qualified Charitable Distribution.”
- I continued through another screen providing mandatory disclosures until I got to one which asked me to type in the name of the Charity (e.g., Bethesda Metro Area Village) to which I wanted the distribution made.
- I was then sent to a screen where I made Federal and State tax withholding choices.
- At last, I ended up at the “Review and submit” screen where I selected “Submit.”
- Vanguard then sent me a check with the Charity’s name on it and I mailed the check to the charity.

Of course, you can just dial customer service and they will walk you through the steps.

I plan on taking advantage of this significant tax benefit and will be making quite a few charitable distributions. As such, I thought that it would save me time in the long run to learn the online procedures. Financial firms other than Vanguard have similar online capabilities and/or customer call-in features that can be used for making QCDs.

Your tax advisor can help you determine if both your IRA and charity qualify QCDs.

**Tax-deductible donations to support the work of BMAV are gratefully accepted.**

**Donate today on our website [www.bmavillage.org](http://www.bmavillage.org) or mail donations to:**

Bethesda Metro Area Village  
P.O. Box 30525  
Bethesda, MD 20824

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