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.HAPPY.
Valentine's
Day

.....
**Glover Park Village Outreach -
Kids Spread Kindness in Glover Park**
.....



By the time you read this, you will have received an invitation to participate in the new program called Kids Spread Kindness in Glover Park. Stoddert School kids want to get to know Glover Park Village members better (and we are eager to get to know them too!)

The first act of kindness was a Valentine created and delivered to all who participated.

Beth Miles, GPV volunteer, is the liaison with Jan Morris, Stoddert parent, and between them they are engineering the process and getting the program up and running. Kudos to them and this new outreach program - a terrific addition to the Glover Park Village roster of activities.

Watch for another Act of Kindness invitation in the coming months and sign up if you wish!



Covid Related

Free Masks and Test Kits

Glover Park Village currently has a limited number of Covid-19 rapid home antigen tests and KN95 masks that we can distribute. If you are over 60 years old and are a DC resident, please fill out the form [here](#) and we will contact you about delivery.

Upcoming GPV Programs and Events

Erin Byrne, our events manager, is hard at work getting lots of great events organized for February and March! You can sign up below or watch for invitations in your inbox. Be sure to tell your neighbors they can sign up too, these events are open to all. If you would prefer calling the number is 202-436-5545. We hope to see you!

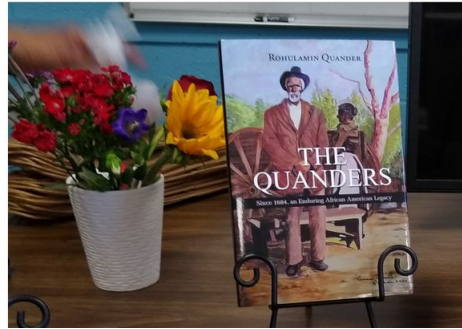
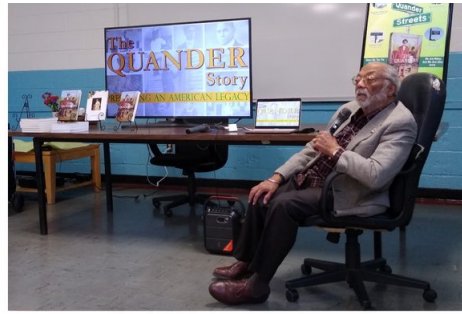
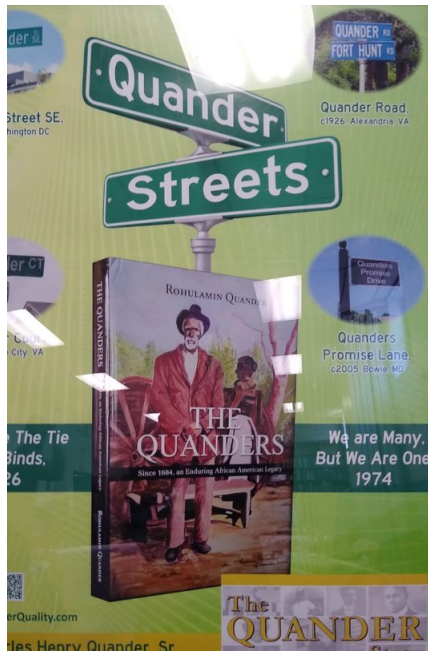
- [Brain Health Check-In Sessions](#)
- [Paul Sprieregan Art Class](#)

Coming Soon! Watch for an invite in your email.

- Top to Toe Movement Classes
 - Rebecca Boggs Roberts latest book
 - Spring Flings
 - Coffee and Chat
-

Fabulous Past Event from GPV!

“The Quanders – Since 1684,
An Enduring African American Legacy”



On February 4th, we had a grand time with Administrative Law Judge [retired] Rohulamin (Ro) Quander who came to speak to us about his new book and his family's remarkable centuries-old relationship with the District of Columbia. Among other fascinating facts, we learned that some of his family were enslaved by George Washington and he consults for Mount Vernon. He also gives educational talks and tours, so go to the Quander Family site [here](#) if you would like to learn more.

If you missed the talk, no worries!

We recorded it for you so you can watch it at your convenience. **Here is the [link](#).**

Volunteer Corner

“YOU CHOOSE”

It has come to our attention that the Volunteer Sign-Up may need some clarification. Did you know that **“You Choose”** when or if you want to volunteer for a specific request? You are busy people - we understand that (!) so we have devised a ‘no obligation’ program.

Once you [fill out the form](#) to become a volunteer, the software we use sends out email requests to you and others based on preferences then **“You Choose”** whether you want to answer that request or not that day.

So, sign up to drive, organize, chat, help out whenever you can and thank you!

P.S. Please tell your neighbors in need that we all stand ready to help. Just call 202 436-5545 or [sign up](#) on our [GPV Web site](#) to get services.

Wellbeing

Feed the Family Pantry *(Repeating this important news)*

We spoke to Barbara Ferris of Glover Park the other day and she told us about the food bank on Connecticut Avenue that she, Judy Ingram and their volunteer colleagues have been running successfully since May of 2021. She said that food insecurity is growing here in Glover Park and throughout the city.

Here's the story:

Feed the Family Pantry distributes free food. It is open to anyone on Sundays from 1pm-3pm. No referrals needed. It is a project of the [International Women's Democracy Center](#), a non-profit established in 1995. Fresh produce, food and cleaning supplies are provided to more than 175 households each week, some is delivered through Iona House.

The Pantry welcomes donations especially of cleaning supplies, which can be donated there on Saturdays between 10am and 3pm. Gift cards for \$25 from Giant, Safeway or Trader Joe's can be mailed to the PO Box and check donations (made out to IWDC-FTF) are welcome too.

Feed the Family Pantry location: Go to the loading dock alley behind 4225 Connecticut Avenue. The space is donated by UDC.

Mailing address:
IWDC, PO Box 32243, Washington, DC 20007

Government Programs

Mayor Bowser Announces Safe at Home Expansion

Mayor Muriel Bowser and the Department of Aging and Community Living (DACL) announced the expansion of the District's Safe at Home Program, which helps older adults live and age safely in their homes by funding modifications that reduce the risk of falls.

Beginning this month, Safe at Home 2.0 will allow participants to voluntarily participate in vision screenings, medication management, and evidence-based balance and strength training classes offered by Home Care Partners and American University. Classes will take place virtually and in-person at all six senior wellness centers across the District, accommodating a variety of abilities. To learn more, call 202-724-5626 or visit dacl.dc.gov.

NOTE: The Department of Aging and Community Living (DACL) partners with a variety of government and community organizations to provide information and resources in the community. Find an event and stay informed. [DACL Events](#)

News from Other Washington, DC Villages

Dupont Circle Village – Meditation

Dupont Circle Village has recently started a new meditation program open to all Villages. The instructor, Pat Ullman, has excellent credentials. She studied and practiced meditation for almost 50 years with Tibetan Buddhist teachers and has taught throughout Europe and North America. She currently leads groups at Sibley/Johns Hopkins in DC. Please go to the Dupont Circle web site to learn more about her.

Classes are Mondays and Thursdays from 9 am to 9:30 am.

If you wish to sign up, go to www.dupontcirclevillage.net

Then go to the Calendar, pick a date to attend a Mediation session and sign up to register and to receive the zoom.

Northwest Neighbors Village

[Northwest Neighbors Village](#) (NNV) offers a weekly program called **“Coping with Uncertainty”** run by Barbara Scott, the Case Manager for several Villages, including Glover Park Village. The NNV Coping Group meets every Wednesday at 1:00 pm.

NNV also offers a speaker series through their website. For example, on Tuesday, March 14 at 11 am Philip Bump, National Correspondent for The Washington Post will discuss his new book, “Aftermath, The Last Days of the Baby Boom and the Future of Power in America.”

To [sign up](#) for these offerings, go to the Northwest Neighbors Village site and go to Events.



We are always happy to receive donations!

Click [here](#) to donate online.

Or to donate by check, please send to:

Glover Park Village
PO Box 32255
Washington, DC 20007

A donation of any amount is hugely appreciated!

[Glover Park Village](#) is a volunteer-managed, non-profit organization. Our mission is to deliver services and support to people throughout Greater Glover Park. There is no cost to belong, to get services, or to attend events. Glover Park Village is funded by grants and [donations](#). We belong to the [DC Village Collaborative](#), the regional [Washington Area Villages Exchange](#) and the national [Village to Village network](#).



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