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Happy New Year

Approach the New Year
with resolve to find
the opportunities hidden
in each new day.

— Michael Josephson

Stay Healthy This Winter!

Free Masks and Test Kits

Glover Park Village is still providing **tests and masks for free**. All you have to do is sign up [here](#). A volunteer will be in touch.

The DC Government also offers a variety of testing sites along with free covid tests. Here is the [link](#).

Upcoming GPV Programs and Events

Brain Health and Wellness Series



Stronger Memory 2023

Friday, January 20, 2023

10:00 AM 11:00 AM

The first session features Jessica Fredrickson, Brain Health Program Manager of Goodwin Living, reviewing these research-based methods to improve brain health. Join us for the introduction to the program and meet the other participants.

The Stronger Memory program includes a free workbook with easy at-home reading, writing and arithmetic exercises which give you pleasure and light up your brain at the same time!

Optional get-togethers every few weeks led by Village moderators on Zoom will give you the opportunity to ask questions and chat with others who are using the same workbooks and looking forward to positive change.

[Register here](#). A Zoom link will be sent to you before the event. Once you register, you will receive the zoom link before each optional get-together during the 12-week program.

Mark your Calendar for Other Upcoming Events

Our new events coordinator, Erin Byrne, is hard at work creating interesting programs and events that will bring us together in the new year. Watch out for these invitations in your email and please tell your neighbors and friends all are welcome and all our offerings are free:

[January](#)

Brain Health - Launch Program (Zoom)

Friday, January 20th - 10:00 AM - 11:30 AM

Dumbarton Museum Tour

Tuesday, January 24th - 2:00 PM - 4:00 PM

Top to Toe Movement Class

Dates to be announced soon

Tea and Sweet Conversation

Dates to be announced soon

February

Paul Sprieregan Art Classes

Tuesday, February 14th - 1:00 PM - 2:30 PM

Tuesday, February 28th - 1:00 PM - 2:30 PM

Brain Health (Zoom)

Friday, February 10th - 10:00 AM - 11:00 AM

Friday, February 24th - 10:00 AM - 11:00 AM

Top to Toe Movement Class

Dates to be announced soon

NAACP Book Lecture

Dates to be announced soon

March

Rebecca Boggs Lecture

Saturday, March 18th - 10:00 AM - 11:30 AM

Brain Health (Zoom)

Friday, March 10th & 24th - 10:00 AM - 11:00 AM

Top to Toe Movement Class

Dates to be announced soon

Tea and Sweet Conversation

Dates to be announced soon

Fabulous Past Event from GPV!

Lisa Bregman, our Top to Toe leader, guiding folks gently through a fun and fascinating time of learning to move your body in ways that use those joints to put a spring in your step. Keep an eye out for a signup email for the upcoming class!



Well Being

Feed the Family Pantry

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

IONA

Iona's Wellness & Arts Center adult day health program.

Iona's award-winning program in Tenleytown provides personalized therapeutic, social, and health services during the day for older adults with memory loss and physical disabilities. For more information, check out the [website](#).

Iona's Legal Counsel for the Elderly's Self-Help Office (LCE's SHO) Has Reopened

The Council has resumed operations and appointments now meet in Iona's Library on Fridays 10 a.m. – 1 p.m. During this time, Legal Counsel for the Elderly (LCE) provides paralegal services at Iona for free to District residents aged 60+. The LCE representative can provide legal advice and answer questions, help complete a small claims complaint, check for benefits, ask for D.C. services, or refer to area lawyers. *LCE accepts scheduled appointments only.* **To schedule an appointment**, call the LCE Hotline directly at **(202) 434-2120**.

Iona's Free Helpline: (202) 895-9448 Do you have questions related to aging or caregiving? Concerned about an older person you know? Looking for a local referral? Call and speak with an Iona staff member.

Seeking Volunteers

Please consider volunteering for any of these projects to help your neighbors in Glover Park. Each is a flexible project in both time and requirements - in other words, we will make it fit your schedule and energy level! Give us a call to find out more - no obligation required.

1. Help with Events

When the Village has an event, many hands make light work! Some of the tasks include arranging the food, decorating the tables, making food to bring, helping people sign in and get a name tag, closing down the event and helping pack up.

Think you can perform these tasks at some events? We could sure use your help - and it's a lot of fun!

Email events@gloverparkvillage.org or call 202-436-5545 and leave a message that you would like to know more about Helping with Events.

3. Chatting/Visiting with Your Neighbors

Our older population is growing and many of those who live here are feeling isolated. We are restarting the Glover Park Village calling and visiting program! Help a neighbor feel less isolated with a phonecall or a visit! It will not only help them feel better but you will too, knowing you helped to brighten someone's day. Email holly@gloverparkvillage.org or call 202-436-5545 and leave a message in the

general mailbox if you would like to know more about Chatting/Visiting with Your Neighbors.

Village Green

Village Green is inviting you to help launch a new climate change initiative here in Glover Park.

Come to a GP Village Green coffee hour where we can talk more about how to proceed and target the best actions to take to fight climate change. Please [sign up here](#). We will notify you when we set a date to meet.

In other news..

[Beyond Gas DC](#) is an organization that discovered that methane and gas leaks around DC are beyond the norm and contribute to unhealthy conditions inside and outside homes as well as add to the climate change air and water issues we all know about already. Experts from Beyond Gas are willing to test your environment for free.

Here's the story:

[Beyond Gas](#) is conducting a new citizen science investigation of emissions from gas stoves in the District of Columbia and Suburban Maryland.

When gas is burned by stoves and household heating equipment, emissions include nitrogen dioxide (NO₂), a pulmonary irritant.

We are looking for people with gas stoves in their homes who are interested in having our researchers test the air in their kitchens while the stove is in use.

[Sign up](#), and we will contact you to make an appointment. When our researchers come to your home, the process will take about 45 minutes. Our researchers will test the air in your kitchen twice: first, when the stove has been in use for 15 minutes and a second time after 30 minutes. We will share information with you the impacts of gas on the climate and on public health, and about how you can reduce your family's exposure. Your personal information (name, address, and anything else that could identify you) will be kept confidential. When our study is published, we will share it with you.

Do you live in DC or Suburban Maryland and would like to join the study? [Sign up here!](#)

News from Other Washington, DC Villages

Georgetown Village Event

Let's Collaborate on Laughter

January 25 - March 15, 2023

By Scott and Barbara Price

There's an old saying that goes "laughter is the best medicine," and you can now get a weekly dose by participating in Capitol Hill Village's virtual Improv group!

Improv group exercises are facilitated by a professional performer from the Washington Improv Theater. What goes on during a one-hour Improv class? Some Improv exercises place two or more people in unusual situations. For example, "You are salt and pepper shakers at a holiday feast: have a discussion," and the Improv players can create any dialog they wish—about the food, about the diners, etc. The participants play off one another's comments, allowing even the meek to become outrageous in their creativity. Click [this link](#) to check out an unrehearsed sample dialog from Improv players at Capitol Hill Village.

If you would like to join this dynamic group, the cost is \$50 for eight weekly classes. The first session will be January 25 at 4:00 p.m., and the classes last until March 15. For more information or to register, please visit [the CHV calendar](#) or contact Arie Parker at aparker@capitolhillvillage.org



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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