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Covid Related

Free Masks and Test Kits

Glover Park Village has restocked on 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 pickup or delivery.

Glover Park Village is Now on YouTube!

Your Village is now putting some of our events on YouTube, thanks to Katia Fonseca!

If you weren't able to attend an event you can now access it on YouTube. Check out our [new video](#) of the Stronger Memory program research results from Goodwin Living. You'll see Jessica tell us that if participants in our [Brain Health series](#) keep going with the brain exercises, positive results are now proven. Here is the [link](#).

If you missed Administrative Law Judge [retired] Ro Quander's presentation on the Quander Family and it's extraordinary D.C. history, you can now [watch it here](#). Also check out [Quander Quality](#), a non-profit organized to document, preserve, protect, and share the history of the Quander Family website which gives you a wonderful opportunity to get a guided tour of Washington from one who knows it very well, plus information on purchasing his book.

Be sure to bookmark [Videos of Past Events](#) page on our website or follow our [YouTube channel](#) to check back for future videos!

Upcoming GPV Programs and Events

Rebecca Boggs Roberts

March 18, 2023

Untold Power: The Fascinating Rise and Complex Legacy of First Lady Edith Wilson

[Sign up here](#)

[Rebecca Roberts](#) is an award-winning educator, author, and speaker, and is a leading historian of American women's suffrage and civic participation. She is also our neighbor here in Glover Park.

Last November, we were treated to a terrific lecture about her book, [Suffragists in Washington, DC: The 1913 Parade and the Fight for the Vote](#). And now, as promised, she's back to tell us about her new book, hot off the press, [Untold Power: The Fascinating Rise and Complex Legacy of First Lady Edith Wilson](#). A brilliant and beautiful, influential and complicated woman who was called upon to act as president when her husband, Woodrow Wilson, became incapacitated.

This promises to be another great GPV event, so watch for your email invitation to sign up or sign up [here!](#)

Top to Toe is Back!

March 16 and March 30

[Sign up here](#)

Our gentle movement classes are back with Lisa Bregman guiding us to meditative places and a deeper understanding of how our bodies work. As we go through the movements, a sense of wellbeing and peace begins to pervade the room. We also have a good time being with each other and chatting over a cup of tea and tasty snacks during the break.

Keep your eye out in your email for your March invitation to two upcoming sessions, March 16 and March 30 or sign up [here](#). *(Be sure to note new location)*

Brain Health Session

Friday, March 24, 2023

10:00 AM 11:00 AM

[Sign up here](#)

The first 2023 session (January 20) of our Stronger Memory program featured Jessica Frederickson, Brain Health Program Manager of Goodwin Living. She reviewed the program and gave us some exciting news about the research just announced. It appears that people participating in the program are reporting positive results in a few different areas. You can see the recording of her presentation [here](#).

The Stronger Memory program includes a free workbook ([download the pdf here](#)) 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 and in-person give you the opportunity to ask questions and chat with others who are using the same workbooks and looking forward to positive change. [Sign up here!](#)

A Zoom link will be sent to you before the next event. Once you [register](#), you will receive the zoom link before each optional get-together. If you want to download the pdf of the book, here is the [link](#). We look forward to having you join us!

Fabulous Past Event from GPV!

Paul Sprieregen's Art Classes Taught Us a Lot!

Mainly, it taught us that we need more art classes! Erin Byrne, our fearless Event Manager, is working on it so stay tuned. We learned how to draw the human body - with models from the class persuaded to pose (along with Ralph Wright, the manager of the Guy Mason Recreation Center!). And we learned something about how to draw landscapes.

Thanks so much to Paul Sprieregan for giving us such a rewarding glimpse into the world of art. A great time was had by all as you can see.



Volunteer Corner

Meet Our New Volunteer Coordinator!

Hello everyone! My name is Leah and I want to introduce myself as the new Volunteer Coordinator for Glover Park Village. I am a recent graduate of the University of Denver and I am a Glover Park native! I appreciate how close knit our neighborhood is and I am looking forward to becoming more involved with connecting different members of our community to support one another. We have lots of exciting new volunteer opportunities — tech coaching, food support, calling program to stay connected with our service recipients. Emails requesting volunteers will be coming soon so make sure to be on the lookout for emails from the Village! If you are not currently in our database as a volunteer, [sign up here!](#)

Also, if you have any ideas or suggestions for events or volunteer opportunities, I would love to hear them as well. Our volunteers make the work we do possible, so a big thank you to all of you!

Please feel free to reach out to me; whether it's just to say hello or if it's volunteer related, I would love to chat with you! The best way to reach me is by sending an email to volunteer@gloverparkvillage. I hope to hear from you!

Technology Coaches Needed for One on One Tech Support to Seniors!

Glover Park Village has been offered the opportunity to participate in a collaborative relationship with [DOROT](#) and their tech training program that will help us train volunteers to help our seniors with technology challenges. This program will help our GPV seniors (and anyone else!) wade their way through the confusing world of email, texting, computer issues and other basic tech skills.

In order to accomplish this program, [we need volunteers](#) who are willing to step up to help those who need to learn basic tech skills to communicate easily in this digital world.

The ideal volunteer is patient, comfortable with computers, tablets and/or smartphones, and enthusiastic about helping older people. DOROT provides our volunteers with orientation and training (via zoom) so no special expertise is required.

Tech coaching visits to our seniors for training may be offered in person or on Zoom depending on the need and skill level of the service recipient. Visits focus on learning the basics of common technology devices or applications, such as Zoom, FaceTime, email, text or downloading and installing apps. Volunteers can assist with a smart phones, tablets or computers. You and your match can meet for a one-time session, or multiple visits depending on learning needs and schedules. DOROT's technology guides will be available for selected topics.

[Sign up to become a Tech Coach](#) today!

[Sign up to receive tech help!](#)

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Glover Park Village Food Support Program



We have all been reading about and experiencing the problems caused by the high cost of food. In addition, the changes in government assistance during COVID as well as other programs have left many of us wondering how we will afford fresh produce and high quality meat products.

The new Glover Park Village Food Support Program aims to alleviate some of these problems for those of us who belong to the Village. With the help of our volunteer, Barbara Ferris, we are in the process of creating a system that will provide you with fresh fruits and vegetables as well as meat, poultry, etc. at a reasonable price or perhaps for free. As you recall from a past newsletter, Barbara Ferris has been successfully running the Food Pantry on Connecticut Avenue for several years under the umbrella of her organization, International Women's Democracy Center.

Working with partners in the DC area, we hope to have the program up and running within a few months. **If you are interested in learning more about this program either as a volunteer or as a food box recipient, please sign up [here](#).**

Kids Spread Kindness in Glover Park

"Wonderful! I loved it! It's not fun being alone"

– Service Recipient



In February, Beth Miles, GPV volunteer and Jan Morris, Stoddert parent, organized more than 20 visits to people who belong to Glover Park Village. Stoddert children (with an adult in tow) created and delivered valentines in person to those who signed up to help spread kindness throughout Glover Park.

Other feedback from delighted recipients:

"I enjoyed the old-fashioned celebration, sharing with the Glover Park Community"

"Simple ideas are often the greatest"

"I made a nice connection. I'm glad I did it!"

"I enjoyed meeting a new family, recently-arrived in the neighborhood. I sent them a thank-you postcard"

"Our visit went well. It's encouraging to meet neighbors"

"A card! Flowers! I'm going to send them a thank-you note"

This new outreach program - a terrific addition to the Glover Park Village roster of activities - is ongoing. Beth and Jan are busily organizing another **Kids Spread Kindness for Earth Day, April 22, 2023**. If you would like to participate and receive a visit, please call us at 202-436-5545 or [sign up here!](#) We will send out a notice as it gets closer to Earth Day.

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Village Green News

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The DC Environmental Film Festival (DCEFF) is Back!

March 16-26, 2023

This year's event will feature free in-person and virtual programming, including screenings at the National Geographic Museum and Smithsonian's National Museum of Natural History, as well as DCEFF's conversation series The Forum. The 2023 Forum will include panel discussions on inclusion in the outdoors, storytelling during times of war, and accountability in environmental filmmaking. For more information and to start signing up for programs, visit their website. There is a great list, something for everyone! <https://dceff.eventive.org/schedule>.

Reuse DC

Reuse DC is the District's hub for learning where to repair, donate, and shop second-hand household items. Search the online directory, explore how to exchange items with your neighbors, learn about the importance of food recovery, and more! Visit [Reuse DC](#) to learn more.

Note from Village Green/Holly Pollinger

I just registered for Power Up Training: From Acts to Action, a free online training this April ***designed to help people take full advantage of the funding opportunities and other incentives available through the Inflation Reduction Act and Infrastructure Investment and Jobs Act.*** Want to join me? Learn more and register [here](#).

News from Other Washington, DC Villages

Washington Area Village Exchange (WAVE)

WAVE is pleased to work with author, film maker and professor Chris Palmer of Bethesda Metro Area Village (BMAV) to offer a series of workshops on aging, dying, and death. Chris has led a monthly discussion group for BMAV members about end-of-life topics. This lively group has met for the past two years, and the idea is catching on with other area villages. All these sessions are open to everyone.

Join Chris for the following three free, interactive, conversational workshops:

Workshop 1: Tuesday, March 14, 3 - 4 pm

Chris will present a broad overview of the topics their group has tackled—like advance directives, death cleaning, ethical wills, writing memoirs and much more. To register, click [HERE](#). You do not need to log in to register.

Workshop 2: Thursday, May 4, 3 - 4 pm

This session will be similar to the first workshop but more focused on the nitty-gritty of program implementation. This session will touch on over-medicalization,

hospice care, and voluntary stopping eating and drinking (VSED). To register, click [HERE](#). You do not need to log in to register.

Workshop 3: Thursday, June 8 from 3 - 4 pm

This third and final workshop will focus mainly on programs that other villages are creating. This session will touch on medical-aid-in-dying (MAID), death doulas, green burials, and funeral planning. To register, click [HERE](#).



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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