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Happy Thanksgiving from GPV!



Special Event

Glover Park Village is inviting you to a
FREE Covid-19 Vaccine Clinic

Tuesday, November 28
12:00 pm - 3:00 pm

We are hosting a clinic to help you get the shots you need. Pharmacists will be on hand to administer COVID-19 and flu shots right at Guy Mason Rec Center!

We've opened it to anyone who is 18 years of age or older with lollipops for everyone!. When you sign up, we will confirm your reservation for a one-hour time slot. Bring your ID and insurance card and volunteers will help you fill out the pharmacist form. Chat with your neighbors, enjoy refreshments and make it your day to get healthy!

[Sign up here!](#)

Glover Park Village has received a grant to support our flu and COVID-19 vaccine campaign for seniors. The CDC recommends the COVID-19 vaccine updated for 2023-2024 for everyone, to protect themselves and others from serious illness. If you're over 50, you're more likely to get very sick from COVID-19. Get your

updated vaccine to help restore your protection, which can weaken over time.

[Learn more about the updated COVID-19 vaccines.](#)

P.S. Want to know more about the new COVID vaccines? Read this informative article from Yale Medicine about the updated vaccines:

[The Updated COVID Vaccines are Here: 10 Things To Know](#)

Disclaimer: This COVID-19 and Influenza Vaccine Uptake Initiative for Older Adults and People with Disabilities Notice of Funding Opportunity (HHS-2023-ACL-AOA-HDRC-0043) is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$50 million with 100% funding by ACL/HHS. The content is that of the author(s) and does not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. government.



Upcoming December Events

Coffee and Conversation

Friday, December 1st, 1:00 PM - 2:00 PM

Point Chaud

Registration opening soon

Artful Afternoons

Tuesday, December 5th, 1:00 PM - 2:00 PM

Guy Mason Recreation Center

Registration opening soon

Holiday Party

Saturday, December 16th, 10:00 AM - 11:30 AM

Guy Mason Recreation Center

Registration opening soon

Brain Health: Virtual Meeting

Saturday, December 30th. 10:00 AM - 11:30 AM

Virtual

Registration opening soon

Past Events

Walking Tour of Holy Rood Cemetery

In honor of Veterans Day, Beth Miles led us on a visit to Glover Park's oldest historic site, to mark the grave sites of soldiers and sailors who served in eight American wars. Thanks to research by Carlton Fletcher, Glover Park's local historian and editor of gloverparkhistory.com, we all learned the stories of these often forgotten men and women – and explored this beautiful hilltop site.



Beth Miles speaking at Holy Rood Cemetery to an attentive audience on a beautiful Veteran's Day



Nicolas and Gabby Maldonado of Stoddert School display the grave rubbing created at Holy Rood Cemetery.

Community News

Donate Your Books!

The Georgetown Library Friends are collecting gently used adult, teen and children's books for future sales. The books may be left at the circulation desk at the library, 3260 R St. NW.

Please note that the library cannot accept books in poor condition. Also no DVDs or CDs.

Donated books will be sold to benefit library programs. For any questions email: gtownlibfriends@gmail.com.

Creative Aging at The Phillips Collection

Creative Aging is a centerpiece of The Phillips Collection's art and wellness initiatives, reflecting founder Duncan Phillips's belief in the profound and positive impact that art can have on our well-being.

Creative Aging began in 2011 with one partner, Iona Senior Services in northwest DC. In 2018, the museum expanded its Creative Aging partnerships to include Arts for the Aging (AFTA), located throughout the DC metropolitan area, and Congress Heights Senior Wellness Center, located in southeast DC, near Phillips@THEARC. Creative Aging is a multi-visit program of mindful looking, informal discussion, and expressive making. During conversations and art making with Phillips educators and our partners, older adults explore works of art, share ideas, identify feelings, and forge connections with one another. Each partner organization brings a distinct perspective to the co-created programs: AFTA's multi-disciplinary arts integration, Iona's in-depth art therapy, and Congress Heights Senior Wellness Center's community connections. We believe that these partnerships offer older adults joy-giving and life-enhancing experiences through the arts.

Want to know more? [SEE COMMUNITY EXHIBITIONS](#)

Don't forget about Senior SmarTrip!

Senior discounts on bus and Metro fares

The Senior SmarTrip is available to all customers aged 65 and older. With your Senior SmarTrip card, you'll pay only \$1 on regular Metrobus routes, and 50% off peak Metrorail fares.

You need to apply in person at one of Metro's Commuter Stores, Metro Transit Accessibility Center, or at a Montgomery County library branch. To qualify, you simply show a valid government-issued photo ID with proof of age, and pay a one-time charge of \$5 for a plastic card.

For sales locations and details go to www.wmata.com/fares/SmarTrip/

Just for Fun!

Erin Byrne, our fearless Events Manager, has a dad named Bernie and a foolproof recipe for any festive holiday coming up called:

Bernie's Holiday Meatballs

This recipe is best done in a crock pot or slow cooker or whatever you have on hand. You'll need:

For the meatballs:

- 1 lb. ground chuck
- ¼ C. onions
- 1 egg
- ¼ cup breadcrumbs
- 1 tsp. Italian seasoning

For the sauce:

1 bottle chili sauce and 8 oz jelly (probably grape or whatever you have... for a little extra spice try pepper jelly!).

Make meatballs, put in a crock pot, add sauce, and simmer to perfection!



Safety for Seniors

As we age, we need to be mindful of keeping our homes safe, secure and comfortable. So, here are some tips from the National Council on Aging (NCOA): The NCOA [Reviews Team](#) assembled this [guide and checklist](#) highlighting home safety tips and helpful devices to ensure your home, or your loved one's home, continues to be a safe environment for aging in place. Plus, there is an [actionable PDF checklist](#) that readers can use to make every day safer!

Home Safety Checklist for Aging Adults

nco Adviser



Use our room-by-room checklist as you walk through your home and note potential safety hazards and modifications you should make.



Walkways

- Install handrailing throughout halls
- Use bright tape to mark uneven flooring or thresholds



Exterior

- Use entryway lighting
- Install railings around all steps



Bedroom

- Keep the room clutter-free for more restful sleep
- Make sure the bed is easy to get into and out of



Living Area

- Fix area rugs to the floor
- Set up a charging station for devices next to the seating area



Kitchen

- Use cut-resistant gloves and nonslip cutting boards
- Ensure appliances are in working order



Stairways

- Add nonslip tread covers on steps
- Illuminate halls and stairways with motion detection lights



Bathroom

- Mount grab bars near the toilet and bathing area
- Add a nonslip mat on the tub or shower floor

Food Support Program & More

(Reprinted from the November 2023 Glover Park Gazette)

Glover Park Village

Holly Pollinger

Glover Park Village (GPV) launched a [Food Support Program](#) that may be of interest to those in our neighborhood who are finding food prices almost out of reach for them. The program was launched a few months ago and has proven very welcome for many of our friends and neighbors.

Each month, Glover Park Village volunteer drivers, managed by volunteer Kathy Sears, deliver food to those residents of Glover Park who have signed up on our website to receive a \$25 food box that contains a variety of meat and fish along with fresh fruits and vegetables. We have compared costs and find that most food boxes provide \$50-\$60 worth of food, so it's a great value for participants. Thanks to GPV member Barbara Ferris, we learned about the SHARE program, which is supported by the Catholic Church.

Our Ward 3 hub is at the Shrine of the Blessed Sacrament near Chevy Chase Circle. This is where our volunteers pick up our food boxes for distribution once a

month.

The food program is only one of several programs and projects carried out by GPV volunteers... See the rest of the article by going to the [Glover Park Citizens Association website](#)

A word about the [Glover Park Citizens Association](#)

Here in Glover Park we are very fortunate to have a number of organizations that heavily rely on volunteers - our ANC, our PTA and us! The GPCA also relies on our membership. Membership dues are only \$20 for seniors, \$25 for adults and help pay for many things, including the Gazette newspaper.

Last Sunday, The New York Times once again pointed out that the "demise of local media" is contributing in many ways to the diminishment of civic life in our country. Please take a moment to think about how lucky we are to have an excellent newspaper in our midst and a Citizens Association that cares about Glover Park.

Would you like to once again see the printed Gazette delivered to your home? Let us know what you think! Call 202-436-5545 or write to info@gloverparkvillage.org

Tech Support!

Tech Support That's Really Supportive!

WAKE UP! It's time to actually learn how to send an email on your computer or text on your phone - OR whatever your issue is!

WE
CAN
HELP!

We have volunteers standing by to help you learn how to use a new app or how to use the new device you just bought, or almost anything you need to know. Don't let another day go by without learning, step-by-step with a one-on-one volunteer helper, how to stay in touch with loved ones and your neighbor next door!

Please ask for Tech Support by emailing webmaster@gloverparkvillage.org or calling 202-436-5545. We are happy to hook you up with a fabulous volunteer!



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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