

Views from the Village

Helping seniors thrive in their own homes.



LONELINESS IS NOT HEALTHY

Friendships give value and meaning to our lives. In fact, being socially connected actually contributes to our sense of well-being. Losing those connections through death, illness, or moving away can result in loneliness and compromised health.

According to research conducted at the University of California, San Francisco, seniors who feel lonely are more likely to have mental and physical health problems and a higher risk of death than those who are not lonely. It's interesting to note that being lonely does not always mean living alone. The study found that two-thirds of the study respondents who said they were lonely were either married or living with someone. This would suggest that the quality of our relationships can also play a role.

There's more. Researchers have found that seniors who feel lonely are more likely to distance themselves from others, causing other people to want *not* to be around them. In other words, loneliness can create even more loneliness.

Who is at risk for becoming lonely? Those who have low incomes, poor health, or mobility limitations are at greater risk than seniors who have higher incomes, better health, and greater mobility. *Cont. on Page 3, Loneliness*

TIME TO MOVE

While we all know the value of fitness, what do we know about fitness in our later years? Government guidelines say that those *Cont. on Page 2, Time*

Upcoming Programs

Feb. 13, 11:00 am-12:30 pm
Care Plus Lunch & Learn Series
217 Kentlands Manor
*Matchmaker – Love by Leora,
Love at Any Age*

Feb. 22, 2:30 pm
Ask Mitzi – IT Support Club
Panera, Kentlands Blvd.
*Mitzi answers your questions
about smart phones, tablets, and
computers.*

Mar. 3, 2:30 pm – 4:00 pm
How to Prepare for Retirement
Series, Lakelands Clubhouse
*Elements of an effective
retirement plan.*

Mar. 6, 11-00 am-12:30 pm
Care Plus Lunch & Learn Series
217 Kentlands Manor
Ask the Taxman - Dan Grossberg



LETTER FROM THE CHAIR

Welcome to the first edition of the Village newsletter. Our goal is to provide useful information and news relevant to our members living in the Kentlands and Lakelands communities.

The newsletter will feature articles on important concerns for older adults, such as health and well-being, and will provide information on community programs that address these issues. We will also list Village-sponsored events in advance so that you can plan to participate if you wish. By offering both print and online versions of our newsletter, we hope to keep you connected to your neighbors and neighborhoods.

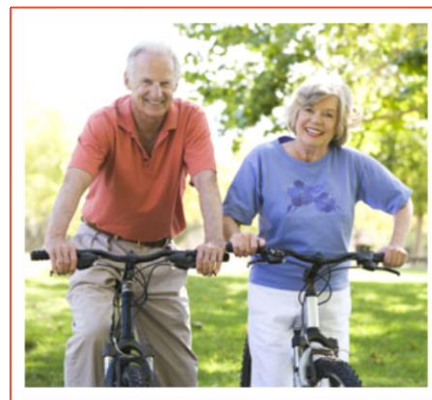
Join us in becoming a part of the national Village movement. The Village provides members help with simple household chores, social visits/calls and walking partners using a network of volunteers. Take that first step toward thriving in a new chapter of life. Our thanks to Suburban Hospital which has provided six months of funding for this newsletter. Your chair, *Fran Randolph*

TIME TO MOVE – *Cont. from Page 1*

65 and over should get a least two and one half hours of moderate exercise per week as well as some muscle strengthening twice a week. Good news! People with a low baseline (those who haven't exercised in a while) may actually see results quickly.

But your goals need to be realistic. Are you working out to improve your athletic skills or rather your quality of life? Your days of posing on the beach may be over, but it's not too late to increase your fitness so that you can stay independent, carry your own groceries, or play with the grandkids.

It's important to start any new program with an OK from your physician and a consultation with a trainer or doctor.



If you are a resident of Kentlands or Lakelands, your HOA already covers your use of the exercise rooms in the Kentlands and Lakelands Clubhouses. Other places that offer modest fees for seniors include: Benjamin Gaither Center, 80a Bureau Drive, Gaithersburg; the Activity Center at Bohrer Park, 506 S. Frederick Ave., Gaithersburg; and Wet Yet? Water Fitness, Quince Orchard Swim & Tennis Club, 16601 Roundabout Drive, Gaithersburg.

Views from the Village

217 Booth Street
Gaithersburg, MD 20878

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Views from the Village is a publication of the Village at Kentlands and Lakelands. Views in the newsletter do not reflect those of the Kentlands Community Foundation nor Suburban Hospital.

LONELINESS – *Cont. from Page 1*

So how can you prevent or minimize loneliness? Here are a few suggestions:

- Join a church, synagogue or mosque;
- Participate in a social club;
- Exercise with a friend;
- Adopt a pet;
- Socialize with your neighbors;
- Connect with family;
- Take a class; and/or
- Participate in grandchildren’s school activities.

One way to connect with other people is by volunteering. It’s also a great way to give back to your community at the same time.

Something as simple as giving or getting a hug can make someone’s day. So join in. The only thing you have to lose is your loneliness.

MEET A VILLAGE VOLUNTEER

Bonnie Swerdlow has been volunteering for the Village since she retired. Why did she decide to become a Village volunteer? Bonnie says, “I believe in this organization and what it is doing for this community. Everyone wants to live as long as possible in their own homes and the Village helps to make that possible.” Bonnie took care of her own parents before they passed away. Now, she enjoys helping other people’s parents by driving our members to their medical appointments. Her greatest joy is knowing that she is making someone’s life easier. While giving back to the community is important to Bonnie, she enjoys the added bonus of all the new friends she is making.



Loneliness and social isolation are serious problems. AARP Foundation collaborated with a number of expert organizations and created Connect2Affect.

This simple tool evaluates your risk for social isolation. The assessment is short and easy to complete online.

Go to:
<https://connect2affect.org>.

Thanks to Our Sponsors and Partners

The Village at Kentlands and Lakelands depends upon the support of sponsors and partners. We would like to acknowledge and thank our sponsors:

*Suburban Hospital
Senior Connections
Kentlands Community Foundation
Kentlands Citizens Assembly
Lakelands Community Association
Kentlands Manor
Care Plus
Comsource Management
Grape Escape
Not Your Average Joe’s*

Village Steering Committee at Work

The Village Steering Committee was established in the fall of 2014. It's made up of residents from Kentlands and Lakelands. The group meets the second and fourth Wednesdays of each month at the Kentlands Clubhouse from 3:00 pm to 4:30 pm.

The Steering Committee first began as a Planning Committee and transitioned to a formal steering committee in 2018. The following positions were unanimously approved:

- Fran Randolph, Chair;
- Ann Drum, Vice-Chair;
- Linda Wiesman, Treasurer;
- Deb Trunzo, Acting Secretary;

Committee leadership includes: Jean MocarSKI, Program Administration; Marsha Love, Communications/Marketing; Linda Natale, Event Planning; Deb Trunzo, Evaluation; Linda Wiesman and Fran Randolph, Fundraising/Partnerships.

WHO CAN JOIN THE VILLAGE?

The Village is a program under the Kentlands Community Foundation and is targeted to individuals who are 55 and over or who have disabilities regardless of age. The Village is comprised of three categories of participants: service members, associate members and volunteers. A person can be in more than one category.

Service members currently can receive help with transportation, light household chores, social visits, and walking companions. Associate members have first opportunity to participate in Village-sponsored programs or events. At this time, members are not charged any fees although there are plans to do so in the near future. To learn more about becoming a member or volunteer, contact Jean MocarSKI.



We always appreciate your donations. Make checks payable to the Kentlands Community Foundation (write VKL in the note field on your check) and mail to the Kentlands Community Foundation at 267 Kentlands Blvd, #200, Gaithersburg, MD 20878.

You can also donate online. Go to www.villagekentlandslakelands.org or www.kentlandsfoundation.org and click on the DONATE button.

Shop smile.amazon.com and .05% of our purchases are donated to the Village at no cost to you when you designate Kentlands Community Foundation as the recipient.

Jean MocarSKI may be reached
at
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