



Volume 4, Issue 2

May 2018

Save the Date: June Quarterly Meeting on New Social Membership

By Ron Karpick, Sam Rothman and Cindy Waters

The concept of expanding the types of memberships for our Village has been around since at least 2012 and has finally come to fruition.

A social membership, which most villages adopted upon their opening or shortly thereafter, provides an opportunity for those who want to be part of the Village and assure its future but feel that they are not ready for a full membership. Our Village is among the smallest in the country and adding this membership category is expected to increase the number of individuals involved in the Village.

This added category of membership will help assure that, when social members partake of the full array of services that the Village offers, the Village remains an ongoing presence and is a viable organization. Social members will be entitled to participate in all social, educational and cultural events sponsored by the Village, to serve on committees and the Board of Directors and receive a subscription to the *Villager* newsletter. Social members will not, however, be entitled to any volunteer-provided services offered by the Village. After the June membership meeting most

The Villager

Table of Contents

Article	Page
Quarterly Meeting: Social Membership	1
File of Life	2
New Board Members	2
Ron Karpick Joins Springfield Panel	3
Anniversary Brunch	3
Dogfish Head Fundraiser a Success	5
In Memoriam: George Brock	5
In Memoriam: Bert Snyder	5
Movie "Gerryrigged" Shown at February Meeting	5
Samenow Symposium on "Crime and Custody"	6
Interview: Janet Kerley	6
Cooks on Call	7
Book Review: <i>Being Mortal</i>	7
Do You Want More Flowers? Garden Up!	8
File for Vital Information in an Emergency	9

Village functions that previously have been open to all will be limited to members and their guests.

Individual social membership fee is \$300; household social membership fee is \$450. A household is defined as two to three individuals living in the same residence. Based on the experiences of other villages a substantial portion of these payments could be tax deductible. In this regard the Village recommends that the taxpayer consult with his or her tax advisor in determining the deductible amount.

Social Memberships will be available after the Quarterly LBV meeting on June 11 at 7 p.m. at the Mason District Governmental Center.

File of Life

By Jane Guttman

The other day my daughter asked where I had all my contact information in case of emergency. I had to admit that I had no easily accessible list. My address book tends to wander between the kitchen and the office. My daughter was concerned because a neighbor of hers fell and broke her hip while doing simple garden chores. In her shock, the woman didn't remember the correct phone number for her son when the medics asked. Fortunately, a neighbor who had a key was able to find the injured woman's address book.

I now have a list of six emergency phone numbers near my telephone base. Lake Barcroft Village is one of them. The others are my daughter, son-in-law, granddaughters and my doctor. I've also updated the contact information for Cindy Waters's files.

Please make sure that you have an easily visible list of contacts near your telephone or taped to the refrigerator. Be sure that Cindy has contact information for more than one person, in case that person is at the movies, or out of town. You can send Cindy an email at lbvcoord@gmail.com or phone her at (703) 354-0652.

It is also a smart move to have a list of all your medications and your allergies in your wallet. If you get all your medications at one pharmacy or mail order pharmacy, chances are they will be able to print out a list of current medications. Emergency workers always ask "What medications is the patient on?"

At Quarterly meetings we have distributed the "File of Life" provided by the Fairfax County Fire and Rescue Department, a see-through pocket using a refrigerator magnet for posting. The refrigerator door is one of the first places emergency personnel

will check for vital information. That same "File of Life" includes a Pocket File of Life that can be filled out and put in a wallet.

If you missed the distribution at the Quarterly Meeting or would like a different option, the last page of this *Villager* contains a form you can fill out and either fold to keep in your wallet or post on your refrigerator, from the web site www.OpenOfficeTemplates.com

Be safe—make vital information readily available to emergency workers.

New Board Members Elected

Board election results were announced at the March 12 Quarterly Meeting: new members Ellen Feldstein, Dockser Terrace, and Hugh McKay, Beachway Drive, will join the Board for three-year terms; Ross Kory, Waterway Drive, will start a one-year term completing the term of Peg Veroneau, who moved away; Richard Morton, Rustic Way Lane, has been re-elected for a three-year term. At a special meeting on March 15, the Board elected the following officers: President, Ron Karpick, Rustic Way Lane; Vice President, Jane Guttman, Dearborn Drive; Treasurer, Ross Kory; Secretary, Hugh McKay.

At the start of the Quarterly Meeting President Ron Karpick thanked Deenie McKay, Beachway Drive, for her year of service as Board Secretary and Nancy Mattson, Jay Miller Drive, for her service since the inception of the Village. Nancy served as Chair of the Program Committee for five years and as Vice-President for the past year.

Ron reviewed events of the past year, saying "It has been a very good year." Ron noted the following achievements: Village finances were reviewed by Nadim Salti, Lyric Lane, and found to be in good

(See p. 3)

New Board Members Elected (c't'd from Page 2)

order; there was a successful transfer of Treasurer's responsibilities from Peg Veroneau to Ross Kory; amendments to the bylaws were written and accepted by the State of Virginia allowing the Village to increase the number of Directors from 3 to 5 and giving the Board the ability to establish different levels of membership and increase the geographic base of the Village.

Ron Karpick Participates in Springfield Panel

By Ron Karpick

Supervisor Pat Herrity of the Springfield District hosted a meeting for neighborhood, civic and citizen association leaders in his district. Patricia Rohrer, Long Term Care Program Manager, Fairfax County Health Department had been asked to provide a panel of speakers to inspire and interest attendees in starting a Neighbor 2 Neighbor program in their own communities, part of the Fairfax 50+ Community Action Plan.

Patricia Rohrer mentioned that Neighbor 2 Neighbor was about "Creating a caring community in your neighborhood." She shared how neighbors can support each other, from ride sharing to helping in weather emergencies. There are many models of organizations which help neighbors help each other: an all-volunteer model, a virtual connection model, a neighborhood network model and a concierge model. Presenters were: Heidi Garvis, who shared her knowledge of the Rutherford Community Civic Association; Judy Seiff, who discussed the Bishop's Gate Neighbor Helping Neighbor Program; and Ron Karpick, who presented the "concierge pay model," Lake Barcroft Village.

Jennifer Kanarek, Program Manager, discussed NV Rides. This is a free volunteer driver program which is active in the surrounding communities. Their mission is to support seniors aging in place in northern Virginia by increasing the capacity of community groups providing volunteer-driver transportation programs. NV Rides will do DMV background checks of the volunteer drivers at no charge to the organization. There are functioning ride sharing programs through the multiple Shepherd Centers, J Rides at the Jewish Community Center of NV, Mt. Vernon at Home, At Home in Alexandria and others. For information, see: <http://www.nvrides.org/>

For more information on the subject of services available for older adults, see: <https://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-50-plus-plan-services-for-older-adults>

Anniversary Brunch at 2941

Photos by Jane Guttman

The 2018 Anniversary Party was held at 2941 Restaurant on May 5. Ron Karpick thanked Deenie and Hugh McKay for organizing the event and Cindy Waters for providing the table arrangements.





Dogfish Head Fundraiser a Success

The Dogfish Head Alehouse Fundraiser on Tuesday, April 24, earned the Village \$1,087. Dogfish Head was a cozy place on a rainy Tuesday. Cindy Waters, Executive Director, arranged for the fundraiser with the restaurant, decorated the Village table and spent hours at the restaurant managing the event. Board members Ellen Feldstein, Jane Guttman, Ron Karpick, Hugh McKay, Pedro Turina, Vic Utgoff and Priscilla Weck and Executive Director Cindy Waters took turns staffing the table and answering questions about the Village. Nancy Mattson and Deenie McKay, former Board members, also took turns at the Village table.

Many familiar faces from the Village and from the larger Lake Barcroft community took part in the event, some bringing other family members. A resident of Ravenwood noticed the Twitter post by the restaurant and posted the information on the Ravenwood listserv. As a result a number of Ravenwood residents dropped by to say hello and enjoy dinner.

In Memoriam: George Brock

Village member George Brock passed away suddenly on February 20. He and his wife Ingrid have been Village members for some years and have always enjoyed the social events. Ingrid shared with me that he had just had a wonderful weekend at their country home with one of their two daughters.

In Memoriam: Bert Snyder

Village member Dr. Bert Snyder passed away on February 21 following a short illness. Bert and his wife Joyce have been active members of the Village, participating in several of our social events through the years. Bert was surrounded by his family at the

time of his death - wife Joyce, daughter Cindy Snyder and son Craig Snyder.

Movie “Gerryrigged” Shown at February Quarterly Meeting

By Jane Guttman

Bill Milhouser, a volunteer with OneVirginia2021, showed the film “Gerryrigged” about the issues involved with gerrymandering. Virginia is the fifth most gerrymandered state, according to “Redrawing the Map on Redistricting, An Azavea White Paper, 2012”. The film showed politicians from both parties and consultants who explained that the gerrymandering keeps the incumbent in office, thus ensuring that the incumbent need not be responsive to voters in order to be reelected.

According to the OneVirginia2021 web site, “GERRYMANDERING is the deliberate manipulation of legislative district boundaries to advantage or benefit a particular party or group, or to cause disadvantage or harm to an opposing party or group. It distorts the electoral process, undermines democracy, and renders legislative elections a meaningless exercise. It’s a conflict of interest for the legislature to draw its own district lines.”

Bill showed current districting maps of Virginia’s House of Delegates, State Senate and U.S. Congress, demonstrating how some of the districts sprawl over a wide and oddly shaped area. Those maps can be seen at <https://www.onevirginia2021.org/redistricting/>.

The mission of OneVirginia2021 is “to advocate for the adoption of an amendment to the Virginia Constitution that will establish an independent, impartial commission to apply a fair and transparent process in drawing political districts after the 2020 census.”

Samenow Discusses “Crime and Custody” at Symposium

By Jane Guttman

The second Lake Barcroft Village Symposium, titled “Crime and Custody” featured Lake Barcroft neighbor Dr. Stanton Samenow, Mansfield Road, a forensic psychologist and psychotherapist. Dr. Samenow discussed juvenile crime and child custody issues and revealed areas in which there is overlap between criminal behavior and the behavior of some individuals in extremely contentious child custody cases.

Regarding criminal cases, Dr. Samenow stated that all criminals believe they are “good guys.” No matter what crime they have committed, they always assert that they are basically good people and point to crimes they would not think of committing. They do not have a concept as how the crime affects others and tend to blame the victim.

When dealing with criminals and investigating their sanity, Dr. Samenow works to establish a conversation with the accused. He wants to learn about the individual, the person, not only the accused criminal. He said that often those accused of a crime will talk to him more than to their own court-appointed psychiatrist.

In child custody cases, Dr. Samenow talks to many people outside the family, such as teachers, clergy, grandparents. He reads all the police records and the medical and psychiatric records. The goal is to establish a picture of the individual and to discover what is best for the child.

Interview: Janet Kerley

By Anne Murphy O’Neil

Janet Kerley, an active member of the Village, has long since learned to live and travel confidently in

places far away from northern Virginia and Lake Barcroft. She communicates comfortably in three languages; her empathy has helped her understand what is being said in a language she hasn’t even studied.

I’m wondering what moved you to join the Lake Barcroft Village?

Janet: I needed access to a heavy-duty SUV on a snowy evening.

Was that a few years back during “Snowmageddon”?

Janet: Snowmageddon was on its way. Getting ready for it, two days earlier, I had put my warm gloves and boots in the car I had rented. Then it snowed and snowed. I was at work in DC. Traffic was backed up. Roads were slick. I couldn’t drive a rental car in the snow; I took the Metro. There was no cab waiting at the Falls Church station. The roads were jam-packed, so I tried to hitch a ride.

Then I started walking. The streets were packed. Nothing moved. Finally a friendly stranger picked me up, and took me as far as Sleepy Hollow Road. That’s when a policeman stopped me and said: “Sleepy Hollow’s closed. You can’t walk down that hill.” “Will you drive me home?” I asked. “I can’t do that,” he answered, and then added “But for God’s sake, walk on the grass.”

Heavens! There couldn’t have been much grass in sight just then.

Janet: A friendly gent walked me part way. I found a walking stick and was wearing a heavy coat I had bought in Moscow. I’ll bet I looked scary. I’d been walking three hours when I arrived at Bent Branch Road. Finally another driver stopped. “I’ve been walking three hours,” said I, “and I have only two more blocks to go.” She took me as far as Whispering Lane and a few minutes later I was home. **(See p. 7)**

Interview: Janet Kerley (c't'd from Page 6)

So that's what brought you into the Village?

Janet: Yes. I called Cindy Waters the next day. Now I knew how vulnerable I was, with nobody to call. In the Village, someone who has volunteered to help can be asked. Some volunteers have heavy duty SUVs. The Village is here to meet these special needs.

What do you enjoy most about the Village?

Janet: I love the evening activities. Still, for me, it's about something more fundamentally important---security and connection with people who care. As a member of the Village, I have the "right" to ask for help. I don't always know I have the "right" to call my friends.

Was I up to getting home alone that night? Yes.

Could I do it? Yes.

Would it have been better if I'd been able to call someone? Heck, yes.

And it's not just about getting a drive under difficult circumstances. It's also about getting help around the house---light electrical work, computer repair, or checking my flue. I have full confidence in letting Village volunteers into my home. I can get a quick opinion from them and then bring in the right professional repair person.

As members of the Village, we're committed to helping each other remain vibrant.

Cooks on Call

By Cindy Waters

More than a year ago, our Village began a program called Cooks on Call. It came about in a discussion by the Committee organizing Keep in Touch, itself a

new program to keep members in touch with other members living close by.

The idea behind Cooks on Call was to provide meals prepared by volunteers to those who are sick, just home from the hospital, or recently bereaved. It not only provides meals during a time when cooking seems like a strenuous exercise but allows for some companionship, too. A member simply needs to contact the office with the request; the office will set up a schedule of visits with the cooks; the cooks will stay in touch with the member about details including dietary needs.

Cooks on Call has been employed several times over the period of time it has existed, most recently for a new member who was returning home from the hospital following surgery. The member later described the experience as being very positive and a huge relief knowing that meals preparation was one less thing to be concerned about. And with leftovers, one meal delivery would become several.

Please let the office know if you would like to be on the list as a cook for the future. And, if you find yourself in need of the service, do not hesitate to ask for help. It is just one more example of how neighbors help neighbors!

Book Review: *Being Mortal*

By Kathy Utgoff

Being Mortal was the subject of the February Village symposium and the March selection of the LBWC Book Club. The book, which was on the NYT best seller list for 162 weeks is about "Medicine and What Matters in the End." Making life better at the end is not just a personal goal but also a national concern. In the US, 25% of Medicare spending is for the 5% of patients in last year of life. **(See Page 8)**

Book Review: *Being Mortal* (c't'd from Page 7)

Gawande writes about the difficulties that doctors face when a patient is near death. Doctors are trained to combat death. The result is that we have allowed our fates to be at the mercy of technology, medicine and strangers. According to Gawande, doctors need to learn how to have conversations with patients to find out what is important to them.

Gawande also makes the distinction between safety and autonomy. Caregivers often empathize safety over the goals of the elderly but we need to think about giving the elderly a reason to live. Now, I think about my Mom who was stripped of many of her favorite things such as her area rug in order to ward off falls. Gawande gives us an example of a nursing home that provided a chance to have many pets nearby. These residents actually lived longer.

This is an important book. The Book Club members agreed with the *Time* magazine review that recognized *Being Mortal* as a book that “should be read by every American.” Let Ron Karpick know if you want to repeat the symposium that showed the PBS documentary where Atul Gawande talks about how he changed his thinking. There is a very moving segment where he shows his own father in his dying years.

Would You Like More Flowers? Garden Up!

By Judy Hilton

A great way to have a garden abounding in colorful blossoms, even if you have very limited space, is to “garden up.” There is no easier or more rewarding way to enjoy a beautiful garden with far less

weeding, less bending, less digging and less maintenance by having planting beds with a small footprint.

Plants suitable for gardening vertically will have climbing mechanisms such as twining stems, tendrils, aerial roots or “holdfasts,” somewhat like little suction cups. Plants with weaker climbing ability can be secured with string or twist ties. All, of course, necessitate a supporting structure. It may be an artful trellis, arch or pergola, or it may be a simple tepee made of bamboo canes. The possibilities are unlimited.

The variety of flowering plants suitable for gardening up is legion. The easiest to grow are annual vines. Old-fashioned favorites like the lovely “Heavenly Blue” morning glories and the many cultivars, climbing nasturtiums and moonflower never go out of style. Consider also black-eyed-Susan vine, hyacinth bean, and cardinal creeper, to name just a few.

Popular perennial vines include honeysuckle, Carolina and winter jasmine, climbing roses, trumpet creeper and the well-loved clematis species and hybrids. Another perennial, Japanese wisteria, is beautiful but can be a garden thug if not controlled. Fortunately for gardeners, a better-behaved, native wisteria is now available. Most flowering vines require full sun (at least six hours a day). Several, however, can be grown in partial shade. Most notable are climbing hydrangea and cross vine. Excelsior!

The Villager Vol. 4 No. 2

Cindy Waters, Village Executive Director, 703-354-0652,
or E-mail lvcoord@gmail.com

Published by Lake Barcroft Village Communication Committee

Jane Guttman, Editor. E-mail catsnorts@gmail.com

Communication Committee:

Jane Guttman, Chair

Larry Golfer

Judy Hilton

Anne Murphy O'Neil

Sam Rothman

<p>MEDICAL INFORMATION</p> <p><i>Keep this record with you at all times</i></p> <p>Name _____</p> <p>Address _____</p> <p>Phone _____</p> <p>Doctor _____</p> <p>Phone _____</p> <p>Doctor _____</p> <p>Phone _____</p> <p>Pharmacy _____</p> <p>Phone _____</p> <p>Other _____</p> <p>Phone _____</p> <p><i>In case of emergency, dial 911</i> www.OpenOfficeTemplates.com</p>	<p>EMERGENCY CONTACTS</p> <p><i>In case of emergency, please contact</i></p> <p>Name _____</p> <p>Phone _____</p> <p>Doctor _____</p> <p>Phone _____</p> <p>Doctor _____</p> <p>Phone _____</p> <p>Pharmacy _____</p> <p>Phone _____</p> <p>Other _____</p> <p>Phone _____</p> <p><i>In case of emergency, dial 911</i> www.OpenOfficeTemplates.com</p>	<p>CHRONIC CONDITIONS</p> <p><i>Indicate any ongoing medical concerns</i></p> <p>Blood pressure _____</p> <p>Asthma _____</p> <p>Diabetes _____</p> <p>Heart disease _____</p> <p>Cancer _____</p> <p>Other _____</p> <p><i>In case of emergency, dial 911</i> www.OpenOfficeTemplates.com</p>	<p>PRESCRIPTION MEDS</p> <p><i>List prescription medications you are currently taking</i></p> <table border="0"> <tr> <td>Med</td> <td>Dose</td> <td>Time</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> </table> <p><i>In case of emergency, dial 911</i> www.OpenOfficeTemplates.com</p>	Med	Dose	Time	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Med	Dose	Time																															
_____	_____	_____																															
_____	_____	_____																															
_____	_____	_____																															
_____	_____	_____																															
_____	_____	_____																															
_____	_____	_____																															
_____	_____	_____																															
_____	_____	_____																															
_____	_____	_____																															
<p>ALLERGY RECORD</p> <p><i>List all allergies and your reaction</i></p> <p>Allergy _____</p> <p>Reaction _____</p> <p>Allergy _____</p> <p>Reaction _____</p> <p>Allergy _____</p> <p>Reaction _____</p> <p>Allergy _____</p> <p>Reaction _____</p> <p>Allergy _____</p> <p>Reaction _____</p> <p>Allergy _____</p> <p>Reaction _____</p> <p><i>In case of emergency, dial 911</i> www.OpenOfficeTemplates.com</p>	<p>IMMUNIZATION RECORD</p> <p><i>Enter the date you were last immunized</i></p> <p>Tetanus _____</p> <p>Flu _____</p> <p>Pneumonia _____</p> <p>Hepatitis _____</p> <p>Other _____</p> <p><i>In case of emergency, dial 911</i> www.OpenOfficeTemplates.com</p>	<p>NOTES</p> <p><i>Add any additional information here</i></p> <p><i>In case of emergency, dial 911</i> www.OpenOfficeTemplates.com</p>	<p>NOTES</p> <p><i>Add any additional information here</i></p> <p><i>In case of emergency, dial 911</i> www.OpenOfficeTemplates.com</p>																														
<p>OVER THE COUNTER</p> <p><i>List your current over-the-counter medications</i></p> <p>Aspirin _____</p> <p>Antacids _____</p> <p>Allergy relief _____</p> <p>Cold medicine _____</p> <p>Diet pills _____</p> <p>Laxatives _____</p> <p>Sleep aid _____</p> <p>Vitamins _____</p> <p>Supplements _____</p> <p>Other _____</p> <p><i>In case of emergency, dial 911</i> www.OpenOfficeTemplates.com</p>																																	