



## BETHESDA METRO AREA VILLAGE

*Your home Your neighborhood Your future*

Hasn't it been great having good company close to home with a community of neighbors who share your interest in remaining in your home or apartment during this phase in your life?

It is we the members - all of us - that make this possible. So, thank you for your membership! For pioneer members, February is renewal time. You can renew on our website or by phone via credit card or mail in a check.

Invite a friend or neighbor who might like our village programs. He or she can attend up to three events for free while considering to join. Or [send Elizabeth](#) the contact information and she will send your friend or neighbor an application and information about the village.

*"BMAV has enriched my life beyond measure. I have made new friends and new acquaintances. The members are warm, welcoming and caring to help each other. I am delighted to be a part of the group. May BMAV grow and continue to provide such a positive sense of community. I am lucky to live in Bethesda and to be a part of the village!"*

### **BMAV annual campaign**

Our sincerest thanks to all who contributed to the BMAV annual campaign. We have raised over \$22,000 thus far. Your generosity ensures that BMAV can be a source of social connection and engagement, a place to learn and grow, a resource for support and information as we encounter and adapt to changing circumstances, as well as a place where neighbors can help neighbors through volunteer opportunities.

We are forever grateful to all who have given. *Thank you for investing in our community!*

### **Welcome, new BMAV board members**

The Bethesda Metro Area Village members and board members welcome to the board three new colleagues, all of whom have been active in BMAV: Barbara Brown, Reid Dechton, and Diana Kitt (see below). They join ten current board members: Jeanne Parker, chair, Jane Boynton, vice chair, Bruce Coolidge, treasurer, Hanne Caraher, Naomi Collins, Barry Gorman,

Elyse Jacob, Gail Shearer, Stephanie Sutton and Barbara Wiss. Thank you to nominating committee members Elyse Jacob, Gail Shearer and Stephanie Sutton for identifying leaders who will continue to advance the work of the village.

### **Wrap-up report on “our” Afghan refugee family**

In fall 2021, a group of BMAV members created a special interest group to explore the idea of helping an Afghan refugee family settle in our community. A subset of that group and other community volunteers applied to and was approved by Lutheran Social Services of the National Capital Area to become a “Good Neighbor Partner” (GNP) for an Afghan family for one year. A young family of four was assigned to the GNP in early December 2021 and arrived one week later.

In that one-week period, BMAV and neighborhood volunteers marshalled donations from throughout the community to get the family started. They outfitted an apartment in Bethesda with furniture, furnishings, food, cleaning supplies, books, toys, TV, computer, linens, clothes, a welcome meal, and more.

BMAV volunteers helped the family in many other ways. Among them were finding the family much needed medical and dental care and taking them to appointments; introducing them to local supermarkets, pharmacy, library, Metro system, bike paths, parks and playgrounds; finding and paying for preschool; navigating federal, state, and local bureaucracies to submit necessary documents, secure and maintain needed benefits, and the like; finding useful online classes in English; supplementing language classes with tutoring; and helping Taqi, the husband, find and prepare for a job in his field (plumbing).

BMAV members also hosted various social events for the family: a baby shower; birthday party; pool party; visits to the zoo, Cabin John Park and elsewhere.

The year whizzed by. During that time, the family made enormous progress. Both parents have improved their English substantially (neither spoke English when they arrived and Ziba, the wife, was illiterate). The older child is receiving English language development training at school. Taqi has gotten his driver’s license, bought a car, and gotten a job as a plumber. Ziba had a baby girl in the spring who is thriving. The family now lives in an apartment of their own choosing.

Our “Good Neighbor Partner” commitment to the family is at an end, but some BMAV members continue to interact with the family in a variety of ways, such as weekly tutoring sessions with each of the adults and working with them and each other to solve new problems that crop up.

Several members of the BMAV special interest group shared memories and insights from their experience with the family. Here are some of them:

*From Jane Boynton*

It has been so rewarding to be able to help an Afghan family arriving in our area as they get settled in a new culture. I particularly enjoyed helping to furnish their apartment with all the things they needed and hosting the baby shower in April at the Battery Park Clubhouse just before their little girl joined her two siblings.

*From Andrea Brown*

My most memorable experience is the lesson when Ziba learned the English words for members of a family. She then took out her phone and showed me photos of her family. It was with great pride and satisfaction that she was able to say the correct English word for each family member. What a delight she is to work with. I consider her a friend.

*From Jeanne Parker*

What has struck me about tutoring Ziba is how dedicated she is to learning how to read, write and speak English. I was sure she would want to take a break from classes after their baby girl was born, but only two weeks later, Ziba asked to resume her tutoring sessions! She has made so much progress. She can carry on simple conversations, read a bit, and write her name and address and her family's names.

Registering the older son for kindergarten was an eye-opening experience. Everything must be done online. How an immigrant family or a lower income family with little or no access to a computer or a printer is supposed to do this is beyond me.

*From Maureen Jais-Mick*

I began tutoring Ziba in English last February. "Tutoring" quickly evolved to include driving to doctors' appointments and neighborhood exploration. I have two favorite memories.

The first was when we left the clinic at which the family receives services and passed a women's boutique – lots of glitz and sequins. Ziba, who had almost no English at the time, gestured "Go in?" Those 30 minutes looking at fancy clothes was my real introduction to Ziba – a vibrant young woman who had left behind a close family in Afghanistan, a big house, a closet of pretty clothes, and a happy and secure life. Ever since, I have tried to think beyond just helping with survival to helping her grow as her own person.

My second memory was from our first field trip to Giant Food. There is a sign over the entrance that says W-E-L-C-O-M-E. I had never noticed it before, but this time I stopped and taught the word to Ziba. A shopper passing by saw what was happening, smiled at Ziba, waved and said "Welcome."

*From Bruce Coolidge*

The process of getting Taqi and his family to legal status in the US has been eye-opening. The process is complex even for an English speaker, and without help, Taqi's family would have been completely at sea. We were lucky to find a DC law firm willing to take the family on as a client. Even so, after months of unanswered emails and phone calls, the State Department only recently acknowledged that the family's application papers appeared to be complete.

A favorite recollection of the family: Taqi and Ziba seemed so unhappy about the bread they were able to purchase locally. I drove Taqi to Yekta Market, a wonderful Persian grocery store in Rockville. His eyes lit up at the rack of breads he saw. He was delighted to pull out a six-foot-long loaf of Afghan bread and put it in his grocery cart.

*From Sandy Foote*

Unquestionably, helping our new neighbors settle in has taken a ton of work by our whole team, but what has surprised me most is how much fun we and they have had along the way. We lucked out with a loving, energetic, and optimistic family. Best of all, both parents have a great sense of humor that carried us all over a lot of bumps in the road.

My stand-out memory is from when we drove home from the hospital with their new baby. The 4-year-old jumped into the car, all excited to see his new sister, turned to me and said with heartfelt earnestness, "Thank you, Sandy!" Apparently, I was the stork! It was adorable.

### **Interview with member John Long**

John Long, born in DC, grew up near Chevy Chase Circle and has lived in his Bethesda house for 40 years with his wife. Following in his father's footsteps, he became a radiologist. He began as a staff radiologist at NIH, and then worked as a diagnostic radiologist for the rest of his career, most recently at Kaiser Permanente. He also was professor of radiology at Georgetown University Medical Center for 25 years and served as a hospital executive for 10 years. He retired in May 2021.

Before retirement, John developed hobbies completely unrelated to his work – and that was the idea – in good part to reduce the stress of the job. The first of those hobbies was making smoking pipes out of a variety of woods. Another was making pens turned on a lathe to create beautiful, tactile writing instruments using a variety of materials, including non-elephant ivory, wood, bone, plastic, and metal. He continues with his craft today, both because he enjoys making the pens and because there is a market for them.



John's also makes doorbells, using sleigh bells on leather straps that can be hung, as in the photo above. He also grows endangered trees, primarily from seedlings, and then plants them where they will thrive, sometimes in a different part of the country.

Aside from his hobbies, John and his wife continue to enjoy travel. Before the pandemic, they visited far-flung places and plan to resume doing so when the pandemic is over. Scotland, Morocco, and a safari are on their bucket list. In the meantime, they have made trips in the US, including to go skiing and to the Bahamas for scuba diving.

John's wife introduced him to scuba diving many years ago and once he tried it, he was hooked. He has gone on 800 dives, some over 100 feet deep. He says his most memorable dive experiences were around Conception Island, Bahamas, near where Christopher Columbus landed in 1492, and a dolphin with a particular marking that visited the boat John and his wife were on every year for 20 years.

John has three sons, two of them lawyers, one a physician. One son and his wife live in the area.

John stays connected to his medical friends but is always interested in meeting new people with other backgrounds and interests. He joined BMAV after he retired with exactly that in mind and has not been disappointed. He particularly enjoys the men's luncheons and other face-to-face social events.

### **Recent events of interest**

*Ladies lunch in member Gail Shearer's backyard, October 16*







*Dining out together at La Ferme, November 16*



*BMAV Knitting and Needlework shared interest group members at the Christ Child Society tea*



*Sandi Ross, Eugenia Covarrubias, Elyse Jacob and the hats they and other BMAV knitters made*

The Christ Child Society gave a tea on December 8 at Columbia Country Club to thank the individual knitters and groups from all religious backgrounds in the community who donated baby blankets and toddler hats they had made. Over the past year, BMAV's knitting and

needlework shared interest group members have donated 84 items, made in over 500 hours of crafting, to Bethesda Cares, Walter Reed Oncology, the Greater Washington DC Diaper Bank, and Christ Child Society. The group has made such donations for the past four years.

### **Book suggestions on works that may appeal to seniors**

A trio of books that BMAV members have enjoyed are Richard Osman's, *Thursday's Murder Club*, *The Man Who Died Twice*, and *The Bullet That Missed*. They take place in a retirement community where four seniors, two men and two women, meet on Thursday mornings in the jigsaw puzzle room to solve hypothetical murders. A real murder occurs in each book, and the group goes to work to solve it. *Submitted by Jane Boynton.*

If you have read a work of fiction whose theme or content you think would be of interest to BMAV members and can provide a brief description, we would love to hear from you. Please contact [Elizabeth Haile](#).

### **Food for thought**

*A new word for your aging vocabulary: "senagers" (senior teenagers)*

We senagers have everything that we wanted as teenagers, only 60 years later. We don't have to go to school or work. We get an allowance every month. We have our own pads. We don't have a curfew. We have driver's licenses and our own cars. The people we hang around with are not scared of getting pregnant. And we don't have acne. Life is great.

*Kinless seniors*, by Paula Span, New York Times

"There are nearly a million Americans over the age of 55 living without a spouse or a partner, any children, or siblings. That's because boomers have lower marriage rates than their parents did, and more of them have remained childless. On top of that, the divorce rate among couples who have crossed 50 has risen. Rates of kinlessness are projected to grow as generations younger than boomers are even likelier to be aging alone.

Why it matters: Kinless older folks are less likely to participate in community groups, sports or religious organizations — activities that stimulate the body and the brain. And they're less likely to receive the care and help around the home that they need.

There's reason to be hopeful. While friends and neighbors might not take the place of immediate family, these strong social ties can alleviate a great deal of loneliness. One of the most effective antidotes to loneliness is a simple conversation, where we listen deeply to what the other person has to say and take care to respond thoughtfully, experts say." (See the [article](#), accessible to those who have a NYT account.)

**Upcoming events.** Mark your calendars now, and think of non-member friends or neighbors who might welcome the chance to join you as a guest at a village event or two.



*Registration by members for virtual events is not required. The Zoom link is sent to members by email for each event. For BMAV events that are open to the public, registration instructions for non-members are noted below.*

**New Year, new nutrition plan!** Wednesday, January 4, 2-3 pm

Start the new year by making a nutrition plan based on the latest research. In this session, led by Dr. Katie Starr with the Center for the Study of Aging and Human Development, Duke University School of Medicine, and Vivo's chief scientific officer and a registered dietitian, you will learn about the roles and importance of dietary protein, particularly for people over age 65, the latest expert guidelines and recommendations for dietary protein intake for aging adults, and how changes to diet can improve your wellbeing. Free. Registration open to all villages' members and friends. Register [here](#).

**Scam-spotting**, Monday, January 9, 4-5 pm

Learn how to identify, avoid and navigate online scams, from fraudulent emails to suspicious websites and convincing phone calls. In this Zoom presentation, one of BMAV's excellent tech volunteers will give us the basic tool needed to identify and avoid the potential pitfalls that can lead to theft or hijacked accounts. This session is for BMAV members and volunteers only.

**Tai Chi** (in-person), Wednesdays, starting January 11, 10-11 am, Chevy Chase town hall, 4301 Willow Lane



Members of Bethesda Metro Area Village, Bradley Hills Village and Chevy Chase At Home are invited to weekly tai chi classes with internationally recognized master Nick Gracenin, who adapts his classes to accommodate all levels of mobility and health. He will focus on the essentials and forms of traditional tai chi to improve balance, circulation, strength, and relaxation.

Participants may drop-in for a fee of \$15 per class or pay for the full 6-weeks at the discounted rate of \$75. Register through your village and pay at the class via cash, check, mobile payment, or credit card. Maximum 15.

**TED talk series**, Wednesday, January 11, 4 - 5:15 pm.

Join hosts Paul Thorn and Barbara Reese for a new series of TED Talks, once a month on Wednesdays. This month we'll watch videos on positivity. After watching together, we will



discuss our reactions and the most important takeaways. Come for what is always an enriching conversation with other BMAV members.

**Tech Talk with Tony**, Monday, January 16 and February 13, 2-3 pm, via Zoom

Join us on Mondays for talk tech with BMAV volunteer Tony Mastria, who can answer questions about computers, smartphones, anything tech-related and give advice on common problems. You can drop in to as many sessions as you'd like, but an [RSVP](#) by the day before with your question would be helpful, giving Tony time to prepare. Open to full and social BMAV members.

**Cardio and strength training** online, starting Monday, January 16, 12-12:30 pm

Chevy Chase At Home invites BMAV members to a weekly 30-minute online cardio and strength exercise class. Each session includes a warm-up, strength training, and a cool-down. Exercise modifications will be offered and can be done standing or sitting. Equipment is optional and can include light hand weights or similar weight household items. Send an email to [info@chevychaseathome.org](mailto:info@chevychaseathome.org) for the Zoom link. You will be added to the weekly reminder emails and have access to recorded classes if you cannot attend.

**Advancing the science: the latest in Alzheimer's and dementia research**, Wednesday, January 18, 1-2 pm

Presented by Ana Nelson, VP of programs and services, Alzheimer's Association National Capital Area Chapter, in collaboration with BMAV. Learn about Alzheimer's disease and dementia, what the differences are and how are biomarkers useful in diagnosis. Understand the benefits of getting an early diagnosis, learn about clinical research trials, get tips on risk reduction and more effective treatments for Alzheimer's and dementia. Open to all DC area village members, volunteers and friends. Register [here](#) for Zoom link.

***Paris: Secret gardens, hidden places, and stories of the City of Light***, Thursday, January 19, 2-3 pm

Join BMAV and friends for a discussion by Mary McAuliffe, whose multilayered exploration of Paris weaves a narrative that takes the listener into secret and hidden places in the midst of the most well-known Paris destinations. She also takes us below the streets and sidewalks of Paris to discover ancient aqueducts and a lost river and prompts us to notice overlooked treasures in the most trafficked of museums. Contact [director@bmavillage.org](mailto:director@bmavillage.org) for the Zoom link.



**Rubell Museum**, 65 I Street SW, Washington, DC, Friday, January 20, 1 pm

Located in the 1906 building of the former Randall Junior High School, the Rubell Museum DC, dedicated exclusively to contemporary art, opened its doors on October 29, 2022. What was once classrooms and teachers' offices have been transformed into galleries with artwork that provides perspectives, insights and commentary on contemporary ideas and issues. The inaugural exhibitions include Sylvia Snowden's *What's Going On*, which draws its title from Randall Junior High School alumnus Marvin Gaye's 1971 album.

Tickets are \$12 for senior and are valid 11:30 am-5:30 pm. Purchase your ticket [online](#). RSVP to [Stephanie Sutton](#) or <mailto:directorbmavillage@gmail.com> by January 18. We will meet at 1 pm and end with a stop at the bakery and bookstore. If you are interested in taking the Metro together or carpooling, contact Stephanie.

**How to get the most out of your doctor visit**, Monday, January 23, 2-3 pm

Have you ever left your doctor's office realizing you forgot to ask an important question or realize you didn't fully understand the doctor's instructions? Join Steve Lorberbaum of Assisting Hands Home Care, who will talk about how to prepare in advance for a visit, focus on what is important, and share your point of view to get the best outcome from your visit. Open to all DC area village members, volunteers and friends. To register and receive the Zoom Link, email [pdubroof@assistinghands.com](mailto:pdubroof@assistinghands.com).

**Art and Ideals: a visit to the Kennedy Center**, Tuesday, January 24, 11:30 am

The Kennedy Center's new, immersive, self-guided exhibit [Art and Ideals: President John F. Kennedy](#) uses the latest in digital technology to explore how the arts infused and informed the Kennedy presidency. It provides visitors with an understanding of how the Kennedy Center became a living memorial to both President Kennedy and his ideals.



BMAV members and friends will meet in Bethesda to carpool to the Kennedy. Admission is free. One hour of free parking can be validated with a \$10 purchase at the gift shop. If there is interest, we will have lunch together after our visit. RSVP to [director@bmavillage.org](mailto:director@bmavillage.org).

**Military History for the Modern Strategist: America's Major Wars Since 1861**, Monday, January 30, 3-4 pm

BMAV members and friends are invited to a Zoom presentation by Michael O'Hanlon, a leading expert on US national security interests. He will discuss current international events in the context of his latest book, *Military History for the Modern Strategist: America's Major Wars*

since 1861. This new book is one of several he has written on American security, defense, and foreign policy issues. Non-members, please RSVP to [director@bmavillage.org](mailto:director@bmavillage.org) for the Zoom link.

**The truth behind the pictures**, with White House photographer Christy Bowe, Tuesday, February 7, 2-3 pm



Christy Bowe, one of the few women still photographers who has covered five consecutive White House administrations, will give a riveting lecture showcasing some of her award-winning pictures and the behind-the-scenes stories that took place while capturing them. Open to all village members and friends and neighbors. RSVP to

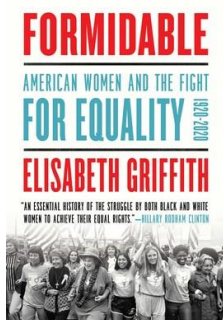
[director@bmavillage.org](mailto:director@bmavillage.org) for the Zoom link.

Christy, a member of the White House Press Corps, is currently covering the Biden White House and is also a credentialed member of the House and Senate Press Photographers' Gallery. Her book, *EYES THAT SPEAK: One Woman News Photographer's Journey with History Makers* captures some of the world's most recognizable people and events against the backdrops of historical occurrences, pivotal moments, and celebratory occasions. See the [sneak-peek](#).

**Get connected with Bethesda Urban Partnership**, Wednesday, February 15, 2-3 pm.

Jeff Burton, executive director of the Bethesda Urban Partnership, will tell us what is coming up this spring and summer in Bethesda, events that BUP produces, other things BUP works on, and construction developments in the pipeline in downtown Bethesda. This is a great opportunity to get your questions answered on what's happening in Bethesda! Open to all DC-area village members, volunteers, and friends. Contact [director@bmavillage.org](mailto:director@bmavillage.org) for the Zoom link.

**Formidable: American Women and the Fight for Equality, 1920-2020**, Tuesday, February 21, 2-3 pm



Historian Elisabeth Griffith's new book, *Formidable: American Women and the Fight for Equality, 1920-2020*, is an account of the struggles of women to expand their rights in this country. She will discuss highlights from the book's "sweeping chronicle of a multiracial, inclusive timeline of the struggles and triumphs of both Black and white women. A profoundly illuminating tour de force." (*New York Times* review).

Griffith has taught women's history for 40 years and is an activist, author, and expert on American women's history. Her biography of suffragist Elizabeth Cady Stanton, *In*

*Her Own Right*, was the basis of Ken Burns' documentary on Stanton and Anthony, *Not for Ourselves Alone*, his only film about women's history.

Open to all village members and friends and neighbors. RSVP to [director@bmavillage.org](mailto:director@bmavillage.org) for the Zoom link.

*"Here's a terrific benefit of the Medicare Part D session that Gail and Francie had for members. I thought we had the lowest plan available, but it turns out we didn't. If the new plan works as advertised, we will save \$867 between the two of us, which more than pays for our BMAV dues. A double bargain!" -- BMAV member*

### Shared interest groups for members

***Aging well.*** This popular discussion group meets via Zoom monthly on Sundays at 4 pm. To be added to the email list or for more information, contact host [Chris Palmer](#). Written summaries of members' contributions from these meetings are on the BMAV website in the [Forums](#) section (accessible to members only).

On January 22, the topic will be how to prepare your house now to reduce the burden on your surviving loved ones. The discussion will include "death cleaning," real estate tips, and getting ready to sell your house. The topic on February 26 is how to work with hospice and take advantage of what it offers.

***Armchair travelers.*** Join Barbara Wiss on a Zoom tour of Tanzania, January 31, 4-5 pm. Do you have photos from trips you've taken? Armchair travelers would love to hear about your trips. [Diane Goldman](#) can help with the presentation if you don't know how to screen share; just send her your digital photos ahead of time. Please contact her if you are interested.

***Beginners' chess club.*** BMAV members and volunteers are invited to free online chess classes, taught by high school chess expert and tutor Uday. 4-5 pm Sundays, January 8, 15, 29 and February 5, 12, 19. Students will pair off and play practice games live on screen while Uday gives direction. Uday also will delve deeper into chess theory and explain openings. Plan to attend multiple classes. All are welcome, even if you did not attend earlier beginning chess classes. Owning a chess board is not required. [RSVP](#) so Elizabeth can get you set up on chess.com.



**Biking.** Join other BMAV members on occasional bike rides, kayaking and canoeing outings. Contact leads [Steve](#) and [Stephanie Sutton](#) and [Elyse Jacob](#) for details, questions and to learn about future rides.

**Birding.** [David Moulton](#) hosts birdwatching sessions online and sends email updates with photos and descriptions of birds to keep a lookout for. Contact him to be added to his list.

**Book club.** Meets monthly on Zoom on Tuesdays at 7 pm to recommend and discuss favorite works in any genre. Rather than all reading the same book and discussing one book, the group discusses whatever they have read and enjoyed. Authors occasionally join the Zoom events to discuss their books. See the website [Forums](#) for a compilation of recommendations. Hosted by [Jane Boynton](#).

**Bridge.** Meets daily for afternoon games via computer program or in person. If you would like to join, contact lead [Marilyn Kerst](#) for more information.

**Coffee talk.** Members meet on the second and fourth Thursday morning (i.e., January 12 and 26) by Zoom or in person at 10 am to share tips and inspiration. The meetings are via Zoom during the winter months. Hosted by [Ann Labriola](#) and Naomi Collins. Contact Ann to be added to the email list.

**Dining Out Together.** Once a month, members descend en masse to sample a new restaurant or an old favorite for a fun meal out and the opportunity to get to know each other better. The next outing is Wednesday, January 4, 6 pm, at Persimmon restaurant, 7003 Wisconsin Avenue. RSVP to co-lead [Janet Dante](#), the earlier the better.

**Film Fans.** [Diana Kitt](#)'s film group meets monthly on Zoom to shares titles of recommended films and to discuss, debate, critique two movies of the month members have selected. The theme varies month to month. Plans for 2023 include more in-person movies along with Zoom chats on movies the group agrees to watch and discuss. We will kick off the New Year on January 25 with personal favorites as raised by and voted on by movie group activists. All are welcome.

**Gardening.** [Ann Labriola](#) and Jan Bill host a group for those who love gardens, but you don't need to be a gardener to join. During fall and winter, they send out information about upcoming virtual garden talks and tours, gardening tips, questions and answers. During spring and summer, they coordinate in-person garden tours. Contact Ann to be added to the email list.

**Happy hour.** BMAV members meet online or in person for lively conversation and good cheer the first and third Friday afternoons on Zoom or on the outdoor patio (weather permitting) at Silver 7150 Woodmont. All topics welcome. Coordinated by [Stephanie Sutton](#), [Susan Gorman](#) and [Barbara Brown](#). RSVPs required for in-person meetups.

**Hardy Hikers.** [Ann Bennet](#) leads the BMAV hiking club on monthly weekday morning hikes at locations throughout the metro area. The next hike is 10 am, January 25. Contact Ann to be added to the email list and for more information.

**Knitting, Needlework and Friends.** Members of this group work on their own projects or a charity project. The group meets on Zoom and in person the first and third Tuesday of the month at 1 pm to share tips, patterns and socialize. All skill levels welcome. Contact [Sandi Ross](#) for more information.

**Ladies' lunch.** Members meet monthly at noon for lunch, conversation and camaraderie at an area restaurant, a member's home (sitting outside if weather permits), and occasionally via Zoom. The next lunches are on January 30 and February 28. Hosted by [Lynn Barclay](#).

**Men's lunch.** [Bob Metzler](#) and [Reid Detchon](#) host lunch and discussion gatherings the first and third Thursdays at 1 pm on Zoom or at area restaurants. Themed discussions are held the first half of the lunch; the second half is for catching up. RSVP required for in-person meetups.

**Walkie-talkies.** [Nancy Balz](#) leads a weekly 11 am Tuesday walk-and-talk group on a leisurely 30-45-minute circuit. The walks are in hiatus during the winter months, but contact Nancy if you are interested and would like to receive updates on future meetups.

## News you can use

### *How to reach customer service executives*

If you have ever been frustrated trying to reach a company's customer service department or have found it wanting, help is at hand. [Elliot Advocacy](#), a consumer news site dedicated to resolving problems between businesses and their customers, has created and maintains a public database of CEO phone numbers and emails.

The database includes 37 types of companies, from airlines (92 of them) to travel agencies, and gives the names, telephone numbers and email addresses of executives responsible for customer service at each. Also helpful, the site gives proven strategies if you are having a problem with a company.

Here is the link: <https://www.elliott.org/company-contacts/>. Hang on to it. You may need it.

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Do you have an idea for an article or a comment about the newsletter? If you do, please email newsletter editor [Lynn Barclay](mailto:Lynn.Barclay).

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