



**June 2024**

## **News & Updates from the Villages of Kensington**

### **Remembering a Good Friend and Board Member**

On Sunday, May 5, a crowd of about 50 people gathered to honor the memory of Jennifer Ivory, a long-time Villages of Kensington a long-time Vice President, Co-President, Board Member, and supporter of the Villages of Kensington. Prior to her death last year, Jennifer had requested that memorial donations be made in her name to the Village. Family members throughout the country, along with her friends and Village members, responded generously. The Village received more than \$2500.

At the suggestion of Jennifer's husband Bill and daughter Nora, both Village members, it was decided to have a scenic walk along Kensington Parkway; Nora named it the Rose Walk, her mother's middle name. It was followed by a gathering at Babycat Brewery. The two-stage event was designed to reflect Jennifer's lifelong interest in both physical and social activity. The group included the Ivory family and their friends, along with Village volunteers, members, and Board members. Notwithstanding the rain and cold weather, the celebration continued until mid-afternoon. It was perhaps the largest social program the Village has put on.

With the donations received, the Board established the Jennifer Ivory Memorial Fund, which has two purposes. One is to provide recognition of our volunteers through programs and awards. The other is to give financial assistance to low-income Village members in a situation of short-term financial urgency. Through these programs, both of which touch on issues of importance to Jennifer, she will be remembered.

Note: See the April issue of the VoK newsletter for more information about Jennifer Ivory's life and contributions to our organization.

## New to the Board

### Marsha Herman

Marsha, a native Washingtonian, has lived in the Rock Creek Palisades section of Kensington for 16 years. After receiving a degree in Human Development, she had a career of serving children and families in both healthcare and community settings including being the Co-owner and Manager of Mayfield House, a 10-bed assisted living home for seniors. She retired in 2021 and now enjoys spending time with her daughter, gardening, going to the gym, and taking her two dogs to the Kensington Dog Park.





### **Meg Baker**

Meg and her husband Mike have lived in Kensington since 1994. She is the Minister of Spiritual Care and Formation at St. Paul's United Methodist Church in Kensington, having received her MA from Wesley Theological Seminary and her doctorate from The Institute for Worship Studies. Meg has musical interests as well. She produces CDs of her original music, plays for teas at the Strathmore Mansion, and publishes her choral music through Choristers Guild. Meg and Mike have the occasional and wonderful company of their adult twins who grew up in Kensington and now live nearby.

## Summertime Tips for Keeping Cool and Healthy

Unofficially, the summer season of heat and humidity has arrived. Those of us who have lived through one or more Washington summers know to expect to feel less energetic than usual in the summer months. Here are a few tips for staying cool.

**Stay hydrated.** Drink plenty of water (experts vary on how much we need so ask your doctor how much you need to sip throughout the day). You can drink other non-alcoholic and caffeine-free drinks too. Carry water with you on walks and in the car. Add a slice of fruit to your bottle if you don't like the taste—or lack of taste—of water.

And, just in case the need arises, have some Gatorade or a similar drink on hand in case you feel like you might be dehydrated. Symptoms include dizziness, headache, weakness, confusion, passing out. Be sure to contact a medical provider immediately.

**Do outdoor chores early in the day.** It's best to weed the garden, water plants, and sweep walkways and porches before it gets too hot. Also, pace yourself and try to follow a schedule so you aren't doing every chore every day.

**Make appointments for early in the day.** This isn't always possible, but going out earlier—for example, before noon—will help you stay cool and preserve your energy.

**Wear a hat when outdoors.** A wide-brimmed hat will help keep you cool and protect you from the sun's damaging rays.

**Apply sunscreen (at least SPF 15) before going outdoors.** You should also reapply sunscreen regularly, according to instructions on the label.

**Stay out of the sun as much as possible.** Use your screened porch if you are lucky enough to have one or sit under a large umbrella.

**Keep the house cool.** Close shades and windows. Use your air conditioning or fans.

**Use cool or tepid water for showers and baths.** It can feel quite refreshing. Wipe your face and arms with a cold wash cloth for an instant cooling.

## Beans, Beans, and More Beans

We are not all fans of beans, even if they are really good for us. My granddaughter once complained, "There are beans in my bean soup!" She eats everything else. But if you are a fan of beans, here are some ideas for making bean salads to serve as a main or a side dish. Most can be made with canned or soaked dried beans. Try to keep a variety of beans on hand along with cheese (feta works well), chopped or grated veggies (fresh if possible), oil, vinegar, lemons and limes, herbs, spices, and nuts.

1. **Chickpeas** with grated carrots and a dill vinaigrette. Add pumpkin seeds for crunch and extra protein.
2. **Black beans** with cilantro, jalapenos, and corn. Toss with a lime vinaigrette made with ancho chili powder and top with crushed tortilla chips.
3. **Creamy butter beans**, Greek style. Add a vinegar, tomato dressing with dill, parsley, cinnamon, and dried Greek oregano.
4. **White cannellini beans** with shallots. Dress with garlic, lemon juice, vinegar,, olive oil, mustard, and honey. Then toss with cucumbers, tomatoes, and feta cheese. Serve in lettuce cups.
5. **All kinds of beans** in cowboy caviar. Mix several kinds of beans—for example, black-eyed beans , black beans, and kidney beans. Add corn (canned or frozen), green pepper, celery, and onion, and chopped cilantro. Marinate in a vinegar and oil dressing. Serve with giant scoop chips. There are as many recipes for this salad as cows in Texas. Just search online to find one that sound good to you.

See <https://www.serious-eats.com/bean-salad-recipes-for-summer> for the full recipes for #1 through 4.

## When Will the Crops Come to Market?

Maryland farmers have a wide variety of produce available at local markets and at pick-your-own sites. Look for the following summertime fruits and vegetables. Dates are approximate as Mother Nature will determine when things are ready to be harvested.

Mid May—early July	Strawberries
June and July	Green peas
June—mid September	Cabbages
Mid June—mid July	Sweet cherries
Mid June —mid September	Snap beans
Mid June— mid July	Raspberries
Mid June— mid July	Sour cherries
Mid June—August 1	Blueberries
Late June—late August	Pole beans
Late June—early September	Summer squash
Late June—mid September	Corn
Early July til August 1	Blackberries
Early July til mid September	Peaches
July and August	Pickle cucumbers
July and August	Cucumbers
July through September	Potatoes
July and August	Beets
July til mid September	Tomatoes
Mid July til mid September	Carrots
Mid July through October	Broccoli
Mid July through August	Okra
Mid July til mid September	Cantaloupes, plums
Late July til late August	Nectarines
Late July til mid September	Eggplant
Late July til mid September	Peppers
Late July through September	Winter squash

## Minimizing, Removing, and Re-arranging the Clutter

Most of us have some clutter in our homes. Papers to be filed, junk mail to be tossed, stacks of clothing to be donated, gifts we never used, out-of-date foods that are taking up cupboard space, for example. If we have lived in the home a long time, the clutter might be taking over, leaving us unsure of where to begin. Dealing with the clutter can be overwhelming, however, regaining control of our home environment is sure to help us feel a sense of relief.

A quick Google search using the key words “handling clutter” leads to numerous tips, organizations, and consultants focused on helping people declutter. Many are focused on seniors—apparently we are quite resistant to getting rid of our cherished possessions. I will leave that task to the experts. Instead, here are some things you can do immediately to get started on minimizing, removing, and re-arranging the clutter.

**Check the use by dates on food containers.** Cans, boxes, jars, and plastic bags typically have expiration dates. Twice a year, or more often if you like, check the expiration dates and toss items that are no longer fresh. Keep a list of what you removed so you will know which items to replace.

**Use designated baskets and other containers as collection sites.** Group together things that have something in common or are used at the same time. For example, place sunscreen, sunglasses, car and house keys, and hand sanitizer together because they are all used when you leave the house. If they are all in the same place you won't have to go looking for them.

**Dispose of junk mail—catalogs and so on ASAP.** Place them in the recycling bin as soon as you are finished reviewing them. When you have time, contact the sender and ask to be removed from the mailing list.

**Put things away.** This sounds so simple, but many of us are reluctant to do this chore. We tend to leave things on the stairs, on top of the dryer, on the front stoop, or piled on a chair. I admit to being perfectly happy to wash, dry, and fold clothes, but it seems like actually putting them in drawers is something to postpone. You could set a timer-- use the one on your phone—and take 5 or 10 minutes to take the stray items back to their places.

**Start small with reasonable goals.** You can tidy the bookshelf without completely reorganizing the whole thing. When you are ready to review your whole collection,



break the job down into smaller tasks. For example, one day you can gather all the poetry books in one area. Tomorrow or next week you can take on the mysteries.

## Do You Need a Ride? Or Something Else?

Most requests from VoK members are for rides—to a medical appointment, to the grocery store, to an activity, or to another place. We are lucky to have volunteers who are happy to fill these requests.

However, you can also ask for help with indoor and outdoor tasks you can't do on your own, and will keep you safe in your home. A volunteer could:

- Put a new bulb in a ceiling fixture—to prevent nighttime falls in a dark hallway.
- Tighten up screws on a wiggly banister railing you use daily to get up or downstairs.
- Install carpet treads—easily purchased on Amazon.
- Help you move items you use frequently to a lower shelf.

Just let us know what you need and we will try to find a volunteer to assist. Teri Poux (see number in box below) will pass along the request and if a volunteer is willing and able to assist, you will be notified.

### Reminders

#### To schedule a ride or ask for services from VoK.

1. Contact Teri Poux for rides and services. You can call her at **301-509-0191**. If Teri answers, great. Tell her what you need. If she is not available, please leave a message so she can return your call. Once Teri knows the details of your request, she will contact volunteers to identify someone who can meet your request. If a volunteer accepts the request, he/she will call you to confirm.
2. Please do not call a volunteer yourself. For insurance requirements and data collection needs, we need to keep track of VoK's service requests and responses. Also, this can put volunteers in an uncomfortable position of feeling like they must provide a service even when it is not convenient for them.

## Recent Ongoing and Upcoming VoK Events

### Lunch Around

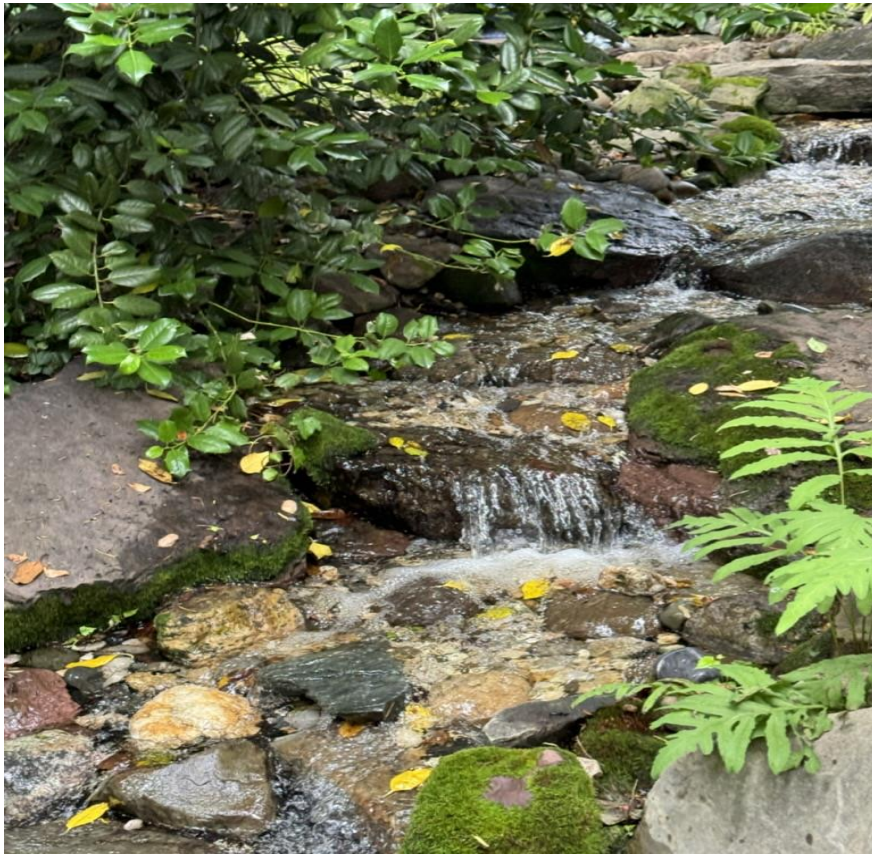
VoK plans a lunch event on the last Friday of the month. Typically, we gather in a local restaurant and occasionally as a picnic in one of K-town's many parks. VoK members and volunteers each pay for their own meals.

On April 26<sup>th</sup> the lunch around took place at Karlee's Deli.



The May lunch was held at the home and garden of our president, Jack Leary. Thirty people gathered to enjoy the beautiful weather, tour the hosts' spectacular garden, eat delicious food, and enjoy good company. This lunch around was by far the largest group VoK has ever had for a lunch-around.

Our next lunch around is on June 24<sup>th</sup>. Watch your emails for an announcement about the location.



Check your emails for announcements of the date and location of the next lunch around.

## Coffee and Conversations

Members and volunteers gather twice a month at different local cafes for coffee and conversations. Coming up:

Tue, June 4: 10am – 11am, Karlee's Deli & Market, 3750 Howard Ave, Kensington, MD 20895

Wed, June 19: 10:30am – 11:30am, at Donut King, 3727 University Blvd W, Kensington, MD 20895,

Please check your email and/or the VoK calendar on the website for other information and future dates and locations for these events.

## Movie Club

Movie enthusiasts meet on the 2<sup>nd</sup> Friday of every month. The next meeting is on June 14<sup>th</sup>. Please Contact Teri Poux if you are interested in joining this club.

### Join Us at Kensington's Juneteenth Event "A Celebration of Freedom"

When? June 15 from noon till 4:00  
Where? St. Paul's Park.

Look for the VoK table, enjoy tasty food and drinks, and join in the entertainment.

### Thank You Modena

The Modena Reserve is a senior living community on Metropolitan Avenue. The management graciously hosts the VoK monthly board meetings. They provide a comfortable and attractive setting that ensures our meetings are productive and enjoyable.

