



HELPING HANDS UNIVERSITY PARK (HHUP) NEWSLETTER

February 2019

HHUP's Friendly Contact Program

Last summer, HHUP's Steering Committee matched HHUP members and volunteers to encourage participation of our HHUP members in our programs and activities. We felt it was particularly important to reach out to our members who do not have email access and therefore do not read our emails or messages posted on the University Park listserv.

We are still evaluating whether the program is as effective as it could be, which is why we are asking for some input.

- If you just love being matched with a volunteer, we'd love to know!
- If you are one of our newer HHUP members, and you have not yet been matched with a volunteer for friendly calls, let us know if **you would like to be matched. A call or email to us is all that's needed.**
- If you've received occasional calls from a volunteer but find this unnecessary, please let us know. We certainly don't want to become pests!

Our Monthly Column in the UP Newsletter

Occasionally we will send out mailings to our HHUP members and volunteers, but mostly, we trust that everyone in UP is reading our monthly UP Newsletter column, mailed to all UP residents. Those columns will always contain information on upcoming events, including information on when RSVPs are requested, and how to ask for rides to any of our events. Sometimes our columns focus on topics related to aging in our homes, or other topics of interest. If you have suggestions about topics, please let us know!

Building Our Membership

HHUP was established to serve all UP seniors and residents with disabilities. In order to receive services and attend our programs and events, we ask eligible residents to complete a simple application form. The form is on-line at: <https://helpinghandsup.org/members>, or can be mailed upon request. Do you have an eligible neighbor who isn't a member yet? Please let him/her know about us!

Helping Hands UP Website

Our calendar of upcoming events can be found on our HHUP website: <https://helpinghandsup.org/>. While you're checking that out, take a moment to view our newest photos. Check back regularly to stay informed about HHUP events and news, including any changes or additions to our calendar.

HHUP Volunteers:

- Did you attend a Volunteer Training but not complete a required background check? We need active volunteers. Please take the time to complete the volunteer application process - contact us with any questions or concerns - 301-892-6636.
- Active volunteers: When you get an email saying your driver's license or auto insurance information needs to be updated, simply email a photo of your new document to: HHUniversityPark@gmail.com so we can update our records. Thanks!

HELPING HANDS UP: 2019 UPCOMING EVENTS (more to come)

RSVP for all events to: 301-892-6636 or HHUniversityPark@gmail.com

FEBRUARY		
<p>Sun., Feb. 10, 3pm - 6pm Clarice Smith Center for the Performing Arts, UMD Campus</p>	<p>Strata, A Thousand Whirling Dreams followed by HHUP Reception at The Clarice Strata, an ensemble including violin faculty member James Stern and guest artists Audrey Andrist, piano, and Nathan Williams, clarinet, presents a dazzling recital of music by contemporary American composers. Free concert, followed by HHUP reception for our members, volunteers and their guests. To join us, please RSVP by calling or emailing. We will have a reserved section of seats at the free concert.</p>	<p>To join us, please RSVP by calling or emailing. We will have a reserved section of seats at the free concert.</p>
<p>Wed., Feb. 20, 12 - 2:00pm Burton's Grill, in shopping center with new Whole Foods, Riverdale Park</p>	<p>HHUP Lunch Club: Come buy lunch and sit with fellow HHUP members and volunteers. Questions? 301-892-6636 or HHUniversityPark@gmail.com. Burton's Grill is a bit pricey - though sandwiches are \$15 and up, small salads are available for \$6-8.</p>	<p>Need a ride? Call 301-892-6636 or email us. Please RSVP so we can reserve enough tables.</p>
<p>Tue., February 26, 2 - 3:45pm University of Maryland 6137 McKeldin Library Special Events Room</p>	<p>Insights Into The Dynamics Of Aging: Current Research At UMD Researchers at UMD are actively engaged in providing new and exciting insights into the aging process and how people can deal with its effects. Join the University of Maryland Emeritus/Emerita Association (UMEEA) and our panelists for a stimulating and informative program.</p>	<p>RSVP to Deborah Rosenfelt: 301-801-8732 or dsr@umd.edu</p>
MARCH		
<p>Sunday, March 10 3:00pm - 6pm Clarice Smith Center for the Performing Arts, UMD Campus</p>	<p>SPOTLIGHT: School of Music Showcase followed by HHUP Reception at The Clarice This annual celebration showcases the range and diversity of exceptional talent across the School of Music. Hear student performers shine with repertoire ranging from jazz standards to operatic duets to virtuosic solos.</p>	<p>To join us, please RSVP by calling or emailing. We will have a reserved section of seats at the free concert.</p>
<p>Wed., March 20 12 - 2:00pm Location to be determined at prior month's lunch.</p>	<p>HHUP Lunch Club: Come buy lunch and sit with fellow HHUP members and volunteers. Questions? 301-892-6636 or HHUniversityPark@gmail.com.</p>	<p>Need a ride? Call 301-892-6636 or email us. Please RSVP so we can reserve enough tables.</p>

APRIL

<p>Wed., April 3, 2:00 - 4:00pm Home of Diane Teichert, HHUP member</p>	<p>HHUP Crafts Gathering - bring your knitting, embroidery, artwork, crocheting, etc. and visit with other HHUPers.</p>	<p>Need a ride? Call 301-892-6636 or email us. You'll get Diane's address when you RSVP.</p>
<p>Sat., April 13 5:00 - 6:30pm UP Church of the Brethren, 4413 Tuckerman St.</p>	<p>5 @ 55 - 5 Documents Everyone Needs to Have by Age 55 - co-sponsored by HHUP and Dave Brosch's 2nd Saturday Lecture Series. An attorney from Byrd & Byrd will be the presenter.</p>	<p>Need a ride? Call 301-892-6636 or email us.</p>
<p>Wed., April 17 12:00 - 2:00pm Location to be determined at prior month's lunch.</p>	<p>HHUP Lunch Club: Come buy lunch and sit with fellow HHUP members and volunteers. Questions? 301-892-6636 or HHUniversityPark@gmail.com.</p>	<p>Need a ride? Call 301-892-6636 or email us. Please RSVP so we can reserve enough tables.</p>

MAY

<p>Wed., May 1 9am - 2pm Hyattsville Municipal Building, 4310 Gallatin St, Hyattsville, second floor</p>	<p>May 1 Senior Law Day: We join Hyattsville Aging in Place (HAP) for this annual event. HAP annually brings lawyers in to help seniors create Advanced Directives, Health Care Power of Attorney and other essential documents you need. No charge -- registration required - Information to follow.</p>	<p>Need a ride? Call 301-892-6636 or email us.</p>
<p>Wed., May 15 12 - 2pm Location to be determined at prior month's lunch.</p>	<p>HHUP Lunch Club: Come buy lunch and sit with fellow HHUP members and volunteers. Questions? 301-892-6636 or HHUniversityPark@gmail.com.</p>	<p>Need a ride? Call 301-892-6636 or email us. Please RSVP so we can reserve enough tables.</p>

JUNE

<p>Wed., June 19 12 - 2pm Location to be determined at prior month's lunch.</p>	<p>HHUP Lunch Club: Come buy lunch and sit with fellow HHUP members and volunteers. Questions? 301-892-6636 or HHUniversityPark@gmail.com.</p>	<p>Need a ride? Call 301-892-6636 or email us. Please RSVP so we can reserve enough tables.</p>
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JULY

<p>Wed., July 17 12 - 2pm Location to be determined at prior month's lunch.</p>	<p>HHUP Lunch Club: Come buy lunch and sit with fellow HHUP members and volunteers. Questions? 301-892-6636 or HHUniversityPark@gmail.com.</p>	<p>Need a ride? Call 301-892-6636 or email us. Please RSVP so we can reserve enough tables.</p>
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