



HELPING HANDS UNIVERSITY PARK (HHUP) NEWSLETTER

August 2019

Creating Collage with Judith Cotter, UP Resident and Artist on Sat., Sept. 7

Judith Cotter would love to share with you the fun of creating collage. Once you get started it is hard to stop. Play, explore and have fun. You don't have to have drawing skills to create art that you can be proud of. All the supplies you need will be provided. If you have magazines or photos you want to use, bring them. Space is limited to 12, with priority to HHUP members.

See details on calendar (p. 2).

New HHUP Initiative: Temporary Assistance Fund (TAF)

Imagine that you have lived in University Park for 30-50 years and you retired several decades ago. You are living primarily on your social security check and pension, along with some savings you try not to dip into. Slight increases in social security payments have not kept pace with the cost of living. Wanting to

age in this lovely community, you've learned to live frugally. What if your furnace goes out, your old stove breaks down, or you are faced with a significant amount of non-reimbursable medical expenses? There are state and federal programs that offer some assistance, but too many people are ineligible for help, or find that help is not available for their particular situation.

To that end, HHUP, with the unanimous approval of the Town Council, has established a Temporary Assistance Fund. HHUP hopes to raise enough funds to be able to help UP seniors with *small* grants when emergencies arise, e.g.:

- In-kind or monetary assistance
- Food/Nutrition - Meals on Wheels
- Housing – temporary emergency assistance
- Medical – small co-pays, urgent care visits, services, such as short-term health care aide assistance

The number and size of grants will depend on how much money we are able to raise. In addition to providing grants, HHUP will assist such individuals in locating additional resources. A full description of this fund, including how to access the application and policies, will appear in the September *University Park Town Newsletter*. Please send your tax-deductible donation, payable to Town of University Park, designated to HHUP-TAF to HHUP, % UP Town Hall, 6724 Baltimore Ave., UP, MD 20782. Thank you!



HELPING HANDS UP: 2019 UPCOMING EVENTS

Unless otherwise indicated, RSVP to: 301-892-6636 or HHUniversityPark@gmail.com

SEPTEMBER 2019		
<p>Sat., Sept. 7, Noon - 3:00pm Prince George's Plaza Community Center, 6600 Adelphi Rd.</p>	<p>Creating Collage with Judith Cotter Play, explore and have fun. You don't have to have drawing skills to create art that you can be proud of. All the supplies you need will be provided. If you have magazines or photos you want to use, bring them. Refreshments will be provided.</p>	<p>RSVPs required - 12 maximum. RSVP to Sue Yarvin, HHUP Committee member: 240-423-1200 or sue.yarvin@gmail.com</p>
<p>Wed., Sept. 18, Noon - 2:00pm Ledo's, 4509 Knox Rd., College 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. Metered parking on the street or in parking garage.</p>	<p>Need a ride? Call 301-892-6636 or email us. Please RSVP so we can reserve enough tables.</p>
OCTOBER 2019		
<p>Wed., Oct. 16 Noon - 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 table</p>
<p>Sat., Oct. 19, Time TBA Old Parish House, 4711 Knox Rd., College Park, MD</p>	<p>SAVE THE DATE: 1st HHUP Annual Meeting We invite HHUP members and volunteers, Mayor, Council Members and Town employees to our 1st Annual Meeting. We will briefly summarize HHUP accomplishments, socialize, enjoy refreshments, and enjoy our featured speaker. Ms. Carian Gray, Prince George's County Library Senior Services staff member, will talk about the amazing services (think 3D printing), home delivery of books, inter-library loans, etc. etc. available from our public library system. A follow-up meeting will teach interested people how to access some of what we'll be learning about.</p>	<p>Need a ride? Call 301-892-6636 or email us. Please RSVP so we have enough food!</p>
<p>Mon., Oct. 28 10am - 3pm Hyattsville Municipal Building 4310 Gallatin St, Hyattsville, MD</p>	<p>Pro Bono Estate Planning Clinic Attorneys will be available to prepare FREE wills, advance medical directives, and power of attorney documents. Sponsored by Community Legal Services and coordinated by Pro Bono Resource Center of Maryland.</p>	<p>*MUST MEET INCOME ELIGIBILITY GUIDELINES* Must make appointment by Oct. 21st - call the Pro Bono Resource Center at 443-703-3052. All information will be confidential.</p>

NOVEMBER 2019

<p>Wed., Nov. 6 Before 8:00pm concert More information to follow.</p>	<p>Join HHUP at The Common inside College Park Marriott Hotel & Conference Center) for Pre-Concert Dinner. Order your dinner and enjoy the company of fellow HHUPers.</p>	<p>Need a ride? Call 301-892-6636 or email us. RSVP required</p>
<p>Wed., Nov. 6 Concert begins at 8:00pm The Clarice DeKelbourn Concert Hall in The Clarice Smith Center for the Performing Arts</p>	<p>University & Community Bands Representing a variety of majors across campus, the University Band is joined by the Maryland Community Band for a concert of traditional and contemporary wind band music in a performance that can be enjoyed by all ages. Free concert with one intermission - general seating</p>	<p>Need a ride? Call 301-892-6636 or email us.</p>
<p>Wed., Nov. 20 Noon - 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>
<h2 style="margin: 0;">DECEMBER 2019</h2>		
<p>Wed., Dec. 18 Noon - 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>

Washington Consumer Checkbook Subscriptions Available

Checkbook, a nonprofit, was created by consumers, for consumers, offers ratings and reviews of local home improvement contractors, auto repair shops, doctors, veterinarians, banks and credit unions, dentists, stores, carpet cleaners, and many more.

Checkbook is offering a discounted (\$18/year for a 35% saving) on-line or mail subscription to HHUP members and volunteers. To order the on-line magazine, go to: <https://Checkbook.org/helpinghands>. If you prefer to order the magazine, please call 301-892-6636 for an order form. HHUP provides this information without endorsement.

HHUP Volunteers:

- Did you attend a Volunteer Training but not complete a required background check? Intrigued by what you're reading in this newsletter? Wondering what you still need to do to become an active volunteer? It's probably that pesky background check, which is simple and free - contact us with any questions - 301-892-6636.
- **Active volunteers:** When you receive 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!

HHUP Announces Its 'Loan Closet'

Thanks to several donations of durable medical supplies, HHUP now has two walkers and a commode, all new and/or in excellent condition. We will be glad to loan these to HHUP members upon request. We are now accepting items in excellent condition to add to our closet, located in the attic of Town Hall. Obviously, items need to be relatively small and light (i.e. not a hospital bed or electric scooter). For more info, call us at 301-892-6636.

Introduction to Washington Metropolitan Ear

Washington Metropolitan Ear, a 501(c)3 nonprofit organization providing free news and information services for blind, visually-impaired, and physically disabled residents of MD, VA and DC, strives to “*substitute hearing for seeing*,” improving the lives of people with little or no vision by enabling them to be well-informed, fully-productive members of their families, their communities, and the working world.” Services are completely free and include:

- 24/7 radio broadcast using radios pre-tuned to our station and a subcarrier channel from WETA-FM.
- 24/7 telephone dial-in news and information service accessed by using a touch-tone telephone that allows the caller to skip and scan newspapers, magazines, and other information just as a sighted person does when reading a publication.
- Audio-Description of live stage performances in ten theaters in the DC metropolitan area.

For further information, check out <http://washear.org> or call 301-681-6636.

HHUP Monthly Column in the UP Newsletter

We occasionally send out mailings to our HHUP members and volunteers, but mostly, we hope that everyone in UP is reading our monthly UP Newsletter column, mailed to all UP residents. Those columns always contain information on upcoming events. Sometimes our columns focus on topics related to aging in our homes or resources of interest. If you have suggestions about topics, please let us know!

Expanding Our Numbers

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 UP residents to become HHUP members. There's no fee - the only requirement is completing a simple application form. The form is on-line at:

<https://helpinghandsup.org/members>. When requested, the application will be mailed. Do you have older neighbors who aren't members yet? Please let them know about us!

Helping Hands UP Website and Facebook Page

Lots of information, including our calendar of upcoming events, can be found on our HHUP website:

<https://helpinghandsup.org/> and our Helping Hands UP Facebook page. Check back regularly to stay informed about HHUP events and news, including any changes or additions to our calendar.