



## Helping Hands UP

### Looking Back

- HHUP co-sponsored May 1 Law Day for the 2nd year in a row. A total of 35 people met with 5 attorneys volunteering their time to help residents complete the Maryland Advance Directive; 13 of the 35 were University Park residents aged 55+. Further information about advance directives is available at:  
<http://www.marylandattorneygeneral.gov/Pages/HealthPolicy/AdvanceDirectives.aspx>
- Last month, Marilynne Lazdusky, longtime University Park resident, was honored along with other 90+ Prince George's County residents and their guests. Marilynne and her guest Susana Limon, HHUP volunteer extraordinaire, enjoyed lunch, music and wonderful attention at Martin's Crosswinds, thanks to the Maryland-National Capital Park and Planning Commission. We had nominated 5 other 90+ residents to attend, and hope that next year we'll have several more who will be able to attend this lovely event.



### JUNE 2019: GAY PRIDE MONTH

**Explore and Honor your 'Pride and Passion for Life'** - HHUP, along with 3 other area Villages (Cheverly Village, Neighbors Helping Neighbors-College Park, and Hyattsville Aging in Place) have planned an exciting program for all people and all ages to take place on **Sat., June 29, 2-5 PM at the College Park Old Parish House**, 4711 Knox Rd., College Park. Keynote speaker will be **Evelyn Torton Beck, PhD**, Professor Emerita, University of Maryland, speaking on *Explore and Honor your 'Pride and Passion for Life.'* Following her talk, we'll have PRIDE button-making for children from 0-100+, munching and mingling, and then we'll have celebratory drumming led by Katy Gaughan. Bring your drums or percussion instruments, or enjoy the ones Katy will provide.

### UPCOMING HHUP PROGRAMS:

**Wednesday, June 12, 2-4 PM - HHUP Craft Gathering** - bring your knitting, embroidery, watercolors, crocheting, etc. and visit with other HHUPers. When you RSVP, we'll tell you who will be hosting us this month - 301-892-6636.

**Wednesday, June 19, noon - 1:30 PM - HHUP Lunch Club - (and every 3<sup>rd</sup> Wednesday of the month)** - HHUP members and volunteers are invited to come buy lunch and socialize with others. Questions? 301-892-6636 or [HHUniversityPark@gmail.com](mailto:HHUniversityPark@gmail.com) - each month the group decides where to meet the following month. Be sure to RSVP to learn where we'll be meeting.

**Saturday, June 29, 2-5 PM - Aging with Pride and Passion for Life** - HHUP and 3 other area Villages are celebrating Pride Month in a big way. See information above for details.

*Have you checked our HHUP website lately? At <https://helpinghandsup.org> you can see upcoming events, fill out a volunteer or member application, and stay up-to-date on all HHUP happenings.*