

USE NEWSLETTER

AUGUST 2015



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for the

USE Annual Picnic

Saturday, September 19th

4-8 p.m.

at

North Hills Picnic Pavilion

Center Harbor & North Village Roads

It's fun! It's potluck!

**Come out and meet your fellow USE
members!**

Introducing:

The USE Lunch Bunch as proposed by Cheri Wubbels

We are excited to be starting a new group within USE that we are calling *The Lunch Bunch*, created so that USE members can get together more often and get to know each other better.

It works like this: Three people will start by inviting one other person apiece to come to lunch in a group, making a group of 6 people. Lunch can be at someone's home or in a restaurant, or in a picnic setting, whatever – it's up to the people getting together.



Each of the three invitees will in turn invite 3 other USE members to lunch for another group of 6, and so on.

We would like to see these lunches spread across the USE membership to incorporate more and more members who know and trust one another. Then, when the time comes to ask someone for a service, you will have some idea of the people in USE who could fill your particular need, or you can ask a known and trusted member to recommend someone else.

These gatherings can morph into all kinds of formats. As fall approaches, there could be a football and beer group (maybe the guys would go for this one – maybe a few gals, too). Or a group could go for a cold one and any kind of sports activity. There could be groups for the ladies and for the gentlemen, or a lively group for both. Some may want to organize a wine tasting, or a gathering for the free RA movie at the Bow-Tie Cinema for Seniors on the 4th Wednesday of each month, a walking group, a theatre group –the opportunities are endless...



New Members
Aisha Barber
Gail Kulisch
Maria Pavco
Elaine Wenger

Training/Communications Update

Upcoming Orientation and Training on our Reston USE online platform:

We have more sessions scheduled at the Reston Library:

Tuesday, July 28	7-8:30pm	Meeting Room 2
Saturday, August 8	3:30-5pm	Meeting Room 2
Monday, August 17	6:30-8pm	Conference Room
Thursday, September 17	6:30-8pm	Conference Room

These sessions will be useful for **new members** to learn more about Reston USE and how we work, for **long time members** who have never used our online system and want to learn, and for members who have logged on, but have some very specific questions about using the online system.

Feel free to bring a guest as well, and they can join on the spot, as well as be oriented on Reston USE.



If you have a laptop or tablet, please bring it to the meeting.

We will also have Reston USE Service Directories available at these meetings, so you can pick up a paper copy if you are a member. The printed Service Directory is updated quarterly.

Tips on Finding and Requesting Help from Reston USE:

Please remember that if you need support from a Reston USE member there are MANY WAYS to connect and find assistance:



To FIND help:

1. Log into our new Time & Talents platform and search for the services offered by members. (If you need login instructions, email RestonUSETimeBank@gmail.com)
 - a. On the platform you can see all the services being offered, and contact any member. You have the benefit of also seeing who lives close to you, and learning more about each member. The most recent membership and contact information is always accessible on the platform.
 - b. To find a list of what services different members are offering, look for the OFFER dark gray tab at the top of the screen. You will see the list of the major categories of services.
 - c. Click on the category you want.
 - d. You will then see a list of the people offering that service, with a format looking like an index card. You can contact them via email or give them a call.
2. Get a copy of the Reston USE service directory. To do this:
 - a. Become a member of our Private Facebook Group. An updated service directory will be posted there quarterly, which you can download.
 - b. Contact Reston USE directly. Send an email to: RestonUSETimeBank@gmail.com or call 703-873-7578. We can email the complete service directory to you. Or we can provide you with a list of people offering the services you are seeking.

To REQUEST help:

1. **Method One:** Log into our new Time & Talents platform. (If you need login instructions, email RestonUSETimeBank@gmail.com)
On the top left, under Welcome Back, click the add new requests icon



- a. Click on a category, then click on the box next to the subcategory. When you are done click on ADD TO MY REQUESTS. You will see that at the top and bottom of the screen.
- b. On the next screen, you will see a box with your request. Make sure to use the expiration drop down menu, so the request will disappear after the date the service is needed. In the yellow text area add details about what you need (include date and time, your neighborhood, and if asking for a ride, where is the drop off point). When done click on SAVE ALL CHANGES.

Some notes on Method One:

- Your request will be publicized in the Weekly Update, which is emailed to all active members on Mondays. If it is after Monday and you need support within a couple days, then it is best to use our Facebook Group and/or email RestonUseTimeBank@gmail.com.
 - It may be tempting when you log in, to add your request simply as an **Announcement**, at the top of the left hand column of your home page. However, the Weekly Update, an automated system, only publishes the most recent 3 announcements, whereas all recent **Requests** will be published. Your Request may be bumped from publication. There are other benefits to using Request vs. Announcement, but this is the most critical.
2. **Method Two:** If you are a member of our private Facebook Group, you can post your request on the private group. Please provide the following details:
 - a. The service you need
 - b. Date and time, if appropriate
 - c. The area of Reston/Herndon in which you live and, if you need a ride, where you will need the ride to/from.
 - d. An email address and phone number at which you can be reached.

You can use the Facebook Group, Method Two, as well as putting a request on our platform, Method One, at the same time. About half of our members use the Facebook Group.

3. **Method Three:** Send an email to RestonUseTimeBank@gmail.com with the details about what you need, and we will post it. Or call: (703) 873-7578, leave a message, and we will get back to you.

A note from the Board of Directors on the Annual Donation (dues):

Dear Members: Your annual donation to Reston USE is critical to our operations!



On the anniversary of your membership, you will receive an email notice that your annual donation is due. Unfortunately, we are more than halfway through 2015, and over 30 members owe dues.☹ That is about 20 percent of our membership, and it makes it hard for the Board to plan for our membership events and cover basic operating expenses.

Each year we ask that each Reston USE member provide an annual donation, also known as dues. We are calling it a donation because it is tax deductible. The rate is \$10 per individual, and \$20 for a household of two or more **active** members.

What are we doing to collect dues?

- a. After your initial notice, we will send out a monthly notice to anyone whose dues are more than 30 days overdue, on or about the 15th of each month.
- b. We will call you once, with a reminder.
- c. If your account is six months overdue, your membership will become inactive.

Wondering if you owe your 2015 dues?

a. Log into our online platform (through Member Log in, on www.restonuse.org). On your profile page you will see the date you joined, and then you will know if you owe yet or not.

OR

b. Send an email to RestonUseTimeBank@gmail.com!

Thanks for your support!

Remember that when you pay your dues, you will receive one hour of credit as well.

Found in the comments section of recent member-member exchanges:



Lorelei Cheung gave warm thanks to Joyce Clark, Ellie Fusaro, Elizabeth Kerr, Cheri Wubbels, Kathy Bush and Malaika Walton for providing meal support, and Mary Donovan for walking the family's dogs as she and her family adjusted to life with their newborn.

Lloyd Agüero thanked Paulina Vasquez for her cleaning support:

"Paulina was most experienced and pleasant."

Malaika Walton thanked Karen Berry for a last minute ride: "Great support helping me pick up my daughter from school on a rainy afternoon. Wonderful getting to know Karen better as well."

Kathy Bush's thanked Joyce Clark: "Joyce stepped in to help me by picking up Barbara Berlage at Dulles Airport when a conflict came up for me. She was so calm and took care of things beautifully."

Kathy also thanked those who provided her (and husband Dave) with airport transportation: With enormous gratitude to Janna Marchione and Alice Markham.

Reminder: If YOU have news or thanks or just anything to share with other USE members, let us know at RestonUSEtimebank@gmail.com.

Some Thoughts from our President, Lorelei Cheung

A Caring Thought, A Well Fed Family

When I joined USE, I joined because I wanted to get to know my neighbors and be involved in a community. Growing up in the South, I was accustomed to walking next door for an egg or for sugar, block parties and eating dinners at neighbors' homes. Reston/Herndon has grown so much over the past decade and become more urban than suburban – it's hard to feel connected in a community when everyone is rushing from point A to point B. There is little time and probably even less energy it seems for a quick popover to a neighbor's house for coffee and good conversation. These interactions take both time and energy, and when the days are long, the traffic is bad and the weather incompatible, they just don't happen. But here is why they should; why taking a little bit of risk, making yourself a little bit uncomfortable and stretching yourself is so worth the effort.

My family just welcomed our second child, and boy, has it been a rough ride. I have been so amazed and thankful for the support I received from the USE community – my dogs got walked, and my family was fed, and my soul was nurtured. I know just how much energy it takes, how much time, effort and care was put into helping my family. Several members stepped outside their culinary comfort zones to help, and it truly made such a difference. I loved seeing these members enter my home, smile at the sight of my brand-new baby and talk with my toddler. I loved seeing the pride emanate from their faces when they realized just how much they had helped. These interactions take both parties lowering their guard to be truly magical – I needed to be open to receiving help and members needed to be ready to

assist. Could I have managed without help? Surely. But why not ask? Why not open your heart and mind to the possibility of help/support and see what happens?



In order to flourish as a community, USE needs its members to jump in and take a risk. Things may not be perfect, the conversation may be awkward, but what if it's not? What if you receive help and it is just what you needed, and then some? What if you meet someone new with whom you really connect? What have you got to lose?

I challenge you take one risk with USE over the next two months. Maybe it's reaching out and requesting a service, maybe it's attending our annual picnic in September or calling a random member and having coffee and a chat. Put yourself out there and see what happens. I really feel like you won't regret it.

"Life begins at the edge of your comfort zone" - Neal Donald Walsch.

Let's all find our edge.

-Lorelei Cheung

From the Farmers Market

Volunteers are still needed and welcome!

Barbara Berlage is busy making phone calls, so please respond to when you get her call – say “YES” to spending an hour or two with another USE member or two and telling other neighbors about USE. OR Send us an email if you want to volunteer on a certain day or time at: RestonUSETimeBank@gmail.com.

We are there each Saturday from 8:00 a.m. until noon, raising awareness about Reston USE and Time Banking.

And Don't Forget Alan Krishnan's Incentive:



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EVERY hour you volunteer at the table will get you one credit for entry in a lucky draw for one week at a Beach Condo at the Outer Banks of North Carolina (OBX, Kill Devil Hills) which sleeps 6 in a 2BR, 2BA condo, just a walk across the road to the beach! Everyone who volunteers a minimum of 5 hours at the table will receive a

complimentary invitation to Bollywood Movie Night and Dinner after the Farmers' Market season is over (those who do not volunteer may attend for \$10 donation to USE, plus 3 volunteer hour credits). **-Malaika Walton**

News for and about USE Members

Remembering USE Member Number One

Inurnment service were held for Camille Joslyn at the Arlington National Cemetery, on Monday, July 13 at 2 p.m. Ellie Fusaro was among the neighbors and friends who attended the ceremony. Camille died last summer at the age of 91.

Here are some of Ellie's thoughts about her: "Camille was a founding member of USE and held the membership Number One. A friendly and warm-hearted woman ... also the person who put together the first directory/index, she was a wholehearted supporter of USE and its concept."

-Ellie Fusaro

Senior News

*Excerpt from an email sent by Grace Lynch
Manager, Communications and Community Outreach
Division of Adult and Aging Services
Fairfax County, VA*

Please tune in to the latest *Fairfax 50+ Podcast* featuring Colleen Turner, LCSW, of ElderLinks.

Colleen discusses the chronic disease self management program that is offered free of charge to residents throughout the county. People with chronic illness *and* caregivers are welcome to participate.

Go to <http://www.fairfaxcounty.gov/dfs/olderadultservices/podcasts/> and click on "You Can! Live Well Virginia!" *

This is such a terrific program. Please consider sharing the link with friends and colleagues via email and facebook. Thanks!

*If the audio is being blocked by DFS security, just scroll down to the archive where you'll find it in another file format.

-submitted by Cheri Wubbels