



SPRING-EARLY SUMMER 2016 USE Newsletter

From Cheri Wubbels, past president and long-time member of USE:

Wonderful things happen when you use a USE service. You meet a wonderful person, and sometimes during your chats as you work together, a topic will come up that you are both interested in, and you have a partner to go to museums with or other special events, maybe bluegrass concerts in the country...

Or, as I did, you can really get lucky and get the phone you've been wanting, because they have one they are giving away! We often forget that USE encounters of the kind we offer lead to special happenings!

If you haven't used USE for a while do so—I just had four pairs of slacks hemmed! With the same person I first worked with somewhere back in the '70's when USE was a barter group—one of a special kind.

Surely you need something done, or a talent to share—go for it!

NOTE: I'm looking for someone who wants to explore "blue highways" in the nearby rural areas. That is, going out without a destination, just taking back road to where ever they lead, catching lunch in a quaint road side eatery, and exploring beautiful Virginia! -Cheri

To learn about or join USE: Find us at: www.restonUSE.org. Write us at: PO Box 8922, Reston VA 20195. Phone us at: 703-873-7578. Email us at: RestonUSETimeBank@gmail.com.

USE Members: To access our USE hOurworld website: Find us at www.restonUSE.org. At the top right side of the web page: Click on the top box with the purple header. This will take to the USE hOurworld website. There you can log in and record a transaction, monitor your transactions and profile and learn about other USE members and their services and needs.

From Helen Vance, our new Board member and Secretary:

As we plan summer vacations, consider these USEful services you can offer or request:

- Deadhead flowers so they don't stop blooming
- Water indoor plants, outside flowers, vegetables, lawn
- Pet sitting - dogs, cats, birds, bunnies, or ... ?
- Collect mail
- Pickup newspapers
- Harvest produce
- Fill bird feeders

A little neighborly help goes a long way to a truly relaxing vacation!

Thoughts from Lloyd Aguero, a long-time USE member:

USE lifetime friends

I am a blessed man for the friends I have met/made thru USE:

Cheri Wubbels. Years ago, I needed plant/flower/garden support. I called Cheri for help to transplant cactus and potted flowers. Cheri had such a friendly, family persona; I knew I would call her again. WOW!!! I was scheduled for heart surgery, which was complicated due to potential kidney failure. I was in recovery for 21 days. Cheri cared for three outside gardens + all inside plants. Quite a responsibility. All was well upon my return home.

Ellie Fusaro. Ellie needed a ride to eye doctor, wait for her in office, return home. I was able to provide support. Ellie called for rescue of USE from the scrap heap. I responded. We have remained close through USE fellowship.

Thank you.
Lloyd Aguero



The USE Board is happy to welcome three new members:

- **Helen Vance - Secretary**
- **Cassandre Durocher - Membership Engagement Chair**
- **Janet Cochran - New Member & Transition Coordinator**

AND

Our Newest Members to USE:

- **Tonia Sanders**
- **Maggie Weber**
- **Keisha Walls**
- **Cassandre Durocher**
- **Page Meade**
- **Monica Bocaner**
- **Patricia Lala**
- **Rose Candela**
- **Gabe Kajeckas**

We're happy to report that Cassandre Durocher has already volunteered to join our USE Board (see above). We look forward to working with you, Cassandre!

Welcome One and All!

Count and log in your Transaction Hours!!

This is important! It is the sum of members' hours that show the health of our organization. It helps us and the rest of the community know how we are doing. So even if you are exchanging with a close friend who is also a USE member, your exchanges count! Log them into hOurworld!

We have published instructions on doing this in the past. But if you are still having trouble, call on one of the USE Board members for help. It isn't as hard as it may look. And one of us can walk you through the process.

Estimate of USE Transaction Hours - January 2016 to June 14, 2016:

Rides/Transportation	35
Organizing	22
Child Care	21
Home Repairs	19.5
Sewing	17
Cooking/Food Help	8
Legal/Financial Help	7
Computer Assistance	6
Pet Care	6
Writing/Research/Publishing	4
Other Help	12
Total Member-to-Member Transaction Hours	157.50
Service Hours to Reston USE	172.25
TOTAL Service Hours	329.75

USE in the Community



The USE information table is up and running beneath our brand new, large and colorful umbrella at the 2016 Reston Farmers Market!

Look for us between 8:00 a.m. and noon on Saturday mornings at Lake Anne Plaza.

We will be at our usual corner between the SNAP table and Julio, the man who sells sunglasses. Be sure to stop by and chat. Bring your friends, too. It's fun! The market is hopping! And, who knows? Maybe they will want to join USE!

Of course, we will be looking for volunteers to help out at the table for an hour or two each week. If you are available ...and interested in telling others in our community about USE, we'd be so very glad to have you! Barbara Berlage will be making calls. When she calls you, we hope you'll say "Yes," to an hour or two. Then come on down and have fun with other USE friends. We're looking forward to a great season!



To make things even more interesting and fun, Alan Krishnan – our treasurer on the USE Board, and the manager for our farmers’ market table – has once again made an unbeatable offer. He says:

“EVERY hour you volunteer at the table will get you one credit for entry in a lucky draw for one week at my Beach Condo at the Outer Banks of North Carolina (OBX, Kill Devil Hills) which sleeps 6 in a 2BR, 2BA condo, and only a short walk across the road to the beach! Everyone who volunteers a minimum of 5 hours at the table will receive a complimentary invitation to a Bollywood Movie Night and Dinner after the Farmers' Market season is over (those who do not volunteer may attend for a \$10 donation to USE.) So it’s a great deal to volunteer. Come one! Come all!

Such a great offer has got to be hard to ignore. With so many incentives, there’s no excuse not to volunteer!

Remember: You earn USE credit hours for the time you spend volunteering at the market!

AND

USE will have our information table set up for families interested in joining USE at the:

**Back-to-School Bash
at South Lakes High School
on August 13th, from 11 a.m. – 2 p.m.**

Stop and say hello if you are at this event. And if you can help us disseminate information about USE to friends and neighbors, please let us know. We’d be glad to have you.

Don't Forget!

Mark Your Calendars

NOW

for the September Potluck Picnic!

**Saturday, September 17th,
4 – 8 p.m.**

**North Hills Picnic Pavilion
1325 North Village Road, Reston 20194.**



From Cheri Wubbels, Chair of the Care Committee

If any of our USE members have a family member who has Alzheimer's or dementia, or if you know anyone who is a caretaker for someone with that illness, here are two free seminars that should provide better understanding and teach techniques that lessen the hardship of caretaking.

Contact Cheri at mediavip@aol.com if you are interested in attending with USE Care Committee members:

1. On **September 29th**, there is a free conference being offered by the Alzheimer's Foundation of America. This will be an interactive educational conference for family members and professional caregivers, individuals with dementia and the community, to be held from 9 a.m. to 3 p.m., at The Whittemore House, 1526 New Hampshire Ave NW, Washington, DC. Here's the registration and information site:

http://www.alzfdn.org/registration/concepts-in-care-educational-conference-washington-d-c/?utm_source=E-newsletter+June+6&utm_campaign=E-newsletter+6-6&utm_medium=email.

2. Also, on **November 11th** (Veterans' Day), the Northern Virginia Dementia Care Consortium Annual Conference will be held in Alexandria. Watch for more information on this.

Let USE Hear from YOU!

If you have a USE anecdote to tell, experience to relate, information to share or questions to ask, please contact any USE Board member or send me an email at mkbwrk1@hotmail.com.

Remember: USE is really all about YOU!

*-Kathy Bush
Newsletter Editor*

From our President, Lorelei Cheung: Birthdays & USE

Have you added your birthday to hOurworld yet? If not, please do!

Below are the two main reasons why we need your birthday:

- 1) In order to plan better activities, events and get-togethers, the Board needs a more detailed understanding of the ages in our membership.
- 2) There has been some discussion about requesting in-kind donations from local businesses, organizations and local government. When making the case for such donations, it helps to have more information about some of the demographics of Reston USE.



To add your birthday, you will need to log into hOurworld. From the Home screen, select "Account." Then select "Profile." You should then find "Birthdate" in the left-hand column. Enter your birth date and then select "Save changes" at the bottom.

In terms of security, hOurworld encrypts all of its information. The Board would prefer accurate information. But the most important piece of information for us is the birth year. The rest can be estimated if desired. Even the birth year can be estimated by a year (either greater than or less than your actual birth year).

Thank you in advance for taking the time to update your profile! Please contact Lorelei Cheung at lorelei.cheung@gmail.com if you have any questions regarding inputting your birthday into hOurworld.

Have a Safe, Fun



and Happy Summer!