



Age-Friendly Montgomery

A Community for a Lifetime

"I'm inviting you to enjoy our County's resources and programs."

County Executive Ike Leggett

Would you like to join a local village?

Nine in ten older Americans say they want to remain in their current home and community as they age. Villages, which are local community organizations, can help enable this by offering more ways for people to connect and support each other.

- 1. Villages promote neighbors helping neighbors:** Village volunteers can help one another by offering rides, helping with small household chores, sharing pet care, offering technical support, and much more.
- 2. Villages promote social connections:** Villages also create opportunities for people to build local social networks. Examples include potluck dinners at neighbors' homes, walking groups, trips to concerts and museums, lecture series, friendly visiting and calling, and snow storm buddies. Most village activities are organized by volunteers who want to invest in their community and form lasting friendships.

In Montgomery County, about 60,000 people have access to a village in their area. Visit www.montgomerycountymd.gov/village to learn whether there's a village available in your community.

Would you like help in starting a village in your community?

If you don't live in an area that already has a village, you might consider creating one. Starting a village is easier with the help of the Village Coordinator and leaders of the many villages in Montgomery County.

Montgomery County's Village Coordinator can be reached at **240-777-1231** or pazit.aviv@montgomerycountymd.gov. Ms. Aviv can:

- Attend a local community meeting to answer questions about developing a village;
- Help you design your village and provide examples of village documents; and,
- Provide ongoing support for the development and operation of your village.

In addition, you also will be able to share ideas, solutions, and resources by networking with the 23 active villages and nine developing villages in Montgomery County.

Please visit www.montgomerycountymd.gov/village to learn about Montgomery County villages and the resources available to you.

Contact Us Today

- **Aging & Disability Resource Line 240-777-3000**
- **3-1-1 or 240-777-0311 for County programs and services; 9-1-1 for emergency**
- **www.montgomerycountymd.gov/senior**
- **"Seniors Today" airs on Sundays, Tuesdays and Thursdays at 6:00 p.m. on Comcast/RCN 6, Verizon 30**