



Spotlight

Celebrating A New Partnership

It was much, much more than getting together to enjoy a little wine and cheese. It was a celebration! On Sunday, August 17, Little Falls Village and Bannockburn Neighbors Assisting Neighbors (NAN) gathered to mark their new partnership. As LFV Executive Director Doran Flowers explains, "Partnering with NAN offers not just practical benefits like shared resources and expanded programming, but the chance to work hand-in-hand with kindred souls who share our values."



*Sandy and Stape Roy
(see page 4)*

NAN President Anne Quinlin is in total agreement. She told the party guests, "We're going to feel our way through getting together, but it's a good partnership for everyone, for the community as a whole." Stay tuned for more information on the new partnership between LFV and NAN.



Celebrating together! From left, Anne Quinlin (NAN President), Doran Flowers (LFV Executive Director), JoAnn Krecke (NAN Vice-President) and Pattie Howe (NAN Treasurer).

More from the Celebration



Party guests playing cornhole.



Villagers gather to get to know one another.



Doran and Anne speak about the new village partnership.



Trying out cornhole skills at the party.

Cornhole Anyone?

John Noble and his wife Diane – members of both Bannockburn (NAN) and Little Falls Village – celebrated the new partnership along with everyone. John inspired LFV to participate in the Maryland Senior Olympics this year and recently placed **second(!)** in the Senior Olympics Triathlon held in Des Moines, Iowa. John invited village members to join him in the swimming and/or tennis events – or, at a minimum, join one of our villages' cornhole groups for the big Cornhole competition on October 5, 2025. Registration required. Go to the 2025 [Maryland Senior Olympics event page](#) for more info.



Diane and John Noble at the senior games.

Some Thoughts...

By Nick Thurston

LFV Meditation & Mindfulness Teacher

Building a daily meditation practice can have many benefits. These range from the practical to the deeply spiritual. A growing body of research shows that meditation can reduce anxiety, depression and even the felt intensity of pain. It can also help us be more present in our relationships and better able to manage our emotional reactions.

As a method of spiritual inquiry, meditation has been used by humans for thousands of years. Regardless of one's religious beliefs, it offers an ever-available space in which to explore fundamental questions about the nature of being, of life and death and of our place in it all.

One of the other great benefits of meditation is that it doesn't have to be done alone. When I was asked to provide some tips on how to meditate, I turned the question to our group, which meets every Thursday morning at 11:00 am ET on Zoom.

For those interested in joining the Meditation group, please email the LFV office at info@littlefallsvillage.org. This is an open event and all are welcome to participate.



Nick Thurston

Tips from Meditation Group Members

Karen: "It doesn't take much time. If you put the time aside, you'll reap the benefits."

Hedy: "If you kind of go in and out, it's ok. Just get whatever you can out of it. Everything's ok. It's recoverable."

Lonna: "I hold my hands over the top of my abdomen. So, when I breathe, I feel the body going up and down."

Katie: "People may think that meditation is supposed to feel easy. They should know that it's ok if it's kind of awful. That doesn't mean something is wrong."

Elida: "When you're getting anxious, sometimes it is ok to walk in with an open mind. Then you can be surprised beautifully by whatever comes to you."



Our Newest Members

Barbara Meima

Dot Procter

Filip Sanders

Our Newest Volunteer

Ling (Linda) Wang



Thanking Sandy and Stape Roy

This Summer neighborhood couple has just made a \$10,000 contribution to continue their long-time support of LFV. The Roys were there in the earliest days to help launch LFV, and they've been generous supporters ever since. Sandy says it makes her feel good knowing LFV is always there to provide both help and lots of fun to local seniors.

Watch for It...Then Help Us!

As we've reported, the Board of Directors is analyzing LFV operations from top to bottom. The effort is to find out what we're doing right and what needs improvement. Here's where you come in. Brief surveys will be sent to members and volunteers to start the process of gathering input. Your answers will be anonymous, so don't hold back. Following the survey, we'll hold some focus group sessions to learn even more from you. What you tell us will guide us forward and help LFV become the best village of all.

In Memorium



LFV mourns the loss of two community members.

Irwin (Irv) Schreiner

Volunteer, passed July 27, 2025

Susan C. Brown

Member/Volunteer, passed August 14, 2025

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Spotlight

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