

# friends

HELPING  
LIBRARIES REACH  
NEW HEIGHTS

Friends of the Library, Montgomery County • [www.folmc.org](http://www.folmc.org)

Today's Preparation...  
...Tomorrow's Success

## FOLMC Looks Forward

After disaster strikes, when the smoke clears and the dust settles, it's important to reflect on what worked well and what to do in case the unthinkable ever happens again. And if the COVID-19 pandemic has taught us anything, it's that emergency preparedness matters.

Having an emergency plan can help to guide you through almost any kind of crisis, but too often the planning gets overlooked during "normal times." It's easy to say we don't need to be prepared for an earthquake because Montgomery County rarely experiences them, or to avoid planning for a disaster because we have other, more pressing needs in front of us right now, but preparation is key to maintaining the health—and sanity—of an organization.

What's your family's major disaster plan? Do you even have one? Too often lately we find ourselves facing extreme events like flooding, hurricanes, health crises, and even terrorism, making emergency preparedness more important than ever. Check out our Bookshop.org, Libro.fm audiobook shop, and visit our website to learn how to help FOLMC help libraries during these times.

### Winter FOLMC Programs

To ring in the New Year, this January, we are pleased to host a Mindful Mixology masterclass with Derek Brown, owner of Columbia Room, which won a Spirited Award as Washington, DC's "Best American Cocktail Bar." Derek will focus on dry (non-alcoholic) craft cocktails as he adds a shot of mindfulness and positive psychology to the art of mixology. "We'll be moving beyond well-made drinks to well-being at large," he promises.

We're also partnering with the Rockville Little Theatre—and celebrating its reopening—by offering FOLMC members a \$2 discount to performances of "The Bad Seed" in January and February.

At our Library Lovers Month Kickoff event this February, we'll be hosting a STEM program for elementary-aged youth as we welcome Maynard Okereke, the "Hip Hop MD."

*continued on page 2*

**"By failing to prepare, you are preparing to fail."**  
— Benjamin Franklin

# FOLMC Looks Forward, continued from page 1

In the spirit of preparedness, FOLMC created the **Friends Fund** and **Libraries Forever Fund** in order to address emergency needs. They are designed to both help libraries during the most critical moments of an emergency as well as to ensure their longevity. We cannot think of a more important cause. Will you support us?

## The Friends Fund

In 2020, FOLMC created a COVID-19 Relief fund, known as the **Friends Fund**. Because of COVID-19, the Wheaton Bookstore remained closed for more than a year, which was devastating to our business. Net profits from the Wheaton Bookstore provide the basis for the direct grants we provide to MCPL, such as for library staff development training and the Summer Read and Learn program. MCPL experienced needs directly related to COVID-19, such as audio/visual equipment for virtual programming, and marketing tools to reach customers who faced the digital divide to let them know about library services like Holds-to-Go while the doors were closed.

With your collective help, we raised more than \$50,000 and enabled MCPL to host digital and outdoor programs ranging from cartooning workshops to virtual happiness sessions, storytimes, yoga, music and dance classes, theatrical performances, puppet shows, public speaking lessons, STEM programs, and arts & crafts groups. Now, we want to plan ahead to rebuild this fund so that, pre-emptively, we will have the resources that we can put to use in the event of another emergency.

## The Libraries Forever Fund

As we enter the new year, we think about where we've been and where we hope to go as an organization. We were so hopeful that the pandemic would be over when the vaccines were distributed, but the variants presented challenges both to our business and our lives. The greatest question remains how will we unwind from all of this; how do we start to heal?

We must be prepared to weather any storm that comes our way to ensure the longevity of our public libraries, and that's why we have resurrected the **Libraries Forever Fund**, originally created during the Great Recession. Past sustainability efforts included innovation updates like automated checkout machines to provide more options to patrons.

Our funding sources include income from the Rockville Bookstore, Memberships, Donations, Bequests, United Way/CFC funding, and grants from organizations like the Arts & Humanities Council of Montgomery County (AHCMC). After expenses and we set aside reserves, what we have left is "above and beyond" for the Library, because its needs never stop.

You can help us ensure that libraries will stand the test of time long after we're gone by contributing to the **Libraries Forever Fund**.

## How Can You Give?

On the donation envelope that came with this newsletter, you will see two new categories: the FOLMC Friends Fund and the Libraries Forever Fund.

- You can support emergency relief by donating to **Friends Fund**
- Or you can make libraries sustainable by donating to the **Libraries Forever Fund**

**YES! I would like to join or renew my membership today**

<input type="checkbox"/> \$15 Page Turner *Includes Bookstore System	<input type="checkbox"/> \$50 Novel *\$100 Bookstore	<input type="checkbox"/> \$500 Epic *\$1,000 Publisher	<input type="checkbox"/> PLEASE CHOOSE ONE OPTION BELOW**
<input type="checkbox"/> \$25 Short Story	<input type="checkbox"/> \$250 Classic *Includes membership online	<input type="checkbox"/> System-wide *Includes membership online	<input type="checkbox"/> Give to my local chapter (please circle ONE)

Contribute online at [www.folmc.org/give](http://www.folmc.org/give) or call our office at (240) 776-6001.

**I would like to make an additional donation.**

\$ \_\_\_\_\_ (25 credit card minimum)

Friends Fund

Libraries Forever

\*\*You must choose either System-wide or an FOLMC Chapter. Designated contributions will benefit System-wide.

As always, you can still donate to your home branch or to the branch you visit most. We want to make it as easy as possible for you to distinguish where your funds go when you choose to donate to FOLMC, which is why we have designated these two new funding opportunities. You can contribute to these funds by using the attached mailing to send money directly to our bank, on our website at [www.folmc.org/donate](http://www.folmc.org/donate) or by calling (240) 776-6001 with credit card information.

We thank you for your support!



When the County READS • When the County MEETS • Where the County LEARNS





# LIBRARY LOVERS MONTH

## KICKOFF

SATURDAY, FEB. 5, 2022  
11 AM | ZOOM

FREE EVENT, REGISTRATION REQUIRED  
VISIT [WWW.FOLMC.ORG](http://WWW.FOLMC.ORG)

featuring

## MAYNARD OKEREKE

The "Hip Hop M.D."



**STEM Program for elementary school aged youth**

#ILOVEMYLIBRARY

# Getting Lost in a Book Could Add Years to Your Life



"Many people, myself among them, feel better at the mere sight of a book."

— Jane Smiley, *Thirteen Ways of Looking at a Novel*

It's a well-known fact that reading is vital to a person's overall well-being, and studies have proven how fiction, in particular, can reduce instances of depression and anxiety—in fact, there's even a word for it: bibliotherapy.

This term, from the Greek words *biblion* which means "book," and *therapeia* which means "healing," dates as far back to 2,000 BC, in Egypt. High above the entrance to the library of Pharaoh Ramses II, archeologists discovered an inscription which read "this is a house of healing for the soul." Julius Caesar liked it so much he took it with him back to Rome, and Renaissance thinkers followed suit, placing the inscription above library portals from Rome to Switzerland well into the 18<sup>th</sup> Century.

In America during World War I, libraries were set up inside hospitals as a way to treat a variety of mental and emotional ailments. Librarian Sadie Peterson Delaney was a pioneer in the field of bibliotherapy and offered books to recovering servicemen at the Veterans Administration Hospital in Tuskegee, Alabama. She grew the library's collection from 200 to more than 13,000 volumes and transformed it into a welcoming space with plenty of plants and light-filled nooks for reading. She hosted book talks, author events, and story times. For those who were unable to hold a physical book, she projected reading materials onto the walls and provided books on tape for those who could not see. When asked to describe the effects books had on her patients, she said, "Here minds long imprisoned by lethargy are awakened... and once again are alive with enthusiasm and joy derived from activity."

Researchers today continue to discover tremendously positive outcomes from reading. A 2009 study by the English neuropsychologist David Lewis found that reading reduces stress more than any other method. His patients reported greater benefits from reading than from listening to music,

taking a walk or even drinking a cup of tea.

*"It really doesn't matter what book you read," Dr. Lewis said, "By losing yourself in a thoroughly engrossing book, you can escape from the worries and stresses of the everyday world and spend a while exploring the domain of the author's imagination. This is more than merely a distraction but an active engaging of the imagination, as the words on the printed page stimulate your creativity and cause you to enter what is essentially an altered state of consciousness."*

In fact, studies have proven how reading strengthens our memory and can slow down cognitive decline, reducing the risk of neurodegenerative diseases like Alzheimer's. And, according to the Yale University School of Public Health, **reading can even prolong our lives.**

That's right. The researchers at Yale followed more than 3,500 people over the age of 50 for a period of twelve years. They discovered that those who read more than 3.5 hours per week lived on average 23 months longer than those who did not.

While the researchers could not determine exactly why reading provided this longevity boost, they do believe the reasons have to do with brain cell connectivity which also results in the decreased occurrences of neurodegenerative disease.

Just as libraries have proven their "staying power" from Egyptian times to the present by embracing change and adapting to new technologies, the very act of reading has positive and transformative outcomes. The data says it all—reading is much more than a pastime; it's an investment in a long and healthy life! Make sure to check out the new MCPL collections catalogue to borrow your next physical or ebook and stop by our bookstores for affordable materials and gifts.



Derek Brown is the author of *Spirits, Sugar, Water, Bitters: How the Cocktail Conquered the World* and *Mindful Mixology: A Comprehensive Guide to No- And Low-Alcohol Cocktails*



## MINDFUL MIXOLOGY

With Derek Brown, of Columbia Room

THURSDAY, JANUARY 14, 2022 | 6PM | VIRTUAL EVENT

Start off the new year with a masterclass featuring dry (non-alcoholic) craft cocktails!

 TICKETS [www.folmc.org](http://www.folmc.org)

 friends of the LIBRARY  
MONTGOMERY COUNTY, MD

# Note from Executive Director Ari Z. Brooks



## Look to Libraries for a Lesson About Life

There was a story on CNN that said that eating a hot dog could take 36 minutes off your life. But if other studies are showing how reading before bed can actually extend your life (see page 3), does that cancel out the hot dog...

These ideas had filled my mind not too long ago, when I was at the doctor's office. I recently passed a birthday milestone, and milestones like these always lend one's thoughts to bigger life questions. While I have a (turkey) hot dog maybe once a year at a summer barbecue, that story was obviously more about avoiding processed, sodium-packed foods and making healthier food choices than it was about calculating life expectancy—because a tool like that simply hasn't been invented yet.

During my visit, my doctor mentioned how important it is to take preventive measures in order to live a good, long life. I'm happy to say that as scared as I was about being out in the middle of the pandemic, I made sure to wear my double masks and keep up with all my annual checkups and preventative care. These tests always seemed more frightening going into them, and then I would wonder "why was I so nervous?" when they were done. I was glad to do these things to be in charge of my health and hopefully ensure that I'll be around for long time to come.

In a similar way, there are some things in our lives that have been designed to withstand the test of time, and libraries are certainly one of them. Time and again, libraries keep proving how essential they are to our communities.

- When we needed access to books for knowledge, libraries provided them,
- When computers came along, and we needed access to technology, again, libraries answered the need,
- Some libraries in other parts of the country gave out COVID-19 tests during the pandemic in an effort to keep their communities safe.
- Even during quarantine, when the library buildings were closed, MCPL provided digital resources to entertain, enlighten, and prepare its customers for whatever would come next.

Short of dry cleaning your clothes, I can't think of anything a library *can't* do. They keep changing and shifting to meet our needs and sometimes fill ones we have yet to foresee. They have earned that "seat at the table" in terms of how useful they are to us, and they're an inspiration for all of us to follow.

So the moral of this story might be to read more and eat less hot dogs, as well as continue to be flexible and stay prepared—for whatever lies ahead. Look to our libraries for a good example on how continually reinventing yourself can ensure a lifetime-plus of longevity, and help ensure the staying power of our libraries by making a year-end donation today using the attached envelope.

# Ways to Shop FOLMC!

## 1 Buy a Book Bundle

Purchase a FOLMC Book Bundle to be shipped straight to your door for just \$30. You can send Book Bundles as gifts or donate a Bundle to someone in need.



Each Bundle includes six-eight (6-8) books in a combination of paperback and hardback formats. Order yours at [www.folmc.org/bookstores/book-bundles/](http://www.folmc.org/bookstores/book-bundles/)

## 2 Shop FOLMC on

Shop the FOLMC Bookstores online from the comfort of your own home through our Amazon store. Items ship from and are sold by FOLMC. Our Amazon store name is **Friends of the Library, Montgomery County**.

## 3 Visit Our Store

Shop FOLMC rare and unique texts through our eBay shop. Check often as stock changes frequently! Visit **mcfriends** on eBay to shop our collection.

## 4 Shop on Bookshop

Want to purchase NEW books - and support FOLMC? We're on Bookshop, an online book hub that directly supports independent bookstores. Visit [Bookshop.org](http://Bookshop.org) and search by Geographic Location for FOLMC in Rockville, Maryland.

## 5 Do you enjoy listening to audio books?



Libro.FM makes it possible for you to buy audiobooks through FOLMC – and we get a portion of every purchase you make. Sign up for a free account, then save us as your preferred bookseller: <https://libro.fm/folmc>

## 6 Purchase a Gift Card

Share FOLMC Bookstores with others! Shop anytime day or night for a FOLMC Gift Card at [www.folmc.org/bookstores/online-store/](http://www.folmc.org/bookstores/online-store/)

**We thank you for your support!**

# A Note from MCPL Director Anita Vassallo



MCPL was very busy this last quarter, with staff engaged in our Summer Read and Learn program and planning and training for the launch of our new integrated library system (ILS) and catalog interface, all while providing direct customer service to residents.

Offering children and teens a chance to fill their summer with great books, learning activities, and virtual events, Summer Read and Learn '21, Tales and Tails, kicked off on June 16, 2021. Friends of the Library, Montgomery County sponsored 12 fun-filled programs that included authors, storytellers, magicians, scientists, puppeteers, a LEGO master, dancers, martial artists, a cartoonist, and "live animals." The programs were enthusiastically received with an average number of 85 attendees per event.

## Many families shared their appreciation and delight for the program:

*[It] Keeps us motivated to continue our reading, learning, and brings us together to talk and ask questions about books we have read.*

*My kids loved the feeling of accomplishment for each mission finished. I/we loved being more involved in our local library!*

*The kids really looked forward to the new missions and prizes. It was a great way to keep them interested in the library. Prior to Covid we would go about every two weeks, so the summer program got them back in the rhythm quickly.*

We greatly appreciate the generosity and support of FOLMC and FOLMC Chapters in helping to make MCPL's Summer Read and Learn program successful.

On October 4, 2021, our entirely new ILS (Koha) and public catalog interface (Aspen Discovery) went live. Both are open source products provided by ByWater Solutions. The Koha/Aspen system offers many customer friendly services and features. Users can:

- Access our public catalog via any mobile device,
- Search ebook and print collection simultaneously,
- Easily browse all formats of a title within one search result,
- Review current checkouts, renew materials, and place holds online for physical and electronic materials,
- Manage privacy settings for reading and search history,
- View and pay fees online,
- Save search alerts for arrival of new materials,
- Select and change notification preferences (text, email),
- Add star ratings to titles,
- Make purchase suggestions online,
- Create, manage, and share lists of favorite books,
- Seamless integration of news, events, and other communication.

Overall, the rollout has been successful. As with any change of this magnitude, there have been some issues, which we have fixed or are working to fix. Both products will continue to be improved and customized as we move forward—that's the beauty of an open source product. For more information on open source check out this link: <https://opensource.com/resources/what-open-source>

We have also been busy with recruitment, refresh projects, and working on ways to expand services to the residents of Montgomery County. Stay tuned!

Join Us!

# THEATER "FUN" RAISER



Jan. 28, 29, 30  
Feb. 4, 5, 6



**The Rockville Little Theatre is BACK!**

Enjoy a discounted performance of "The Bad Seed" by Maxwell Anderson while supporting FOLMC.  
**Tickets are available at [rlt-online.org](http://rlt-online.org) or by calling 240-314-8690**





21 Maryland Avenue  
Suite 310  
Rockville, Maryland 20850-2389

**RETURN SERVICE REQUESTED**

# find

A BOOK TO LOVE AT  
**FRIENDS' BOOKSTORES**

## ROCKVILLE BOOKSTORE

**Open for shopping and donations**

Randolph Hills Shopping Center  
4886 Boiling Brook Parkway  
(301) 984-3300

## WHEATON BOOKSTORE

**Open for shopping and donations**

Wheaton Library and Community  
Recreation Center  
11701 Georgia Avenue  
(301) 933-1110

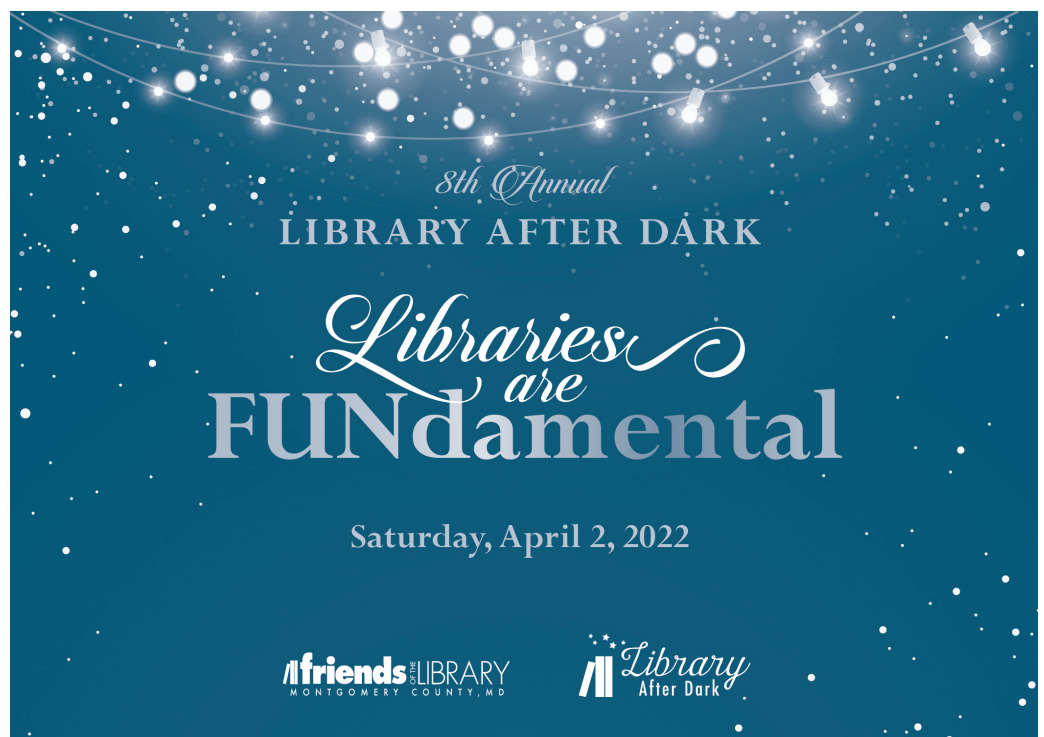
**Get social with all the latest  
FOLMC and bookstore news.**

 [Facebook.com/FOLMC](https://www.facebook.com/FOLMC)

 [@FOLMC](https://twitter.com/FOLMC)

 [@folmcmd](https://www.instagram.com/folmcmd)

 [Friends of the Library,  
Montgomery County](https://www.linkedin.com/company/friends-of-the-library-montgomery-county-md)



This newsletter was sent to print on Dec. 6, 2021. For our latest free online events and most up-to-date information, visit our website, [www.folmc.org](http://www.folmc.org).