



Welcome to the Main Street Monthly Connect! February 2021

Main Street's e-newsletter brings project updates, events, community resources and more to your inbox the first Friday of every month. Thank you for being a part of the Main Street community!



The staff of Main Street Connect and Main Street Apartments greatly appreciates the many kindnesses shown to us during the holiday season including cards, notes and generous contributions to the Holiday Staff Fund. We are very grateful to work with this incredible, inclusive and caring community. Sending love and gratitude to all!

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Main Street Board of Directors

Welcome to Jeni and Donte!

Main Street is very pleased to announce that our board has expanded to include two new members - Jeni Stepanek and Donte Brown! We are honored to have these very qualified individuals join to help steer Main Street forward, and we are really happy to be able to officially include two longtime Main Street friends whom we admire and respect!

You can learn more about [Jeni](#) and [Donte](#) on our website.



Main Street Membership

Our Community Welcomes You!



Main Street membership is OPEN! Choose from over 75 events each month ranging from immersive cultural experiences to lighthearted social opportunities. Our programs are led by people who share a vision for a world where people of all abilities thrive together - are included, feel connected and have abundant choices and opportunities. Main Street events are currently virtual with plans to begin in person again in the spring.

Main Street membership is for EVERYONE! Feeling burnt out, uninspired or alone? Inclusion and belonging are basic human needs we all share. With two membership options and more

than 100 active members, Main Street is open for you to connect, grow and find a place of belonging.

Join us for a [Membership Information Session](#) on Tuesday, February 16, at 6:00 pm or [contact us](#) to activate a trial membership today.

Join Now

Recent Main Street Programs

Girls' Night In

Truth or Dare...

Truth? Tell us about the last time you laughed so hard you cried? Give us an honest answer! If you are a member of Main Street, you might say it was at Girls' Night In, throwing it back to your slumber party days.



Remember those slumber parties you had with your best girlfriends growing up? The laughing, connecting and memories made ... we did that! Highlights included fantastic celebrity impressions, reminiscing about our first concerts, lamenting about the worst foods we've ever tasted and sharing advice about what to do with that gift you got that just isn't "you".

Dare? We dare you to join us for our next [Girls' Night In](#) on February 20! Because sometimes you just need to kick back, let down your guard and get together with the girls.

Conversations Matter

Our Series About Racial Injustice

The first three sessions of our four-week Conversations Matter series have been informative, uplifting and engaging! We would like to extend a huge thank you to our speakers, Elijah Wheeler from the [Montgomery County](#)



Collaboration Council, Dr. Philip J. Merrill, Shellee Haynesworth, Tatiana Lee, Lachi and Dr. Rodney Glasgow.

Earlier this week, among other subjects, Dr. Rodney Glasgow led us through an exploration of implicit bias. His kind manner and collaborative exercise rocked us! What do you see in this picture? Curious about our discussion? Watch the recording [here](#).



There's still time to join us! Register [here](#) and tell a friend! Our final session promises to be thought provoking and impactful:

Sustain the Change - Tuesday, February 9, at 7:00 pm:

For our last session, we will have the opportunity to debrief, unpack and assimilate all we have learned. We will explore meaningful ways we can maintain our momentum and embrace change! The session will be led by two of our key thought partners, Dara Feldman of Virtues Matter and Donte Brown of Donte's Boxing & Wellness Foundation.

We will also be joined by Barbara Talley, poet, speaker, mindfulness leader and relative of Harriet Tubman.

Conversations Matter has been made possible in part by the generosity and support of Maryland Humanities and an anonymous donor.

Exciting Upcoming Programs

Giving Matters

Beginning Tuesday, Feb. 16, 10 - 11 am

Plus = | Core = \$80/series | Non-Members = X

Please join us on a journey to explore different ways we can care for others. We will work as a team and meet once a week for 8 weeks, following a course designed by The Giving Square. We'll start with our own stories,



explore the needs of others and end together by deciding as a team how to give away \$1,000 to help support people in our community. No fundraising is involved! Giving Matters will be co-led by Amy Neugebauer (The Giving Square) and Karen Leggett (author/disABILITY advocate). Register [here](#).

Batman's Biggest Secret

Thursday, February 18, 7 - 8 pm

Plus = | Core = | Non-Members= \$10

Join us for an evening with award-winning author Marc Tyler Nobleman! While researching for a nonfiction book for children, Marc uncovered a big secret about the creation of one of the world's most popular fictional characters: Batman. This led him



on a nine-year journey to try to defy the odds and correct a 76-year-long cultural injustice. His efforts led to a historic change and a twist-filled documentary that is bringing people to tears worldwide. Even people who couldn't care less about superheroes are riveted by the story. Do NOT read about it in advance...trust us, you'll want to be surprised! Register [here](#).

Virtual Information Session: Collaborative Care Program Offered by JSSA

Sunday, February 21, 6 pm

Plus = | Core = | Non-Members =

Join us to learn about JSSA's Collaborative Care Program. This affordable program focuses on helping individuals and families develop a strengths-based, team-based approach to establishing and maintaining a coordinated plan of care that ensures that all needs, from routine to crisis, are identified and managed as individuals and caregivers age. Register [here](#).



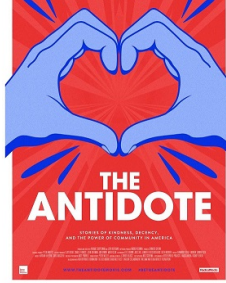
The Antidote: An Evening of Kindness with Kahane Cooperman

Thursday, February 25, 7 - 8 pm

Plus = | Core = | Non-Members = \$10



Join us for a very special session of Main Street's Culture Series as we are joined by award-winning filmmaker Kahane Cooperman. Kahane will discuss her career, documentary filmmaking, the allure of making a film about kindness during these divisive times and share stories about the making of *The Antidote*. Register [here](#).



An Introduction to Crystal Bridges

Thursday, March 4, 7 - 8 pm

Plus = | Core = | Non-Members = \$10

Join us for another special session of Main Street's Culture Series as we take a virtual visit to Bentonville, AR, and tour Crystal Bridges! Come along as we visit the [Crystal Bridges Museum of American Art](#). Philanthropist and arts



patron Alice Walton founded the museum in 2005 as a nonprofit charitable organization for all to enjoy. Register [here](#).

Soulfull Cafe Friday Night Dinners

Soulfull Cafe is now offering delicious, convenient Friday Night Dinners! View the February menu [here](#).



Place your order by 2 pm on Thursday at the cafe or online [here](#). Dinners will be available for pick up on Friday between 5:00 and 5:45 pm.

Soulfull's winter hours remain in effect:

Monday through Thursday: 7 am until 2 pm

Friday: 7 am until 6 pm

Chef Sed Monday Meals

Order by Friday at 3 pm!

Chef Sed continues to offer his delicious, weekly Main Street Monday meals with new menus inspired by his travels.



"What I love about food is its ability to take you places without leaving home! The pandemic has given me time to dream up all kinds of inspired recipes and now my clients and friends get to try them, one delicious bite at a time!"

Orders must be placed by **Friday at 3 pm** for pick up the following Monday between 5:00 and 6:30 pm in the Main Street lobby.

View weekly menu options and place your order **directly from Chef Sed's King Fish website [here!](#)**

Community Opportunities

RespectAbility Webinar

Wednesday, February 10, 1:30 pm

Join RespectAbility for the rollout of their newest employment resource, **People with Disabilities at Work**, to support the aspirations and accomplishments of students with disabilities, job seekers, entrepreneurs with disabilities and their families. More information and register [here](#).

Kennedy Krieger Workshop: Maryland ABLÉ Virtual Overview

Wednesday, February 17, 6:30 - 8:00 pm

Join this virtual workshop to learn about eligibility criteria, the enrollment process, features of an ABLÉ account and the account management process. More information and register [here](#).

Project SEARCH Virtual Info Session

Wednesday, March 10, 6:00 - 7:00 pm

Project SEARCH provides employment readiness training for people aged 18 to 30 with intellectual and developmental disabilities through intensive internships and classroom instruction. This session will include a program overview, insights from former Project Search interns and parents and a

review of the application process. Join using this link:

ZOOM LINK

Meeting ID: 894 090 4816

Passcode: 436383

Hosted by SEEC and Ivymount School & Programs.

Main Street is an inclusive, community-centered residential development, the first of its kind in the Washington metropolitan area, where 25% of the apartments are designated for adults with disabilities. Main Street is located at 50 Monroe Place in Rockville Town Center and opened doors in August 2020. Main Street is a 501(c)(3) nonprofit organization.

[donate](#)

Connect with us on [Facebook](#), [Twitter](#), [LinkedIn](#), [Instagram](#) and [our website](#) to stay updated on all Main Street news and events!

Website: mainstreetconnect.org
Email: info@mainstreetconnect.org