

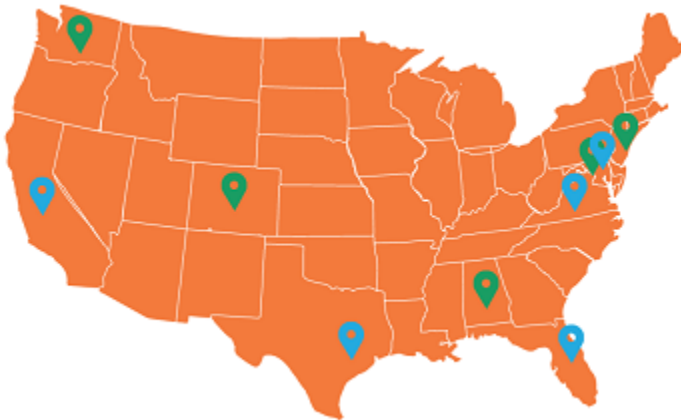


Welcome to the Main Street Monthly Connect! March 2021

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!

Main Street Friends Near & Far!

As our programming expands, we are very happy to welcome new members from outside the DMV! Virtual events really do offer the opportunity to engage and connect as community. Main Street members hail from 9 states and the District of Columbia to date!



Visit our [website](#) to learn about membership options for all!

Main Street Member Spotlight *Mikey and Debby Johnson*

A thousand miles from Rockville, Maryland, the Johnson family shows us how their Main Street memberships help them feel connected and accepted.

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Debby Johnson met Main Street Founder Jillian Copeland several years ago as they were working on similar projects. Debby is a Co-Founder of One Kin Roof, which shares Main Street's values of inclusion and belonging.



As residents of Treasure Island, Florida, the Main Street community had always felt a little far away. When Debby heard about Main Street's shift to virtual programming last spring, she jumped on it. Initially signing up for a Virtual Summer Membership, Debby and Mikey currently have their own Core and Plus memberships. Virtual membership changed everything for the Johnson family, and they now plan their days around Main Street programs.

When speaking about the friends he has made at Main Street, Mikey says that they make him feel "accepted - like I belong and am part of a group - it's amazing!" Debby says that Mikey has the family planning to move there for 6 months out of the year. "NOT during the winter," emphasizes Mikey. We can't wait to meet you at Main Street when it gets a little warmer!

Hear more directly from Debby and Mikey in the video [here](#).

Main Street Team News

Happy and Sad.....

First the sad news - our beloved Programming Director, Ben Charlton, will be leaving Main Street as a full-time employee. Now for the happy - Ben and his fiancée, Sari, will be moving to Oregon to explore some exciting new opportunities. We will miss Ben and Sari but we are thrilled for them as they embark on a new chapter in their lives.



The really happy news - Ben will continue to join us for virtual events and will continue to be a part of our Main Street family. Information about a goodbye celebration will follow - maybe Ben will wear his infamous Halloween disco costume!

The job posting for our new Programming Director can be found [here](#). Please share with any fabulous people who might be interested in joining the Main Street team.

Main Street Events Coming Soon!

LiveWell Health Initiative



LiveWell is a 6-month wellness initiative including an intensive 10-week customized program for adults with disabilities who want to live healthier, more active lives today and develop healthier habits and tools to ensure a healthier tomorrow. Personal Wellness Coaches (PWCs) will work with small cohorts to break down the

keys to a healthy lifestyle, set goals and construct weekly wellness schedules. Weekly workshops on physical activity, stress management, nutrition, hydration and sleep will be facilitated by our health partners: Suburban Hospital, Holy Cross Hospital and JSSA. Space is limited. Registration will open soon!

Interested in learning more? Join us for a LiveWell information session on either Wednesday, March 17, at 7 pm (register [here](#)) or Sunday, March 21, at 5 pm (register [here](#)).

Season of Serenity for Caregivers

Hey moms, dads, sibs, caregivers of others! Are you burned out? Fatigued? Feeling alone and isolated? This series will allow you to find some self-love and will provide useful and helpful strategies to refill your cup! This holistic opportunity allows for choice and, of course, some much needed “**SOS**” - **Serenity Outreach & Support Systems!**



Sessions will be held on Wednesdays from April 14 to June 2 from 5:15 - 6:30 pm. Limited capacity. Registration opens soon!

Main Street Program Highlights

Giving Matters

Our Giving Matters series is just about half way through its 8-week course! Amy Neugebauer (The Giving Square) and Karen Leggett (author/disABILITY advocate) are leading a group of 18 members through an

exploration of the needs of others and how we can make a difference in our community. We look forward to hearing how the group decides to use \$1000 to support others!



An Evening with Kahane Cooperman

On Thursday, Feb. 25, about 45 Main Street members and community friends spent a delightful hour in conversation with filmmaker Kahane Cooperman. Kahane shared her insights, her story and her "aha" moments with us! Her most recent documentary, The Antidote

(available on Amazon Prime) is an inspirational story of community and kindness that is a MUST SEE! Watch the Main Street calendar for another session with Kahane and sessions with other filmmakers, too! Thank you, Kahane, for sharing your brilliance with us!



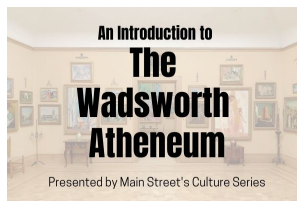
Check out the Main Street calendar to see all upcoming events!

Culture Series Goes on the Road

Thursday evenings at 7 pm

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

Our Main Street Culture Series continues to travel the great U.S. exploring museums near and far! From the comfort of home and with the connectivity of Zoom, we have explored The Wadsworth Atheneum in Hartford, CT; Crystal Bridges in Bentonville, AR; and The Barnes Collection in Philadelphia, PA. Join us for continued cultural experiences, stories and highlights as we view new collections from:



National Museum of Wildlife Art in Jackson Hole, WY - March 18

Metropolitan Museum of Art in NY, NY - April 1

The Columbus Museum in Columbus, GA - April 15

Bainbridge Island Museum of Art, Washington State - April 29

The Menil Collection in Houston, TX - May 13

Artists of Main Street

We are pleased to announce that Dwayne Martin will be the next artist to have work featured at Main Street. Dwayne is a local multimedia artist and his paintings are influenced by abstract art, street art and minimalism. He paints with



dramatic expressiveness, creating graffiti-like effects, using unconventional tools and techniques. We look forward to seeing Dwayne's art at Main Street starting on May 2! You can preview some of Dwayne's work on his [Instagram](#) or [site](#).




We also want to express our immense gratitude to artist Mara Clawson for bringing so much joy and color to the walls of Main Street with her artwork. We are thrilled to still have another several weeks with Mara's beautiful work, as it will remain displayed through April 25. You can see all of Mara's work at maraclawson.com.

SAVE THE DATE – April 25 – Closing reception for Mara. More event details to come.

SAVE THE DATE – May 2 – Opening reception for Dwayne. More event details to come.

Soulfull Cafe New Offerings!

Spread the word: **Firefighters and Police Officers** in uniform will enjoy a **50% discount** on Fridays at Soulfull Cafe!





Soulfull Cafe is now able to offer **indoor seating at 25% capacity!** The weather is improving and **outdoor seating** is also available. Come enjoy a tasty treat and sunshine!

There are new, healthy options on the **sandwich menu** for both breakfast and lunch. Dine in or carry out!

The March **Friday Night Dinner Menu** is posted and ready for you to order! Be sure to place your order by 2 pm on Thursday for pick up on Friday from 5:00 to 5:45 pm.

Soulfull Bodega has a small assortment of groceries for your grab n' go convenience. Check it out!

We're very proud to announce that Bart Yablonsky was named as **Alignable's 2021 Local Business Person of the Year!** Bart is the Owner of Dawson's Market and Co-Owner of Soulfull Cafe. Join us in congratulating him!



Soulfull's winter hours remain in effect:
Monday through Thursday: 7 am until 2 pm
Friday: 7 am until 6 pm

Main Street Selected! The Purpose PProgram 2021

We are pleased to announce that Main Street has been selected to participate in the Scott Circle Communications Purpose PProgram. This 6-month engagement will focus on communications best practices and assist our organization in refining our approach and strategy for the coming year. We are looking forward to all we will learn!



Community Opportunities

2021 Fairfax County Housing Symposium

Wednesday, March 10, 9 am - 4 pm

The symposium will highlight successes and explore creative solutions for meeting the increasing need for housing that is affordable to residents at all levels of the income spectrum. Main Street Founder Jillian Copeland will be speaking at this event. Register [here](#).



Kennedy Krieger Virtual Workshop: Benefits Counseling

Wednesday, March 10, 6:30 - 8 pm

This workshop is in collaboration with Full Circle Employment Solutions LLC. Kimberly Pierce, WIPA program director, will provide an overview of the ticket to work program and other services provided by Full Circle.

Register [here](#).



Maryland ABLE Webinar for Providers

Thursday, March 11, from 10 - 11 am

Join the Developmental Disabilities Administration (DDA)




for this webinar to learn how the ABLE Act and Maryland ABLE can help provider agencies support people to save money without jeopardizing benefits.

Register [here](#).

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

