

# THE VILLAGE NEWS



Volume 10, Issue 3

A Community Network of Support

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March 2018

## VOLUNTEER PROFILE

### Interests keep Tom Beckman on the move

BY JANEAN MANN

**N** NV volunteer Tom Beckman has a wide range of interests, from backpacking wilderness areas to playing the trumpet to inventing uses for artificial intelligence.

A D.C. native, Tom moved with his parents to Los Angeles when he was 5 years old. He grew up there but returned to Washington after graduating from UCLA. Upon returning, he enlisted in the D.C. National Guard and went to work for the IRS. Chosen as one of a dozen employees to study artificial intelligence (AI), he spent two



JANEAN MANN



Tom Beckman pauses during a backpack trip in the Titcomb Basin in Wyoming. Left, performing with the Tuesday Brass Quintet.

years at the Massachusetts Institute of Technology. He found that experience “unbelievable, absolutely stunning.” He had a “most wonderful time” studying

artificial intelligence and management, Tom said, noting that they were already doing virtual reality in 1986.

Returning to the IRS, he and the others established an artificial

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## Preparing for life’s unexpected turns

BY STEPHANIE CHONG

**U**nexpected emergencies can turn life upside down. Once the immediate crisis is addressed, individuals and their families are left with practical questions, such as “Who is going to throw out the spoiled food in my refrigerator?” and “How can I be sure Dad’s rent is

paid on time?”

Here is an overview of planning tools and recommendations that can help you maintain a sense of control and ease stress during a crisis.

### **Organize information**

Organize important documentation, information and passwords for your designee(s) to

have access to in the event of an emergency. The location of this information should be clearly identified and updated as necessary. Make sure your designee knows where you store your information. It can be helpful to set aside time to gather the information together, review it and store it in an agreed-

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## NORTHWEST NEIGHBORS VILLAGE

a community network of support  
4901 Connecticut Ave. NW  
Washington, DC 20008  
202-777-3435  
[www.nwnv.org](http://www.nwnv.org)

**Northwest Neighbors Village** (NNV), founded in 2007 and opened in 2009, is a nonprofit organization created to help the residents of Northwest Washington live comfortably and safely in their neighborhoods and homes as they age.

### Join or volunteer

NNV welcomes new members and volunteers. For more information, go to [www.nwnv.org](http://www.nwnv.org) or call the office at 202-777-3435.

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## FROM THE PRESIDENT

# What's in store for NNV in 2022?

By JUDIE FIEN-HELFMAN

NNV is an extraordinary neighborhood nonprofit founded by community members. Since 2009, NNV has continued to grow, providing an abundance of services to our members through our volunteer corps and committee programs.

Governing a nonprofit requires many talents, perspectives, expertise and resources. The NNV Board of Directors meets in open session monthly to review our financial status, address short-term issues, plan for village events and hear updates from our standing committees to ensure they work collaboratively. Over 30 people in leadership roles daily support our extraordinary staff—Stephanie, Leah and Danielle—as NNV strives to meet the needs of our members and volunteers.

As NNV has grown, so has the number of our members and volunteers. The assistance needed to support our members increases as they grow older and age in place. And just as an individual's needs change over time, so do the needs of a nonprofit. For NNV to remain responsive to our members and use its resources effectively and wisely, the board realized we had to plan in a more deliberate and strategic way. As a result, in late January the board held a retreat to reflect on our successes, identify short-term goals for 2018 and most important, envision what NNV's future holds.

The half-day retreat was graciously hosted by Sibley's Grand Oaks and ably facilitated by Myra Peabody Gossens, the president of MPG Advisors. Myra generously donated her time to NNV for several reasons:



1) She lives in NNV's neighborhood, 2) knew of the village through the support one of her neighbors received, 3) is the board chair of Jubilee Housing, which is grappling with many of the same aging-in-place issues, and 4)

is simply a wonderful human being who cares passionately about D.C. and its nonprofit community.

The retreat afforded board members—many of whom have served less than a year or two—the opportunity to become better acquainted with one another, particularly the interests, talents and expertise they bring to NNV. The retreat also served to initiate a conversation around a vision for NNV and to identify the different perspectives held by board members.

The retreat allowed the board to identify critical short-term goals for NNV this year. The most important outcome was that NNV will undertake a strategic plan (the last one having been done in 2012) to create a clear and consistent vision of NNV in 2022. Strategic planning serves as a road map to help an organization or business figure out how to get where it wants to go. NNV plans to initiate this process early this spring. We will examine strengths, weaknesses, opportunities and threats, and then design and plan NNV's future operations in a prioritized and realistic manner.

The strategic planning process will involve everyone connected to our village—members, volunteers, donors and even some community members who are unfamiliar with us. Thank you in advance for your candid feedback, involvement and most important, your cooperation with this effort to ensure NNV continues to be one of the best villages in D.C.

## NNV CALENDAR

*Rides are available for NNV members to all NNV events.*

**Thurs., March 1-29, 1-3 p.m.**

Watercolor Painting—Joey Mánlapaz, Corcoran professor. \$120 at first class. Forest Hills of D.C., 4901 Connecticut Ave. NW. Materials: [manlapazjo@aol.com](mailto:manlapazjo@aol.com). RSVP: [villageleah@gmail.com](mailto:villageleah@gmail.com).

**Wed., March 7 and 21, 10-11:30 a.m.**

**Caregiver Support Group**—Moderated by licensed clinical social worker. 1st and 3rd Wednesdays every month in Chevy Chase, D.C.

Limited to 8 participants. Call 202-777-3435.

**Tues., March 20, 7:30 p.m.**

**Dynamics of Caregiving**—NNV and CCCA program. Chevy Chase Community Center, 5701 Connecticut Ave. NW.

**Wed., March 21, 2:30 p.m.**

**NNV Book Club** discusses “The Red Chamber” by Pauline Chen. RSVP to Frances Mahncke: [FranMahn@aol.com](mailto:FranMahn@aol.com).

**Tues., March 27, 10:30 a.m.**

**Phillips Collection**—Docent-led

tour. \$13 check to NNV at visit. RSVP by March 16: 202-777-3435.

**Tues., March 27, 3-4:30 p.m.**

**NNV Men’s Book Club** meets at the home of Bernie Hillenbrand. RSVP: 202-777-3435.

**Wed., March 28, 9:30 a.m.**

**Coffee with Stephanie**—Soapstone Market, 4465 Connecticut Ave. NW.

**Save the Date**

**Wed., May 2, 2-3 p.m.**

**Seniors on Stage.** Forest Hills of D.C. Assembly Room, 4901 Connecticut Ave. NW.

## Preparing for the day when the worst happens

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upon location.

Examples of important information include:

- ▶ Health documents: Advance Directive, Healthcare Power of Attorney, copies of health insurance cards, list of current diagnoses and medications, list of physicians and pharmacy of use.
- ▶ Financial documents: Financial Power of Attorney, Long Term Care Insurance policy, investment paperwork, banking information, information on regular bills, i.e. cable bill, mortgage, rent, etc.
- ▶ End-of-life documents: Last Will and Testament, trusts, prepaid burial information, list of your personal wishes that designee(s) should adhere to for end of life and following death.

### Special Considerations

- ▶ Check with the building manager at your apartment or condominium for a format they will accept that identifies whom you allow to have access to your apartment in the event of a hospitalization or other emergency OR entrust your house key to a few trusted individuals. Make sure they all know how to reach one another.
- ▶ Refrain from including your Power of Attorney on your bank account. Instead, check with your bank regarding what paperwork is required for the bank to recognize a Power of Attorney and complete the paperwork accordingly. Be sure to visit your bank with your POA and complete all necessary paperwork.

- ▶ Explore options of direct deposit for Social Security, pensions, etc. so regular income continues in the event of an emergency.
- ▶ Create online accounts with the various companies that require regular billing (i.e. telephone, cable, insurance, etc.) so your designee(s) or Power of Attorney can maintain daily money management in the event of an emergency. Check with the provider for its requirements for authorizing an exchange of information between the provider and your designee.
- ▶ Update your emergency contact information with NNV, so we can reach out to your designee if necessary. Likewise, share our contact information with them.

### Get legal affairs in order

It is important that you complete and organize your legal documents. To ensure that your wishes are clearly expressed and carried through appropriately, you may want to consult an eldercare attorney who can help devise the following documents:

- ▶ Advance Directive
- ▶ Healthcare Power of Attorney
- ▶ Financial Power of Attorney
- ▶ Last Will and Testament

### Need help?

NNV has a list of helpful resources, including attorneys, private care managers and a financial information checklist to help keep all your important information in one place. To learn more, call the office at 202-777-3435.



# Tom Beckman, with trumpet and backpack

PROFILE, Continued from Page 1

intelligence lab. He applied his newly gained expertise by creating a program to help agents do a better and more accurate job of answering taxpayer questions. Because the tax code is so complex, Tom said, IRS employees who offered assistance were answering questions correctly only about 69 percent of the time. With his new system, the percentage of correct answers rose to the high 90s. He expressed frustration that the IRS is not making better use of AI today. After 33 years, he retired from the IRS.

Now, Tom is turning his AI skills in another direction. Frustrated by a bad appraisal on one of his houses, he is creating a software program to help home buyers and sellers get more accurate appraisals. He hopes to finish the patent application in the next several months.

Retirement is also giving him



JANEAN MANN

The Tuesday Brass Quintet performs selections from Duke Ellington to George Gershwin in an NNV-sponsored concert Feb. 11 at Forest Hills of D.C. The quintet includes, from left, Tom Beckman, Judy Leyh, Robert Pallansch, Steve Bauer and Jeffrey Bauer.

more time to enjoy his love of the outdoors. As a child living in California, he loved the mountains and often visited Yosemite. He learned about the joys of backpacking as a teenager when a friend invited him on a hike. “I realized that this is really fun,” he said. He has now hiked in national parks all over the West and in the Swiss Alps.

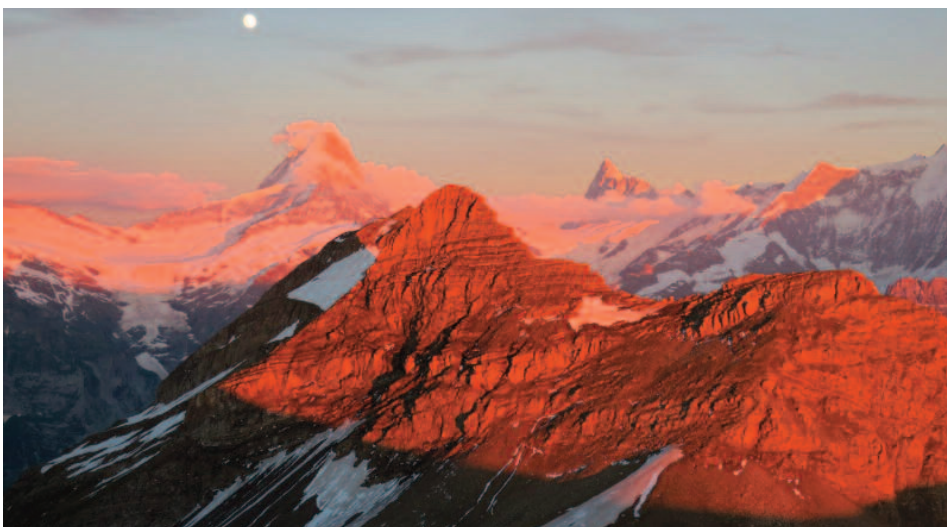
A recent trip took him to the Sequoia and Kings Canyon National Park, where he was struck

by the beauty of an Alpine-like lake trail (Lodgepole). He now also organizes hiking trips.

While in college, Tom became interested in caving, joined a caving club, and did several trips. It was at a caving meeting that he met his partner, Edie Levine. Now, however, most of his caving is of the armchair variety, he said.

A lapsed trumpet player, Tom resumed playing about five years ago with the Tuesday Brass Quintet after Edie saw a notice on the Chevy Chase listserv that the group was looking for a trumpeter. “It’s been wonderful,” he said. The quintet is the house band for the Golden Lotus Temple and has performed at a variety of area facilities including Asbury Methodist Village and the Chevy Chase House.

Tom’s other activities included teaching AI and management science at George Washington University as well as teaching chess. Tom heard about NNV when discussing caregiving options and became a volunteer. He has “a lot of fun” on his shopping trips with members, he said. He and Edie also enjoy NNV’s restaurant lunches.



TOM BECKMAN

Alpenglow illuminates Eiger Mountain above Grindelwald, Switzerland, in a photo Tom Beckman made during a backpacking trip.

# Why a senior SmarTrip card is a must for 65 and older

BY HEATHER FOOTE

**T**he yellow Senior SmarTrip card is a must for people 65 and older who want to benefit from reduced fares on public transit. Older adults ride for half the peak fare on Metrorail, for \$1 on regular Metrobus routes and at discounted fares on other participating bus service providers, including the Circulator. The Senior SmarTrip card makes it easier and more economical to take advantage of public transit alternatives and exercise non-driving options.

**How to get a card:** To apply, seniors present a government-issued photo ID and pay \$2 at the Metro Sales Office from 8 a.m. to 4 p.m. weekdays at Metro Center. Senior cards may also be purchased at the Metro Commuter Stores near the

Silver Spring Metro station and periodically at the Mobile Commuter Store in Friendship Heights, Md. Check [www.montgomerycountymd.gov/commute](http://www.montgomerycountymd.gov/commute).

**How to use a card:** You receive the senior card at time of purchase. The card is then “filled” from your



credit or ATM card with the desired amount to pay for upcoming Metrobus and Metrorail trips. To pay for a trip, the user

taps the card on the Metro farebox inside a station and the fare amount is deducted from the total on the card. Metro users tap the card upon both entering and exiting. Bus users tap upon entering the bus.

Cards can be refilled at machines at Metro stations, using an online Metro account, at Metro Sales Offices or select Giant and CVS stores. Search here for locations in your Zip code: [www.wmata.com/fares/stores.cfm](http://www.wmata.com/fares/stores.cfm).

**Create an online account linked to your card:** Your card will be registered by Metro soon after purchase. However, if you create an online Metro account and link your card to that account, it is easier to replace the card if it is lost, stolen or damaged. The card balance will be forwarded to a replacement card.

Cardholders can also go online to add value to their card and manage multiple cards, including family or friends as well as managing for older members who may not make online transactions.

The first step is to create an online Metro account at: [smartrip.wmata.com/Account/Create](http://smartrip.wmata.com/Account/Create). After you activate your account and log in, the senior card can be linked to your Metro account.

Problems? Call the SmarTrip call center (888-762-7874) or Metro Customer Service (202-637-1328).

For more information, including a fact sheet with more details about the Senior SmarTrip card, call Transportation Outreach Manager Heather Foote at 202-543-1778, Ext. 109, or email [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) (add “Talking Transportation” in the subject line). Villages in D.C. are working together on older adult transportation issues.

## SERVICE OF THE MONTH *Clock and battery changing*

**R**emember the old saying, “Spring forward, fall back”? Daylight saving time begins on March 11 this year, so that is the day you’ll want to move your clocks forward one hour.

But it’s not always easy. You may have a wall clock that can be reached only on a ladder, or a confusing stove, microwave or radio/alarm clock that can be reset only by consulting the instruction manual (which you may or may not have!).

Here’s a timely suggestion: Call the NNV office and arrange for a volunteer to come and help you. This may also be a good time to change your smoke or carbon monoxide alarm batteries, which the volunteers can do at the same time.

March 11 is a Sunday, so you’ll have to call in advance to set things up for that Sunday or Monday. But your problem will be solved, at least until it’s time to fall back (Nov. 4). You don’t have to worry about iPhones, smartphones and other new gadgets because they spring forward all by themselves.

—Lois Berkowitz

# Your legacy with NNV: Leaving a bequest

## Several options for a final gift

BY JUDIE FIEN-HELFMAN

Since 2009 Northwest Neighbors has served our community with wonderful services and programs. The relationships fostered among members, volunteers and donors is at the heart of everything we do. NNV's ability to thrive and operate rests on two critical elements—people and money.

There are many ways to support NNV with your time and talents. There are also many ways to support NNV financially. Some you can undertake independently; others require an attorney or financial adviser.

NNV extends a heartfelt thank you to Janean Mann, one of our founders, for leaving a legacy gift to NNV in her will. Janean's decision to do this is rooted in her passion for, and commitment to,

NNV and its mission to support seniors who remain actively engaged in our beloved community.

"Because of the terrific programs, support and companionship that NNV offers, I have been able to remain in the home and near the friends I love," Janean said. "This is why I have left a bequest in my will to help ensure that our organization is around to extend these benefits to others after I am gone. Your bequest, regardless of the amount, will help."

NNV encourages you to consider supporting NNV with a legacy gift through one of these options:

► **Bequest:** You can set up a bequest for NNV when you work with your attorneys or legal advisers to draft your will.

► **Life insurance:** Life insurance is a wonderful, yet often overlooked, tool for making a gift to NNV. You simply designate NNV as a beneficiary of all, or a portion, of your policy's proceeds.

Or, you can give NNV a policy today, which we can either cash in or hold until a later date.

► **Retirement plan:** You likely have a retirement plan, whether through your employer or your own Individual Retirement Account (IRA) or 401(k)s, 403(b)s and pension plans. You can usually select your charity as a beneficiary for the remaining balance. You would arrange this gift by contacting the administrator of your plans.

► **Financial service products:** If you have certificates of deposit or other accounts at a bank or financial institution, you can select NNV as the beneficiary of these accounts through a payable-on-death provision.

Your selfless generosity will make a difference in the life of our village for years to come and your investment will help ensure our stability and vitality. Please call the office if you have any questions at 202-777-3435. NNV thanks you! It takes a village.

## Lunch Bunch

Good company and good food were the specials of the day Feb. 22 at Blue 44 for NNV's first "lunch bunch" gathering. We're planning our next outing for April, so if you have a favorite restaurant to suggest, let us know. Better still join us! Details to be announced.



JANEAN MANN





HEATHER FOOTE

## Toward better driving

**N**NNV volunteer drivers continued to update their skills by participating in an AARP program updating safe driving skills. Recent participants include, from left, David Cohen, Ann Ingram, Gretchen Jennings, Bob Leland, Eleanor Johnson and George Greenberg.

# Done the taxes yet? Last-minute tips—and warnings

BY JANEAN MANN

**D**.C.'s Office of Tax and Revenue (OTR) has some last-minute reminders for the 2017 tax year and some info to consider for 2018. And the IRS is warning taxpayers about a growing tax refund fraud.

Because April 15 falls on a Sunday, and Monday, April 16, is the Emancipation Day holiday, the income tax deadline falls on Tuesday, April 17 this year.

Standard D.C. tax deductions have increased for 2017 to \$5,650 for single filers, to \$7,800 for head-of-household filers and to \$10,275 for married filers.

Because federal tax law on local and state tax deductions are capped at \$10,000 for tax year 2018, now could be a good time to qualify for D.C. property tax reductions if you have not done so. First, the Homestead

Deduction is available to owners of residential property, regardless of age, and reduces your assessed value by \$73,350 for tax purposes.

A home must be your principal residence to qualify. You can download an application at [otr.cfo.dc.gov/node/409562](http://otr.cfo.dc.gov/node/409562). No computer? NNV volunteers can help; call 202-777-3435.

The second program, the Senior Citizen or Disabled Property Owner Tax Relief, is available to

homeowners 65 or older or to disabled persons regardless of age. You must own 50 percent or more of the property or cooperative unit to qualify. For 2018, there is a \$130,550 limit of the total federal adjusted

gross income of everyone living in the property or cooperative unit, excluding tenants. Use the above website for an application.

AARP is offering free tax aid for

low-income and senior taxpayers at the Chevy Chase Community Center on Tuesdays and Wednesdays, 1-5 p.m. until April 17. You can call 888-687-2277 to confirm the hours and days. AARP membership is not required.

According to the IRS, a new scam is growing rapidly. In one version, criminals posing as IRS debt collection agency personnel contact taxpayers saying a refund was deposited in error and they demand that the money be forwarded to them. In a second version a taxpayer who received an enormous refund gets an automated call claiming to be from the IRS and threatening the taxpayer with criminal fraud charges and "blacklisting" of their Social Security number. The recording gives the taxpayer a case number to call to return the refund. If you think you have received a phony refund, this IRS site will tell you how to refund the payment: [www.irs.gov/taxtopics/tc161](http://www.irs.gov/taxtopics/tc161). As we have previously reminded readers, the IRS does not initiate taxpayer contacts by telephone without official notice by mail first.



# Former members Willem Nijhof and Donna Hartman die

We are sorry to learn of the deaths of former NNV members Willem Nijhof and Donna Hartman.

## Willem Nijhof

A native of the Netherlands, Willem Nijhof was a Dutch diplomat, international economist and for 22 years, a World Bank executive. At the World Bank, he managed a wide variety of operations in Africa, Asia, Europe and the Middle East, concentrating on economic growth and technical education.

After retiring from the bank he worked with the European Union on banking issues while living in Russia and a half dozen other former Soviet Union countries.

He died Jan. 12 and is survived by his wife, Rafia Simaan Nijhof; three children, Pascale, Fabrice and Stella; and four grandchildren.



Willem Nijhof

## Donna Hartman

Donna Hartman, who with her late husband, Ambassador Arthur Hartman, were early NNV members, died Nov. 16, 2017.

She accompanied her husband to six overseas posts, including France and later the Soviet Union, where he served as ambassador until 1987. They witnessed the beginning of “perestroika” (or restructuring), introduced by then-Soviet leader Mikhail Gorbachev. While raising five children, Donna also did volunteer work overseas and was a teacher during her husband’s posting in the United States. Ambassador Hartman died in 2015.

Survivors include five children: David (and spouse Debbi), John (Tamie Lee), Sarah (Peter), Lise Hartman de Fouchier (Bertrand) and Benjamin (Donna); and 10 grandchildren.



Donna Hartman



JANEAN MANN

## Newly retired

**N**NV's new group for recent retirees has been active with a coffee at Soapstone Market, left, and met for walk and coffee Feb. 22. To join the group's email list, send an email to [kzuckerstein@gmail.com](mailto:kzuckerstein@gmail.com).



## COMMUNITY CALENDAR

*Events are free unless otherwise indicated.*

**Fri., March 2, 5-7 p.m.**

***Celebrating 10 Years of Art—***

Opening reception. Iona, 4125 Albemarle St. NW. RSVP: 202-895-9407.

**Fri., March 2 and 9, 11:30 a.m.**

***Gallery Tours—***Winter exhibitions, docent-led. Katzen Arts Center, 4401 Massachusetts Ave. NW.

**Tues., March 6, 20 and 27, 7 p.m.**

***Essential Oils—***Health benefits free samples. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Wed., March 7, 7 p.m.**

***Author Talk—***Rebecca Roberts, "Suffragists in Washington, D.C." Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Thurs., March 8, 7:30 p.m.**

***ANC 3E—***Meeting. Room NT07, Washington College of Law, 4300 Nebraska Ave. NW.

**Sun., March 11, 2-3 p.m.**

Artist's Lecture—Chris Antemann on her exhibit. Katzen Arts Center, 4401 Massachusetts Ave. NW.

**Mon., March 12, 7 p.m.**

***ANC 3/4 G—***Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW; 202-363-5803. [chevychaseanc3@verizon.net](mailto:chevychaseanc3@verizon.net).

**Mon., March 12, 7:30 p.m.**

***Board Games for Grown-ups—***Themed, strategy, cooperative, etc. Chevy Chase Library, 5625 Connecticut Ave. NW.

**Wed., March 14, 1-2 p.m.**

***Nutrition After 50—***Registered dietitian discusses meals, food labels, modifying diet. Register: 301-896-3939. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

**Thurs., March 15, 10:30 a.m.**

***Avalon Senior Cinema—***Patrons 62+ pay less than the usual senior rate of \$8.75. Avalon Theatre, 5612 Connecticut Ave. NW.

**Sat., March 17, 1 p.m.**

***Game On—***Board and video games, all ages. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Tues., March 20, 7:30 p.m.**

***ANC 3F—***Meeting. Room A-03, Bldg. 44, UDC, 4200 Connecticut Ave. NW.

**Mon., March 26, 7 p.m.**

***ANC 3/4 G—***Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Wed., March 28, 3 p.m.**

***Moving Statues—***Prof. Sarah Betzer on 18th-century sculpture. Abramson Hall, Katzen Arts Center, 4401 Massachusetts Ave. NW.

**Every Mon.**

Club 60+

**10:30-11:30 a.m.—**T'ai Chi

Advanced, Norman Greene.

**11:30 a.m.-12:30 p.m.—**T'ai Chi Intro, Norman Greene.

**12:30-1:30 p.m.—**Strength & Resistance/Cardio, Monica Waters. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Every Tues.**

Club 60+

**10-11 a.m.—**Strength & Resistance/Cardio Lite, Eddie Van.

**11 a.m.-noon—**Strength & Resistance/Cardio Advanced, Eddie Van.

Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Every Tues. & Thurs., 8:30-9:30 a.m.**

***Walking Club—***Sibley Senior Association. Mazza Gallerie, Concourse Level, Wisconsin & Western Aves. NW. 202-364-7602.

**Every Thurs.**

Club 60+

**10-11 a.m.—**Strength & Resistance/Cardio, Eddie Van.

**11 a.m.-noon—**Strength & Resistance/Cardio Advanced, Eddie Van.

**11 a.m.-noon—**Yoga, Zarina Rana. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Every Fri.**

***AARP Legal Counsel for the Elderly—***Self-help office. Assistance with legal questions, claims reports, consumer complaint letters, benefit checks, etc. Call 202-895-9448 (option 4) for appointment. Iona Senior Services, 4125 Albemarle St. NW.

**Every Sat.**

Club 60+

**10 a.m.—**Strength & Resistance/Cardio, Walter Smith. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Farmers Markets**

***Sat., March 3, 9 a.m.-1 p.m.—***New Morning Farm, Sheridan School, 36 St. & Alton Pl. NW.

***Sat., 9 a.m.-1 p.m.—***Lafayette, Broad Branch Ave. & Northampton St. NW.

**Movie Mondays**

**2 & 6:30 p.m.** Chevy Chase Library, 5625 Connecticut Ave. NW.

**March 5—**"Rosewater," U.S., 2014, rated R (Gael Garcia Bernal).

**March 12—**"Life Is Beautiful," Italy, 1997, rated PG-13 (Roberto Benigni).

**March 19—**"Slaughterhouse Five," U.S., 1972, rated R (Kurt Vonnegut book).

# Avoiding gluten? Try this cookie

By BARBARA B. OLIVER

**G**luten is a substance present in cereal grains, especially wheat, that is responsible for the elastic texture of dough. A mixture of two proteins, it causes illness in people with celiac disease, or in people who are gluten-sensitive.

This recipe, provided by NNV member Janean Mann, is a delicious, healthy dessert for anyone who isn't allergic to peanuts, but it is an especially welcome treat for those with gluten issues. If you are allergic to peanuts, you can substitute almond butter for the peanut butter.



BARBARA B. OLIVER

## Gluten-Free Peanut Butter Cookies

*1 egg  
¾ cup white granulated sugar*

*1 teaspoon baking powder  
½ teaspoon vanilla extract  
1 cup creamy peanut butter  
(Simply Jif or other low  
sugar/lower-fat version okay)  
1 teaspoon water*

Preheat oven to 350°F.

Mix egg, sugar, baking powder and vanilla for 1 minute. Beat in peanut butter and water.

Scoop dough onto greased pan or one covered with parchment paper. Press fork onto tops to flatten slightly.

Bake for 11 to 15 minutes. Cool on rack.

**Note:** Janean uses a melon ball scoop; I used a cookie scoop, which has a quick-release lever. (It is available at Sur La Table or Bed Bath & Beyond.) You could also drop dough by the teaspoonful as you do chocolate chip cookies.