

## NNV Takes an Important Step to Address Equity in Our Village

BY STEPHANIE CHONG

**N**orthwest Neighbors Village envisions a generous, supportive community where all older adults are valued, age with dignity, and enjoy opportunities for growth and engagement. We are always challenging the status quo in an effort to attain our vision. This past year reminded us all of the need for greater diversity, equity, and inclusion in our institutions. The NNV board has been examining our practices to see how we could do better in these areas, and is taking a meaningful first step in addressing issues of equity within our organization.

Driven by our core values: caring, positive aging, diversity, collaboration, integrity, and innovation, the NNV board has voted to waive the membership fee for members with an individual annual income of \$45,000 or less, or an annual household income of \$55,000 or less. This important decision will

ensure that no one will be left out of our Village because of their financial circumstances.

I am so grateful to our board for taking an honest look at our values and practices, and making adjustments to be sure the two align. I am delighted to know that now all neighbors can benefit from the caring support of a local volunteer, engage in social, cultural and wellness programming, access our robust network of resources, and add to the fabric of our Village community.

This is an exciting first step but we still have work to do. We invite you to help NNV become a more diverse and inclusive Village. If you are interested in being a part of this important work, please contact me at [schong@nnvdc.org](mailto:schong@nnvdc.org) or call 202-935-6060.



### Tickets for a Cause

### And the winners are.....

- 1st Prize - Joan N. - Peloton Exercise Bike or MIRROR Fitness
- 2nd Prize - Jan L. - Tom Toles Signed Cartoon
- 3rd Prize - David S. - Paul's Wine & Spirits Wine Tasting for 20
- 4th Prize - Janean M. - \$200 Restaurant Gift Certificate

### Congratulations to our winners!

Thank you for supporting our Tickets for a Cause event. Your ticket purchase allows Northwest Neighbors Village to offer free membership to neighbors with limited income. If you missed our event or would like to support this worthwhile cause, you can still make a difference!

Explore our website to [make a donation](#), [become a volunteer](#), or both!

Watch the [video of the program here](#).

## NORTHWEST NEIGHBORS VILLAGE

a community network of  
support

PO Box 39135  
Washington, DC 20016  
202-935-6060  
[www.nnvdc.org](http://www.nnvdc.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 homes and neighborhoods as they age.

### Join or volunteer

NNV welcomes new members and volunteers. For more information, go to [www.nnvdc.org](http://www.nnvdc.org) or call the office at 202-935-6060.

### NNV Board Members

#### Officers

Morgan Gopnik, president  
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Beverly Lunsford, secretary  
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Steve Altman  
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Pat Mullan

# Remember to stay hydrated: Summer is here!

ADAPTED FROM [The Mayo Clinic website](http://www.mayoclinic.org)

**D**ehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you will get dehydrated.

Thirst isn't always a reliable early indicator of the body's need for water. Many people, particularly older adults, don't feel thirsty until they're already dehydrated. That's why it's important to increase water intake during hot weather or when you're ill. This means that even minor illnesses, such as infections affecting the lungs or bladder, can result in dehydration in older adults.

The signs and symptoms of dehydration for adults include:

- Extreme thirst
- Less frequent urination
- Dark-colored urine
- Fatigue
- Dizziness
- Confusion

It's a good idea to drink water frequently throughout the day and not wait until you feel thirsty. Try adding fresh fruit, like strawberries or melon, or sliced cucumbers to your water for an extra incentive to stay hydrated!

An NNV member made the excellent suggestion to include this timely warning in our newsletter. What would you like to see discussed here? Let us know! Email Leslie ([lpace@nnvdc.org](mailto:lpace@nnvdc.org)) or call the office at (202) 935-6060.



On a recent NNV walk, Sal Selvaggio (L.) and Henry (Hank) Guyot (R.) tried out the exercise equipment near Forest Hills Park

PHOTOS BY KAREN ZUCKERSTEIN

# Increasing the supply of home healthcare workers

BY SAL SELVAGGIO

One lesson we should have learned during the recent pandemic is that failing to confront a predictable health crisis can have profound and disruptive consequences. We are now faced with just such a situation when it comes to our healthcare workforce. Anyone who requires some form of health support, either at home or in a group setting, is currently being harmed by a severe shortage of Certified Nurse Assistants (CNAs) and Home Health Aides (HHAs).

Hospitals are having difficulty releasing patients back to their homes due to this shortage. There are long waiting lists for home aides to assist with activities of daily living or transport people safely to appointments. The problem is only getting worse, as illustrated by the figures below.

## A growing need ...

- An estimated 36,000 D.C. residents have difficulty with self care and/or with independent living.
- 19,500 are persons 18-64 years old who need temporary or permanent care.
- 16,700 are aged 65 and over and unable to live independently without support.
- These numbers are projected to increase by approximately 10 percent every five years.

## ... with an inadequate supply

- The ratio of residents needing homecare support in D.C. to available caregivers is currently 3 to 1. This will only get worse if current demographic and workforce trends continue.
- A recent survey by D.C. Appleseed and the D.C. Long Term Care Coalition found that 20 of 21 homecare agencies were concerned they will be unable to hire enough aides to fulfill client needs by next fall.
- Family members or friends often fill the gap by caring for those unable to hire paid caregivers, with significant strains on those people's time as well as concerns about quality of care.

There are many causes of this situation, including low pay for home healthcare workers,

confusing regulations and certification requirements, and the absence of a coordinated approach across all the responsible D.C. government agencies.

Some possible solutions include:

- Increasing compensation and improving working conditions for direct care workers
- Streamlining training and certification requirements
- Improving access to low- or no-cost, high-quality training programs and offering tuition assistance to direct care workers who serve D.C. residents
- Ensuring that home care placement agencies provide meaningful supervision and ongoing training to their employees
- Supporting upward career pathways for direct care workers
- Identifying best practices leading to employee-owned private placement agencies such as the homecare cooperative model used in both urban and rural settings
- Developing a long-term strategy to address the shortage, with input from all relevant agencies and stakeholders, and designation of a clear, accountable agency lead.

NNV has joined with other D.C. Villages to monitor and support efforts by the D.C. Coalition on Long Term Care, the D.C. Senior Advisory Coalition, and other entities working to reverse these disturbing trends. As a retired healthcare provider and long-time NNV volunteer, I have provided written and oral testimony to the D.C. Council to advocate for approaches such as those outlined above.

The first step is to recognize the problem. Then we can work together to find workable, long-term solutions.

To find out more, visit:

<https://www.dclongtermcare.org/workforce/>

To get involved, contact: Sal Selvaggio (email: [selvaggio.sal@gmail.com](mailto:selvaggio.sal@gmail.com)).



# DC Villages First Annual Village Pride Celebration a Success!

By HEATHER HILL

On June 16th, the D.C. Villages hosted our first (Virtual) Pride Celebration! Sophia Ross of Capitol Hill Village emceed the event and attendees enjoyed hearing from speakers from [Mary's House for Older Adults](#) and the [Wanda Alston Foundation](#). There was a gift card give away, time for socializing, and a short but festive dance party led by Palisades Village member, Ghislaine Dittberner. NNV's member and volunteer services coordinator, Heather Hill, and Cleveland and Woodley Park Village's assistant director, Claire Thompson, were on the planning committee for this fun, festive and informative event.

George Kerr III, Chair of Policy, Advocacy and Outreach at Mary's House for Older Adults, discussed the vision of his organization: to create affordable, independent, communal housing for LGBTQ older adults that will eliminate the intense social isolation experienced by aging alone with the subtle and not so subtle discrimination based on one's sexual orientation and identity. He emphasized the expected future growth of the LGBTQ elder population in the District and the importance of the creation of a safe living space for this population. The facility will also house a LGBTQ resource center. Coincidentally, Mary's House was featured on NBC4 after the Pride Celebration. [Click here to view the clip and learn more.](#)



Andrew Eschrich, Human Resources Manager at The Wanda Alston Foundation (WAF), spoke to the Pride celebrants about his organization--the only housing program in Washington DC solely dedicated to offering pre-independent transitional living and support services to homeless or at-risk LGBTQ youth ages 18-24 in all eight wards. WAF's mission is to eliminate homelessness and poverty for LGBTQ youth, who tragically make up a disproportionate percentage of homeless youth. Along with transitional housing (up to 18 months), WAF offers case management, job training, educational support and guidance and support service referrals.

The DC Villages are encouraging donations to both organizations to help support their important missions and increase the visibility of their vital work in our communities. The Wanda Alston Foundation welcomes both monetary donations and in-kind donations of gift cards, bedding, and storage bins. For a complete list of items and how to donate to WAF, [click here](#). To make a secure donation to support Mary's House for Older Adults, please [visit this link](#). We thank you for considering donations to support the work of these non-profits, and we hope to see you in-person at the D.C. Villages Pride Celebration next year!



To benefit Northwest Neighbors Village, [Paul's Wine and Spirits](#) (5205 Wisconsin Ave. NW - [click for a map](#)) is donating to our Village 20 percent of white-labeled purchases made by NNV supporters. Simply identify yourself as a "Northwest Neighbors Village Supporter" at checkout and tell them that you want the 20 percent discount to be donated to NNV. We are grateful to Paul's Wine and Spirits for their support and encourage all of you who shop at Paul's to avail yourselves of this generous offer. This offer will continue through Aug. 31, 2021.

# NNV'S role on the Chevy Chase Small Area Plan Advisory Committee

By STEVE ALTMAN

**T**he District of Columbia has approved a city-wide comprehensive plan that addresses housing and development in D.C. As part of that process, the D.C. Office of Planning (OP) will develop more localized plans, called Small Area Plans (SAPs) for certain neighborhoods. These plans will provide suggestions for the development of city corridors and neighborhoods, such as identifying housing priorities and highlighting gaps and opportunities in city services.

The main corridor of Chevy Chase (along Connecticut Ave., from Livingston St. to Chevy Chase Circle) is one of the neighborhoods selected for an SAP, based in part on a recommendation by our local ANC.

In the case of Chevy Chase, the District's draft Comprehensive Plan contemplates increasing the zoning in the corridor from low density to moderate density in order to encourage more affordable housing. Issues relevant to NNV that might be included in the plan are topics such as the timing of crosswalks, accessibility, redesign of the community center and library, encouraging the right mix of businesses along the Connecticut Ave. corridor, and promoting the construction of affordable housing designed for older adults.

In order to assist in creating the SAP, the D.C. OP has created an advisory committee: the "Chevy Chase Small Area Plan Community Advisory Committee" (CAC). This group of volunteer community members represents a wide range of viewpoints and the OP has directed it to "provide input on the planning process, identify needs of diverse community groups, share information with neighbors and community networks, and advise the District government on plan content."

NNV was asked to have a representative on the advisory committee to provide input regarding the needs of older adults in our neighborhood. This is particularly important since Ward 3 has the highest percentage of citizens over the age of 65 of any ward in the District. It also demonstrates the increasingly visible role that NNV is playing in our community. Having been a former president and

resident of the area for over 35 years, NNV asked me to represent the Village on the advisory committee.

Neither I nor NNV itself will be adopting a formal position on the final plan. We will focus on the concerns of our NNV community by providing information on relevant issues and obtaining feedback from our members, supporters and other Chevy Chase citizens who are over the age of 60.

Last month, NNV circulated a survey to gain valuable feedback from our Village members and Chevy Chase residents aged 60+. Survey feedback emphasized that Chevy Chase is a great and safe place to live with a mix of shops and services that are easy to access. The input that we received reflects a positive feeling, and offered suggestions to make the neighborhood even better. Suggestions include more green spaces in which to meet friends, more parking, public toilets, a hardware/garden store, traffic control, and many other "doable" ideas. Also, some excitement has been generated by plans to redo and improve the community center.

There are multiple opportunities for public comment and input to the planning process. You can learn more and provide input by following the progress at [publicinput.com/13078/](https://publicinput.com/13078/).



Keep one or more "grip and grabs" accessible to quickly pick up dropped items or to reach objects kept on high shelves.

A variety of lengths are available at Rodman's, Ace Hardware and on Amazon.



Do you have any time saving or safety suggestions to share? Send them to Leslie ([lp@nnvdc.org](mailto:lp@nnvdc.org)).



# Old Urban Naturalist

By JANE WHITAKER

I don't know if any of you spent any time observing the cicadas but they had some interesting behaviors. For instance, wherever they landed they had an obsession to climb up, never down. One landed on my husband's leg while he was sitting on the deck. It climbed up his trouser leg to his knee and then up the fold of his jeans. When it reached the top of the fabric's fold it stopped and seemed to be stuck. It could go no farther as every way was down. I have since observed them on some of my tall flowers. They go to the top of the flower head and remain there until they fly off to hopefully, for them, find a tree where they can obtain new heights, start singing and attract a mate.

But enough of cicadas. Summer is here and the news will be talking about pollinators, bees in particular. So, let's look at some of our other pollinators which are easy to see and fun to try to identify-- butterflies.

We have more than 100 different species here in the Mid-Atlantic region. Many are very showy and can be identified with a little work. Neighborhood flower gardens are a good place to start.

Some understanding of these insects is in order before I proceed. The adult butterfly that we all adore and see in many art forms is only one stage of the butterfly life cycle. The adults lay eggs on a host plant, which provides fuel for the caterpillar's growth once it emerges from the egg. The mature caterpillar spins a cocoon from which the adult butterfly emerges. Host plants are essential for a butterfly species to survive. If you want to see a specific butterfly, hunt for or plant the host. Many host plants are pretty flowers but some are trees or grasses. Some butterfly caterpillars eat only one

species of plant and others are very cosmopolitan in their diets.

The big butterflies we see in the summer are probably swallowtails, fritillaries, and of course monarchs. They have a 3-4 inch wingspan and swallowtails have tail-like projections on their hindwing which supposedly confuse predators like birds who mistake the tails for antennae and attack the rear of the insect as it flies away.

Tiger swallowtails are yellow with black stripes. The zebra swallowtail is white with black stripes and is most common along river bottoms where its host plant, the paw-paw tree, grows. The remaining species are black with a variety of markings.

The smaller but abundant white butterflies are cabbage whites, an introduced species. Their caterpillars are particularly fond of cabbage, broccoli, and related plants. Sulphurs are yellow and can be seen bouncing over open fields. Their caterpillars are green and feed on legumes and wild mustards.

The great spangled fritillary is a large orange and brown insect with black and silver spots on the wings. Other fritillaries have the same colors in a variety of patterns and range from large butterflies with approximately 3-inch wingspans to very small ones barely an inch across. Most of them are found in open fields.

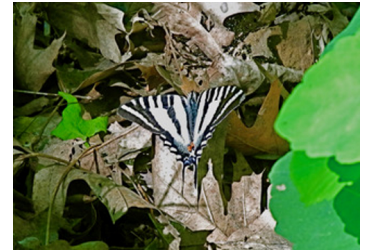
In late summer you will see "grass skippers" - affectionately called LBJ's, little brown jobs, by butterfly enthusiasts. Their wings are such that they "skip" from plant to plant and their small size and brown color make it difficult to identify them by species. There are 20+ species in our area.

There are tiny azure butterflies and blue butterflies that are less than an inch across. They frequent your yards. If you're lucky you may see some. Take a photo of your "find"

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Eastern Tiger Swallowtail



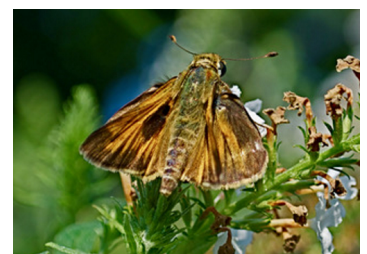
Zebra Swallowtail



Sulphur



Aphrodite Fritillary



Sachem Skipper



"Puddling"

PHOTOS COURTESY OF JANE WHITAKER

# Meal preparation and delivery services

BY LESLIE PACE WITH SUGGESTIONS FROM VILLAGE MEMBERS

**A**t a recent NNV lunch, the topic of meal preparation and delivery services came up. People who had tried one (or more) were eager to compare notes, and those who had not wanted to know more. Phone numbers and links to people and services were exchanged, but we all agreed that more people deserved to know about good (and not so good) food delivery! Here's what people had to say:

*Many of the good meal prep/delivery services have gone out of business. [Chef Geoff's restaurants](#) fill the void by providing what they call "comfort meals" one or more times a week. My neighbors love them.* **A. T.**

*Not long into the pandemic, after many restaurants shut down, we found [Sunbasket](#). It offers a choice of meal kits and already-prepared meals. We have scheduled two meal kits a week. We choose them in advance from many options. They have been absolutely gourmet! They usually take 10-30 minutes to make and they include step-by-step instructions and all ingredients except the most basic (salt, pepper, cooking oil). The company is national. A heavily insulated box with ice packs arrives at our front door each Monday between roughly 10 a.m. and 9 p.m. The packaging is recyclable. For what you get--gourmet food at your door--the price seems fair.* **D. C.**

We had several comments on [HelloFresh](#) and [Freshly](#):

*Hello Fresh kits are fair. Too many high-carb ingredients for me, like bread and rice.*

*For me, Freshly ready-to-heat meals were horrible. I canceled after the first one.* **J. N.**

*Freshly or [Healthy Fresh Meals](#). Just microwave. Not frozen. Freshly is less expensive. Healthy Fresh, I think, tastes better.* **H. S.**

*I like Freshly. Have sometimes had a problem getting delivery to my apartment door instead of the lobby but they have always reimbursed me for the additional expense. Good quality, easy to prepare and variety.*

*I also tried [Real Eats Meals](#) – packaged to put in*

*boiling water (non-starter for me) and removing packaging to put in microwave was messy. I do NOT recommend it.*

*Also tried [Versatile Foods](#). Flavor and quality were inconsistent. Quantity is often too much for one person. And not that good!* **L. H.**

[Occasions Caterers](#) offers home delivery of meals for couples and families via its Marketplace. Meals are meant to be heated at home and enjoyed with family and friends. Many customers order these to eat a bit upon receiving and then freeze and save some of the leftovers for later.

[Peach Perfect](#), Occasions' sister company, offers individual meals which are fully prepped and meant to be enjoyed ASAP and at room temperature. There is a \$100 food and beverage minimum, and delivery within the Beltway costs \$15-\$50, depending on the zip code. **Suggested by I. R.**

*Sushma Barwal makes and delivers Indian food. Call (703) 254-8177. For a restaurant delivery/pickup or dine in, I recommend [Masala Art](#) in Tenleytown. Speaking as a retired Foreign Service Officer who lived and worked throughout the Subcontinent, this is the most authentic cuisine I've had in D.C.* **J. L.**

*Carolyn Robb delivers weekly healthy and very good dinners. She emails a menu of several complete dinners -- main course, sides and veggies or salad -- over the weekend. She typically delivers your selection early in the week and emails in advance with delivery date and time. I find that one week's meal provides four hearty portions. Cost is \$65. For more information, Carolyn can be reached at [carolynrobbshimley@gmail.com](mailto:carolynrobbshimley@gmail.com) or 571-437-2633.* **M. B.**

[Sauce Foods](#) brings guilt-free, classic dishes to your table — without the prep or cleanup. A rotating menu features 160+ fresh, fully-cooked dishes that burst with flavor. New customers enter SAUCE10 for 10% off of your first order.

**Suggested by A. H.**

Member, J.W., finds the home-delivered meals from Iona Senior Services bland, but says, "they are

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# Calendar

Our calendar is regularly updated. Please check for current listings. To learn more about any event or RSVP, please see the [Events page](#) or phone: 202-935-6060.

## NNV Walks

Mondays at 9:30 a.m. [Check our calendar](#) to see where we are meeting each week. Please RSVP online and you will be notified if there is a change due to weather.

## Gentle Yoga with Mayu

Every Monday at 2 p.m.

## Coping with Uncertainty

Every Wed. 1 p.m.  
Village Social Worker Barbara Scott leads a discussion on coping with uncertainty.

## Bingo!

2nd Tues. of each month  
Jul. 13 & Aug. 10, 2 p.m.

## French Conversation Group

3rd Thurs. of each month  
Jul. 15 & Aug. 19, 3:30 p.m.  
RSVP: John Wiecking  
([jwiecking@gmail.com](mailto:jwiecking@gmail.com))



## NNV

### Virtual Speaker Series

**N**orthwest DC is home to numerous dynamic, informed individuals. Join us for one or all of these discussions, designed to engage and inform you. The [Virtual Speaker Series](#) is being offered free of charge to the community.

This summer, NNV will offer an abbreviated version of our Virtual Speaker Series. We will offer two programs in July, and take a break in August. Our popular series will resume in the fall. Many past speakers have given permission to record their programs. These are available [on Vimeo](#).

### [The U.S. Advisory Council on Historic Preservation and the Evolution of Federal Historic Preservation Laws and Policy](#)

Thursday, Jul. 8, 1 p.m.  
Speaker: Jordan Tannenbaum, Vice Chairman of the Council

### [How the New Deal Remade Washington DC](#)

Thursday, Jul. 22, 2 p.m.  
Speaker: Richard Walker

Join members of NNV and Cleveland & Woodley Park Village and *parle Français*!

## SPECIAL EVENTS:

### [Winnowing: Sharing Your Life Story in Six Chapters](#)

Wednesdays, Jun. 30-Aug. 4, 1 p.m.

Led by author David Oldfield, Winnowing is a delightful six-week journaling experience for people who have lived a long time and want to distill what their lives have taught them - for their own sake and to pass along to those hungry for the wisdom that comes only with age.

**(Members & Volunteers only)**

### [Virtual Volunteer Orientation](#)

Wednesday, Jul. 14 10 a.m.  
Please complete the [NNV Volunteer Application](#) if you are interested in volunteering. Once complete, a staff member will be in touch with you with next steps.

If you have any questions about volunteering, please email us at [info@nnvdc.org](mailto:info@nnvdc.org) or call us at 202-935-6060.

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when it is nectaring on a flower and then try to find it in a field guide. I recommend "[Butterflies and Moths, a Golden Guide](#)" from St. Martin's Press. It is easy to use and contains ample information. Even experts carry it in the field as it is pocket-sized with good pictures. Another book is "[Butterflies Through Binoculars the East](#)" by Jeffrey Glassberg. It encourages the use of binoculars rather than collecting when looking for butterflies. However, you will need a field glass that will focus to within 6-8 feet to be useful.

Flower gardens are ideal for butterfly hunting. An excursion to the National Arboretum will result in plentiful sightings and is a great place to walk. Brookside Gardens is another location that even has butterfly tours. Stables are surprisingly good places to look for butterflies as many species find moisture and salts on fresh manure.

Look along streams where there are sandy "beaches". Butterflies will "puddle" there, sometimes in abundance as they like to imbibe the moisture and salts on the silt.

If you start looking you will find beautiful species that I have not mentioned. Have a pleasant walk in the woods, parks and fields and see how many different kinds of butterflies you can see. While looking you may encounter other surprises Mother Nature has in store for you.





# Passages

## Hats off to Mimi

BY JANEAN MANN

November 18, 1921 - April 27, 2021

**M**imi Sokol, an active NNV member for more than 10 years, was a well-known figure at NNV events. She died at age 99 on April 27, active until the end. Mimi had always been on the move. Born in Brooklyn, N.Y., she grew up loving and playing sports of all types. An avid ping-pong player, she bested a champion who mistakenly gave her a handicap.

Mimi met her late husband, Max, when both worked at Brewster Aeronautical. They married in 1943. A transfer for Max prompted a move to Pennsylvania where they lived for many years. Mimi was active in politics and civic and church organizations. She was also an organic gardener and championship bowler.

In 1973 they moved to Washington where Mimi maintained her active schedule while Max worked for the IRS. With a 60th birthday present of inline skates from Max, Mimi joined the other “kids” skating on the streets near her Tennyson Street home. She and Max were married for 62 years.

Mimi was a regular at NNV events and loved the holiday parties. “NNV expanded my social life by introducing me to so many lovely interesting people,” she told an interviewer. One could easily find Mimi in the crowd despite her short stature—she was always dressed to the nines and wore one of her signature hats on her impeccably coiffed hair. One of her many bee pins rested on her shoulder.

Mimi is survived by three daughters, Maxine Champion (Berny), Marlene Davis (Roger) and Marcia Traversara (John); a granddaughter, Christina Blue, and two great-granddaughters. A funeral is scheduled for 1 p.m. Nov. 13 at Chevy Chase Presbyterian Church. In lieu of flowers, contributions can be made to Northwest Neighbors Village or to the Audubon Society.

Top: Keeping in touch. During the pandemic, Mimi kept in touch with friends and family with daily calls.

Bottom: Mimi’s hats. Attending NNV events, Mimi always wore a hat from this vast collection.



PHOTOS BY JANEAN MANN

L. to R.: Jane Whitaker, Rachel Hartig and Benita Lubic

### MEALS, Continued from Page 7

dependable.” She also offers: “I have given up on delivery and go with TV dinners. There is a remarkable variety and you can order them from Peapod.”

**J. W.**

(Note: [iona](http://iona.org) and [DACI](http://DACI.org) offer free nutritious and well-balanced hot and cold meals to older adults age 60+, living in Ward 3, on weekdays and weekends. Meals can accommodate a variety of diets, including vegetarian (not vegan), kidney-friendly, diabetes-friendly, gluten-free, and pureed. To learn more about eligibility, please contact the Helpline at (202) 895-9448 or [info@iona.org](mailto:info@iona.org)). If you live in Ward 4, please contact Terrific, Inc. at (202) 882-1160.



L. to R.: Benita Lubic, and sisters Phyllis and Joyce Fernandez

PHOTOS BY  
STEPHANIE CHONG

# Finger-food appetizer

By BARBARA OLIVER

An appetizer nosh to tantalize before a gourmet feast or a grilled hamburger and hotdog meal. The rolls can be made ahead, covered with plastic wrap or non-stick foil and refrigerated until ready to serve.

## Salmon Rolls

### Ingredients:

3 ounces cream cheese, softened  
1 teaspoon grated onion  
1/8 teaspoon hot pepper sauce, or to taste  
1/4 pound thinly sliced smoked salmon  
Fennel fronds or black lumpfish caviar  
small romaine lettuce leaves

### Directions:

1. In a small bowl, mix softened cream cheese, onion and pepper sauce with a spoon until blended and smooth.
2. To assemble, lay an 8- or 9-inch long sheet of plastic wrap on the counter. Slightly overlap slices of salmon on the plastic to create a rectangle measuring about 3-1/2x7 inches. The long side of the rectangle

should be parallel to the edge of your work surface. Cover with another sheet of plastic and press gently with your hands or a flat spatula to encourage the salmon to stick together. Remove the top sheet of plastic.

Using a thin metal offset spatula or a butter knife, spread about 2

tablespoons of the cream cheese mixture on the salmon, leaving a 1/2-inch border along the long sides of your rectangle. Roll the filled rectangle of salmon, jelly-roll fashion; cut crosswise into six 1-inch pieces. Repeat assembly twice more using the remaining salmon and cream cheese mixture. You should get 18 pieces.

3. Top each slice with chopped fennel or caviar. Arrange pieces on lettuce leaves.

Source: Several versions of this dish.



BARBARA OLIVER