

The evolution of *The Village News* is in your hands

BY STEPHANIE CHONG

The Covid-19 pandemic has changed the world. Just about everything has been altered, from the way we shop for groceries to the way we connect with family and friends. Northwest Neighbors Village has changed too. As we look to the future, we have the exciting opportunity to continue to offer the services and programs our members have valued for years, incorporate new methods for interacting that we've discovered over the past 18 months, and say goodbye to some practices that no longer meet our needs.

We are trying something new this month and request your feedback on where we go from here. You'll notice this edition of *The Village News* is shorter and includes information shared in some of our weekly e-blasts from the summer. This is because member and volunteer interest in contributing to our bi-monthly newsletter is waning, and newsletter readership is unclear. Your responses to the following questions will help us determine the most effective way of sharing information with our Village community.

Do you want NNV to continue to circulate our bimonthly newsletter, *The Village News*? If so, why?

Are you willing to contribute to *The Village News* by writing articles on interesting topics relevant to our Village community or from interviews with our members and/or volunteers?

Would you support eliminating *The Village News* if you receive regular communication from NNV on topics of interest and upcoming programs? Special accommodations will be made for members who do not use email.

Please share your thoughts by filling out our online survey: tinyurl.com/NNVNewsletterSurvey or by contacting the office at info@nnvdc.org or 202-935-6060.

As a reminder, every Friday NNV sends an e-blast that offers timely information on a variety of important and practical topics, and outlines upcoming programs offered through our Village and in the community. Our website includes a wealth of information on resources and upcoming events. And our updated Facebook page provides program reminders, links to interesting articles, and a different way to engage with our Village community. If you need help accessing any of these communications, please contact the office.

Thank you for providing input on how NNV can keep you informed. As a member-driven organization, your feedback is especially important to us.

Thank You!
for your generosity.



Thank you for participating in July's Give65 Campaign sponsored by the Home Instead Foundation. Thanks to you we reached our goal of \$12,500. Your generous gifts qualified NNV to benefit from \$5,450 in matching grants and prizes. Funds raised through this campaign support NNV's Subsidized Membership Fund, which makes Village membership accessible to all of our neighbors regardless of their ability to pay.

NORTHWEST NEIGHBORS VILLAGE

a community network of support

PO Box 39135
Washington, DC 20016
202-935-6060
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 or call the office at 202-935-6060.

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Technology corner

BY KAREN ZUCKERSTEIN

We've been hearing for years that the population is aging—but now industry is paying attention. Amazon, Apple, Google—they're all developing applications for popular devices aimed at helping older adults stay independent. From Apple Watches to Amazon Echo Dot and Show, our needs—now and in the future—are driving the development of devices and apps that detect falls, keep us in contact with our network of friends and family, and allow for voice control of calls, calendars, reminders, and a myriad of devices throughout the home.

Let's start with the Apple Watch. I got the idea for this article from a friend who bought an Apple Watch after hearing that it detects falls. And, she told me, it works! She has unfortunately developed some balance issues and has had two or three falls over the past year. After a fall, the watch beeped and vibrated, and a message appeared asking "you've fallen, are you ok?" It gave her an option to tap yes. If she didn't respond, it would call her daughter (her emergency contact) and/or 911.

After hearing all this, I immediately went to my favorite product review site, Wirecutter. (Wirecutter is a New York Times-owned company that tests and identifies the best picks in a wide variety of product categories). I discovered that Wirecutter had recently (June 2021) done a review titled "[The](#)

[Best Smart Home Devices to Help Seniors Age in Place.](#)" Its pick for "smart emergency contact systems" was—Apple Watch (series 6)!

So, what did Wirecutter like about the Apple Watch? One important thing is that people are not embarrassed to wear it. Emergency alert systems in the form of bracelets or necklaces with emergency buttons make people feel old and may make someone embarrassed to be seen wearing one. An Apple Watch is, in contrast, a trendy smartwatch that can make calls, send reminders and more.

Its most important emergency contact system features are its built-in fall detection and a side button that can call emergency contacts. Wirecutter points out that it can also share medical information and activity with emergency responders.

Of course, many falls happen at night. So, to be effective, the watch must be worn at night. This may take some getting used to.

Apple's website identifies other health-related capabilities for the Apple Watch (series 6). According to Apple, the Apple Watch (series 6) can detect unusually high or low heart rates and irregular heart rhythm suggestive of atrial fibrillation, the latest Apple Watch even includes a sensor that can provide a blood oxygen reading.

The Apple Watch is not cheap. The latest model—series 6—sells for \$400 but, according to Wirecutter, is available for \$360 at Target. Some of the features—most notably fall detection—are available on earlier series 4 and 5 watches.

In the future, I—and hopefully others—will use this space to share information on other promising devices and applications.

Honoring my Mom with a Legacy Society gift

By MERILEE JANSSEN

My philanthropic journey began in earnest in 2005 after I retired from a long career in special education teaching and administration. Like so many other recent retirees, I wanted to give back to my community. Volunteerism became my new passion. I got involved with The Children's Inn at NIH, a Quaker peace lobby on Capitol Hill, a homeless shelter for men, a D.C. public charter school, and I started teaching English to Speakers of Other Languages (ESOL) to adult immigrants. When my mother died in 2007 after several years in an assisted living facility and then a nursing home in Michigan, I knew I wanted to do something to make the lives of older adults more enriching and more connected than my mother was able to experience during the last several years of her long life. I wanted a volunteer opportunity that would honor her. I found it in Northwest Neighbors Village.

"I want NNV to exist and be serving older adults decades from now. One way to ensure that was to include it in my will."

-Legacy Society member

Over the last several years as a volunteer, member, and board member of NNV, I have personally benefited from my involvement in an organization that is building and fostering a supportive community for our older neighbors; a community where neighbors truly care and look out for one another. Interestingly, I volunteered to

support and enrich the lives of others. Yet the friendships I have made with members, and the scope of their stories and generosity, have enriched my life considerably. I am a better person for being

"There are two reasons I chose to become a legacy donor. First, I believe in the mission of NNV. Mobilizing the resources and talent within our community to enable older adults to remain in the community is a wonderful undertaking. Second, NNV enriches my life. In addition to meeting tons more people in the community, I find that my energies and skills are constantly being tapped to support our community by organizing activities, helping members with technology or rides, or writing an article for the newsletter. I remember coming across a description of the village movement that went something like: strangers become neighbors, neighbors become friends, friends become community. It's really true!"

-Legacy Society member

a part of the NNV community.

When NNV established its Legacy Society as part of its 10-year anniversary -- it became a natural way for me to honor my mother and other older adults and to ensure that our mission and commitment to them will continue into the future. Giving to the Legacy Society was easy. I designated NNV as a partial beneficiary of an IRA, which was a

See **LEGACY SOCIETY**, Page 7

Metro Senior SmarTrip saves you money

By STEPHANIE CHONG

The Washington Metropolitan Area Transit Authority (WMATA) is upgrading its fare payment system and fare gates, which means SmarTrip cards issued prior to 2012 will stop working due to their old chip technology. If it's time to update your card, or if you've recently turned 65, make sure to get a [Senior SmarTrip card](#).

Metrobus and Metrorail customers who are 65 years and older qualify for reduced fares. You can purchase a Senior SmarTrip card by showing a valid photo ID with proof of age at any Metro sales office, commuter store, or other selected retail outlets. Customers with Senior SmarTrip cards are eligible for the following discounts:

- 50% off peak fare on Metrorail
- \$1 fare on regular Metrobus routes using cash or SmarTrip
- \$2.10 on Express Metrobus routes
- \$3.75 on Airport Express Metrobus routes
- Discounted fares on many regional bus service providers in Maryland and Virginia

You can even transfer your Senior SmarTrip card to your iPhone or Android phone. Click on your phone type below to find instructions on how to transfer your plastic card to your phone.

See **SMARTRIP**, Page 4



Bird Illness Investigation Continues in Several States

This article is taken from the [Maryland Department of Natural Resources website](#). DC's Natural Resources Administration is expected to follow suit shortly.



In late May, wildlife managers in the District of Columbia, Maryland, Virginia, West Virginia, and other states began receiving reports of sick and dying birds. Several passerine bird species have been affected. No human health or domestic animal (pets, livestock and poultry) issues have been documented. As of mid-August, reports have decreased in many jurisdictions and the Maryland Department of Natural Resources is lifting its previous recommendation to cease feeding birds.

The natural resource management agencies in the affected states and the District of Columbia, along with the National Park Service, continue to work with diagnostic laboratories to investigate the cause(s) of this event. Those laboratories include the USGS National Wildlife Health Center, the University of Georgia Southeastern Cooperative Wildlife Disease Study, the University of Pennsylvania Wildlife Futures Program, the Indiana Animal Disease Diagnostic Laboratory and multiple state laboratories.

While no definitive cause(s) of illness or death have been determined, the following pathogens have not been detected, based on results received to date: Salmonella and Chlamydia (bacterial pathogens); avian influenza virus, West Nile virus and other flaviviruses, Newcastle disease virus and other paramyxoviruses, herpesviruses and poxviruses; and Trichomonas parasites.

Transmission electron microscopy, metagenomics work, and additional diagnostic tests are ongoing.

Residents who choose to resume feeding birds and providing water in bird baths should remain vigilant and consider the following guidelines:

Clean feeders and bird baths with soap and water at least once a week, then disinfect with a 10% bleach solution to prevent potential infectious disease spread between birds and other wildlife. After cleaning, rinse well with water and allow to air-dry. When handling bird feeders and baths be sure to wear disposable gloves and wash your hands when finished.

When feeding birds follow expert recommendations such as those listed in the Audubon International Guide to Bird Feeding.

Avoid handling birds unless necessary. Dispose of dead birds in a plastic bag, seal, and discard with household trash, or alternatively, bury them deeper than 3 feet to prevent disease transmission to other animals. If handling is necessary, wear disposable gloves or use plastic bags on your hands to avoid contact with carcasses.

Keep pets away from sick or dead wildlife.

Report sick or dying birds to the Maryland DNR / USDA Wildlife Services Call Center at 1-877-463-6497 (410-349-8130 for out-of-state phone numbers). Licensed wildlife rehabilitators can be found on the DNR website.

Maryland DNR greatly appreciates the assistance of the public and wildlife rehabilitation facilities during this outbreak. Wildlife disease investigations take time and can be inherently challenging. Additional information and guidance will be shared as more results are confirmed.

SMARTRIP, continued from Page 3

- [Transfer to Apple Wallet on iOS](#)
- [Transfer to Google Pay on Android](#)

A list of locations to purchase Senior SmarTrip cards can be found on [WMATA's website](#) or via the [Montgomery County Commuter Store](#). Village members who need assistance obtaining a Senior SmarTrip card or need help linking their card to their smartphones can call the NNV office for volunteer help at 202-935-6060.

An NNV volunteer shares her experience getting a new Senior SmarTrip card: "This morning I easily purchased and loaded a new Senior SmartTrip fare card. I went to the Montgomery County commuter sales bus. The process was easy. I just showed my ID as proof of age, added the three security question choices to the form completed by the clerk, paid \$2 for the card, and loaded fare money."

The Montgomery County Mobile Commuter Store is in Friendship Heights twice a week: Wednesdays from 10:30-12:45 at 4433 S. Park Ave. and Thursdays from 10:30-1:00 at 5471 Wisconsin Ave. Please check [their website](#) in case of schedule changes. It is housed in an actual Metro bus with the seats removed, so there are a couple of steps to climb.

Old Urban Naturalist

BY JANE WHITAKER

I've been spending several hours a day on my deck observing the Ruby-throated hummingbird that comes to my hummingbird feeder. The feeder is a single flat bowl with a red top that has four holes for feeding. The hummer is a delight to watch. It will hover over the feeder, insert its centimeter-long bill and lap up the sugar water inside with its tongue. It does not have a ruby throat as it is a juvenile. It is green on the back with a white breast as is the female.

It will sit on a branch near the feeder for several minutes and then dart over to the feeder. It hovers, moves backwards, up, and down before alighting on the feeder and sipping the sugar water inside the feeder. It will remain at most a minute before it darts away. It may disappear from view or go to a dead branch in a neighboring tree. If another

hummer approaches the feeder the original hummer will attack it and drive it away. The bird never ceases to amaze me. It is a tiny green and white wonder, weighing only an ounce, the weight of a penny. Yet it can fly at a top speed of 25 miles an hour.

It is one of an elite group of birds that can hover (e.g. hawks), and the only vertebrate that can fly backwards. The wings can beat close to 60 times a second. These feats are due to the shoulder joint that can rotate 180 degrees. It also has tiny feet as longer ones would impede its aerodynamic prowess.

At an estimated population of 34 million, the Ruby-throated hummingbird is found all over the eastern United States and in Canada as far west as the Rocky Mountains. They are solitary creatures, even migrating alone to Mexico. Most birds migrate in large flocks but not hummers. They do the trip alone.

Its nest is tiny, about the size of one-half of a walnut shell. It is composed of lichens on the outside held together by spider silk and filled with down. The female lays two eggs and raises her offspring for about three weeks before they fly off

to lead their own lives.

The birds we see in late summer and fall are mostly these juveniles as the adults are already starting to migrate south to the Gulf Coast and Mexico. They must consume their body weight every day to survive. They eat small insects, nectar, and tree sap. In order to sustain themselves during migration they need to double their body weight. Their nonstop flight across the Gulf of Mexico is 500 miles and takes up to 18 hours.

You can attract them to your backyard with a feeder filled with a solution of 1 cup of boiled water and 1/4 cup of sugar. A word of caution: the water must be boiled to rid it of fungi which can kill the birds, and the feeder needs to be cleaned once a week and fresh solution added.

Hummingbirds are attracted to red, orange, and pink so hanging red bows on your porch or using a red patio umbrella will help to attract them. Red tubular flowers such as petunias, trumpet creeper, and Monarda should be part of your garden plans. Also, avoid pesticides as they will kill bees as well as hummingbirds.

Summer migrants are coming and going now. Dragonflies and butterflies are still arriving from the south and birds are beginning to flock for their trip south. Our adult hummingbirds have already made the trip.

It is an exciting time to be outside observing. You never know what you'll see. By late September you can see the V formations of Canada geese so keep your eyes to the sky.



Hovering Hummer



PHOTOS COURTESY OF JANE WHITAKER

Hummingbird on feeder



Like us on Facebook



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 10 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
Sep. 14 & Oct. 12, 2 p.m.

French Conversation Group

3rd Thurs. of each month
Sep. 16 & Oct. 21, 3:30 p.m.
RSVP: John Wiecking
(jwiecking@gmail.com)
Join members of NNV and Cleveland & Woodley Park Village and *parle Français*!

Racial Equity Bookgroup

Every 2 months
Oct. 20, 3:30 p.m.

SPECIAL EVENTS:

Virtual Volunteer Orientations

Wednesday, Sep. 22 10 a.m.
Wednesday, Oct. 13 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 or call us at 202-935-6060.

Visit to Glenstone

Thursday, Oct. 28 10 a.m.

Chevy Chase DC Day

September 18th, 1-4 p.m.

The Chevy Chase Citizens Association is thrilled to announce that it will once again sponsor Chevy Chase DC Day outside the Chevy Chase Community Center on Saturday, September 18 from 1 – 4 pm. As we emerge from the dark days of the pandemic, neighbors are eager to get back to life as normal, celebrate, visit with friends, and learn more about this community. While it was prudent to skip the 2020 CCDCDAY, the 2021 event will be twice as special.

There will be a zydeco band, Little Red and the Renegades, for music throughout. Other entertainment includes a juggler, magician, balloon art, and art show. Ch/ART will offer help to young artists doing sidewalk chalk art and making paper bag puppets. NNV's very own Mayu will be leading a chair yoga session at 2:30. The Fire department will provide big rigs and equipment demonstrations. Many DC government departments will participate including the Office of Planning to discuss the Small Area Plan.

For residents of Wards 3 and 4, meet your councilmembers Mary Cheh and Janeese Lewis George.

**A long-established tradition
- the free Ice Cream giveaway -
returns!**

The [Chevy Chase Citizens Association website](#) will be updating their website very soon to include further updates. While you are there, consider joining up. It's simple to do. The event is open to all, member or no, but the continuing support of the community is appreciated.



NNV

Virtual Speaker Series

Northwest DC is home to numerous dynamic, informed individuals. Join us for one or all of these discussions, designed to engage and inform you.

The first Virtual Speaker Series program for the Fall has been scheduled! Please check our website for the most up-to-date listing of future [Virtual Speaker Series](#) programs.

[Navigating Travel in an \(Almost\) Post-COVID World](#)

Thursday, Sep. 2, 1 p.m.

Speaker: **Benita Lubic**, President of Transeair Travel

Many past speakers have given permission to record their programs. These are available [on Vimeo](#).



Passages

Ellen Abbie Compton-Tejera

April 3, 1926 – July 24, 2021

Longtime NNV member Ellen Abbie Compton-Tejera passed away on July 24, 2021. Ellen, also known as Aunt Yiyee, was born in Wheeling, W. Va., to William Boyd Compton and Esther Ellen Rayburn Compton on April 3, 1926. She loved the arts, and it showed in everything she did. Her love of painting



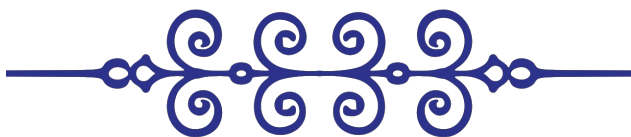
and sketching came from taking art classes, and she later passed on her knowledge to upcoming artists. Ellen spent many years with the Chevy Chase Players and Doubting Thomas Players on stage and behind the scenes. She graduated from Clown College and used her talents to entertain all.

Ellen was devoted to her faith and served on the Standing Committee for the Episcopal Diocese of Washington D.C., on the committee to plan and launch the Samaritan Ministry, and later on the board. She also served on the vestry at St. Thomas Episcopal Church at Dupont Circle.

Later in life, she found her love for haiku and won countless awards for her work. Her published book, *Gathering Dusk* - a collection of haiku earned fantastic reviews, stating that this is a must read to learn how to write contemporary haiku.

Ellen is survived by her brother, William Rayburn Compton; nephew, Peter Clarke; niece, Wendy Rae Walker; great-nieces and nephews, Rosalind Clark, Harry Clarke, Ramona Furman, Joseph Clarke, Nichole Rae Walker Sfikas, and Austin Walker and several great-great nieces and nephews.

Donations in Ellen's honor can be made to the Samaritan Ministry of Greater Washington, samaritanministry.org.



LEGACY SOCIETY, continued from Page 3

simple way of making my legacy gift. Other Legacy Society members have made bequests in their wills or designated NNV as a full or partial beneficiary of a life insurance policy or other retirement fund. Any gift, of any size, can have a significant impact

"Becoming a Legacy Society member was a no-brainer for me. I love NNV and want it to thrive in the future. It has meant so much to my husband and me, both as supporting members and as volunteers. And it was so easy to include NNV as a beneficiary on some of our IRAs. We are proud to be members of the NNV Legacy Society."

-Legacy Society member

on NNV's future. Every dollar is a meaningful gift.

Please join me in becoming a member of our Legacy Society by making a planned gift to NNV. Visit [NNV's website](http://nnv.org) for more information on planned giving or call Stephanie Chong at 202-935-6060. Like me and other NNV Legacy Society members, you will find comfort knowing that you are helping NNV ensure that older adults can actively choose how to engage and age in our community.

"NNV has been such a wonderful part of my retirement, it just made sense to include them in my estate planning!"

-Legacy Society member



"Every night before going to bed, I make sure I haven't left any shoes or slippers in the path between my bed and the bathroom so I don't trip on them in case I need to get up in the dark."

Do you have any time saving or safety suggestions to share? Send them to Leslie (lpace@nnvdc.org).

Try this quick and easy meal for one

By BARBARA OLIVER

With hot weather creeping from summer into autumn you'll want some uncomplicated dishes for lunch or dinner. This shrimp salad uses items you can keep in the freezer and pantry. The recipe makes just enough for one sandwich or salad serving. However, it's easy to multiply the amounts to serve two or more people.

Shrimp Salad Sandwich

Ingredients:

2 ounces cooked shrimp, chopped
1½ teaspoons reduced calorie mayonnaise
1 teaspoon celery, chopped
½ teaspoon lemon zest
1 pinch salt, or to taste
1 pinch pepper, or to taste
1 light wheat hot dog bun, toasted
1 teaspoon fresh chives, chopped, for garnish

Directions:

Combine shrimp, mayonnaise, celery, lemon zest, salt and pepper in a small bowl; spoon mixture into toasted roll and sprinkle with chives.

Notes:

- Five frozen 26-30 shrimp/pound = 2 ounces shrimp.
- Schmidt's Old Thyme 647 brand hot dog roll (80 calories) is available at Safeway and Giant
- Add 1 teaspoon of drained pickle relish to the mixture.
- Substitute ½ teaspoon lemon pepper seasoning for lemon zest and pinch of pepper.
- Use 2 teaspoons dried chives in place of fresh chives.
- Add lettuce and sliced tomato to the bun, before spooning on shrimp mixture.
- Stuff a tomato with the shrimp mixture and serve on a bed of lettuce.
- Use regular mayonnaise and regular hot dog bun.



BARBARA OLIVER

Source: Adapted from www.weightwatchers.com