

# THE VILLAGE NEWS



Volume 10, Issue 1

A Community Network of Support

January 2018

## ‘A Woman for All Seasons’

*NNV organizer, former president  
and super volunteer Janean Mann honored*

By PAT KASDAN

The title of Robert Bolt’s 1960 play was adapted by NNV member Peggy Nolan to describe how NNV member/super volunteer Janean Mann earned the first NNV Founders Award. Introducing Janean at the NNV holiday party as “A Woman for All Seasons,” Peggy decided not to push the analogy any further, since the subject of Bolt’s play, Sir Thomas More, was executed.

The Founders Award is presented to an individual who has made extraordinary contributions advancing the mission and vision of NNV. The individual to whom it is awarded should exemplify the following:

See **FOUNDERS**, Continued on Page 5



ALICE HAYES

Janean Mann, center, was presented the NNV’s first Founders Award by Peggy Nolan, left, and outgoing Co-president Steve Altman.

## MEMBER PROFILE

### Mary Pat Gaffney, remembering better days on the Hill

By JANEAN MANN

During her years on Capitol Hill, NNV member and volunteer Mary Pat Gaffney recalls widespread cooperation among Democrats and Republicans. That was one of the reasons she enjoyed it so much. For nearly 20 years the D.C. native worked for three senators and two congressmen.

Growing up, Mary Pat was one of six girls; a brother lived only a few years. Her father quipped that he felt “like a janitor in a girls’ dormitory.” The family lived briefly in California but returned to

Washington, and Mary Pat graduated from her father’s alma mater, Georgetown University, where there were only 10 girls in her class.

Though she wanted to enter the Foreign Service, no exam was given that year and the only thing the State Department offered her was a secretarial job. So Mary Pat headed for the Hill. Her father warned her against working for some members because of their reputations. But she found “the best job I ever had” working for the House Judiciary immigration



Mary Pat Gaffney

subcommittee. She focused on private immigration bills, labor certifications and research. She left the committee when she married in 1962.

Mary Pat had three sons in three years and later a daughter. In 1969, she returned to the Judiciary Committee, this time on the investigative staff of the subcommittee on criminal justice. She was involved in the Watergate investigation and the committee’s effort to extend the grand jury. “It

See **PROFILE**, Continued on Page 8

## 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.

### NNV Board Members Officers

Judie Fien-Helfman,  
*president*  
Jon Lawlor, *vice president*  
Elinor Stillman, *secretary*  
Stewart Reuter, *treasurer*

### Directors

Steve Altman  
Merilee Janssen  
Beverly Lunsford  
Frances Mahncke  
Janean Mann  
Dennis O'Connor  
Jo Ann Tanner  
Ann Van Dusen  
Anne Witt  
Karen Zuckerstein  
Robert Parker, *emeritus*

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Stephanie Chong,  
*executive director*  
Leah Penner, *volunteer coordinator*

### Newsletter team

Janean Mann, *editor*  
Doris Chalfin  
Pat Kasdan  
Danielle Feuillan  
Tom Oliver

## SERVICE OF THE MONTH

# Yes, it's snow shoveling time

By LOIS BERKOWITZ

**S**now removal isn't as easy as it used to be. (Whatever happened to "the teenager down the block"?) We've already had some snow this season, so it's time to organize your snow removal plan. Here are a few ideas:

► Sign on with the D.C. government's Volunteer Snow Program. To learn more about this new, free service from the mayor and Serve D.C., visit <https://serve.dc.gov/page/dc-volunteer-snow-program>. Once you register with the program, any time there are four or more inches of snow you can call 202-727-7925 to request a volunteer shoveler.

Serve D.C. will do its best to match you with a Snow Team member in your area. Once you find a match, you may be able to interact with that person for the rest of the winter. Be sure to ask the volunteer if the person has a shovel before coming to your home. Some of them live in apartments and don't own a shovel.

► Use NNV's services. NNV does not offer a volunteer snow-shoveling service. However, our volunteers are ready and willing to help you sign up for the D.C. government's Volunteer Snow Program or help you gather your snow supplies (shovels, salt, sand, etc.) to have ready. Call the NNV office at 202-777-3435.

► Arrange for private snow removal

services. Make arrangements now with a small, independent contractor in the community.

Each vendor will negotiate rates based on the scope of work at your home. Please contact them as soon as possible to secure a place on their schedules. Here are some NNV recommendations—but hurry! They are in high demand and book up fast:

Romulo Henriquez: 240-388-0979.

Ever Chiqua: 240-543-8645.

Jose Garcia: 240-477-2707.

Don't forget: The District has a Winter Sidewalk Safety Act (WSSA), which requires District residents to remove snow and ice from the paved sidewalks, ramps and curb cuts abutting their property after a snowstorm. But qualified residents who are disabled and/or over the age of 65 are exempt from this requirement.

We prefer cleared sidewalks,

but if you wish to qualify for this exemption, you can fill out the online application by following this link: <https://sse.dcdpw.us/>. (Or ask for an NNV volunteer to help you.)

Individuals who were exempted in 2016-17 will need to reapply in 2017-18. The exemption does not carry over from year to year.

Stay safe. Start planning now. Not only can you help yourself, but your neighbors will be grateful to you as well.



## NNV CALENDAR

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

**Wed., Jan. 17, 2:30 p.m.**

**NNV Book Club** meets; book and location to be determined. RSVP: 202-777-3435.

**Thurs., Jan. 18, 10:30 a.m.-1:30 p.m.**

**Senior movie**, "The Post," at the Avalon Theatre followed by lunch at the Avenue, 5540 Connecticut Ave. NW. RSVP: 202-777-3435.

**Thursdays, Jan. 18-Feb. 15, 1-3 p.m.**

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

**Tues., Jan. 30, 3-4:30 p.m.**

**NNV Men's Book Club** discusses "Innocents Abroad" by Mark Twain at the home of Bernie Hillenbrand. RSVP: 202-777-3435.

**Save the Date**

**Wednesdays, Feb. 7, 21; 10-11:30 a.m.**

**Caregiver Support Group**—

Moderated by licensed clinical social worker. First and third Wednesdays every month in Chevy Chase, D.C.; limited to 8 participants. Call 202-777-3435.

**Sunday, Feb. 11, 3-5 p.m.**

**Tuesday Brass Ensemble**—

Performance. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP: 202-777-3435.

## FROM THE EXECUTIVE DIRECTOR

# The year behind and year ahead

By STEPHANIE CHONG

**H**appy New Year! As we look forward to a promising 2018, let's take a moment to reflect on the many successes of 2017.

Several highlights include: a new transitions case manager; two successful ANC grants; two presentations at the national Village to Village conference; four friend-raising events to promote NNV in private homes; a successful gala featuring NPR hosts Ari Shapiro and Susan Stamberg; and a fun dinner fundraiser at Blue 44.

We introduced our new Village Voice Salons, continued the weekly yoga classes and visited the Harriet Tubman Visitor Center on the Eastern Shore and the African American Arts and Cultural Center.

We launched our new recent retirees group and continued such annual gatherings as the picnic,



holiday party and volunteer appreciation reception.

And we provided over 2,500 volunteer services to our members! These successes were not possible without the support of our board,

volunteers and committees.

2018 promises to be another banner year for NNV. Moving forward, we will continue to host friend-raisers in the community, seek another restaurant or two for a dinner fundraiser, offer new and exciting salons, introduce a new NNV listserv, and provide programming to keep members engaged and connected.

Do you have an interest or talent to share in 2018? Consider joining an NNV committee. NNV has six active committees: Program, Fundraising, Outreach, Member

Services, Volunteer and the Newsletter Committee. Our committees spend more time working on projects and little time in meetings. To learn more, please contact the NNV office at 202-777-3435.

Most important, save the date of Sunday, June 10. By popular demand, NNV and Washington Hebrew Congregation will be holding our second bi-annual healthy aging forum, targeting those 60 and older. The half-day event will be filled with substantive workshops, with great takeaways on a variety of topics and our vibrant vendor fair. We are in the preliminary planning stages. If you have an idea for a workshop, please call the office or email me at [schong@nwnv.org](mailto:schong@nwnv.org).





# My role as president

By JUDIE FIEN-HELFMAN

**I**t's an honor to serve as NNV's new president, following in the footsteps of our remarkable past presidents who, through their vision, dedication and perseverance, have built and strengthened our neighborhood nonprofit and established meaningful community connections.



On behalf of myself, the Board of Directors and our village, I extend our warm and affectionate thank you to Steve Altman for his able leadership over the last three years. It is Steve's mentoring that has given me the confidence to undertake the important stewardship of NNV. I am also delighted that Jon Lawlor, NNV's program chair, will become our new vice president. Jon's legal knowledge, as well as his familiarity with local community businesses and people, will continue to strengthen and build NNV's relationships in the community.

Since its formal launch in 2009, NNV has provided its members with quality services and support. My professional background in strategic planning and program development is well suited to contribute to NNV's mission. My work primarily consisted of coordinating with various agencies to create "baskets of services" for different demographics. These baskets were much like NNV's own offering of resources, programs and services and demonstrated the importance of having a continuum of care for an individual regardless of the providing agency.

It truly does take a village. It is a testament to our own village—the extraordinary staff, leadership and volunteers of NNV—that we can help each of our members remain in their homes and engaged in the community, for as long as safely possible.

Looking ahead to 2018, NNV's leadership will focus on three areas to strengthen our organization and member services: a deeper understanding of our community's needs, improved technology, and continued financial stability.

NNV will maintain its strong commitment to its members, as staff and volunteers collectively seek to satisfy member requests. Because of limited resources and growing demands, NNV plans to undertake a member survey to assess what is working well and what can be improved upon, so we can maximize our

operational capacity to meet member needs.

NNV also plans to obtain software to better serve our members, our service delivery and internal operations. A three-pronged approach of training, software and education will enable NNV to be more nimble, responsive and efficient. This will also allow us to obtain service and utilization data that will help guide future planning.

Lastly, we will continue to focus on NNV's financial sustainability to maintain and grow our activities.

As a professional social worker, I was taught to "start where the client is." NNV has multiple clients—members, volunteers and donors. Each of these clients has a different starting point or perspective, and a consideration of their respective needs presents a unique opportunity and challenge for NNV. I believe that open communication, an understanding of these respective interests and strong relationships among our constituency collectively strengthen our foundation and promote NNV's vitality.

I take my new role of stewardship seriously and welcome your thoughts or suggestions to ensure that NNV is the best village in D.C., and a beacon for other villages across the country. Together we can strengthen our neighbor-to-neighbor connections and build a strong community support network. I look forward to our shared journey.

## Jan. 18 lunch and movie

**H**ere's a suggestion to fight off those post-holiday blahs: Join NNV for a movie about our own hometown paper—"The Post"—and lunch afterward at the newly opened Avenue Restaurant on Connecticut Avenue in Chevy Chase. The event promises good company, a good movie and good food.

The movie at the Avalon Theatre starts at 10:30 on Thursday, Jan. 18, and lunch will follow. To attend, RSVP ASAP to the NNV office at 202-777-3435. Movie prices are reduced for seniors at that time and date.

GEORGETOWN  
HOME CARE  
THE KEY TO STAYING HOME

# Janean Mann gets first NNV Founders Award

FOUNDERS, *Continued from Page 1*

- Activities that reflect the core values and vision of NNV's founders.
- Outstanding, selfless service to NNV.

"A Woman for All Seasons" describes Janean's wide range of availability to NNV members, providing nearly any service imaginable at nearly any time of day or night. She is ready to step up when no other volunteer can respond to a request, in addition to writing for and editing much of The Village News, delivering copies to many members who cannot read it online, and serving as a Bad Weather Buddy to at least two members. Janean has also served on the NNV Board of Directors since 2009, having held the offices of secretary, assistant treasurer, vice president (twice) and president for two terms. She also serves on three NNV committees.

Janean was one of NNV's founders, having attended the first meeting in May 2007, called by Frances Mahncke, who had read about Beacon Hill Village. Other founders at that meeting were Bob Parker, Ursula and David Shears and Jo Ann and Allan Tanner.

Janean was initially unable to join the Board of Directors because of duties on the board of PACT, an international development nonprofit fighting poverty and marginalization. That commitment completed, she joined the NNV board. Janean has also been an early, continuous and very generous contributor of funds needed to sustain NNV. She initiated the program of legacy



JON LAWLOR

Janean accepts her award. She has been with NNV from its beginning in 2007 and has served as president and member of the Board of Directors.

gifts to the village.

Born and raised in the D.C. area, she graduated from the University of South Carolina with a journalism degree and was hired by the Birmingham (Ala.) Post Herald during the civil rights era where she rose to be assistant city editor. Hired away by Birmingham liberal Republican Rep. John Buchanan to be his press secretary, she ended up as his chief of staff, then served on the House Foreign Affairs international operations subcommittee. She was a member of the U.S. delegation to the United Nations during the 1973 Middle East "October War" and to U.S. Human Rights Commission meetings in Geneva.

Her interest in foreign affairs aroused, Janean entered the Foreign Service. Her overseas assignments were in Cameroon and Liberia (both of which suffered coup attempts while she was there) and in Tunisia, where she learned Arabic and negotiated with the

Palestine Liberation Organization.

Janean retired in 1997, but was lured back by the State Department Office of Counterterrorism to designate foreign terrorist organizations. She wrote the designation of al-Qaida as a terrorist organization in 1999, but resigned from State in 2002 to protest the upcoming U.S. involvement in Iraq and the administration's refusal to designate a terrorist organization which months later killed many civilians.

Janean confessed that she was drawn to NNV initially by the prospect of being able to stay in her home as long as she lived. "The real rewards, however, are meeting a fantastic group of caring people," she said. She has found it doubly rewarding to interview many NNV members and volunteers for this newsletter. "They are all interesting people who do so much for each other because they love doing it," she added.





PHOTOS BY JANEAN MANN

## Party time!

**I**t was time to party down for the holidays on Dec. 10, as 65 members, volunteers and friends gathered at Forest Hills of D.C. for the annual event. At left in the foreground, board member Elinor Stillman and member Jacqueline Delima chat over party foods as, behind them, Executive Director Stephanie Chong talks with volunteer Vin Rocque.



Outreach Committee Chairman Sal Selvaggio speaks with volunteer and Program Committee member Alice Hayes.



The group enjoys a wide selection of holiday foods, many provided as potluck offerings.





Left, there's a lot to choose from in the food line. Above, member Marilyn Schachter listens to a point made by board member Karen Zuckerstein.

At right, new supporting member Tommy Heggans and Yvonne Bauduin, foreground, talk with Ed Hayes, Alice Hayes and Ron Springwater.





JANEAN MANN

Mary Pat Gaffney with a photo of herself and her five sisters.

## Looking back at Capitol Hill

**PROFILE**, Continued from Page 1

was important work; there was a great staff," she said. "I was raised in a family of lawyers, and everyone was a lawyer."

One day she was preparing a letter for the subcommittee chairman, Rep. Peter Rodino, D-N.J., calling for then-Vice President Spiro Agnew's resignation. In the middle of her efforts, Rodino came in and told her to stop as Agnew had just resigned. The staff initially was bipartisan, working for both Republicans and Democrats. It was

during this period, however, that bipartisanship began to deteriorate, she said.

The long hours took a toll on her family, so Mary Pat took a less demanding job with Sen. Philip Hart, D-Mich. "He was an incredible man of integrity and mercy," she said. She was director of his correspondence section until his death. After his death she helped newly elected Sen. Paul Sarbanes, D-Md., set up his offices and worked on liaison between his office and federal agencies. She enjoyed the job. Sarbanes "was great," she said.

She then worked for Rep. James Jones, D-Okla., as administrative office manager in his Washington office before moving to Jones's Budget Committee office. There she worked on staff management and analysis of such programs as the Grace Commission recommendation. "It's like family, working in one of these offices," she said, noting she still maintains contact with the Jones family.

Mary Pat later helped newly elected Sen. John Rockefeller, D-W.Va., set up his office and then served as personal secretary to Rep. Sander Levin, D-Mich., with a

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*"It's like family, working in one of these offices."*  
—Mary Pat Gaffney

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myriad of responsibilities from management to liaison with the district office and speaking engagements. She retired from the Hill in 1987, then worked for the Washington office of a New York law firm for 17 years.

Her involvement with NNV began early while working with other founders, Frances Mahncke and Jo Ann Tanner, on the D.C. Community Emergency Response Team. She helped obtain NNV's first office space at the Lisner-Louise-Dickson-Hurt Home. She also delivered newsletters and made friendly visits until her husband's death.



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## COMMUNITY CALENDAR

*Events are free unless otherwise indicated.*

**Wed., Jan. 3, 7 p.m.**

**ANC 3E**—Special meeting about development of former SuperFresh site (48th & Yuma Sts.). Room NT08, Washington College of Law, 4300 Nebraska Ave. NW.

**Sat., Jan. 6, 2-5 p.m.**

**Meet Artists**—Gail Shaw-Clemons, William Peirce. Refreshments, music. Iona, 4125 Albemarle St. NW. RSVP: 202-895-9407.

**Mon., Jan. 8, 7 p.m.**

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

**Thurs., Jan. 11, 7:30 p.m.**

**ANC 3E**—Regular meeting. Claudio Grossman Hall, Washington College of Law, 4300 Nebraska Ave. NW; [anc3e.org](http://anc3e.org).

**Tues., Jan. 16, 6 p.m.**

**Make Protest Signs, Buttons**—Materials, examples, refreshments. Chevy Chase Library, 5625 Connecticut Ave. NW.

**Tues., Jan. 16, 7:30 p.m.**

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

**Thurs., Jan. 18, 10:30 a.m.**

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

**Mon., Jan. 22, 7 p.m.**

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

**Every Mon.**

**Club 60+ — 10:30-11:30 a.m.**, T'ai Chi 2, Norman Greene. **11:30 a.m.-12:30 p.m.** — T'ai Chi 1, Norman Greene. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Every Tues.**

**Club 60+ — 10-11 a.m.**, Line Dancing, Darnell Goldsmith; Strength & Resistance 1, Pat McQueen. **11 a.m.-noon**—Strength & Resistance 2, Darnell Goldsmith. 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 1, Pat McQueen. **11 a.m.-noon**, Strength & Resistance 2, Darnell Goldsmith; 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.

**Farmers Markets**

**Sat., 8 a.m.-1 p.m. — New Morning Farm**, Sheridan School, 36th 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.

**Jan. 8**—"Going in Style," U.S., 2017, rated PG-13 (Alan Arkin, Michael Caine, Morgan Freeman).

**Jan. 22**—"Everything Is Illuminated," U.S., 2005, rated PG-13 (Elijah Wood).

**Jan. 29**—"The Big Sick," U.S., 2017, rated R (Holly Hunter).

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**INGLESIDE**  
AT ROCK CREEK  
ENGAGED LIVING

# An easy-peasy snack the grandkids will love

By BARBARA B. OLIVER

**K**eept the six ingredients on hand to make Outrageous Cookie Bars for, or with, your grandchildren. It takes 10 minutes of prep, 25 minutes in the oven and an hour or so cooling time until this rich, sweet treat is ready. Great with a glass of milk.

But couch potatoes beware: There are 24 grams of carbohydrates and 14 grams of fat per 1/24 of the recipe.

## Outrageous Cookie Bars

*1/2 cup butter (1 stick)*

*1 1/2 cups graham cracker crumbs*

*14 ounces sweetened condensed milk (1 can)*

*2 cups semisweet chocolate morsels (12-ounce package)*

*1 cup flaked coconut*

*1 cup chopped walnuts*

Preheat oven to 350°F.

Melt butter in a 13 x 9 x 2-inch baking pan; remove from oven. Sprinkle graham cracker crumbs over butter. Stir well; press onto bottom of pan. Pour sweetened condensed milk over crumbs.

Sprinkle with morsels, coconut and nuts; press down firmly.

Bake 25 to 30 minutes, or until light golden brown. Cool completely in pan on wire rack.

Run a spatula or knife around



BARBARA B. OLIVER

the edge of the pan. Place a cutting board across the top of the pan and upend contents onto cutting board. Trim off any hard edges. Cut into 24 (4 x 6 or 3 x 8 rows) to 36 bars (4 x 9 or 6 x 6 rows). Turn bars over onto a serving plate.

Makes two or three dozen bars.

Store in airtight container for five to 10 days.

Note: Boxed graham cracker crumbs and chopped nuts make quick work of preparation.

ADAPTED FROM "NESTLE VERY BEST BAKING"