

Join us to celebrate NNV's 10th anniversary

Northwest Neighbors Village will mark its 10th anniversary Saturday, April 27 from 7 to 10:30 p.m. at Chevy Chase Village Town Hall, 5906 Connecticut Ave., Chevy Chase, Md.

"Voices From the Neighborhood," a conversation featuring Tom Toles, Pulitzer Prize-

winning Washington Post cartoonist, will be followed by music with Tom's band, Midnight Swim. There will be a silent auction, hors d'oeuvres, drinks and dancing.

Visit nnvdc.org on March 1 to purchase tickets. Call the office at 202-777-3435 for more information.

NNV charts a strategic roadmap for the future

BY JON LAWLOR

It is remarkable—and fortunate—when a strategic planning process comes at just the right time for a mission-driven organization and the people it serves. Without question, that is the case for Northwest Neighbors Village, which is celebrating its 10th anniversary this year.

As previously reported in our September newsletter, NNV last summer began a strategic planning process involving four basic steps: (1) Listening and Environmental Scan; (2) Strategic Situation Analysis; (3) Strategic Planning; and (4) Plan Development-Completion. As chair of the Strategic Planning Committee, I am glad to report that the committee has completed this process and that, in January, NNV's Board of Directors, after discussion and clarification, approved the three-year strategic plan: "Reimagining Aging: Creating Possibilities."

The plan provides a roadmap for charting the next phase of this valuable organization's life,

particularly as it addresses critical themes facing individuals aging in their communities.

Our overall vision is "a generous, supportive community where older adults are valued, age with dignity, and enjoy opportunities for growth and engagement." To that end, our



mission is "to enable older adults to thrive as they age in our community by offering a robust network of resources and opportunities."

Our community's aging population and their needs are growing rapidly. Currently, Northwest Neighbors Village reaches only a small percentage of this population. The plan reflects our commitment to increase our impact and help an even greater number of older neighbors thrive

as they age in our community.

We want to create a strong and active intergenerational community that reimagines aging, by offering older adults practical support and opportunities for engagement that enable them to live with purpose and self-determination. The plan maps out the path for a growing organization that responds to the needs of more and more older adults, across age groups, from diverse cultures, incomes and backgrounds. We are committed to providing our members enhanced services, programs and engagement opportunities that support their aging in community, and plan to partner with others so that our impact is leveraged.

Furthermore, as volunteers are our most valuable partners, we are determined to strengthen that partnership and to productively use their time and talents. In addition to providing practical services, volunteers will have the opportunity to help on specific tasks related to the strategic plan, such as with the development and implementation of

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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

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 or call the office at 202-777-3435.

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FROM THE PRESIDENT

Let the festivities begin

By JUDIE FIEN-HELFMAN

NNV is 10 years strong, built on a foundation of making connections for members, volunteers, neighbors. How we have grown since our doors opened in March 2009!

NNV will be celebrating throughout 2019 to mark our milestones over the past decade, unroll our new strategic plan, and pave the way for another extraordinary 10 years of being active in the lives of residents of Northwest D.C.

We kicked off our 10th-anniversary celebration at the NNV Holiday Party in December with a heartwarming and poignant candle-lighting ceremony kindling memories of our founding, our successes, our friendships and our community connections.

Next up we will be honoring our volunteers at our annual Volunteer Appreciation Reception in March. Volunteers are the heart and soul of NNV. We could not do what we do, or be who we are, without their care, time and talents.

On Saturday evening, April 27, we party! Our "10th-Anniversary Celebration: Village Voices" will feature Tom Toles, Pulitzer Prize-winning Washington Post cartoonist. Tom will do double duty that night—first as the interviewee of our "up close and personal" conversation. Secondly, he and his band, Midnight Swim, will entertain as we dance the night away. Details will be forthcoming but mark your calendar now.

Tickets will be \$100 per person and go on sale March 1. The festivities will feature food, drinks, silent auction and more! This is our major fundraiser for the year.

There are plans underway to celebrate the anniversary later in the year as well. We



are designing special outreach programs, engaging recent retiree programs, and will use our beloved annual programs like the picnic and holiday party to mark our accomplishments.

Most importantly NNV is starting a Legacy Society to ensure our future. In coming months you will be hearing more about the Legacy Society, designed to allow NNV members, volunteers and donors to leave a bequest or planned gift to NNV to ensure the village will be around to serve future generations.

How can you help?

► Tell your story.

Help us create a historical timeline of the past 10 years. Share any photographs you have of our first 10 years—a program or trip you attended, a new friend you made.

Share your favorite memory of a NNV event, a volunteer or more with the office; call 202-777-3435.

Tell us why you joined or support NNV. What do you value the most by being part of the village?

► Invest in NNV.

Make a donation to our silent auction. Have a favorite restaurant or store? Ask them for a donation to our auction. Information is available to share with them. Have a second home or friends who do? Airline miles you won't use? Donate them to the auction.

Explore leaving a bequest to NNV and become a founding member of our Legacy Society.

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Board of Directors, staff changes announced

The Northwest Neighbors Village Board of Directors approved the appointment of two new members in January:

Albert A. (“Bert”) Foer is the founder and former president of the American Antitrust Institute. Before founding the AAI in 1998, his career included private law practice in Washington

(Hogan & Hartson, Jackson & Campbell); the Federal Senior Executive Service (as assistant director and acting deputy director of the

Federal Trade Commission’s Bureau of Competition); CEO of a midsize chain of retail jewelry stores for 12 years (Melart Jewelers); trade association and nonprofit leadership (ACLU, Diamond Council of America, Ben Gurion University, Adas Israel, Moment Magazine, Violence Policy Center, Cosmos Club); and teaching antitrust to



undergraduate and graduate business school students.

Pamela Roberts is a stay-at-home mother taking care of her children, Ian and Isabel. In her free time, she teaches English to non-native speakers at the Washington English Center and has recently been supporting Northwest Neighbors Village with various tasks, including developing the Strategic Plan, searching for new software and preparing a grant proposal with the executive director.

Her professional career includes more than 10 years’ experience providing management consulting services to the federal government, primarily in housing and community development. Previously she worked at various housing agencies in Washington and Boston administering public housing programs. Pamela earned her B.A. in



social psychology and Spanish from Tufts University and her master’s in public policy from Georgetown University. She is fluent in Spanish; she and her family lived in Mexico for six years. Pamela enjoys reading and relaxing at home with her family.

Two NNV board members transitioned out at the January meeting. Elinor Stillman has been on the board of directors since 2012 and has served as secretary since 2014. Dennis O’Connor has been an NNV board member since 2014. Their many years of patience and hard work on behalf of NNV are so appreciated. Both will continue to volunteer with our community and to stay involved with the village.

Our beloved volunteer and member services manager, Leah Penner, will be leaving NNV in March for the happiest of reasons. She is having a baby! Leah’s shoes will be hard to fill. Once a new manager is hired we will announce it in the newsletter and the weekly email bulletin.

Strategizing for the next 10 years

STRATEGIC, Continued from Page 1

communications and fundraising plans, building on their strengths and talents to support and grow the organization.

Northwest Neighbors Village is part of an amazing moment: the emergence and rise of the village movement here in D.C. and nationwide. The possibilities for learning and sharing together with other villages are compelling. As reflected in the plan, we are committed to being a leader in the D.C. Village Collaboration, strengthening our current collaborative efforts with other local villages to further develop shared resources and augment the



services and programs that are offered to our members.

We know that our young, volunteer-driven organization must evolve and mature. As such, the plan frames steps to ensure that Northwest Neighbors Village is stable and sustainable, with effective management and technology systems, adequate financial resources, and outstanding staff and board. Notably, this year will see an

upgraded database and technology that will create more efficient processing of service requests, an easy-to-read calendar on our website, and RSVPs for programs, as well as easy payment options. Other actions during the three-year plan are designed to ensure diversified revenue streams and enhanced human resources.

Finally, we are committed to being more widely recognized and valued for our role supporting older adults, as they age in community, so that we can better engage our community in our organization. The plan, therefore, provides for actions designed to enhance Northwest Neighbors Village’s visibility in the community, as a means to sustain and grow the organization, helping to ensure that NNV is there for our members now and into the future.

Member-driven programs keep activities thriving

By STEPHANIE CHONG

Northwest Neighbors Village was founded on the principle of neighbor helping neighbor. In fact, had it not been for our hard-working founders, the programs and services that our members rely on today would not be available. Ten years later, the spirit of member-driven, member-initiated programming is still alive.

Programs like NNV's three book clubs are coordinated by members and promoted by NNV. The NNV Book Club has been meeting for years. The group meets monthly and is hosted in the homes of club members. The men's book club meets monthly in a cozy nook at Forest Hills of D.C. This small group has developed a genuine camaraderie and is seeking new members to participate. If interested, please contact our office at 202-777-3435 or



nnvillage@gmail.com.

The village's newest book club focuses on the New York Times 100 Notable Books for 2018. NNV member Ginny Finch is coordinating the group, which will meet the second Thursday of each month at her home in Van Ness East condominiums. The group will read fiction and nonfiction books that have won public acclaim. The first session is scheduled for March 14. Details about the book, including RSVP information, can be found in the Calendar on page 9.

On March 29, Barbara Coombs Lee, president of Compassion and Choices and sister of NNV member Nancy Stanley, will discuss her new book "Finish Strong: Putting Your Priorities First at Life's End." The book is based on her experiences as a clinician caring for dying patients and her role as an advocate for avoiding unnecessary suffering at life's end. Details about the event,

including RSVP information, can be found in the Calendar.

In past years, village member and volunteer Jane Whitaker shared her knowledge as a biologist by facilitating discussions on ants and bees. This past December, one of NNV's new members, Janet Novotny, invited fellow members to her home for Christmas Eve dinner. NNV's Caregiver Support Group, trips to the Symphony of the Potomac, movies at the Avalon, lunch gatherings at local restaurants, museum tours and day trips are offered by members themselves and/or coordinated by members and volunteers on the Program Committee. These are just a few of many examples of member-initiated programs.

NNV programming is a valuable offering that provides opportunities for members to stay engaged in their community and make connections with their neighbors. Do you have an idea for a program you'd like to coordinate? Would you like to share your expertise or passion with fellow members? Would you like to organize a social gathering with members? If so, please contact the NNV office with your ideas, at 202-777-3435 or nnvillage@gmail.com.

No-muss-or-fuss squash 'soufflé'

By BARBARA OLIVER

Remember when squash came frozen in an orange rectangle? Well, those 12-ounce boxes have been replaced with spirals, cubes and other shapes in 10-ounce packages that are microwavable. NNV member Fradel Kramer warned me of this change when she submitted this recipe using the old 12-ounce packages.

I think of this tasty, light, side dish as soufflé-like, without the muss or fuss. It refrigerates well.

Simple Squash "Soufflé"

2 packages (10-ounce each) frozen squash, cooked and drained
6 tablespoons milk (can use almond

milk)
6 tablespoons refrigerated egg substitute, beaten
5 tablespoons butter or margarine, room temperature
6 tablespoons granulated sugar (or equivalent sugar substitute)
6 tablespoons flour
Ground cinnamon or nutmeg, optional

Preheat oven to 350 degrees F. Butter a 9- or 10-inch pie plate.

Whisk all ingredients together by hand or blend with an electric mixer.

Pour mixture into prepared pie



BARBARA OLIVER

plate. Sprinkle spice on top and swirl for decoration, if desired.

Bake 40 to 45 minutes.

Serves 6 to 8 as side dish.

Notes: Fradel recommends cooking and draining the squash a few hours in advance of

preparation or overnight.

The original recipe calls for 2 12-ounce packages of frozen squash. If you can find these, use the following amounts of ingredients: 1/2 cup milk, 3 eggs, 6 tablespoons butter, 1/2 cup sugar and 1/2 cup flour.

SOURCE: ADAPTED FROM FRADEL KRAMER'S RECIPE



STEPHANIE CHONG

Sam Wilson of Bankers Life addresses the recent retirees. Watching are Christine Bitzer of Seabury Resources for Aging, left, and Merilee Janssen of Northwest Neighbors Village.

How to be ‘successfully retired’

By SAL SELVAGGIO

Retirement is one of those Rubicons in life we may cross with mixed emotions and many questions. On Jan. 16, Northwest Neighbors Village hosted a presentation titled “Successfully Retired” at the Tenleytown Library to discuss some important issues to consider when entering this chapter of our lives.

Our executive director, Stephanie Chong, opened the session and also invited those in attendance to explore NNV as a resource for help and for volunteer opportunities.

The first speaker was Samuel Wilson, an agent at Bankers Life Insurance. He reviewed financial and investment options, and stressed the importance of planning ahead for retirement. Sam recommended researching [Medicare.gov](https://www.medicare.gov) and [Longtermcare.gov](https://www.longtermcare.gov) websites to become familiar with benefits available to you post-retirement.

NNV board member and volunteer Merilee Janssen spoke about her journey to discover the volunteer opportunities that meshed with her interests and her desire to be of service to others. She reminded us that volunteering gives us an opportunity to meet interesting neighbors, and will strengthen the bonds of humanity that make our community a better place to live.

The final informative presentation was given by Christine Blitzer, LISCW, assistant director of Seabury Resources for Aging. She outlined a number of sources for help and guidance such as Iona Senior Services, Seabury and the D.C. government. She discussed the importance for caregivers to use these resources to avoid burnout and to obtain assistance with their questions.

A question-and-answer session wrapped up the

evening, with some attendees recounting some of their experiences navigating their life in retirement, and others asking for information to help toward that end.

Successfully Retired is just one of a number of efforts Northwest Neighbors Village is making to engage new and soon-to-be retirees. On Tuesday, March 19, NNV will partner with the Chevy Chase Citizens Association on a program that will highlight opportunities for recent retirees and those approaching retirement to engage with the community, with a focus on volunteering and lifelong learning. The panel discussion will begin at 7:30 p.m. at the Chevy Chase Community Center.

On Thursday, April 11, NNV’s case manager, Barbara Scott, will be hosting an Early Retirement Discussion Group from 6 to 7:30 p.m. We hope this will be the first of many meetings where NNV members can gather with other recent retirees to share ideas on ways NNV can help with the transition to retirement, as well as a space for members to talk about challenges and surprises they’ve faced after retirement. Detailed information on both of these events can be found in the Calendar on page 9.





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FAMILY PHOTOS

Where in the world?

Judie Fien-Helfman, NNV's president, brought back some colorful, not to say exotic, photos from a trip to India. **UPPER LEFT:** The ornately carved Udayagiri and Khandagiri Caves were built during the 2nd century B.C.; it is believed that most were carved as residential blocks for Jain monks. **UPPER RIGHT:** Temporary henna tattoos on the hands of a wedding party, including Judie. **RIGHT:** Judie at the Golden Temple at Amritsar near the Pakistan border. **BELOW LEFT:** Judie and her husband, Jake, at Elephantastic, a sanctuary where tourists can feed, walk, bathe and have fun with the elephants. **BELOW RIGHT:** The holy city of Varanasi on the Ganges River, a major religious hub that is considered a very spiritual place.





In the FLOW of mindfulness

By ANNE CONTEE

I call India my original home; I was born and raised there. Mumbai is always bustling with sounds, unique smells, wandering stray animals and humans draped in vibrant colors. One's senses are in a heightened state of engagement when you land among 1.06 billion people.

My American friends sometimes have apprehension traveling to India. My best recommendation to the newcomer to India is to get into the "Flow." Flow usually has rhythm, and one has to step into that flow to experience balance. I have come up with the FLOW acronym to help my western friends travel to a developing nation:

F stands for being Fierce,
L stands for Light,
O stands for Openness and
W stands for Wonder.

If my apprehensive visitors learned to be Fierce to push through the sounds, smells and sights of India, they might have a good time. Second, if they traveled Light by not getting too attached to the sadness of India's deprivation, poverty and injustice, then my resilient travelers may build enough emotional muscle to endure the hard paths.

Third, if they are Open and flexible and learn to adjust, adapt and accommodate to the process,

they may be able to experience not only India but other uncomfortable paths with empathy. Lastly, life offers its unique Wonder and awe alongside limitless cruelty, but we seldom slow down to experience the beauty and wonder to look for treasures in our tragedy because we all get swept into our day to fix things, rescue our brokenness and move with a firm duty-bound commitment from point A to B.

To initiate FLOW and live wholeheartedly is to embrace mindfulness. A mindfulness practice rewards an individual with balanced groundedness devoid of reactivity and free from anxiousness and depression by merely slowing down.

When a person lacks mindful living, they are out of the rhythmic flow of life. This living without purpose is like being hijacked by fear, dispensing energy toward the primitive instinct of self-preservation, and all decisions made or emotions expressed are rooted in fear and survival instinct. Most individuals then feel stuck, disconnected and utterly unhappy because the relational behaviors executed appear purely self-centered, operating from a closed, dried-up reservoir.

When people transcend from head to heart, it immediately metabolizes harmonious FLOW—fierce, light,

openness and wonder. Our inherent human true nature is to integrate our mind, body and soul, thus training the mind to think pragmatically to seek peace and happiness within. Understanding this concept helps us to live consciously and mindfully.

A mindful practice does not always prescribe a yoga or meditation ritual to achieve this level of coherence, although these practices are a good source of discipline to maintain regularity for mindful awareness and integration. Initiation into a mindfulness practice may include simply silence. A sense of sacredness emerges from silence to refreshing positive, caring behaviors, adapting a zero-negativity pledge.

A more straightforward and practical approach to practicing mindfulness is to accept and acknowledge our present moment with least resistance, to channel the flow from the heart executing calmness, contentment and happiness to regulate our emotions. Being present in the here and now without judgment helps us enter the beginning of each day with keen awareness and curiosity.

When one's mindful behaviors are paired with least resistance and more acceptance, harmonious flow and mindfulness become synonymous. Heart-centered conscious integration into daily lives then appears kind, compassionate and involves a sacred way of loving the world as it is and in awe of the wonder of being alive. These approaches allow us to be more flexible rather than fixed or rigid; then we become more open, accepting and tolerant towards our circumstances and others.

As my western travelers, we can appreciate the wonder of life and build emotional muscle to remain present without getting attached to our desired outcomes. I wish you the best mindful journey!

Anne Contee is a registered yoga teacher and a licensed professional therapist. She can be reached at annecontee@icloud.com.

Passages

Longtime NNV member **Irene Kilduff** died on Dec. 16.

Irene was born in Crofton, Neb. During World War II she followed her sister, Ruth, to the East Coast, arriving in Washington in January 1943, and found a job working for the FBI examining fingerprints.



Irene Kilduff

She met her husband, Guyer Kilduff, in D.C. and they married in September 1952. After becoming a mother and then a young widow, she went back to work for Reuben H. Donnelley, and later as a secretary for the NIH and the Department of the Navy.

Irene and her late

husband purchased their beloved home on Faraday Place in Northwest Washington in the early 1960s, which Irene maintained by herself until very recently. Most recently, Irene relocated to Forest Hills of D.C. (formerly the Methodist Home) where she made many friends with residents and staff.

Irene had been a member of NNV since 2011 and was well known to many volunteers.

Case manager can help cope with unanticipated events

By **BARBARA SCOTT, LGSW**

As the case manager for Northwest Neighbors Village, my role is to provide our members with expertise and resources to navigate the often unanticipated events that happen to us as we transition into retirement and beyond. Remaining in our homes as we age can be an important and wonderful experience, but we also must be prepared so that our home remains a safe and comfortable environment.

In addition, sometimes life throws us a few unanticipated curveballs, and one of my major roles for village members (I also work with members of the Palisades, Dupont Circle, Cleveland-Woodley Park, Foggy Bottom, Georgetown and East Rock Creek villages) is to help you navigate these especially difficult times—whether the loss of a loved one, a medical crisis involving a hospital stay, the need for rehab, or a respite stay.

There are several ways I can help you. One of the most effective is by arranging a home visit in which I learn about your current living situation, your general health and the types of services you may require, ranging from transportation, volunteer visits, support groups and meal delivery, to identifying legal resources or answering questions about Medicare and long-term care insurance.

However, sometimes I first meet you when you have had a significant life-altering experience that ends up with a hospitalization. During these times of crisis I can be an effective resource to help you navigate the relationship with your healthcare providers and the hospital discharge planner, and anticipating and arranging for your needs once you are discharged. Post-discharge can often result in the need for resources in your home or in a rehab facility before returning to your



Barbara Scott

home. I can help with those arrangements.

I can also work closely with you, your family and/or your friends to make sure your home environment will be safe upon your return. Should you need additional nursing care, meal delivery, transportation, etc. I can work with you to identify those resources as well.

Several of our village members are now transitioning into retirement. For many members, no longer having the routine of going to work each day leaves an unanticipated void in their lives. One project that we are undertaking this spring

is to hold a regularly scheduled meet-up for recent retirees so they have a place to discuss and share the challenges they are now facing as well as identifying group activities that the village could facilitate (museum visits, hikes, cultural events, lectures, etc.). I look forward to playing a role in this new undertaking.

To summarize, as your case manager, I am here to make aging in place a positive experience, whether navigating routine day-to-day activities, or being a valuable resource in the event of a potentially life-altering event.



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NNV Calendar

Except as otherwise noted, all events require an RSVP to the NNV office at 202-537-7372.

Volunteer Training

Understanding and Addressing Elder Abuse

Tuesday, March 5, 10:30-noon. Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP: 202-777-3435.

Even with 5 million people experiencing it every year, elder abuse is still a hidden epidemic. Join the ElderSAFE Center for an interactive workshop to shine light on this important topic. We will discuss your role as village volunteers in addressing elder abuse, including identifying the warning signs and making reports. We will use case examples to explore how best to serve your neighbors and help keep them safe.

New Book Group!

Thursday, March 14, 1:30-3 p.m. The group will continue to meet on the second Thursday of the month. Location: Home of NNV member Ginny Finch, 2939 Van Ness St. NW (Van Ness East), Apt. 1221. Metro-accessible; free parking in front of the building. RSVP: 202-686-0053 or ginnyvne@yahoo.com.

We'll focus on fiction and nonfiction that has won public acclaim. In the first session participants will discuss Hannah Tinti's "The Good Thief," about a one-handed orphan adopted by a con man claiming to be the boy's long-lost brother. In future meetings selections will include "Churchill and Orwell: The Fight for Freedom" and "Killers of the Flower Moon." Limit eight participants.

Recent Retiree Event

Engaging With Your Community Post-Retirement

Tuesday, March 19, 7:30-9 p.m. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Panel discussion, cosponsored with the Chevy Chase Citizens Association and open to the public, about opportunities for older adults,

particularly recent retirees and those approaching retirement, to engage with the community, focusing on volunteering and lifelong learning. Panelists will include Morgan Gopnick, board member and volunteer with Northwest Neighbors Village; Samantha Nolan, chair of the 2nd District MPD Citizens Advisory Council and former president of the Chevy Chase Citizens Association; Dick Swartz, longtime Chevy Chase resident and lifelong artist who, since retiring, has taught art to older adults; and Tony Long, executive director of Osher Lifelong Learning Institute at American University.

NNV Book Club

Wednesday, March 20, 2:30 p.m. Location TBA. RSVP: FranMahn@aol.com.



Allan Lichtman

Salon Series

Allan Lichtman, Distinguished Professor of History at American University

Sunday, March 24, 10 a.m.-noon. Visit www.nwnv.org to purchase tickets. Cost: \$75 per seat, entirely tax-deductible.

Allan will discuss voting rights in the U.S. and his new book, "The Embattled Vote in America," as well as his observations about the current political scene. Dr. Lichtman, an award-winning scholar and writer, has authored or co-authored 10 books, including most recently "The Case for

Impeachment" (2017, revised 2018) and "The Embattled Vote in America: From the Founding to the Present" (2018). His next book, on gun control and the Second Amendment, is under contract. His book "FDR and the Jews" (2013, with Richard Breitman) won the National Jewish Book Award in American Jewish History and was a 2013 New York Times editor's choice work. Other recent books include "White Protestant Nation: The Rise of the American Conservative Movement" (2008) and "The Keys to the White House," 2016 Edition. The Keys system correctly predicted the outcome of every presidential election from 1984 to 2016.

NNV Men's Book Club

Tuesday, March 26, 3-4:30 p.m. Forest Hills, outside library, 4901 Connecticut Ave. NW.

Lunch Bunch

Thursday, March 28, noon-2 p.m. Le Chat Noir Restaurant, 4907 Wisconsin Ave. NW.

Join fellow NNV community members for an informal lunch outing.

Author Talk

Friday, March 29, 11 a.m.-12:30 p.m. Forest Hills of D.C., 4901 Connecticut Ave. NW.

Barbara Coombs Lee, president of Compassion and Choices, will discuss her new book, "Finish Strong: Putting Your Priorities First at Life's End." [The book](#) is based on her decades as a clinician, caring for dying patients who suffered needlessly, and decades more as an advocate, empowering people to avoid that fate. Barbara is the sister of NNV supporting member Nancy Stanley, who helped to organize this event. There will not be books for sale at the event so if you would like to pre-purchase the book, you can do so at bit.ly/BuyFinishStrongBook.

Early Retirement Discussion Group

Thursday, April 11, 6-7:30 p.m. Wine, soda and cheese provided. RSVP:

See CALENDAR, Page10

Calendar

CALENDAR, Continued from Page 9

casemanager@dupontcirclevillage.net
for the address.

Join other NNV early retirement seniors to discuss issues of common interest and activities that NNV could facilitate for the group. This get-together is meant to be informal (come as you are) and a chance to voice ideas as to how the village could better serve this group through discussions, speakers, activities, events, etc., and provide a forum to address some of the challenges faced upon retirement. If you are interested, have preferences for future meeting dates and times, locations, and initial topics for discussion, please contact the NNV social worker, Barbara Scott, at casemanager@dupontcirclevillage.net.

NNV Book Club

Wednesday, April 17, 2:30 p.m.
Location TBA.

RSVP:FranMahn@aol.com.

Lunch & Movie

Thursday, April 18, 10:30 a.m. Avalon Theatre, 5612 Connecticut Ave. NW.

We will attend the senior cinema showing (\$5 for those 65 and older) at 10:30 a.m., followed by lunch at the Blue 44 Restaurant.

Performance

Seniors on Stage

Wednesday, April 24, 2-3 p.m.
Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

A group of experienced performers, seniors taking classes at the Round House Theatre, will offer spirited readings of scenes and monologues.

Anniversary Event

Saturday, April 27, 7-10:30 p.m.
Chevy Chase Village Town Hall, 5906

Connecticut Ave., Chevy Chase, Md.
NNV's 10th Anniversary Celebration. "Voices From the Neighborhood," featuring Tom Toles, Pulitzer Prize-winning Washington Post cartoonist, followed by music with Tom's band, Midnight Swim. Details to follow.

NNV Men's Book Club

Tuesday, April 30, 3-4:30 p.m. Forest Hills of D.C., outside library, 4901 Connecticut Ave. NW.

Museum Trip

Thursday, May 23, 10:30 a.m.-3 p.m.
Visit to the Glenstone Museum in Potomac, Md., includes a one-hour docent-guided tour of the grounds beginning at 11 a.m., followed by a la carte lunch (participants will buy their own) in the cafe at 12:30 p.m., with an opportunity afterwards to view the museum on one's own or to visit the gift shop.