

THE VILLAGE NEWS

Northwest
Neighbors
Village



Volume 9, Issue 1

A Community Network of Support

January 2017

Managers can help deal with money matters

BY STEPHANIE CHONG

It can be exhausting trying to keep up with the mounting pile of mail on the table or to make sense of medical insurance claims, bills and junk mail. Fortunately, there is a professional who can help.

Daily Money Managers (DMMs) are professionals who help manage the affairs of people who feel overwhelmed or are just too busy to tend to daily tasks. A DMM can provide ongoing organization of important paperwork, pay bills and/or balance your checkbook.

People also call on DMMs for a variety of other reasons. Individuals who have difficulty writing checks due to low vision, Parkinson's disease or a host of other disabling factors find that DMMs can be a tremendous help. Many have enlisted the

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JANEAN MANN

Irene Arpin with a sculpture by Knut Knutsen.

MEMBER PROFILE

Irene Arpin, from refugee camp to exotic wildlife camps

BY JANEAN MANN

Though her first trip outside her native Germany was not for pleasure but to save her life, Irene Arpin's subsequent travels around the world have been much more enjoyable.

Born in Danzig, Irene saw her high school closed because of World War II. She and her classmates were moved to camps, where the girls cooked for about 1,000 former schoolboys who had been mobilized to dig ditches in an

effort to stop tank advances. They slept on straw in large barracks. Irene was allowed to leave about six months later when a heavy pot lid fell on her, giving her a concussion.

Returning home, she began a Red Cross nurses' training program. She treated soldiers returning from the Baltics before they were shipped off to camps in Denmark. She had just turned 17 when the head nurse got her passage on a ship to Denmark, enabling her to flee the advancing Soviet troops. She

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NORTHWEST NEIGHBORS VILLAGE

*a community network of
support*

4901 Connecticut Ave. NW
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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 EXECUTIVE DIRECTOR

Looking ahead: 2017 at NNV

BY STEPHANIE
CHONG

Happy New Year!
2017 is a big
year for NNV.

This summer will mark
the 10th anniversary of

Frances Mahncke's Listserv post
exploring neighbors' interest in
developing a senior village. Fast
forward to 2017 . . . Northwest
Neighbors Village is providing an
average of 250 volunteer services
a month and has 235 members
and 134 volunteers! Just think of
what our community would have
missed, had Frances not made
that initial inquiry.

I am looking forward to
carrying out the many exciting
plans we have in store for 2017.
Our Program Committee is
working hard to offer a vibrant
and diverse array of programs
and activities. On Jan. 23 we will
start out the year with "An Ant's
View of the World" presented
by NNV member and volunteer
Jane Whitaker. Other special
programs in the works for later
in the year include a Fireside
Quartet at Ingleside at Rock
Creek and a spring day trip to
the Harriet Tubman Museum in
Easton, Md.

This year, we plan to have
a greater presence in our
community. Quarterly NNV-
sponsored community events,
local business partnerships and
participation in local programs,
such as Chevy Chase Day, will be
a main focus in 2017. We want
our neighbors to know that NNV
is a local resource. Our Outreach



Committee is making
sure we are visible in
the community, while
our Member Services
Committee is making
sure our members feel
like a welcome part of
NNV and benefit from

membership.

Our Volunteer Committee
is making plans for our annual
Volunteer Appreciation event in
February. Throughout the year,
this committee will coordinate
quarterly socials to give our
hardworking volunteers an
excuse to kick back and get to
know one another.

Our new Fundraising
Committee is in formation and
is beginning to work on an event
this spring that will help raise
money to sustain our important
services and programming. We
are excited about the opportunity
to come together to celebrate
NNV's work in the community.

There are many ways you can
get involved to make 2017 NNV's
best year yet. Please consider
sharing your time and talents by
joining a committee or a specific
time-limited project. Encourage
a neighbor to become a member
or volunteer. Call the NNV office
to share ideas on programming,
membership or volunteer
services. Invite your family or
friends to an NNV-sponsored
event. Introduce your favorite
local business to NNV. Your
contributions big or small have a
great impact.

Best wishes for a happy,
healthy and prosperous new
year to all!

NNV CALENDAR

Rides are available for NNV members to all NNV events.

Mon., Jan. 2

No Gentle Yoga—Federal holiday.

Mon., Jan. 9, 2-3 p.m.

Gentle Yoga with Sandi Rothwell. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

Mon., Jan. 16, 2-3 p.m.

No Gentle Yoga—Martin Luther King federal holiday.

Wed., Jan. 18, 2 p.m.

NNV Book Club discusses the second half of *Made in America* by Bill Bryson. Location to be determined.

Mon., Jan. 23, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Mon., Jan. 23, 3:30-5 p.m.

An Ant's View of the World—Presentation by biologist and NNV member and volunteer Jane Whitaker. Assembly Room, Forest Hill of D.C., 4901 Connecticut Ave. NW. RSVP: 202-777-3435.

Mon., Jan. 30, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Tues., Jan. 31, 3-4:30 p.m.

NNV Men's Book Club discusses *The Quartermaster* by Robert O'Harrow Jr. at the home of NNV member Bernie Hillenbrand. RSVP: 202-777-3435.

Wed., Feb. 1-June 15, 10-11:30 a.m.

Caregiver Support Group with Susan Lieberman, LCSW, twice a month. 3931 Morrison St. NW. Call 202-777-3435 to reserve a place.

Thank you

NNV is very grateful to everyone who participated in our end-of-year campaign last month. The gifts are still coming in. With your support, NNV will be able to continue to offer in 2017 the many programs and services you've come to rely on.

Fundraising is a necessary evil of the nonprofit world, and successful organizations do so throughout the year. While we are diversifying our efforts to raise funds, we are also listening to the experts who argue that the best supporters are individuals like you. Our members and volunteers know firsthand about the great work we do and benefit directly from our success.

One great way to support NNV is by making a recurring gift. For many, becoming a monthly sustainer is more comfortable than making a one-time donation. In one year, a monthly donation of \$10, \$20 or

more can have a great impact for NNV without feeling like a great impact on your wallet.

For more information on how you can become an NNV monthly sustainer, please check

our website at www.nwnv.org/donation-form.html or contact Stephanie Chong at 202-777-3435. Thank you for your consideration and support.

—Stephanie Chong

SERVICE OF THE MONTH Dealing with old or unwanted clothes

We all have them! And many of us may even fantasize that shoulder pads, bell-bottom pants and narrow ties will be back in fashion one day. These once-loved items accumulate (sometimes it seems they regenerate) in closets, attic and basement storage areas, in spare bedrooms and of course on chairs, beds and tables . . . until a move, accident or unforeseen event forces us to confront our accumulations.

NNV member Jane Whitaker recalls needing to move downstairs following an accident and confronting piles of excess clothing. "Still recovering," she said, "I was at my wit's end as to where to start.

NNV sent a lovely volunteer and in a little more than an hour we had sorted, bagged, thrown out and hung up my mess. She helped me to dispose of clothing which I didn't use or didn't fit."

She added that the volunteer was nonjudgmental and helpful, and that she could never have cleaned up "the mess" without her. Best still, some of those clothes went to organizations that distribute clothing and other household items to needy families.

Are you ready to tackle that back bedroom closet? Give Leah a call at 202-777-3435.

—Lois Berkowitz

Some travels are more welcome than others

PROFILE, *Continued from Page 1*

wanted to take her mother, but her father, a railroad engineer, would not allow it.

While in Denmark she worked in German army hospitals until being moved to a refugee camp of about 10,000 in Jutland. The camp was on a German air force base with refugees on one side and POWs on the other. Although she made rounds to treat the sick and wounded, she had no bandages or medicines except for aspirin. She took advantage of the presence of some teachers in the camp to resume her schooling, despite the lack of books.

With war's end, Irene was repatriated to Germany and reunited with her parents, who then lived near Bremen. It took Irene five months of inquiries after she arrived from Denmark to learn from German friends that her parents were alive, though they had been separated by the Soviet troop arrivals. "When I first returned, I was walking up the stairs but I did not recognize the woman in front of me—my own mother—because she had lost so much weight," Irene said. Her mother had suffered at the hands of the Soviets and had walked for long distances to be reunited with her husband. "For her, the whole thing was pretty terrifying," Irene added.

Having studied English and French in high school, she attended a school for interpreters, then got a job with the American military forces in Bremen, where she met her



JANEAN MANN

Irene Arpin with her dog, Willie.

first husband, an American with German Jewish parents. They transferred first to Nuremberg where Irene worked for the National Jewish Restitution Successor Organization, then to Bad Nauheim and a job with the Conference for Christians and Jews.

They came to the United States in 1948 and lived in Washington, where she worked first for the Retail Credit Institute and then for various law firms. When her marriage ended, Irene moved to New York and a job as an airline stewardess for Pan Am that gave her the opportunity to visit her parents in Germany. After two years she returned to Washington, worked for legal firms and, in 1958, married Ed

Arpin, a lawyer appointed by President Eisenhower to the Board of Veterans Appeals. They had three children—James, Nicholas and Christina—and did a good bit of traveling.

She has done a lot more since his death. "Traveling has been so much of my life. While I have traveled to some strange places, I've been very lucky. The attitude of the people is really quite wonderful," she said, recalling trips to Africa, Asia, Latin America, Europe and the Middle East.

Since joining NNV, Irene said, she has "met a lot of very nice and very interesting people," including a fellow German speaker whom she met at the holiday party and who shares her love of Africa.



Making merry, 2016

NNV members donned their gay apparel and turned out at Grand Oaks on Dec. 11 for our annual holiday party, with potluck delicacies and this year featuring a raffle. We greatly appreciate the sponsorship of Lifematters for its contributions to the success of our event. Here are some scenes:

1 NNV executive director Stephanie Chong gets help doling out raffle prizes from daughters Ellie, left, and Olivia (in front of tree) and from Amelia Lawlor, right, daughter of board member Jon Lawlor.

2 Barbara Dresner, left, chats with Mimi Sokol as Benita Lubic (background) watches the raffle progress.

3 Tom and Cathy Donohoe and Claartje Bertaut.

4 David Cohen, left, and Ron and Kay Springwater.

5 Mary Pat Gaffney, Marge McCurio and Barbara Dresner.

6 Carol Word, William Trueheart and Ron Springwater.



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PHOTOS BY JANEAN MANN



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Sip a souper supper

BY BARBARA B. OLIVER

When the wind is blowing, and snow threatens, a bowl of soup is just the thing for supper. This one is hearty without being heavy. No need to peel the potatoes. Just wash them before chopping. Chopped onion and minced garlic, available in the produce section, will save you time and work. But fresh lemon juice and zest is worth the extra effort.

Lemon Potato Soup With Feta

2 tablespoons extra virgin olive oil, divided

2 medium onions, chopped (1 cup)

2 cloves garlic, minced

4 cups prepared reduced-sodium chicken broth (or homemade)

1½ pounds Yukon gold potatoes, chopped (4 cups)

2 cups fresh kale or spinach (can use frozen in a pinch), chopped

1 teaspoon fresh oregano leaves, chopped (or ¼ teaspoon dried oregano leaves, crushed)



BARBARA B. OLIVER

1 lemon, zested and juiced

2 ounces feta cheese (regular or non-fat), crumbled

Salt

Pepper

In a 4-quart pot, heat 1 tablespoon oil over medium-high heat. Add onions and garlic; cook and stir 3 to 4 minutes or until tender.

Stir in broth and potatoes. Bring to boiling; reduce heat. Cover; cook 10 to 15 minutes or until potatoes are tender, yet

hold their shape.

Stir in kale or spinach and oregano. Cover; cook 2 to 3 minutes or until greens have wilted.

Remove from heat. Stir in lemon zest and juice and remaining oil. Let stand 10 minutes. Season to taste with salt and pepper. Top with cheese and additional lemon zest, if desired.

Makes eight 1-cup servings. Easy to halve recipe. Freezes well.

Tips

After washing kale, run a paring knife along the stem to separate from the leaf. Then roll the leaves lengthwise and cut across them.

A microplane (available at Rodman's, Sur la Table and the like) will make fast work of zesting citrus.

Correction

In last month's recipe, the paragraph beginning "Variations" should have said "Use 6 half-cup-size dessert plates" rather than "6½-cup-size dessert plates."

RECIPE ADAPTED FROM BETTER HOMES AND GARDENS, OCTOBER 2015

Watercolor classes set to resume

Artist Joey Mánlapaz will resume her series of art classes for NNV members Jan. 19, with sessions on basic watercolor painting.

Techniques from the simple to the more complex will be covered, including such topics as value, composition, color mixing, proper handling of the



A watercolor by student Erica Ling.

medium and critique of the works created. Students will

work from simple still-lives. Students wishing to learn pencil drawing or black wash painting are also welcome.

Classes will be held Thursdays, Jan. 19-Feb. 16, from 1 to 3 p.m. at Forest Hills of D.C.

The fee is \$100 in cash or check payable to Joey Mánlapaz at the first class.

To sign up and receive a materials list, email the artist at manlapazjo@aol.com.

Where in the world?

NV volunteer Judy Leyshon brought back a camera full of nice pictures from her fall trip to Lithuania, Latvia, Estonia and St. Petersburg, conducted by Odysseus Unlimited. Here are a few:

- 1** The Rocca al Mare open-air museum near Tallinn, featuring authentic architecture dating to the 18th century including 12 complete farms, teaches about rural life in Estonia. The woman at center demonstrates sausage making.
- 2** The House of the Blackheads in Riga, Latvia, dating from 1334, was a guild house for unmarried German merchants.
- 3** Judy Leyshon, center, with two women she met at Rocca al Mare.



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- 4** Gutman's Cave, the oldest tourist attraction in Latvia, is the widest and highest cave in the Baltics, formed when Ice Age meltwater eroded sandstone rock. It drew this musician along with the tourists.

- 5** Many buildings in Vilnius, Lithuania, were lost but others like this one have been reclaimed and restored to their former glory.



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D.C. offers utility discounts for low-income homes

BY JANEAN MANN

The D.C. Public Service Commission requires D.C. utilities including Washington Gas and Pepco to offer discounted rates to low-income D.C. residents.

The Residential Aid Discount (RAD) program enables individuals to save about 30 percent

on their electric bill while the Residential Essential Services (RES) program offers residents a discount on the distribution portion of their gas bill from November through April. Through this program, households can save up to \$475 annually on electric bills, \$76 on gas bills during the winter season, and more than

\$400 on water and sewer bills. This results in an approximately 25 percent gas bill reduction. It also provides a short-term increase in the reduction when gas prices rise above a specified historic percentage.

For these two programs, the maximum income level for one person is \$30,776 while that for a two-person household is \$40,245. The maximum

annual income level is \$81,674 for eight-person households.

To apply for any or all of these three services an individual must go in person to the office of the D.C. Department of Energy and Environment, 1200 First St. NE, and bring a government-issued ID, proof of income for all household members,

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FREEIMAGES.COM / BOB SMITH

Taking care of the bill-paying

MONEY, Continued from Page 1

support of a DMM after the loss of the spouse or partner who was primarily responsible for paying the bills. Individuals who travel regularly or live in different locations throughout the year find it useful to have a DMM manage their affairs. The help of a DMM can be invaluable, yet many do not know they exist.

Many people feel their financial affairs are private and won't enlist the help of a family member or friend even when they recognize the task is too much to manage on their own. This can have significant consequences, such as having

the electricity turned off due to non-payment even though the funds exist. On the other hand, others do rely on their family to manage their finances but feel like doing so is a burden. However, DMMs are professionals who can relieve these stressors while helping their clients feel in control of their finances, all in the comfort of home.

DMMs do not take the place of an accountant, financial adviser or attorney. However, they can refer you to such a professional when necessary and can complement their work. For example, by organizing and maintaining accurate financial

records for a client, a DMM can easily compile documents for tax preparation by an accountant. The DMM can make sure the prepared documents are correctly signed, that the appropriate checks are attached and that returns are mailed on time.

The American Association of Daily Money Managers (www.aadmm.com) offers certification, continuing education and a code of ethics for professionals to abide by. When seeking a DMM, be sure he or she is certified through AADMM. Most DMMs charge an hourly rate, plus travel time. Fees can range from \$70 to \$80 an hour.

If you would like information on local DMMs, NNV can provide a list of vetted providers.

COMMUNITY CALENDAR

Events are free unless otherwise indicated.

Wed., Jan. 4, 7:30 p.m.

Police Service Area 201—Monthly meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Mon., Jan. 9, 7 p.m.

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

Tues., Jan. 10 & Thurs., Jan. 26, 7-9 p.m.

Upper NW Knitters—Learn to knit and crochet; supplies are free. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., Jan. 12 & 19, 7 p.m.

Tenleytown Memoir & Essay Writing Club—Share work, get feedback. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., Jan. 12, 7:30-10:30 p.m.

ANC 3E—Public meeting. Embassy Suites Hotel, 4300 Military Road NW.

Sat., Jan. 14, 6 p.m.

eReader Rescue—Bring Kindles, iPads, eReaders for help with digital media downloads. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Tues., Jan. 17, 7:30-9 p.m.

ANC 3F—Public meeting. UDC, Bldg. 44, Room A03.

Wed., Jan. 18, 7:30 p.m.

T'ai Chi with Susan Lowell. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., Jan. 19, 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. 23, 7:30-10:30 p.m.

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

Wed., Jan. 25, 7 p.m.

2nd District Citizens Advisory Council—Meeting. 3320 Idaho Ave. NW.

Sat., Jan. 28, 2 p.m.

New Nutrition—With Deborah Chin, certified holistic health coach. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Every Monday, 10:30-11:30 a.m.

T'ai Chi with Norman Greene. 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 and Western Aves. NW. 202-364-7602.

Every Tues. & Thurs., 11 a.m.-noon

Club 60+—Exercise basics and muscle strengthening. Auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Fri.

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

Farmers Markets

Sat., 8 a.m.-1 p.m. — New

Morning Farm, 36th St. and Alton Place NW.

Sat., 9 a.m.-1 p.m. — Chevy

Chase, 5625 Connecticut Ave. NW.

Movie Mondays, 2 & 6:30 p.m.

Chevy Chase Library, 5625 Connecticut Ave. NW.

Jan. 9—"Me Before You," U.K., 2016, rated PG-13

Jan. 23—"Ghostbusters," U.S., 2016, rated PG-13

Jan. 30—"Cafe Society," U.S., 2016, rated PG-13 (Woody Allen, director)

A break for low-income utility users

UTILITIES, Continued from Page 8

Social Security cards for everyone in your home, and your most recent Pepco, Washington Gas and/or D.C. water bills. NNV can provide rides to this location. For questions, the phone number is 202-535-2881. Additional information can be

found at doee.dc.gov/udp.

The D.C. Water and Sewer Authority also provides a discount on up to 400 cubic feet of water and up to 400 cubic feet of sewer services per month, a current saving of up to \$37 for water and sewer services for individuals who meet federal low-

income guidelines. For more information, call the District Department of the Environment at 202-673-6700.

Verizon also offers Lifeline or Economy II, a phone-line discount for individuals already on Medicaid, SSI, the low-income Energy Assistance Program and several others. For additional information call 800-253-0846.



JANEAN MANN

NNV's yoga class, conducted by guest instructor Ann Contee, in its old home at Forest Hills of D.C.

Yoga returning to Forest Hills

NNV's Monday yoga class returns this month to Forest Hills of D.C.

During renovations at Forest Hills, the class moved

to temporary quarters at Friendship Terrace thanks to the generosity and support of Seabury Resources. It was fun meeting the Friendship

Terrace residents who joined us in the class and we hope they will continue their participation.

Yoga resumes Jan. 9 in the Forest Hills Assembly Room, 4901 Connecticut Ave. NW.