

THE VILLAGE NEWS

Northwest Neighbors Village

Volume 9, Issue 2

A Community Network of Support

February 2017

MEMBER PROFILE

Bill and Rose Dean, enjoying life and NNV's help

By LOIS BERKOWITZ

Bill and Rose Dean joined NNV just a week before last fall's picnic, so they started socializing right away. Having lived in Tenleytown since 2004, they have many friends in the neighborhood. Now they've also been to the new-member reception and the holiday party, meeting a whole new group of neighbors.

Bill, an outgoing "people person," has especially enjoyed the new interactions. He loves to talk, which he does with a delightful Southern accent. A Georgia native, he grew up in Atlanta, attended North Georgia College and played football. After college he joined the Army, serving two tours as a helicopter pilot in Vietnam, among other assignments.

Rose is a quieter but an equally affable Northerner. When they met, she had graduated from the University of Pittsburgh (in her hometown), spent some time in Mexico and was looking for more adventurous job options. In the meantime, she took a secretarial temp job at Pitt in the ROTC department to make some money for her next move. Two days later, Bill, who was recently divorced and the father of two, showed up



Bill and Rose Dean, a Northern-Southern couple.

AMANDA DEAN

for his stint as an ROTC instructor.

Rose and Bill married in 1973. Then Bill left the Army and joined First Command Financial Planning. Over the next 20 years, Bill's job took them to Colorado Springs, Colo., Columbus, Ga., Sacramento, Calif., and finally to Fairfax, Va., in 1993. They had three girls of their own (including one set of twins) in less than two years, so Rose kept busy raising children, moving and adapting to new environments. They also saw Bill's children as often as possible.

While the girls were growing up, Rose went back to school for a master's degree in professional writing and editing, freelanced for five years and then worked as a fundraiser for

See **PROFILE**, Continued on Page 3

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.

NNV Board Members

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Elinor Stillman, *secretary*
Stewart Reuter, *treasurer*

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FROM THE PRESIDENT

A few good reasons for a party

BY STEVE ALTMAN

Why should our volunteers attend our Volunteer Appreciation event on Feb. 12? They have already provided over 3,000 services in the past year.

Many of our volunteers love assisting NNV because they can meet and help members without being held to fixed schedules or being required to go to meetings. And many get their satisfaction every time a member says thanks; they need not rely on NNV management appreciation. Furthermore, when we have asked our volunteers to meet to discuss improvements to our organization, they have joined together to make excellent suggestions.

Why, then, are we asking them again to come to another get-together? First, we feel we can't thank them enough. Second, the opportunity to share experiences and suggestions helps all of us improve and appreciate what we are accomplishing in a way that will improve the experience for many of us. And third, taking the time to think about what we are accomplishing can add to the health and well-being of us as individuals and as a group.

We can't thank them enough. Our volunteers have saved lives. They have enhanced the quality of lives with the services they provide. They have enriched lives with their friendships and courtesies. Our members say they



feel more connected, they feel more secure, they leave their homes more and they know more people. This is all because of our volunteers.

Our volunteers have given guidance to each other and to the

organization. Sharing experiences not only educates other volunteers on how to improve their services but also provides new ideas and suggestions for safety, efficiency and programming. Whenever our volunteers come together and discuss their experiences there is a creative energy that leads to enhanced quality and enjoyment in providing those services. And the interaction with volunteers helps us develop new programs and services for both our volunteers and our members.

Taking a moment to reflect on what we have accomplished helps us as individuals and as an organization. As individuals we have learned that volunteering is good for our health and our happiness. Likewise, for the organization, the opportunity to reflect on our past year renews our energies for the great work we are doing.

NNV's goal is to help people "age in community" and by doing so build a stronger and healthier community. We do this through connecting neighbors. Getting together to say "well done" is a great way to build those connections. We have a long way to go. So, please join us on Feb. 12 for some good food and good cheer.

NNV CALENDAR

Rides are available for NNV members to all NNV events.

Wed., Feb. 1-June 14, 10-11:30 a.m.

Caregiver Support Group— Twice a month. With Susan Lieberman, LCSW. 3531 Morrison St. NW. Call 202-777-3435 to reserve a place.

Sat., Feb. 4, 3-4 p.m.

Winter by the Fire With String Quartet—Including NNV member Gail McColl. Piano Room, Ingleside Independent Living Apts., 3050 Military Road NW. RSVP: 202-777-3435.

Mon., Feb. 6, 2-3 p.m.

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

Mon., Feb. 6, 3:30-5 p.m.

Decluttering and Right Sizing—Marjorie Dick Stuart, Realtor and board member of the Cleveland and Woodley Park Village. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP: 202-777-3435.

Sun., Feb. 12, 1-3 p.m.

Volunteer Recognition Reception—With entertainment by the City Singers (by invitation only). Five Star Premier Residences, 8100 Connecticut

Ave., Chevy Chase, Md.

Mon., Feb. 13, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Wed., Feb. 15, 2 p.m.

NNV Book Club discusses *Speak, Memory* by Vladimir Nabokov. Location to be determined.

Mon., Feb. 20, 2-3 p.m.

No Yoga—Presidents' Day.

Mon., Feb. 27, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Tues., Feb. 28, 3-4:30 p.m.

NNV Men's Book Club at the home of NNV member Bernie Hillenbrand. RSVP: 202-777-3435.

Retirement life (with NNV) suits the Deans

PROFILE, *Continued from Page 1*

Reading Is Fundamental. With all three children in college, the Deans decided to leave the suburbs and move into the city. Their beautiful house, just a block from Wisconsin Avenue, is convenient to stores and Metro and perfect for walking.

While they were both still working, the couple did a lot of traveling—to Peru, the Galapagos, Australia and even back to Vietnam. With their five children (and now eight grandchildren) scattered across the country, they spent a lot of time visiting family.

Bill retired in 2006, but stays busy. With a home near two health clubs, he became a “gym rat,” working out almost every

day. He also volunteers twice a week at Food and Friends in Northeast D.C., helping prepare meals for AIDS patients and shut-ins across the city.

After five years of part-time work with nearby Politics & Prose as an offsite bookseller, Rose retired more recently. She also hits the gym regularly, reads a lot, acts as the family chauffeur and takes care of all the other tasks required to run a household.

It was one of those tasks that attracted them to NNV. Now that they were spending more time at home, Rose realized that streaming video would provide them with great entertainment—but she had no idea how to install it. Her next-door neighbor, who was already

a member, told her that NNV could help her with that and many other tasks. They signed up.

Rose was thrilled when volunteer Mark Adams came over and solved her video problem quickly and easily. She also felt much more secure knowing that help with transportation and a variety of other tasks is available when she needs it. Besides, both she and Bill have thoroughly enjoyed meeting new people and socializing at the recent NNV events.

“When I read about NNV, it sounded like a great concept,” she says, “and it certainly is. We both look forward to taking advantage of all that the village has to offer.”



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PHOTOS BY JEANEAN MANN



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Where in the world?

Janean Mann's recent birding-oriented trip to Cuba produced an array of intriguing photos (clockwise from top left):

1 Birders head down a canal leading to the Bay of Pigs in search of the rare Zapata wren.

2 With increased tourism, private "hostels," similar to B&Bs for tourists, are popping up in areas such as Playa Larga where owners like Emilio Zapata, left, and partner Marco Guiro, center, bid adieu to driver Arturo.

3 High winds send waves over the Havana seawall, flooding the streets.

4 The Zapata wren—found!

5 The bee hummingbird, found only in Cuba, is the world's smallest bird.

6 Flamingos in the Cayo Coco archipelago are among the thousands that flock here to nest.

7 Horse and buggy rigs are common, particularly in rural areas.

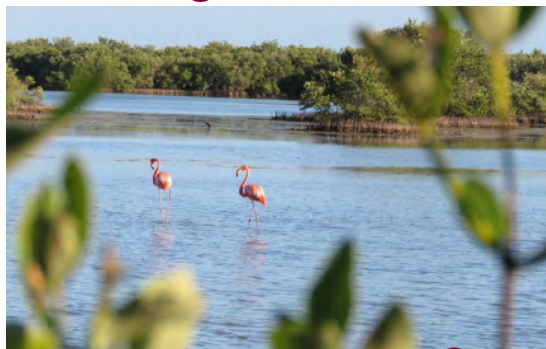


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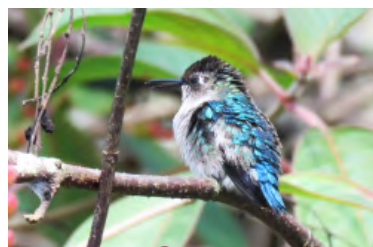
More photos on Page 5



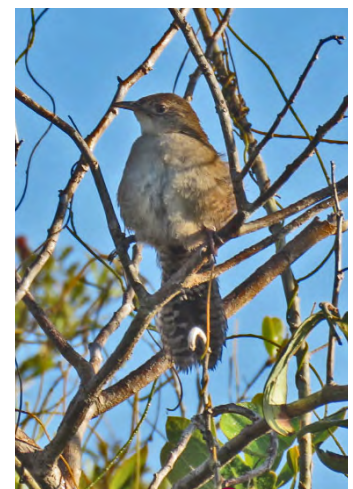
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Cuban scenes, cont'd

More from Cuba, clockwise from right:

- ➊ Families, including cellphone-wielding teenagers, turn out on a Sunday to meet friends and amble the byways of Sancti Spiritus, a 400-year-old city founded by the Spanish.
- ➋ Cuba is dotted with bridges over the country's one main highway that go nowhere as funding ran out after the collapse of the Soviet Union.
- ➌ A man waves pesos at oncoming vehicles on the National Highway in an effort to get a ride for himself and his family. Many Cubans rely on hitchhiking—relatively safe here—to move around the country.
- ➍ People wait outside an Internet shop to buy the cards needed to get online. Costs vary from \$1.50 to \$4.50 an hour. Many areas are still lacking connectivity.
- ➎ A “ghost ship” from the Netherlands Antilles broke loose during a storm and ended up on a Cuban beach where officials are trying to figure out how to remove it.
- ➏ Fishermen return from a morning's work in the Bay of Pigs.



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PHOTOS BY JANEAN MANN



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Charlotte Noshpitz, Nazi fighter in French Resistance, dies

Longtime NNV member Charlotte Noshpitz died Jan. 12. She was 91. As a teenager in her native France, she joined the Resistance against the Nazi occupation when her mother was arrested and taken to Auschwitz in the infamous Vel d'Hiv roundup of French Jews in 1942. Charlotte helped smuggle hundreds of French Jewish children across the French-Swiss border. When the Vichy government closed that



Charlotte Noshpitz

border, she became a document forger and courier to help others escape with forged papers. She was awarded the Croix de Guerre.

After the war, she studied psychiatry and visited the United States to learn of new treatments. It was here she met her husband, child psychiatrist Joseph Noshpitz. After their marriage in France, she returned to the U.S. and worked with prominent psychiatrists.

As the child of a prominent family of intellectuals of Russian, Romanian and French heritage, Charlotte grew up in an environment of arts and letters. In the U.S., she pursued her love of art working in a variety of media—metal, wood and ceramics. In addition to her art, Charlotte enjoyed participating in the NNV yoga class and visiting friends she had made in the village.

Charlotte is survived by her son, Claude, of California and two grandsons.

—Janean Mann

Allie Felder; agriculture, economic development expert

In his 95 years, NNV member Allie Felder, who died on Jan. 5, lived a purposeful life. Born and raised in Durham, N.C., into a close family that included grandparents and aunts and uncles, Allie went on to earn a Ph.D. from Ohio State University in agriculture and rural sociology.

However, on the day he received his undergraduate degree from Hampton University, he was drafted into World War II. At that time, African Americans in the Army were employed only in engineering, ordnance or as quartermasters and cooks. From 1943 to 1947, he was a U.S. Army ordnance officer. Allie said he learned at Officer Candidate School that “you cannot be a good leader unless you also learn from others.”

He put this lesson to use when he worked as an agricultural expert for 20 years in India for the Joint India Fund (which was underwritten by Nelson Rockefeller and the Cooperative League of the U.S.A.). Allie said, “I learned that you should attempt to learn the culture and practice of the host country and use your practical experience

and academic knowledge to supplement and help improve the institutions and ideas already developed by local people.”

After his career in India, Allie continued international work as senior vice president of the Cooperative League, headquartered in Washington. He was responsible for cooperative development projects in 20 developing countries in addition to India and traveled the world extensively in this endeavor. In 1986 to 1990 he was a self-employed consultant for economic development programs overseas.

Throughout his career, Allie won many awards, including the Jubilee Medal from the prime minister of India, Morarji Desai, and he was inducted into the Cooperative Hall of Fame. He was also nominated to the Overseas Private Investment Corp. by Presidents Nixon, Ford, Carter and Reagan.

Allie and his wife, Miriam, raised two sons: Allie Felder III, a retired career Marine Corps officer, and Robert Felder, a physician in San Diego. He has five grandchildren. He spent his last years as a member of NNV; he loved watching sports events and socializing with friends in his home and neighborhood. The family has requested that memorial contributions be made to NNV.

—Joan Solomon Janshego



Allie Felder

Exemption from snow shoveling requirement

Worried about getting caught by the D.C. law that requires that snow on your sidewalks be removed within eight hours? The city offers a waiver from this requirement for individuals 65 and older. But you have to apply for it every year.

Under the law, “all residential and commercial property owners must remove snow/ice from the sidewalks around their property within the first eight hours of daylight after the storm ends.” Those who do not clear their sidewalks within 24 hours can be fined—\$25 for residents and \$150 for commercial property owners.

To obtain the waiver form go to dpw.dc.gov/service/sidewalk-shoveling-exemption. If you don’t have a computer, NNV can print out a form for you.



JANEAN MANN

New law could help senior, handicapped renters

BY JANEAN MANN

Senior and handicapped renters could get a break on rent increases under new provisions passed unanimously by the D.C. Council in December. Known as the “Elderly Tenant and Tenants With Disabilities Amendment Act of 2016,” the bill would lower the cap on the annual rent increase for a unit occupied by an elderly tenant or a tenant with a disability. The increase would be pegged to the Consumer Price Index, the Social Security annual Cost of Living Adjustment or 5 percent of the current rent charged, whichever is least.

The legislation, awaiting signing by the mayor, also increases the maximum annual income for seniors and those with disabilities to qualify for these provisions from \$40,000 to 60 percent of the median income of the Washington Metropolitan Statistical Area for a household of four. This would bring the maximum income for a single-person household up to \$45,600

and to \$58,680 for two people.

Seniors and those with disabilities meeting these income requirements would also be exempt from rent adjustments stemming from a landlord’s hardship petition, a services and facilities petition or a substantial rehabilitation petition. Landlords often use these provisions to raise rents above current limits. A hardship provision, for example, enables a housing provider to increase a unit’s rent when he or she does not reach a 12 percent rate of return. Over the last nine years, the average rent increase granted by the rent administrator under this provision is \$350 per month.

“Hardship petition rent increases place a significant burden on the tenant,” said Council member Anita Bonds, author of the legislation. “It is time to add the safeguards of this bill to protect low-income seniors and tenants with disabilities from high rents and possible displacement,” she added.

The bill also aims to

help seniors and those with disabilities remain in their apartments if the facilities are converted to condominiums or cooperatives. Such conversions have depleted the number of available rental units and forced out tenants, many of them seniors who have been unable to afford the higher costs.

Another key provision of the bill, if enacted, would also allow up to \$1.25 million in any fiscal year to authorize tax credits for housing providers to compensate them for the revenues lost by these new exemptions.

To qualify for these exemptions, seniors and those with disabilities would have to complete a D.C. government form that would be created upon enactment of the legislation. This form would limit the information required to establish disability. Those applying would have a minimum of 30 days to do so.

Barry Weise, legislative director for Bonds, said they expect that Mayor Muriel Bowser will sign the legislation.

Fight the flurries with freshly flavored fish

BY BARBARA B. OLIVER

Need a break from wintry weather? This moist, tangy fish entrée will do the trick. A salad of mixed greens, halved grape or cherry tomatoes and shredded carrots dressed with a light vinaigrette makes a fine accompaniment, or serve the thinly sliced tuna atop the salad.

The tuna may be grilled ahead of time and served chilled or at room temperature. Minced ginger and/or garlic are available to save time and effort.

Asian Grilled Tuna

3 tablespoons low-sodium soy sauce (available gluten-free)

3 tablespoons rice wine vinegar

2 tablespoons fresh ginger root, peeled and minced

2 tablespoons minced fresh garlic

1 tablespoon dark brown sugar (or Splenda Brown Sugar Blend)

2 teaspoons toasted sesame oil

1 16-ounce tuna steak, at least 1 inch thick (see notes)



BARBARA B. OLIVER

3 to 4 servings.

Notes: Yellow fin tuna is available in grocery and specialty stores. The Georgetown Safeway on Wisconsin Avenue sells Orca Bay wild-caught premium yellow fin tuna steaks in its frozen fish case. Each package contains three individually wrapped 3½-ounce steaks, good for one-person households. The marinade recipe is easily divided into thirds.

ADAPTED FROM BETTER HOMES AND GARDENS, OCTOBER 2015

To make marinade: In a small bowl, whisk together soy sauce, vinegar, ginger, garlic, sugar and oil.

Place tuna in a glass dish and pour marinade over top; turn to coat, cover and marinate in refrigerator for at least 2 hours or up to 4 hours.

To cook: Coat a grill rack or grill pan with cooking spray; heat pan to high heat. Remove tuna from dish; discard marinade. Cook tuna until grill marks are evident, about 3 to 4 minutes per side for medium-rare (or longer for well done). Let rest for 1 to 2 minutes and then slice thinly across the grain. Makes

D.C. offers help with assistive devices technology

Do you think you might want to get a lift chair but are not sure you need one or how it works? Might you need a low-interest loan to purchase it, or other assistive technology services and devices? The District's Assistive Technology Financial Loan Program could help.

Among the devices considered under this definition are hearing aids, home modifications and

communications devices.

District residents can participate in demonstrations of assistance technology devices or try them out with a short-term loan program. Through this program they can also obtain new or used medical equipment like power wheelchairs and walkers. At the D.C. Assistive Technology Resource Center, residents can compare features and benefits of a broad range

of equipment such as voice-activated computers, electronic magnifiers and other technology used at home or at work. Demonstrations are provided by appointment.

For more information or an appointment, call Sheena Jaffer at 202-589-0288, Ext. 137, or email democenter@uls-dc.org.

The program can provide loans up to \$10,000 for up to five years at 4 percent interest.

—Janean Mann

COMMUNITY CALENDAR

Events are free unless otherwise indicated.

Wed., Feb. 1, 7:30 p.m.

Police Service Area 201—

Monthly meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Thurs., Feb. 2, 3-4:30 pm.

Aging Solo—Deb Rubenstein, MSW, LICSW, explores strategies for aging with limited support. \$10 online, \$15 at door. Iona Senior Services, 4125 Albemarle St. NW.

Thurs., Feb. 2 & 9, 7 p.m.

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

Fri., Feb. 3, 10, 17, 24, 11:30 a.m.

Gallery Tours—AU Museum, Katzen Center, 4400 Massachusetts Ave. NW.

Sat., Feb. 4, 4-5 p.m.

Artist Talk—Mike Shaffer. AU Museum, Katzen Center, 4400 Massachusetts Ave. NW.

Tues., Feb. 7, 2-3:30 p.m.

Staying Safe Online—How fraudsters operate and what they look for. Register at www.iona.org/staying-safe-online/. Iona Senior Services, 4125 Albemarle St. NW.

Wed., Feb. 8, 1-2 p.m.

A Better Body—Exercise physiologist Jeanmarie Gallagher, of Suburban Hospital Cardiac Rehab, on how to become and stay active even with physical limitations. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md. Register at 301-896-3939.

Thurs., Feb. 9, 7:30-10:30 p.m.

ANC 3E—Public meeting. Washington College of Law, 4300 Nebraska Ave. NW.

Mon., Feb. 13, 7 p.m.

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

Tues., Feb. 14, 2:30 p.m.

Adult Coloring—Supplies, light refreshments. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Tues., Feb. 14 & Thurs., Feb. 23, 7 p.m.

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

Wed., Feb. 15, 2-3:30 p.m.

Plant-Powered Eating for Healthy Aging—Rose Clifford, RDN, MBA, explains how to improve diet. \$10 online, \$15 at door. Iona Senior Services, 4125 Albemarle St. NW.

Wed., Feb. 15, 7:30 p.m.

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

Thurs., Feb. 16, 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.

Tues., Feb., 21, 7:30-9 p.m.

ANC 3F—Public meeting. UDC, 4200 Connecticut Ave. NW, Bldg. 44, Rm. A03.

Tues., Feb. 21, 7:30 p.m.

Chevy Chase Citizens Association—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Thurs., Feb. 23, 2-3:30 p.m.

Downsizing/Decluttering—Donna Eichelberger, senior living specialist, shows how to organize papers, banish clutter, live with less. \$10 online, \$15 at door. Iona Senior Services, 4125 Albemarle St. NW.

Mon., Feb. 27, 7 p.m.

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

Tues., Feb. 28, 2-4 p.m.

Culture@Katzen—Work of artist Julie Wolfe. AU Museum at Katzen Center, 4400 Massachusetts 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 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, 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. & 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.

Feb. 6—“Spotlight,” U.S., 2015, rated R (best picture Oscar).

Feb. 13—“Southside With You,” U.S., 2016, PG-13 (the Obamas’ first date).

Feb. 27—“Florence Foster Jenkins,” U.S., 2016, rated PG-13 (Meryl Streep).

In honor of someone special

The holidays are behind us but there are gift-giving opportunities throughout the year. Birthdays and anniversaries come and go and many of us don't remember what gifts we've received in the past. This year, please consider the gift of giving.

Quicker than a trip to the mall or browsing online for that perfect item, you can make a gift to Northwest Neighbors Village in honor of that special someone in your life. An "In Honor of" gift is also a lovely way to thank your favorite NNV volunteer for all his or her support.

"In Honor of" gifts to NNV are tax-deductible. Both you and

the individual you are honoring will receive a letter confirming your donation.

Everyone benefits when you give a gift that helps others. For

more information, 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

Errands in the cold weather

The recent winter weather with its ice and snow seems to have hit us like a lead balloon over the past couple of weeks. And we've got two more months of winter to go. Need some help with errands? NNV volunteers would love to pick up and deliver groceries or run to the post office to mail a package or get stamps for you. Maybe you have a special book to pick up at the library, or some overdue books to return.

Call Leah at 202-222-3435 and ask for a friendly volunteer to help with some of these errands. They are waiting to be of service. Stay warm and enjoy watching the winter weather from the warmth of your home; let our NNV volunteers run your errands. —Merilee Janssen