THE Village Village VILLAGE VEWS

Volume 9, Issue 3

A Community Network of Support

March 2017



Ann Ingram and her amiable Great Dane, Daisy.

MEMBER PROFILE Ann Ingram's volunteer life

By JANEAN MANN

nn Ingram has been volunteering for more than 60 years and her schedule is still full—helping others. Today she is driving "Miss" Daisy. Daisy is not an elderly Southern lady—she is Ann's very friendly rescue Great Dane. "She loves people," said Ann, noting that Great Danes are couch potatoes and don't need a lot of exercise. During an interview, Daisy lounged on the couch, proving Ann's point.

Together, Ann and Daisy volunteer for People, Animals, Love (PAL). PAL animals and their companions visit libraries to help children learn to read, as children often feel more comfortable reading to animals. The pair also have traveled to Howard University Law School, American University, Georgetown

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Prepared for the crisis in advance

By Stephanie Chong

f you have a massive heart attack today, does your family or a friend know your health care wishes? Do they have the legal authority to protect your interests? Join us at 7:30 p.m. March 21 at the Chevy Chase Community Center to get answers to these and other questions that will help you prepare for crises before they occur.

The Chevy Chase Civic Association and Northwest Neighbors Village will host a panel discussion on the oh-soimportant but too-often-ignored topic of preparing for the future. We all know it is necessary to create a plan, but without a forced deadline, many of us put it off. Regardless of your age or health, the time to start planning is now.

Most Americans do not have an Advance Directive, and an estimated 70 percent have not discussed how to manage the affairs or uphold the wishes of a loved one before a serious illness occurs or end of life approaches. Unfortunately, neglecting to plan or avoiding

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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 <u>www.nwnv.</u> org or call the office at 202-777-3435.

NNV Board Members *Officers*

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Facing key issues before a crisis occurs

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the conversation adds undue stress in a crisis situation and can have costly consequences.

Three women who are experienced in facing these issues (Christine Bitzer, assistant director at Seabury Resources for Aging Care Management; Kay Bransford, founder of MemoryBanc; and I,

Stephanie Chong, NNV's executive director) will discuss the type of information you need to plan for your future, how to organize and store

Unfortunately, neglecting to plan or avoiding the conversation adds undue stress in a crisis situation and can have costly consequences.

important information, and how and with whom to share your information.

Among the issues covered will be:

• Important documents: Advance Directive, Durable Power of Attorney for Health Care, Durable Power of Attorney for Finances, Will.

• Comprehensive Planning: Understanding chronic illnesses you may have or that have occurred in your family; familiarizing yourself with options for care before you need them.

• Broaching the Conversation: Tips on how to start conversations about planning with your family and people you trust to carry out your wishes.

• Sharing Information: Guidance on identifying what information to share, and tools on how to store and share the information.

We will also delve into issues that impact daily life. For example, did you know that some financial institutions will not grant your Power of

> Attorney representative access to your account without jointly signing a special Power of Attorney document at the bank? Have you considered sharing

your important habits and preferences (a favorite TV show, wearing socks to bed?) with your Power of Attorney for Health Care so those habits can continue if you can't advocate for yourself? What happens if you don't have family to call on to be your decision maker?

This program is ideal for adults of all ages. Seniors and adult children may especially benefit from attending together. Come and learn what steps to take now to avoid confusion in the future. We hope to see you there. Please spread the word.

The Chevy Chase Community Center is at 5601 Connecticut Ave. NW.

NNV CALENDAR

Rides are available for NNV members to all NNV events.

Thurs., March 2, 9, 16, 23, 30, 1-3 p.m.

Watercolor, Drawing, Black Wash—Joey Mánlapaz, Corcoran professor; \$100/five weeks due March 2. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW. Sign up at manlapazjo@aol.com.

Thurs., March 2, 1:30 p.m. *Tracking Physical Performance as We Age*—Jason Dring, doctor of physical therapy. Refreshments. Chevy Chase Library, 5625 Connecticut Ave. NW.

Mon., March 6, 2-3 p.m. Gentle Yoga with Sandi Rothwell. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

Wed., March 8, noon *Rehabilitation 101*—Jennifer Brown, M.Ed., Forest Hills director of admissions, discusses recovery from hospitalization. Lunch included. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP: 202-777-3435.

Mon., March 13, 2-3 p.m. Gentle Yoga with Sandi Rothwell.

Wed., March 15, 2:30 p.m. *NNV Book Club* discusses *Finding Nouf* by Zoe Ferraris. Library, Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP: 202-777-3435.

Mon., March 20, 2-3 p.m. Gentle Yoga with Sandi Rothwell.

Tues., March 21, 7:30-9 p.m. Information Road Map: Gathering, Organizing, Sharing Important Information—With Chevy Chase Citizens Assn. Refreshments. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Mon., March 27, 2-3 p.m. Gentle Yoga with Sandi Rothwell. Tues., March 28, 3-4:30 p.m. *NNV Men's Book Club* meets at the home of NNV member Bernie Hillenbrand. RSVP: 202-777-3435.

Wed., March 29, 2-3 p.m. Seniors on Stage—Round House Theatre students reading scenes, monologues (including NNV member and volunteer Hope Phillips). Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP: 202-777-3435.

Save the Date

Thurs., April 27, 1-3 p.m. *Age-Friendly D.C. Community Consultation*— Tell city planners what needs to be done to improve conditions for all ages. Forest Hills of D.C., 4901 Connecticut Ave. NW.

Sun., June 11, 3-5 p.m. NNV Annual Picnic — Meadowbrook Park, 7901 Meadowbrook Lane, Chevy Chase, Md.

NNV Board chooses co-president

At its January meeting the NNV Board voted to install Judie Fien-Helfman as co-president with Steve Altman.

Judie has been on the board

for three years.

She will serve a

two-year term

and Steve will

one more year.

secretary, and

Stewart Reuter.

continue for

In addition, Elinor Stillman,



Judie Fien-Helfman

treasurer, were reconfirmed for two-year terms.

The board also welcomed Anne Witt as a new member. Anne has been an NNV volunteer for about a year. She brings substantial management and nonprofit board experience to NNV as well as experience with the D.C. government. Among her accomplishments,

she is on the board of Children's Hospital, has served as vice president for strategic partnerships and business development



of Amtrak, and was the director of the D.C. Department of Motor Vehicles. A longtime Washington resident, she has degrees from the University of the District of Columbia and Harvard.

Memorial gifts aid NNV programs

The memories of two beloved Northwest Neighbors Village members who died last year live on because of their generosity. Capt. John Collins died in spring 2016 and Dr. Allie Felder died in the beginning of 2017. Both men identified Northwest Neighbors Village as their charity of choice for memorial gifts. We miss our special friends and are flattered that these two prestigious men chose NNV to be remembered.

NNV sends our sincerest thanks to the Collins and Felder families. Their generosity and the thoughtfulness of countless others has resulted in a combined gift of over \$4,000.

On the volunteer trail with Ann Ingram

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and the University of Maryland to help reduce the stress on students at exam time, and to nursing homes to brighten the day of residents. They also work with children at the Chevy Chase Community Center and visit an Iona class twice monthly.

Ann began volunteering in her native San Francisco doing neighborhood organizing with the League of Women Voters and continued her activities after moving to San Diego in 1954, when she married her husband, John. They had three children but she continued her volunteer activities there as well. They moved to D.C. in 1967 when he took a job in finance with the D.C. government, and they lived in Forest Hills for many years.

Ann was a substitute teacher at Hine Junior High and was music teacher at Murch School for two years. She sang for 29 years with the Cathedral Choral Society, retiring three years ago. "I still miss it. It was a wonderful group," Ann says.

Wanting a job with a more regular schedule, she went to work for the Travelers Aid



JANEAN MANN

Ann Ingram and her helper.

Society to direct volunteers involved in travel and safety at National and Dulles airports and Union Station. "We had excellent volunteers," she said. She also filled in for absent volunteers. A big issue at that time was the number of African students who were supposed to be going to the state of Washington for school but were often erroneously booked into one of the D.C. area airports. She retired from Travelers Aid in 1972, after 20 years.

Shortly after she retired, John

was diagnosed with Parkinson's disease, but they continued to travel for a while. One daughter lived in the Soviet Union, so they visited there repeatedly, continuing to visit Russia after the collapse of the Soviet Union.

Ann has also been an active volunteer at Temple Sinai, which she and John joined upon arriving in D.C. "Most people temple-shop for a while," she said, but they joined immediately because the rabbi at Temple Sinai had gone to jail with her San Diego rabbi in a protest with Martin Luther King Jr., and it was the first Jewish congregation to join an interfaith network. She continues to sing in its choir and serves on a variety of its committees.

Most recently she volunteered at Metro directing subway riders to the correct stops for the Jan. 21 Women's March.

Moving to Chevy Chase after the death of her husband, Ann began volunteering for NNV. She regularly takes one member to shop for groceries and takes Daisy to play with children at the Community Center in a cooperative program between NNV and the center.

NNV member Catrina (Rina) Kokotakis dies



Rina Kokotakis

We were sorry to learn of the death of NNV member Rina Kokotakis on Dec. 28, two days before her 83rd birthday. Rina relocated to the United States from Italy

in 1959 with an American

diplomatic family. She

lived in Northwest Washington, became an American citizen and spent a long career in retail with the A&P company and Superfresh stores. She was an avid gardener and bowler and loved her periodic trips to casinos with her friends.

She is survived by her sister, Cecelia Colpi of Udine, Italy; her brother, Francesco Melissa, of Pulfero, Italy; and her sister, Marta Melissa of Australia; and many nephews and nieces.

Tax help—and some scams to beware

By JANEAN MANN

pril 15 is not that far away, but if you haven't filed yet, there is still time to protect yourself from scams or get some help in tax preparation. Last year the IRS paid out more than \$5 billion in phony tax refunds because

fraudsters got victims' personal information and filed for their refunds before they did. The IRS allows only one refund per Social Security number, so it will be time-consuming to prove that you have not received your refund if the IRS tells you one has already been paid out.

How do these people get

your information? One key way is through "phishing" scams. The IRS warns that fake emails or websites are again proliferating. They target not only average taxpayers, but tax professionals, human resources personnel, schools and payroll professionals. They often hack email accounts of someone or some company you know, then use that name to ask you for personal information such as Social Security numbers or passwords.

"Taxpayers should avoid opening surprise emails or clicking on web links claiming to be from the IRS. This is not how the IRS communicates with taxpayers," said IRS Commissioner John

Koskinen. Scam emails also can put malware on your computer, giving the criminal access to your information.

If you receive an unsolicited email that looks suspicious, you can report it by sending it to <u>phishing@irs.gov</u>.

The IRS suggests that you file early. But for many people who have investments, filing early has become more difficult. Many investment firms are now delaying the mailing of 1099 forms because the IRS often gets information late from companies and requests the investment firms first

> to correct their information. As a result, many investors will not receive their 1099 forms until early March.

Even if you have already filed, beware of calls telling you that you owe taxes. While the IRS arrested a number of individuals who perpetrated these frauds last year, new ones are still

out there. Remember, the IRS "doesn't initiate contact with taxpayers by email, text messages or social media channels to request personal or financial information," according to IRS officials. Unfortunately large cuts in IRS funding have made it more difficult for the agency to combat fraud.

If you need help in tax preparation, AARP has free tax prep help for seniors at the Chevy Chase Community Center on Tuesdays and Wednesdays from 1 to 5 p.m. and at the Chevy Chase Library on Thursdays, 10:30 a.m.-3:30 p.m. Appointments are required. Call the AARP scheduling line at 240-777-2577, Monday-Friday 9:30 a.m.-3 p.m.



Cutting the clutter

Marjorie Dick Stuart (standing) offered tips on downsizing and decluttering during a joint NNV / Cleveland & Woodley Park Village event Feb. 6. She noted that less clutter means a safer home and listed a variety of places that will accept used clothing, furniture, books, etc.

A trip into history via the Underground Railroad

Despite disabilities suffered as a result of a beating as a child slave, Harriet Tubman escaped her masters to become a leader in the fight against slavery. Now you can join other NNV members in a daylong trip on May 3 to Maryland's Eastern Shore and the new \$21 million museum honoring Tubman's courage, heroism and personal sacrifice.

Harriet Tubman's Underground Railroad provided a network of secret escape routes, safe houses and assistance to offer illegal aid to black slaves fleeing bondage. As an armed scout and spy for the Union Army during the Civil War, Tubman was the first woman to lead an armed expedition when she led a raid

Watercolor painting class begins March 2

D.C. artist and Corcoran professor Joey Mánlapaz will begin a five-week course in basic watercolor painting on Thursdays beginning March 2 at Forest Hills of D.C.

Students will work from simple still-lifes and learn techniques from basic to more complex, such as value, composition, color mixing, proper handling of the medium and critique of the works created.

The fee is \$100 in cash or check made to Joey Mánlapaz and payable at the first class. To sign up and receive a materials list, email the teacher at manlapazjo@aol.com.



Harriet Tubman

that freed more than 700 slaves. After the war, she became active in the women's suffrage movement.

The \$155 trip includes a

chartered deluxe motor coach with bathroom; lunch at Jimmie & Sook's Raw Bar and Grill in historic Cambridge; an experienced guide and Harriet Tubman historian for the Cambridge-area tour; a rangerled discussion at the Tubman museum visitors center, and all entrance fees. There will also be a stop in historic Easton to browse or shop.

The bus will depart from the Lord & Taylor parking lot. Transeair President and NNV member Benita Lubic will lead the tour. Gratuities for the driver and at the restaurant are included. All facilities are handicapped-accessible. For additional information and trip application call NNV at 202-777-3435.

SERVICE OF THE MONTH Odd Jobs

After hearing repeated appeals from NNV about installing visible house numbers, one member recalls going home from the annual picnic to realize that her own house numbers were very small and could hardly be seen in broad daylight, let alone in the dark. She knew that emergency vehicles would be "in the dark" if she ever had to summon them at night. One call to the NNV office set everything in motion.

She purchased the largest numbers she could find at the hardware store, and an NNV volunteer came to her house to install them on the porch. In less than a half-hour her numbers were up and visible even with the porch light off. This is one of countless ways that NNV volunteers help our members.

One member recalled that after she broke her arm she had a volunteer set out plants that she had purchased. Another volunteer pressed a quilt top, and another helped weed a couple of times during the summer. She added, "I had no idea how much I had leaned on the village. . . . They're taking an old cable box to be recycled for me this week."

What odd jobs are on your list? Call Leah at 202-777-3435 to seeif an NNV volunteer can help you.-Ann Van Dusen

Change is in the air for Community Center

By JANEAN MANN

o you take advantage of the Chevy Chase Community Center? If not, why not? No programs there that suit you? Are you unfamiliar with the programs being offered?

You will soon have the opportunity to put in your two cents on the center itself and its programs. Ward 3 is one of only two of the city's eight wards without a dedicated Senior Wellness center and none is in the offing. Thus activities for seniors will be impacted by upcoming decisions on the use of the community center.

Two efforts are underway. One, launched by members of the Club 60+ exercise program begun by former ANC 3/4G commissioner Carolyn Cook, seeks to expand the number and types of programs available for seniors at the center. The other, headed up by ANC 3/4G and involving the Chevy Chase Citizens Association (CCCA) and members of Club 60+ and other interested citizens, is working on recommendations for improvements to the facility itself. Expected to begin in 2019, the city will undertake an estimated \$8.4 million in improvements to the center. Even this amount is not guaranteed.

Currently there are four 60+ classes weekly: a tai chi class on Mondays from 10:30 to 11:30 a.m.; line dancing on Tuesdays, 10-11 a.m.; and enhanced fitness classes on Tuesdays and Thursdays, 11 a.m.-noon. All of these classes are free and are led by YMCA instructors.

The enhanced fitness classes draw 40-60 participants at every class. They are open to any senior D.C. resident. Club 60+ also lobbied for and obtained a senior activities room at the facility. But members of Club 60+ thought many of the rooms vacant during the day could be used now for other programs benefiting seniors, such as chair yoga and computer classes.



JANEAN MANN

Barbara Oliver. left, and Loretta **Kiron** are among more than 50 seniors who regularly participate in the Chevy Chase Community Center's 60+ enhanced fitness exercise program. On stage, YMCA instructor Darnell **Goldsmith leads** this group.

The 60+ activist group, headed by Loretta Kiron, submitted a suggested list of programs for the community in four categories: physical fitness; seminars/ lectures and talks; art classes; and maintaining the activities room and offering card and board games there. DPR has promised to work on these requests.

The second issue is the community center itself. Early rumors focused on possible substantial renovations that might be undertaken, but more recent figures indicated that the improvements may reach only \$8.4 million, some of which may be made to bring the building into compliance with the Americans With Disabilities Act. Under the auspices of the ANC and the CCCA, and with Club 60+ and other community input, including from the adjacent library, a survey is being prepared to ascertain the types of improvements to both the physical plant and the programs residents would like. This survey will be widely distributed and NNV will obtain copies for the NNV community.

Once the results are in, the ANC will work with the city to see what can be accomplished, according to ANC 3/4G Chair Randy Speck.



JANEAN MANN

Sharing the love for NNV's volunteers

NV expressed appreciation to its volunteers Feb. 12 for the thousands of hours of help they have provided to NNV members. The City Singers performed a variety of favorites, and NNV member Peggy Nolan spoke about how the services help her stay in her home, praising the warmth of NNV volunteers. NNV appreciates the generous contributions of Five Star Premier Residences to the success of this event.

How healthy can you get? A hearty salad

By Barbara B. Oliver

This simple, colorful salad marries heart-healthy edamame with antioxidant-rich dried cranberries. It's perfect as a simple side with nearly any meal; or serve it on a bed of greens as a starter salad. And it's gluten-free.

Edamame salad

1 16-ounce bag frozen, shelled edamame
¹/₂ cup dried cranberries



BARBARA B. OLIVER

(sweetened or unsweetened) ¼ cup fresh basil leaves, cut into thin strips 2 tablespoons olive oil 1/8 teaspoon freshly ground black pepper (or to taste) 1⁄2 cup crumbled feta cheese (or fat-free)

Cook edamame in boiling, salted water for 5 minutes. Drain and rinse under cold water to stop cooking. Pat dry.

Toss edamame, cranberries, basil, oil and pepper together in a medium bowl. Gently stir in feta cheese.

Serve chilled or at room temperature.

Tip: Here's an easy way to cut basil into thin strips: Layer several basil leaves, roll lengthwise, snip with kitchen shears.

COMMUNITY CALENDAR

Events are free unless otherwise indicated.

Wed., March 1, 6-7 p.m. Gallery Talk—Tour "New Ruins" exhibit with curators. AU Museum, Katzen Center, 4400 Massachusetts Ave. NW.

Wed., March 1, 7 p.m. Author Talk—Ray Suarez, Latino Americans: The 500-Year Legacy That Shaped a Nation. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Fri., March 3, 10, 11:30 a.m. Gallery Tours—AU Museum, Katzen Center, 4400 Massachusetts Ave. NW.

Sat., March 4, 1 p.m. Game On!—Play many board and video games. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Tues., March 7; Thurs., March 23, 7 p.m. *Upper NW Knitters*—Learn to knit and crochet; supplies are free. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Wed., March 8, 1-2 p.m. Improving Quality of Life With Palliative Care—Steven Wilks, M.D., Suburban Hospital medical director of palliative care, on addressing the physical, emotional, intellectual, social and spiritual needs of patients and their families. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md. Register: 301-896-3939.

Thurs., March 9, 6 p.m. *Neuroscience Discussions*— Trauma discussed by Bill Marks, Ph.D., of Johns Hopkins, and Jeanine Hull, attorney. Tenley-

About that form . . .

Filling out forms isn't fun, but we need your help. All full members recently received a Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., March 9, 7:30-10:30 p.m. ANC 3E—Public meeting. Embassy Suites Hotel, 4300 Military Road NW.

Mon., March 13, 7 p.m. ANC 3/4G—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Wed., March 15, 7:30 p.m. *T'ai Chi*—With Susan Lowell. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., March 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.

Fri., March 17, 2 p.m. Adult Coloring: St. Patrick's Day fun—Materials, refreshments provided. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Tues., March, 21, 7:30-9 p.m. ANC 3F—Public meeting. UDC, 4200 Connecticut Ave. NW, Bldg. 44, Rm. A03.

Wed., March 22, 7 p.m. 2nd District Citizens Advisory Council—Meeting. 3320 Idaho Ave. NW.

Sun., March 26, 2 p.m. History of Glover Park—Carlton Fletcher. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Mon., March 27, 7 p.m. ANC 3/4G—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Mon., 10:30-11:30 a.m. *Club 60+* — T'ai Chi. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Tues., 10-11 a.m. *Club 60+* — Line dancing. 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.

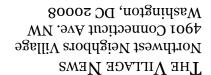
Every Fri.

AARP Legal Counsel for the Elderly—Assistance with legal questions, claims reports, consumer complaints, 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. through March 11—*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 and 6:30 p.m. Chevy Chase Library, 5625 Connecticut Ave. NW. March 6 — "I Love You Phillip Morris," U.S., 2004, rated R (Jim Carrey). March 13 — "Indignation," U.S., 2016, rated R (from Philip Roth's novel). March 20 — "Ridicule," France, 1996, rated R (Fanny Ardant).

letter requesting updated contact information. Please help us keep our records up to date so we can appropriately respond in the event of an emergency, as well as keep our NNV family informed and engaged in happenings at the village. Please contact the office if you have questions or need help completing the form. Thank you!





Some 60 NNV members and Ingleside residents enjoyed a Feb. 4 concert by Bingo's Gang (Bingo is the dog of violinist Winston Davis). Other members of the quartet were Michele Bartlow, violin; Barbara Jackson, cello, and NNV associate member Gail MacColl, viola. The varied itinerary ranged from Dvorak to Scott Joplin and George Gershwin. Gail offered an enjoyable and lively history of the musical selections. In right photo, NNV member Victoria Cordova, left, a cellist, compares notes with Bingo's Gang's cellist, Barbara Jackson.

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