

# THE VILLAGE NEWS

Northwest Neighbors Village

Volume 9, Issue 4

A Community Network of Support

April 2017

## VOLUNTEER PROFILE

### For Alice Hayes, a full —and fulfilling—life

By JANEAN MANN

Whether it's helping young women make their way in an often challenging world or bringing tasty Italian food to her Chevy Chase neighborhood, Alice Hayes has found a multitude of ways to contribute her talents while enjoying her work.

"A full life," Alice says, "is one of service, of caring for your neighbors in addition to family and exposing yourself and others to the arts."

A D.C. native, Alice credits an Eastern High School English teacher with "broadening my life quite a bit"—introducing her to the arts and encouraging her journalistic endeavors. It was also in junior and senior high that she met her future husband, Ed, and pursued her interest in foreign languages.

While at Ripon College majoring in Russian

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JANEAN MANN

Alice Hayes with a poster for the African American Museum.

## FROM THE EXECUTIVE DIRECTOR

### Coming: Training, and a village case manager

By STEPHANIE CHONG

The D.C. Office on Aging has awarded a \$42,000 grant to Northwest Neighbors Village, Dupont Circle Village and Palisades Village to help us improve our services. The grant has two purposes. One is



to provide enhanced volunteer training to village volunteers of all three villages, as well as to village volunteers throughout the District. The second offers professional case management services to members of the three villages. As well as enhancing the

quality of our services, the grant will help us to better train our volunteers to help their neighbors with medical note-taking, hospital visits and safety getting in and out of the car.

Likewise, the introduction of a new village case manager will allow members to receive guidance and support through

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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](http://www.nwnv.org)

**Northwest Neighbors Village** (NNV), founded in 2007 and opened in 2009, is a nonprofit organization created to help the residents of Northwest Washington live comfortably and safely in their neighborhoods and homes as they age.

### **Join or Volunteer**

NNV welcomes new members and volunteers. For more information, go to [www.nwnv.org](http://www.nwnv.org) or call the office at 202-777-3435.

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# Beware the landscape scammers

BY JANEAN MANN

**T**ulips are popping up in the neighborhoods, but so are con artists trying to persuade you that you need yard work done. A recent Washington Post article reported the arrest of several individuals who had taken advantage of Montgomery County residents seeking landscaping help, but unscrupulous individuals remain on the prowl.

If you know you need yardwork done, it is best to call on someone you know or get a recommended professional from NNV's preferred provider list by calling our office. The Washington Consumers' Checkbook also has ratings of local lawn care companies. If you just need a helping hand with some yardwork, NNV has volunteers who may be able to help.

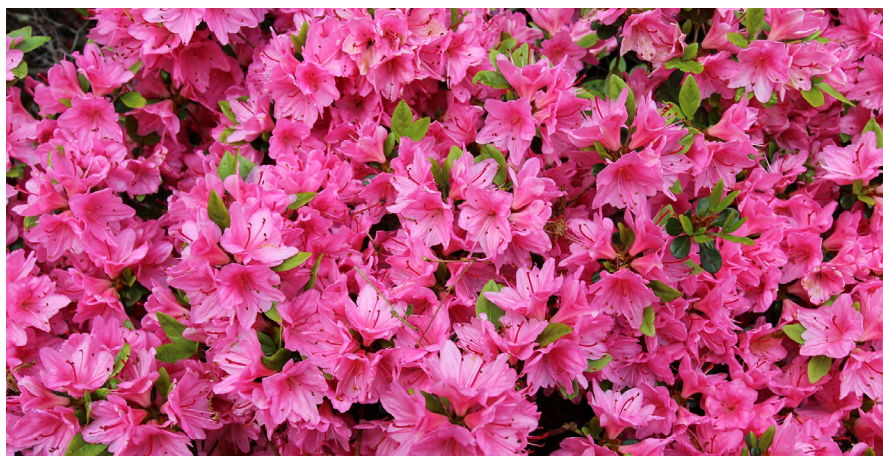
While someone coming to your door offering services could be legitimate, it is best to take precautions. First ask to see the individual's license to work in

D.C. Just asking doesn't always help as some will say they have a D.C. license, but don't. Why is this important? Because, if the contractor doesn't live up to his promises, it is easier to seek compensation through the Office of Consumer Protection in the Department of Consumer and Regulatory Affairs if the company is licensed in D.C. You can check to see if a company has a license at [dcra.dc.gov/service/verify-business-license](http://dcra.dc.gov/service/verify-business-license).

Second, do a walkthrough with the lawn care personnel to ascertain what they are proposing to do and whether you actually need the work done. Make sure you get a written estimate with a description of the proposed work and do not allow the individual to intimidate you into paying more than the estimate.

Third, review the project to make sure the work has been done properly.

Fourth, enjoy your yard and the local flora and fauna that make our neighborhoods so enjoyable.



Azaleas will be blooming soon. But don't fall for landscaping scams.

## NNV CALENDAR

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

**Mon., April 3, 2-3 p.m.**

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

**Mon., April 10, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Mon., April 17, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Wed., April 19, 2:30 p.m.**

**NNV Book Club** discusses "Buddenbrooks" by Thomas Mann. Library, Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP: 202-777-3435.

**Mon., April 24, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Tues., April 25, 3-4:30 p.m.**

**NNV Men's Book Club** discusses "The Immortal Irishman" by Timothy Egan at the home of NNV member Bernie Hillenbrand. RSVP: 202-777-3435.

**Thurs., April 27, 1-3 p.m.**

**Moving Toward an Age-Friendly City**—Community consultation; tell city planners how to improve living in D.C. Forest Hills of D.C., 4901 Connecticut Ave. NW.

**Save the Date**

**Tues., May 9, 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.

**Fri., May 19, 8 a.m.**

**Spring bird migration walk** in Rock Creek Park led by park senior naturalist Tony Linforth. Limited to 16 participants. RSVP: 202-777-3435.

**Sun., June 11, 3-5 p.m.**

**NNV Annual Picnic**—Meadowbrook Park, 7901 Meadowbrook Lane, Chevy Chase, Md.

## Few seats left for May 3 Tubman museum trip

If you've been putting off signing up for NNV's escorted day trip to the Eastern Shore and the new Tubman Museum, now is the time to sign up. Not that many seats remain. Harriet Tubman will be honored on the new \$20 bill because of her courage and commitment to end slavery and promote women's suffrage. The May 3 trip will view the recently opened \$21 million museum honoring Tubman's courage, heroism and personal sacrifice.

After escaping slavery herself, Tubman helped hundreds of others escape via her Underground Railroad, which offered secret escape routes, safe houses and prohibited assistance. 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 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, Md.; an experienced guide and Harriet Tubman historian for the Cambridge-area tour; a ranger-led 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.



BENITA LUBIC

**Owner James Meredith recounts the history of this grocery near the Tubman Museum. It was in this store that, before she escaped slavery, Harriet Tubman was hit with a two-pound weight thrown by a slave owner at another slave.**



# An active retirement for Alice Hayes

PROFILE, Continued from Page 1

and German, she spent a year in Hamburg, Germany, meeting her best friend, an American also studying German. After graduating from Ripon, she taught German at Lincoln University and then at Tufts University in Boston, where she also became involved in the women's movement. She earned her master's at Rutgers in foreign language education.

Alice then married Ed and returned to D.C., becoming involved in career counseling. She helped professional women—many stationed abroad with their husbands but unable to work in their chosen professions—to redirect their skills. In other programs she encouraged high school girls to consider then non-traditional careers for women and enhanced their coping skills. Drawing on her journalistic ability, she worked with the National Association of Broadcasters to bring more minorities into broadcasting, meeting radio and TV station owners across the country.

In 1975, she worked on the National Women's Conference in Houston, which drew three first ladies and 22,000 women to pursue women's issues following the U.N.'s 1975 declaration of a United Nations Decade for women. "It was very exciting to work with women throughout the country," she said.



JANEAN MANN

Alice Hayes in her home.

She and Ed moved to Chevy Chase in 1976. With the birth of her son and daughter, Alice curbed her travels, but consulted on communications, women's issues and women and blacks in business. For 10 years, she operated a women's boutique from her home featuring American-style clothing made of Indian fabrics. She followed a tour with the League of Women Voters with a job at Smithsonian magazine, where she helped develop American Visions, the Smithsonian's first black magazine.

From there, she and Ed operated Vivaldi's Italian restaurant for 10 years in Chevy Chase. "That was really wonderful," Alice says, adding

that they loved the experience.

Returning to higher education, Alice directed continuing medical education for 12 years at Washington Hospital Center. She ended her formal career as vice president at VTM Nursing School. At both jobs, she "got such an appreciation for nurses and how strong they are." Plus there was a medical benefit—she can discuss medicine with her nurses aide brother "in a whole different way," she says with a chuckle.

Since retiring, Alice's volunteer activities have involved the

creation of the National Museum of African American Culture and History and assisting at the Ingleside retirement community. Encouraged by former executive director Marianna Blagburn, she became an NNV volunteer.

Alice serves on NNV's Program Committee and drew on her love of the arts to set up a tour of the Katzen Gallery's exhibit on African influence in Brazil. She is active in Delta Sigma Theta sorority, a book club, and enjoys gardening and traveling and spending time with her children and grandchildren. "It is a blessing to be able to retire and have the choice of what you want to do," she says.

# Facing those key issues *before* the crisis

BY BARBARA B. OLIVER

**H**ope for the best, but prepare for the worst. And when the worst inevitably happens, will the people who have to deal with it know what to do?

Northwest Neighbors Village and the Chevy Chase Citizens Association dealt with the subject March 21, when they co-sponsored “Facing Key Issues Before a Crisis Occurs: Gathering, Organizing and Sharing Important Information.”

Panelist Kay Bransford, president and chief curator of MemoryBanc, a system for organizing life, provided attendees with a checklist of Important Documents and Accounts that will help you or the person designated to care for you, should you become unable to handle your affairs or after your death. It can be downloaded from [www.MemoryBanc.com](http://www.MemoryBanc.com). Her book, “MemoryBanc, Workbook for Organizing Your Life,” a system to manage your documents, accounts and assets, is available for sale on their website.

Panelist Christine Bitzer, a social worker with Seabury Resources for Aging, focused on choosing the right person to give power of attorney for finances and/or healthcare. She referenced the Conversation Project’s downloadable booklet, “How to Choose a Healthcare Proxy and How to Be a Healthcare Proxy,” at [theconversationproject.org](http://theconversationproject.org). She cautioned it could be a full-time job for the designee—but



PHOTOS BY JANEAN MANN

**Document what’s important to you—even socks, says Stephanie Chong, right.**



**Speakers included Seabury’s Christine Bitzer, seated in red, and Kay Bransford, president of MemoryBanc.**

there is support available, such as professional care managers, bill payers and eldercare attorneys. The Go Wish Game, [www.gowish.org/article.php/how\\_to\\_play](http://www.gowish.org/article.php/how_to_play), helps to discuss what is most important to you.

Panelist Stephanie Chong, executive director of Northwest Neighbors Village, suggested you list your top five to 10 quirks (“I can’t sleep unless I have socks on my feet”) for the person to be responsible for caring for you.

Also, give a trusted person a key to your home; label and list

sentimental items that should be saved; create a list of people important to you, and designate a backup to the person with power of attorney.

She also mentioned the EMS Comfort Care Order that allows you to die in your own home. Contact the Emergency Medical Services Comfort Care Order-Do Not Resuscitate (CCO-DNR) Program at 202-671-4222. For more information, check the website at [doh.dc.gov/service/ems-comfort-care-order-do-not-resuscitate-program](http://doh.dc.gov/service/ems-comfort-care-order-do-not-resuscitate-program).

# Thai Pad: Good local food

BY JANEAN MANN, PAT KASDAN  
AND ANN COLLINS

Recent visits to Thai Pad in Van Ness have NNV diners ready to return. The restaurant is small, but has a fairly large menu with some Northern Thai specialties not found elsewhere.

Thai Pad has a nice selection of luncheon specials for \$10 and the proportions are generous. The lunch includes a vegetable spring roll, which is a little bland, and a lovely salad of curly thin threads of carrot and beets with lettuce and tomatoes. Service is good and speedy at lunch. For those who are concerned that their food might be too spicy, diners can request either less spice or none. The restaurant also accommodates the taste buds of those of us who prefer a little more spice. It also



JANEAN MANN

**NNV member Ann Collins listens to menu options from the friendly server at Thai Pad in Van Ness.**

offers many gluten-free dishes.

Among the selections that we have enjoyed are the traditional pad Thai which at too many restaurants lacks the subtle

flavoring that make this dish so popular when done right. That is not the situation at Thai Pad, where the dish recalls the flavors we have enjoyed when eating this dish in Thailand. A pad ginger with shrimp had a generous serving of shrimp and the perfect amount of ginger. Another diner found the pad see eaw with beef excellent.

Our pleasant waitress was happy to enlighten one not familiar with the many offerings of this small restaurant. Thai Pad offers carry out and you can request a carryout menu to catch up on your Thai culinary vocabulary.

One drawback is the noise level. It can be hard to converse when the restaurant is full. The restaurant is handicapped-accessible.

Thai Pad is at 4481-B Connecticut Ave. NW, just south of Albemarle Street; 202-244-8424; [www.ThaiPadDC.com](http://www.ThaiPadDC.com).

## New case manager to serve three villages

GRANT, *Continued from Page 1*

life transitions, such as a medical event, or simply to benefit from help with planning for the future. While the work of the village case manager is a free service to members, a case manager may make recommendations for community services that can incur out-of-pocket expenses for the member. Whenever possible, the member may be referred to volunteer services offered by the respective village and/or directed to take advantage of discounted services that are available through membership.

We are pleased that Barbara Scott has agreed to become our new village case manager. Barbara has five years' experience working with seniors in both the nursing home and rehab setting, as well as in the community. During her studies at Howard University, Barbara interned at Stoddard Baptist Nursing Home. After graduation, she went on to provide comprehensive case management to residents of Ward 7 at the East of the River Senior Program.

Barbara truly enjoys working with older adults. Her other passion is cycling. When she

lived overseas, she ran a business that provided bicycle tours to tourists; she also competed in both professional and amateur cycling matches. Barbara now coaches athletes preparing for bike races and looks forward to working with both of her passions in her new role as the village case manager.

The DCOA grant period will end Sept. 30. We look forward to helping our members and volunteers make the programs the most useful they can be. We will provide additional information in the coming months.





JANEAN MANN

Physical therapist Jason Dring says you can get stronger with age.

## Older, and maybe even stronger?

BY JANEAN MANN

**Y**ou can get stronger regardless of your age, according to physical therapist Jason Dring. Speaking at an NNV session at the Chevy Chase Library, Dring said seniors can benefit from exercise and therapy both to ease the pain of injuries or arthritis and to prevent falls or other physical mishaps.

“We are a sick and fat population,” Dring told his 40-person audience, adding that most of our ailments can be prevented. The United States

has a higher mortality rate for diseases amenable to treatment than the eight other comparable countries in Europe and Australia.

While we all get our annual physicals, few of us think to get an annual wellness exam, Dring said. Such an exam can tell you what condition you are in and offer more suggestions than your doctor will often do to help you prevent many of the problems that threaten our quality of life as we age. Your annual Medicare-funded exam won’t ascertain whether you are breathing properly or how likely

you are to fall—at least mine doesn’t.

Can you stand on one foot for 13½ seconds? If not, you could be in danger of falling, but there are exercises that can improve your balance and gait to reduce the danger, according to Dring, a board-certified geriatric physical therapist who works with Iona Senior Services. It is tests like this that are offered during an annual wellness exam. With such information in hand, you can decide what types of exercises will work for you.

He also recommended other lifestyle changes that can reduce your risk of heart attacks, strokes or injuries, such as losing weight or quitting smoking.

Good posture is also important in reducing falls and body aches, according to Dring. He noted that for 2017, Medicare Part B will cover \$1,980 in costs for physical therapy and/or speech-language services, and an additional \$1,980 for occupational therapy to help you get around your house to undertake necessary daily activities. There are exceptions to those caps, however, if you can prove a need.

## Senior Health Fair coming April 20

**S**eniors can get a variety of health screenings and health, wellness and aging information at an April 20 Community Health and Wellness Information Fair at the Chevy Chase Community Center. Sponsored by the D.C. Department of Parks and

Recreation, the fair will be open for four hours, 10:30 a.m.-2:30 p.m. The screenings will include vision, blood pressure and glucose levels.

In addition to NNV, a dozen other organizations operating programs for seniors will offer information including the D.C.

Department on Aging, social workers, Legal Counsel for the Elderly, the Senior Medicare Patrol Office of Tenant’s Advocate, Pepco, Homeland Security, the UDC Speech and Hearing Clinic and others. There is limited parking behind the community center, which is handicapped-accessible. Rides are available for NNV members.

# Flatbreads make a nice mini-pizza

BY BARBARA B. OLIVER

When you get a hankering for a taste of pizza, hie yourself back to those English muffin concoctions of your youth. This twist on the original relies on lightly toasted flatbreads, such as the Cobblestone Bread Co. 100 percent whole wheat flatbread rounds, as the base. Suggested are two versions, but the combos are endless, limited only by your imagination and what you have on hand.

## Tomato Sauce-Based Pizza

- 1 whole wheat flatbread, split into two 4-inch-diameter rounds, lightly toasted*
- 4 tablespoons Classico traditional pizza sauce or Ragu Homestyle Thick and Hearty Marinara*
- 2 tablespoons mushrooms, diced (Shitake or other firm variety)*
- 2 strips green pepper, diced*
- 1 tablespoon pitted olives, sliced (Kalamata)*
- 4 tablespoons shredded low-fat, part-skim mozzarella cheese*
- 6 slices Hormel turkey pepperoni (quarter-size rounds)*



BARBARA B. OLIVER

Tomato sauce-based version has turkey pepperoni rounds.

Spread each half of flatbread with 2 tablespoons pizza sauce; top with half the mushrooms, green pepper strips, olives and 1 tablespoon cheese. On each half, add half the pepperoni and the remaining 1 tablespoon cheese. Microwave on high for 30 seconds or bake in preheated 350-degree oven until cheese melts, about 10 minutes.

## Cheese-Based Pizza

- 1 whole wheat flatbread, split into two 4-inch-diameter rounds, lightly toasted*
- 4 tablespoons ricotta cheese made with part skim milk (Galbani brand is nice and thick)*

*Fresh basil leaves*

- 1 slice Hebrew National lean beef salami, cut into ribbons*
- 2 tablespoons shredded low-fat, part-skim mozzarella cheese*

For each half of flatbread round, spread half the ricotta, top with half the basil leaves, half the salami and half the mozzarella. Microwave on high for 30 seconds.

**Note:** You can use deli turkey or chicken instead of the pepperoni or salami. Try goat cheese in place of the ricotta.

## SERVICE OF THE MONTH *Spring cleaning*

Spring came early this year. But have you thought seriously about spring cleaning? Now is the perfect time to clean up and declutter your home, and NNV volunteers are willing to help. It's time to throw out the old newspapers and magazines that you didn't read. Time to give away those old clothes that haven't fit in years. Time to get rid of those paint cans and other hazardous items cluttering up your basement or garage.

Sometimes it's difficult to get rid of things. NNV volunteers can provide the moral support you need to finally take care of that pesky pile or the physical help to box up and carry bulky items out for trash

pickup. They can dispose of items at Fort Totten Transfer Station on Saturdays. The D.C. Department of Public Works offers disposal of hazardous waste and unwanted electronic equipment every Saturday between 8 a.m. and 3 p.m. at Fort Totten, 4900 John F. McCormack Drive NE (near Catholic University). DPW also offers free shredding of personal documents on the first Saturday of each month.

Decluttering isn't always easy, but you'll feel much better once you've done it. Call the NNV office today and get your spring cleaning underway.

—Lois Berkowitz



## COMMUNITY CALENDAR

*Events are free unless otherwise indicated.*

**Sat., April 1, 10:30 a.m.**

**Senior Smartphone Help**—One-to-one help with tech-savvy teens. Tenley-Friendship Library, 4450 Wisconsin Ave. NW. Register: [megan.mcnitt@dc.gov](mailto:megan.mcnitt@dc.gov).

**Sat., April 1, 5-6 p.m.**

**Gallery Talk**—"Geometry and Other Myths" exhibit with artists. 6-9 p.m.—Opening reception with artists, curators, patrons. AU Museum, Katzen Center, 4400 Massachusetts Ave. NW.

**Tues., April 4, 2-4 p.m.**

**Fraud: Preventing Financial Exploitation**—Examples, strategies for protection, resources. St. Columba's Church, Room 212, 4201 Albemarle St. NW. Register: 202-895-9442.

**Tues., April 4; Thurs., April 20, 7 p.m.**

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

**Thurs., April 6, 1 p.m.**

**Chamber Concert**—Internationally known local musicians. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Thurs., April 6, 6-8 p.m.**

**Gallery Talk, Reception**—With Frida Larios, host embassy of El Salvador. Central American food. AU Museum, Katzen Center, 4400 Massachusetts Ave. NW.

**Thurs., April 6 & 27, 6 p.m.**

**Neuroscience Discussions**—"Trauma." Bill Marks, Ph.D., Johns Hopkins; Jeanine Hull, attorney. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Fri., April 7, 14, 21, 28, 11:30 a.m.**

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

**Sat., April 8, 2-3 p.m.**

**Gallery Talk**—"Time Stands Still" exhibit with artist Elzbieta Sikoska. AU Museum, Katzen Center, 4400 Massachusetts Ave. NW.

**Mon., April 10, 7 p.m.**

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

**Tues., April 11, 7 p.m.**

**Author Talk**—Philip Auerswald on "The Code Economy: A Forty-Thousand Year History." Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Thurs., April 13, 7:30-10:30 p.m.**

**ANC 3E**—Meeting. Room NT08, Washington College of Law, 4300 Nebraska Ave. NW.

**Sat., April 15, 1 p.m.**

**Game On!**—Play many board and video games. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Tues., April 18, 6:30 p.m.**

**Get Organized**—Michelle Mirpour on clearing clutter. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Tues., April 18, 7:30 p.m.**

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

**Tues., April 18, 7:30-11 p.m.**

**ANC 3F**—Meeting. UDC, 4200 Connecticut Ave. NW, Bldg. 44, Rm. A03.

**Wed., April 19, 7:30 p.m.**

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

**Thurs., April 20, 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.

**Sat., April 22, 8:30 a.m.**

**Tenleytown Earth Day Clean-Up**—Clean, weed, mulch; health fair; merchant sales. Check in at Wisconsin Ave. and Fessenden St.

**Sat., April 22, noon**

**"Wall-E"**—2008 Oscar-winning film; free popcorn. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Sun., April 23, 2-3 p.m.**

**Distinguished Artist Lecture**—Foon Sham on his installation "Escape." AU Museum, Katzen

Center, 4400 Massachusetts Ave. NW.

**Mon., April 24, 7 p.m.**

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

**Tues., April 25, 7-8:30 p.m.**

**Social Media Intro**—Facebook, Twitter, etc. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Wed., April 26, 7 p.m.**

**2nd District Citizens Advisory Council**—Meeting. 3320 Idaho 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**—Self-help office. 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 Market**

**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.

**April 3**—"Deep Water Horizon," U.S., 2016, rated PG-13 (Mark Wahlberg).

**April 10**—"Nocturnal Animals," U.S., 2016, rated R (Amy Adams).

**April 24**—"Loving," U.S., 2016, rated PG-13.

# Donate an item or an idea to our auction

**Y**ou can play a critical part in ensuring NNV's vitality.

The ancient African proverb "It takes a village" is the heart of what Northwest Neighbors Village undertakes every day. Everyone benefits when the entire community takes an active role in contributing to, and helping one another.

We all can help make our village stronger. Our office, operations and diverse activities all require people power, creative power and of course money!

NNV is developing a more strategic approach to our fundraising to ensure we have

the resources to continue to grow and continue to be a "village" we are all proud of. Included is an auction to take place this fall. The auction is a wonderful way to engage the broader community and to expand knowledge about our awesome village.

You can help the auction be successful by helping us obtain auction items like these:

- Identify friends or family with second homes or boats who might make them available for a few days and send the office the information.
- Talk to your favorite restaurant, service or business

and ask them to donate an item.

- Do you know any authors, cooks or interesting D.C. people who would contribute a lunch or tour of their "space"?

- Do you have a hobby or expertise (i.e. painting, knitting, computer help, etc.) in which you could offer lessons?

These are just a few of our ideas. We welcome any you may have as well. We are happy to provide you with a letter or auction form. Or, send us the contact information and we will follow up.

Thank you for being a critical part of our village.

—*Judie Fein-Helfman*