

THE VILLAGE NEWS

Northwest Neighbors Village

Volume 9, Issue 5

A Community Network of Support

May 2017

Cathy Roetto, with fond memories of never a dull moment

BY JANEAN MANN

While controversy swirls today about the Central Intelligence Agency, NNV member Catherine Roetto offers a somewhat different perspective from the “42 wonderful years” she spent there. “I loved the agency,” she said. “I never had a dull moment. You just never knew what was going to come through the door. You just had to be ready for it.”

After finishing high school, the native Washingtonian went to work for the agency in 1957 in the Office of the Chief of Medical Services, first as secretary to the deputy and then for 27 years to the chief of the psychiatric division. In that capacity she helped screen psychological tests given to prospective employees. “The doctors were respectful and acknowledged that you had a brain. It was just nice and everyone was nice to each other,” she said.

“Then the glass ceiling broke,” Cathy said. The agency offered her additional training in a variety of areas including eldercare and grief counseling. She changed her career path to become a social work associate, counseling agency employees and their families on a variety of issues. She and a colleague founded the Employee Assistance Program that helped agency personnel take better care of themselves. She kept numerous statistics about the types of services and people served, information that helped prepare the office to meet the needs of agency personnel and for her own post-retirement reemployment. Cathy received the Intelligence Commendation Medal for her service.

Outside the CIA, Cathy was kicking up her heels. In the early '60s she “became addicted” to



JANEAN MANN

A pet lover, Cathy Roetto discusses her collection of animal cards and photos.

ballroom dancing. “I loved it,” she said. “It kept me sane.” One day she saw an ad in the paper for an Arthur Murray dance club. She went, started taking lessons and discovered she was a “gifted” dancer. “I didn’t have to study, it just happened.” She competed locally and nationally for five years, winning many competitions. Unfortunately, a slip down her back steps during Snowmageddon has limited her dancing ability.

Though she retired from the CIA in 1994, she returned two weeks later as an independent contractor. In that position, she launched the agency’s eldercare program, did grief counseling and facilitated grief and eldercare support groups.

After her second retirement, Cathy volunteered one day a week for 15 years at the Washington Home and Community Hospice providing

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NORTHWEST NEIGHBORS VILLAGE

*a community network of
support*

4901 Connecticut Ave. NW
Washington, DC 20008
202-777-3435

www.nwnv.org

Northwest Neighbors

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

Join or Volunteer

NNV welcomes new members and volunteers. For more information, go to www.nwnv.org or call the office at 202-777-3435.

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FROM THE CO-PRESIDENT

You count on NNV. Can NNV count on you?

BY JUDIE
FIEN-HELFMAN

We all know
it takes a
village.

NNV is our village,
surrounding us
with support, friends, new
adventures, opportunities to
learn and the ability to remain
living in the homes we love.
All of this is possible through
NNV's wonderful cadre of
volunteers and the dedicated
support and passion of our
professional staff.

Like most villages around the
country, and most nonprofits
too, NNV's membership fees
pay for about 45 percent of
our operating budget. That
means 55 percent—roughly
\$110,000—must be raised
every year from donors,
individuals and businesses in
the community. While the main
responsibility to raise these
funds rests with NNV's board,
everyone—members, friends,
volunteers, associate members,
businesses—can help contribute
to reaching this goal this year
and in the future.

That is why we are focusing
on fundraising more regularly
in our newsletter. Everyone
should understand what it takes
for our village to do what it does
and that NNV leadership is
becoming more strategic about
the best way to raise our needed
funds.

Everything NNV does costs



something—a friendly
visit, a ride, yoga, art
class, the newsletter,
our community
programs, our trips, the
vetting of volunteers.
The critical role staff
plays behind the scenes

makes everything hum and
appear effortless. But it takes a
lot of hard work.

Did you know that NNV's 130
volunteers provide our village
with over 7,200 hours annually?

Did you know that each
member ride can take up to two
hours of professional staff time
to coordinate?

Did you know that response
to a member emergency or
transition can require from two
to 10 hours of staff time?

Did you know that keeping
our village updated on events,
happenings and news takes 15
hours a week?

Our budget and the funds we
raise directly affect our ability
to deliver the extraordinary
level of service our members
have come to expect. Our
operations and programs enable
us to strengthen our village and
our relationships every year. If
you have any questions about
our fundraising or would like
to get involved, please email
me, Judie Fien-Helfman, the
fundraising chair and co-
president, at jfh@obx123.com.

And please consider making
a tax-deductible gift or leaving
NNV a legacy gift in your estate
planning.

NNV CALENDAR

Rides are available for NNV members to all NNV events.

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.

Wed., May 17, 2:30 p.m.

NNV Book Club discusses the last two-thirds of “Buddenbrooks” by Thomas Mann at the home of NNV

member and volunteer Frances Mahncke. RSVP: 202-777-3435.

Fri., May 19, 8 a.m.

Spring Bird Migration—Walk in Rock Creek Park led by senior naturalist Tony Linforth; limited to 16 participants. RSVP: 202-777-3435.

Wed., May 24, 7 p.m.

Steps to Attack Fraud—D.C. Consumer Protection Office Deputy Director Jimmy Rocks discusses new laws and actions to combat increasing consumer fraud, especially against seniors.

Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Tues., May 30, 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.

Save the Date

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

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

Cathy Roetto’s happy memories of her agency (and ballroom dancing)

PROFILE, Continued From Page 1

assistance to the staff, patients and their families. She enjoyed the camaraderie. “The nurses accepted me as one of them,” she said. Changes in the facility prompted her to retire last year.

Cathy also enjoys traveling and was happy to visit her parents’ Italian birthplace, as well as sites throughout Europe, South America and Hawaii. She joined NNV after a neighbor told her about it and sent her brochures. She was able to combine her love of travel and of dancing during a 2012 NNV cruise to Bermuda.

She also found the iPhone class led by NNV volunteer Karen Zuckerstein useful, as did a longtime agency friend whom she has been helping since his illness some months ago.



JANEAN MANN

NNV member Marilyn Schachter, left, enjoys the music of volunteer Sal Selvaggio, which will be heard again at the annual picnic in June.

NNV picnic will be in June this year

Always one of our most popular Annual events, the NNV picnic this year is going bigger and better. First, the date is being moved from early fall to late spring. Some say we just couldn’t wait, but the fall is such a busy time that it also helps our staff and volunteers spread their efforts throughout the year. The new date is June 11 and the picnic will again take place at Candy Cane Park, the same location that we have enjoyed these several years. Also

again this year it will be sponsored by Chevy Chase House.

NNV is extending invitations to members’ families to make it a more inclusive outing and encouraging volunteers and associate members to attend. What could be better than getting the entire NNV family together on a beautiful spring day? We hope all of you will attend and spend a great afternoon sharing stories and enjoying great food.

—Steve Altman

Dental care often suffers in long-term facilities

By SAL SELVAGGIO

Oral care has long been an underappreciated component of the general health of older adults. The challenges of decreasing mental and physical abilities, along with a lack of understanding and education, create a situation for neglect and added health problems.

When I decided to make dentistry my career many years ago, I looked forward to having my own business that could use skills learned and developed over time. I did not realize that I was embarking on a long-term journey with my patients' lives, watching them grow from youth to middle age, and on to old age. It was a privilege to be a part of their teams of health-care providers and to get to know them through their transitions.

As my patients grew older, their physical and mental abilities could often inhibit their ability for self-care. But I was not prepared for the dramatic downturn in their oral health that too often occurred when my patients entered long-term care facilities (LTCF). They would be brought into my office for their appointments by their adult children or other caregivers, and I would be disheartened to see many loose teeth, multiple deep cavities, fungal infections, and dental appliances that clearly had not been cleaned or even removed for weeks. Why did this happen?

The answer, I have found, is that the oral care of our older adults and other residents of LTCF is often inadequate.



The reasons are many. Each resident needs a personalized program for oral care. If the resident has lost or has a reduced ability to follow such a program, problems occur. Most LTCF do not have certified nursing assistants (C.N.A.s) adequately trained to provide this care. Nor are family members educated in the oral care needs of their relatives. Because of this, they can't recognize problems or effectively monitor the care that is given.

The harmful results can

include an increase in the likelihood of aspiration pneumonia; increased incidences of diabetes; mouth pain; weight loss due to an inability to properly chew food and the accompanying digestive problems. There is also often a decrease in socializing due to appearance, mouth odors, etc.

Since my retirement last year, I have been a member of the District of Columbia Dental Society Foundation. We are developing training programs for the long-term care facilities in D.C. Our goal is to educate these facilities in the best practice standards of oral care for their residents and work with them to develop programs that will work for them. We also want to provide the families and caregivers the information and tools to partner with the LTCF in caring for their loved ones.

Sal Selvaggio is an NNV associate member, volunteer and co-chair of the Outreach Committee. A version of this article appeared as a blog posting on the Iona website www.iona.org/oral-health-seniors/.

How to fight fraud and scams, with D.C.'s help

Armed with some new laws, D.C. is going after those who try to scam us, steal our identity or undertake a variety of actions to abuse seniors and others. On May 24, Jimmy Rocks, deputy director of the Consumers Affairs Office, will discuss what you and the city can do combat these often costly and scary frauds.

Rocks will discuss some of the hottest scams in the D.C. area, what you can do to avoid becoming a victim and how to fight back if you are victimized. One provision that he will discuss is a law passed by the D.C. Council which criminalizes financial crimes against seniors as senior abuse.

The 7 p.m. presentation will be at the Chevy Chase Community Center, 5601 Connecticut Ave. NW.

After the hospital, but not yet ready to go home

BY STEPHANIE CHONG

We all hope to stay healthy and well forever. However, sometimes life has other plans.

On Tuesday, May 9, Jennifer Brown, director of admissions, marketing and communications at Forest Hills of D.C., will offer a repeat of her presentation about preparing for post-hospital rehabilitation. She spoke March 8 with members of Northwest Neighbors and Palisades villages.

Jennifer's comprehensive program helped clarify information about Medicare coverage, set expectations on what happens on the first day of admission and beyond, and highlighted residents' rights in the rehab setting. The following should help you prepare.

For Medicare to cover your rehabilitation, you need a qualifying diagnosis (such as hip fracture or stroke) and a 72-hour hospital stay. It is important to clarify whether your hospital stay is considered an admission. Patients have been known to spend days in the hospital, receiving care from nurses and physicians, without actually being "admitted." This status is called "observation" and does not qualify toward the required hospital time for rehabilitation coverage.

There are two types of inpatient rehabs. The first—acute rehab—requires the individual to participate in exercise with a physical therapist, occupational therapist and/or speech therapist for at least three hours a day, five to six times per week. Medstar National Rehabilitation Hospital is an example of an acute rehab facility. In the second type—sub-acute rehab—patients must participate in exercise with a physical therapist, occupational therapist and/or speech therapist five to six times a week for one hour or less. Forest Hills of D.C. and Sibley Renaissance are examples of sub-acute rehabilitation communities in the area.

Be sure to have copies of your power of attorney and advance directives. Bring comfortable clothes, books and other items you enjoy to pass time. Do not bring valuables, including cash, credit cards and jewelry. Private personal aides can help you as



STEPHANIE CHONG

Jennifer Brown describes what happens in a rehab facility.

long as they have active certification in the District of Columbia.

Medicare Part A covers the entire rehabilitation cost from day 1 to day 20. Beginning day 21, there is a co-pay of roughly \$165-\$170 per day. Most secondary insurance will pick up the co-pay for a portion of the time. Medicare will pay for rehabilitation up to 100 days. However, most patients do not qualify to receive benefits for that long. Also, Medicare does not cover the costs of incidentals such as cable, wi-fi, telephone, beauty salon, etc.

Rehab centers have a multidisciplinary staff. On your first day, prepare to complete paperwork. You'll then meet many staff members, including the director of nursing, your certified nursing assistants (C.N.A.s), therapists, social worker, housekeeping and dining staff. Prepare to begin discussing your discharge plans early in your stay. You will continue to do so through interdisciplinary care plan meetings that often include your family members or whoever holds your power of attorney.

Jennifer encouraged everyone to take control of their rehabilitation by visiting rehab communities before they need it. If you missed the program and want to learn more, her repeat program on May 9 will be held from noon to 2 p.m. at Forest Hills, 4901 Connecticut Ave. NW. Lunch will be provided.

Intern Brooke Stone bids the village adieu

BY JANEAN MANN

“It’s been such a wonderful experience,” Brooke Stone said of her tenure as an NNV intern—part of her social work program at Catholic University, from which she will graduate next month. “I’m very sad to leave the village.”

Brooke said she knew very little, if anything, about the village before she arrived last summer. She was, however, interested in working with older adults because of her close relationships with her great-grandparents and grandparents. After graduating from the University of Florida, she returned to the D.C. area and worked in the family dental practice while she decided what to pursue in her graduate studies.

She said she always had an interest in mental health and had studied psychology as an undergraduate. A talk with someone knowledgeable about social work persuaded her to pursue that profession. “I love working with this population,” Brooke said, adding, “Older adults have so much wisdom and so much to share. I feel like they have taught me so much.”

Brooke expressed surprise that an organization started by a small group of people had become so pervasive. “Being a part of the village,” she said, “it has been so interesting to see how it links one to so many people in the community. I’m constantly running into people I know” whom she had met through the village.

Noting that isolation is an issue with older adults, she said she learned how much the village encourages people to stay more engaged. She had high praise for NNV’s volunteers and their contributions to the lives and well-being of the membership.

Brooke also participated in NNV’s caregiver support group, run by social worker Susan Lieberman. “I have learned so much from that experience,” she said. “I just did not quite know what caregiving involves until attending that support group.” As a result, she is encouraging her family to plan for their later years.

She said she definitely wants “to keep working with older people.” Medical social work, especially in the field of oncology, is of interest to her



JANEAN MANN

A friendly visit: NNV member Barbara Dresner shows intern Brooke Stone her collection of wildlife figures, some of which represent the deer that visit her yard.

because of “its many opportunities for supportive counseling with patients and families.” She would also “love to work with a village. I could not have been happier with this opportunity. I have met such incredible people.”

“Brooke has been an asset to NNV and will be greatly missed,” said NNV Executive Director Stephanie Chong. “She connected well with members and volunteers alike and will represent the social work profession well.”

After graduation she will take a short break before taking the social work licensing exams, then begin applying for positions.

Age Friendly City wants your views

BY JANEAN MANN

The D.C. government is preparing its final request to the United Nations' World Health Organization (WHO) for designation as an Age Friendly City. NNV members and volunteers are among those assisting that application.

Age Friendly City Coordinator Gail Kohn met April 27 with NNV members and other seniors at Forest Hills of D.C. to learn what the city's seniors like about their neighborhoods and what changes they would like to see. The WHO project was created to help cities address the anticipated doubling of their senior populations in the coming years.

Since the announcement by then-Mayor Vincent Grey in 2012 that D.C. would request a WHO Age Friendly City designation, the city has held a series of meetings and other actions, with the help of AARP, to ascertain what seniors think of our city and how the city's environment and services could be improved. The city identified 12 domains or areas of concern, eight originally cited by the U.N. and four added by D.C.—elder abuse, neglect and fraud; emergency preparedness and resilience; food security; and access to caregivers.

Under Mayor Muriel Bowser, the city formed a plan based on the initial study results and has



JANEAN MANN

Is D.C. age-friendly? This is among the questions Age Friendly City director Gail Kohn, right, posed to NNV and other local residents at a listening session April 27. More than two dozen voiced their opinions on the good and the bad of living in D.C. NNV members pictured include, from left at front table, Harriet Marin, Judy Brace, Pat Kasdan (back of head) and NNV director Stephanie Chong. Others are Kathy Klein, upper right, and Bob Carr, upper center.

been implementing that plan with various degrees of success. Last year D.C. undertook an assessment of progress in all 10 domains including added housing for seniors (including low-income housing), efforts to combat elder abuse, computer training for seniors and health programs. That assessment can be found at the follow link: https://agefriendly.dc.gov/sites/default/files/dc/sites/agefriendly/page_content/attachments/AFDC-2016-ProgressReport-508-1.3-2.pdf.

Among the many wide-ranging questions posed by Ms. Kohn to seniors throughout the city are whether they feel safe going outside at night, what they experience with local public transportation, whether they are satisfied with their current housing or alternative housing in their community, whether

they are financially prepared for retirement and whether they have adequate access to healthcare.

These questions relate to the 10 domains or issues on which the U.N. makes its assessment. Participants were also given the opportunity to raise any issues of concern outside the given questions. In the process, Ms. Kohn is passing along problems people are bringing to her attention to the relevant D.C. government agencies, hoping that some of them can be addressed even before the application is submitted.

Many cities throughout the world are seeking Age Friendly designation and are sharing their experiences in addressing concerns of seniors through a WHO-created website: www.who.int/ageing/age-friendly-world/en/.

Jerry Knoll, AID official and Africa specialist, dies

We were sorry to learn of the death of NNV member Jerry Knoll. Jerry was an Africa specialist for 31 years with the U.S. Agency for International Development (AID) who traveled extensively throughout Africa. Prior to his AID experience he served in the Army Air Corps during World War II. Then, as an international economist, with an MBA from the University of Chicago, he worked on post-World War II reconstruction in Europe.

While in AID he served as director of AID's West African affairs and later of East African offices, where he met NNV volunteers John Buche and his wife Anika. His final AID position was

director of Near East and North African affairs. The Buches reunited with him when Jerry joined NNV. They always looked forward to providing rides for him and shared many suppers. "Jerry was always a generous and gracious person," John said.

Following his 1979 AID retirement, Jerry was a volunteer for the International Rescue Committee and served as deputy director for its medical program. He also volunteered at the White House answering correspondence. Jerry also enjoyed cultural activities. He is survived by his goddaughter, Margaret Symington.

—Janean Mann

Roasted potatoes with a Greek flavor

BY BARBARA OLIVER

These Greek-inspired potatoes are wonderful with roast chicken or lamb. They are tossed with a bit of olive oil after cooking to round out the flavor. For a change, try this recipe with whole fingerling potatoes (Rodman's usually has a selection).

1½ pounds raw new potatoes, halved and, if large, quartered
4 teaspoons extra-virgin olive oil, divided
1½ tablespoons fresh lemon juice
2 teaspoons dried oregano
¾ teaspoon sea or kosher salt, or to taste
1 teaspoon minced garlic
¼ teaspoon freshly ground black pepper
1 teaspoon lemon zest, or to taste
1 medium lemon, cut into 6 wedges (optional)
1 tablespoon fresh mint or parsley leaves, for garnish (optional)

Preheat oven to 375° F.

In a 13 x 9-inch baking pan, toss potatoes with 1 tablespoon oil until coated. Then sprinkle potatoes with lemon juice, oregano, salt, garlic and pepper; again toss to coat.



TOM OLIVER

Roast 30 minutes; remove pan from oven; turn over potatoes with spatula. Return pan to oven and roast potatoes until light golden brown in spots and tender, about 15 minutes more.

Transfer potatoes to a serving bowl and toss with lemon zest and remaining 1 teaspoon oil; serve with lemon wedges and garnish with mint or parsley, if desired. Yields 6 servings, about ¾ cup each.

Note: Recipe can be made ahead of time. Cover serving bowl with foil to retain heat; then remove foil to reheat in microwave.

Leftovers can be refrigerated and reheated another day.

ADAPTED FROM A WEIGHT WATCHERS RECIPE

COMMUNITY CALENDAR

Events are free unless otherwise indicated.

Tues., May 2, 7 p.m.

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

Thurs., May 4, 1 p.m.

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

Fri., May 5, 12, 19, 26, 11:30 a.m.

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

Sat., May 6, 1:30 p.m.

Looking Back—Memoir writing workshop for older adults with Maura Policelli. Bring pen and notebook. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Mon., May 8, 7-9 p.m.

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

Wed., May 10, 1-2 p.m.

Blood Pressure Guidelines—Hayder Hashim, M.D., Suburban Hospital cardiologist, on current hypertension research, lifestyle modifications, medications. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md. Register: 301-896-3939.

Wed., May 10, 7 p.m.

Improving Life through Meditation—Workshop with David Newcomb. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., May 11 & 25, 6 p.m.

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

Thurs., May 11, 7:30-10:30 p.m.

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

Sat., May 13, 1 p.m.

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

Tues., May 16, 7:30-11 p.m.

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

Wed., May 17, 7:30 p.m.

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

Thurs., May 18, 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., May 22, 7-9 p.m.

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

Tues., May 23, 2-4 p.m.

Making the Right Call—When to call 911 for emergencies and 311 for non-emergencies. St. Columba's Church, Room 212, 4201 Albemarle St. NW. Register: 202-895-9442.

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. 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., 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.

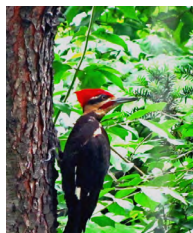
May 1—"Queen of Katwe," U.S., 2016, rated PG (Ugandan chess prodigy).

May 8—"The Road Home," China, 1999, rated G (English subtitles).

May 15—"Mother," U.S., 1997, rated PG-13 (Debbie Reynolds).

On May 19, a bird walk in Rock Creek Park

May is a perfect time for a saunter in Rock Creek Park, especially if you are interested in seeing some of the thousands of birds migrating at this time of year.



JANEAN MANN

**A pileated
woodpecker.**

NNV is sponsoring a bird walk through the park led by senior naturalist Tony Linforth at 8 a.m. Friday, May 19. This walk has been a favorite of NNV members and is offered again by popular request.

Participation is limited to 16 members, so early reservations are recommended; call NNV at 202-777-3435. Coffee and snacks at the Nature Center will be provided afterward.

SERVICE OF THE MONTH *Help using Uber or Lyft*

Are you finding it more difficult to drive at night? Do you get frustrated trying to fight the traffic and construction downtown? Solve your transportation problems by starting to use Uber or Lyft as your driver.

Maybe your children or grandchildren have even been encouraging you to try this, but you feel like the computer setup is daunting. Northwest Neighbors Village to the rescue! Just call the office and an NNV volunteer will come to your house and show you how to download the app onto your smartphone or iPad. It's easier than it looks and you'll have a car at your door in minutes.

Each ride is automatically charged to your credit card so you don't even have to worry about paying the driver, and Uber drivers don't expect tips (Lyft drivers do). Try this: Make a date ahead of time and ask the volunteer to watch you as you place your first call for a car. Once you get used to using the app, you'll find that it's even easier (and cheaper) than calling a taxi. You might even want to take your new volunteer buddy with you!

—Lois Berkowitz