

# THE VILLAGE NEWS

Northwest  
Neighbors  
Village



Volume 9, Issue 8

A Community Network of Support

August-September 2017

## VOLUNTEER PROFILE

### Medicine is not quite over for 'retired' Audrey Seidel

By JANEAN MANN

**N**NV volunteer Audrey Seidel says she has retired from her OB-GYN practice but her peripatetic schedule belies that status. Her "retirement" takes her across the country once a month to provide medical services to an underserved community in New Mexico.

Audrey grew up in Delaware and initially intended to be a kindergarten teacher. But time and a change of venue prompted her to turn to a medical career. While living in San Francisco, she got a massage license and developed an interest in anatomy. A volunteer stint in the Berkeley Women's Health Collective—a free-standing clinic run by lay people—persuaded her that she wanted to be an obstetrician-gynecologist. "It is a very fulfilling profession," she said.

Returning to the East Coast, she studied medicine at what is now Drexel University College of Medicine in Philadelphia and did a residency at New York Presbyterian Hospital Cornell Campus. She later returned to California and went to work with the Kaiser Permanente medical system, a job she loved.

See **PROFILE**, Page 6



JANEAN MANN

Audrey Seidel holds a Navajo pot that she acquired on a trip to Arizona, where she provides medical care.

## For Associate members, a new name and a new benefit

**N**NV recently hosted focus groups to examine our Associate membership. The group considered the benefits of membership and provided feedback on ideas that could make this membership level appealing to potential new members. One recommendation was to consider a name change. The group felt that the name was unclear and did not describe the membership level well.

The NNV board considered this recommendation and at its July

meeting voted to change the name from Associate to Supporting Member. The change better reflects this membership category since the majority of our Supporting Members have joined NNV to support the mission and make sure the village will be there when they need it. Moving forward, all Associate Members will be considered Supporting Members. The NNV website and literature will reflect this change over the coming months.

As an added bonus, NNV's Board of Directors voted to offer a 10 percent membership discount for all Supporting Members of five years or more who become Full Members. The discount applies to all Associate Members from 2009 to the present.

We are grateful for our many Supporting Members and hope to bring on new ones in the future. Please spread the word to your friends or consider joining at this level.

—Stephanie Chong

## 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.

### NNV Board Members Officers

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## FROM THE EXECUTIVE DIRECTOR

# Unsung heroes: Committee volunteers provide vital help to the village

By STEPHANIE CHONG

Volunteers are the key to NNV's success. When thinking of village volunteer help, what often comes to mind are the practical services provided by our kind neighbors, such as yardwork, transportation and friendly visits. These volunteer services are at the heart of the village and essential to helping our members live at home while remaining connected to others and their community.

Did you know that NNV also has a volunteer corps that works behind the scenes assisting with tasks vital to NNV's operations?

Five NNV committees play a critical role in areas of programming, community outreach, member services, volunteer coordination and fundraising. Additionally, a dedicated group of volunteers write, design, edit and distribute our newsletter 11 months of the year. Our vibrant

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*Their dedicated work behind the scenes is critical to NNV's overall success.*

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committees make it possible to recruit new members and volunteers, offer variety in programming and seek funding, without having to hire added staff to perform these tasks. Their dedicated work behind the scenes is critical to NNV's overall success.

NNV's committees comprise members and volunteers who provide input and hands-on help. I am proud of our committees' work and wanted to take this opportunity to highlight their many successes over the past year.



► The Outreach Committee has increased NNV's presence on the local listserves, hosted happy hours in the community and identified NNV ambassadors who personally reach out to neighbors interested in the

village.

► The Program Committee has organized over 20 programs, including two whole-day trips, several presentations that were open to the community, and the addition of a raffle at the annual holiday party.

► The Member Services Committee worked closely with the Volunteer Committee to identify volunteers' interests and strengthen the matching process between member requests and volunteer availability.

► The NNV Fundraising Committee has raised the community's awareness of NNV's need to bring in funds. This committee is currently planning our first gala and has helped with grant writing.

► The Volunteer Committee trained 24 new volunteers, gave a volunteer recognition party and held a coffee get-together for volunteers.

► Our newsletter volunteers continue to create a quality publication with a variety of interesting articles. These volunteers make sure the NNV family is informed on relevant topics related to the village, benefits and local services.

I am so grateful for the many members and volunteers who offer their time and talent to contribute to NNV's success. If you are interested in participating in a committee or sharing a few hours of your time on a specific project, please contact me at 202-777-3435.

## NNV CALENDAR

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

**Wed., Sept. 6 and 20, 10-11:30 a.m.**  
**Caregiver Support Group—**

Moderated by licensed clinical social worker. First and third Wednesdays every month in Chevy Chase, D.C. Limited to 8 participants. Call 202-777-3435.

**Wed, Sept. 13, 2 p.m.; reception 3:30 p.m.**

**Food Memories—**Guest White House chef Susan Barocas speaks on the history of Jewish food in the U.S. and holiday memories. Forest Hills of D.C., 4901 Connecticut Ave. NW.

**Wed., Sept. 20, 2:30 p.m.**

**NNV Book Club** discusses “Can You Forgive Her” by Anthony Trollope at the home of Barbara Dresner. RSVP: 202-777-3435.

**Mon., Sept. 25, 4 p.m.**

**Being Mortal’s Village: The Value of Community and Choice as We Grow Older—**Author Atul Gawande, M.D., by video from Boston to celebrate the village movement’s 15th anniversary. Sibley Memorial Hospital, 5255 Loughboro Road NW. RSVP required: 202-777-3435.

**Tues., Sept. 26, 3-4:30 p.m.**

**NNV Men’s Book Club** meets at the

home of Bernie Hillenbrand. RSVP: 202-777-3435.

**Thurs., Sept. 28-Oct. 26, 1-3 p.m.**

**Watercolor Painting—**Five-week course by Corcoran professor Joey Mánlapaz; fee \$100 at first class. Forest Hills of D.C., 4901 Connecticut Ave. NW. Sign up: [manlapazjo@aol.com](mailto:manlapazjo@aol.com).

**Save the Date**

**Sun., Oct. 22, 6:30-9:30 p.m.**

**NNV Community Gala—**“Village Voices—NPR in the Neighborhood.” Susan Stamberg and Ari Shapiro to speak. Food, drink, music, auction.

## NNV’s Gala: Up close and personal with NPR hosts

BY JUDIE FIEN-HELFMAN

**S**ave the date—Sunday, Oct. 22—for NNV’s 2017 Gala: “Village Voices: NPR in the Neighborhood.”

NNV invites you to meet two extraordinary NPR hosts—Ari Shapiro of “All Things Considered” and Susan Stamberg, guest editor of “Weekend Edition Saturday,” at the event, set for 6:30 to 9:30 p.m. on Oct. 22.

The two D.C. insiders will actively engage attendees in an informal conversation on multiple topics. Bring your questions! Get the inside scoop!

The event will be held at the Chevy Chase Village Town Hall, 5906 Connecticut Ave.—just north of Chevy Chase Circle (where the police station and post office are located). This beautiful setting provides a perfect atmosphere for the Gala’s activities—a silent auction, hors d’oeuvres and desserts, wine, beer, music and, of course, the conversation with our two NPR hosts. There is ample free

parking in the neighborhood.

Admission is \$100 a person and tickets may be purchased on the NNV website, [www.nwnv.org](http://www.nwnv.org).

The 2017 Gala is NNV’s annual fundraising event and provides critical funds for our budget. Membership fees support only 40 percent of our year-round activities and operations, with the remaining funds derived from our Gala, end-of-year appeal, legacy gifts and government grants.

Bring your family, friends and neighbors and come out to support your village. You will have a memorable evening, meet new friends, enjoy delicious food and bid on some fabulous auction items, all while supporting NNV.

We are also seeking a few more auction items and a few more volunteers to ensure that our Gala 2017 is the success we envision. If interested, please call the NNV office at 202-777-3435 or email Judie Fien-Helfman at [dekids50@yahoo.com](mailto:dekids50@yahoo.com) to volunteer or donate.



STEPHEN VOSS / NPR

Ari Shapiro



DOBY PHOTOGRAPHY / NPR

Susan Stamberg





JANEAN MANN

Stephanie Chong, NNV's executive director (standing, rear) brought her experiences with homecare to a talk on Aug. 8.

## Plan for your caregiver needs before the crisis happens

### *'Navigating the Homecare Maze' talk draws an SRO audience*

BY JANEAN MANN

Caregiver information is sorely needed in our community. That was evident from the standing-room-only audience that turned out for NNV Executive Director Stephanie Chong's aptly named presentation on "Navigating the Homecare Maze" on Aug. 8.

Acknowledging "horror" stories that individuals might have heard about hiring caregivers, Stephanie noted that "for every bad story you have heard I can give you 10 good ones."

She strongly encouraged individuals to plan for hiring a caregiver before a crisis arises, as options may be limited when a crisis occurs. There are several types of caregivers and the costs vary among types.

Certified Nursing Assistants (CNA) and Geriatric Nursing Assistants (GNA) are certified by the Department of Health to have met certain training requirements. GNAs may be more expensive because of additional training in geriatrics. Both provide a wide range of services: helping with bathing and other personal care, light housework and meal preparation. But they are not nurses.

Companions do not have the same type of training and do not offer "hands-on" personal care. They can

provide socialization and support, especially with early-stage dementia patients.

Citing her own experience as a home health aide, Stephanie outlined three main types of caregivers. The first encompasses independent contractors, often from a registry. These individuals are CNAs or companions and are generally less expensive than those who come from agencies. One drawback is the lack of outside staffing oversight or a nurse to create a plan of care. Nor do they receive benefits from an outside company. If hiring someone from a registry, you might be liable for workers compensation.

While the registry "can be great," Stephanie noted that there is no place to check out a caregiver's reputation. Many long-term-care insurance plans will not pay for a registry caregiver. If a registry caregiver is unable to come on a given day, you can go back to the registry for a replacement.

Another source of caregiver support is an agency that employs caregivers. In D.C. and Maryland, these are CNAs and GNAs. With this option you have more oversight. The agencies provide a nurse who creates a care plan for your loved one and visits periodically to check on the caregiver and the plan. These individuals are paid by the agency. As a result, the costs are generally higher than for registry caregivers. Most long-term health insurance plans cover some of the costs.

The third type of caregiver is a private duty individual who is hired directly by the family. Many are hired by

See **HEMOCARE**, Page 5

# New connections for the newly retired: An invitation

By KAREN ZUCKERSTEIN

**W**e all know that life is full of transitions. One of the biggest is going from a job working 40+ hours a week to full-time leisure. And much as I enjoyed my job, I am loving my retirement!

As a retiree in my 60s, I had an idea of some of the things I wanted to try—classes, lectures, exercise and volunteer work. I am also interested in connecting with people who are free during the day. I knew that I absolutely needed activities that get me out of the house every day.

Northwest Neighbors Village allows me to do volunteer work that I can easily integrate with my other activities. And I find

my work for NNV has been pretty varied. I give rides, assist people with gadgets such as iPhones and computers, and help out on NNV committees.

I've met some great people through NNV, both members and other volunteers. I'd like to meet more people who may be new to retirement and interested in exploring new activities and interests.

It took me several months to learn about where to take classes (Osher Lifelong Learning Institute



Karen Zuckerstein

is one I didn't know about) and I think I would have benefited from hearing about others' experiences. It would also be fun to meet for a walk, (maybe) learn to play canasta, join a group for a movie, concert or class, or just get together and trade stories.

So if you are a relatively new retiree, how about joining me at my home for coffee on Thursday, Sept. 7 at 10 a.m. The get-together will allow us to meet each other and explore whether there is sufficient interest in planning some additional get-togethers. New retiree members, supporting members, volunteers and donors are encouraged to attend. Please RSVP to me at [kzuckerstein@gmail.com](mailto:kzuckerstein@gmail.com).

## Caregiver pros and cons

HEMOCARE, From Page 4

word of mouth. They are often less expensive and some have friends who will help out if the primary caregiver is unable to come on a given day.

But, Stephanie said, while the hourly rates may be cheaper, and many people have been happy with private duty care, there are other issues to consider. You will have to check with the individual to see whether he or she is a CNA or GNA. You will have to document their payments for tax purposes and you may have to file an IRS Form 1099. Workers compensation is also required, especially since injuries are common among caregivers. Nor is there any backup if your caregiver is unable to come or wants to take a vacation.

Costs range from about \$15 to \$28 an hour depending on the type of caregiver. D.C.'s EPD Waiver program does provide help for low-income individuals. Iona Senior Services can help you apply. Additionally, veterans may obtain help from the Veterans Administration Attendance Benefit program; the website is [https://www.benefits.va.gov/pension/aid\\_attendance\\_housebound.asp](https://www.benefits.va.gov/pension/aid_attendance_housebound.asp). NNV members can check with the office for a list of preferred providers.



STEPHANIE CHONG

## Sun salutation

Members of NNV's yoga class, including Barbara Oliver (above, wearing her best sky-watching outfit), took a break on Aug. 21 to check out the total eclipse of the sun.



## Aerospace engineer, NNV volunteer George Kinal dies

**W**e were sorry to learn of the July 21 death of NNV associate member and volunteer George Kinal.

With advanced degrees in engineering and computer science, George had a distinguished career as an aerospace and satellite communications engineer at Mitre, COMSAT and Inmarsat. He was the president of Phi Kappa Sigma and a lifelong supporting member.

George used this expertise in volunteering, helping NNV members with technical problems and handyman chores. “He was just wonderful,” said Ann Collins of George’s ability to get her older TV hooked up and working with her new cable TV setup. “He was so patient and persistent to get done just what I needed.”

Member Nancy Garner called George “a wonderful

volunteer who found good solutions to resolve problems. His work was done with perfection.”

George was a past president of the Chevy Chase Citizens Association and more recently was its webmaster.

He is survived by Chrystyna, his wife of 46 years, daughter Juliana Ballard, son Julian Kinal and two grandchildren.

—Janean Mann



George Kinal

## Audrey Seidel’s life of caring for others

**PROFILE,** *Continued from Page 1*

She moved to the D.C. area when her husband Michael Scullin’s telecom company transferred him here. They initially lived in McLean before moving to Chevy Chase, D.C. nine years ago. When his company was bought out, he too changed careers, earned a master’s degree in education and became a physics teacher, a job he loves and finds challenging. Audrey initially worked for Kaiser here but found the system less satisfactory than in California so she switched to Capital Women’s Care, an umbrella group practice.

After retiring, she went to work for Locum Tenens, an organization that contracts with underserved communities to provide doctors. With them, she practiced medicine for a week or two each month, first in Montana and then in Rhode Island.

It was through Locum Tenens that she first went to Socorro, N.M.,



JANEAN MANN

**A poster captures the atmosphere of Miles City, Mont., where Audrey Seidel provided medical care.**

a small desert town south of Albuquerque. She now has a contract with the local hospital and returns to Socorro one week a month to serve the community and nearby Navajo reservation. She says she much enjoys the smaller practice and the nice people she has met there. “I used to work six weeks a month; now I work one week a month,” she quipped. She is impressed with the quality of the

nursing staff in these smaller communities.

Before retirement, Audrey saw 30 patients a day and did 50-60 deliveries a month. Now she sees 4-15 patients a day and does 10-12 deliveries a month. “I like to be able to spend more time with my patients,” she said. She worries, however, that threatened changes to Medicaid would deny care to her patients. “When Obamacare went into effect so many people who had not been to a doctor for years sought treatment,” she said. She saw a 17-year-old with a serious medical condition who had never before seen a doctor.

When not in Socorro, Audrey likes to travel with her husband. She has a daughter in Savannah, who is studying to be an emergency room trauma nurse, four stepsons and two grandchildren.

Audrey decided to volunteer for NNV after reading a request for volunteers in this newsletter. “I actually like to go grocery shopping,” Audrey said of the service she now regularly provides for members. “It’s interesting getting to really know this area and the people. We have great neighbors.”

# Community Center changes aim to help seniors

BY JANEAN MANN

**P**ressed by a group of seniors and with help from D.C. Council members Anita Bonds and Mary Cheh and ANC 3/4G members, the Chevy Chase Community Center is offering more classes for seniors with added improvements in classes and facilities being planned.

You can express your views on future programs and improvements to the Community Center in a survey that will be available online and in print starting Sept. 15.

In fall 2014, Community Center seniors who compose its 60+ exercise class (started by former ANC commissioner Carolyn Cook), Northwest Neighbors Village and Iona Senior Services asked ANC 3/4G to support needed changes to programs and improvements to the building. The ANC backed the recommendations in a resolution submitted to relevant city officials.

Since that time, the seniors have worked to retain existing exercise programs, add new ones and seek improvements at the Community Center. One result is that the center in August began three six-week gentle chair exercise programs. Efforts are underway to have the programs renewed in the fall.

Council member Cheh included funds in the fiscal 2018 D.C. budget to provide a senior program manager at the Community Center to address senior needs. The manager is scheduled to be hired after the new fiscal year begins Oct. 1. Additionally, the mayor's fiscal 2018 budget authorizes \$350,000 to provide added programs at five community centers, including Chevy Chase, where it will be used to continue the YMCA 60+ exercise classes.

In a July 11 meeting with senior Department of Parks and Recreation officials Danielle Creek and Brandy Tyson, members of the group pressed for a variety of programs



JANEAN MANN

**D.C. Council member Anita Bonds talks with 60+ members during a tour of the Community Center.**

and improvements to the physical plant and received encouraging responses that action will be taken. Possible programs include additional exercise classes, technology classes, art classes and a senior room where seniors could play cards and games and hold meetings. Wi-Fi has recently been added.

In addition to working with seniors, ANC 3/4G is reaching out to the entire community to ascertain community needs and wishes for programs and sorely needed structural improvements to the Community Center. The D.C. government is expected to provide some funds in the coming years, though exact funding amounts are unknown at this time.

The ANC has established a working group and has had a number of meetings to get input from the community on ways to improve and better use the center. Working with the Chevy Chase Citizens Association and others, the ANC has drafted a survey to find out who uses the center, why, and what types of programs and facilities should be provided for all age groups. This survey will be available Sept. 15 online and at a number of community facilities. There will be a link on the ANC's website, [www.anc3g.org](http://www.anc3g.org). NNV will also have copies and will provide the online survey link in the NNV weekly bulletin as soon as it is available.

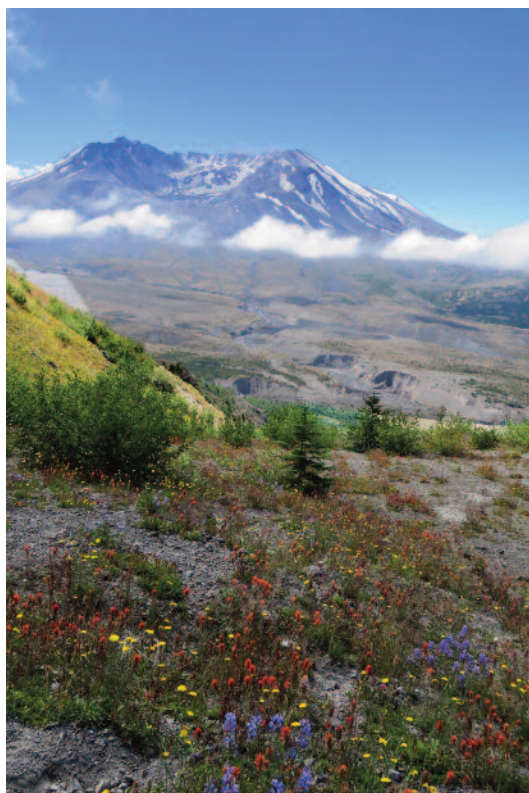


# Where in the world?

Merilee Janssen came back from Cuba with pictures of (clockwise from below) a dance troupe using chairs as drums; a street scene of old but colorful cars; and La Florida, Ernest Hemingway's old hangout.



PHOTOS BY MERILEE JANSSEN



Janean Mann's camera captured Mount St. Helens in Washington State, left, which erupted disastrously in 1980 but whose environs bloom again as rising lava flows continue to expand the mountain's size; and an orca breaking the surface in Puget Sound.



PHOTOS BY JANEAN MANN



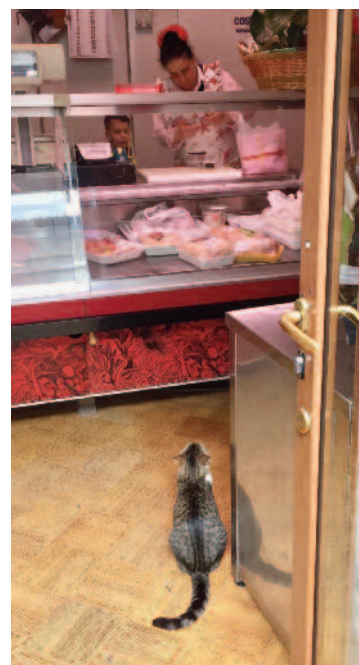


PHOTOS BY TOM OLIVER



## Where in the world? (cont'd.)

A Road Scholar trip to the Amalfi coast of Italy by Tom and Barbara Oliver offered lots of photo opportunities. Clockwise from top left: Dormant volcano Vesuvius sleeps off the coast of Sorrento. A selfie in the ruins of Paestum (they also visited Pompeii and Herculaneum). A cat window-shops at a Ravello butcher shop. Barbara, left, checks the workmanship at a lace-making demonstration in Sorrento.



## NNV names a new bookkeeper

NNV welcomes Patricia McCafferty as its new bookkeeper. Trish is also a copywriter, a Philly girl and a coffee addict known for her many side projects and her positive outlook. She is an amalgamation of influences born out of her '60s-driven childhood, a family legacy of writers and artists, and a bent for feeding the wanderlust spirit.

For over 20 years, she has worked as a freelance writer for nonprofits, foundations and major corporations. Her diverse background has resulted in experience in communicating an institution's vision, handling the financial requirements of an

organization in a cohesive fashion, and implementing systems to ensure quality service.

Patricia received her bachelor's degree at the University of Delaware, a master's in history from Northeastern University and a master's in communications from Boston University. Her husband (they met while in grad school together) is the CFO of NAMI, the National Alliance on Mental Illness, a nationwide grassroots advocacy group representing families and people

affected by mental illness. They have three children, Ariel Levy (Yale School of Nursing), Joshua Levy (University of Maryland) and Jacob Levy (recent high school grad).

Trish is the proud daughter of an active 85-year-old mother who taught her to stay active and give back.

We want to thank NNV Treasurer Stewart Reuter for his tireless efforts over the last seven years to keep NNV on the straight and narrow financially and are fortunate that Stew will remain on the board.

—Patricia McCafferty  
and Janean Mann



Patricia McCafferty

# A gluten-free but divine ending to a meal

BY BARBARA B. OLIVER

**T**his gluten-free dessert is labor-intensive to make, but well worth the investment. Not too sweet, with a delicate flavor, and a pleasing crumb that needs only a dusting of confectioners' sugar or a bit of whipped topping and a few berries to bring a delicious ending to a meal.

## Flourless Lemon Almond Cake

*4 eggs, separated while cold into whites and yolks; then warmed to room temperature*  
*2 tablespoons lemon zest, packed (four medium lemons)*  
*½ cup white sugar, divided*  
*1½ cups finely ground almond flour \**  
*1 teaspoon baking powder*  
*¼ teaspoon ground cardamom*  
*1 teaspoon white or cider vinegar*  
*pinch table salt*  
*powdered sugar, for dusting*

Preheat the oven to 350°F. Place a round of parchment paper on the



BARBARA B. OLIVER

bottom of a 9-inch springform cake pan, and grease paper and the sides of the pan with butter or cooking spray.

In a large bowl, beat together with a wooden spoon the egg yolks, lemon zest and ¼ cup sugar until smooth.

In a separate bowl, whisk together the almond flour, ground cardamom and baking powder. Add the flour mixture to the egg yolk mixture and beat until smooth.

With an electric mixer with a very clean bowl and clean whisk attachment, beat the egg whites,

starting on low speed and gradually increasing the speed.

When bubbles start to form, add a pinch of salt and the teaspoon of vinegar (both the salt and the vinegar will help the beaten egg whites maintain better structure, as will the sugar in the next step).

As the egg whites begin to increase in volume, sprinkle in the remaining ¼ cup of sugar, a little at a time, as you continue to

beat the egg whites. Beat until soft peaks form.

Fold the beaten egg whites into the almond mixture a large scoopful at a time. You won't get much lift with the first third of the egg whites, but as you add more, you'll be able to gently fold in the whites in such a way as to create a light batter.

Gently scoop the batter into the prepared springform pan and place in the oven. Bake at 350°F for 35 minutes.

Remove cake from the oven and let cool. Run a sharp knife around the edge of the cake helping it to separate from the side of the pan. Release the springform pan sides and gently move the cake (on parchment) to a serving plate. Sprinkle with a little powdered sugar before serving. Or garnish with raspberries and a bit of whipped cream.

\* **Note:** Whole Foods carries Bob's Red Mill brand of finely ground almond flour (\$10+ for 1-pound bag), which is what I used for this recipe. Giant, Safeway and Costco also sell ground almond flour.

SOURCE: WWW.SIMPLERECIPES.COM

## SERVICE OF THE MONTH *Walking buddies*

**S**tudies show that two important components of successful aging are exercise and companionship. With that in mind, NNV is starting an informal program called "Walking Buddies." If you know you should be exercising but need some motivation to actually get up and out, call the NNV office and request a walking buddy. They will put out the word for a volunteer to keep you company. After you walk and socialize, all you have to do is call or email the office so they can document the volunteer time.

You may make a new friend and end up scheduling walks on a regular basis. If not, just contact the office and try it again. It's an interesting new way for members and volunteers to interact and get to know each other. It's also a start down the road to physical fitness!

—Lois Berkowitz



## Chevy Chase Day set for Sept. 16

The Chevy Chase Citizens Association will bring a variety of rides, concessions and entertainment to the community's

annual Chevy Chase Day on Saturday, Sept. 16.

Neighborhood merchants will also participate in a variety of

activities. Kids will enjoy the always popular moon bounce. Stop by to visit the NNV table.

The event will be held from 1 to 4 p.m. at the Chevy Chase Community Center.

### COMMUNITY CALENDAR

*Events are free unless otherwise indicated.*

**Tues., Sept. 5, 7 p.m.**

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

**Sat., Sept. 9, 5-6 p.m.**

**Gallery Talk**—Barjeel Art Foundation, United Arab Emirates. 6-9 p.m.—Reception for six new exhibits. Katzen Arts Center, 4401 Massachusetts Ave. NW.

**Mon., Sept. 11, 7 p.m.**

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

**Tues., Sept. 12, 7 p.m.**

**"Blow Up"**—Michelangelo Antonioni's 1966 classic film starring Vanessa Redgrave. Not rated. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Wed., Sept. 13, 1-2 p.m.**

**Diabetes Management**—Suburban Hospital diabetes educator Cynthia Tucker discusses management skills and educational resources. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md. Register: 301-896-3939.

**Wed., Sept. 13 and 27, 7 p.m.**

**Tenleytown Memoir & Essay Writing Club**—Supportive feedback on your work. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Thurs., Sept. 14, 7:30 p.m.**

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

**Fri., Sept. 15, 22, 29, 11:30 a.m.**

**Gallery Tour**—Fall exhibitions, docent-led. Katzen Arts Center, 4401 Massachusetts Ave. NW.

**Tues., Sept. 19, 7:30 p.m.**

**ANC 3F**—Meeting. Room A-03, Bldg. 44, UDC, 4200 Connecticut Ave. NW.

**Wed., Sept. 20, 2-3 p.m.**

**Caregiver Support Group**—Seabury Care Management. Call Christine Bitzer for information: 202-364-9663. Sunrise, 5111 Connecticut Ave. NW.

**Thurs., Sept. 21, 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.

**Sun., Sept. 24, 2-3 p.m.**

**Artist Lecture**—Alex Bernstein discusses his cast, polished glass sculptures. Katzen Arts Center, 4401 Massachusetts Ave. NW.

**Mon., Sept. 25, 7 p.m.**

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

**Thurs., Sept. 28, 6-7:30 p.m.**

**Gallery Talk**—Artists Joan Belmar, Mary Early, Sondra Arkin discuss their exhibits. Katzen Arts Center, 4401 Massachusetts 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. and 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. and 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. Call 202-895-9448 (option 4) for appointment. Iona Senior Services, 4125 Albemarle St. NW.

**Farmers Markets**

**Sat., 8 a.m.-1 p.m.**—New Morning Farm, Sheridan School, 36th Street and Alton Place NW.

**Sat. 8 a.m.-2 p.m.**—Van Ness, 4340 Connecticut Ave. 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.*

**Sept. 11**—"El Jeremias," Mexico, 2015, rated PG-13.

**Sept. 18**—"Valentin," Argentina, 2002, rated PG-13.

**Sept. 25**—"Silent Running," U.S., 1972, rated PG-13.

# White House guest chef to share food and memories

**C**hef, teacher and writer Susan Barocas will take NNV members on a journey through our memories of food and the role it has played in and continues to play in our lives on Wednesday, Sept. 13.

In sharing her own memories, Susan will talk about some of the history of Jewish food in the United States and promote a lively discussion about our tastiest holiday memories.

Susan was the founding director of the Jewish Food Experience, an innovative project of the Jewish Federation of Greater Washington, and served as guest chef at the 2014, 2015 and 2016 White House Seders hosted by the Obamas.

Her stories and recipes have appeared in the Washington Post, Lilith, Moment, Washington Jewish Week and Tablet, among other places. The 2 p.m. program at Forest Hills of D.C., 4901 Connecticut Ave. NW, will be followed by a reception at 3:30 p.m.



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**Chef Susan Barocas will conduct a journey through food memories.**