



The Village News

Northwest Neighbors Village

American University Park • Barnaby Woods • Chevy Chase • Forest Hills
Friendship Heights • Hawthorne • Tenleytown • Van Ness

New year, new look for the *The Village News*! As part of our communications plan, we had the DC Villages' shared graphic designer look at our newsletter with an eye toward readability. He provided us with lots of feedback and a template to move forward with. We hope you like our new look!

A message from NNV's new president

By Gene Sofer

I want to take this opportunity to introduce myself as the new board president of NNV. I have lived in Northwest Washington more than four decades. I believe in building strong community and hope to bring my experience serving on the boards of NNV, the Capital Jewish Museum, Avodah: The Jewish Service Corps, the National Association of Service and Conservation Corps, Edmund Burke School, and Capitol Hill Day School to make NNV even more effective.

I believe that my experience in both government service and the private sector has prepared me for my new role at NNV. Among other government positions, I served as counsel to the House Committee on Education and Labor and was



Gene Sofer

instrumental in the development and implementation of national service laws and the creation of AmeriCorps. This experience alerted me to the potential of older Americans to serve as well as be served. I believe NNV's neighbor-to-neighbor support is the perfect example of volunteer services provided by and for older adults.

As board president, I plan on building on our many successes beginning with a strategic planning process that will guide us through the next three years. We begin 2023 with more members, a dedicated corps of screened and trained volunteers, and enhanced opportunities for social engagement. Here are some exciting things to look forward to in the new year:

- More In-Person Events and Trips – Last year, NNV piloted a new role: Village Programming Coordinator. In this role, Mustafa Bahar helped NNV offer more opportunities for social engagement and

See **NEW PRESIDENT**, Page 2

NEW PRESIDENT, continued from page 1

enhanced NNV's member-driven programming. We are happy to report that Mustafa will continue to work with us in 2023 and already has plans to bring us together! Check out our [events calendar](#) for upcoming programs, including a [trip to a local winery in late January](#) that you won't want to miss!

- Focus on Diversity, Equity, and Inclusion – NNV is committed to ensuring that we fulfill our mission to enable all older adults to thrive as they age in our community. We know we can do a better job of fulfilling our mission when the demographics of our village reflect that of our community. In 2023, we will work with experienced leaders to help us make important changes to address diversity, equity, and inclusion in our village.

- Technology Support – While the use of computers and smart phones has become a daily part of life, not everyone is comfortable with navigating the online

world. NNV - along with our friends at neighboring DC villages - will be partnering with [ByteBack](#) to offer technology support for members and enhanced training for volunteers in 2023. We are very grateful to [The Washington Home Foundation](#) for making this wonderful opportunity possible.

- New Board Members – We welcome new board members Susan Crawford and Rosemary Marcuss whose bios can be found on page 6.

I particularly want to acknowledge the leadership of outgoing president Morgan Gopnik, who will remain on the board as vice president, and thank Ann Van Dusen and Jessica Berenson, whose board terms have ended, for their significant contributions to NNV. We will miss them.

As we begin 2023, I'm looking forward to working with you to make our community a stronger, healthier, and more inclusive place. Warmest wishes for a peaceful, happy, and healthy new year!



a community network of support

P.O. Box 39135
Washington D.C. 20016

☎ (202) 935-6060

✉ info@nnvdc.org

🌐 www.nnvdc.org

📘 [www.fb.com/nnvdc](https://www.facebook.com/nnvdc)

📺 vimeo.com/nnvdc

Tax ID #26-1247521

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 homes and neighborhoods as they age.

Join or volunteer

NNV welcomes new members and volunteers. For more information, call the office at 202-935-6060 or visit www.nnvdc.org.

NNV Board Members

Officers

Gene Sofer, president
Morgan Gopnik, vice president
Sam Smith, treasurer
Merilee Janssen, secretary

Directors

Richard Avidon • Shanti Conly • Susan Crawford • Judie Fien-Helfman • Monica Knorr • Lenore Lucey • Rosemary Marcuss • Gene Sofer • Jan Solomon • Karen Zuckerstein • Janean Mann, *emerita* • Frances Mahncke, *emerita* • Robert Parker, *emeritus* • Stewart Reuter, *emeritus* • Jo Ann Tanner, *emerita*

Team

Stephanie Chong, executive director
Heather Hill, volunteer and member services coordinator
Leslie Pace, communications coordinator
Mustafa Bahar, programming coordinator
Barbara Scott, village social worker

Newsletter Team

Pat Kasdan
Janean Mann
Pat Mullan

Maximizing your chances of getting your ride requests filled

By Heather Hill, Volunteer and Member Services Coordinator

While we typically have a 97% success rate of matching volunteer drivers with our members' ride requests, some times of the year are more challenging. During the summer (primarily July, August, and early September), many of our volunteers take extended vacations and we have more ride requests than we are able to fill. Rides can be difficult to fill during the winter holidays (mid-December to early January) as well.

As a reminder, full members may request up to five round trip rides per month. Rides are our most popular request and this policy is in place to ensure all members have access to our volunteer transportation.

We recruit and train new volunteer drivers all year long but sometimes demand for rides exceeds our capacity.

We'd like to share a few tips on maximizing our members' chances of securing a volunteer driver for their ride request.

1. Make your request as early as possible. Our official policy asks for ride requests at least 3 business days in advance, but the more time staff has to promote the rides to the volunteers, the better the chances of finding a match.

2. During the summer months and winter holidays, please be mindful of our ride capacity when making your requests. It can be challenging for us to meet ride demand during these times. If at all possible,

schedule more important appointments before or after the peak travel season.

3. Many of our volunteers prefer not to drive downtown. For downtown appointments, please consider requesting two one-way trips (or a one way drop off only). This makes it easier on our volunteers and will improve chances of securing a volunteer. If you are choosing between providers and have the option, pick one nearby.

4. When making your request, please make sure to include the date, time of pick up and appointment, destination, length of appointment, doctor or suite, and any assistive devices you use (cane, walker, rollator). When the volunteers know exactly what to expect, they are more comfortable accepting the request.

5. Be available by phone to confirm the details and be ready to go when the volunteer arrives to pick you up. Bring your cell phone or carry the volunteer's phone number with you so you can communicate about pick up time or any changes.

6. Enjoy your trip together and safe travels!

NNV is pleased to be part of your transportation solutions. Please see our [website Transportation Resources page](#) for alternative transportation options that may be available to you.

Old Urban Naturalist

The Old Urban Naturalist is hibernating for the winter and will return for the next issue!

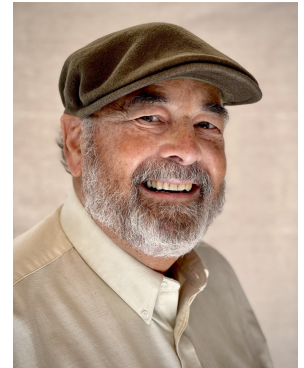
Vin Rocque is NNV's 2022 Volunteer of the Year

By Stephanie Chong

Each year, members and staff nominate volunteers whose service goes above and beyond expectations. We are delighted to announce that long-time volunteer Vin Rocque has been named our 2022 Volunteer of the Year! Since 2010, Vin has provided outstanding, selfless service to our members. One of our primary volunteer drivers, Vin has been providing roughly 200 rides per year!

There's a likely chance you've seen Vin on the road. Most days, Vin proudly dons his flat cap to drive around town, taking members to important medical appointments, social gatherings, and to the grocery store. Vin is at his happiest when he can fill his Prius with three or four members enroute to an NNV event. "He has a certain elan and makes the rides a joy. He exemplifies the spirit of the village movement", says one NNV member. A new NNV member shares, "I am new to the village but I could not imagine a better volunteer than Vin. He is patient, flexible and so kind."

For Vin, providing volunteer rides is a meaningful way to connect with his neighbors. Vin shares, "Far from some chore. It is a wonderful pleasure in my life, giving me a sense of purpose, well-being, community, connection with others, personal growth, delight and joy. For me it is fun!" Like all of NNV's volunteers, Vin offers much more than a ride. Friendship, laughter, respect, and caring connections are what make NNV rides special.



Vin Rocque

We are so grateful to Vin and to all of our wonderful volunteers who provide over 5,500 hours of service per year to ensure our members remain connected to others and engaged in their community. [Visit our website to learn more about volunteering](https://www.nnvdc.org) at NNV and turn your extra time into something extraordinary!

2022 by the numbers

2,643

Total number of direct volunteer services

New Members

61

\$19,200
in
membership
subsidies

335

Programs

**Northwest
Neighbors
Village**

[nnvdc.org](https://www.nnvdc.org)

NNV in pictures: 2022



January

Accepting the Leading Age award



February

Distributing Covid test kits and masks at Iona



March

Joey Mánlapaz' watercolor class meeting in Rock Creek Park



April

Picking up free lunches provided by La Kavacha to deliver to ANC3E residents



May

Touring the Mormon temple



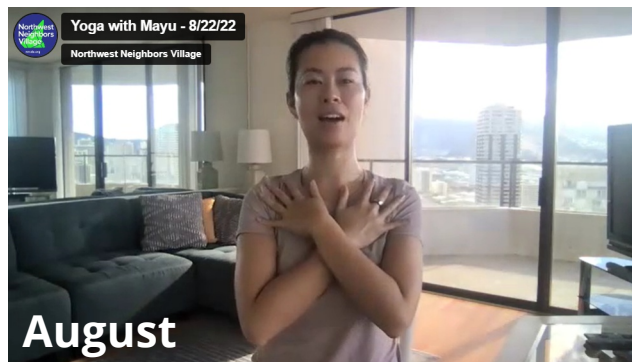
June

Stephanie interviewing Robert Siegel for the Tickets for a Cause fundraiser



July

Nora Bawa and Cecile Kelly enjoy the Ice cream social



August

Mayu treats us to yoga from Hawaii



September

Picnic - Steve Sinding grilling at the picnic



October

Lunch at DeCarlo's



November

Staff and volunteers stuffing envelopes for the end of year fundraising campaign



December

Watching Vin Rocque accept the volunteer of the year award at the Holiday party

Two new NNV board members

As mentioned by our new president, Gene Sofer, on page 1, we are welcoming two new board members!

Susan Crawford

Susan was born in Philadelphia but has resided in the DC area since 1979, received a Master of Business Administration from Georgetown University in 1984, and worked as a consultant in international trade from 1975 through retirement in December 2020. She continues to work periodically as a consultant in the same field.



She served in the U.S. Customs Service and the U.S. Department of Commerce prior to entering the private sector as a consultant in a law firm, Mudge Rose, and subsequently in two consulting firms, Trade Resources and Marks Paneth. As a consultant from 1984, Her expertise was in the antidumping trade cases (price discrimination) before the Department of Commerce involving small, medium, and large-scale companies in Asia, North America, Europe, and South America. The work involved working with domestic and foreign companies in presenting accurate and verifiable information to the Commerce Department and in assisting in audits of the submitted information.

Susan worked with the Social Justice committee at Holy Trinity Church for several years. In particular, Susan co-chaired or chaired the parish's annual giving tree for 10 years. This involved

ensuring the wishes of the many non-profit agencies served were fulfilled. Other contributions included arranging a dinner for the non-profit agencies and the parish community.

Susan is fortunate to have 2 brothers and 2 sisters, a wonderful niece and two nephews and several people to call friends and confidants.

Her interests include reading, travel, sports (watching not participating), theatre, dance, art shows, and similar activities.

Rosemary Marcuss

Rosemary joined the Board of NNV at the end of 2022. She has volunteered for one year. She is grateful for the opportunities provided by NNV to serve neighbors and to learn more about our community.



Rosemary is an economist by profession, now retired. She has held positions in the field in Washington, including Director of Research and Statistics at the Internal Revenue Service, Assistant Director for Tax Analysis at the Congressional Budget Office, and Deputy Director of the U.S. Bureau of Economic Analysis. She has served on the Board of the YWCA of the National Capital Area, where she was the Board Treasurer.

She currently serves on the Board of the National Association for Business Economics Educational Foundation, which provides professional scholarships for young people in the field. She also serves on the Board of Miriam's Kitchen.

A side dish to dress up any meal

By Barbara Oliver

This is a fresh twist on green beans almandine. Marcona almonds, from Spain, are more tender than California Almonds and are usually sold roasted and salted. Look for them at Whole Foods, Rodman's, Wegmans or other specialty food stores.

Lemon-Roasted Green Beans With Marcona Almonds (Makes 8 servings)

Ingredients

Nonstick vegetable oil spray
2 pounds green beans, trimmed
1 medium onion, peeled, cut into 8 wedges
6 Large fresh marjoram sprigs
2 tablespoons extra-virgin olive oil
Coarse kosher salt
Pepper
1 tablespoon fresh lemon juice
1 teaspoon finely grated lemon peel, packed
½ cup Marcona almonds or roasted regular almonds, coarsely chopped

Directions

Position one rack in the top third and one rack in the bottom third of oven and preheat to 450 F. Spray 2 large, rimmed, baking sheets (i.e., jelly roll pans) with

nonstick spray. Combine beans, onion wedges and marjoram in large bowl. Drizzle with oil, then sprinkle with coarse kosher salt and pepper. Toss; divide between the two baking sheets.

Roast vegetables 15 minutes. Reverse sheets. Continue to roast until beans are tender and beginning to brown in spots, about 10 minutes longer.

Transfer vegetables to bowl. Add lemon juice, grated lemon peel, and half of the chopped almonds. Toss to coat; season with salt and pepper to taste. Sprinkle with remaining almonds.

Notes:

- 1 medium lemon = 3 tablespoons of juice.
- If you can't find fresh marjoram, you can substitute oregano, sweet basil, summer savory, thyme, sage or herbes de Provence.

Source: www.epicurious.com



Con Poulos

New members and volunteers Q4 2022

New Members

Angie K.
Karen P.
Patricia C.
Barbara G.
Linda L.
Joan D.
Susan C.
Ruth D.

New Volunteers

Sherry C.
Patricia C.

Welcome!

***Thanks to YOU, we are starting 2023 with
an overwhelming sense of gratitude!***

As we begin the new year, we want to express our sincerest gratitude to you. Our volunteer services, professional guidance and engaging programming would not be possible without your support. We finished 2022 with our most successful End of Year fundraiser ever. With strong support from the board - including a \$15,000 matching gift - and generous contributions from our members, volunteers, and neighbors, we surpassed our campaign goal - allowing our Village to do more to support our older neighbors.

We move into 2023 bigger and stronger than ever - serving more members, providing vital supportive services, offering subsidies to meet the unmet needs of older adults in our community, addressing diversity, equity, and inclusion in our Village, enhancing technology support, and more! On behalf of the board and staff at Northwest Neighbors Village, we thank you for your caring support and wish you a happy new year!

Make a New Year's resolution to get more involved with your neighborhood Village! Visit our website to explore [volunteer](#) and [membership](#) opportunities or [click here to make a fully tax-deductible gift](#).