

10 years of creating connections

Meeting neighbors, helping neighbors are key NNV values

BY STEPHANIE CHONG

Now in its 10th year, Northwest Neighbors Village continues to build community among neighbors. NNV is one of 275 villages nationwide, based on the concept of neighbors helping neighbors. While we've grown more than tenfold from the day NNV opened its doors in 2009, NNV has not lost sight of its goal to build a supportive community that values aging and creates opportunities for engagement among neighbors.

Even though there are more ways than ever to stay in touch, many seniors and young adults often find themselves feeling disconnected and isolated. For volunteer and new D.C. resident Kate Olskamp, time spent with NNV member Ann Collins has been a fulfilling experience that has helped her feel more connected to her community.

"My friendship with Ann has become a bright spot in my life!" says Kate, who visits Ann every two weeks on her way home from work. The pair participate in a variety of activities together, from gardening to chatting on the porch, and swimming together in Ann's pool. "Kate is a very good swimmer; sometimes we swim together but I also just enjoy seeing her enjoy the pool," Ann says.

Recent [research](#) has shown that loneliness and isolation in seniors



DARCY TROUTMAN PHOTOGRAPHY



KATE OLSKAMP

Above, Elly Greene and Anne Aarnes take the lead in the walking group, followed by Harriet Rotter and Stephanie Chong. At left, Kate Olskamp (left) and Ann Collins, who became friends through NNV.

is a risk factor for physical and cognitive decline. Preventing this decline is a large part of NNV's mission to "... enable older adults to thrive as they age ...," and Ann and Kate's relationship is a wonderful example of what NNV hopes to achieve.

"We enjoy gardening together.

Kate's excellent help in the garden: She knows which are weeds and which are flowers!" Ann says.

Kate says it best: "We may have been born 60 years apart, but that doesn't matter much when it comes to friendship. It's knowing someone cares and is genuinely happy to

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NORTHWEST NEIGHBORS VILLAGE

a community network of support
4901 Connecticut Ave. NW
Washington, DC 20008
202-777-3435
www.nnvdc.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.nnvdc.org or call the office at 202-777-3435.

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FROM THE PRESIDENT

Maximizing your charitable gifts under the new tax law

BY JUDIE FIEN-HELFMAN

Are you uncertain about the 2018 changes in the tax laws? Trying to navigate your financial security and support causes that you are passionate about? Do you know the most strategic or impactful way to make or leave a gift to an organization you care about?

Northwest Neighbors Village is offering an educational workshop on these topics. It's designed to assist members, volunteers and the community to understand how the 2018 tax law impacts charitable giving.

Attendees will learn how to maximize giving while maintaining financial resources for day-to-day expenses. Topics will include IRAs, legacy planning and giving, and bequests.

The workshop, scheduled for Thursday, Oct. 3 at 2:30 p.m. at Forest Hills of D.C., features two distinguished experts: Mark Fries, a wealth management adviser for Merrill Lynch, and Dan Rutenberg, an attorney for Smolen Plevy. Mark and Dan will help you better understand planned giving and the best way to accomplish your goals. Handouts and assistance with creating a beneficiary gift from your IRA will be available.

As a reminder, in recognition of NNV's 10th anniversary and a commitment to ensure a secure financial future, Northwest Neighbors Village has established a Legacy Fund. Individuals making a bequest will become a member of NNV's Legacy Society.

This session is for informational purposes. However, if you are interested in making an IRA gift, you may bring the appropriate IRA beneficiary forms to the workshop. Our panel of experts will be available to



provide advice or help you complete the form after the program.

Refreshments will be served.

Please RSVP by going to www.nnvdc.org and click on Events, or calling the office at 202-777-3435 to confirm your attendance.

Mark Fries, CRPC®, ChSNCTM, is a wealth management adviser who has helped clients plan for their financial futures since he joined Merrill Lynch in 1987. He is a frequent speaker and has conducted seminars covering financial strategies, education planning, tax planning strategies, special needs planning and estate planning strategies for many institutions, corporations, associations, retirement communities and professional groups.

Mark has appeared on local TV and cable and helps with a radio show focusing on elder care and special needs planning. He also has worked with the boards of many local companies and associations to help them develop cohesive and holistic plans to help meet their financial needs. Mark serves on the boards of several nonprofit companies.

Daniel H. Rutenberg, CPA, LLM, has been using trusts to protect his clients' assets for more than 20 years. He has had several articles published and lectures frequently on estate planning and asset protection and preservation.

He has also been recognized for his abilities as an attorney, including an "AV" rating by Martindale-Hubbell, as a "Best Lawyer in America" by Best Lawyers (2015 to 2019), and as a "Super Lawyer" by Super Lawyers Magazine (2014 to 2018). Smolen Plevy, his firm, has been featured in the 2015 to 2019 editions of Best Law Firms by U.S. News & World Report and Best Lawyers.



MICHAEL CASSON

Meet Leslie Pace, NNV's administrative assistant

Born and raised in Washington, I have lived in Cleveland Park for most of my life. It is a fun coincidence that I am replacing Danielle Feuillan as the new administrative assistant at the Northwest Neighbors Village—we attended John Eaton Elementary School together a long time ago.

Before joining NNV, I had a varied work history. Among other things, I was a bookseller at the late lamented Cleveland Park Bookshop; I tutored librarians in internet research at the dawn of the World Wide Web in the early 1990s for the Office of Continuing Education for Librarians at the University of New South Wales in Sydney, Australia; and I collated internet statistics for a media firm in Rockville. I also manage websites for several small D.C.-area businesses.

After studying for a year in Australia while in college, I returned to Sydney to live for several years where I met and married my Australian husband. We decided to come back to D.C. “for a few years” in 2000. We fully intended to return to Australia, but somehow forgot to leave! We now have three teenaged sons, a dog and a parakeet that take up most of my time outside of work.

When I get a chance, I am an avid reader and enjoy sewing and knitting. I like being outside—walking, biking and occasionally rollerblading. I also enjoy cooking, but not necessarily the planning and grocery shopping aspect. I take it as a personal challenge to make a good meal, in a short amount of time, when there is very little food in the pantry.

Thank you to everyone I have met since starting work at NNV in late June. You have all been so friendly and welcoming! I look forward to meeting more members and volunteers as time goes on.

D.C.'s 'Senior MedExpress' offers free cab rides for medical appointments

BY JANEAN MANN

The D.C. Department on Aging and Community Living (DACL) has contracted with Yellow Cab of D.C. to provide free taxi rides to medical appointments for District residents over 60 years of age who are not on Medicaid.

Called “Senior MedExpress,” this service will provide rides to medical appointments on a non-emergency basis as far away as 10 miles outside the Beltway, unlike some other services that will not take D.C. passengers outside of D.C. for appointments. The service is available during the week and on weekends, thus providing rides for individuals who have chemotherapy or renal dialysis appointments over the weekend. It is not available on holidays.

The rides are also free for one additional passenger such as an aide, family member or medical notetaker. This service is available for individuals with medical conditions “requiring essential life-sustaining appointments.” That definition, however, does include routine appointments such as physicals. There are no income limits to access Senior MedExpress.

To enroll in the program, call DACL at 202-724-5626 from 8:30 a.m. to 4:30 p.m. The office staff is very helpful and knowledgeable. DACL will send you forms that you and your doctor need to complete and will follow up with a telephone interview. No in-person interviews are required.

Once the process is complete DACL will send enrollees identification cards.

While individuals can call for a ride at the last minute, DACL advises that individuals needing rides to medical appointments call as soon as they know that an appointment has been scheduled as the cabs are often booked solid in advance. When an individual calls to schedule an appointment, the office will tell the individual if the appointment is outside their service areas.

DACL advises patients to schedule a round-trip ride even though they may not know how long the appointment will take.



Forging connections of friendship

CONNECTIONS, Continued from Page 1

share their time, which is something I can definitely say about Ann.” Clearly Ann agrees when she adds, “I feel like Kate is another daughter of mine.”

Gathering over common interests

Not all connections begin through direct volunteer service. The NNV walking group is just one of many examples of NNV programming that has a regular following.

Harriet Rotter became a member of NNV at the recommendation of her daughters. They thought it would be a good idea given recent health problems and the loss of Harriet’s car. Harriet liked the concepts of aging in place and promoting a sense of community and decided to join.

She was delighted to discover that NNV offered a walking group. “I was so happy NNV had a walking group,” she says, “because I was a longtime hiker and this gave me a sense of my old life. I didn’t join because of the walking group, but that was a later-discovered bonus.”

From connections made at the walking group, she learned that one of the regular walkers is also her neighbor whom she’d never met. Harriet says it’s been meaningful to have met so many wonderful members and volunteers who share common interests.

There are so many ways NNV helps our members and volunteers stay involved in our community. Please check out our online [calendar](#) to learn about upcoming events at www.nnvdc.org.

Is there something you’d like to do but don’t see it on our calendar? Please contact the office at 202-777-3435 to explore ways to share your interests with other members.

Coming to an event? How to sign up online

How to RSVP for an event on our new website, nnvdc.org:
Pick an event you would like to attend in the weekly email.

1. Click once on the underlined words [RSVP on the website](#).

Gentle Yoga with Mayu - 2 PM

Mondays 2:00-3:00 PM

Yoga takes place in the Forest Hills Assembly Room.

There are only a few spots available, so [please RSVP on the website](#) or call (202) 777-3435. (Yogis who attend regularly do not need to RSVP every week).

Mondays: 19, & 26

2. Click on the button labeled REGISTER FOR THIS EVENT.

GENTLE YOGA WITH MAYU

WHEN

Mon 08 / 26 / 2019 from 2:00 PM to 3:00 PM

+ Add to Calendar

WHERE

Forest Hills Assembly Hall, 4901 Connecticut Ave NW Washington, DC

PRICE

FREE

Limited capacity: 5 spots available

REGISTER FOR THIS EVENT

3. Click REGISTER.

REGISTER

or Login

4. Fill out the form and click the “I ACCEPT” box. Then click REGISTER FOR THIS EVENT.

FIRST NAME	<input type="text" value="Jane"/>
LAST NAME	<input type="text" value="Doe"/>
EMAIL	<input type="text" value="janedoe@blahblah.com"/>
PHONE	<input type="text" value="202-555-1212"/>
<input type="checkbox"/> or Login	
COMMENTS	
<input type="text" value="I'd like to try yoga."/>	
<input type="checkbox"/> Add guests	
<input checked="" type="checkbox"/> I ACCEPT THE VILLAGE TERMS AND PRIVACY POLICY.	
REGISTER FOR THIS EVENT	

5. Congratulations! You have registered for an NNV event online.

Successful registration for this event

And remember, you can always call the office to register!

A moving visit to the Flight 93 Memorial site

By JANET NOVOTNY

I hope you will one day be able to visit the Flight 93 Memorial near Shanksville, Pa., which I toured in June during a trip to visit my cousins in the Laurel Highlands. My cousin Marlene took me to the site about an hour's drive from Latrobe, Pa.

I teared up as I walked along the long wall that runs parallel to the crash site thinking over and over: "These people died for us. They are heroes." I felt so grateful for their sacrifice. I've never had a family member die in combat—my dad built war materials in the Detroit Chrysler Jefferson Plant during World War II, and all of my uncles came back from that war—so the deaths of these unarmed passengers and crew members really moved me.

The site was so quiet. Cousin Marlene even said, "It feels as if we are in a sacred space" as we walked along the wing-shaped wall that borders the crash site. I felt the same, and it seemed that everyone else there felt it too. Along the wall, there were benches to rest on and niches to leave mementos. The actual crash site, marked by a boulder in the field, is open only to relatives of the victims. The remains of the passengers and crew are still present.



JANET NOVOTNY

A sign welcomes visitors to the Flight 93 Memorial. The flight was one of four hijacked Sept. 11, 2001 and the only one that didn't reach its destination, presumably the U.S. Capitol.

A graphic shows the timeline of the dramatic story. The United Airlines plane left Newark International Airport at 8:42 a.m., 25 minutes late, headed for San Francisco with only 44 people on board instead of the normal 182. There were two pilots, five flight attendants, 33 passengers and four hijackers. The hijackers had picked a flight with few passengers, the more easily to take over the plane.

At 9:28, 46 minutes after takeoff, Cleveland air traffic controllers heard the pilot's "Mayday. Hey get out of here. Get out of here. Get out of here." The pilots tried, but could not stop the hijackers from taking over the plane, which then started flying erratically.

The hijackers forced everyone to the back of the plane. Some passengers made cell phone calls and learned of the attacks on the Twin Towers and the Pentagon. Realizing that their flight was part of

a larger attack, the passengers voted to fight back and began an assault on the cockpit at 9:57.

The hijackers then rolled the plane right and left repeatedly, apparently trying to knock the attackers off balance. The assault continued until the plane crashed at 10:03 in the field near Shanksville.

As we reached the end of our walk along the edge of the crash site, we read the names, etched on eight-foot-high white marble panels, of those who saved our nation's capital.

On our way out we stopped in the visitor center to leave messages, which are kept for posterity. We stopped to talk to a volunteer, a retired teacher who visited the day after the crash and now returns, she said, "to be here so that the children will remember."

That teacher, we found out, had taught some of cousin Marlene's relatives!



INGLESIDE
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ENGAGED LIVING



SUNRISE ON CONNECTICUT AVENUE
5111 CONNECTICUT AVENUE, NW
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Gentle Yoga with Mayu

*It's all about showing up
and moving the body*

By MAYU SUZUKI

Hello, my dearest yogis at Northwest Neighbors Village! It has been an absolute joy to get to know you through yoga.

Humans are made to move. It is extremely important that you are moving. I hope the Village yoga sessions motivate you to get out of your house. Showing up is 90 percent of the work.

Yoga is not at all about perfecting each pose; it's rather about finding what works best for you that day and the journey getting there. My job here is to offer as many options as possible to help you find what works for you in your practice.

You always ask me what my name is. Here is an opportunity to tell you more than just about my name. Growing up between two very different cultures—first China and later Japan—I struggled for years to find my identity, sense of belonging and, most importantly, my center. Long fascinated by holistic approaches to wellness in Asia—tai chi, meditation and chiropractic—I was intuitively drawn to the ideas that a fully present mind and deep understanding of one's self are the essence of well-being.

Yoga helped me find my heartfelt life purpose. I left my office job (bye, high heels) and began guiding yoga full time (hi, yoga pants). My purpose in life is to empower you both mentally and physically in order to reduce suffering



STEPHANIE CHONG

Mayu, left, leads an NNV chair yoga class at Forest Hills of D.C.

in your mind. I thank you from the bottom of my heart for allowing me to live my purpose.

I am known for an authentic and nonjudgmental teaching style and compassion-centered philosophy. Please take time to take care of your mind and body. Join me and your fellow members on Mondays at 2 p.m. to experience a sense of exquisite peace and harmony, which will stay with you even after you have risen from the chair. I cannot wait to practice with you.

Gentle Yoga with Mayu is for NNV members and takes place Mondays, 2-3 p.m. in the Assembly Hall at Forest Hills of D.C. (4901 Connecticut Ave. NW). Classes are followed by light refreshments and social time. There are limited spaces available, so please sign up on our website (www.nnvdc.org and click Events) or by calling 202-777-3435.

Forest Hills offers respite, day care programs

For caregivers who may need to get away but who are concerned about the health and safety of family members for whom they are providing care, Forest Hills of D.C. is now offering a respite program at Forest Hills as well as Forest Side in Chevy Chase. Unlike some other facilities that offer respite care, the programs at Forest Hills can be for a period as short as two weeks.

Those in the respite care program are provided fully furnished living spaces, all meals, nursing care, therapy, exercise programs, medications and housekeeping services. The individual can also participate in a variety of social activities, group outings and talks during their stay.

Programs and costs depend on



JANEAN MANN

Forest Hills of D.C. Executive Director Mary Savoy announces the launching of the respite care program.

the individual needs and the size of the room or apartment. Those with

cognitive impairment can spend their respite period in Forest Side where they can participate in programs designed to meet their particular needs. For additional information contact Bola Cole at 202-966-7623 or bcole@foresthillsdc.life.

Forest Side has also added a day care program that provides socialization, recreation and engagement for individuals with cognitive decline. Those participating in the 8:30 a.m.-4:30 p.m. program receive medication administration, a hot meal, snacks and beverages throughout the day, exercise and walking program, toileting and personal hygiene assistance and other programs.

—Janean Mann



PHOTOS BY STEPHANIE CHONG

Ice Cream Social

LEFT: Ann Ingram and Ann Collins beat the heat at NNV's annual Ice Cream Social at volunteer Bob Carr's house on July 30.

CENTER: From Left, Phyllis Myers, Cecile Kelly and Dolores Kirby.

RIGHT: Olivia Chong scoops the ice cream.

Passages

Dr. Kwang Suh Kim, a D.C. resident since 1965 and longtime NNV member, died on July 30 at the age of 96.

Born in Korea's Hwanghae Province in 1923, he endured the Japanese occupation of Korea, the American firebombing of Tokyo and the partition of the Korean peninsula, which positioned his birthplace within North Korea.

His father, Myung Sun Kim, was a medical pioneer at Severance Hospital and Yonsei University

College of Medicine in Seoul. Following his example, Dr. Kim studied physiology and medicine in Japan, Korea (Seoul National University: M.D. 1947), and the United States (University of Illinois, Chicago: M.S. 1949, Ph.D. 1952).

Dr. Kim married pianist Sura Kang in New York City in 1954 and pursued international research and



teaching opportunities before joining George Washington University. He completed his residency at Suburban Hospital in Bethesda and became a practicing physician at age 53.

From 1976 to 2000 he maintained a general practice in Rockville while also working at GWU Student Health Services, Andrew Rader U.S. Army Health Clinic and Walter Reed Army Medical Center.

Dr. Kim valued education, public service, civil rights, nature and the arts. He believed strongly in Korean reunification, the democratic process and social responsibility. A lifelong learner, his inquiring, optimistic and humble spirit will be dearly missed. He is survived by his wife, Sura; daughters Soye and Sojin of Washington and Somi (Markus Brilling) of Montclair, N.J.; and one grandson. Private memorials are pending.

We were sad to learn of the death of **Deb Cotter** on June 17. Deb was an NNV Supporting Member and volunteer. She wrote an

article for the May-June 2019 issue of this newsletter about ways to have an active retirement.

Deb graduated from Wells College in Aurora, N.Y., where she played varsity soccer and majored in Russian Studies. After graduation, she worked in Washington for her entire career, starting in the office of Sen.

George J. Mitchell (D-Maine) and then moving on after his retirement to the office of the Senate historian, the National Archives and then the nonprofit sector.

While serving in Senator Mitchell's office, at the age of 24, Deb suffered a serious stroke. For the rest of her life, she worked hard to overcome mobility, dexterity, vision and hearing effects of the stroke. She was a tireless advocate for those with disabilities and her rehabilitation was featured in *Walking* magazine.



Calendar

Please note: in mid-September, our website address will be changing from www.nwnv.org to www.nnvdc.org. If you get an error with one address, please try the other. And check our website frequently for updated or new event information.

Office Closed—Labor Day

Monday, Sept. 2.

The Days of Awe: Understanding the Jewish High Holy Days

Tuesday, Sept. 3, 2-3 p.m. Assembly Hall, Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP: On the website (www.nnvdc.org and click Events) or 202-777-3435.

During the Jewish High Holy Days, the Days of Awe are the 10 days from the beginning of Rosh Hashanah to the end of Yom Kippur. This important period, which always occurs in the autumn, is devoted to introspection, repentance and atonement for sin. According to Jewish tradition, it is during the Days of Awe that God decides on each person's fate in the next year. This program is designed for people of all faiths and backgrounds.

NNV Annual Summer Picnic

Sunday, Sept. 8, 11 a.m.-1 p.m. Meadowbrook Park (Candy Cane City), 7901 Meadowbrook Lane, Chevy Chase, Md. RSVP: On the website (www.nnvdc.org and click Events) or 202-777-3435.

See article on Page 9.

The Village Movement: Aging Well in Your Community

Tuesday, Sept. 10, 1-2 p.m. Chevy Chase Library, 5625 Connecticut Ave. NW. RSVP: On the website (www.nnvdc.org and click Events) or

202-777-3435.

Join Northwest Neighbors Village, Cleveland & Woodley Park Village and East Rock Creek Village to learn more about how villages enhance our local community. Explore the benefits of village membership and learn about opportunities to share your time and talents through volunteerism.

Consumer Financial Protection Session

Wednesday, Sept. 11, 1-3 p.m. Assembly Hall, Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP: On the website (www.nnvdc.org and click Events) or 202-777-3435.

The ABA Consumer Financial Services Pro-Bono Committee presents an interactive session on consumer financial protection issues. Volunteers hosting the session are practicing lawyers and economists. The presentation will last approximately 45 minutes with question time at the end. Snacks will be provided.

Volunteer Orientation Session

Tuesday, Sept. 24, 1-3 p.m. Assembly Hall, Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP: On the website (www.nnvdc.org and click Events) or 202-777-3435.

Salon Series

Wednesday, Oct. 2, 7-9 p.m. ~~Cost: \$75 per seat. The entire ticket price is tax-deductible.~~ **Sold Out!**

Join your neighbors in an intimate and insightful conversation about "The Supreme Court and the Upcoming Election" over hors d'oeuvres and wine with **Nan Aron**, the founder and president of Alliance for Justice (AFJ), a leading progressive advocacy organization on justice issues since its inception in 1979.

Maximize Your Giving with the New Tax Laws

Thursday, Oct. 3, 2:30-4 p.m. Assembly Hall, Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP: On the website (www.nnvdc.org and click Events) or 202-777-3435.

Don't miss this program, designed to assist members, volunteers and the community to understand how the 2018 Tax Law impacts charitable giving.

Salon Series

Sunday, Oct. 6, 10 a.m.-noon. Cost: \$75 per seat, entirely tax-deductible. RSVP: On the website (www.nnvdc.org and click Events) or 202-777-3435.

Brunch with **Norm Ornstein**, political scientist and resident scholar at the American Enterprise Institute, a conservative think tank. He is the co-author of "It's Even Worse Than It Looks: How the American



Constitutional System Collided With the New Politics of Extremism." He is a frequent contributor to The Washington Post and many magazines, including The Atlantic and the National Journal.

Office Closed—Columbus Day

Monday, Oct. 14.

REGULAR EVENTS

Gentle Yoga with Mayu

When: Every Monday, 2-3:30 p.m.: Sept. 9, 16, 23, 30, Oct. 7, 21, 28.

See CALENDAR, Page 9

Annual picnic scheduled for Sunday, Sept. 8

Are you ready for some great company, food, music and fun? Mark your calendar for the 11th annual Northwest Neighbors Village picnic on Sunday, Sept. 8, from 11 a.m. to 1 p.m. This is an indoor/outdoor event, so the picnic will go ahead rain or shine.

NNV will provide grilled hamburgers and hot dogs as well as beverages. The event will be at Meadowbrook Park (aka Candy Cane Park), 7901 Meadowbrook Lane, Chevy Chase, Md.

Bring your favorite side dish, salad, dessert or dip to share and join the fun. If you need a ride to the picnic, call NNV at 202-777-3435 before Sept. 3.



STEPHANIE CHONG

A night out for dinner

Dinner at the Blue 44 on Aug. 27 was a fundraiser for NNV, with the restaurant donating 20 percent of its profits to NNV. Among those attending were, from left, Dorothy Fall, Phyllis Belford, Gail Hurd and Janet Novotny.

Calendar

CALENDAR, Continued from Page 8

(Note: No Yoga on Labor Day, Sept. 2, or Columbus Day, Oct. 14.)

Where: Assembly Hall, Forest Hills of D.C.

RSVP: On the website (www.nnvdc.org and click Events) or 202-777-3435. (Yogis who attend regularly do not need to RSVP every week.)

New NNV Women's Sharing Our Lives Group

When: Second Wednesday of each month, 10:30 a.m.-noon: Sept. 11 and Oct. 9.

Where: Home of NNV Member Janet Novotny

RSVP: On the website (www.nnvdc.org and click Events) or 202-777-3435.

If you'd like some good conversation with NNV friends to hear some stories and catch up on how we are spending our lives, let the office know by Sept. 6 and we will forward the names, phone numbers and email addresses to

Janet to prepare for the first meeting.

NNV Walking Group

When: Friday, Sept. 13 and Thursday, Sept. 26, 9:30-10:30 a.m. (October dates to be announced.)

Where: Meet at the corner of Albemarle Street and Connecticut Avenue NW (in front of Diplomat Cleaners).

RSVP: On the website (www.nnvdc.org and click Events) or 202-777-3435.

Let's Walk! Celebrate an end to Washington summers by joining us for a walk. We'll walk for about 30 minutes, concluding with coffee (and croissant?). We expect to have two leaders so we can accommodate both faster-paced and more moderately paced walkers.

BOOK CLUBS

NYT Notable Book Group

When: Second Thursday of each month, 1:30-3 p.m.: Sept. 12 and Oct. 10.

Where: Home of NNV member Ginny Finch, Metro-accessible and with free parking.

RSVP to Ginny Finch, 202-686-0053 or ginnyvne@yahoo.com.

September's book: "My Antonia" by Willa Cather.

NNV Book Club

When: Third Wednesday of each month, 2-3:30 p.m.: Sept. 18 and Oct. 16.

Where: Home of NNV member TBA.

RSVP to Frances Mahnke, franmahn@aol.com.

September's book: "Their Eyes Were Watching God" by Zora Neale Hurston.

NNV Nonfiction Book Club

When: Last Tuesday of each month, 3-4:30 p.m.: Sept. 24 and Oct. 29.

Where: Library, Forest Hills of D.C.

RSVP to Larry Williams, lwindc@starpower.net.

September's book: "Working" by Robert A. Caro.

It's easy, quick and tasty. What's not to like?

By BARBARA OLIVER

While this may not taste like a fresh-baked cheese Danish, this simple, sweetened cheese-topped toast makes a deliciously satisfying healthy breakfast treat or afternoon snack with a cup of coffee or tea. It will accommodate diabetic and gluten-free requirements—see variations.

Not-So-Danish Pastry

¼ cup cottage or ricotta cheese

1 teaspoon sugar

Dash of ground cinnamon

½ teaspoon vanilla extract

*1 slice whole wheat bread, well
toasted*

Mix cheese with sweetener, cinnamon and flavoring. Spread on toast and place under broiler until bubbly and hot. Slice in half diagonally and enjoy.

Serves one.

Variations:



PHOTOS BY BARBARA OLIVER

**Not-So-Danish
Pastry with
blueberries, far
left, and peach
slices.**

► Diabetic or watching your weight? Substitute regular, low-fat or fat-free cottage or ricotta cheese and artificial sweetener equal to 1 teaspoon sugar.

► Substitute ground nutmeg for the cinnamon and fresh mint and/or lemon zest for the vanilla.

► Substitute almond extract or coconut, black walnut or other

flavoring for vanilla.

► Add ¼ cup blueberries and increase cinnamon to ¼ teaspoon.

► Start with a light English muffin or thick sandwich bread; top with thinly sliced banana, pear or apple; then cover with cheese mixture.

► Need gluten-free? Use your favorite gluten-free bread.

SOURCE: ADAPTED FROM WEIGHT WATCHERS COOKBOOK