

THE VILLAGE NEWS

Northwest Neighbors Village

Volume 8, Issue 2

A Community Network of Support

February 2016

VOLUNTEER PROFILE

Jane Whitaker's lifelong love affair with nature

BY MARIANNA BLAGBURN

Jane Whitaker may not be famous in the global community or even beyond the Village, where she is an active volunteer and member. It is doubtful, however, that one could have spent more hours outdoors studying the plants, birds and insects than she.

Jane's interest in natural history began as a young child growing up in Pennsboro, W.Va., population 1,200. "My dad was a country doctor who also liked to photograph flowers," she says. "He gave me books with pictures of flowers and their names and asked me to help identify the flowers in his photographs. I was just 6, but I paid attention to every detail of the flower. Seeing that I enjoyed looking up the flowers, and was good at it, he gave me my first bird book at 7."

Exploring the woodlands of Pennsboro, Jane wanted to be able to identify every organism that she encountered in nature. She majored in biology in college and earned a master's degree in ecology. "A degree in ecology in the '60s was almost unheard of," Jane says. "There was geology, but nothing that encompassed the breadth of studying everything outdoors, especially for a woman. Most of the occupations I was interested in—forestry, fisheries biology, and other outdoors science professions—were not, for all practical purposes, open to women. I had to rely on myself. My dad taught me that I could learn anything I wanted in a book. I learned just for the fun of it. Later, I realized I could teach others." Jane taught anatomy and microbiology at a nursing school for 20 years and, with husband Bob, raised four kids.

Following retirement, Jane volunteered as a biologist for the George Washington Parkway National Park and the North American Native Bee Study at Patuxent Wildlife Research Center. She



JANEAN MANN

Jane Whitaker, left, conveyed some of her enthusiasm about lichens recently in a talk to NNV members. Here she chats with Pat Kasdan, center, and Doris Chalfin.

has collected thousands of bees, especially in West Virginia, discovering more than 20 species new to the state. "When you are out collecting bees, you have to know what you are looking at." She studies many pages of bee part definitions, enabling her to identify any species.

Jane is active in the Brooks Bird Club in West

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NORTHWEST NEIGHBORS VILLAGE

*a community network of
support*

4901 Connecticut Ave. NW
Washington, DC 20008
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www.nwnv.org

Northwest Neighbors

Village (NNV) is a nonprofit organization created to help the residents of Northwest Washington live comfortably and safely in their neighborhoods and homes as they age. Founded in 2007 and opened in 2009, NNV is part of the Senior Services Network, supported by the D.C. Office on Aging.

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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MARIANNA BLAGBURN

Jane Whitaker
indulges in
another of
her interests,
quilting by the
fire.

Jane Whitaker

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Virginia and assists in plant, animal and bird surveys each year. "I am very active in the Audubon Christmas Bird Counts in West Virginia," she says. "We go out as a group and fan out over a 15-mile radius, counting every bird we see for 24 hours—all day and all night. We have had a lifetime of looking at bird books, listening to bird calls on records, and reading everything written by the Cornell Bird Lab on the subject, before we venture out. You love it, but you still have to study and know your facts."

Jane recently enthralled the

Village community with a lecture on lichens, including her personal photographs. She also brought lichen samples for participants to see and touch. "Lichens help us in so many ways," Jane said. "They tell us about air quality and even help us to heal."

Jane heard about NNV at a talk at St. Ann's in Tenleytown. She thought giving support to older people in the community was a worthwhile idea and signed up as a volunteer and a member. She also hoped to find friends, especially women, who liked to go on nature walks and talk about nature's birds and bees. "Being outdoors and studying everything was always my idea of fun as a kid. Still is," she says.

NEXT: A TALK ON NATIVE BEES

The Native Bee of North America was here long before the more popular honeybee, imported in hives with the European settlers. More than 4,000 varieties of the native pollinator exist wherever there are flowers.

Retired biologist Jane Whitaker will lecture on the fascinating pollination abilities of this intelligent insect, smart enough to stave off domestication and surviving in hollow trees and other hiding places just as they have done since the beginning. She will also present a fascinating slide show about the ancient, hardy insect at 3:30 p.m. Monday, March 14, in the Assembly Room at Forest Hills of D.C. Light refreshments will be served and rides are available to NNV members. RSVP: 202-777-3435 by March 4. The program is open to the community,

NNV CALENDAR

Rides are available for NNV members to all events.

Mon., Feb. 1, 2-3 p.m.

Gentle Yoga with Anne Contee.

Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

Tues., Feb. 2, 3-4:30 p.m.

NNV Men's Book Club

(postponed from Jan. 26) to discuss *The Return of George Washington* by Edward J. Larson at the home of NNV member Bernie Hillenbrand. RSVP: 202-777-3435.

Wed., Feb. 3, 10 a.m.

Caregiver Support Group—10 participants, 10 1½-hour sessions, first and third Wed.; send questions to facilitator

Susan Lieberman, MSW, LICSW, slieb1@msn.com. Call to reserve place: 202-777-3435.

Sun., Feb 7, 3 p.m.

City Singers Winter Fireside Concert. Ingleside, 3050 Military Rd. NW.

Mon., Feb. 8, 2-3 p.m.

Gentle Yoga with Anne Contee.

Mon., Feb. 15

Presidents Day—NNV office open; yoga canceled.

Wed., Feb. 17, 2-4 p.m.

NNV Book Club to discuss *Plainsong* by Kent Haruf at the home of NNV member Barbara Dresner. RSVP by Feb. 16: 202-777-3435.

Mon., Feb. 22, 2-3 p.m.

Gentle Yoga with Dr. Linda Smith.

Tues., Feb. 23, 3-4:30 p.m.

NNV Men's Book Club to discuss *Destiny and Power: The American Odyssey of George Herbert Walker Bush* by John Meacham at the home of NNV member Bernie Hillenbrand. RSVP: 202-777-3435.

Sun., Feb. 28, 2 p.m.

Village Knitting Group—

Beginners and experienced; Mary Peckiconis, master teacher. Library Alcove, Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP: 202-777-3435.

Mon., Feb. 29, 2-3 p.m.

Gentle Yoga with Anne Contee.

NNV to co-sponsor healthy aging forum

By STEVE ALTMAN

April 18, 2016. Save the date. NNV is thrilled to team with the Washington Hebrew Congregation to present D.C.'s first Healthy Aging Forum—New Challenges, New Possibilities. This day-long gathering will explore the skills we need to maintain our quality of life as we grow older.

Through informative workshops, a dynamic keynote address and a resource fair, we will learn techniques and ideas that can enhance our lives through a spirit of wholeness and purpose. The resource fair will be an opportunity to connect with vendors who provide services that address issues related to aging.

The keynote address will be by Mindy Greenstein, Ph.D., clinical

psychologist and co-author of *Lighter as We Go: Virtues, Character Strengths, and Aging*.

Before Dr. Greenstein's talk, attendees will have a selection of four different morning workshops, followed by lunch. Four more workshops will take place after the keynote. Topics of the workshops include: Difficult Conversations, Wise Aging, Navigating Caregiver Relationships, Decluttering and Home Safety, Intimacy as We Grow Older, Healthy Eating for Healthy Living and Ethical Wills.

As described by Susan Folkman, Ph.D., professor of medicine emeritus at the University of California, Dr. Greenstein and her co-author "draw on ancient wisdom, current science and their own experience to dispel fears and misperceptions about growing old. The reader

is offered a more optimistic look that will comfort and even inspire . . ."

There are many components to healthy aging, and it can be a full-time job for us. Dr. Greenstein will explain that having a positive attitude toward our lives and making an effort to use some of the information and skills that will be addressed in the workshops will help us live more healthy, fulfilled and satisfying lives. And isn't that what the Village is for?

Through this program NNV hopes to provide a service to the wider community as well as increase its visibility. The day will be sponsored by some of the leading providers of services to the older adult community. I hope to see you on April 18 for an exciting and fulfilling day. Come for as few or as many sessions that arouse your interest.

Tartufo, a welcome addition to our restaurant scene

BY JANEAN MANN
AND PAT KASDAN

If you like Italian food, some of which is on the lighter side, you will enjoy the fare offered by Tartufo, which opened in Tenleytown last September. An offshoot of DeCarlo's Restaurant, this comfortable and attractive place is smaller than the Spring Valley version and has a smaller menu. Owner Abdihamid Ahmed (known affectionately as Abdi) and chefs Bertillio Urrutia and Gary Wiggan are veterans of DeCarlo's.

Named after the Italian dessert featuring chocolate ice cream with a hazelnut ice cream center, Tartufo has a menu with something for everyone. The fried calamari we shared was perfectly cooked, though its light marinara dipping sauce was a little bland. The artichoke and goat cheese ravioli was flavorful and was complimented by a fresh, slightly tart tomato-basil sauce.



JANEAN MANN

Diners Dave and Pam Estela left empty plates after a recent Tartufo luncheon.

Owner Abdi willingly divided the order and presented it on two plates.

On another occasion, the spaghetti carbonara was also delicious as was a spinach salad with figs topped with three large chunks of perfectly grilled salmon. An arugula salad with orange, endive and walnuts was topped with equally nicely grilled and flavored shrimp. Attention to detail was evident in every dish. Portions are not excessive, leaving one satisfied but not stuffed.

The service was friendly and attentive with courses served in a timely fashion and water glasses refilled promptly—a

rarity on the D.C. restaurant scene.

The desserts are also tasty though only the tiramisu is made in-house. The tartufo and the tartufola—a lovely chocolate mousse—totally satisfied two chocoholics, while a coconut and peach sorbet was also a hit. The ricotta cheesecake was flavorful but a little on the dry side.

The wine list is not overly large but has some nice, moderately priced selections from Italy and elsewhere. Finishing our meal with a couple of cappuccinos, we left totally satisfied and determined to return.

Tartufo, at 4910 Wisconsin Ave. NW, is open for lunch and dinner Monday through Thursday from 11 a.m. until 10 p.m., Friday and Saturday from 11 to 10:45, and Sunday from 11 to 9. While the restaurant is handicapped accessible, the restrooms are not—they're located at the top of a set of stairs. Abdi said, however, that accessible restrooms will be added in the coming months.

SERVICE REQUEST OF THE MONTH *Household recordkeeping*

Do you need help organizing your household bills and tax records, sorting mail and devising a system that makes sense to *you*? We have a group of volunteers who enjoy helping our members with this task. Please call or write our volunteer coordinator, Leah Penner, at 202-777-3435, nvillageleah@gmail.com.



BY JANEAN MANN

Taxes 2016

More scams, some ways to prevent them

Though federal and D.C. tax returns are not due until April 18, the scammers are already busy filing for your tax refund and phoning Northwest D.C. residents, threatening arrest unless they pay debts they don't owe the IRS.

There is a little good news, however. After six years of congressional IRS budget-slashing, the IRS got a \$290 million increase this year, part of which will be used to hire 1,000 tax season customer service representatives. Even this increase was \$700 million less than the IRS requested to make up for past cuts. Only 38 percent of those seeking phone help last year were successful. IRS Director John Koskinen told reporters in January that he hopes to increase that rate to 60 percent this year.

The IRS has also instituted a trial Identity Pin Protection service for those who filed federal tax returns for the 2014 tax year in Florida, Georgia or the District of Columbia. The IRS provides you the PIN—Personal Identification Number—and once provided, it must be used on all future IRS tax-related matters. The PIN is designed to cut down on fraudulently filed tax refund claims since the fraudulent filers will not have your number. Once you have a PIN, refunds will not be provided unless the number is used.

PINs are obtained online at www.irs.gov. Once you get on the site, go to the column marked Tools, click on "request an electronic filing pin" and follow the instructions. Make sure you have available your Social Security number, address, birth date, etc. when requesting a PIN, and stay

by your computer to retrieve the number when the IRS returns it to you.

You can also help protect yourself against scammers. Currently, the IRS will not call you about your taxes. All communications will be by letter.

In 2015 Congress mandated that the IRS use private debt collection agencies to help obtain collections, but these companies will not call until initial letters have been sent by the IRS. Koskinen said that this program will not be in effect until later this year because of the need for procurement and training.

Under no circumstances should you provide credit card or other types of monetary payment to anyone claiming to represent the IRS over the phone or coming to your home. The IRS will never threaten to send law enforcement to your home. If you receive a letter from the IRS claiming that you owe additional taxes, you have the right to challenge that assessment. Report any attempted fraud to the IRS.

The IRS also offers free filing software to taxpayers with adjusted gross incomes of \$62,000 or less during 2015. Thirteen different types of tax software are available. Go to <https://www.irs.gov/uac/Free-File:-Do-Your-Federal-Taxes-for-Free>.

For those with incomes over \$62,000, the IRS offers Free File Fillable forms—the electronic version of the IRS paper forms. These forms provide some taxpayer assistance but not as much as the aforementioned forms and are available at the same website.

For help with D.C. tax issues call the Office of Tax & Revenue (OTR) customer service line, 202-727-4829, from 8:15 a.m. to 5:30 p.m.

A souper nourishing one-bowl meal

BY BARBARA B. OLIVER

Fresh vegetable soup is a heart-warming dish with which to face the travails of winter weather. Tasty and colorful, the soup provides lots of vitamins, minerals and fiber.

The basic recipe is very flexible. Use purpose-bought vegetables or dries and drabs on hand. Add or omit vegetables to suit your taste, i.e. substitute Swiss chard or spinach for kale; chives for parsley; Napa, Savoy, Chinese, bok choy or red for green cabbage. To reduce labor, buy small amounts of pre-cut vegetables from the supermarket's salad bar. This soup will keep in the refrigerator for a week or two.

Fresh Vegetable Soup

2 medium garlic cloves, minced
2 medium uncooked carrots,



BARBARA B. OLIVER

diced
2 small uncooked zucchini, diced
2 cups shredded green cabbage
2 cups kale, chopped
2 cups cauliflower, small florets
2 cups broccoli, small florets
1 medium onion, diced
1 medium sweet red pepper,

diced
1 medium rib celery, diced
2 teaspoons fresh thyme, chopped
6 cups reduced sodium vegetable broth
2 tablespoons fresh parsley chopped
1/2 teaspoon table salt, or to taste
1/4 teaspoon black pepper, or to taste
2 tablespoons fresh lemon juice, optional

Put garlic, vegetables, thyme and broth into a large soup pot. Cover and bring to a boil over high heat; reduce heat to low and simmer, partly covered, about 10 minutes.

Stir in parsley; season to taste with salt, pepper and lemon juice.

Makes 12 cups of soup.

ADAPTED FROM WEIGHT WATCHERS

Be smart, stay safe—don't be scammed at home or online

Learn about the latest scams and frauds and how to protect yourself against them in a

program coming up on Tuesday, March 15, co-sponsored by NNV and the Chevy Chase Citizens

Association at the Chevy Chase Community Center auditorium, 5601 Connecticut Ave. NW.

Panel facilitator will be Philip Rogers, former chief of disaster preparedness for the U.S. Air Force, former volunteer firefighter-EMT and current NNV volunteer. Phil will add his perspective on physical security and staying safe in your home.

Others participating on the panel:

- Philip Ziperman, a lawyer with the D.C. Office of the Attorney General. He will speak on his office's efforts to stop

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A NEW HOAX: THE MISSED JURY DUTY CALL

Someone may call to say you are being held in contempt of court for not showing up for jury duty and a warrant has been issued for your arrest. The person will read off your name, address and phone number and ask if it is correct. It usually is.

Then the person will go on to ask for your Social Security number, falsely claiming it is needed to clear up the mix-up. Don't provide it. This is an effort to steal your identity. And once that happens, it could take years to get the problem corrected. If you have caller ID on your phone, note the number and report it to the police. In another variation of the scam, the caller may say you can pay a fine to have the warrant voided. Don't do it.

COMMUNITY CALENDAR

Events are free unless otherwise indicated.

Tues., Feb. 2, 7:30 p.m.
Police Service Area 201—Community Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Wed., Feb. 3, 7 p.m.
Author Talk—Cassandra Good on *Founding Friendships: Friendships Between Men and Women in the Early American Republic*. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., Feb. 4, 6 p.m.
E-Reader Rescue—Help with Kindles, iPads, Overdrive, etc. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., Feb. 4, 11, 18 & 25, 7 p.m.
Memoir & Essay Writing—With Maura Policelli, communications expert. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Fri., Feb. 5, 12, 19 & 26, 12:30 p.m.
Museum Tours—New subject each week. Katzen Arts Center, 4400 Massachusetts Ave. NW.

Mon., Feb. 8, 7 p.m.
ANC 3/4G—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Tues., Feb. 9, 7 p.m.
Author Talk—Peter Bergen on *United States of Jihad*. Politics & Prose, 5015 Connecticut Ave. NW.

Tues., Feb. 9 & 25, 7 p.m.
Upper NW Knitters—Learn to knit, crochet; supplies free. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Wed., Feb. 10, 1-2 p.m.
Create, Maintain Friendships—Interactive class for seniors; register at 301-896-3939. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

Thurs., Feb. 11, 7:30-10 p.m.
ANC 3E—Meeting; venue to be announced, see www.anc3e.org.

Tues., Feb. 16, 7:30 p.m.
ANC 3F—Meeting; Forest Hills of D.C., 4901 Connecticut Ave. NW.

Wed., Feb. 17, 7:30 p.m.
T'ai Chi with Susan Lowell—Chinese martial art of meditation, relaxation. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., Feb. 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.

Thurs., Feb. 18, 7:30 p.m.
Author Talk—Gareth Hinds on *Samurai Rising*. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Sat., Feb. 20, 4-5 p.m.
Gallery Talk—Artist Maggie Michael on her exhibit. Katzen Arts Center, 4400 Massachusetts Ave. NW.

Mon., Feb. 22, 7 p.m.
ANC 3/4G—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Fri., Feb. 26, 3 p.m.
Arts Management Colloquium—Cultural community issues. Katzen Arts Center, 4400 Massachusetts Ave. NW.

Every Tues. & Thurs., 8:30-9:30 a.m.
Walking Club—Sibley Senior Association, Mazza Gallerie, concourse level, Wisconsin & Western Aves. NW, 202-364-7602.

Every Tues. & Thurs., 11 a.m.-noon
Club 60+ —Exercise and muscle tone basics with Will Yates. 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., 8 a.m.-2 p.m.—UDC, 4340 Connecticut Ave. NW.
Sat., 9 a.m.-1 p.m.—New Morning Farm, 36th St. & Alton Pl. NW.
Sat., 9 a.m.-1 p.m.—Chevy Chase, 5625 Connecticut Ave. NW.

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deceptive and unconscionable practices against senior consumers.

- Kim Cauthen, MSW, director of senior adult programs for the D.C. Jewish Community Center.

Kim, a longtime advocate for seniors in a variety of settings, will discuss financial exploitation and the verbal and emotional abuse that occurs within families.

- Bruce Maliken, IT expert and owner of Up and Running Services.

Past programs with CCCA have included “Elder Issues: Facilitating Difficult Family Conversations” (2013); “Decluttering for Simple Living” (2014); and “Aging in a Community: Resources & Benefits” (2015).

Tired of preparing daily meals or need some help after a recent hospital stay? Want to see another friendly face? Meals on Wheels may be your answer.

Headquartered in the National Presbyterian Church on Nebraska Avenue NW, Meals on Wheels is a nonprofit organization that provides two meals a day—Monday through Friday—for \$8.35 a day or \$41.75 a week. The meals are usually delivered at midday and include one hot meal and one boxed cold meal with milk and juice.

Ward Circle-Georgetown
Meals on Wheels serves Zip codes 2007, 2008, 20015 and 20016. There are no age limitations or income restrictions. You can order the meals for a few

days or throughout the year. Menus change daily and offer a variety of mainly chicken and meat dishes along with different types of cold sandwiches, such as tuna salad and ham and Swiss cheese along with fruit and salad.

The meals are professionally prepared by Sodexo of the Laurel Regional Hospital.

NNV members who have used the service, principally after hospital stays, have appreciated the meals and have been highly complimentary of the friendly volunteers who deliver them.

To order meals or get more information, call 202-966-8111, weekdays from 9 a.m. until noon.

Sample menus can be found on the website at www.mealsonwheelsdc.com.

Another home delivery meal option— Meals on Wheels