

# THE VILLAGE NEWS

Northwest  
Neighbors  
Village



Volume 8, Issue 3

A Community Network of Support

March 2016

## Registration open for NNV's Healthy Aging Forum

Registration is now open for the Healthy Aging Forum, "New Challenges. New Possibilities," which will take place on Monday, April 18, from 10:30 a.m. to 4 p.m. Co-presented by Northwest Neighbors Village and the Washington Hebrew Congregation (WHC), the day-long event will take place at the WHC temple, 3935 Macomb St. NW. Parking is available in the community.

The event is geared toward adults 50+, and includes workshops that will emphasize active and positive aging and provide the tools to help attendees enjoy a quality of life as they age. Workshops featuring expert panelists will be

held on "Difficult Family Conversations," "De-cluttering and Home Safety," "Intimacy and Sex," "Creative Aging," "Music, Improvisation and Brain Health," "Movement, Mindfulness and Meditation," "Wise Aging" and "Cooking for One or Two."

Inspirational keynote speaker Mindy Greenstein, Ph.D., will speak on her latest work, *Lighter as We Go: Virtues, Character Strengths, and Aging*.

Early registration is open at \$15 for NNV and WHC members, \$18 for all other registrants. After April 1 it will be \$20 for all registrants. Registration includes your choice of lunch. To register, see insert in this newsletter or, if reading online, click [here](#).



Mindy Greenstein, the keynote speaker

## VOLUNTEER PROFILE

### Suzanne Orenstein, mediator, nonprofit leader

BY MARIANNA  
BLAGBURN

In 25 years as a mediator, Suzanne Orenstein has advocated for basic resources for the underserved and repeatedly negotiated common ground for opposing parties. From early work, as a children's advocate negotiating on behalf of Head Start families



MARIANNA BLAGBURN

In retirement, Suzanne Orenstein helps seniors prepare their tax returns.

with various Massachusetts public schools, to her work as a

groups find voices for their

court-appointed mediator for family and neighborhood disputes, and most recently in her work in conflict resolution for environmental public policy issues, Suzanne's supportive, unbiased approach has helped disparate

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## NORTHWEST NEIGHBORS VILLAGE

*a community network of  
support*

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

[www.nwnv.org](http://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](http://www.nwnv.org) or call the office at 202-777-3435.

### NNV Board Members

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# A life in settling differences

PROFILE, Continued from Page 1

concerns and resources to meet their needs.

"Mediation work is about getting to the heart of the matter," she says. "It requires you to step back, listen to each side and ask yourself, 'What are they really saying they need?' I also advocated for kids with disabilities who really needed the Social Security Disability Income benefit—helping parents get something for their child."

In her lengthy career, Suzanne served as the alternative dispute resolution coordinator in the Massachusetts attorney general's office. She later opened a private mediation practice, and then played a leadership role with RESOLVE, a nonprofit organization in Washington. She then headed up the Udall Foundation's Washington office, before moving on to the U.S. Institute for Environmental Conflict Resolution. The institute provides a nonpartisan approach to strategic collaboration and consensus-building to parties involved in major environmental disputes. In her professional capacity, Suzanne has addressed the dispute challenges of the full range of environmental and public policy issues at the local, state, federal and national levels.

Now retired and living in the Van Ness apartment complex, Suzanne had followed the village movement from its inception. "Beacon Hill Village in Boston was the first village I read about. I liked the idea of a community coming together to work on aging issues. As a society, we



Suzanne Orenstein

need to deal with an issue in constructive ways. We have to start listening to one another."

As with many newly retired village volunteers, Suzanne has continued to expand her horizons. "Once we retire, we have to construct a new life with purpose and meaning," she says. "You have to interact with people. I like the connections that the village brings to its members and volunteers. When I was in my NNV volunteer training, I met someone who ended up mentoring and teaching me about tax preparation."

In the 2016 tax season, Suzanne became a volunteer tax preparer for AARP and works with older residents throughout the city. "It was challenging to participate in the training course and pass the exam," she says. "It took time and effort to study, but I did it. You have to take risks to make a new life. Now, helping people with their taxes is how I spend part of my time."

## NNV CALENDAR

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

**Mon., March 7, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

**Mon., March 7, 3:30 p.m.**

**Preparatory Meeting** for March 24 Town Hall. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

**Mon., March 14, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Mon., March 14, 3:30 p.m.**

**Native Bees of North America**—Lecture, slide show by NNV member and volunteer Jane Whitaker. Refreshments. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP by March 4: 202-777-3435.

**Tues., March 15, 7:30 p.m.**

**Be Smart—Don't Be Scammed at Home or Online**—Philip Rogers, former USAF chief of disaster preparedness, volunteer firefighter/EMT, will lead panel on physical safety and financial

security. Co-sponsored by NNV and Chevy Chase Citizens Association. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Wed., March 16, 2 p.m.**

**NNV Book Club** to discuss *Burmese Days* by George Orwell at the home of NNV member Barbara Dresner. RSVP by March 14: 202-777-3435.

**Mon., March 21, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Thurs., March 24, 12:30-2 p.m.**

**Town Hall**—Meet with Laura Newland, executive director, D.C. Office on Aging. Submit comments, questions before meeting to Marianna Blagburn, 202-777-3435. Auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Sun., March 20, 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., March 28, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Tues., March 29, 3-4:30 p.m.**

**NNV Men's Book Club** to discuss *Alexander the Great* by Philip Freeman at the home of NNV member Bernie Hillenbrand. RSVP: 202-777-3435.

**Thurs., March 31, 11 a.m.-12:30 p.m.**

**Risk Training for NNV Volunteers**—Stephanie Chong, LICSW, will discuss risk factors, causes for concern, how to help. Executive Conference Room, Forest Hills of D.C., 4901 Connecticut Ave. NW. NNV volunteers RSVP to 202-777-3435, [nnvillage@gmail.com](mailto:nnvillage@gmail.com).

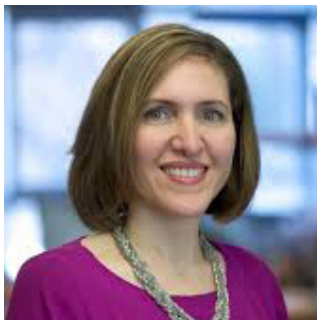
**Save the Date**

**Mon., April 18**

**Healthy Aging Forum**—Keynote speaker: Mindy Greenstein, Ph.D., clinical psychologist, author of *Lighter as We Go: Virtues, Character Strengths, and Aging*. Workshops, resource fair. Washington Hebrew Congregation, 3935 Macomb St. NW.

## Special training class for volunteers

NNV volunteers (a few spaces are available for members of the community) can improve their knowledge through a special NNV training program: "Red Flags: Risk Factors, Causes for Concern and How to Help." The training will focus on warning signs that signal the need for additional assistance when helping seniors or older family members. Stephanie Chong,



Stephanie Chong

LICSW, director of community outreach and education at

Lifematters, will facilitate.

NNV volunteers should call 202-777-3435 or email [nnvillage@gmail.com](mailto:nnvillage@gmail.com) to register for the program, which will be held from 11 a.m. to 12:30 p.m.

Thursday, March 31, at Forest Hills of D.C. Call to learn more. Deadline to register is Wednesday, March 22.

## NNV mobile number will retire soon

On May 1, the NNV mobile phone number—202-713-0956—will be retired. We welcome and will continue to receive all calls and retrieve messages on the office phone—202-777-3435—during normal business hours, 9 a.m.-6 p.m.

Over the past 12 months, the mobile phone number has been underused. By eliminating this phone, we will save \$125 a month. For questions or concerns, please call Marianna Blagburn, executive director, at 202-777-3435.



# D.C. program helps seniors remain 'safe at home'

BY JANEAN MANN

**T**wo D.C. agencies are cooperating to offer grants to low- and moderate-income seniors and handicapped individuals to modify their residences so they can safely remain in their homes or apartments. Called Safe at Home, the program can provide assistance of up to \$10,000 to help you add railings and other modifications to make your residence safer and more accessible, if you are willing to slog your way through the bureaucratic hoops. Having said that, I have found those administering the program eager and willing to help.

Those eligible for the program are D.C. residents 60 and older and handicapped residents 18-59 years old. Modifications can be made only to homes or apartments in D.C. The grants are limited to individuals or families with household incomes that fall under 80 percent of the D.C. Area Median Income (adjusted gross) levels. For individuals, this is \$61,152 annually; \$69,888 for two-person households; and up to \$122,304 for eight-person households.

The program is a joint venture of the D.C. Office on Aging (DCOA) and the Department of Housing and Community Development and is funded by a \$1 million DCOA grant. Home Care Partners has received a DCOA grant to administer the program and help seniors

through the process. NNV members can also receive help navigating the process by contacting the NNV office.

How does it work? First, contact the Safe at Home office at 202-638-0050 or email [safeathome@homecarepartners.org](mailto:safeathome@homecarepartners.org) to obtain further information or to apply for a grant. Calls are usually returned within 72 hours and the initial phone interview takes 10-20 minutes. You can also call the D.C. Legal Counsel for the Elderly's Legal Hotline at 202-434-2120 for free answers to legal questions about the program.

If you decide you want to go forward, you will receive a letter welcoming you to the program and telling you what types of

documents you will need as proof of your qualifications. Safe at Home can help you provide the documentation, which includes proof of residency, income levels, age and handicapped status (if applicable).

Once these documents are ready, an occupational therapist will conduct an individual, in-home assessment of your needs and make recommendations of home modifications and other equipment that will promote independent living and prevent falls. Safe at Home will provide grants of up to \$10,000 to purchase and install this equipment.

They also have lists of vetted, experienced, professional contractors who can obtain and install the needed equipment and ensure that it is working properly. Because of high demand for this assistance, installation is not immediate.

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PHOTOS BY JANEAN MANN

## Hear, hear

**ABOVE:** Many of us wait too long to acknowledge and take action on our hearing loss, according to Russell Misheloff, of the D.C. Chapter of the Hearing Loss Association of America. He told NNV members and others on Jan. 25 at Forest Hills of D.C. that while hearing aids do not cure a loss of hearing, they improve not only our physical but our social well-being.

**LEFT:** NNV founder Frances Mahncke, center, and member Fradel Kramer, right, discuss hearing device advances with Misheloff and colleague Lon Rosenman, left. The high costs of hearing aids are a result of technological improvements over recent years, Misheloff said.



## Celebrating Sinatra's 100th

From gospel to patriotic and pop, NNV members sing along with the City Singers, directed by Jennifer Howard Gotten (standing center) at a Feb. 7 concert at Ingleside. The City Singers are an ensemble of the City Choir of Washington. Choir members and attendees enjoyed a wine and hors d'oeuvres reception afterward.



JANEAN MANN



# From the pantry and freezer, a quick taste treat

BY BARBARA B. OLIVER

Depending on the day, you can chase the winter blues or usher in spring—it's been that kind of year weatherwise. This dish pairs well with rice pilaf, white and wild rice, linguine or soba noodles. Frozen and pantry items can be kept on hand.

## Scallops With Artichoke Hearts

*2 fresh or frozen artichoke hearts, quartered*  
*1½ teaspoons olive oil*  
*1½ teaspoons butter*  
*12 ounces bay scallops or cleaned, deveined medium shrimp*  
*Pinch ground ginger*  
*1½ tablespoons fresh lime juice*  
*1 teaspoon grated lime rind*  
*2 sun-dried tomatoes in olive oil and herbs, sliced lengthwise*  
*⅓ cup walnuts, lightly toasted*  
*Chopped parsley*



TOM OLIVER

Sauté artichoke hearts in olive oil and butter for 5 minutes. Remove from pan. In same pan, sauté scallops 2 minutes or until lightly golden.

Add ginger, lime rind and juice, artichokes and tomatoes. Heat until warm. Divide onto plates. Sprinkle with parsley and walnuts before serving. Serves 3-4.

## A town hall with DCOA director

A town hall discussion with Laura Newland, executive director of the D.C. Department on Aging, will be held from 12:30 to 2 p.m. Thursday, March 24, at the Chevy Chase Community Center Auditorium.

The meeting is an ideal opportunity to share concerns and observations and to communicate the needs of older adults in our community.

To prepare for the meeting and to consolidate concerns where possible, there will be a meeting at 3:30 p.m. Monday,

March 7, in the Assembly Room at Forest Hills of D.C. If you cannot attend the planning meeting or the town hall with

Ms. Newland and wish to submit your concerns and questions for her response, please call Marianna Blagburn at 202-777-3435 or write to her at [nnvillage@](mailto:nnvillage@gmail.com)

[gmail.com](mailto:nnvillage@gmail.com).

For the meeting on the 24th, parking is available in the Community Center parking lot or in the neighborhood. Rides will be provided for NNV members.



Laura Newland

## SERVICE REQUEST OF THE MONTH *Decluttering, Furniture Polishing, Light Garden Clean-Up*

Spring is nearly here. NNV volunteers are available for help with decluttering, furniture polishing and light garden clean-up. Garden clean-up will take place in April on designated days. Please call the NNV office if you are interested in any of these services that help to freshen our homes, inside and out, for spring. The NNV office is at 202-777-3435.

## COMMUNITY CALENDAR

*Events are free unless otherwise indicated.*

**Tues., March 1, 7:30 p.m.**  
**Police Service Area 201—**Community meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Wed., March 2, 7 p.m.**  
**Author Talk—**Annie Mahon on *Things I Did When I was Hangry: Navigating a Peaceful Relationship With Food*. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Thurs., March 3, 17, 31; April 14, 28; 6 p.m.**  
**Seminar on Matter, Consciousness and Trauma—**William Marks, Ph.D., neuroscientist at Johns Hopkins and NIH, and Jeanine Hull, attorney, discuss developments in five talks. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Fri., March 4, 11, 18 and 25, 12:30 p.m.**  
**Museum Tours—**New subject each week. Katzen Arts Center, 4400 Massachusetts Ave. NW.

**Wed., March 9, 1-2 p.m.**  
**Indigestion, GI Issues—**Daphne Keshisian, M.D., discusses causes, remedies. Register: 301-896-3939. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

**Thurs., March 10, 7:30-10 p.m.**  
**ANC 3E—**Public meeting. Washington College of Law, American University, 4300 Nebraska Ave. NW.

**Mon., March 14, 7-9 p.m.**  
**ANC 3/4G—**Public meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Tues., March 15, 7:30 p.m.**  
**ANC 3F—**Public meeting. Forest

Hills of D.C., 4901 Connecticut Ave. NW.

**Wed., March 16, 6:30 p.m.**  
**Author Talk—**Marcus Zusak on *The Book Thief*. Alice Deal Middle School, 3815 Fort Drive NW.

**Wed., March 16, 7:30 p.m.**  
**T'ai Chi with Susan Lowell—**Chinese martial art of meditation, relaxation. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Thurs., March 17, 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., March 17 & 31, 7 p.m.**  
**Memoir and Essay Writing—**With Maura Policelli, communications expert. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Sat., March 26, 12:30 p.m.**  
**History of Feminism—**Workshop by femex.org. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Mon., March 28, 7-9 p.m.**  
**ANC 3/4G—**Public meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Tues., March 29, 5 p.m.**  
**AU Design Show Reception—**Student design exhibit. Katzen Arts Center, 4400 Massachusetts Ave. NW.

**Tues. & Thurs., March 1-April 14, 1-5 p.m.**

**AARP Foundation Tax Help—**Trained volunteers prepare tax returns. Bring photo ID, 2014 tax return, blank check, proof of SSN, necessary documents (W2, 1099s, medical and charity deductions, etc.); see [aarp.org/taxaide](http://aarp.org/taxaide). Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Every Tues. & Thurs., 8:30-9:30 a.m.**

**Walking Club—**Sibley Senior Association. Mazza Gallerie, Concourse Level, Wisconsin and Western Aves. NW. 202-364-7602.

**Every Tues. & Thurs., 10:30 a.m.-noon**

**Club 60+ —**Exercise basics and muscle strengthening with Will Yates. 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. Iona Senior Services, 4125 Albemarle St. NW. Call 202-895-9448 (option 4) for appointment.

**Movie Mondays**

2 p.m. and 6:30 p.m., Chevy Chase Library, 5625 Connecticut Ave. NW.

**March 7—***Prisoner of the Mountain*, Russia, 1996, rated R (from Tolstoy story)

**March 14—***Kinky Boots*, U.K., 2005, rated PG-13 (Chitwetel Ejiofor)

**March 21—***Unbroken*, U.S., 2014, rated PG-13 (Angelina Jolie, director)

**March 28—***The Wedding Banquet*, Taiwan/U.S., 1993, rated R (Ang Lee, director)

**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. and Alton Pl. NW (through March 12).

**Sat., 9 a.m.-1 p.m.—***Chevy Chase*, 5625 Connecticut Ave. NW.

# Rents won't rise this year for some D.C. renters

BY BARBARA CLINE

There is good news for seniors and disabled renters leasing rent-controlled apartments. On Jan. 29, the D.C. Office of the Tenant Advocate announced the 2016 standard rent increase for both groups will be 0 percent—yes, *zero*—and for only the second time in 35 years.

That means no rent increase at all for eligible renters during the period beginning May 1, 2016 and ending April 30, 2017. All others leasing rent-controlled apartments will see a 2 percent rent increase.

Are you registered? Only seniors (aged 62 and older) and

disabled renters (any age) who have registered their status with the Rent Administrator's Office will be eligible for the 0 percent rent increase. To ensure your rent does not go up, you should register at least 30 days before your next rent increase.

Registering is free, is done only once and requires only a few simple steps of proving your status to the Rent Administrator and then notifying your management company. One thing you do *not* have to provide is proof of income. This rent control break for seniors and

the disabled carries no income requirements. The registration form, RAD Form 6, is [available here](#) in English and Spanish.

Need help with the application? Call 202-719-6560 or stop by the Office of the Tenant Advocate to make an appointment, at 2000 14th St. NW, Suite 300 North (Reeves Center; Metro: U Street on the Green Line). OTA's website is [ota.dc.gov](#). Once you've registered, you will save thousands of dollars in the years to come. We've done the math.



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