

# THE VILLAGE NEWS

Northwest  
Neighbors  
Village



Volume 8, Issue 4

A Community Network of Support

April 2016

## Marianna Blagburn bids farewell to NNV

**D**ear Village Community,  
The time has come for me to say goodbye and to thank you for the most rewarding work of my life in a long career. When I became the executive director in 2011, there were only three other open villages in the city: Capitol Hill, Dupont Circle and Palisades. Each of the villages operated as a neighborhood silo in aging services and competed to be the best in the city. We described ourselves as participants in the Aging in Place movement.

I used a Blackberry phone to answer incoming requests from members and called each of the volunteers on an Excel spreadsheet until I spoke to one who said "yes." No email was involved. The first week on the job, I fielded 12 requests in this manner. I thought



COURTESY OF MARIANNA BLAGBURN

**Marianna Blagburn shaped NNV since 2011.**

I wouldn't make it to the second week.

Northwest Neighbors Village (NNV) is now seven years old! Today, there are 10 open villages in the District, including the recent additions of Mount Pleasant and East Rock Creek. Village executive directors meet monthly to share best practices and challenges. NNV collaborates with Iona Senior Services, the D.C. Office on Aging, Forest Hills of D.C., AARP, the Chevy Chase and Forest Hills citizens associations, the Washington Hebrew Congregation and various other organizations. We are the second village in size

and a leader in aging services innovation, member services, programming and volunteer development. This year we will surpass the 10,000 mark in

*See FAREWELL, Page 3*

### MEMBER PROFILE

**By BARBARA B. OLIVER**

## Judaism, two cities shaped life of Phyllis Belford

**N**orthwest Neighbors Village member Phyllis Belford's life thus far is a tale of two cities. She was born and raised in Baltimore and has lived more than 40 years in Washington. She retired from civil service on disability in 1983 and has developed many interests that revolve around the Washington Hebrew Congregation, a community of more than 3,000

families.

Raised in a Jewish home, she was confirmed at age 16 at Har Sinai Congregation in Baltimore. "I originally joined WHC in the '70s," says Phyllis, "because it had a good singles group—to no avail. I felt with my niece a rabbi and married to a rabbi, I should know more than I did. I studied in an adult bat mitzvah class that culminated in our b'nai mitzvah in 1992."

*See PROFILE, Page 4*

## 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

#### Officers

Steve Altman, *president*  
Elinor Stillman, *secretary*  
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Danielle Feuillan  
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## MESSAGE FROM THE PRESIDENT

# Marianna Blagburn left her mark on the fabric of NNV

BY STEVE ALTMAN  
*NNV president*

This spring brings some exciting challenges, events and activities. First and foremost is the difficult task of saying goodbye to Marianna. I can't say enough about her accomplishments and value to the organization. Board members, even presidents, come and go, but a great executive makes an organization.

Marianna has surely placed her stamp on who and what we are at NNV. Her abilities to connect with members, to motivate volunteers and to make difficult decisions that shaped the direction of NNV have been extraordinary.

Rarely do we find the passion, the knowledge of her profession and the personal abilities all in the same leader. And she has been a leader not only of NNV. All the villages in the District have said how much they will miss the ongoing contributions she has made to their success.

Now we have launched our search and are excited that we will find a candidate who will continue to help us build the organization of which we are all so proud.

And life goes on. Do not miss the Healthy Aging Forum on April 18. It is a full day of workshops, lunch and a fabulous keynote speaker. Also, at least



30 vendors will be there all day to explain the services they provide to make our lives easier and richer as we age.

In addition I wanted to let our members know that two community leaders have joined our board.

Mark Adams, who retired from Verizon and has been one of our most popular volunteers, brings his marketing expertise to NNV. Jon Lawlor, who did a great job as president of the Chevy Chase Citizens Association, is bringing interests in developing our wider community to the board.

Another important upcoming event is a town hall for all of our drivers on May 1. While driving is one our most important

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*A great executive makes  
an organization.*

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functions, we are not a taxi service. Each trip is a social event for both the member and the volunteer. We hope to hear feedback from the drivers and share member feedback with the drivers to make the experience as complete as possible. We also want to discuss the important issue of safe driving as we age.

Finally, keep your eye on the ongoing and new programs we are developing for the spring.

## NNV CALENDAR

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

**Mon., April 4, 2-3 p.m.**

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

**Mon., April 11, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Mon., April 11, 3:30 p.m.**

**New NNV Book Club**—Meet with NNV founder Frances Mahncke to decide book for discussion at May 16 meeting. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

**Sun., April 17, 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., April 18, 10:30 a.m.-4 p.m.**

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

**Wed., April 20, 2 p.m.**

**NNV Book Club** to discuss the first half of *The Warmth of Other Suns* by Isabel Wilkerson at the

home of NNV member Barbara Dresner. RSVP by April 18: 202-777-3435.

**Mon., April 25, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Mon., April 25, 3:30-5 p.m.**

**Estate Planning**—Marc Boland, estate attorney, will present facts and steps; refreshments. Assembly Hall, Forest Hills, 4901 Connecticut Ave. NW. RSVP by April 19 to 202-777-3435.

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

**NNV Men's Book Club** to discuss *Between the World and Me* by Ta-Nehisi Coates at the home of NNV member Bernie Hillenbrand. RSVP: 202-777-3435.

## Executive director leaving after 5 years

**FAREWELL**, *Continued from Page 1*

volunteer-member match-ups since opening our doors in March 2009. Your unyielding support combined with the sacrifice of your time, creative ideas and financial donations have helped us to become an area leader in aging services. I am proud of our achievements.

Farewells are never easy. I will miss you—my board leaders, volunteers, members and donors. I know you believe, as I do, that this is important work. We have been together for five years through the many measured steps of incremental growth and development. This I know for sure—Northwest Neighbors Village is extraordinary and we will only get better in the months and years ahead.

I will miss my dedicated office team, Danielle Feuillan

and Leah Penner, who have been superb colleagues in the engine room that keeps the Village going. Danielle and Leah would be successful anywhere they worked, but they continue to choose the Village to make a contribution of their talents and skills. I am grateful.

Finally, I will miss the small miracles that happen every day in the Village. At times we receive requests that are challenging. It is not always apparent that we have the resources. But we try. Our incredible volunteers always step up in response to the most difficult requests. It is heartwarming and encouraging to know that the volunteers, and indeed, the families who live in this community, along with our partners, are willing to be generous with time and resources in a time of need.

In April, I will move to a new position as the program director of Forest Side Memory Care, located on Military Road NW. Forest Side is dedicated to the compassionate care of families who have been affected by the ravages of dementia and Alzheimer's disease.

In a few weeks, you will have the pleasure of welcoming a new executive director. I hope you will be as helpful, kind and supportive to this nonprofit leader as you have been to me. Thank you for your great support and hard work over the past five years. I count myself as fortunate to have been on this remarkable journey with you. Keep going.

With much love and friendship,

*Marianna*

Marianna Blagburn  
Executive director  
April 2016



# 'I just got older, as everyone else did'

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

Phyllis continues her studies through the WHC Mini Academy, which covers a variety of Jewish-related subjects, and a weekly Torah class. She is also a co-president of Prime Timers, a WHC-sponsored group of "involved and curious" older adults who meet for lunch, speakers and day trips. And through the WHC book club, "I read books I'd never have chosen," she says. She is energized by the "enthusiasm of the young." Authors have included Israeli Amos Oz and Joshua Cohen.

Phyllis has developed another cadre of friends in NNV's Monday yoga class, taught by Sandi Rothwell. She is a conscientious visitor to a homebound NNV member and looks out for other NNV members who live in her condo building.

In addition, Phyllis founded Time Stretcher Inc. in 1995, helping folks of all ages with a variety of tasks. It started out as a volunteer activity helping neighbors fill out forms and run errands, then picking up people from medical appointments. Then a set of working parents asked if they could pay her to drive their daughter to after-school events. The business developed organically from these

efforts and continues to grow by word of mouth.

Phyllis has reinvented herself and adapted many times



**Phyllis Belford**

throughout her life. She had wanted to be a lawyer but it wasn't financially feasible. Instead she earned a degree in education, English and social studies in 3½ years from the University of Maryland at College Park. Right after graduating mid-year, she began teaching five classes of high school English in Baltimore.

"The kids didn't have the greatest grounding in things," says Phyllis, "but needed a high school diploma. Many of them were already 18. If they flunked

two classes they would be held back or drop out of school. I developed a 'Red D' grade, which indicated they had flunked the class, but their attendance, attitude and behavior were good," she says. "I wanted them to be able to move forward." And at the end of that school year, she wanted to move forward, too.

In 1962, Phyllis packed up her new red Chevy II convertible and drove across country to a job with the Garden Grove Unified School District in Santa Ana, Calif. "I think they'd just cut the grove down," says Phyllis. Knott's Berry Farm was down the street and there wasn't much else. "The whole year was a culture shock to me," she says. There were no public libraries in town and no public transportation to go elsewhere where students could get an assigned book for her class. Guys would come to class and yell, "Surf's up," and they would all leave.

To give them their due, Phyllis says, "they were children of migrant workers and some had been to as many schools as they were years old." But they weren't dumb. To test this theory she gave a quiz where they had to read the questions and multiple choice answers. Most

*See PROFILE, Page 5*

## SERVICE OF THE MONTH Assistance with book donations

**Y**ou can support our local FOLio bookstore treasure in the Chevy Chase Library and treat another avid reader to a book you have enjoyed. FOLio is a secondhand bookstore, located on the second floor of the Chevy Chase Library. Donated books and tapes are resold at a fraction of original cost on Saturdays from 10 a.m. to 5 p.m., FOLio's operating hours.

Volunteers will accept donations of recent books, CDs and DVDs in good condition. Preferred book genres are recent fiction, biographies and children's books; all subject areas are welcome except outdated books or textbooks.

NNV will arrange for volunteers to pick up your books and drop them off. Call NNV at 202-777-3435 to arrange for a pickup. Please limit donations to 10 books or fewer and have them ready in a bag with handles or a small, movable box. A tax donation form is available and will be approved at the main desk downstairs.



JANEAN MANN

## Bees and knees

**It's the bees' knees (and other parts of their legs) that honeybees use to capture pollen from flowers, according to NNV member, biologist and native bee expert Jane Whitaker, right, who spoke to an NNV group recently. Attendees, including Anike Buche, left, and Judy Brace, center, learned of the many benefits provided by bees, including the fact that many of them do not sting!**

### PROFILE, Continued from Page 4

of them flunked. Then she gave a second quiz where she read each question and all the possible answers, and the class did much better. At her exit interview, she told the vice principal they needed a remedial reading course for these students. His answer: They have speed reading. He didn't know the difference. She went back to Baltimore, where she got a job with a local credit card company that was ahead of its time.

Meanwhile, she and her high school prom date, whom she had dated briefly in college, had gotten back together through the matchmaking efforts of his sister, and in 1964 Phyllis married Stanley Belford, a pharmacist.

Phyllis was working for the National Institutes of Mental Health in Bethesda, which at that time had equal status with the National Institute of Health. But in 1967 Stanley died at age 29 of cancer.

So, as a young widow, Phyllis moved back home to Baltimore and went to work for the Social Security Administration and in Washington for the Office of the Secretary of Health and Human Services, Office of Special Concerns, Women's Action Program.

She was instrumental in obtaining funding for a survey that provided the data that proved positively that after divorce, men's income went up and women's went down. As a result, lawmakers amended

the Vocational Education Act in 1976 to create programs to train displaced homemakers, and Social Security created an office that could track deadbeat dads. "It was really exciting to be involved," says Phyllis.

"I never thought about aging; I just got older, as everyone else did," she says. However, she is participating in a class in Wise Aging, based on the book *Wise Aging: Living With Joy, Resilience & Spirit* written by Rabbi Rachel Cowan and Dr. Linda Thal. The Wise Aging program provides new resources and support to live the later years with spirit, resilience and wisdom. Phyllis says with a laugh, "I especially relate to the chapter 'Knowing Your Body and Living With It.'"



MARIANNA BLAGBURN

Laura Newland meets with seniors at the Chevy Chase Community Center.

## DCOA director hears Community Center complaints

BY LORETTA KIRON  
AND MARIANNA BLAGBURN

**L**aura Newland, executive director of the D.C. Office on Aging, responded to senior citizens' complaints about use of the Chevy Chase Community Center at a meeting there March 24. Among other things, she revealed an interim manager for senior programs is being appointed there.

Newland is making the rounds in all quadrants of the city to hear older citizens express their concerns about growing old in the city. More than 40 residents, including members of Club 60+ and Northwest Neighbors Village who use the site for strengthening and cardio exercise classes, were poised to hear what Newland had to say. Members of the exercise group had submitted questions to Newland's office ahead of her visit.

Newland thanked the group for the questions and spoke about her emphasis on collaboration within the

community and especially with other agencies in the District. "The core agenda of the work of DCOA is to resolve issues of wellness and to make it work for the community," she said. "What does it take to live a good life and what does it take to create relationships that allow a community to thrive? We have work to do."

Acknowledging an inequity in senior programs in Ward 3 by comparison to other areas in the city, Newland reported that there are currently 37 programs on aging for residents of the District, and her work in 2016 and 2017 will focus on clearing up systems and programs already in place with provider networks, evaluating what is working, and moving to a new operation in fiscal 2018. Anticipating the disappointment of the two-year trajectory, she quickly acknowledged that by October 2016, information would be collected for improving programs in 2017, only nine months away.

Newland encouraged residents

to take advantage of two of the District's newest programs, Safe at Home and Benefits Check Up. Launched in January 2016, Safe at Home promotes aging at home for older adults (60+) and persons living with a disability by offering up to \$10,000 in home accessibility adaptation grants that reduce the risk of falls and reduce barriers that limit mobility. Interested residents should call 202-638-0050 to learn more. Benefits Check Up is an online, web-based service that screens for more than 2,000 public and private benefit programs for seniors with limited incomes. Go to [dcoa.dc.gov/publication/benefits-check-fact-sheet](http://dco.dc.gov/publication/benefits-check-fact-sheet) for details.

Newland emphasized her focus in the short term on working collaboratively with other District agencies such as the Department of Parks and Recreation (DPR), building intergenerational programs and bringing in a manager for senior programs in Chevy Chase. She introduced DPR's Danielle

See TOWN HALL, Page 7



## Estate planning program planned on April 25

**O**rganize your estate plan today and enjoy peace of mind tomorrow. Marc Boland, an attorney with the firm of Oppenheimer, Fleischer & Quiggle, will provide an overview of current estate planning techniques and management issues for you and your family, including wills, trusts, probate, powers of attorney, advance medical



Marc Boland

directives, charitable giving, and estate and gift tax laws that may impact your estate plan.

The meeting, co-sponsored with the Cleveland and Woodley Park Village, will be held at the Assembly Hall of Forest Hills of D.C. Seating is limited; call 202-777-3435 by April 19 to reserve your seat.

## Major sponsors set for Healthy Aging Forum on April 18

**R**egistration is going strong 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.

Forum sponsors include Charles E. Smith Life Communities, Grand Oaks, the Senior Beacon, Johns Hopkins Medicine and Senior Retirement Living. Other forum collaborators include Osher Lifelong Learning Institute, Sibley Seniors, Iona Senior Services and other area nonprofit organizations committed to networking, education and the delivery of direct services to older residents, each of whom is bringing their expertise to the forum content.

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 better quality of life as they age. Workshops featuring expert panelists will be "De-cluttering and Home Safety," "Intimacy and Sex," "Creative Aging," "Difficult Conversations," "Music, Improvisation and Brain Health," "Movement, Mindfulness and Meditation," "Wise Aging" and "Healthcare Advocacy."

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 recommended to ensure your workshop preference. Registration is \$20 after April 1. The fee includes your selection of workshops, the author presentation and lunch. Registration is available online at [www.nwnv.org](http://www.nwnv.org). For questions, call 202-777-3435.



Keynote speaker Mindy Greenstein.

## DCOA chief touts 2 new senior programs

**TOWN HALL**, Continued from Page 6

Creek, who announced that there would be an interim program manager for 90 days. After 90 days, Creek said, "a decision will be made to either continue with a part-time DPR employee or hire a contractor to work on the

program on our behalf."

Newland and Creek acknowledged the success of the Club 60+ exercise classes in the community, founded by ANC Commissioner Carolyn Cook and taught by YMCA instructors Will Yates and Angela Rice. Creek said that any future classes for

seniors will be taught by the "Y" instructors, indicating a commitment for funding the Y classes, which had been in jeopardy.

Sometime after the March 24 meeting, a room dedicated for seniors at the community center was painted.

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**Loretta Kiron** is a Club 60+ member.

# How to be safe at home, free of scammers

BY JANEAN MANN

Instead of an ominous forecast, this year's Ides of March offered an array of steps you can take to make yourself safer at home and from the increasingly large number of scammers after your money. Four experts offered a plethora of suggestions at a March 15 talk co-sponsored by NNV and the Chevy Chase Citizens Association.

Former disaster preparedness worker/EMT and fireman Phil Rogers moderated the panel and warned of home safety hazards such as loose rugs (falls) and toaster ovens that get too hot and can set nearby items afire. He urged everyone to have two stair railings on each stairway, a smoke detector on each floor and carbon monoxide detectors. He also urged pruning outdoor plants to discourage predators.

Lottery scams have claimed many senior victims, according to master social worker Kim Cauthen. The scammers will call individuals saying they have won a lottery (doesn't matter that you haven't entered one) and that you need to pay the taxes before they release the money. Other

fraudsters try to take your money by selling you home repairs or excessively expensive funeral services, said the director of senior adult programs for the Washington Jewish Community Center.

She also said phony calls, allegedly from the IRS, are prevalent at this time of year (see the February NNV newsletter). And don't let anyone pressure you into buying something or making a repair, Cauthen warned. She urged everyone to have a durable power of attorney, giving someone you really trust the power to deal with your affairs if you are suddenly incapacitated. Many seniors, she noted, are abused by individuals close to them. If you think someone is trying to harm you, call Adult Protection Services at the Department of Human Services. Just dial 311.

Computer expert Bruce Maliken encouraged individuals to back up all their computer data, thus making you less vulnerable to CryptoLocker—malware that might seize control of your computer and demand payments in untraceable bitcoins to get your data released. The best way to protect your computer is to stop

and think, he said. The attack could come in the form of an email saying you owe money to someone you have never heard of, or a pop-up offering you something free. "Nothing is for free," said the owner of Up and Running.

If you get a warning pop-up, do not click on it; just shut down your computer if you cannot delete it, he said, adding that you can usually restart the computer without the problem recurring. The type of websites you visit can also increase the likelihood of contracting viruses. Pornography sites are the most vulnerable.

Phil Ziperman, who heads D.C.'s Office of Consumer Protection, outlined many of the ways in which his office can help with consumer complaints, including mediation of disputes. Ziperman warned of debt collector scams. All debt collectors must contact you in writing. You can stop them from calling. Just tell them not to call, and if they continue to do so, call the Consumer Protection Office at 202-442-9886.

He noted that credit cards offer protection when making purchases. If you write a check, you cannot get the money back.

## UPDATE TO WINDOWS 10? MAYBE . . .

If you have Windows 7 or 8 running on your computer, you have been inundated with offers from Windows for a free upgrade to Windows 10. Do you take it? Several of our local computer experts, Bruce Maliken of Up and Running and NNV's Michael Sams, say generally no. According to Bruce, you should upgrade only

if you are running Windows 8 and you are unhappy with it. He warns that some drivers on Windows 7 and 8 may not work with 10, causing more problems. If you have your computer set to accept updates automatically, Windows 10 may well appear. You should change those settings if you don't want Windows 10. Additionally,

you need a 1GHz processor or faster, so some folks might have to upgrade their systems to accommodate it. Some gadgets on Windows 7, such as allowing you to stream radio stations, also are not there in Windows 10. The free upgrade offer is good until July 25. Good luck.

—Janean Mann



## COMMUNITY CALENDAR

*Events are free unless otherwise indicated.*

**Sat., April 2, 5 p.m.**

**Gallery Talk**—On the exhibition “Twisted Teenage Plot,” showcasing visual artists who played in bands in Washington in the late ’70s and early ’80s. **6-9 p.m.**, Spring Opening Reception. Katzen Arts Center, 4400 Massachusetts Ave. NW.

**Tues., April 5, 7:30 p.m.**

**Police Service Area 201**—Community meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Wed., April 6, 7 p.m.**

**Author Talk**—Sarah L. Kaufman on *The Art of Grace: On Moving Well Through Life*. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Fri., April 8, 15, 22, 29, 11:30 a.m.**

**Museum Tours**—New subject each week. Katzen Arts Center, 4400 Massachusetts Ave. NW.

**Sat., April 9, 2 p.m.**

**Adult Coloring**. Free coffee. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Mon., April 11, 7-9 p.m.**

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

**Tues., April 12, 2-4 p.m.**

**Emergency Preparedness: How Best to Handle Crises**—Power outages, medication issues, 911 or 311? Isha Foster-Lee, Executive Office of the Mayor. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Thurs., April 14, 7:30-10 p.m.**

**ANC 3E**—Public meeting. Claudio Grossman Hall, Washington College of Law, American

University, 4300 Nebraska Ave. NW.

**Tues., April 19, 7 p.m.**

**2016 Henry Mitchell Lecture**—“Making Our Gardens Resilient, Beautiful and Good for the Potomac Watershed” by LEED-certified landscape architect Carla Ellern. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

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

**ANC 3F**—Public meeting. Forest Hills of D.C., 4901 Connecticut Ave. NW.

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

**Chevy Chase Citizens Association**—“Green” meeting on environment, sustainability. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Wed., April 20, 7:30 p.m.**

**T’ai Chi with Susan Lowell**—Chinese martial art of meditation, relaxation. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Thurs., April 21, 10:30 a.m.**

**Avalon Senior Cinema**—Patrons 62 or older pay less than the usual senior rate of \$8.75. Avalon Theatre, 5612 Connecticut Ave. NW.

**Mon., April 25, 7-9 p.m.**

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

**Wed., April 27, 7 p.m.**

**MPD 2nd District Citizens Advisory Council**—Meeting. 3320 Idaho Ave. NW.

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

**AARP Foundation Tax Aide**—Trained volunteers help 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+**—Enhanced Fitness with Will Yates and Angela Rice. Auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW. Class full, new class being organized.

**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.**—Chevy Chase, 5625 Connecticut Ave. NW.

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

**April 4**—*The Danish Girl*, U.S., 2015, rated R (Eddie Redmayne)

**April 11**—*Jean de Florette*, France, 1986, rated PG (Gerard Depardieu)

**April 18**—*To Kill a Mockingbird*, U.S., 1962, not rated (Gregory Peck)

**April 25**—*Joe Gould’s Secret*, U.S., 2000, rated R (Stanley Tucci)

# Breaking bread for a fine dessert

BY BARBARA B. OLIVER

**F**rugal cooks looking for a way to use stale bread created bread pudding. It's important to use stale bread as it soaks up the liquids more readily. If you don't have stale bread, leave slices out 10 minutes or overnight. For those who like more raisins, I suggest adding 1 or 2 tablespoons of currants to the beaten egg mixture.

Although the result is delightful on its own, you may choose to pour milk or fat-free half-and-half over the pudding, or top it with a dollop of whipped cream, orange marmalade or fruit jam.



TOM OLIVER

## Bread Pudding

*4 slices raisin bread, slightly stale*

*Butter or margarine to coat pan  
2 eggs, or equivalent egg*

*substitute  
2 tablespoons sugar, or  
equivalent sugar substitute  
1½ cups whole or 2% milk  
½ teaspoon pure vanilla extract  
¼ teaspoon ground nutmeg*

Preheat oven to 350° F.

Cut bread into ½-inch cubes. Place in a *shallow*, buttered, 1-quart baking dish.

Beat eggs with sugar, milk, vanilla and nutmeg; pour over bread.

Set baking dish in a pan containing 1 inch of hot water. Bake for 40 to 45 minutes, or until center is firm to the touch.

Remove the dish from water bath and cool. Makes 4 (generous) to 6 servings.

ADAPTED FROM BALTIMORE SUN RECIPE, 1972