

THE VILLAGE NEWS

Northwest
Neighbors
Village

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A Community Network of Support

January-February 2019

Reflections on NNV, now 10 years old

At our start in 2009, only 30 volunteers aided 22 members

By JANEAN MANN

NNV “opened its doors” on March 2, 2009. But there were no doors to open, as we had no office! We did have a Blackberry that four of our founders/board members passed around to connect our 22 members seeking a limited number of services.

Thirty volunteers were trained and ready to provide those services. In those early days, calls for services averaged one or two a week. The area we served was limited to Chevy Chase, D.C., some of Friendship Heights and part of Forest Hills.

In creating NNV, we drew inspiration from Beacon Hill Village in Boston, about which founder and first president Frances Mahncke, and others who soon joined in, had read. She saw the idea as a great one for our neighborhood and began holding meetings in May 2007 to discuss the possibility.

A dedicated corps of founding volunteers emerged from these meetings, formed a board, held coffees to recruit more volunteers and members, raised money and obtained the required licenses and nonprofit designation. We sought advice from D.C.’s existing Capitol Hill Village, sent out mailings, made presentations around the community and publicized our goals.

These early activities highlight what our organization is all about—neighbors helping neighbors. And our neighbors helped us get started and keep going. We obtained a \$15,000 D.C. government grant that helped cover early expenses and launch our organization. Additional support came from the Advisory Neighborhood Council (ANC 3/4G) that represented the area that NNV originally served and from ANCs 3E and 3F as we expanded.

Thanks to early supporters and to the Lisner-Louise-Dickson-Hurt Home, we soon obtained free office space. Other assistance came from AARP, the Chevy Chase Citizens Association, Iona Senior Services and many others. NNV was off and running. By June 2009, we had hired our first, part-time executive director. By July, requests were coming in on average of one a day.

See REFLECTIONS, Page 2



BY SHARON WOLOZIN

From the August 2011 edition of *The Village News*: Volunteer Bob Wolozin changes a lightbulb for member Ann Murphy.



Carole Bernard, NNV’s first executive director (2009-11), left, and Marianna Blagburn, its second (2011-16).

NORTHWEST NEIGHBORS VILLAGE

a community network of support
4901 Connecticut Ave. NW
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202-777-3435
www.nwnv.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.nwnv.org or call the office at 202-777-3435.

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FROM THE EXECUTIVE DIRECTOR

Preparing for retirement? That means building connections

By STEPHANIE CHONG

A common sentiment among members and volunteers alike is that Northwest Neighbors Village fosters connections between neighbors after their retirement. Many people find it a challenge to find the time to cultivate relationships with their neighbors when working full time.

Even after living in the neighborhood for decades, it is common to realize that you don't really know the people who live nearby. NNV members and volunteers have discovered that retirement provides an opportunity to engage in the community and build relationships with neighbors. It is in this spirit that NNV has increased its efforts to reach out to recently retired members of our community.

In October, 35 recent retirees gathered at Olive Bistro in Tenleytown for a discussion titled "Finding Your Niche in Volunteering" sponsored by NNV. Steve Gurney, founder of the "Guide to Retirement Living Sourcebook," led off by highlighting the importance of volunteering in helping retirees maintain social connectedness and purpose after leaving the workplace.

A host of community members discussed various volunteer



opportunities ranging from community organizing and support, tax preparation, enhancing literacy, and helping homeless youth. Samantha Nolan, Neighborhood Watch coordinator, and Debby Shore, founder and executive director of Sasha Bruce Youthwork,

contributed to the discussion as did NNV's very own Karen Zuckerstein, Elly Greene, Merilee Janssen and Suzanne Orenstein.

Over the past year other efforts to bring recently retired neighbors together have included happy hours and local walks followed by coffee at a nearby cafe.

On Wednesday, Jan. 16, NNV will host a panel discussion about how to prepare for a successful retirement. The program will take place from 6 to 7:30 p.m. at the Tenley-Friendship Library. Moving forward, NNV plans to offer more opportunities for recent retirees to gather.

Would you like to share how you've made the transition from employment to retirement? Are you interested in getting together with other soon-to-be or recently retired neighbors? If so, we want to hear from you. Please contact Stephanie Chong at schong@nwnv.org or 202-777-3435.

A look back as NNV marks its 10th year

REFLECTIONS, *Continued from Page 1*

In 2010 American University Park residents asked that we expand our territory to include them, to which NNV agreed with the requirement that they provide board members. They did and we did. We had more than 135 members by the time our second executive director arrived in June 2011. In 2013 we moved our office to the Methodist Home, now Forest Hills of D.C.

As we approach our 10th anniversary, NNV is proud to have filled nearly 4,000 service requests this year, with our terrific volunteers having contributed nearly 8,000 hours of their time. We have more than 254 members and 142 volunteers providing a wide variety of services. We thank all of you for helping us achieve this wonderful success!

Board of Directors member **Janean Mann** is one of the founders of NNV.

From Harvard, lessons for a life you want

On Nov. 8, Northwest Neighbors Village sponsored a talk at the Tenley-Friendship Library by David Cohen, an NNV volunteer and former board member, about *“Lessons from Lives? The Harvard Study of Adult Development.”*

His talk was based on research he has done for his book *“A Life You Want,”* a work in progress since 1994. He has pulled together longitudinal research and other scientific studies to bring its readers a better chance at satisfying lives. The main focus of his talk was a section of the book about the Harvard Study of Adult Development, which began in 1938.

BY DAVID COHEN

In the 1930s, Harvard professor of hygiene Arlen Bock headed the university health service. He thought medicine looked too much at pathology and knew too little about healthy human development. With a multidisciplinary team, and funding from W.T. Grant, founder of a department store chain and a friend and patient of his, Bock recruited 268 19-year-old sophomores as study subjects. All were white men, 80 percent Protestants, 10 percent Catholics and 10 percent Jews. Later the study added 450 inner-city Boston men from a study begun in the 1940s by Sheldon and Eleanor Glueck, who pioneered research into delinquent and criminal behavior; the inner-city men were their control group. Bock’s original plan was to follow the study participants for 15 to 20 years.

Remarkably, more than 90 percent of the original participants continued in the study throughout their lives. In 2015, the study moved to a second generation, the children of the original participants and their families. Its title now is the Harvard Second Generation Study (www.adultdevelopmentstudy.org).

‘Study of Adult Development’ yields some surprising conclusions



The researchers documented the family backgrounds, physical dimensions and emotional constitutions of their subjects, and then checked in with them regularly throughout their lives. In his 1995 memoir *“A Good Life: Newspapering and Other Adventures,”* study participant Ben Bradlee, former executive editor of *The Washington Post*, quotes at length from his study file. The study’s papers about another participant, President John F. Kennedy, will become public in 2040.

The study helped debunk the model of maximum health from which the researchers began in the 1930s: Nordic, slim-hipped and broad-shouldered.

George E. Vaillant, director of the study from 1966 to 2005 and author of *“Triumphs of Experience: The Men of the Harvard Grant Study,”* concluded from decades of data that health and longevity turned instead on what he called the five “vascular

risk factors”: smoking, alcohol abuse, hypertension, obesity and Type II diabetes. Men who avoided these risks lived on average 18 years longer than men who didn’t. By contrast, the longevity of the men’s ancestors and the social class into which they were born were far less important.

Those same decades of data took Vaillant to another conclusion, one he didn’t expect: The single most important predictor of success—at work, in terms of physical and mental health, and in relationships—was “the capacity for intimate relationships.” He writes, “There are two pillars of happiness revealed by the Study . . . One is love. The other is finding a way of coping with life that does not push love away.”

Vaillant tells the stories of many study men to illustrate his themes, though he disguises identities to protect confidentiality. Several of his vignettes portray men who began with childhoods that were anything but warm and loving, and struggled as a result. Some, however, found loving relationships in later life. For their sense of life satisfaction in their old age, that change made all the difference.

Most of us have seen people benefit from loving relatives, friends and mentors. To the extent we are able to extend love and support to our children, grandchildren, extended family and community, we may contribute in ways that enrich lives.

My thanks to Northwest Neighbors Village Executive Director Stephanie Chong and Vice President Jon Lawlor for arranging the talk, and to Forest Hills Connection (www.foresthillsconnection.com) founder Marlene Berlin for inviting the summary on which this article is based. I welcome your responses, and suggestions of other venues for discussing my project. Please email me at David3209@aol.com.

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A training session to inform NNV members on transportation options for seniors hears a presentation on GoGoGrandparent by Wendy Blair.



STEPHANIE CHONG

Becoming transportation-savvy seniors

BY HEATHER FOOTE

In October and November 2018, Northwest Neighbors Village offered a focus group and training to familiarize members with the many ways that the village's new Transportation Navigator Volunteer Service can assist them, one-on-one, to learn about and master a variety of transportation options.

An early October focus group first explored participants' experiences with accessing transportation information and services, as well as their familiarity with smartphones. Increasingly, such information is moving online, making it important for seniors to expand their digital device skills and learn about some work-around options such as GoGoGrandparent, a service that connects seniors to ride-sharing services if they do not have a smartphone.

TechMoxie founder Pam Holland presented three tech training sessions supplemented by the firsthand experiences of three "peer" instructors.

► Age-Friendly D.C. volunteer Wes Morrison described his purchase of Jitterbug, a simple smartphone

option.

► Capitol Hill Village member Wendy Blair explained how she uses GoGoGrandparent to order Uber and Lyft rides, even though she does not own a smartphone.

► Buddy Moore, a vision-impaired member of the D.C. Multimodal Accessibility Council, said many seniors are not aware that eligibility for the MetroAccess paratransit service is not based on income but on inability to use Metrobus and rail independently most of the time. Applicants have their medical provider complete a form which is then hand-carried to Metro headquarters at the time of the applicant's scheduled assessment.

Residents registered with MetroAccess can take a shared-ride van or \$5 one-way taxi ride within the District using TransportDC or into Maryland using Abilities-Ride. The Capitol Hill Village website has downloadable transportation information sheets; visit www.capitolhillvillage.org.

Results from on-site surveys showed that a strong majority of NNV participants learned new information about the Transportation Navigator Service

and how it could help them with one-on-one assistance. By the time of the third training session, some members had already contacted the Navigator Service, tried new transportation options and planned purchase of the recommended simple smartphone.

NNV and Capitol Hill Village will continue to track outcomes,

An NNV member and training participant tells how she pioneered the new Abilities-Ride service for MetroAccess customers. *Page 5*

including seniors' motivation to "invest" in building their own "portfolio" of transportation options to meet current and future needs. Survey findings also suggest that small-group training followed by the opportunity for one-on-one, individually paced learning, such as NNV's Navigator Volunteer service, may be a promising approach for other villages. An AARP Community Challenge grant, through the AARP Livable Communities initiative, supported these training sessions.

Abilities-Ride: A firsthand customer experience

By JANE WHITAKER

Some of us are aware of the TransportDC taxi ride option for MetroAccess customers, which allows them to ride anywhere within the city for a flat fare of \$5. However, there are only three taxi vendors (the best, in my opinion, being Yellow Cab) affiliated with the service, and they will not go into Maryland. That leaves out our access to doctor appointments just a block over the D.C. line.

At a recent NNV tech training session, I learned there is now another option, Abilities-Ride. I called Regency Taxi at 301-990-9100 and was asked for my MetroAccess customer number. The operator informed me that their cabs could pick me up in D.C. and take me to Montgomery County. I can use their services as long as my ride either begins or ends in Montgomery County.

I was also informed that the Silver Cab Company, 301-277-6000, would take riders from the District into Prince Georges County. The charge is \$5 for any trip up to 9 miles. There is a \$2-per-mile charge for every mile over 9 miles. The operator encouraged me to call the day before as one does for the MetroAccess bus but that it was not necessary.

I tested the Abilities-Ride service and I am happy to report it was a success. I called Regency in the mid-morning and asked for a cab to pick me up at 1:15 p.m. The operator asked for my MetroAccess customer number.

At 1 p.m., the NNV Transportation Navigator

volunteer who was assisting me arrived and informed me that a Barwood cab was parked at my front door. It was my cab. The volunteer and I were taken to Trader Joe's in Bethesda. The only requirement was that I had

to sign a cab voucher and of course pay the driver \$5.

When we were finished shopping I called for a pickup and was told it would be about a 15-minute wait. Within five minutes we were picked up and taken home to D.C.

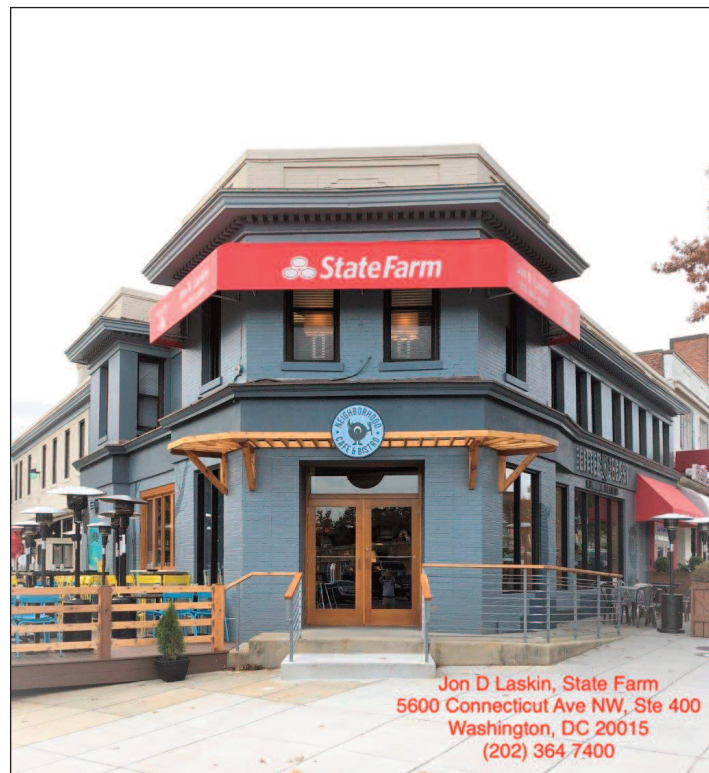
If one is eligible for MetroAccess, this is a great way to get a cheap ride into Maryland. I tried GoGo Grandparent as a ride option to 5454 Wisconsin Ave.

in Chevy Chase, Md., and the cost was over \$7. The same ride would cost me \$5 with Abilities-Ride.

Both transporters will allow an aide to accompany you. However, GoGo Grandparent will allow up to four riders. If you are already a MetroAccess customer, you might give Abilities-Ride a try so you will be prepared in the case of an emergency.



Abilities-Ride is designed for people with limited mobility, eligible for MetroAccess service, who need to travel to Maryland.



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Tax law changes bring challenges for 2019 filers

New scams likely along with deduction, exemption switches

By JANEAN MANN

Major changes in U.S. tax law were approved in 2017 and will provide challenges as you file your 2018 taxes.

The new law eliminates the personal exemption and caps deductions for state and property taxes while doubling the standard deduction for both single and joint filers. Tax rates for individuals will drop—at least until 2025, while corporations will enjoy even larger (and permanent) tax cuts. While contending with these changes, taxpayers are likely to be inundated with new tax scams.

For D.C. residents the news is both good and bad. The good news is that the “[Tax Cuts and Jobs Act](#)” doubles the standard deduction to \$12,000 for single filers and to \$24,000 for married joint filers. It also leaves intact the additional deduction for filers who are 65 and over or blind, allowing them to claim an added \$1,300 when they file their 2018 taxes. Thus married taxpayers who are both over 65 can lower their taxable income by an extra \$2,600.

The medical expense deduction threshold is lowered for 2018 to 7.5 percent of adjusted gross income, but reverts to 10 percent for 2019. Tax brackets are generally lowered about 2 percent.

The bad news, especially for D.C. residents, is that beginning in 2018, you can deduct a maximum of \$10,000 in state and property taxes and mortgage interest. Also on the downside is the elimination of the \$4,050 personal exemption. There are no changes in the way Social Security and investment income is taxed. 2018 is the last year for which alimony payments can be deducted.

For D.C. seniors with household incomes of \$130,550 or less, it would be beneficial to apply for official Senior Citizen or Disabled Property Owner Tax Relief if they have not yet done so. It can reduce one’s property taxes by 50 percent and maybe get you under the \$10,000 ceiling mentioned above. Get more information at: otr.cfo.dc.gov/page/homesteadsenior-citizen-deduction.

AARP will be providing free tax preparation assistance to seniors at a variety of locations throughout



the city. Such assistance will be offered on Tuesdays and Wednesdays, 1 p.m.-5 p.m., Feb. 1 through April 16, at the Chevy Chase Community Center. No appointments are required. After Jan. 1 you can find other D.C. locations at AARP’s website: <https://secure.aarp.org/applications/VMISLocator/searchTaxAideLocations>.




Tax season also provides a prime opportunity for scammers to prey on the unsuspecting. The “Tax Transcript” email scam is now making the rounds. This scam involves fraudulent emails claiming to be from “IRS Online.” The email bears an attachment labeled “Tax Account Transcript” or something similar.

If you open the attachment, “Emoter” malware will be imbedded in your computer, giving scammers access to your financial information and other sensitive data on your computer. *Note that the IRS will never send you unsolicited emails, ask for credit or debit card numbers over the phone or telephonically threaten you with immediate arrest for nonpayment of taxes.* You always have the right to appeal the amount that the IRS may claim that you owe.


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Passages



NNV was sad to learn that a longtime member, the Rev. **Elton O. Smith Jr.**, passed away peacefully on Nov. 17 at the age of 89.

Rev. Smith was the Dean of St. Paul's Episcopal Cathedral in Buffalo for 26 years from 1968 until 1994. Upon his retirement from St. Paul's he served as canon vicar and held other executive positions at the Washington National Cathedral from 1994 until 2003. He later

served as interim rector of Grace Episcopal Church, Georgetown, from 2003 until 2004, and assistant rector of St. James Episcopal Church, Potomac, from 2004 to 2011 when he retired at the age of 81.

He served as a battalion sergeant major with the Second Infantry Division in Korea during 1952 and was awarded the Bronze Star.

Elton was a member of NNV's Men's Book Club and will be greatly missed by the village community.



STEPHANIE CHONG



JON LAWLOR



JUDIE FIEN-HELFMAN



JON LAWLOR

At the holiday party

Clockwise from top left: Marking the holidays at NNV's annual bash were, from left, Lois Berkowitz, Pat Kasdan, Suzanne Zunzer, Phyllis Belford, Harriet Marin, Janet Novotny and Tommy Heggans; original member Peggy Nolan speaks; Pat Kasdan addresses the group, with president Judie Fien-Helfman at left; and a cake to mark NNV's 10th anniversary this year. The crowd at Forest Hills of D.C.'s assembly room on Dec. 9 enjoyed a lavish assortment of potluck delectables as well.



Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*

Anything that gets your heart beating faster counts.



Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



AND

If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**



Move more, sit less: It's never too late to be active

By KATE OLSGAMP, MPH, CHES

Late last year the U.S. Department of Health and Human Services released updated Physical Activity Guidelines. The guidelines provide evidence-based recommendations for various age groups—including adults over 65—to safely get the physical activity they need to stay healthy. As a public health professional specializing in physical activity and aging I'm here to tackle some common questions, and share what the latest guidelines tell us about the answers.

What is physical activity?

You've likely heard the terms physical activity and exercise used pretty interchangeably, but there is a difference.

Physical activity refers to any body movements above our basic level needed to wake up, breathe and digest food. Most of the movements we do all day long count as physical activity—walking, standing up from a chair, dancing, jogging, doing home repairs, yoga, carrying groceries, bicycling, playing sports, climbing stairs, gardening, tai chi, etc. Exercise is a form of physical activity that is planned, structured,

A Q. and A. on what new guidelines mean for the senior adult

repetitive and done with the goal of improving health and fitness.

All exercise is physical activity, but not all the physical activity we do is exercise. The guidelines are specific to physical activity, because all of the movement we do throughout the day can impact our health!

Why should I be active?

Physical activity creates immediate and long-term health benefits for people of all ages. Being active can improve outcomes for people with and without a chronic disease. Physical activity is especially important for optimal aging. Regular physical activity can:

- Improve physical function, making it easier to perform the activities of daily living.
- Reduce the risk of cardiovascular disease, hypertension, type 2 diabetes, eight types of cancer and dementia.
- Reduce disease progression for conditions such as hypertension and

type 2 diabetes.

- Improve cognition, quality of life and sleep.
- Lower the risk of falls and fall-related injuries.

How active do I need to be?

The key guidelines for older adults recommend that adults should do at least 150 to 300 minutes of moderate-intensity aerobic activity each week. Aerobic activities include anything that gets your heart beating faster.

If you are able to do vigorous-intensity activities (meaning that during the activity you can't say more than a few words without pausing for breath) you can aim for 75 to 150 minutes.

In addition to aerobic activity, adults should do muscle-strengthening activities two days per week. These activities make your muscles work harder than normal, such as exercises with bands or hand weights, body weight exercises, or lifting while gardening.

Older adults in particular should incorporate multicomponent activities into their weekly routines—combining aerobic, muscle-strengthening and balance activities. Balance activities include things like

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NNV Calendar

Salon Series

Marvin Kalb, nonresident senior fellow with the Foreign Policy Program at Brookings Institution

Sunday, Jan. 6, 11 a.m.-1 p.m. Event is SOLD OUT.

"The Danger to and Future of American Democracy in Light of the Damage Done by the Trump Administration's Unrelenting Attacks on the Press." Marvin Kalb's distinguished journalism career spans more than 30 years and includes award-winning reporting for both CBS and NBC News as chief diplomatic correspondent, Moscow bureau chief and anchor of NBC's "Meet the Press." Kalb went on to become founding director of Harvard University's Joan Shorenstein Center on the Press, Politics and Public Policy. Kalb is the Murrow professor emeritus at Harvard and hosts "The Kalb Report" at the National Press Club.

NNV Book Club

Wednesday, Jan. 16, 2:30 p.m.
Location TBA. RSVP:
FranMahn@aol.com.

The group discusses the second half of "Pachinko" by Min Jin Lee.

Recent Retiree Event

Wednesday, Jan. 16, 6-7:30 p.m.
Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

NNV hosts a panel discussion on preparing for a successful retirement.

Movie and Lunch

Thursday, Jan. 17, 10:30 a.m. Avalon Theatre, 5612 Connecticut Ave. NW

We will take advantage of the Avalon Senior Cinema special showing for \$5 a person and then walk one block to the Parthenon Restaurant for a Greek lunch (approximately \$10-15 per person).

NNV Men's Book Club

Tuesday, Jan. 29, 3-4:30 p.m. Forest Hills of D.C., outside library, 4901 Connecticut Ave. NW. RSVP: 202-777-3435, schong@nwnv.org.

The group discusses "We Fed an Island" by Jose Andres.

Caregiver Support Group

Wednesday, Feb. 6, 10-11:30 a.m.
Wednesday, Feb. 20, 10-11:30 a.m.
Free; space is limited to eight people to keep the group small enough for relationships to grow. Call Sue Lieberman at 202-362-8188.

Are you or anyone you know acting as a caregiver for a relative or friend? Would you like to meet with others facing this challenge to exchange ideas, information and honest feelings about all parts of this challenge? NNV sponsors such a support group, open to the community.

Symphony of the Potomac Concert

Sunday, Feb. 10, 3 p.m. Cultural Arts Center, Montgomery College, 7995 Georgia Ave., Silver Spring. \$10 discounted tickets are available by calling the NNV office at 202-777-3435.

"From the Gilded Age to the Jazz Age and Beyond." Selections include Chadwick: "Jubilee"; Gershwin: "An American in Paris"; Walker: "Lyric for Strings"; Price: Symphony No. 3.

New Book Group!

Thursday, Feb. 14, 1:30-3 p.m. (The group will continue to meet on the second Thursday of each month.) Location: home of NNV member Ginny Finch, 2939 Van Ness St. NW (Van Ness East), Apt. 1221. Metro-accessible; free parking in front of the building. Limit: eight participants. RSVP to Ginny, 202-686-0053 or ginnyvne@yahoo.com.

The group's theme is the New York Times 100 Notable Books of 2018. At the first session we will discuss "Kudos" by Rachel Cusk. Please read the entire novel before attending.

NNV Book Club

Wednesday, Feb. 20, 2:30 p.m.
Location: TBA. RSVP:
FranMahn@aol.com.

Topic: "The Song of Achilles" by Madeline Miller.

New guidelines for older-adult fitness

FITNESS, *Continued from Page 8*

walking heel-to-toe, practicing standing from a seated position and using a wobble board.

It's important to remember that it all adds up. A few minutes here and a few minutes there all build towards being able to hit the targeted number of minutes.

I'm inactive now. What do I do?

It's never too late to start! The

guidelines recommend that you start low and go slow when beginning a new routine. The key guidelines for older adults indicate that individuals should be as physically active as their abilities and conditions allow. Start by doing what you can, adding to the time and/or intensity as your fitness improves.

It's important to note that the first key guideline for adults is to move more and sit less. New evidence shows a strong relationship between

increased sedentary behavior and increased risk of all-cause mortality, heart disease and high blood pressure. Inactive adults can gain health benefits by swapping out sedentary activities for light-to-moderate-intensity activities. Breaking up sitting behavior with a walk to the bathroom or around the house is a great way to begin.

For more information about the recommendations, and to map out how you can incorporate physical activity into your daily life, check out health.gov/moveyourway/.

Simple to make and simply elegant

By BARBARA OLIVER

In honor of Valentine's Day, this bright red, three-ingredient raspberry gelatin dish can be served as a salad or dessert.

To make it an especially festive dessert, pour the mixture into a 3-cup, heart-shaped mold. Unmold gelatin and present the heart whole, surrounded with whipped cream and a few fresh berries.

For a salad, pour the mixture into a loaf pan, unmold the gelatin, slice it into six slabs and serve each on lettuce- or kale-lined plates with a dollop of mayonnaise.

Or, it makes 6 individual servings in custard cups or ramekins for dessert or salad.

Double Raspberry Gelatin

2 3-ounce packages Raspberry Sugar Free Jell-O

2 cups boiling water

12 ounces frozen raspberries, all natural, no sugar added. DO NOT THAW!



BARBARA OLIVER

mold together, invert plate. Garnish gelatin with lite or regular whipped cream or topping for dessert, or mayonnaise for salad.

Makes 3 cups; serves six.

DEVELOPED BY IDA PICCO, BARTONVILLE, ILL.

Whipped cream, whipped topping or mayonnaise as garnish

Add boiling water to the gelatin mix; stir 2 minutes until completely dissolved.

Stir frozen raspberries into gelatin.

Pour mixture into 3-cup mold, an 8 x 4 x 2½-inch loaf pan or six ½-cup ramekins or custard cups.

Refrigerate 4 hours or until firm.

Dip mold just to the rim in warm water for about 10 seconds. Lift from water, hold upright and shake slightly to loosen gelatin from the mold. Place cold or chilled serving plate on top of mold. Holding plate and