

THE VILLAGE NEWS

Northwest Neighbors Village

Volume 8, Issue 7

A Community Network of Support

July 2016

Back to the old country

An NNV volunteer's heritage trip to Romania, land of her forebears

BY JOAN SOLOMON JANSHEGO

I took my niece and grandniece on a heritage trip to Romania, the country from which all of my grandparents emigrated—part of the great wave of Eastern and Southern Europeans arriving in the United States before World War I.

During our odyssey, we drove more than 1,000 kilometers, visiting five cities and villages where my Romanian relatives lived. Having learned Romanian as a child, I was able to communicate with those who did not speak English.

Three of my grandparents came from Sighisoara, Transylvania, considered one of the most beautiful and complete medieval sites in Romania. Saxon colonists built a fortress there in 1191. Walking the

See ROMANIA, Page 2



COURTESY OF JOAN JANSHEGO

Joan Solomon Janshego and her niece, Amy Scaer, at the gravesite of Joan's great-grandmother and Amy's great-great-grandmother in the village of Ulchug.

New driver policy acknowledges: We're all getting older

BY JO ANN TANNER

NNV is proud of the excellent safety record of our volunteer drivers over the past seven years. During that time our drivers have provided thousands of rides to NNV members, proving themselves to be reliable and conscientious. They often go above and beyond to ensure a member's well-being. Our new set of NNV driver guidelines is intended to strengthen our safety net.

They were developed after consultation with NNV drivers during a Drivers Town Hall on May 1 and are now in effect. We also considered studies showing an increase in accidents by drivers over 70 and an increase in fatalities involving drivers over 75.

NNV is an "older" village, one of the first established in the nation. Our members and volunteers are aging also, and our organization must cope with that reality. Some of the newer villages

have not yet had to deal with that problem but will need to do so as their organizations mature. NNV's efforts to safeguard our members and volunteers by establishing driver guidelines may serve as a model for other villages, much as NNV's medical note-taking training has done.

The new driver guidelines attempt to enhance safety for both members and volunteers. Background checks for all

See DRIVERS, Page 2

NORTHWEST NEIGHBORS VILLAGE

*a community network of
support*

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

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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Revisiting the land of her ancestors

ROMANIA, *Continued from Page 1*

streets my grandparents walked in the fortress city, I saw houses more than 300 years old.

My maternal grandmother, Moriska, came from a small village called Ulchug in northern Romania. It contained just two streets with the only public building being the wooden Orthodox Church, probably hundreds of years old.

Her home was a thatched-roof hut, which I saw when I first visited Ulchug in 1977. The huts are gone now, replaced with simple stucco houses. The streets remain unpaved. It seems like a town lost in time and I remember my grandmother saying she departed Ulchug in an oxen-driven wagon, never to see her mother and sisters again.

Moriska's immigration to the United States was a matter of luck. Her brother, Vasile, finagled his way to the U.S. and sent money back for some of his destitute family. Sometimes they had nothing more than a dried piece of cornbread to eat. When her sister, Morica, turned down the trip in anticipation of a marriage proposal, she impulsively gave her ticket to my grandmother.

Unfortunately for grandmother's three remaining sisters, World War I and stricter immigration laws prevented them from coming to the United States.

Two of the sisters were still alive when I first visited Romania. Morica lamented that



COURTESY OF JOAN JANSHEGO

The wooden Orthodox Church in Ulchug, where Joan's grandmother worshiped.

my grandmother took her ticket to the United States. I gave her a hug and smiled, but did not mention the boyfriend who did not come through with the marriage proposal.

New driver policy

DRIVERS, *Continued from Page 1*

drivers will be redone every five years. Drivers over 74 will be required to provide NNV with the D.C. Department of Motor Vehicles medical/eye certification and to take a course for senior drivers. Drivers over 80 will be required to have a driver evaluation conducted by AAA or a driver school arranged by NNV. Drivers over the age of 84 will be asked to consider non-driving volunteer service jobs.

Drivers are asked to self-evaluate their driving capabilities and not to accept driving assignments if they are not confident that they can complete them safely.

Jo Ann Tanner is co-chair of NNV's Volunteer Committee.

NNV CALENDAR

Rides are available for NNV members to all NNV events.

Mon., July 4, 2-3 p.m.
No Gentle Yoga.

Mon., July 11, 2-3 p.m.
Gentle Yoga with Sandi Rothwell. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

Mon., July 18, 2-3 p.m.
Gentle Yoga with Sandi Rothwell.

Mon., July 18, 3:30 p.m.
New NNV Book Club to discuss *The Worst Hard Time: The Untold Story of Those Who Survived the Great American Dust Bowl* by Timothy Egan. New members welcome. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP: 202-777-3435.

Wed., July 20, 2 p.m.
NNV Book Club to discuss *Euphoria* by Lily King at the

home of NNV member and volunteer Sharon Wolozin (filled to capacity). RSVP by July 18: 202-777-3435.

Thurs., July 21, 10:30 a.m.
Movie and Lunch—Avalon Theatre senior movie (\$5 for age 62+), 5612 Connecticut Ave. NW, followed by lunch at Parthenon Restaurant (\$15-\$20). RSVP: 202-777-3435.

Mon., July 25, 2-3 p.m.
Gentle Yoga with Sandi Rothwell.

Mon., July 25, 3:30-4:30 p.m.
Financial Planning 101 for All Ages and All Stages, co-sponsored by Cleveland and Woodley Park Village. Assembly Room, Forest Hills of DC, 4901 Connecticut Ave. RSVP: 202-777-3435.

Save the Dates

Sun., Sept. 11, 3-5 p.m.
Annual NNV picnic. Candy Cane Park; volunteers needed to help set up at 2 p.m. and clean up after picnic.

Tues., Sept. 27, 3-4:30 p.m.
NNV Men's Book Club will continue discussing *Alexander Hamilton* by Ron Chernow at the home of NNV member Bernie Hillenbrand. RSVP: 202-777-3435.

Wed., Oct. 26, 9:30 a.m.-8 p.m.
Day at Barnes Museum, Philadelphia—Round-trip, deluxe 55-passenger motor coach, restroom, box lunch, snacks, 30-minute introduction, individual tour with audio devices, tolls, taxes, gratuities, \$155 (non-refundable). RSVP by Aug. 15 to Benita Lubic, 202-362-6100 or blubic@aol.com.

Caregiver support group forming

Caring for a loved one can be emotionally draining, frustrating and tiring. But a group of Northwest Neighbors Village members have found help and support in our Caregiver's Support Group. The group is led by member and licensed social worker Susan Lieberman, who has more than 30 years' experience in counseling.

A new Caregiver Support Group will start Wednesday, Sept. 7, and will meet at 10 a.m. the first and third Wednesdays of every month through December. Each session is 1½ hours long. The group will be limited to eight individuals.

Those participating in past sessions have found comfort in the ability to discuss openly, but with complete confidentiality, the problems they encountered. They often found that someone else had good suggestions for resolving those problems. "I learned a lot by hearing of new ways of coping," one said. "I don't feel alone anymore," said another.

While some of the participants also used

outside caregivers, others did not. "I learned a lot about dealing with paid caregivers," another participant remembered. Being with others who can understand these challenges creates a much-needed and welcome support system.

If you have any questions, call or email Susan Lieberman at 202-362-8188 or slieb1@msn.com. To reserve your place for this session, call the NNV office at 202-777-3435.

SERVICE OF THE MONTH Hazardous waste removal

Up to your ears in paper that needs shredding? Tired of tripping over those old paint cans, or need space that a dead computer is now occupying? NNV volunteers make trips to the Fort Totten transfer station periodically to take hazardous waste material and paper for shredding. NNV members can call the office at 202-777-3435 and arrange to have someone come to your home to pick up such items for disposal.

The Mohammeds: Lives focused on good works

BY JANEAN MANN

Though long retired, NNV members Safina and Azizali Mohammed continue to work to help others, especially the less fortunate. Much of their effort is concentrated on the Mehnaz Fatima Educational and Welfare Foundation, a school named after their Down syndrome daughter Mini, that they established in Pakistan to help special needs children.

Before the creation of Pakistan in the 1947 partition of India, Azizali had lived with his parents in India, but moved to Pakistan following partition. The Mohammeds first came to the United States in 1956 when Azizali became an International Monetary Fund (IMF) Institute trainee for a year and stayed on to earn his Ph.D. at George Washington University. During their student years in the U.S., Safina worked for the World Bank and the Pakistani Embassy as a statistical assistant.

The Mohammeds went back to Pakistan in 1958 where Azizali worked for the country's central bank but returned to the U.S. in 1961, when he joined the IMF staff. They decided to stay in this country following the birth of their handicapped daughter, because Pakistan lacked quality educational facilities for special needs children. They moved to Chevy Chase. Mini proved the validity of their decision by becoming valedictorian of her graduating class at the



JANEAN MANN

Safina and Azizali Mohammed.

Joseph Kennedy Institute in Washington.

During his career, the IMF moved the Mohammeds to Pakistan and Saudi Arabia where Azizali served as an economic adviser to each country's financial officials. After retiring from the IMF staff in 1990 as director of external relations, he served on its Board of Executive Directors for two years, representing the Middle East constituency. Azizali continues to do pro bono work at the IMF Group of 24 developing countries.

In the late 1990s, the Mohammeds said, they found their purpose in life when they helped raise funds to create a school in Gigit, northern

Pakistan, for childhood education using the Montessori method. Their daughter Zeba Rasmussen, with an M.D. from Harvard and a master's in public health from Johns Hopkins, organized others with similar concerns and opened the Montessori school in 1997 with eight children. Today, 560 attend a specially designed inclusive school—open to children age 2½ through eighth grade—where children with special needs are “mainstreamed” with normal children.

Because of the shortage of facilities for poor Muslim families in the Washington area, the Mohammeds have also helped found and fund the Muslim Community Center in Olney, which provides a variety of services, including programs for seniors and a free health clinic, to individuals regardless of religion. The clinic is staffed by volunteer doctors.

Safina has also raised funds for many other charities including UNICEF, Developments in Literacy (DIL) and SOS Children's Villages.

In addition to Mini and Zeba, the Mohammeds have two other children: a daughter, Afroze, who has an MBA from Yale and B.A. from Georgetown and serves as associate director of strategic alliances for the Office of Economic Development at Virginia Tech, and a son, Arshad, also a Yale graduate, who covers the State Department for Thomson Reuters.

PRESIDENT'S REPORT

Helping others means helping yourself too

BY STEVE ALTMAN

Those of us who volunteer for NNV have long recognized the benefits—a sense of accomplishment, helping others and strengthening our community. But did you know that volunteering is also good for your health and that older volunteers often receive the most benefit?

The NNV mission is to build our community through assisting our neighbors. But while providing services to our members, we also want to enhance the lives of our volunteers. Volunteers are the heart and soul of NNV. From our drivers, home repair helpers, technology specialists, office helpers, board members, newsletter producers, committee members and friendly visitors,



we offer a wide variety of opportunities. Our volunteers believe in and support our mission and also find the flexibility of assisting NNV to fit into their lives. And of course the pleasure they receive, not just from

helping but from making new friends, is the best reward.

Numerous studies show that volunteers report lower mortality rates, lower rates of depression, fewer physical limitations and lower levels of stress. It also helps them maintain their independence as they grow older. A *USA Today* article offered tips for successful volunteering that included: look for activities that fit your schedule; find an activity you care about; ask a friend to volunteer with you; tell others about how they can help. With

these suggestions in mind we are asking our volunteers and members to help us recruit additional volunteers. We can't ask for better ambassadors than our current volunteers and members.

NNV has opportunities for more volunteers in all aspects of our operations. We are seeking more drivers (after last month's record number of rides), more friendly visitors, more office help and more committee participation. There are so many ways to help. These include help in developing new programs such as home safety inspections, and assisting local businesses in being more age-friendly as well as carrying out the current initiatives and office requirements.

If you know someone who might like to join our volunteer corps, please ask them to check us out.



JANEAN MANN

Hello, summer

NNV members as well as Ingleside residents enjoyed an opportunity to stop and smell the roses on June 8 during a jaunt to the award-winning Brookside Gardens in Montgomery County's Wheaton Regional Park.

Simple, light and summery

BY BARBARA OLIVER

Minimal ingredients add up to marvelous desserts for you or to impress guests. Both are adaptations of classical French concoctions: fruit compote and pear sundae.

Macédoine de Fruits

Mixed fresh fruit

*3 tablespoons granulated sugar
(or an equivalent sugar
substitute)*

*1/3 cup kirsch (or other cherry-
flavored liqueur)*

In a serving bowl, assemble fresh fruit of the season (3 to 6 cups). This might include any of the following: strawberries, washed and hulled (cut in half or sliced if large; whole raspberries or blueberries; washed, quartered apricots; sliced

nectarines; grapefruit sections; orange sections; sliced bananas; melon balls; seedless grapes cut in half; peach and pear slices.

Sprinkle with sugar; pour the kirsch over all. Stir; chill 1 hour, stirring from time to time so all fruit can absorb the liqueur flavor.

Serves 6.

“Beautiful Helen pears” were invented in Paris in the 19th century and were named after an opera by Offenbach, “La Belle Hélène.”

Poires Belle-Hélène

*1 can (15 ounces) pear halves in
heavy syrup or in lite juice*

1/2 teaspoon vanilla extract

*1 quart vanilla ice cream (or
Kemp’s frozen yogurt)*

Chocolate sprinkles



TOM OLIVER

*Chocolate sauce (Hershey’s or
Smucker’s Sundae Syrup,
sugar-free)*

Pour pears and syrup into bowl with vanilla. Let stand 2 hours. Drain and place each pear half (flat side down) on a portion of ice cream. Garnish tops of pears with chocolate sprinkles and pass the chocolate sauce.

Serves 6.

ADAPTED FROM SEVERAL RECIPES

Rail travel comes with free help

BY JANEAN MANN

With the summer travel season upon us, several NNV members have pointed out the benefits of free help with rail travel. Amtrak has what is known as Red Cap service at many of its stations, including Washington’s Union Station.

“I was absolutely delighted with the service,” says Fradel Kramer. “It made the whole arrival process so smooth and easy. I could not have asked for more.”

“Now that Amtrak allows small dogs on trains, my dog, Julie, and I rely on the Red Caps,” says Mimi Sokol. “I couldn’t ‘carry on’ (pun intended) without them,” she added, complimenting them on their courtesy as well as their service.

Red Caps are hired, paid and trained by Amtrak, and will help you get to and from the trains with your luggage, including pets. It is free, although the Red Caps expect and appreciate tips, about \$1-\$3 per bag. Amtrak suggests that you use only Red



JANEAN MANN

Union Station Red Caps Alan Smith, left, and Willard Malloy stand ready to assist passengers to their trains.

Caps for this service as they provide claim checks in case something happens to your luggage. Freelance

See **RED CAPS**, Page 7

An expert offers tips on staying safe online

BY BARBARA OLIVER

The key to staying safe is to “think before you click,” says computer scam expert Pam Holland. Holland, founder of Tech Moxie, focused on how to recognize phishing (fraudulent) e-mails, avoid computer viruses and scams, and find trustworthy information online in a June 13 NNV-sponsored program at Forest Hills of D.C.

To simplify your life, make it your practice never to click on a link in an email and instead to enter the name of the sender in your search engine, which will take you to the legitimate site, she said. Why be so suspicious, you ask? Because fraudsters can create fake emails that look authentic by dragging and dropping genuine logos from the actual website. The URL in those messages may look real, but might send you elsewhere on the Web, and could place a virus on your computer.

“Knowledge is power,” said



TOM OLIVER

Pam Holland, of TechMoxie, speaks to NNV members.

Pam. If you know what fraudsters are looking for online, you can reduce your chances of being their target. Guard your credit card numbers carefully. Credit card numbers are like gold. They can be sold all over the world through the “dark Web” where criminals

advertise and buy stolen numbers. Other personal information (Zip code, Social Security number, passwords, security code) makes the card number even more valuable to fraudsters.

“Don’t ever click on a link in a banking or financial email,” warned Pam. Don’t believe the link is real. Instead enter the name of your bank, insurance company, etc. in your search engine (Google, Yahoo, Bing), which will take you to the legitimate site.

Other emails to question are those from people you don’t know. Or perhaps you recognize the name, but the subject or message is questionable. You can hover your cursor over the name in the “From” line and the sender’s actual email address should appear, helping you determine if it’s really from your friend.

Social media (Facebook, LinkedIn) have settings in their sites that allow you to turn off notifications. Doing this will avoid someone hacking your “friends” and blasting a virus or fraudulent offer to your entire list. Facebook has a way to report fraud on its website.

You should always have good anti-virus and anti-malware protection, some of which is free and highly rated by PC magazines and Consumer Reports.

If you should get a computer virus sent to you:

- Shut down the computer by unplugging or powering off the machine.
- When rebooting, don’t click on “restore session”—that will reopen all the pages you have just closed. Instead, click on “X.”

A little help for train travelers

RED CAPS, *Continued from Page 6*

baggage handlers sometimes ply the railway stations and offer to help for a fee, but there is no baggage check protection. Red Caps also have training that freelancers lack.

If you think you will need help, let Amtrak know when you make your reservations. They can provide wheelchairs, “people movers”—carts that will ferry passengers from the drop-off point to the train or

from the train to waiting cabs. If you are coming by cab, find out beforehand where the handicapped-accessible taxi drop-off point is located and Red Caps will be there. They can help you stow your luggage in the overhead racks and retrieve it for you at your destination. Need a hand up getting up the stairs to the train? The Red Caps can provide assistance.

Amtrak warns, however, that waits for Red Cap service may occur during heavy travel time.

New Tenleytown eatery aimed at veggie lovers

BY DANIELLE FEUILLAN

New meal options are popping up all over the area near the Tenleytown Metro. The latest is part of a local chain from restaurateur José Andrés and is called Beefsteak. The name is a play on words and refers to the tomato, not the cut of meat. The restaurant is all about vegetables and is a healthy choice for those in need of a quick meal.

Beefsteak is part of a new group of fast-casual-style eateries that include Chipotle, Cava and Sweetgreen. This type of restaurant has become increasingly popular for those who don't want a sit-down meal but who also eschew greasy fast food.

The choices at Beefsteak can be overwhelming at first but once you understand the process, the variety is appreciated. Walking in, we were greeted at the counter and asked whether we wanted to fashion our own bowl of food or select one of the pre-designed bowls that the restaurant has compiled. If you choose to make your own, you first select from a wide range of vegetables that will be flash-steamed right before your eyes. The choices included zucchini, carrots, bok choy, sweet potato and many others. Then you move down the counter and select a grain or rice. At this point you may add from a selection of raw vegetables: lettuce, tomatoes, sprouts, kimchi, cucumbers, etc. For an extra charge, a few

proteins, including chicken sausage, salmon, mozzarella, egg or avocado, can be added. Finally, you may select a sauce or dressing.

I opted to order one of the pre-designed bowls, the Kimchi-wa bowl. The bowl included rice,



DANIELLE FEUILLAN

At Beefsteak, your selection of vegetables will be flash-steamed to order.

corn, carrot, cabbage, edamame, bok choy, garlic yogurt sauce, scallions, sesame seeds, corn nuts, kimchi and soy ginger dressing. It was quite delicious. The warm vegetables complemented the

cold ones well and I did not feel bad saving some of the quite large portion to eat for dinner. Substitutions are welcome so I took off the corn nuts and added tomatoes. My lunch mates created their own bowls and declared

themselves quite satisfied with their choices.

The restaurant itself is very pleasant with blue and white tiles on the walls and long wooden tables. It is hard to believe that the space was recently a Radio Shack.

Beefsteak is a great option for a quick meal. Parking in the area can be a little daunting but there is the lot for Whole Foods and the lot across the

street for Best Buy. I recommend it highly and think it will become quite popular.

Beefsteak, 4531 Wisconsin Ave. NW, 20016. Its menu is available at beefsteakveggies.com/menu/

Katzen tour offers taste of Brazilian culture

A tour of the lively “Bandits & Heroes, Poets & Saints” exhibit at the Katzen Museum will be held Friday, Aug. 5. The tour, on the same day the Olympics begin, will offer insights into the culture of the Games’ host country, Brazil.

According to the museum, “the exhibit explores how the ancient cultures of Africa blended with indigenous and colonial Portuguese traditions to form the vibrant and complex cultural mosaic of modern Brazil. This eclectic

collection of popular art—photography, sculptures, paintings, religious objects and books of poetry—depicts the vibrant culture of the northeast of Brazil and the Nordestinos. The exhibition explores the coming together of diverse traditions of the region through work by historical and contemporary artists.”

The 11:30 a.m. tour will be followed by a 1 p.m. lunch at DeCarlo's Restaurant in Spring Valley. RSVP to 202-777-3435 or lpenner@nwnv.org.

COMMUNITY CALENDAR

Events are free unless otherwise indicated.

Tues., July 5, 6:30 p.m.

Brain Games & Puzzle

History—Two-hour class. Math, logic, language behind puzzles. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Wed., July 6, 1-2 p.m.

Best Foot Forward—Podiatrist Danielle Venegonia will discuss problems affecting mobility, comfort. Register at 301-896-3939. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

Wed., July 6, 7 p.m.

Bollywood Dance Class—Jaya Mathur, Dance to Health Society, instructor. Chevy Chase Library, 5625 Connecticut Ave. NW.

Sun., July 10, 2 p.m.

String Quartet—D.C. Chamber Orchestra. Classical music. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Mon., July 11, 7-9 p.m.

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

Wed., July 13, 4 p.m.

Home Movies to Digital

Format—Learn to convert old videotapes commercially or use D.C. Public Library Memory Lab. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., July 14, 7 p.m.

Digital Estate Planning—Protect digital photos, files, accounts on computer, phone, social media, email. Bring devices or examples

of digital assets to be passed on. Chevy Chase Library, 5625 Connecticut Ave. NW.

Thurs., July 14 & 28, 7 p.m.

Tenleytown Memoir & Essay Club—Maura Policelli assigns writing topics, gives feedback. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., July 14, 7:30-10 p.m.

ANC 3E—Public meeting. Location to be announced, see anc3e.org.

Sat., July 16, 2 p.m.

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

Sun., July 17, 2 p.m.

Biotensegrity—Susan Lowell (Tenleytown T'ai Chi) will discuss how tendons, ligaments, etc., hold skeletons together. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Tues., July 19, 7:30 p.m.

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

Thurs., July 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., July 25, 7-9 p.m.

ANC 3/4G—Public meeting. 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., 11:30 a.m.

Docent Tour—Summer art exhibits. AU Museum at Katzen Arts Center, 4400 Massachusetts 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

Tues., 4-8 p.m., Sat. 8 a.m.-1 p.m.—**New Morning Farm**, 36th St. and Alton Pl. NW.

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

July 11—*Concussion*, U.S., 2015, rated PG-13 (Alec Baldwin, Will Smith).

July 18—*Love and Mercy*, U.S., 2014, rated PG-13 (John Cusack).

July 25—*Daddy's Home*, U.S., 2015, rated PG-13 (Will Ferrell).

Financial planning program set for July 25

Do you have a current and sound financial plan for the many life objectives you've contemplated? Perhaps you have other questions about your finances and the markets these days.

No matter your stage of life, you can learn how to optimize your financial plan, make sure your loved ones are cared for, or ensure you have optimal care as you and your loved ones age (this is not just about money).

NNV and Cleveland Park and Woodley Hills Village are sponsoring a free neighborhood seminar on July 25 featuring certified financial planner



Charlotte Kuenen from Morgan Stanley and experts from select other firms, who will provide a broad overview of strategies you can implement now to achieve a sound, comprehensive, tax-efficient financial plan for you and your loved ones. The 3:30-4:30 p.m. program will be held in the Assembly Room at Forest Hill of

D.C., 4901 Connecticut Ave. NW.

Perhaps you are motivated to find the most tax-efficient way to fund a college education for your grandkids or your kids. Or maybe you are concerned about the best options for elder care for your parents. Do you know how much life insurance you actually need or if you have more insurance than you need at this point? Do you know the best way to structure a legacy for your children and grandchildren or a favored charity?

A Q&A session will follow the presentation, so bring your questions. Light snacks will be served.