

# THE VILLAGE NEWS

Northwest Neighbors Village

Volume 8, Issue 8

A Community Network of Support

August-September 2016

## MEMBER PROFILE

### Pat Davies, turning stress into service

By JOAN JANSHEGO

**T**he pattern of Pat Davies's life has been one of taking on challenges with energy, passion and persistence.

Originally from the U.K., Pat had worked for almost 20 years in London, planning international conferences, when an opportunity arose for her to manage the World Bank and International Monetary Fund annual and spring meetings. It was an interesting offer, but as an only child she felt a responsibility to her mother. Eventually she accepted the position and moved to Washington in 1991.

She never regretted her decision and says it was perfect for her, because she admits to being a workaholic and "thriving on stress."

Pat's responsibilities at the Bank and Fund involved directing logistical arrangements for worldwide meetings for 15,000 people from over 185 countries. After 16 years at the Bank and Fund, Pat retired in 2007.

In 2009, when diagnosed with Parkinson's disease, Pat began learning everything she could about Parkinson's. In 2010 she attended the World Parkinson Congress in Glasgow, Scotland, where she met young people with early onset Parkinson's who were developing inventive ways to deal with their own disease and to help others.

She was so inspired that after the congress she sent her résumé to the organizers, the World Parkinson Coalition, volunteering her services. Its response was to invite her to join the steering committee for the 2013 congress in Montreal. She also became a board member, and in September will present a session on "Living Alone With Parkinson's" at the congress in Portland, Ore. In



KATIE FRI

**Pat Davies (with her dog Patrick) was diagnosed with Parkinson's in 2009. She's fighting back by helping others.**

addition, she is actively involved in Parkinson's clinical trials, and is currently in a University of Maryland drug study.

When Pat was diagnosed, she could find no guidance for people living alone with Parkinson's, so she became her own advocate and caregiver. In May she ran a workshop at a University of Maryland symposium on her plans. These include making a living will and assembling many friends who provide support, and will intervene if she declines so that, for example, she should no longer

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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

#### Officers

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## FROM THE EXECUTIVE DIRECTOR

# Help keep NNV working for you

BY STEPHANIE CHONG

**I**t's no secret that those associated with Northwest Neighbors Village value what the village has to offer. A 2015 member survey found that most members believe their quality of life is better because of NNV. They say the greatest benefits of membership are friendships made through the village and a peace of mind in knowing support is available.

Volunteers frequently express the satisfaction they get from helping their neighbors and sharing a sense of community fostered by the village. Indeed, we are fulfilling our mission of neighbors giving neighbors the confidence and practical help to thrive while staying healthy, engaged and connected to the community.

To ensure our valued services are available in the future, NNV must raise funds because membership fees cover less than half of our annual budget. NNV is working with MatchDotDollars, a nonprofit designed to help small nonprofit organizations reach their fundraising goals. Our MatchDotDollars fundraising coach, Kae Dakin, is a highly skilled, experienced fundraising professional who will work with the NNV board and staff to set priorities and develop a plan to achieve our fundraising goals. So far, we are off to a great start! We have examined our



fundraising history and have begun developing strategies for the next 12 months.

Our success also depends on you. There are many ways you can help NNV help others. Do you have

an Amazon account? Consider designating NNV through the Amazon Smiles Program. Do you have time? Help NNV inform the community about the great work we do or share your talents in writing compelling letters to future donors. Are you afraid your donation is not large enough to make a difference? NNV accepts donations large and small. Not a member

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*A new connection with  
a nonprofit called  
MatchDotDollars will  
help NNV achieve its  
fundraising goals.*

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yet? Consider becoming an associate member; most of the membership fee is considered a tax-deductible contribution to NNV.

Support comes in many different ways. Your time, talents and donations contribute to our success. NNV is grateful for the many volunteers, members and donors who help us help you. As always, I welcome your comments and ideas. Please contact me at 202-777-3435 or [schong@nwnv.org](mailto:schong@nwnv.org).

## NNV CALENDAR

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

**Mon., Sept. 5**  
**Labor Day—No Gentle Yoga.**

**Wed., Sept. 7, 10-11:30 a.m.**  
**Caregiver Support Group**—1st and 3rd Wednesdays, Sept.-Dec. Free. For up to 8 participants. At home of facilitator Susan Lieberman, LICSW. Call her at 202-363-8188.

**Sun., Sept. 11, 3-5 p.m.**  
**NNV Picnic**—Sal Selvaggio on guitar, pedi-cycle rides; bring side dish, salad or dessert. Candy Cane Park, 7901 Meadowbrook Lane, Chevy Chase, Md. RSVP by Sept. 2: 202-777-3435 or [nnvillagealeah@gmail.com](mailto:nnvillagealeah@gmail.com).

**Mon., Sept. 12, 2-3 p.m.**  
**Gentle Yoga** with Sandi Rothwell. Friendship Terrace, 4201 Butterworth St. NW.

**Mon., Sept. 19, 2-3 p.m.**  
**Gentle Yoga** with Sandi Rothwell. Friendship Terrace.

**Mon., Sept. 19, 3:30 p.m.**  
**New NNV Book Club** to discuss *The Boys in the Boat* by Daniel James Brown. New members

welcome. Friendship Terrace. RSVP: 202-777-3435.

**Wed., Sept. 21, 2 p.m.**  
**NNV Book Club** to discuss *Lionheart* by Sharon Kay Penman at the home of NNV member and volunteer Sharon Woloizin (filled to capacity). RSVP by Sept. 19: 202-777-3435.

**Mon., Sept. 26, 2-3 p.m.**  
**Gentle Yoga** with Sandi Rothwell. Friendship Terrace.

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

**Fri., Sept. 30**  
**Birding Walk, Picnic Lunch**—With Tony Lineforth, expert birder, Rock Creek Park head ranger. Rock Creek Nature Center, 5200 Glover Rd. NW. Limited to 12 participants. RSVP: 202-777-3435.

### Save the Dates

**Tues., Oct. 18**  
**Navigating Your iPhone**—NNV

volunteer Karen Zuckerstein explains it all. Time, place TBA.

**Thurs., Oct. 20, 10:30 a.m.**  
**Movie & Lunch**—Avalon Senior Cinema, followed by lunch at a nearby restaurant (TBA).

**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). Ask Benita Lubic if there is space at 202-362-6100 or [blubic@aol.com](mailto:blubic@aol.com).

**Thur., Oct. 27, 3:30-5:30 p.m.**  
**How the Movies View Washington, D.C.**—Author talk by Michael Canning. Location TBA.

**Tues., Nov. 15**  
**Tech Support**—Part 2 with NNV volunteer Karen Zuckerstein. Time, place TBA.

**Tues., Dec. 13**  
**Tech Support**—Part 3 with NNV Volunteer Karen Zuckerstein. Time, place TBA.

## In a stressful situation, she's reaching out to others

PROFILE, Continued from Page 1

live alone.

Pat has researched continuing care facilities, and bought a house that will allow her to live on one floor and have a live-in caregiver.

This joyful woman, with her dog and her passion for photography, embraces each day and reaches out to others. She is an elder at Georgetown Presbyterian Church, and



KARA VANDERKAMP

Pat Davies

represents the church on the Board of Georgetown Ministry Center, which provides support to homeless people. From November through April, Georgetown churches host a winter homeless shelter, and Pat is involved in this effort, as well as a weekend feeding program for the homeless.

Pat says these activities are important to her when she thinks of the adage, "There but for the grace of God go I."



# Mayor's event explains new legal help for seniors

By JANEAN MANN

A new D.C. law to help seniors combat abuse, along with talks to assist in preparing for all types of emergencies including health, were among the many issues discussed Aug. 4 at the Mayor's Fifth Annual Senior Symposium.

Government agency and private sector speakers offered a series of workshops to help residents remain in their neighborhoods safely and healthfully. The keynote speaker, D.C. cardiologist Patricia Davidson, warned that atherosclerosis (hardening of the arteries) is the main cause of hospitalization for seniors and the main cause of erectile dysfunction. It is preventable and reversible, she said.

Dr. Davidson considers herself a preventive cardiologist. She emphasized that atherosclerosis is not part of the natural process of aging and can be prevented and reversed by keeping your weight down, exercising regularly and not smoking.

Citing an increase in fraud against seniors, D.C. Attorney General Carl Racine and Assistant U.S. Attorney Doug Klein discussed their commitment to combating elder abuse, both physical and financial. A new D.C. law, signed by the mayor on Aug. 18, gives

the attorney general more power to prosecute financial fraud against seniors, including undue influence by friends and family.

The new law makes many phone and online scams a criminal offense. Entitled the Financial Exploitation of



JANEAN MANN

**D.C. Attorney General Carl Racine, left, describes the new elder abuse law. At right is Michael Kirkwood of the D.C. Office on Aging.**

Vulnerable Adults and the Elderly Amendment Act of 2016, it provides for criminal actions against those defrauding seniors. It defines undue influence as "mental, emotional or physical coercion that overcomes the freewill or judgment" of a senior. It also creates a protective class for seniors and provides full restitution in successful prosecutions of those who defraud seniors. "Seniors" is redefined as those 65 and over.

Racine indicated, however, that the D.C. budget did not provide for additional attorneys to enforce

the law. To report elder abuse, call Racine's office at 202-727-3400 or email [Carl.Racine@dc.gov](mailto:Carl.Racine@dc.gov).

At an emergency preparedness workshop, Brian Baker of the D.C. Homeland Security and Emergency Management Agency (HSEMA) office offered suggestions to help deal with emergencies as specific as downed power lines or high crime such as terrorism.

He suggested familiarizing yourself with the threats to your specific neighborhood.

For any situation, he said, you should create an emergency plan. Such a plan should include your support network, family and friends, and how to connect with them. Write down your plan so you can share it and have it in time of crisis when you may not be able to think as clearly.

If you need to evacuate, what is your plan and does someone know it? Does someone have a key to your home in case of emergency? If you are hospitalized can someone get in to take care for your pet?

Baker also urged residents to have an emergency kit ready in advance. It should include a three-day supply of water, flashlight, extra batteries, battery-powered radio, first aid kit, medications, supplies for your pets, a list of emergency phone contacts and an emergency phone charger.

HSEMA has a free downloadable smartphone app that will keep you apprised in the event of an emergency, including evacuation routes. That app is DC HSEMA, but don't wait for a crisis to download it.



PHOTOS BY DAVID COHEN

## Where in the world?

**T**his one should be easy to identify: Italy, of course, with the famous gondolas of Venice at left. Above is a canal and boats on the island of Murano, famous for its blown glass. The photos were made by David Cohen, an NNV volunteer and former board member.

## Yoga class, book group moving

**F**orest Hills of D.C. is renovating the two dining rooms in its Health Care Center. During construction, the Assembly Room—now used by our yoga class, the new book club and other NNV activities—will be turned into a temporary dining space for Health Care Center residents. NNV has temporarily relocated Gentle Yoga and the new book group to Seabury at Friendship Terrace, 4201 Butterworth Place NW.

Please pay close attention to the newsletter and weekly e-mails for programming locations. The expected time frame for renovation is Aug. 15-Dec. 5. When possible, NNV-sponsored programs will be offered in an alternative room at Forest Hills. However, depending on room availability and group size, we may have to consider different sites. We appreciate your flexibility during this time, and stress our gratitude for the generosity that Forest Hills of D.C. has demonstrated over the years in providing office and programming space for the Village.

If you have questions about an NNV event, please call the office at 202-777-3435.

## SERVICE OF THE MONTH

### *Technology troubles? NNV can help.*

**D**id you recently get a new iPad, smartphone or Kindle? Need help setting it up and learning how to use it? Having trouble changing your password on an old computer or setting up a new one? NNV volunteers can help you with all of these technology challenges, plus fix printer problems (jams, changing ink cartridges, connecting printer to computer, setting up a new printer).

Having trouble using your email effectively, cleaning out your inbox, crafting messages, creating contacts and using the Internet to locate interesting topics or items to purchase? NNV volunteers can provide one-on-one instruction on how to use all of your new and old technology as well as TVs and DVD players, Roku and Netflix.

Call the office to schedule an in-home consultation with a volunteer who's in the know.

*Merilee Jannsen*

*Co-chair, Member Services Committee*



# Chicken and peaches: Elegant and simple

BY BARBARA B. OLIVER

**I**n a rush? Need an elegant main dish to serve for an important occasion that doesn't take a lot of preparation or time? This is it. This dish is not only easy and quick—it serves up beautifully as well. You can make the full recipe and freeze individual portions for later use or you can make this for 1 or 2 people by dividing the recipe.

## Baked Chicken With Peaches

*2 pounds skinless, boneless chicken breasts (8 4-ounce pieces)*  
*1 cup brown sugar (or ½ cup Splenda Brown Sugar Blend), divided*  
*4 medium-size fresh peaches, pitted and sliced*  
*1/8 teaspoon ground ginger*  
*1/8 teaspoon ground cloves*



BARBARA B. OLIVER

*2 tablespoons fresh lemon juice*

Preheat oven to 350°F. Lightly grease a 9x13-inch baking dish.

Place chicken in the dish and sprinkle with half the brown sugar. Place peach slices over chicken, then sprinkle with

remaining brown sugar, spices and lemon juice.

Bake for about 30 minutes, basting often, until chicken is cooked through and juices run clear. Serves 8.

**SAUCE:** Remove chicken and peaches to a plate and cover loosely with foil. Mix 1½ teaspoons cornstarch with ½ cup cold water and pour mixture slowly into cooking juices in pan. Stir to blend. Cook over low heat on top of stove. This mixture will thicken and become a sauce to pour over the chicken and peaches.

**NOTE:** You can substitute ground cinnamon and ground nutmeg for the ground ginger and ground cloves. You can substitute drained, canned peaches (freestone in their own juice preferred) for fresh peaches.

ADAPTED FROM SEVERAL RECIPES



JANEAN MANN

## Heralding the Olympics

"Bandits, Heroes, Poets and Saints"—all are depicted in this toy display in an exhibit by the same name at American University's Katzen Museum. The show, which coincided with the start of the Olympics, was part of a colorful view of the African influence on Brazilian culture. Ten NNV members and volunteers participated in the Aug. 5 tour, and 13 enjoyed lunch at DeCarlo's afterward. Listening to museum docent Mary Jo Smith, left, were Felix Lipinski (back to camera), Jewel Hill, an unidentified non-member of NNV and Alice Hayes.

## COMMUNITY CALENDAR

*Events are free unless otherwise indicated.*

**Wed., Sept. 7, 7:30 p.m.**

**Police Service Area 201—**

**Monthly meeting.** Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Thurs., Sept. 8, 7 p.m.**

**Cross Talk: The Merchant of Venice—**Folger Shakespeare Library staff discusses controversial play. Free copies of Folger edition at adult services desk. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Thurs., Sept. 8, 7:30 p.m.**

**ANC 3E—**Public meeting. Ceremonial Classroom, American University Washington College of Law, 4300 Nebraska Ave. NW.

**Sat., Sept. 10, 6-9 p.m.**

**Artists' Reception—**Early fall exhibitions. AU Museum at Katzen Arts Center, 4400 Massachusetts Ave. NW.

**Sat., Sept. 10, 2 p.m.**

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

**Sun., Sept. 11, 2 p.m.**

**Author talk—**Barbara Saffir, *Walking Washington, D.C.* Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Mon., Sept. 12, 7 p.m.**

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

**Wed., Sept. 14, 6:30-7:30 p.m.**

**Savvy Women, Smart Investors—**Patricia Van Kirk, UBS Financial Services. Chevy Chase Library, 5625 Connecticut Ave. NW.

**Thurs., Sept. 15, 6 p.m.**

**Neuroscience discussions—**Trauma and the Brain. William B. Marks, Ph.D., and attorney Jeanine Hull. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Fri., Sept. 16, 23, 30, 11:30 a.m.**

**Docent tour—**Early fall exhibitions. AU Museum at Katzen Arts Center, 4400 Massachusetts Ave. NW.

**Sat., Sept. 17, 12-3 p.m.**

**8th Annual Chevy Chase D.C. Day—**Ice cream, music, food, drink; help NNV recruit members, volunteers. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Tues., Sept. 20, 7:30 p.m.**

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

**Tues., Sept. 20, 7 p.m.**

**Author talk—**Kirstin Downey, *Isabella: The Warrior Queen*. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Wed., Sept. 21, 6:30-7:30 p.m.**

**A Woman's Guide to Financial Independence and Security—**Patricia Van Kirk, UBS Financial Services. Chevy Chase Library, 5625 Connecticut Ave. NW.

**Thurs., Sept. 22, 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., Sept. 22, 1-2 p.m.**

**Joint Replacement—**Daniel Valaik, Suburban Hospital orthopedic joint surgeon, discusses problems affecting mobility, comfort. Register: 301-896-3939. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

**Sat., Sept. 24, 7-11:30 p.m.**

**Art Night: Made in D.C.—**Acrobats, art, crafts, music, photos, puppets, DJ dance party. In Calvert Woodley Wines & Spirits parking lot and vicinity, 4401 Connecticut Ave. NW.

**Mon., Sept. 26, 7 p.m.**

**ANC 3/4G—**Public meeting. Chevy

Chase Community Center, 5601 Connecticut Ave. NW.

**Tues., Sept. 27, 6 p.m.**

**Neuroscience discussions—**Trauma and the Brain. William B. Marks, Ph.D., and attorney Jeanine Hull. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Wed., Sept. 28, 6:30-7:30 p.m.**

**Creating a Financial Plan—**Patricia Van Kirk, UBS Financial Services. Chevy Chase Library, 5625 Connecticut Ave. NW.

**Fri., Sept. 30-Oct. 2, 8-10 p.m.**

**Step Afrika! The Migration: Reflections on Jacob Lawrence—**Washington Performing Arts. \$45 tickets available Aug. 24, 202-785-9727. UDC Theater of the Arts, 4200 Connecticut Ave. NW, Bldg. 46.

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

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

**Every Tues. & Thurs., 11 a.m.-noon**

**Club 60+ —**Exercise basics and muscle strengthening with Will Yates. All Purpose Room, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Farmers Markets**

**Tues., 4-8 p.m.; Sat., 8 a.m.-1 p.m. — New Morning Farm,** 36th St. & 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.

**Sept. 12 — The 33,** U.S.-Chile, 2015, rated PG-13 (Antonio Banderas, Juliette Binoche).

**Sept. 26 — Cool Runnings,** U.S., 1993, rated PG (Jamaican bobsled team)

## Join us for NNV's summer-ending picnic

**A**re you ready for some great company, food, music and fun? Then mark your calendar for NNV's eighth annual picnic on Sunday, Sept. 11, from 3 to 5 p.m. NNV will provide grilled hamburgers and kosher hotdogs as well as beverages. Back by popular demand is NNV's own Sal Selvaggio, whose guitar playing so enhanced last year's picnic. The event will be at Meadowbrook Park (aka Candy Cane Park), 7901 Meadowbrook Lane, Chevy Chase, Md.

Feel the late-summer breezes in your hair as you ride around the park in the trishaw—a bicycle-pedaled coach in which you sit back and enjoy the view, courtesy of Cycling Without Age. Bring your favorite side dish, salad, dessert or dip to share and join the fun. If you need a ride to the picnic, call NNV at 202-777-3435 as soon as possible to schedule your pickup. We appreciate the support of State Farm agent Jon Laskin for his contribution to the event.



JANEAN MANN

Volunteer Sal Selvaggio performs at the 2014 picnic, under the admiring eye of Marilyn Schachter.