

THE VILLAGE NEWS

Northwest Neighbors Village

Volume 8, Issue 9

A Community Network of Support

October 2016



JANEAN MANN

Evelyn and Bob Wrin reminisce about their Peace Corps days with this picture Evelyn painted of villagers moving a house in the village where she served.

MEMBER PROFILE

It all started in the Peace Corps

Bob and Evelyn Wrin's lives of service

BY JANEAN MANN

Both Bob and Evelyn Wrin spent early parts of their careers in the Peace Corps and continued their service in national and local organizations. Though they did not meet there, Peace Corps connections brought them together years later.

A high school teacher in California, then a Korean War-era Air Force pilot, Bob joined

the Peace Corps and went to Nigeria, working in a secondary school in 1962-64.

He then moved to D.C., where he spent 30 years with the U.S. Agency for International Development (AID), returning frequently to Africa in his capacity as officer in charge for a number of Southern Africa countries. Later, as director of AID's Office of Health, Bob repeatedly confronted African officials who were not ready to deal with the then-emerging AIDS issue. On a return trip to Nigeria, he was instrumental in

persuading that government to understand the extent of and act on the HIV-AIDS crisis.

Since his retirement Bob has been involved in a series of local issues. He helped the community save the Avalon Theatre, serving on the Avalon Theatre Project board for eight years. He is a member of the Chevy Chase Citizens Association's Executive Committee and was president when the CCCA contributed \$5,000 to help the Avalon meet a matching grant requirement.

See **PROFILE**, Continued on Page 5

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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Elinor Stillman, *secretary*
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The Beatles' lesson: We all need somebody's help sometimes

By STEVE ALTMAN
NNV president



I went to see "The Beatles: Eight Days a Week," the new movie about the Fab Four's touring years, last night and was struck by the lyrics to "Help":

*When I was younger, so much
younger than today
I never needed anybody's help
in any way.
But now these days are gone,
I'm not so self-assured
Now I find I've changed my
mind and opened up the
doors*

*And now my life has changed in
oh so many ways,
My independence seems to
vanish in the haze
But every now and then I feel so
insecure
I know that I just need you like
I've never done before.*

From time to time all of us need a little help. And NNV is here to provide it. But even we have our limitations. When that is the case we can assist in directing our members to additional resources that might be needed for a short time or for the future.

If the help you require is medical, there are visiting nurses that can be arranged through private organizations. If you need personal assistance, companies and agencies can

provide home health aides to assist with food preparation, washing or other daily needs. Many of NNV's members have welcomed such assistance into their homes.

Sometimes it may be difficult to find the right person in a rather complicated system. While NNV volunteers cannot provide such professional care, we can often help connect you to those professionals that can guide you in the right direction and advise you how to hire and

*We all need to be open to
changes that can really
improve the quality of our
lives.*

pay for such services. Stephanie has a wealth of experience and knowledge—just call her!

I understand that some of our members are reluctant to ask strangers to come into their homes, and sometimes the experience is not perfect. Nevertheless, we all need to be open to changes that can really improve the quality of our lives. With some planning and guidance we can be part of the answer to the Beatles' refrain:

*Help me if you can, I'm feeling
down
And I do appreciate you being
round*

NNV CALENDAR

Rides are available for NNV members to all NNV events.

Mon., Oct. 3

Gentle Yoga with Sandi Rothwell. Fifth Floor Lounge, Friendship Terrace, 4201 Butterworth Place NW.

Thurs., Oct. 6, 2 p.m.

NNV Volunteer Coffee—Informal gathering for volunteers. Bread & Chocolate, 5542 Connecticut Ave. NW.

Mon., Oct. 10, 2-3 p.m.

Columbus Day—No Yoga.

Mon., Oct. 17, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Mon., Oct. 17, 3:30 p.m.

New NNV Book Club to discuss *Dreamers of the Day* by Mary Doria Russell; new members welcome. Third Floor Lounge, Friendship Terrace, 4201 Butterworth Place NW. RSVP: 202-777-3435.

Tues., Oct. 18, 1:30-2:30 p.m.

Navigating Your iPhone—NNV

volunteer Karen Zuckerstein will explain iPhones only (not Androids!). Sunrise Senior Living, 5111 Connecticut Ave. NW. Limit 12. RSVP: 202-777-3435.

Wed., Oct. 19, 2 p.m.

NNV Book Club to discuss parts 1 and 2 of *The Hemingses of Monticello: An American Family* by Annette Gordon-Reed. Location to be determined. (Filled to capacity.) RSVP by Oct. 17: 202-777-3435.

Thurs., Oct. 20, 10:30 a.m.

Avalon Senior Cinema—Movie at Avalon Theatre followed by lunch at the Avenue (if open) or the Parthenon, 5510 Connecticut Ave. NW.

Mon., Oct. 24, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Tues., Oct. 25, 3-4:30 p.m.

NNV Men's Book Club discusses *James Madison* by Richard Brookhiser 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). Ask Benita Lubic if there is space: 202-362-6100 or blubic@aol.com.

Thur., Oct. 27, 3:30-5:30 p.m.

Author talk—Michael Canning discusses *Hollywood on the Potomac: How the Movies View Washington, D.C.* Chevy Chase Library, 5625 Connecticut Ave. NW.

Mon., Oct. 31, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Save the Date

Tues., Nov. 15, 1:30-2:30 p.m.

Surfing the Web Using Your iPhone—With NNV volunteer Karen Zuckerstein. Sunrise Senior Living, 5111 Connecticut Ave. NW. Limit 12.

The legacy gift: One way to help ensure NNV's future

Would you like to help ensure NNV's future? Have you considered joining other members to include Northwest Neighbors Village in your estate plans?

NNV is at the forefront of the ever-growing village movement. Since the beginning, our founders, members and volunteers have shaped NNV's programs and services. Just imagine the possibilities ahead of us, as villages across the country mature and discover additional ways to encourage positive aging through community building. Your contribution can also assure that our low-income neighbors can receive NNV services.

Please consider being a part of NNV's future by making a bequest in your will, assigning NNV as a beneficiary on your life insurance policy or retirement plan, or encouraging memorial gifts to NNV in lieu of flowers. To learn more about leaving a legacy, please contact Stephanie Chong at 202-777-3435.

SERVICE OF THE MONTH Lightbulbs and smoke detectors

The end of daylight saving time is more than a month away and the new LED lightbulbs are supposed to last pretty much forever, right? Still, it can happen—the smoke detector starts chirping, the hallway light refuses to turn on; the trusty flashlight has disappeared. It is annoying and it is dangerous.

Volunteers with Northwest Neighbors regularly visit members' homes to check and change alarm batteries and make sure there is a supply of lightbulbs and a working flashlight. If you would like help doing a safety check of your smoke detectors and lights, give Leah Penner a call at 202-777-3435. Let's make this winter season the safest one yet!

—Ann Van Dusen

Though the elections are not until Nov. 8, D.C. offers several options for early or absentee voting. Additionally, ANC 3/4G and the Chevy Chase Citizens Association will host a candidates' forum for the at-large D.C. Council seats on Oct. 19 at the Chevy Chase Community Center. Residents will also be asked to vote on whether to make D.C. the 51st state.

If you are new to D.C. and want to register to vote, the deadline for registration by mail, faxed or electronically transmitted federal voter application forms is Oct. 11. You may also register and vote on Election Day so long as you have the proper identification. Those without proper identification may register, but will be required to vote a "special" or provisional ballot.

D.C. permits a variety of identification documents for voter registration including a current and valid D.C. driver's license or DMV-issued ID, or other identification showing your name and address. These include a recent utility bill, bank statement, statement from a student housing facility or D.C. homeless shelter. These documents are not required for those already registered.

Voters may receive absentee ballots by applying by Oct. 11 in writing or online at <https://>

Beyond Trump vs. Clinton: Council members, statehood referendum on D.C. ballot Nov. 8

BY JANEAN MANN

vote4dc.com/ApplyInstructions/Register, or using the mobile app Vote4DC. All absentee ballots must be received no later than 8 p.m. Nov. 8. If you forget to mail your absentee ballot in time, you can drop it off Election Day at your polling station.

Those wishing to vote early, regardless of the precinct in which they are registered, can do so at One Judiciary Square Oct. 22-Nov. 4. Voting will also take place at the city's eight other Early Voting Centers Oct. 28-Nov. 4. The Ward 3 center is the Chevy Chase Community Center, 5601 Connecticut Ave. NW; the Ward 4 center is at Takoma Park Community Center. These sites are open daily, including Sunday, Oct. 31, from 8:30 a.m. to 7 p.m. Individuals from any ward may vote in any of the early voting centers. Early voting at One Judiciary Square is curbside only.

On Wednesday, Oct. 19, the Chevy Chase Citizens Association will host an ANC meet-and-greet at 7:30 p.m., followed by an At-Large Council Candidates' Forum at 8 p.m. that includes a question-and-answer session. If you have a question you'd like asked of the candidates please email it to CCCA President Deean Rubin at deean.rubin@longandfoster.com.

Lafayette School voters who voted at St. John's College High School for the primary should return to Lafayette for the

See VOTE, Continued on Page 5



Bob and Evelyn Wrin's lives of service

PROFILE, *Continued from Page 1*

When the Peace Corps was created, Evelyn went to the Philippines as a member of its first class. She, too, was in education. When her tour ended, she spent six months traveling home, often hitchhiking, through South Asia, the Middle East and Europe. In France, she visited Alsace where her mother was born, reestablishing ties with the side of her family that had declined when her mother moved to the United States at age 10.

Upon returning to the U.S., Evelyn worked for Marshall Field & Co. as a buyer in Chicago. She moved to Washington to work in another Sargent Shriver-headed

operation—the then-newly created Office of Economic Opportunity (OEC).

Evelyn met Bob and they moved to Shepherd Park in 1968. After the birth of their son she quit work, but she returned briefly to the OEC before turning her skills to promoting fair housing and integration in Takoma Park and Shepherd Park with a local organization, Neighbors Inc. She also served two terms as a Shepherd Park Advisory Neighborhood Commissioner (ANC). (Their son, Martin, later served as a Chevy Chase ANC member while still in his teens.) Their daughter, Ana Maria Yombo, lives in Shepherd Park.

Evelyn earned a master's

degree in government affairs and then a law degree. After a stint as a real estate lawyer, she worked for 25 years with the Department of Housing and Urban Development in economic development and in housing.

Since retiring, Evelyn volunteers with local organizations and is involved with Historic Chevy Chase D.C., researching information on old houses and steering its program for historic house plaques. She also serves on the historic preservation committee of the Committee of 100 of the Federal City, which is active citywide in historic preservation, land use, parks and open space conservation. The Wrins are associate members of NNV and donors.

D.C. to vote on statehood, but it's non-binding

VOTE, *Continued from Page 4*

Nov. 8 election. Those who formerly voted at Murch School, whose students have temporarily moved to UDC during a renovation, will vote at St. Paul's Lutheran Church, 4900 Connecticut Ave. NW.

In addition to the vote for president, D.C. voters will also be asked for vote for D.C. Council members from Wards 2, 4, 7 and 8 as well as to fill two at-large seats. Voting for Board of Education seats will also be on the ballot. The



statehood referendum asks voters four questions:

1. Should the District become a state called New Columbia.
2. Do voters approve of a constitution for the new state "to be adopted by the council."

3. Do voters approve the state's boundaries as adopted by the New Columbia Statehood Commission on June 13.

4. Do voters support an elected representative form of government for the state.

The referendum is non-binding because Congress would have to enact the legislation and the president sign it before D.C. could become a state, but D.C. officials hope to use a positive vote from residents to put pressure on Congress and the president.



1

TOM OLIVER



2

TOM OLIVER



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STEPHANIE CHONG

Picnic in the park

1 Bob Carr, right, passes the hot dogs to (from left) Ann Todd, Jo Ann Tanner and Danielle Feuillan. 2 NNV staffers Leah Penner and Danielle Feuillan strike a pose. 3 Volunteer and grill master Mike Van Dusen. 4 Joan Janshego and Tom Donohoe, foreground, pause for conversation. 5 Barbara Oliver vamps for the camera. 6 From left, Frances Mahncke, Barbara Dresner and Executive Director Stephanie Chong. 7 Bob and Sharon Wolozin indulge in a pedicab ride, propelled by Craig Iscoe of Cycling Without Age. Thanks to our picnic sponsor, John Laskin of State Farm.



3

JANEAN MANN



6

TOM OLIVER



5

TOM OLIVER



4

TOM OLIVER



1

TOM OLIVER



2

TOM OLIVER

1 Executive Director Stephanie Chong addresses the group. 2 Student intern Brooke Stone chats with Stewart Reuter. 3 At the lavish dessert table, from top:

Anike Buche, Gail MacColl, Mary Pat Gaffney.



3

TOM OLIVER

Meet Brooke Stone, NNV's new student intern

Brooke Stone, NNV's new student intern, is completing her graduate studies in social work at the Catholic University of America. She hopes to pursue clinical work with adults and seniors after graduation. She is "thrilled" with her NNV assignment, Brooke said, adding that she gained valuable experience during an internship last year in the Departments of General Internal Medicine and Geriatrics at George Washington Medical Faculty Associates. She provided psychosocial and clinical services to patients and their families, in addition to short-term counseling and crisis intervention.

Brooke was born and raised in Alexandria. While pursuing her undergraduate degree in psychology at George Mason University, she spent most of her summers assisting at her father's dental practice in Alexandria. She currently works at her family's practice as a patient



Brooke Stone

care coordinator while attending graduate school part-time in the evenings. At the dental practice, Brooke has completed extensive training in areas related to cosmetic, sedative and rehabilitative dental treatment.

She hopes to bring her experience and enthusiasm to NNV this year, as she looks forward to forming relationships with community members, staff and volunteers. As an intern

for NNV, she will make regular friendly visits to a handful of members, enhance services through project work, and assist in community networking and outreach efforts. Brooke will be interning at NNV through the end of April every Wednesday through Friday. In the short time that Brooke has been with NNV, she was able to attend the annual picnic and was delighted to meet many of you whom she looks forward to becoming more acquainted with over the course of the year.

In her free time, Brooke enjoys horseback riding, exploring new restaurants, traveling and spending time with her dog, Luna. She also enjoys meeting new people, yoga and volunteering with local animal rescue organizations. She will graduate from Catholic University in May with a master's degree in social work with a concentration in clinical studies.

Barbara Gray dies; owned placement company

NNNV extends its deepest sympathies to Bill Gray on the Sept. 16 death of his wife Barbara. A Catonsville, Md., native, she moved to Washington where she met and married her husband in 1978.

Before her 1994 retirement, Barbara owned and managed Albers Personnel Placement Co. at Farragut Square. She also showed Portuguese water dogs and previously was active in the Washington area



Barbara Gray

Portuguese Water Dog Club of America. Both film buffs, the Grays were members of the Reruns Film Fan Club and enjoyed hosting friends for movie nights in their home. They were also members of the Metropolitan Memorial United Methodist Church and were associate members of NNV.

Mrs. Gray died following an accident at her home. In addition to her husband, she is survived by numerous cousins.

This holiday side dish will travel

BY BARBARA B. OLIVER

When seeking a recipe for a holiday potluck dinner, we want something that will create oohs and aahs from diners, is easy to transport and can be reheated in the microwave.

This quick, smooth and crunchy combo is just the answer. It's naturally gluten-free, vegetarian, high in fiber and provides vitamins A and C. By substituting Spenda Brown Sugar Blend, it can meet diabetic requirements.



BARBARA B. OLIVER

Praline-Topped Squash

2 packages frozen winter squash (12 ounces)
4 tablespoons butter or margarine
1 teaspoon salt
Dash pepper
2 large eggs, slightly beaten (or Egg Beaters Original)
½ cup dark brown sugar, firmly packed (or Splenda Brown Sugar Blend)
½ teaspoon cinnamon

2 tablespoons butter or margarine, softened
½ cup chopped pecans

Grease a 1-quart casserole. Combine squash, butter or margarine, salt and pepper in saucepan. Cook over low heat until squash is hot, stirring frequently.

Add squash to eggs, mixing well. Pour mixture into casserole.

Combine brown sugar, cinnamon, butter and pecans. Sprinkle the mixture over squash.

Bake in moderate oven (350°F) for 30 minutes.

Note: You can use fresh or leftover cooked winter squash (i.e., acorn or butternut) in place of frozen squash.

Makes 6 servings. It's easy to halve this recipe to serve 3; cook 20 to 25 minutes.

COMMUNITY CALENDAR

Events are free unless otherwise indicated.

Sat. & Sun., Oct. 1 & 2, 8-10 p.m.

Step Afrika! The Migration: Reflections on Jacob Lawrence— Washington Performing Arts. \$45. UDC Theater of the Arts, 4200 Connecticut Ave. NW, Bldg. 46.

Wed., Oct. 5, 7 p.m.

Author Talk—Kate Anderson Bower on *First Women: The Grace and Power of America's Modern First Ladies*. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Wed., Oct. 5, 7:30 p.m.

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

Fri., Oct. 7, 14 & 21, 11:30 a.m.

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

Sat., Oct. 8, 2 p.m.

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

Tues., Oct. 11 & 25, 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.

Tues., Oct. 11, 6-7:30 p.m.

Artist's Talk—Duron Jackson on his installation in "Silos." AU Museum at Katzen Arts Center, 4400 Massachusetts Ave. NW.

Thurs., Oct. 13, 7:45-10:45 p.m.

ANC 3E—Public meeting. Washington College of Law, 4300 Nebraska Ave. NW.

Mon., Oct. 17, 1 p.m.

Financial Fraud and Abuse—Idriys Abdullah, D.C. Dept. of Insurance, Securities and Banking, presents "Money Smart"

program for AARP's Ward Circle Chapter. Vestry, Metropolitan Memorial United Methodist Church, 3401 Nebraska Ave. NW.

Tues., Oct. 18, 7:30 p.m.

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

Wed., Oct. 19, 7:30 p.m.

ANC 3/4G candidates—Meet and Greet, followed by At-Large Council Candidates Forum at 8 p.m. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Thurs., Oct. 20, 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., Oct. 20, 7:30 p.m.

T'ai Chi—Gentle, traditional movement with Susan Lowell. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Sat., Oct. 22, 1:30 p.m.

Superfoods Workshop—Deborah Chin, Certified Holistic Health Coach. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Mon., Oct. 24, 7 p.m.

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

Tues., Oct. 25, noon

D.C. Office on Aging—Town hall with Director Laura Newland seeking proposals and feedback on current services. Iona, 4125 Albemarle St. NW. RSVP: 202-895-9442.

Fri., Oct. 28-Fri., Nov. 4, 8:30 a.m.-7 p.m.

Early voting—Voters from any ward may vote in any of the centers.

Ward 3 Center—Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Ward 4 Center—Takoma Community Center, 300 Van Buren St. NW
One Judiciary Center NW—Oct. 22-Nov. 4, same hours.

Every Monday, 10:30-11:30 a.m.

T'ai Chi—With Norman Greene. 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., 11 a.m.-noon

Club 60+ —Exercise Basics and muscle strengthening. Auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Fri.

AARP Legal Counsel for the Elderly—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.-1 p.m.—New Morning Farm, 36th St. & Alton Place 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.

Oct. 3—Hello, My Name Is Doris, U.S., 2015, rated R (Sally Field).

Oct. 17—Everybody Wants Some, U.S., 2016, rated R.

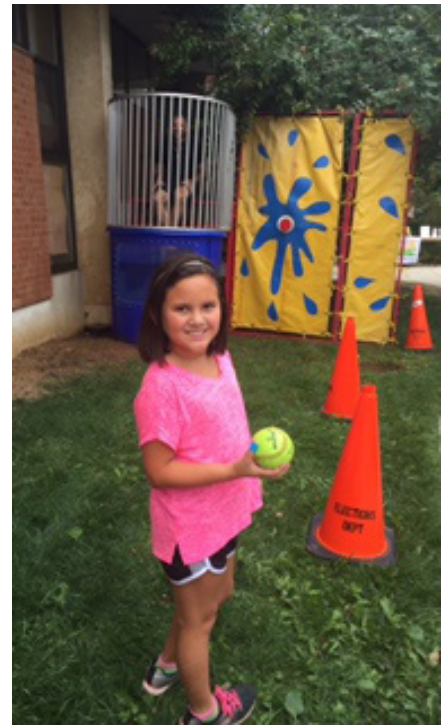
Oct. 24—Kolya, Czech, 1996, rated PG-13.

Oct. 31—De-Lovely, U.S., 2004, rated PG-13 (Kevin Kline as Cole Porter).



Celebrating Chevy Chase

NNV members helped out as well as enjoyed the festivities during the 8th annual Chevy Chase D.C. Day on Sept. 17. Above, Judi Fein-Helfman, center, and Ann Collins staff the NNV information table. Right, Stephanie Chong's daughter Ellie, 7, prepares to dunk the policeman in the cage.



PHOTOS BY STEPHANIE CHONG