

THE VILLAGE NEWS

Northwest Neighbors Village

Volume 8, Issue 10

A Community Network of Support

November 2016

VOLUNTEER PROFILE

Retired? Not hardly.

*Karen Zuckerstein
can't quite hang it up*

BY JANEAN MANN

For some people, retirement means taking it easy, doing things you have put off for years and traveling. But for NNV volunteer and associate member Karen Zuckerstein, the siren call of interesting work has given retirement a different meaning.

Long interested in public policy issues, the Detroit area native graduated from the University of Michigan and obtained a graduate degree in New York. These interests brought her to Washington where Karen first worked for the Department of Labor but soon moved to the Government Accountability Office (GAO). She found the work challenging and enjoyable, particularly because of the agency's small size. It is in Washington that she has spent the majority of her adult life.

Within the GAO, she worked on a variety of issues, many of them involving the Department of Defense (DOD). She developed expertise on government management



JANEAN MANN

Volunteer and associate member Karen Zuckerstein, right, teaches a class on the iPhone. Shooting a picture in the background is a photographer from AARP, which is preparing a profile on NNV and its activities.

and purchasing issues and on foreign aid. While working on DOD shipbuilding acquisition, Karen researched the industry practices of private cruise lines and did similar research with Boeing while working on DOD plane acquisition. She liked the variety of opportunities. "I never felt like I was getting stale," she said.

After 38 years with the GAO she retired in 2013. But didn't. She was shortly asked to return to work on a special project, which she did, then retired again before taking on a year-long full-

time job and then retiring. But that retirement, too, was short-lived as she is back working part time for GAO developing a training program. "You never get bored," she said.

Working two days a week with flexible hours gives Karen the opportunity to explore other interests. She enjoys ballroom dancing, needlepoint and attending Pilates classes. Last year she attended Osher Lifelong Learning Institute (OLLI) classes at American University. This year she is trying the Osher

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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) 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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JANEAN MANN

Karen Zuckerstein, not quite ready to call it a career.

Karen Zuckerstein's 'retirement'

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program in Montgomery County at Johns Hopkins University. The programs are similar but the approach is different and she is enjoying the variety.

Karen is also a technology buff and likes to help others. Coupling these interests, she volunteers with the Jewish Council for the Aging and more recently with NNV. "When the iPhones first came out, I felt comfortable with that

technology," she said.

A happenstance meeting near her home with a bicyclist affiliated with Cycling Without Age ended up giving NNV members the opportunity to ride a trishaw around Candy Cane Park at NNV's September picnic. "I have particularly enjoyed meeting nearby neighbors as a result of my involvement with NNV," she said.

Karen is also active in her synagogue, Kol Shalom, and with the Ward 3 Democrats.

NNV CALENDAR

Rides are available for NNV members to all NNV events.

Mon., Nov. 7, 2-3 p.m.

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

Sat., Nov. 12, 9:30 a.m.-1:30 p.m.

Aging in Place Forum and Expo—NNV Executive Director Stephanie Chong speaks, along with other experts. \$15 admission includes parking, refreshments. Medical Bldg., Conference Room 1, Sibley Hospital, 5255 Loughboro Road NW.

Mon., Nov. 14, 1:30-3 p.m.

Congresswoman Eleanor Holmes Norton—Conversation with NNV members. Submit questions in advance to NNV office. Space

limited. RSVP by Nov. 4: 202-777-3435 or nrvillage@gmail.com. Forest Hills of D.C., 4901 Connecticut Ave. NW.

Mon., Nov. 14, 2-3 p.m.

No Gentle Yoga.

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

Use your iPhone to Surf the Web—With NNV volunteer Karen Zuckerstein. Sunrise, 5111 Connecticut Ave. NW.

Wed., Nov. 16, 2 p.m.

NNV Book Club discusses Part 3 of *The Heminguses of Monticello: An American Family* by Annette Gordon-Reed; location to be determined (filled to capacity). RSVP by Nov. 14: 202-777-3435. (The **New NNV Book Club** will not meet in November.)

Mon., Nov. 21, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Thur., Nov. 24

NNV Thanksgiving Dinner—

Special table for NNV at Ingleside, 3050 Military Road NW. RSVP for time and pricing: 202-777-3435.

Mon., Nov. 28, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Tues., Nov. 29, 3-4:30 p.m.

NNV Men's Book Club meets to discuss *Beyond the Call* by Lee Trimble and Jeremy Dronfield at the home of NNV member Bernie Hillenbrand. RSVP: 202-777-3435.

Save the Date

Sun., Dec. 11, 3-5 p.m.

NNV Holiday Party—Location to be determined.

FROM THE EXECUTIVE DIRECTOR

My thanks to you

BY STEPHANIE CHONG

Now is the time of year to reflect on the many gifts we have and give thanks. I want to take this opportunity to share how very grateful I am to be welcomed into the NNV family.

I have had the pleasure of getting to know many of you and find myself both humbled and inspired by the life experiences you've shared with me. Every day I am moved by the many volunteers and members who share their time and talents to benefit others. NNV has a strong spirit of altruism and a genuine nature of kindness. I am proud to be a part of such an amazing group. As I gather with family and friends this month and reflect on all I am grateful for, NNV will rise to the top of my list.

Wishing all of you a very happy and healthy Thanksgiving season.



Help NNV help you

November is a time of giving thanks. It is common to hear members and volunteers alike express their gratitude toward NNV. Many of you look to the Village to stay engaged in the community, maintain your health and wellness, and enjoy the company of neighbors. Our End-of-Year Campaign allows you to show your gratitude and support our mission.

Soon you will receive a letter requesting your participation in our campaign. Even with conservative budgeting, NNV needs your help. Your support will allow NNV to vet and train volunteers, coordinate services, print and distribute *The Village News*, schedule a diverse array of programming, and do what it takes to serve you well. This year, your donations will be even more valuable as several of our generous members have made challenge grants totaling \$10,000 to double the value of your contributions.

For more information on how you can support NNV, please contact Stephanie Chong at 202-777-3435.

Donations to NNV are tax-deductible.

BY JANEAN MANN

The polls are open! Vote! Early polling stations are open in each ward, from 8:30 a.m. to 7 p.m. through Nov. 4. Voters can vote at any of the early polling places regardless of the ward in which they live.

The Ward 3 center is the Chevy Chase Community Center, 5601 Connecticut Ave. NW; the Ward 4 center is the Takoma Park Community Center. If you are downtown, One Judiciary Square is also an early voting location.

If you have applied for an absentee ballot, the completed ballot must be received by the D.C. Board of Elections by 8 p.m. Nov. 8. If you don't mail it in time, you can always drop it off at your polling station.

If you are not registered, you can register and vote on Election Day, Nov. 8, only at your local polling site. On Election Day, polls are open from 7 a.m. to 8 p.m. Those seeking to register must have proof of residency.

Also on the ballot is an advisory referendum asking whether the D.C. Council should petition Congress to enact a statehood admission act for D.C. The council adopted a Constitution on Oct. 4 but it has not been widely disseminated. A version can be found at [lims.dccouncil.us/Download/36517/PR21-0913-Introduction.pdf](https://www.dccouncil.us/Download/36517/PR21-0913-Introduction.pdf).

If the referendum is approved, there will be an opportunity for



further revisions of the Constitution. According to Council member Brandon Todd's legislative director, Kieko Yoshino, "If it is passed and enacted, there will be another constitutional convention for more discussion and changes."

Among the provisions of the D.C. Constitution is a Bill of

Rights that tracks closely with that of the U.S. Constitution.

The Executive Branch would be headed by a governor, elected every four years. It would also have an elected attorney general, an appointed chief financial officer and an elected board of education with one at-large member and one member elected from each ward.

The Legislative Branch would consist of a 21-person House of Delegates. The speaker of the House would be elected at large by D.C. voters, as would be four other members of the House of Delegates. Of the remaining 16 delegates, two would be elected from each Ward.

The Judicial Branch would comprise judges appointed by the governor with the advice and consent of the House of Delegates.

Although the referendum calls the prospective new state "New Columbia," the Council voted in late October to change the name to the "State of Washington, D.C." This vote came too late to change the wording on the ballot.

The time has come.

*Election Day is
Nov. 8; statehood,
constitution also on
D.C. ballot*

Planning for the unexpected

Stuff happens. But NNV can help you prepare for the worst.

BY STEPHANIE CHONG

Emergency planning is something most of us put off. Other things like managing a busy schedule or even binge-watching a television series can take priority. While our lives move on with little or no disruption, it's easy to delay thinking about what we would do in an emergency.

But what happens when the unexpected occurs? The time to start working on a plan is today and NNV is here to help.

Here are five ways to get started:

- **Giving trustworthy people access to your home.**

You can give your key to a trusted neighbor and/or family member. Or you can keep a key outside of your home, by purchasing a lockbox or coded entry system. NNV has begun requesting information on keys from all full members. This information will come in handy if you discover you have accidentally locked yourself out of your home, or if we suspect you are experiencing a medical emergency and are unable to come to the door.

- **Maintain pertinent medical information.** Carrying an up-to-date medication list, list of diagnoses, and emergency contact numbers can save precious time and might save your life.

You can also sign up for the Smart 911 program maintained by the D.C. government, www.Smart911.com. First responders can then assess your situation and provide treatment with better accuracy and efficiency. NNV can help you sign up. We are also working with local authorities to provide File of Life refrigerator magnets for all full

members.

NNV can also refer you to a local company that offers emergency response buttons. In addition to calling 911 in an emergency, these companies can provide important medical information to the ambulance squad and contact your next of kin.

- **Make a back-up plan.** Devise a plan on where you can go if you are forced to evacuate your home. If you have pets, be sure to plan for them as well. If an evacuation is necessary, please let the NNV office know where you are so we can be sure you are safe.



- **Find a Bad Weather Buddy.** NNV offers a Bad Weather Buddy program, which matches members with nearby volunteers who can check on the member when a significant weather situation occurs. If you haven't already done so, sign up for the Bad Weather Buddy program by contacting the NNV office.

- **Assign Power of Attorney (POA).** It's important to have a person with POA who can advocate on your behalf if you are unable to make medical decisions on your own or manage your finances. One does not have to have a long-term incapacitating illness to rely on his POA. A Healthcare POA may be called upon to give directives when the individual is under anesthesia, while the Financial POA may step in to pay the bills while one is receiving rehabilitation. NNV can provide helpful information on choosing a Power of Attorney, as well as referrals to reputable elder care attorneys in the area.

NNV is committed to helping our members and volunteers get prepared and be safe. Please contact the office if you have questions or need help with planning.

A hearty main dish that freezes well

BY BARBARA B. OLIVER

Made with many items easy to keep on hand, this full-bodied stew will please palates on cool fall nights right through the winter. Serve over cooked egg noodles accompanied by a green vegetable or salad with slices of baguette and a glass of dry red wine or a frosty beer.

French Beef Stew

1 tablespoon vegetable oil
1 garlic clove, mashed
2 pounds beef cubes
flour
1 medium onion, chopped
2 beef bouillon cubes
1 cup boiling water



BARBARA B. OLIVER

1 small can mushrooms
1 large can (28 ounces)
tomatoes
½ cup red wine
2 green peppers, cut into 1-inch
squares
8 ounces egg noodles, cooked
according to package

directions

Put oil in large stew pot; add garlic. Heat until hot. Dust beef with flour; brown in hot oil. Add chopped onions. Dissolve bouillon cubes in water and add to pot. (Can substitute 1 cup low-salt beef broth.) Simmer uncovered 1½ hours. Add more bouillon, if needed, to keep from sticking. Add mushrooms with liquid, tomatoes and wine and simmer 1 hour.

Add the green peppers and simmer for 15 minutes more. Serve over egg noodles. Serves 8. Any leftover stew can be frozen.

SOURCE: VIRGINIA H. BROWN

SERVICE OF THE MONTH

Ready for the snow?

Get a jump-start on snow preparations for the winter months. NNV recommends that you reach out to a snow removal service *before* the first snowfall to establish a relationship and get on their radar early. Reliable companies and individuals are often booked solid during a snowstorm.

Check with your landscaper/gardener to inquire if they offer these services, as many do. NNV is happy to provide the names of snow removal vendors who have helped other members in the past. Call the office for further information 202-777-3435.



COMMUNITY CALENDAR

Events are free unless otherwise indicated.

Wed., Nov. 2, 7 p.m.

Author Talk—David Vine on *Base Nation: How U.S. Military Bases Abroad Harm America and the World*. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Wed., Nov. 2, 7:30 p.m.

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

Thurs., Nov. 3, 7 p.m.

Memoir & Essay Writing Club—A supportive circle of advanced writers. Maura Policelli facilitates. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Wed., Nov. 9, 1-2 p.m.

Atrial Fibrillation—Dr. Erich Wedam, Suburban Hospital director of electrophysiology, reviews signs, symptoms, surgical and non-surgical treatments. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md. Register: 301-896-3939 or eventssuburbanhospital.org.

Wed., Nov. 9, 6:30-8 p.m.

Supporting a Family Member With Memory Loss—Bill Amt, MSW, LICSW. Register at registration@iona.org or 202-895-9409. Brighton Gardens of Friendship Heights, 5555 Friendship Blvd., Chevy Chase, Md.

Thurs., Nov. 10, 7:30 p.m.

ANC 3E—Public meeting. Room NT08, Washington College of Law, 4300 Nebraska Ave. NW.

Sat., Nov. 12, 6-9 p.m.

Artists' Reception—Alex Katz, others. AU Museum at Katzen Arts Center, 4400 Massachusetts Ave. NW.

Mon., Nov. 14, 7:30 p.m.

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

Tues., Nov. 15, 2-3 p.m.

What Everyone Needs to Know About Arranging Funerals—Presented by Funeral Consumers Alliance of Maryland & Environs. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Tues., Nov. 15, 7 p.m.

Archaeology of Tenleytown—Ruth Troccoli, D.C. archaeologist. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Tues., Nov. 15, 7:30 p.m.

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

Wed., Nov. 16, 7:30 p.m.

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

Thurs., Nov. 17, 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., Nov. 17, 6 p.m.

Neuroscience Discussions—William B. Marks, Ph.D., and Janine Hull, attorney, on trauma and the brain. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Fri., Nov. 18 & 25, 11:30 a.m.

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

Sun., Nov. 20, 3-5 p.m.

Upper NW Knitters—Learn to knit and crochet; supplies are free. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Mon., Nov. 28, 7-9 p.m.

ANC 3/4G—Public meeting.

Chevy Chase Community Center, 5601 Connecticut Ave. NW.

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., 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.

AARP Legal Counsel for the Elderly—Self-help office. 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. and 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.

Nov. 14—*A Walk on the Moon*, U.S., 1999, rated R (Liev Schreiber, Diane Lane).

Nov. 21—*Circumstance*, Iran, 2010, rated R.

Nov. 28—*Home for the Holidays*, U.S., 1995, rated PG-13 (Ann Bancroft, Geraldine Chaplin, Holly Hunter)

Off to the museum



STEPHANIE CHONG

Daytrippers, including a group from NNV, set off for the Barnes Museum in Philadelphia on Oct. 26. They viewed what has been termed the greatest private collection of Impressionist, post-Impressionist and early modern paintings.