

# THE VILLAGE NEWS

## It's not just a village—it's a movement

### *Village to Village: Better aging, one community at a time*

BY STEPHANIE CHONG

**A**s a village committed to connecting neighbors and keeping members engaged in the local community, it's easy to forget that Northwest Neighbors Village is part of a larger international movement.

What began as a grassroots response to aging in place, Beacon Hill Village—the very first of its kind—developed a model that offers a better way to age in the community. Over the past 17 years, the relatively simple concept of neighbors helping neighbors has resonated with people in 41 states and the District of Columbia, and has made its way as far as New Zealand and Australia. Today the movement is 275 active villages strong with over a hundred more in development.

I'm in awe when I reflect on the success of the village movement. I am proud that you, who make up one of the more mature villages in this ever-growing movement, have inspired other communities seeking a better way to live a long life. I often receive inquiries from villages in various stages of development. Eager to see the movement thrive, I'm happy to take the time to share NNV's experience and success. Inevitably I learn from them as well.

Earlier this fall, I had the opportunity to attend the Village to Village Network's annual conference

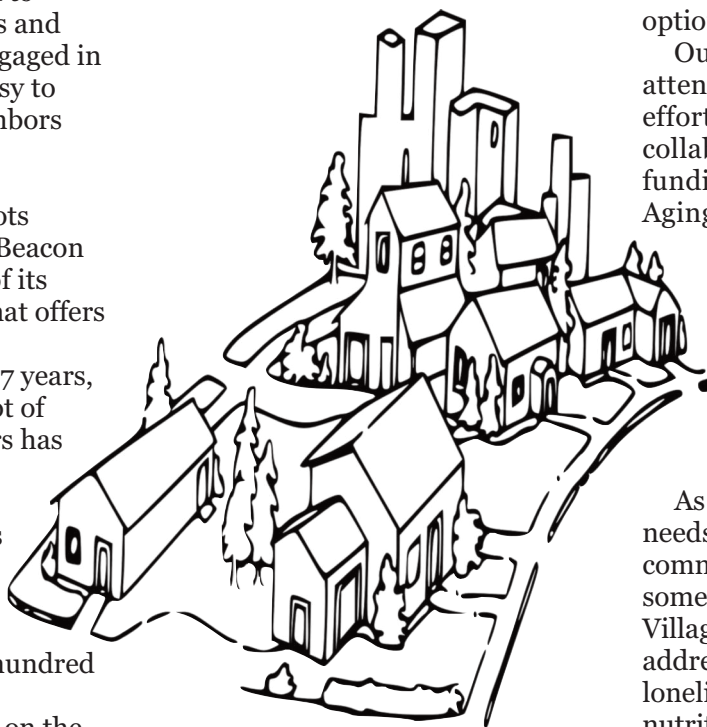
in Chicago. The Village to Village Network is the national organization that supports villages by sharing best practices and resources, and promoting the movement. The three-day conference included keynote speakers and breakout

presented to a full room and explained how the D.C. villages have strategically shared resources to offer more to our members, including professional case management, social and cultural programming, and expanded members' access to transportation options.

Our presentation also informed attendees about the D.C. villages' efforts in leveraging our collaborative impact to receive funding from the Department of Aging and Community Living and private foundations. Sharing our experience with other villages was particularly rewarding as it allowed us to uphold the spirit of generosity that is so prevalent in village culture.

As villages respond to the evolving needs of their members and communities, there is always something new to learn and adopt. Villages are uniquely positioned to address important issues like loneliness, access to healthcare and nutrition, living with purpose and autonomy, and combating ageism because you, our members, volunteers and staff, are all active participants in the work we do.

Thank you for contributing to the success of Northwest Neighbors Village and, in turn, the village movement as a whole. I encourage you to continue to support your village by staying engaged, inviting your neighbors to get involved, and making a meaningful gift. Together we have the ability to improve the aging experience for generations to come.



sessions on a variety of topics related to enhancing member services, increasing diversity, and village sustainability. Networking with village leaders from the Metro area and from across the country made the trip particularly worthwhile.

I, along with Molly Singer of Capitol Hill Village and Mark Ohnmacht of Cleveland & Woodley Park Village, had the honor of sharing the D.C. villages' successes at a panel discussion titled "Enhancing Member Services Through Strategic Partnerships." We

## NORTHWEST NEIGHBORS VILLAGE

a community network of support  
4901 Connecticut Ave. NW  
Washington, DC 20008  
202-777-3435  
[www.nnvdc.org](http://www.nnvdc.org)

**Northwest Neighbors Village** (NNV), founded in 2007 and opened in 2009, is a nonprofit organization created to help the residents of Northwest Washington live comfortably and safely in their neighborhoods and homes as they age.

**Join or volunteer**  
NNV welcomes new members and volunteers. For more information, go to [www.nnvdc.org](http://www.nnvdc.org) or call the office at 202-777-3435.

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# Affordable housing, right here in pricey Northwest Washington

By KAREN ZUCKERSTEIN

**A**ffordable housing? In our neighborhood? In fancy new developments?

Yes, there are affordable housing opportunities in new developments in our neighborhood as a result of a program known as “inclusionary zoning.” Generally, when a developer builds 10 or more units or substantially expands an existing building, inclusionary zoning applies. Some units, roughly 8 to 10 percent of floor space, are designated as affordable units. Rents and selling prices for these apartments and condominiums are set at below the market rate and are available only to households with incomes below a certain level.

As a result, several units at Park Van Ness (yes, that large new complex at Connecticut and Yuma with views of Rock Creek Park) are designated for renters with limited incomes, and (at the time of this writing) two affordable units are listed as available. At 5333 Connecticut (the controversial building at Military Road and Connecticut Avenue), 19 of the 261 units are designated as affordable units under the program. Both these buildings offer a number of amenities including rooftop pools, fitness centers and community rooms.

A small number of units have also been designated in other buildings along Connecticut and Wisconsin avenues. A number of new developments are planned—3900 and 4000 Wisconsin are two major ones—so additional inclusionary zone units will become available.

So, who is eligible? Maximum income levels are tied to the area median income and household size. Some units are reserved for households

with income below 50 percent of median family income (MFI), some at 60 percent MFI, and some at 80 percent of MFI.\* To qualify for a unit designated at 80 percent MFI, a one-person household would have to have income below \$67,950 and a two-person household would need to have income below \$77,650. The chart at the bottom of the page summarizes this information for one- and two-person households in 2019. These amounts are adjusted annually.

So, what’s the process for applying for an affordable unit? The first step is to attend a two-hour orientation class on the inclusionary zone program. This orientation is offered by [several community organizations](#). After completing the class, applicants register for the program by completing an [online application](#). Units are awarded through lotteries. In some cases, the requirement for a lottery may be waived—for example, when units become available after the initial lottery.

Think you’re interested? Check out information on the program at the Department of Housing and Community Development’s [website](#). Feeling a bit intimidated by the process? Request the assistance of a volunteer and someone will work through the process with you, helping you register for the class, complete paperwork and respond to program emails.

\* Before 2019, Median Family Income was referred to as Area Median Income (AMI), so much of the literature on inclusionary zoning discusses AMI. Before 2018, units were classified as 50 percent AMI/MFI eligible or 80 percent AMI/MFI eligible. The 60 percent category came into use in fiscal 2018.

Household size	Maximum Income 50% MFI	Maximum Income 60% MFI	Maximum Income 80% MFI
1	\$42,450	\$50,950	\$67,950
2	\$48,500	\$58,200	\$77,650

# 10 snapshots of NNV—one for each of our years

By JUDIE FIEN-HELFMAN

What better way to conclude our 10 Year Anniversary celebration than take a trip down memory lane and remember events from our extraordinary past. As many of you know, NNV was founded in 2007 and began serving the Chevy Chase, D.C. community in 2009. We have grown mightily since then, so I thought it would be fun to reflect on our success this past decade by sharing 10 highlights that showcase NNV's success and contributions to aging well.

► **1. Founders:** Hats off to our founders—Frances Mahncke, Janean Mann, Pat Kasdan, JoAnn Tanner and Bob Parker, who have served as leaders, board members and financial contributors. Our founders forged NNV's strong foundation of excellence and member services.

► **2. Volunteers:** We are over 100 volunteers strong. Our volunteers serve with compassion, wisdom, friendship and energy to ensure that our members thrive as they age in the community. Volunteers are the heart of NNV, performing tasks large and small and doing so with caring attitudes and friendly conversation. NNV volunteers provide over 8,000 hours of service annually, nearly the equivalent of providing one hour of service 24 hours a day, 365 days a year.

► **3. Members:** Our 250 plus members are the soul of NNV—our *raison d'être*. Everything we do, we do with our members in mind. Our goal is to empower, assist, guide and engage our members to live fully and connected to the community they love through social programs, wellness classes, activities and friendship.

► **4. Strategic Plans:** NNV has had not one but three strategic plans to guide its growth and development since our founding. Our most recent



plan, adopted in January 2019, provides a clear path for future growth in leadership, programs and services, partnerships, financial resources and community visibility.

► **5. Partnerships:** NNV has over 20 partnerships with community organizations, businesses, nonprofits and healthcare agencies. These partnerships expand our reach and bring additional resources to our community. A special shout-out to three of our key partners: Forest Hills of D.C., which provides us office and meeting space; Washington Hebrew Congregation, which hosted our two successful Healthy Aging Forums; and Blue 44, a local restaurant that hosts an evening out for NNV and donates 20 percent of the proceeds.

► **6. Operating Income:** NNV's founding was enabled by a D.C. Office on Aging matching grant of \$15,000. Today more than half of our budget comprises funds that come from a combination of individual donors, business sponsors and D.C.'s Department of Aging and Community Living.

► **7. Village Movement:** NNV opened for business on March 2, 2009, after more than a year of planning meetings, garden parties, picnics and dining out together at local restaurants. At the time, there was only one functioning neighborhood village in D.C., Capitol Hill Village. NNV, Dupont Circle and Palisades villages all started up around the same time. Today there are 14 villages in D.C. with two more in development. There are more than 275 active villages internationally with more than 100 in development across the country. NNV is part of a strong and growing movement.

► **8. Legacy Giving:** NNV's first legacy gift was a bequest of \$100,000 from a former member. In January

of 2019, NNV established a Legacy Society to ensure financial stability for future growth and subsidies for members who are income eligible. Today, there are more than eight Legacy Society members. You can become a founding member by simply leaving a bequest or a portion of your IRA to NNV.

► **9. Professionals:** NNV has been blessed with extraordinary professional staff since its inception. Executive Directors Stephanie Chong, Marianna Blagburn and Carole Bernard have led NNV through different periods of growth; Leah Penner and Danielle Feuillan were the NNV's first paid staff to help with volunteer matching and communications. Today Heather Hill and Leslie Pace have transitioned NNV to use technology to support day-to-day operations. Since 2017, NNV has contracted with Barbara Scott to provide short-term case management for members experiencing a life transition.

► **10. Leadership and Community:** NNV has been fortunate to have outstanding community members on its board, committees and working groups. There is a place for each of us in the village: a place where we can use our talents, expertise and energy to reimagine aging and fulfill NNV's mission of enabling older adults to thrive as they age in our community, by offering a robust network of resources and opportunities.

A happy 10th anniversary to all! Thank you for being a part of Northwest Neighbors Village.

Be sure to mark your calendar and join us as we celebrate these successes at our annual Holiday Party, on Sunday, Dec. 15 from 4 to 6 p.m. at the Chevy Chase Village Hall, 5906 Connecticut Ave., Chevy Chase, Md., with delicious food and drink, camaraderie and music from Tom Toles's band Midnight Swim. We will close out our 10th year festively and in style! See you there.



# Online grocery shopping with Elaine, Ellen and Gail

By HEATHER HILL

In response to an expanding array of grocery delivery services in our area and an increase in member demand for assistance with grocery shopping, NNV hosted an educational forum on online grocery shopping in mid-October. The forum was led by NNV members Elaine Greenstone, Ellen Compton and Gail Hurd.

With their combined 15+ years of online grocery shopping experience, they generously shared their enthusiasm and expertise with the group. Executive Director Stephanie Chong arranged for a breakfast featuring a recent online order and delivery from Giant Food's Peapod service. The lucky attendees dined on fresh bagels and cream cheese, eggs, muffins, orange juice, coffee and fresh fruit, all delivered by Peapod to the NNV office the day before the event. Stephanie spent the evening before the event making the pumpkin muffins and hard-boiling the eggs with the dozen delivered (unbroken) by Peapod.

To begin the discussion, Gail Hurd described her own positive experience with online grocery shopping. With Giant's Peapod service, she frequently has the same driver and looks forward to seeing him during deliveries. "We even speak a little bit of French together!" she said.

Elaine Greenstone offered several helpful tips to guarantee that you get exactly what you want in your Peapod order. Notes may be added in the instruction box below your order. For example, she never orders milk or other dairy products without requesting the latest possible expiration date, something she'd seek out personally were she shopping in an actual store. Elaine also adds notes requesting "only ripe produce" after learning the rock-hard way that she couldn't trust the grocery shoppers to pick a ripe avocado.



BY STEPHANIE CHONG

Members (from left) Elaine Greenstone, Ellen Compton and Gail Hurd presented their experiences with ordering groceries online to be delivered to their homes.

Ellen Compton is reluctant to order fresh produce, but said that she found the pre-cut, bagged produce was consistently reliable and fresh. And, of course, frozen fruits and vegetables, often a smarter, more nutritious pick during winter months, arrive in perfect condition.

Peapod was the delivery method preferred by all three of our member experts, but the speed of delivery and the option to shop from multiple stores in one order (e.g. CVS, Safeway, Magruder's, Costco, Harris

order by filling "carts" in each store on the site.

Although Peapod and Instacart emerged as the crowd favorites, all of the delivery services work similarly: Register free of charge on the site by creating a user name and password, shop virtual "aisles," add items to your cart, select a delivery date and time (ranging from the next day to two weeks in the future), and pay with a credit or debit card. Popular delivery times do fill up and become unavailable, so plan ahead.

Another advantage of Peapod is its late closing time; you may add items to your cart until 8 p.m. the evening before your scheduled delivery (after securing your delivery date and time). Delivery and service fees vary (see sidebar on next page). Convenient features include options to add your member savings number, to save shopping lists, and to shop from past purchases.

Ellen Compton particularly likes the ease with which she can find a product's nutrition information. Ellen explained that she can click on an item, enlarge the image and quickly glean the sodium, fat and nutritional content, which makes it much easier to choose healthy foods

See **GROCERIES**, Page 5

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*All three members persuasively advocated for the joys of online grocery shopping.*

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Teeter, Petco) give the Instacart service an edge. Instacart more resembles hiring a personal shopper, and delivery within the next hour or two is often available for a higher fee. Instacart shoppers can fulfill orders from multiple stores in one

# Neighbor Network revived, for storms and more

By HEATHER HILL

**N**NNV is reviving our Neighbor Network.

Initially begun as the Bad Weather Buddy alert system, the Neighbor Network seeks to match each interested member to a volunteer who will check in monthly by phone or in person, and prior to bad weather events to make sure members are prepared with essentials before and during the storm.

The new Neighbor Network will expand its initial scope, and volunteers will check in with their

members monthly to ensure that they are aware of all the NNV events happening during the coming month.

In May 2018, the NNV matched all interested members to a Neighbor Network volunteer, but during a recent review of the program, we've learned that a large percentage of these connections have drifted apart and are no longer in contact with one another.

To create a more robust Neighbor Network program, the office will send monthly reminders to the volunteers to check in with their members.

The office will be sending out several mailings in the coming months. Volunteers will receive an invitation to become a Neighbor Network contact for one or more members, and members will receive a mailing requesting that they notify the office to opt in or out of the Neighbor Network. If a member opts in, a volunteer will be in touch with the member soon. Our New Year's Resolution is to have everyone matched by Jan. 1, 2020.

We look forward to creating an even more robust network of neighbors helping neighbors.

## Grocery shopping from your computer

**GROCERIES**, *Continued from Page 4*

and abide by her dietary restrictions.

The three experts allayed concerns about missing items, broken eggs or other order mishaps. Gail Hurd simply calls Peapod customer service with any problems in her order and they agree to credit the bill with no questions asked. Endorsing such customer service, both Elaine and Ellen agreed with Gail, although they mentioned a potentially long time on hold before speaking to a representative. Still, it beats waiting in line at the grocery store.

Other benefits of online grocery shopping, like coupon redemption and highlighted specials on frequently bought items, were also discussed. Gail puts all of her paper coupons into an envelope to give to her delivery driver, who then takes them and processes them before her final order is charged. Ellen added that she really liked how the site advertised specials on her frequently purchased items. Peapod will also collect all of your plastic bags for recycling during the next delivery.

All three members persuasively

advocated for the joys of online grocery shopping, whose time-saving benefits and convenience have won them over. Gail confessed, "I don't care if I ever see the inside of a grocery store again!" She'll never lug heavy items like water, bulk toilet paper, canned food and big bags of birdseed into a grocery cart and back home again.

We discussed the etiquette of tipping. How much is appropriate, and do the delivery people actually receive the tips that are added on to the final bill? The general consensus was that cash tips between \$3 and \$5 were appreciated, with a little extra around the holidays if you have a regular delivery person.

We have a pool of volunteers

available to come to members' homes and help them register on the delivery site of their choosing, and walk them through their first order. Please call the NNV office at 202-777-3435 if you'd like a volunteer's assistance.

We all had so much fun that the NNV office staff is planning another discussion on prepared food and restaurant delivery. All are invited, and we'd love to hear from members who would like to participate. Even if you don't think you'll ever become a regular user of online grocery delivery, with winter upon us and the dreaded Washington wintry mix looming, it's the perfect time to stay safe and warm inside and have your groceries brought right to your door.

### ONLINE SHOPPING RESOURCES

[www.peapod.com](http://www.peapod.com): Recently renamed "Giant Delivers." Free delivery for 60 days for new buyers. Available: Almost everything found in stores; meal kits. Next-day service or within two weeks from order date. Delivery fees range from \$3.99 to \$8.99, with many promos available. The PodPass option allows users to pay a monthly fee (\$13), a biannual fee (\$69) or an annual fee (\$99) for

unlimited free delivery.

[www.instacart.com](http://www.instacart.com): Participating stores include Magruder's, Harris Teeter, CVS, Petco, West Dupont Circle Wine & Liquor, Giant, Safeway and Costco (no membership needed). Delivery fees are most commonly \$3.95, but will increase for faster delivery. Annual membership is \$99 a year with free delivery on minimum orders of \$35.



## HOLIDAY PARTY TO FEATURE FOOD, MUSIC

**Y**ou're invited to join us for the grand finale of our 10th anniversary year. We'll celebrate with a buffet of festive, seasonal fare. Midnight Swim, Washington Post cartoonist Tom Toles's band, will provide lively music



that will likely inspire some dancing.

Please bring a side dish, salad, dessert or beverage to share and join us from 4-6 p.m. Sunday, Dec. 15 at a new venue fit for a celebration a decade in the making: Chevy Chase Village Hall, 5906 Connecticut Ave., Chevy Chase, Md.

This is shaping up to be a much grander affair than our previous holiday gatherings and you won't want to miss it. Register on our website or call the NNV office at 202-777-3435 to confirm your participation and indicate what dish you plan to bring.



JUDIE FIEN-HELFMAN

## Picnicking

Jane Whitaker, left, and Phyllis Belford were among the NNV members gathered for the annual NNV Picnic, held Sept. 8 at Candy Cane Park in Chevy Chase, Md.

## Getting a ride, without a smartphone

**L**ooking for on-demand transportation options, but don't have a smartphone?

GoGo Grandparent serves as a third-party service that provides seniors with the option to request an Uber or Lyft ride by speaking directly with an agent. Operators are available 24 hours a day, seven days a week, and unlike the app-based Uber or Lyft service, consumers have the option to schedule rides ahead of time unlike the traditional on-demand options.

Agents monitor your ride through the ride-sharing app to ensure that you arrive safely at your destination and home again. GoGo Grandparent also provides the added benefit of



keeping your family informed with by-the-minute updates of your location once you have been picked up.

Registration is straightforward, and for a minimal "concierge fee," GoGo Grandparent is an easy alternative to the stress of managing the ride-share app.

To register with GoGo Grandparent call 855-464-6872.

## Passages

**W**e were sad to learn of the death of Patricia G. Rennert, 89, on Thursday, Aug. 15.

She was preceded in death by her beloved husband of 62 years, Leo, and her son, Paul. She is survived by her daughter, Sharon.

She was laid to rest on Sunday, Aug. 18. Donations may be made to the American Diabetes Association.



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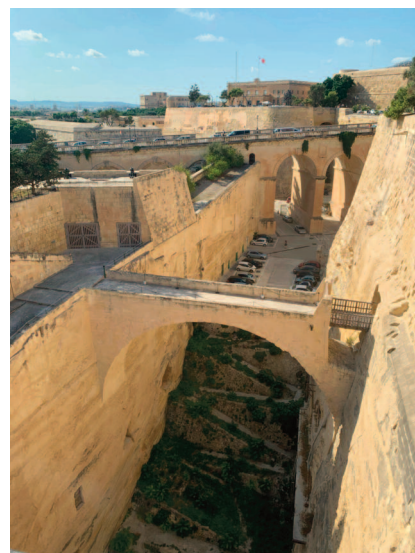


PHOTOS BY BARBARA AND TOM OLIVER



## Where in the world?

Malta, a Mediterranean island just a few miles south of Sicily, was occupied first by Stone Age peoples and then successive waves of conquerors: Phoenicians, Carthaginians, Romans, Vandals, Goths, Arabs, Crusader knights, French and British, leaving a fascinating collection of remains. Barbara and Tom Oliver brought back these photos from a fall trip: Clockwise from top left, a Stone Age temple; the heavily gilded St. John's Co-Cathedral; a defensive ditch (not a moat, it was never filled with water) outside a city wall; a panoramic view of underground Stone Age tombs; sailors painting their boat, called a *dghajsa*, in the harbor; Barbara and Tom in a fishing village; Tom trying his hand at carving a Maltese Cross in the ubiquitous yellow limestone.





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## Legacy Fund set up for bequests

In recognition of the 10th anniversary of Northwest Neighbors Village and a commitment to ensuring a secure financial future for NNV, the Northwest Neighbors Village Legacy Society has been established. We hope you will join fellow members, volunteers and donors in making a bequest to become a founding member. To learn more about supporting this new initiative, see our website [nnvdc.org](http://nnvdc.org) or call the office at 202-777-3435.



# Calendar

Check our website frequently for updated or new event information: [nnvdc.org](http://nnvdc.org).

## Aging on a Budget

Friday, Nov. 1, 1:30-3:30 p.m.  
Tenleytown Neighborhood Library,  
4450 Wisconsin Ave. NW. RSVP at  
[nnvdc.org](http://nnvdc.org) or 202-777-3435.

A panel discussion on creative and affordable ways to age in the community. Learn how to improve wellbeing and stay engaged in your community with home modifications, home sharing, preventative home care and volunteer support. Panelists include Tori Goldhammer of D.C. Safe at Home, Jennifer Hammer of Silvernest, Ariane Burns of Capital City Nurses and Stephanie Chong of Northwest Neighbors Village.

## 'Arsenic and Old Lace' Radio Play

Wednesday, Nov. 6, 2-4 p.m.  
Assembly Hall, Forest Hills of D.C.,  
4901 Connecticut Ave. NW. RSVP at  
[nnvdc.org](http://nnvdc.org) or 202-777-3435.

One of the most popular and successful comedic plays of Broadway, "Arsenic and Old Lace" premiered in 1941. It was made into a movie in 1944 starring Cary Grant and Boris Karloff and in 1952, a radio play featuring Boris Karloff. Seniors on Stage will be presenting the full hour-long radio play with all of the original dialogue and sound effects.

## Watercolor Painting With Joey Mánlapaz

New session starts Thursday, Nov. 7, 1-3 p.m. Assembly Hall, Forest Hills of D.C., 4901 Connecticut Ave. NW. To sign up or receive materials list, email Joey at [manlapazjo@aol.com](mailto:manlapazjo@aol.com). Fee: \$120 (cash or checks made to Joey Mánlapaz payable at the first class.) D.C. Artist and Corcoran Professor Joey Mánlapaz's five-week course in basic watercolor painting is held at Forest Hills of D.C. Watercolor techniques from the simple to the more complex will be covered,

including topics such as value, composition, color mixing, proper handling of the medium and critique of works created. Students work on still-lives, self-portraits, outdoor landscapes, or individual projects.

## Office Closed—Veterans Day

Monday, Nov. 11.

## NNV End-of-Year Campaign Envelope Stuffing

Friday, Nov. 15, 10 a.m.-noon.  
Assembly Hall, Forest Hills of D.C.,  
4901 Connecticut Ave. NW. RSVP at  
[nnvdc.org](http://nnvdc.org) or 202-777-3435.  
Every year, Northwest Neighbors Village has an End-of-Year Fundraising Campaign. We need help to stuff a lot of envelopes to raise money for our village. Join us for some conversation and snacks while we work.

## Thanksgiving at Ingleside at Rock Creek

Thursday, Nov. 28, 11:30 a.m. RSVP  
at [nnvdc.org](http://nnvdc.org) or 202-777-3435. Fee:  
\$35 (free for Member Plus members).

Ingleside at Rock Creek is once again hosting a table for NNV members on Thanksgiving Day. Dinner is \$35 or free for NNV Member Plus members. Make checks payable to Northwest Neighbors Village.

## Office Closed – Thanksgiving Holiday

Thursday and Friday, Nov. 28-29.

## Toys for Tots Event

Thursday, Dec. 5, 4:30-7 p.m. Sunrise on Connecticut Avenue, 5111 Connecticut Ave. NW. RSVP at [nnvdc.org](http://nnvdc.org) or 202-777-3435.  
Join Sunrise and Northwest Neighbors Village to bring the joy of the holidays to less fortunate children. There are many ways to give: Bring a new,

unwrapped toy to the event, order a toy online and have it delivered to the NNV office or donate money and we will purchase a toy on your behalf. More information to come.

## NNV Holiday Party

Sunday, Dec. 15, 4-6 p.m. Chevy Chase Village Hall, 5906 Connecticut Ave., Chevy Chase, Md. RSVP at [nnvdc.org](http://nnvdc.org) or 202-777-3435 and let us know what you're bringing. More information available on Page 6.

## Office Closed—Winter Holidays

Tuesday, Dec. 24-Thursday, Dec. 26.  
Tuesday, Dec. 31-Wednesday, Jan 1.  
Adjusted ride request deadlines for the holidays will be Monday, Dec. 23 for rides the week of Dec. 30 and Monday, Dec. 30 for rides the week of Jan. 6.

## REGULAR EVENTS

### Gentle Yoga with Mayu

When: Every Monday, 2-3:30 p.m.—Nov. 4, 18, 25; Dec. 2, 9, 16, 23, 30. (Nov. 4 with Anne Contee.) (No yoga on Nov. 11, Veterans Day.)  
Where: Assembly Hall, Forest Hills of D.C.  
RSVP: [nnvdc.org](http://nnvdc.org), click on Events, or 202-777-3435. (Yogis who attend regularly do not need to RSVP every week.)

### Women's Sharing Our Lives Group

When: Second Wednesday of each month, 10:30 a.m.-noon, Nov. 13 and Dec. 11.  
Where: Home of NNV member Janet Novotny.

RSVP to Janet, 202-537-0039.  
If you'd like some good conversation with NNV friends to hear some good stories and catch up on how we are spending our lives, this is the group for you.

See CALENDAR, Page 9



# Winter is coming. Are you ready for the snow?

By LOIS BERKOWITZ

*(This article originally appeared in our January 2018 Newsletter. It has been lightly edited and updated by Leslie Pace.)*

**S**now removal isn't as easy as it used to be. (Whatever happened to "the teenager down the block"?) The temperature is dropping, so it's time to organize your snow removal plan. Here are a few ideas:

► Sign on with the D.C. government's Volunteer Snow Program. To learn more about this free service from the mayor and Serve D.C., visit [serve.dc.gov/page/dc-volunteer-snow-program](http://serve.dc.gov/page/dc-volunteer-snow-program). Once you register with the program, any time there are four or more inches of snow you can call 202-727-7925 to request a volunteer shoveler.

Serve D.C. will do its best to

match you with a Snow Team member in your area. Once you find a match, you may be able to interact with that person for the rest of the winter. Be sure to ask the volunteer



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It's time to prepare for the coming storm season.

if the person has a shovel before coming to your home. Some of them live in apartments and don't own a shovel.

► Use NNV's services. NNV does not offer a volunteer snow-shoveling

service. However, our volunteers are ready and willing to help you sign up for the D.C. government's Volunteer Snow Program or help you gather your snow supplies (shovels, salt, sand, etc.) to have ready. Call the NNV office at 202-777-3435.

► Arrange for private snow removal services. Make arrangements now with a small, independent contractor in the community. Each vendor will negotiate rates based on the scope of work at your home. Please contact them as soon as possible to secure a place on their schedules. Here are some NNV recommendations—but hurry! They are in high demand and book up fast:

Romulo Henriquez: 240-388-0979.

Ever Chiqua: 240-543-8645.

Jose Garcia: 240-477-2707.

Don't forget: The District has a Winter Sidewalk Safety Act (WSSA), which requires District residents to remove snow and ice from the paved sidewalks, ramps and curb cuts abutting their property after a snowstorm. But qualified residents who are disabled and/or over the age of 65 are exempt from this requirement.

We prefer cleared sidewalks, but if you wish to qualify for this exemption, you can fill out the online application by following this link: [dpw.dc.gov/service/sidewalk-shoveling-exemption](http://dpw.dc.gov/service/sidewalk-shoveling-exemption) and downloading the Sidewalk Shoveling Exemption Form. (Or ask for an NNV volunteer to help you.)

Individuals who were exempted last year will need to reapply. The exemption does not carry over from year to year.

Stay safe. Start planning now. Not only can you help yourself, but your neighbors will be grateful to you as well.

## Calendar

CALENDAR, Continued from Page 8

### Walking Group

*When: Tuesday, Nov. 5; and Monday, Nov. 18; Thursday, Dec. 5; Tuesday, Dec. 17, all 10-11 a.m.*

*Where: Meet at the corner of Albemarle and Connecticut (in front of Diplomat Cleaners).*

*RSVP at [nnvdc.org](http://nnvdc.org), click on Events or 202-777-3435.*

Let's Walk! Celebrate an end to Washington summers by joining us for a walk. We'll walk for about 30 minutes or so, concluding with coffee (and croissant?). We expect to have two leaders so we can accommodate both faster-paced and more moderately paced walkers.

### BOOK CLUBS

#### NYT Notable Book Group

*When: Second Thursday of each month, 1:30-3 p.m. Nov. 14 and Dec. 12.*

*Where: Home of NNV member Ginny Finch. Metro accessible and free parking.*

*RSVP to Ginny, 202-686-0053 or [ginnylvne@yahoo.com](mailto:ginnylvne@yahoo.com).*

*November's book: "Dance of the Jakaranda" by Peter Kimani.*

#### NNV Nonfiction Book Club

*When: Last Tuesday of each month, 3-4:30 p.m., Nov. 26 and Dec. 31.*

*Where: Library, Forest Hills of D.C.*

*RSVP to Larry, [lwindc@starpower.net](mailto:lwindc@starpower.net).*

*November's book: TBD.*

# Add this cookie/candy treat to your baking repertoire

By BARBARA OLIVER

During November and December it's party, party, party. If you're looking for an easy-to-make, devilishly delicious treat, this no-bake cross between a cookie and a candy will have people asking for the recipe. The Date Krispies can be kept in a cookie tin but, fair warning, they will dry out and become chewy the longer you store them. Usually that's not an issue, because they go fast.

## Date Krispies

*1 stick of butter, melted and cooled*  
*1 cup of sugar*  
*1½ cups chopped dates*  
*1 egg, beaten*  
*1 teaspoon vanilla*  
*½ cup chopped nuts*

*2 cups Rice Krispies cereal*  
*1¾ cups shredded coconut*  
*(sweetened or unsweetened)*

Mix butter, sugar and dates in medium-sized pot; add egg. Stir as you cook them to a boil.

Take off heat and let mixture cool a bit.

Stir in vanilla, nuts and cereal.

Form mixture into balls. Roll in coconut. Place on parchment or waxed paper on a cookie sheet. Store in cookie tin. (They will dry out and become chewy.) Makes 36 to 42 1-inch treats.

**NOTES:** You can melt butter in microwave using an appropriate nonmetallic bowl. Takes about 30 seconds; stir.

I use a cookie scoop (available at Bed Bath and Beyond and kitchen stores) to measure uniform



BARBARA OLIVER

amounts of dough and roll this between my palms.

Gluten-free? Use your favorite gluten-free version of crisped rice cereal.

Don't like coconut? Roll balls in powdered sugar.