

# THE VILLAGE NEWS

Northwest  
Neighbors  
Village



Volume 7, Issue 2

A Community Network of Support

February 2015



MARIANNA BLAGBURN

Ben Korn, left, with his parents, Claudia Simons and Alan Korn, whom he also assists on volunteer jobs.

## VOLUNTEER PROFILE

### Like father, like son: Village volunteers

BY MARIANNA BLAGBURN

**“T**he stories are the real reason I love to volunteer in the village with my dad,” says Ben Korn, 14, now in his first year at Wilson High School.

“I have met the most amazing alums from my high school in the village. They seem so happy when I tell them I go to Wilson. We have a connection right away. But it is more like a living

history class. I have met people who knew Amelia Earhart and General Eisenhower. These are people I read about in school. But the village members knew them. And they have pictures of them in their houses.

“I love the whole experience of meeting everyone in the village! My dad and I shovel snow and fix bathroom windows. My dad drives people to appointments and church on Sunday, but the real treat for me is what they tell

me about their lives.”

Ben is no stranger to volunteering with his parents, Alan Korn and Claudia Simons, both lawyers. Alan is executive director of Abbey’s Hope Charitable Foundation. His parents believe in making sure Ben is exposed to people with all kinds of experiences. Alan Korn remembers a childhood where his parents were generous with their time and money, shaping a

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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

Steve Altman, *president*  
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Doris Chalfin  
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Tom Oliver

# Father and son team up to volunteer in the village

KORNS, *Continued from Page 1*

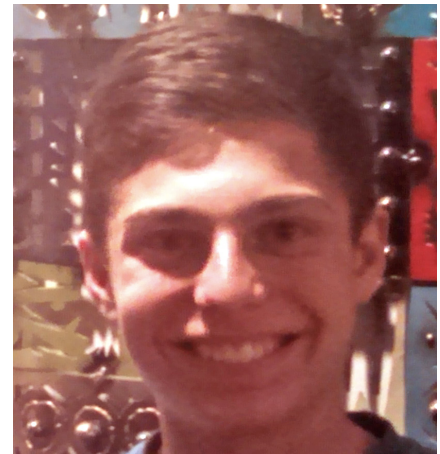
vision for raising his son today.

"Meeting others and helping them is a learning experience beyond the classroom," Alan says. "We believe that Ben should get outside of his comfort zone and talk to anyone, no matter who they are and where they live. Giving back to the community is something anyone can do at any age."

"Ben used to volunteer with me at 7 and 8 years old when we would go to the animal adoption day with the rescue league," says Claudia. "He would sit with me and talk with people who came to adopt their pets. And then we would talk about it on the way home."

Volunteering has given Ben a sense of caring about others, lending a hand and solving real problems. Last year, as an 8th-grader at Deal, he became president of the student council. Working with fellow officers, Ben wanted to make a change and take on something that could help us and others in the community. After waiting in the rain at an uncovered bus stop one cold, rainy afternoon, Ben and his books were soaked, but he had found his project.

With the guidance of principal James Albright, the students met with a staffer for D.C. Council member and transportation chair Mary Cheh (D-Ward 3), who encouraged them to testify before a public roundtable. "I learned that you



Ben Korn, getting "a learning experience beyond the classroom."

have to talk to the right guy, and that was Drew Newman. And, you have to go when the ball's rolling," Ben says.

The Washington Metropolitan Area Transportation authority says a bus stop must be used by at least 40 people a day to justify a shelter. Deal students counted at least 100 each day. Last March, under Ben's leadership, they got the bus shelter. Problem solved. They pushed through and got the job done.

Council member Cheh was more than impressed with Ben's efforts. Twice a week, Ben works in her office, helping with constituency emails. When I asked him how he handles complaining citizens, he said, "I try to be positive. I tell them that I understand they want to get something done. I make sure the problem gets to the right person and I stay on the issue until the task is complete. Helping others is the right thing to do." Alan Korn smiles.

## NNV CALENDAR

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

**Mon., Feb. 2, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

**Tues, Feb. 3, 3:30 p.m.**

**NNV Men's Book Club** to discuss *How We Got to Now: Six Innovations that Made the Modern World* by Steven Johnson at the home of Bernie Hillenbrand. RSVP: (202) 777-3435.

**Wed., Feb. 4, 1-3 p.m.**

**Village Card & Board Games—** Scrabble, chess, bridge, poker,

etc. with Cleveland & Woodley Park Village members, volunteers. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP: (202) 777-3435.

**Sun., Feb. 8, 3 p.m.**

**Winter by the Fire—Choral concert** by the *City Singers*. Potluck supper. Limited seating; RSVP by Feb. 4 to (202) 777-3435. Ingleside piano room, 5040 Military Rd. NW.

**Mon., Feb. 9, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Mon., Feb. 16, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Wed., Feb. 18, 2-4 p.m.**

**NNV Book Club** to discuss *Team of Rivals* by Doris Kearns Goodwin, part 1, at the home of NNV member Barbara Dresner. RSVP: (202) 777-3435.

**Sat., Feb. 21, 10:30 a.m.-noon**

**NNV Volunteer Training**, Conference Room, Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP: (202) 777-3435.

**Mon., Feb. 23, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Tues., Feb. 24, 3:30 p.m.**

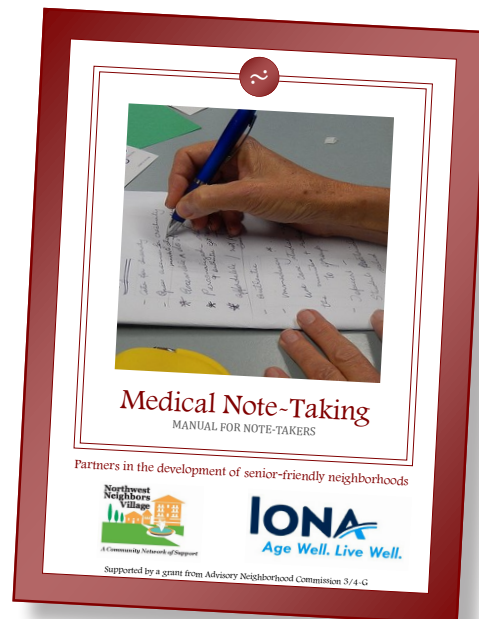
**NNV Men's Book Club** meets at the home of Bernie Hillenbrand. RSVP: (202) 777-3435.

## NNV wins \$12,000 grant for Medical Note-Taking program

Cloudbreak Foundation, a small family charitable organization, awarded Northwest Neighbors Village \$12,000 in December for its nationally recognized Medical Note-Taking program (MNT).

NNV's program, developed in partnership with Iona Senior Services, trains volunteers to accompany NNV members to medical appointments to ensure that members/patients have accurate information about their medical condition, correct prescriptions and necessary follow-up instructions before leaving the doctor's office.

The \$12,000 from Cloudbreak will allow NNV to support its existing volunteer training program, to train other "aging in place" villages in the metropolitan D.C. area, to expand the program's impact and outreach by training villages



**The Medical Note-Taking curriculum guide, developed in conjunction with Iona Senior Services.**

across the country, and to develop evaluation methodology.

Cloudbreak, under the leadership of Joshua Newborn, is in its first year of providing

grants to organizations serving the elderly, children and the homeless population in the area. They are particularly interested in organizations providing companionship services to seniors.

Our special thanks to board members JoAnn Tanner, Janean Mann and Deb Sliter; NNV volunteers Sharon Wolozin and Anne O'Conner, RN, and Iona's Deb Rubenstein, MSW, and Susan Bradley, RN, for their pioneering efforts and many contributions in establishing the medical note-taking program to benefit NNV members and the broader community. We also want to thank the hard-working commissioners of ANC 3/4G for the first \$1,500 grant provided to NNV in 2012 to develop the MNT curriculum.

—Marianna Blagburn



BY JANEAN MANN

Seniors represent a growing percentage of the D.C. population, and although 2014 ended on a somewhat upbeat note for seniors, 2015 is not looking quite as good in some areas. Much of the tax relief enacted by the D.C. Council last year depended on a budget surplus to trigger implementation, but D.C. entered 2015 with a \$140 million budget deficit. However, residents with incomes of \$40,000 to \$60,000 are seeing a tax rate reduction from 8.95 percent to 7 percent this year and standard deductions will increase for all.

Implementation of already enacted tax-relief provisions, as well as additional follow-through on the Age Friendly City goals, will depend on the policies and budget of the city's new mayor, Muriel Bowser, and the council, which eventually will have four new members following the special elections in Ward 4 to replace Bowser and Ward 8 to replace the late council member Marion Barry.

At the same time, the city is moving forward, at least through FY 2015, with projects to make the city more inviting to seniors. In keeping with the Age Friendly City designation effort launched by former mayor Vincent Gray in 2012, in December the city released a strategic plan for advances in a large number of areas or domains: transportation, outdoor spaces, housing, employment, social programs, health services, civic participation, communications and emergency preparedness. City agencies will be working with local businesses

and nonprofits to implement this plan beginning this year.

This process was initiated to obtain a World Health Organization (WHO) designation of the District of Columbia as an Age Friendly City (see the December 2013 *Village News* for a fuller discussion of this proposal). In 2017 the city will undertake an evaluation of its progress and formally submit its application to WHO.

The plan was compiled based on the

findings of numerous community meetings and after hundreds of volunteers walked through the streets of all eight wards to assess conditions for seniors. They focused on three areas: safety, services and amenities.

One of the key findings is that many D.C. residents are unaware of many of the services that the District already provides. Thus,

providing added information and more transparency are among key goals in each of the domains of the Age Friendly City requirements. Other goals include providing access to more recreation facilities, improving access to home modification programs to help seniors remain in their homes, helping seniors access affordable housing, and identifying employment opportunities.

Villages such as NNV offer a variety of community enhancements to make it easier for seniors to remain safely in their homes as they age. If you would like to learn more about already available services for seniors and efforts to enhance them please join NNV and the Chevy Chase Citizens Association on March 26 for a panel of speakers on "Aging in a Community: Resources and Benefits."

## Aging in the city: What's in store for 2015?

*Tax-relief provisions  
depend on  
D.C.'s squeezed budget*

# Food and art mingle at Terasol

By DANIELLE FEUILLAN

**T**he first thing you notice when you walk into Terasol

is that there are shelves of art pottery for sale. The hostess stand is adorned with jewelry, handmade soaps and screen-printed cards. If you are worried that you have wandered into a gift shop by accident, your concerns are quickly dispelled by the warm greeting from the wait staff who seat you and offer you a menu.

The lovely yellow and gold décor, pressed tin ceiling and art glass light fixtures create a warm ambiance and evoke a bistro reminiscent of Paris. Terasol is both an excellent restaurant and an artisan gallery, a real gem in the heart of our neighborhood.

The menu offerings consist mainly of French cuisine and include classics such as quiche, steak frites and Niçoise salad. Sandwiches and soups are also options. Every meal begins with a warm piece of baguette brought to the table by one of the wait staff.

Soups are a strong point at

Terasol. My lunch started with the French onion soup, a good-sized bowl crusted over on top with melted gruyere cheese.

Underneath was an excellent, beefy broth filled with caramelized onions. It is one of the best renditions of this classic I have had in the city and was the perfect antidote for a cold January day. The patrons at the table next to

me were raving about a carrot-fennel soup that was a special that day.

My bouillabaisse entree was also delicious. The broth was infused with saffron and came with an abundance of seafood: mussels, shrimp and fish. A piece of garlic toast adorned the side of the dish.

My companion had the frisée salad with a poached egg on top to start. The egg, when mixed into the salad, created a creamy dressing. The salad was also tossed with bits of crispy bacon and a few sun-dried tomatoes.

The steak, while delicious, was not quite as tender as I was hoping it would be. The only other menu misfire

I encountered was on a previous visit when a green bean salad was overcooked.

Desserts are also classically French. The chocolate mousse is excellent, creamy and fluffy and garnished with whipped cream and blueberries. On a previous visit the crème brûlée was another standout dessert.

Terasol has been notable for the excellent service I have received every time I go. The wait staff is attentive without being overbearing. The restaurant also has good acoustics, and even when it is filled with people on a Friday night, one can still carry on a conversation without having



PHOTOS BY DANIELLE FEUILLAN

Art is for sale as well as French food.



The bouillabaisse was delicious.



to shout. Friday and Saturday nights feature different jazz combos performing in the corner near the bar. The schedule is available on the restaurant's website: [www.terasolartisans.com](http://www.terasolartisans.com).

Terasol, at 5010 Connecticut Ave. NW (across from Politics & Prose bookstore), is open 9 a.m. to 10 p.m. for lunch and dinner weekdays and Saturdays and 10 a.m. to 9 p.m. on Sundays.

# For Topper Shutt, the weather is just fine

BY BARBARA B. OLIVER

**T**opper Shutt brought humor along with eye-opening facts to the Jan. 28 NNV luncheon at Lillie's Restaurant. As one audience member said, "Topper, if you ever get tired of doing the weather, you can do standup." He demurred, saying that with three daughters, he needs to keep doing weather for a while longer.

But it's not about the money. Topper, chief meteorologist at WUSA-TV (Channel 9), really enjoys everything about weather. He grew up watching Channel 9 weatherman Louie Allen with an eye to working there one day. At age 8 he built a weather station and at 10 made his first forecast.

His first job was with CNN in Georgia when "the station was six months old and if you had a pulse you got hired," he claims. Nick Gregory (now a meteorologist for WNYW in New York City) did the weather and Topper asked lots of questions. When CNN hired Gordon Barnes for the 6-9 a.m. slot broadcasting from D.C., Topper became the weather producer. A job doing the weather in Knoxville, Tenn., while he earned a degree in meteorology from UNC (Asheville), led to a weekend weather job at Channel 9 when Doug Hill moved from



JANEAN MANN

For Topper Shutt, right, weather forecasting is "the most fun I have all day."

weekends to weekdays. In 1989, Topper was hired full time.

Topper says, "I never look at the National Weather Service forecast. Doing my own is the most fun I have all day. It's like the [horse] races—there are 13 [weather] models, which one are you going to bet on?" From experience, he knows which one to pick based on the conditions.

But there are frustrations,

too. Like when he receives 1,000 emails blaming him for an erroneous forecast aired on other stations, when he actually made a correct forecast. Or when a school system, criticized for its closure decision, says, "The forecasters got it wrong."

In the D.C. metro area, he says, there are "lots of forecasts, lots of variables and lots of microclimates" to weigh when determining the weather. Forecasters get four model runs a day, six hours apart. "People don't get how difficult it is when tracking a storm over the globe to be *only* 50 miles off three days ahead," says Topper.

That was the case with the Jan. 23-25 snowstorm that hit the Northeast, leaving

See SHUTT, Page 7

## Coincidentally . . .

**T**he NNV luncheon came on the anniversary of a momentous D.C. weather event. The Knickerbocker Theatre, at 18th Street and Columbia Road NW in the Adams Morgan neighborhood, collapsed on Jan. 28, 1922, under the weight of snow from a two-day blizzard that was later dubbed the [Knickerbocker Storm](#). Ninety-eight people were killed and 133 injured.



## COMMUNITY CALENDAR

*Events are free unless otherwise indicated.*

**Sun., Feb. 1, 3:30 p.m.**

**Angelo Volandes, M.D.—**  
Author talk, *The Conversation: A Revolutionary Plan for End-of-Life Care*. Politics & Prose, 5015 Connecticut Ave. NW.

**Tues., Feb. 3, 7:30 p.m.**

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

**Sun., Feb. 8, 1 p.m.**

**Aviva Kempner, Menachem Rosensaft, Michael Brenner—**  
Author talk, *God, Faith & Identity From the Ashes: Reflections of Children and Grandchildren of Holocaust Survivors*. Politics & Prose, 5015 Connecticut Ave. NW.

**Mon., Feb. 9, 6:30 p.m.**

**ANC 3/4G—**Meet the commissioners. **7 p.m.—**Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Thurs., Feb. 12, 7:30 p.m.**

**ANC 3E—**Meeting, location to be determined. Details at [www.anc3e.org](http://www.anc3e.org).

**Sun., Feb. 15, 4 p.m.**

**Gerdan Ensemble—**Traditional Eastern European music; reception. Chevy Chase Presbyterian Church, 1 Chevy Chase Circle NW.

**Tues., Feb. 17, 7:30 p.m.**

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

**Tues., Feb. 17, 7:30 p.m.**

**Chevy Chase Citizens Association—**Meeting with Mayor Bowser. 5601 Connecticut Ave. NW.

**Wed., Feb. 18, 7:15 p.m.**

**T'ai Chi with Susan Lowell—**  
Chinese martial art, meditation and relaxation. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Thurs., Feb. 19, 10:30 a.m.**

**Avalon Senior Cinema—**Patrons 62 or older pay less than the usual senior rate of \$8.75. Avalon Theatre, 5612 Connecticut Ave. NW.

**Mon., Feb. 23, 7 p.m.**

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

**Wed., Feb. 25, 7:15 p.m.**

**CCCA Garden Club—**Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

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

**Walking Club—**Sibley Senior Association. Mazza Gallerie, concourse level, Wisconsin & Western Aves. NW. (202) 364-7602.

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

**Club 60+ —**50/50 Cardio/Strength Exercise, 2nd Floor Multipurpose Room, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

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

**Club 60+ —**Chair Yoga with Zuri. Auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

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

**Club 60+ —**Exercise Basics with Will Yates. Auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Every Fri.**

**AARP Legal Counsel for the Elderly—**Self-help office, free to D.C. residents 60+ years old. Paralegal Ebonee Avery assists 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.

**Movie Mondays**

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

**Feb. 2—***The U.S. vs. John Lennon*, U.S., 2006, rated PG-13, documentary

**Feb. 9—***The Golden Door*, Italy, 2006, rated PG

**Feb. 23—***Keys to the House*, Italy, 2004, rated PG

## A weather guy, through and through

SHUTT, *Continued from Page 6*

8 inches in New York and 36 inches outside Boston. He recalled a D.C.-area storm in which one exit on the Beltway got two inches of snow and one a few miles down the road got the predicted much deeper snowfall.

As far as the future and climate change, "The climate is *always* changing," he emphasizes. "There is no 'normal' weather, only 'average' weather. The weather oscillates between extremes that move heat around the world. It's been warmer in history before the

Industrial Revolution.

"We can't predict hurricanes three months out," he points out, "yet we're predicting climate 200 years out." He would like to see "people focus their concern, effort and money on problems they can fix and will really transform people's lives," such as "clean water, overpopulation, recycling and infrastructure."

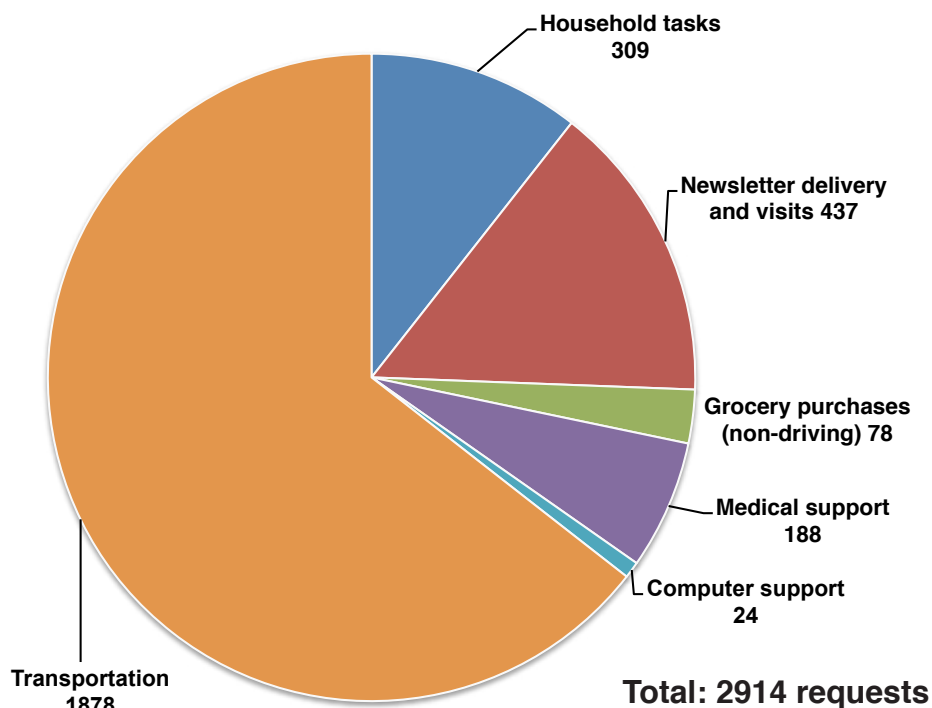
## Village volunteers: A+ and a round of applause!

Last year was an inspiring and momentous one for NNV. With your continued support, we celebrated our fifth year of operation in May. Recently we welcomed our 225th member and our 136th trained volunteer. Many members are also volunteers and contribute a variety of skills and experiences necessary to sustain an engaged and active village.

In 2010, volunteers carried out 420 services for members. Take a look at the number of services our working volunteer corps handled in 2014!

## 2014 service requests met by NNV volunteers

On average, each request takes two hours door to door



## The lighter side of French toast

BY BARBARA B. OLIVER

I got a craving for French toast in the middle of a February snowstorm and decided to see if I could lighten it up with what I had on hand, while maintaining the satisfaction of the real deal. As I imagine there are others who get the urge to splurge, here's the result.

### French Toast rethought

2 slices (1 ounce each or about 5/8-inch thick)  
sourdough bread  
¼ cup egg substitute  
(such as Egg Beaters  
Original)  
1 pat (1 teaspoon) butter

1 tablespoon maple syrup (pure  
or sugar-free)

Pour the egg substitute into a shallow bowl or rimmed plate. Soak bread, turning to cover each side. Melt pat of butter in a frying pan over low heat. Turn

up heat to medium and brown first one side of the bread, then the other.

Slide onto a warmed plate. Serve with syrup.

*Alternative toppings:* 1 tablespoon confectioner's sugar; warmed canned sliced peaches; fresh berries; warmed natural (unsweetened) applesauce.

*Side dish:* Crisply fried turkey bacon, Jennie-O or other brand.

**Pancakes:** Aunt Jemima Lil' Griddles Mini Pancakes (40 per box in freezer section). Heat in minutes in microwave. Very tasty and very quick. Suggested serving size 10; easy to take out as few or as many as you want.



TOM OLIVER



# Romeo, from prison pup to a life in NNV

By DAVID COHEN

**O**ur dog Romeo blazed my trail to volunteering for Northwest Neighbors Village.

Romeo is a 16½-pound rescue dog who broke into prison. His history is short and intriguing, much like that of Shakespeare's Romeo.

At a West Virginia prison a few years ago, a "snitch" reported that a small white dog was living "inside" and was being cared for by prisoners. Apparently the prisoners were skilled at hiding their treasure. He escaped notice for a couple of weeks.

Once he was discovered, animal rescue officials came to the prison and moved Romeo to a shelter where he was adopted by an upstanding lawyer in Forest Hills with a strong commitment to rehabilitation.

No one knows how Romeo got into prison, but he apparently had a good experience there. He was healthy and in good spirits when he was sprung. Of course, he's not talking, but he has found a wonderful home outside the prison gates and occupies himself with the endless fetching and retrieving of any ball that comes his way. He is known for his cheerful personality and his peaceful nature. He is, by far, the most congenial member of his peer group. He exhibits no signs of criminal behavior and his post-prison years are happy ones.

Since our family adopted him in 2008, I walk him mornings and evenings daily, usually on the same route.

Along the way, Romeo and I have come to know the families whose homes we pass. Over the years, I have witnessed the challenges that aging brings: A home where a husband cares for a disabled wife. Three homes where wives care for disabled husbands. Another home with a widowed spouse. More than once, I've wanted to offer the people confronting these challenges ways to connect with other people and supports.

Then I discovered Northwest Neighbors Village, an already vibrant network tailored to the needs I



DAVID COHEN

saw.

In December, I joined roughly 10 other prospective volunteers, many retired from careers in education, social work or medicine, in attending NNV introductory training. Led by NNV veterans Jo Ann Tanner and Patricia Kasdan and Executive Director Marianna Blagburn, the training provided a quick history of the "aging in place" village movement, introduced the *NNV Volunteer Handbook* and used scenarios drawn from real cases to allow us to plan for dilemmas we might face.

Volunteers provide members with transportation to and from medical visits, grocery shopping or cultural and other events. Volunteers offer medical note-taking, serve as friendly visitors to seniors who live alone, or undertake light household duties such as changing light bulbs or organizing and decluttering bookshelves, closets and attics. Volunteers may also assist in the administrative tasks that keep the network operating.

As a volunteer, I receive emails each week listing requests from members. I respond with the possibilities with which I'm willing to help. Sometimes the assignments I offer to handle have already been assigned to other volunteers. On occasion, a member needs to change a scheduled assignment because of illness or other factors.

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This article first appeared in slightly different form in the [Forest Hills Connection](#), an online e-magazine.

## Romeo, the NNV recruiter

DOG, Continued from Page9

Volunteer coordinator Leah Penner confirms tasks assigned, gives additional background if needed, and asks that I contact the member to introduce myself and confirm how the member and I will connect in person.

So far, my assignments have been to provide rides: To a medical appointment at Georgetown University Hospital; to Gentle Yoga, a marvelous weekly gathering at Forest Hills of D.C. (the former Methodist Home at 4901 Connecticut Ave. NW, which also donates office space to NNV); and to the hairdresser. I've had the pleasure of meeting people from all over the world, who have traveled all over the world, and who have witnessed history in the making. In Washington and in Forest Hills, people often lead extraordinary lives! I also discovered that people I've known and admired for years have been quietly volunteering with NNV since its start.

For more information about NNV membership or volunteering, check the website, [www.nwnv.org](http://www.nwnv.org); email [nnvillage@gmail.com](mailto:nnvillage@gmail.com); or call (202) 777-3435.

Or watch for Romeo. If I'm the one walking him (and chances are good I will be), I'm happy to talk with you about NNV.

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**David Cohen** moved into his home in Forest Hills in 1962. Among his activities is portrait photography; see [DavidCohenPhotoDC.com](http://DavidCohenPhotoDC.com).

## POETRY CORNER

# These Days

BY PATRICIA E. ORTMAN

**G**etting up and getting going  
Is an interesting affair.  
At this age, much more difficult  
Than you might be aware.

First you have to stretch a bit  
And gradually "destiffen."  
So, drink your coffee, read the  
Post  
And have yourself a muffin.

Then it's pills of many kinds,  
Sizes, shapes and colors,  
And get out for a morning walk  
Or risk the evening dolors.

Breakfast, shower, dress again.  
Apply the creams and lotions—  
For hemorrhoids, psoriasis,  
The stress-related potions,

For face (your skin is drying out,  
Result of menopause)  
And drops for eyes, cuz they're  
dry, too  
And sight's a worthy cause.

Comb your hair, you're almost  
there!  
And gee, it's not yet noon!  
There's time to do a thing or  
two.  
The dishes? Perhaps a spoon?

But, oops! It's time for pills  
again.  
These for ailments chronic.  
Arthritis, IB and CFS  
Oh, where's the all purpose  
tonic???

And now there is an hour or two

You may get something done  
Before a nap's imperative  
(Recover from the strain).

Then dinner, which requires  
thought.  
Have you had five fruits and  
veggies?

If not, you better work it in  
Or tomorrow you'll regret it.

And have you had today your  
water  
In quantities sufficient  
To ensure that all your systems  
delicate  
Function real efficient?

For it's bedtime now and pills  
again  
(Those menopausal symptoms)  
Estrogen and calcium,  
Magnesi and some other "ums."

You never knew your body could  
Require so much work  
When you were young and  
stupidly  
Assumed it'd always perk

Along like some well-oiled  
machine  
Or Energizer bunny.  
But now you know, it takes a lot  
To keep it going, honey.

So learn your lesson while  
you're young.  
(Right!) Do not overdo it.  
Or you will pay, regret the day  
Like me, and live to rue it!

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**Patricia Ortmann** is a Chevy Chase senior.