

# THE VILLAGE NEWS

Northwest Neighbors Village

Volume 7, Issue 3

A Community Network of Support

March 2015

## VOLUNTEER PROFILE

### An ocean expert's new porpoise in life

BY RALPH LINDEMAN

After spending years as an ocean policy expert dealing with global issues, Dr. Morgan Gopnik found it surprising how satisfying it is “to deal one-on-one with people” by volunteering with Northwest Neighbors Village.

“My professional work is quite abstract and large-scale and you never quite see change and progress, or it comes very slowly,” she says. “It was a revelation to me how satisfying it is to just do something that helps someone in a very direct way.”

Dr. Gopnik, who began volunteering for NNV last fall on the recommendation of a neighborhood friend, says she generally takes about two assignments a week, driving people to appointments or shopping excursions.

“I didn’t know what to expect,” she says. “I’ve just really enjoyed it, getting to know such interesting people.”

She notes that the Gopnik family, which includes a well-known writer, helps her connect with many NNV members. “As soon as I started volunteering, people saw my name and they would ask, ‘Do you know Adam Gopnik, the writer for *The New Yorker*?’”

“I tell them, ‘Yes, he’s my brother,’ and they say, ‘Oh, I read him all the time.’ So apparently *The New Yorker* is well read by Northwest Neighbors Village members.”

For most of her career, Dr. Gopnik has focused on ocean policy issues. During the 1990s she directed the Ocean Studies Board at the National Academy of Sciences, providing advice to policymakers on ocean and coastal issues.

That post led to her selection in 2003 as senior adviser to the U.S. Commission on Ocean Policy, a 16-member group created by Congress to recommend ways to better coordinate ocean policy



ADRIAN BONDY

Oceanographer and NNV volunteer Morgan Gopnik.

in the federal government.

“Traditionally, oceans have been managed one activity at a time,” she explains, with one agency managing fishing, another agency covering shipping lanes and another protecting marine mammals. “The right hand often doesn’t know what the left hand is doing.”

The commission’s recommendations, issued in 2004, have led to action plans issued by Presidents Bush and Obama aimed at improving coordination of federal ocean policy.

Dr. Gopnik, now working as a consultant, spends much of her time advising groups working to implement the coordination policies.

Outside of her consulting work, Dr. Gopnik enjoys cooking, gardening and traveling. Recent

See **GOPNIK**, Page 5

## NORTHWEST NEIGHBORS VILLAGE

*a community network of  
support*

4901 Connecticut Ave. NW  
Washington, DC 20008  
(202) 777-3435

[www.nwnv.org](http://www.nwnv.org)

### Northwest Neighbors

**Village** (NNV) is a nonprofit organization created to help the residents of Northwest Washington live comfortably and safely in their neighborhoods and homes as they age. Founded in 2007 and opened in 2009, NNV is part of the Senior Services Network, supported by the D.C. Office on Aging.

### Join or Volunteer

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

### NNV Board Members

#### Officers

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#### Directors

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Tom Oliver

# Ready for the rebirth

## Old, old, but endlessly new

BY ALIX McDONOUGH

What keeps spring from being a cliché—"a new beginning," a "fresh start," a "rebirth"? What are the words to keep it bright, to let me see what I saw as a child when everything was new and unexpected? How do I describe a red bird seen for the first time when I was young, or a trusted bumblebee that had not yet shown me its aggression?

Spring is a plastic swimming pool and a small, skinny girl in a purple bathing suit waiting while the water flowed warm from the coiled green hose, then cold where the sun no longer reached it.

Jump in squealing, run out freezing, lie down quickly, shivering on the warm sidewalk.

I can remember the concrete under my belly, arms tucked tight beneath me to keep my hips from pressing down on the hard pavement. I can still feel the bristles of the sidewalk rubbing on my cheek like the stubble on my father's face when he bent down to kiss me.

Lying there, I saw tufts of grass pushing between the cracks, small twigs, pebbles. And then there were the ants. Tiny soldiers marching resolutely, never slowing, never stopping, always moving around the grass,

around the twigs, around the pebbles, never dissuaded, never discouraged . . . teaching *me* how, when I grow up.

Now that I'm older and spring has come and gone, and gone and come again, still it's a new song filled with wonder when the curious daffodils, the crocuses, the bright red tulips and the lilies of the valley heave themselves up out of the ground and look around and

turn their faces to the sun.

I CAN'T WAIT to rush to the nursery and fill my car with annuals that I will plant even before I know for sure that snow will not return.

When my work is done, I'll sit on my back porch, rocking in a purple

chair, ice tea beside me, dirt beneath my nails, mulch in my shoes and soil on my clothes—smiling.

Somewhere in the distance a hand mower spins and I hear the flick, flick, flicking of a sprinkler in somebody's backyard. Sounds of my childhood echo still.

Spring must *always* be trite. There really *are* birds in the trees and flowers blooming. Spring is a new beginning, a fresh start, a rebirth, a mother-may-I . . . do it *all* over again . . . again.



JANEAN MANN

Spring . . . we can't wait.

**Alix McDonough** is a Chevy Chase senior.

## NNV CALENDAR

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

**Mon., March 2, 2-3 p.m.**  
**Gentle Yoga** with Sandi Rothwell. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

**Wed., March 4, 10-11:30 a.m.**  
**NNV Caregiver Support Group**—Susan Lieberman, LICSW, facilitator. First, third Wednesdays for eight weeks. To reserve call (202) 777-3435.

**Thursdays, March 5-April 2, 1-3 p.m.**  
**Village Drawing Class**—Beginners welcome. Registration fee \$65, plus cost of materials. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW. Call (202) 777-3435.

**Mon., March 9, 2-3 p.m.**  
**Gentle Yoga** with Sandi Rothwell.

**Sun., March 15, 3:50 p.m.**  
**City Choir of Washington**—Mozart Mass, etc. Tickets \$15 from NNV; call (202) 777-3435. National Presbyterian Church, 4101 Nebraska Ave. NW (Van Ness St. entrance).

**Mon., March 16, 2-3 p.m.**  
**Gentle Yoga** with Sandi Rothwell.

**Tues., March 17, 12:30 p.m.**  
**St. Patrick's Day Lunch**—Parthenon Restaurant, 5510 Connecticut Ave. NW. RSVP: (202) 777-3435.

**Wed., March 18, 2-4 p.m.**  
**NNV Book Club** to discuss *Team of Rivals*, Chapters 12-18, by Doris Kearns Goodwin, at the home of NNV member Barbara

Dresner. RSVP: (202) 777-3435.

**Mon., March 23, 2-3 p.m.**  
**Gentle Yoga** with Sandi Rothwell.

**Tues., March 24, 3-4:30 p.m.**  
**NNV Men's Book Club** to discuss *The Path Between the Seas: The Creation of the Panama Canal 1870-1914*, by David McCullough, at the home of NNV member Bernie Hillenbrand. RSVP: (202) 777-3435.

**Thurs., March 26, 7:30 p.m.**  
**Aging in a Community: Resources & Benefits**—Presented by NNV and Chevy Chase Citizens Association. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Mon., March 30, 2-3 p.m.**  
**Gentle Yoga** with Sandi Rothwell.

## D.C., 'city of age-friendly resources and villages'

**A**nationally recognized leader in aging services, Gail Kohn, will be the featured speaker at this year's joint event co-sponsored by the Chevy Chase Citizens Association and Northwest Neighbors Village.

The program, at 7:30 p.m. March 26 at the Chevy Chase Community Center, is titled "Washington, D.C.: City of Age-Friendly Resources and Villages."

Since mid-2013, Gail has been the D.C. coordinator of the Age-Friendly project, mobilizing public and private resources to transform the city into a better place for residents to live, work and play in accordance with World Health Organization guidelines.

She was founding director of Capitol Hill

Village, NNV's counterpart in that part of the city. It has become one of the nation's most successful innovative organizations of its kind.

Gail will focus on the D.C. Strategic Plan for 2014-17, a concrete plan of action that responds to the needs identified by older adults in the community.

Lylie Fisher, director of community engagement at Iona Senior Services, will speak about considerations and planning for future creative housing choices in our community and an

upcoming Iona-sponsored housing seminar in April.

Refreshments will be provided at this event. Please join us to learn more about city resources and benefits, and planning for the future in our community.



Gail Kohn



Lylie Fisher





JANEAN MANN

## Recipe for an icy afternoon

A full house of NNV members, volunteers and Ingleside residents enjoyed the roaring fire and the uplifting variety of songs from the City Singers at a Feb. 8 NNV concert. Conducted by Jennifer Howard Gotten (center), the singers, an ensemble of the City Choir of Washington, had attendees singing along and threatening to get up and dance. Tasty food and beverages also took the chill off the icy day.

## Special elections slated for Wards 4 and 8 on April 28

BY JANEAN MANN

**D**o you know what the Ward 4 candidates for D.C. Council think about the property tax exemptions for seniors, programs that help seniors at the community center, or other such hot-button issues as the Pepco-Exelon merger? If not, there will be opportunities to find out before the April 28 election.

The election of Ward 4 council member Muriel Bowser as mayor and the death of Ward 8 member Marion Barry left two vacancies that will be filled during April 28 special elections in the two wards. Fifteen candidates are vying for the seat in Ward 4 and 16 in Ward 8.

These elections are important because the upcoming D.C. budget debate, in which the council will play a major roll, could have significant implications on services for—and taxes on—D.C. seniors.

In case you are undecided,

a Ward 4 candidates' debate will be held March 18 at 7 p.m. at St. John's College High School, 2607 Military Road (enter via Oregon Avenue). NNV members can call for needed rides. The debate is sponsored by the Chevy Chase Citizens Association, Shepherd Park Citizens Association and Takoma DC Neighborhood Association.

Another Ward 4 forum, moderated by *Washington Post* columnist Colbert King, will be held from 6:30 to 9 p.m. March 2 at the LaSalle-Backus Education Campus, 501 Riggs Road NE.

The candidates for the Ward 4 seat (listed alphabetically) are Acquanetta Anderson, Leon T. Andrews Jr., Ron Austin, Renee Bowser, Gwenellen Corley-Bowman, Chrysanthé A. Courniotes, Judi Jones, Bruce Morrison, Edwin W. Powell, Pedro Rubio Jr., Glova Scott, Douglass Sloan, Bobvala Tengen, Brandon Todd and

Dwayne M. Toliver.

The April 8 *Northwest Current* will carry a special article on the election, the candidates and their policies.

If you are not registered to vote, there is still time to register. Monday, March 30, is the deadline for registration by mail. Mailed voter registration applications and registration update notifications must be postmarked by March 30. This is also the deadline for receipt of faxed or electronically transmitted federal postcards. If you plan to vote absentee, you must request your absentee ballot by April 21 and have it postmarked by April 28.

Early voting locations for Ward 4 residents are open 8:30 a.m. to 7 p.m. at One Judiciary Square, 441 Fourth St. NW, from April 13 to 25, except Thursday, April 16 (Emancipation Day) and Sunday, April 26; and at Takoma Recreation Center, 300 Van Buren St. NW, April 18-24, except Sunday, April 19.

# They're after your money, but it's not the IRS

BY JANEAN MANN

No, it's not the Internal Revenue Service out to take your money, even though April is next month. However, that guy on the other end of the line might be claiming he is. Local residents are receiving more and more of this type of call. Nor are they limited to callers claiming to be from U.S. government agencies.

Individuals saying they represent the IRS or the Treasury Department have been calling saying that you owe money and that unless you respond immediately there will be criminal charges against you. Many of the callers (most seem to be men) have heavy accents and appear to have a limited knowledge of English and even less of U.S. law.

They may even give names and alleged badge numbers, but don't be fooled. They may ask for immediate meetings or payments to resolve the problem. Hang up immediately and report the call to the IRS. Include the caller's phone number if you have caller ID. If you are not at home, they may leave a message requesting an urgent callback. I have received four such calls and have never responded. No one has arrested me as a result.

That call should be your first alert that this is a

## Oceanographer

GOPNIK, *Continued from Page 1*

travels have included Switzerland, Italy and Turkey.

Bicycling is another favorite activity. Last October, she and her husband spent a week bicycling 350 miles from Pittsburgh to Washington.

"It was so wonderful because the entire distance is all on bike trails—we were never on roads," she says. "Apparently there are other long bike trails and we're trying to find out where they are and which one we might want to do next."

scam. Why? Because the IRS will not call you.

Nor will the IRS demand immediate payment by phone. If you do owe money to the IRS, they will mail you a bill, not call. Nor will they demand tax payments without giving you the opportunity to question or appeal the amount they claim you owe. The IRS will not ask for a credit or debit card number over the phone or demand payment via a prepaid debit card. And lastly, the IRS says, it will not threaten to bring in law enforcement to have you arrested for not paying.

In a twist to this scam, bogus IRS calls may claim you are due a refund and ask for personal information. Don't give it.

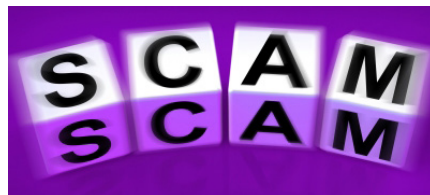
The IRS is investigating these scammers but needs your help. If you receive such a call, report it at [www.treasury.gov/tigta/](http://www.treasury.gov/tigta/) or

phone (800) 366-4484. Use the Internet if you can, because congressional cuts to the IRS budget have reduced the number of agents available to take your calls. The problem is expected to grow as we get closer to April 15.

Scammers are also targeting tax preparers by asking them to update their e-services portal information and Electronic Filing Information Numbers (EFINs). This phishing scam seems to be seeking usernames and passwords of tax preparers. The IRS warns not to click on this notice as it was not sent by the IRS.

Other scams reported by our neighbors recently involve Pepco. One individual received a call threatening to shut off her electricity because of an allegedly unpaid bill and demanded immediate payment. The woman knew her bill was current and did not pay. Another individual received a call saying that the Pepco-Exelon merger had been completed and the company needed personal information to switch the account. That proposed merger has yet to be completed and opposition to it seems to be growing.

With regard to phone calls threatening immediate cutoff of your electricity, Pepco says it makes no such live outgoing calls and that all Pepco calls are recorded information on outages and dangers.



STUART MILES / FREEDIGITALPHOTOS.NET

## Where in the world?



PHOTOS BY RUTH UHLMANN

Associate NNV members Ruth Uhlmann and Craig Mathews send along some scenes from a vacation in sunny Oaxaca, Mexico. Left, a woman makes tortillas; right, the plaza in front of the Cathedral.



## NNV selected for UC-Berkeley study of villages

BY MARIANNA BLAGBURN

**N**orthwest Neighbors Village has been selected by the University of California, Berkeley, as one of 20 villages in the country to participate in a National Evaluation of Villages Feasibility Study. The study is being conducted in partnership with the Village to Village Network—the professional association for members of the rapidly growing U.S.-based village movement.

Villages are a community response to aging and serve residents who wish to stay at home as they grow older as long as it is safe to do so. Funded by the Retirement Research Foundation, the purpose of the 18-month evaluation is to investigate the impact of the village on its members.

Data derived from a group

of villages is essential for demonstrating the value of villages to local and federal policymakers and grant-making organizations. The evaluation will also provide information for individual villages aiming to improve member benefits, services and programs, and demonstrate impact on members.

Data to be collected includes a village organizational profile, a new-member intake questionnaire, an annual member survey and a monthly reporting of services, programs and activities provided by the villages.

The new-member intake questionnaire focuses on reasons for joining the village, anticipated needs to be met by village volunteers and other providers of senior services, potential home modifications, and interest in village activities and events.

UC-Berkeley is the first academic institution to undertake a national study of this size of open and active villages. A pilot study of nine open California villages by UC-Berkeley offered the initial structure to conduct the national study.

Criteria used to select the villages were: village models; geographic region; size and age of the village; villages serving all levels of income, and villages that had the capacity to collect the data. The Foggy Bottom West End Village was the only other D.C.-area village selected for study.

NNV, now in its sixth year of operation, opened in the senior-friendly community of Chevy Chase and now serves the D.C. communities of Chevy Chase, Friendship Heights, Tenleytown, American University Park, North Cleveland Park and Forest Hills.



## Try this sandwich for lunch or a light supper

BY BARBARA B. OLIVER

**E**rne's was a campus hangout frequented by my husband during his college years. The original Ernie's Special sandwich was a generous concoction that didn't worry about calories, fat grams or carbohydrates. The following version, more in tune with metabolism that is many decades from college, has been modified for dietary reasons.

### Ernie's Special

*2 slices light bread (rye, white, whole wheat, oatmeal)*  
*1 ounce (1 tablespoon) Neufchatel (or reduced fat cream cheese), softened*  
*1 tablespoon green pepper, chopped small (1/8th of a medium pepper)*  
*1 large egg, hard-cooked*  
*1 large tomato slice*  
*Salt*



BARBARA B. OLIVER

*Pepper*  
*1 piece of lettuce*

Toast the bread. With table knife or small metal spatula, blend the chopped green pepper with the softened cream cheese. Spread mixture on one slice of toast.

Top with sliced hard-cooked egg, tomato slice seasoned with

salt and pepper (as desired) and the lettuce. Cut sandwich in halves or quarters.

Serve with baby carrots, olives, pickles and/or radish as garnish.

If you desire a bit more food, try any one of Progresso's Light Soups. Each can contains two tasty one-cup servings. And there are many flavors from which to choose.

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## NNV announces fee increase

BY STEVE ALTMAN

**T**he board of directors of Northwest Neighbors Village announces the first fee increase for full members since opening its doors in 2009.

In addition, the board unanimously approved the policy of giving a one-year exemption from the dues increase to any member who recruits a new member even if, for any reason, NNV does not accept that recruit as a member.

Full members who currently pay \$500 will receive an increase of \$50 to \$550. The annual fee for households will be increased from \$750 to \$825. Households

can have up to three members in a full membership status.

Thanks to the support of our members, volunteers and donors, NNV has surpassed its goals in every way. In 2014 alone, nearly 3,000 service requests were filled by 140 neighborhood volunteers. The village community participated in over 100 cultural events: wellness classes, supper salons, museum trips, nature walks, art classes, concerts and book club activities. Each week the village offered a chance to have fun, make friends and stay connected to one another.

We added new levels of support. Our medical note-

taking program was launched and recognized as a national and local model in *The Washington Post*, *USA Today*, *Kaiser Health News* and the *Northwest Current*. Most recently, NNV was awarded a \$12,000 grant from the Cloudbreak Family Foundation to train other villages in medical note-taking. Care coordination services were added to help residents stay at home with extra help. Home safety initiatives and a Home Safety Guide were developed to help members with low-cost and no-cost modifications to their homes.

However, as is true of most nonprofit organizations, our low fees cover only 50

*See FEES, Page 8*

## COMMUNITY CALENDAR

*Events are free unless otherwise indicated.*

**Tues., March 3, 6:30 p.m.**  
**Chevy Chase Citizens Association**—Photo show, refreshments. **7 p.m.** Rescheduled meeting with Mayor Bowser. 5601 Connecticut Ave. NW.

**Tues., March 3, 6:30-8:30 p.m.**  
**D.C. Water Pressure Zone Improvement Program**—Public information meeting. Will impact Ward 3 residents who may need a pressure-reducing valve installed. American University Ward Circle Bldg., 4400 Massachusetts Ave. NW, Room 2.

**Tues., March 3, 7:30 p.m.**  
**Police Service Area 201**—Community meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Wed., March 4, 10 a.m.**  
**Moving Toward an Age-Friendly City: What's Next?** Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Thurs., March 5, 7 p.m.**  
**Dave Barry**—Author talk, *Live Right and Find Happiness (Although Beer Is Much Faster)*. Politics & Prose, 5015 Connecticut Ave. NW.

**Mon., March 9, 7 p.m.**  
**ANC 3/4G**—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Wed., March 11, 7 p.m.**  
**Myra McPherson**—Author talk, *The Scarlet Sisters: Sex, Suffrage and Scandal in the Gilded Age*.

Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Thurs., March 12, 7:30 p.m.**  
**ANC 3E**—Meeting. Tentative, check [www.anc3e.org](http://www.anc3e.org).

**Sat., March 14, 1 p.m.**  
**Colman McCarthy**—Author talk, *Teaching Peace: Students Exchange Letters With Their Teacher*. Politics & Prose, 5015 Connecticut Ave. NW.

**Sun., March 15, 2-7 p.m.**  
**38th Annual Bach Marathon**—Six trio sonatas for organ. Chevy Chase Presbyterian Church, 1 Chevy Chase Circle NW.

**Tues., March 17, 7:30 p.m.**  
**ANC 3F**—Meeting. Forest Hills of D.C., 4901 Connecticut Ave. NW.

**Wed., March 18, 7 p.m.**  
**Ward 4 Council Candidates Forum**—St. John's College High School, 2607 Military Road NW (use Oregon Avenue entrance).

**Wed., March 18, 7:15 p.m.**  
**CCCA Garden Club**—Meeting. Chevy Chase Library, 5625 Connecticut Ave. NW, second floor.

**Wed., March 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., March 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., March 23, 7 p.m.**

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

**Tues., March 24, 7 p.m.**  
**Moving Toward an Age-Friendly City: What's Next?**—Chevy Chase Library, 5625 Connecticut Ave. NW.

**Every Tues., 11 a.m.-noon**  
**Club 60+**—Line Dancing. 2nd floor Ballet Studio, 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 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.

**Movie Mondays**  
2 p.m. and 6:30 p.m., Chevy Chase Library, 5625 Connecticut Ave. NW.

**March 2**—*Taking Woodstock*, U.S., 2009, rated R (Ang Lee, director)

**March 9**—*The Hundred Foot Journey*, India-France-U.S., 2014, rated PG.

**March 16**—*The Pink Panther*, U.S., 1963, not rated (Peter Sellers)

**March 23**—*The Skeleton Twins*, U.S., 2014, rated R (Luke Wilson)

**March 30**—*Some Like It Hot*, U.S., 1959, not rated (Monroe/Curtis/Lemmon)

FEES, Continued from Page 7

percent of our costs even as we streamline expenses at every turn. Our office space, meeting rooms and frequent use of

activity space at Forest Hills has been generously donated by CEO Sandy Douglass. To defray expenses, we welcome in-kind donations and services from community partners. As

we embark on new growth and capacity to serve our members, the time has come for the incremental increase in our fees.

**Steve Altman** is president of NNV.