

THE VILLAGE NEWS

Northwest
Neighbors
Village

Volume 7, Issue 4

A Community Network of Support

April 2015

Ready for the worst with a power of attorney

If you are hit by a car tomorrow or have a stroke, who will handle your affairs or pay your bills? You should plan when you are healthy and can make well-reasoned decisions yourself.

And now is also the time to consider getting a durable power of attorney (POA).

A POA is a written authorization permitting someone else to represent you or act on your behalf in private affairs, business or some other legal matter. You should create a POA while you have the capacity to choose the person you wish to make these decisions and let that person know of your wishes.

POAs are revocable so that if you change your mind, you can always name someone else. Wikipedia has an excellent explanation of the various types of powers of attorney at en.wikipedia.org/wiki/Power_of_attorney.

Physical and mental changes may occur suddenly or so gradually that you don't notice them until you are incapacitated. You may accidentally throw out your checkbook, let the mail pile up, forget to pay your property taxes or rent. If you have not created your own POA, your

See ATTORNEY, Page 4



TOBIAS EVERKE

The Springwaters, a couple with many shared enthusiasms.

MEMBER PROFILE

Kay and Ron Springwater—a wedding of interests

Meeting Kay and Ron Springwater and hearing about the many similarities that brought them together was enlightening and a pleasure. A love of travel, work in international education and development, previous marriages (two sons each), enthusiasm for the visual and performing arts and American craft, love of tennis and concern for political and cross-cultural issues combined to draw them together. They will celebrate their 28th anniversary later this year.

Kay grew up in Staunton, Va., during the era of

segregation—the daughter of a teacher and the sole African-American physician in the town. She attended a boarding school in Massachusetts and remembers this time as having a profound impact on her future. Undergraduate study at Howard University was followed by graduate study at Columbia University and postgraduate study at the University of Munich. Returning from Munich, she was hired as an instructor of German at Morgan State University in Baltimore.

While at Morgan State, she was offered a job in Washington

See SPRINGWATERS, Page 2

NORTHWEST NEIGHBORS VILLAGE

a community network of support

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

www.nwnv.org

Northwest Neighbors

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

Join or Volunteer

NNV welcomes new members and volunteers. For more information, go to www.nwnv.org or call the office at 202-777-3435.

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Kay and Ron Springwater

SPRINGWATERS, *Continued from Page 1*

at American Friends of the Middle East (now AMIDEAST), whose mission is to help Americans understand the peoples of the Middle East and North Africa by facilitating exchanges between these regions, a goal Kay still regards as vitally important. She placed Middle Eastern and North African students in American colleges and universities.

She met Ron during subsequent work administering a grants program at the Africa-America Institute (AAI) in Washington. Intermingled with these varied jobs was a growing interest in photography, and Kay studied at the Chevy Chase Community Center where she subsequently taught.

Ron grew up in Los Angeles, where he acquired his surfer/beach rat attributes. He majored in economics at UCLA, which provided an opportunity to indulge his passion for athletics, notably track and field, and basketball. Admission to Harvard Law School followed a stint in the army stationed in Germany.

However, on graduating, he realized a law career was not what he wanted, and instead joined the Foreign Service, which satisfied his desire for foreign travel as well as his interest in meeting people of other cultures. Through the U.S. Information Agency, he served in Sri Lanka, Tanzania and Gabon.

The pull of Africa was strong

and led to his resignation from the Foreign Service and subsequent appointment as regional representative to the Anglophone nations of West Africa with AAI. He and his family spent five years in Lagos, Nigeria, before being reassigned to AAI's New York City headquarters. He served as vice president and chief financial officer, among other positions.

He arrived in Washington in 1982 as director of Partners for International Education and Training, a USAID-funded consortium of four nonprofits including AAI and AMIDEAST, where Kay was employed.

Their shared love of photography is a significant factor in Kay and Ron's relationship.

They both exhibit in the D.C. area and beyond, and have won awards for their work. They have been invited to participate in a group show in Islesboro, Maine, in August.

Their volunteer activities also keep them busy. Kay is a member of the Smithsonian Women's Committee, which raises money for the Smithsonian through two annual craft events, Craft2Wear in October and the Smithsonian Craft Show in April. Her photography skills are frequently called on by the committee.

Ron serves as an interpreter on the Asia Trail at the National Zoo and photographer at the National Arboretum.

Stacey Marien contributed to this article.

NNV CALENDAR

Rides are available for NNV members to all NNV events.

Wed., April 1, 3 p.m.

Widows & Widowers Social Group—Reception for NNV members, donors, volunteers: wine, tea, hors d'oeuvres. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

Mon., April 6, 2-3 p.m.

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

Fri., April 10, 9:15 a.m.-12:30 p.m.

National Arboretum trip—

Ikebana Showcase and Bonsai Exhibit. Bus from Ingleside, 3050 Military Road NW. Snacks on bus; lunch upon return to Ingleside, \$6-\$10. RSVP: 202-777-3435.

Mon., April 13, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Wed., April 15, 2-4 p.m.

NNV Book Club to discuss *Team of Rivals*, Chapter 18-end, by Doris Kearns Goodwin at the home of NNV member Barbara Dresner. RSVP: 202-777-3435.

Mon., April 20, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Fri., April 24, 10:30 a.m.-1 p.m.

Nature Walk and Picnic at Rock Creek Park with head ranger Tony Lineforth and birding expert Lee Snook. Meet at the Nature Center, 5200 Glover Road NW.

Mon., April 27, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Tues., April 28, 3 p.m.

NNV Men's Book Club to discuss *Red Notice: A True Story of High Finance, Murder, and One Man's Fight for Justice* by Bill Browder at the home of NNV member Bernie Hillenbrand. RSVP: 202-777-3435.

For plant lovers, Arboretum's Ikebana show beckons

The annual Ikebana International Exhibition is now showing at one of the city's garden treasures, the National Arboretum, in Northeast D.C., and NNV is planning a bus excursion to see it.

Ikebana is an ancient Asian art form with origins in the sixth century A.D., when formal flower arrangements appeared in Buddhist temples. Ikebana arrangements focus on graceful lines, mostly in triangular compositions.

Three predominant branches or flowers are symbols of heaven, earth and humankind. More contemporary forms tend to break away from these rules; arrangers use the natural qualities of living and nonliving features to build height, breadth and drama. Ikebana International was founded in 1956 by Ellen Gordon Allen to promote friendship among the peoples of the world through their mutual love of nature and enjoyment of Ikebana.

Following the Ikebana tour, we will take a short walk over to the National Bonsai and Penjing Pavilion to view one of the largest collections in the world. Noted as the pinnacle of gardening, bonsai, the Japanese art of dwarfing and shaping trees and shrubs in shallow pots, and its precursor, the Chinese art of penjing, rely on the



IKEBANA INTERNATIONAL WASHINGTON, D.C. CHAPTER 1

An example of the ancient art of Ikebana flower arranging.

placement of branches, styling and the selection of the pot to convey symbolism and a reverence for nature. Of particular interest, we will see the 390-year-old Japanese white pine bonsai that survived Hiroshima.

Please join us on Friday, April 10 at 9:15 a.m. on the Ingleside parking lot. The shuttle bus leaves at 10 a.m. Lunch will be available at the Ingleside Cafe upon our return at 12:30 p.m. The bus has limited seating; call 202-777-3435 to reserve a seat.



PHOTOS BY LARRY WILLIAMS

A small village along the banks of the Amazon in Peru. The most common means of transportation is the dugout canoe.



A family brings its banana harvest to market after an eight-day trip.

Where in the world?

Larry Williams, an NNV volunteer whose photos of Burma have previously appeared on these pages, and his wife, Patti Pride, recently returned from a trip on the Amazon River in Peru with some striking new photographic mementos.



RIGHT: Anyone want to pet an anaconda?

BELOW: A pet three-toed sloth in Iquitos.



Be prepared with a power of attorney

ATTORNEY, *Continued from Page 1*

relatives, neighbors or medical personnel may decide to step in. Without advance authorization from you in the form of power of attorney, they have limited options.

The likely outcome is a

guardianship proceeding. The court will select a guardian for you. This may be a relative or a stranger selected from the court's list. You pay for the court proceedings and guardian.

The guardian may sell your property and change your living arrangements. With a little bit

of planning, you could have made some of the fundamental decisions about your care yourself.

An attorney can help you prepare such a document or you can use a variety of forms found on the web and customize them to suit yourself.

—Barbara Bedsock

Barbara Bedsock is an attorney.

The Exelon-Pepco merger: Who gets the power?

By JANEAN MANN

The proposed merger of Pepco Holdings and Chicago-based Exelon Corp. is facing growing opposition in the District and Maryland but has been approved in Virginia and New Jersey.

The two companies announced the merger in April 2014 with the avowed goals of improved reliability, efficiency and cost savings. Combined with other recent and pending acquisitions, the merger of Pepco with Exelon would produce the largest energy supplier in the mid-Atlantic.

Exelon originally offered D.C. consumers a \$14 million benefits package for bill credits, efficiency measures and low-income support but upped that fund to \$33.75 million last month amid widespread merger opposition. Exelon would also pay \$6.4 billion for Pepco, 24 percent over market value, which would bring windfall profits to Pepco shareholders.

Amid the critics, three D.C. Council members, Mary Cheh, Elissa Silverman and Charles Allen, expressed opposition in March. “They want to sell energy, we want to save energy,” Cheh said. The D.C. Council has no official role in the final decision, however, as that is the purview of the Public Service Commission, which expects to issue a decision this summer. ANC 3/4G voted unanimously to oppose the merger in January. Proponents include the D.C.

Chamber of Commerce and the Greater Washington Board of Trade.

The D.C. Office of the People’s Counsel also urged rejection of the merger. Its analysis concluded that “there are far too many risks for consumers and nothing but benefits for



Pepco and Exelon.” Pepco and Exelon say the merger will bring \$127 million in cost savings to consumers over the next 10 years. Critics, including the People’s Counsel, say there is a risk of higher electric rates for consumers. An independent study paid for by the D.C. government also opposed the merger, saying that it would bring job losses rather than the job increases promised by merger advocates.

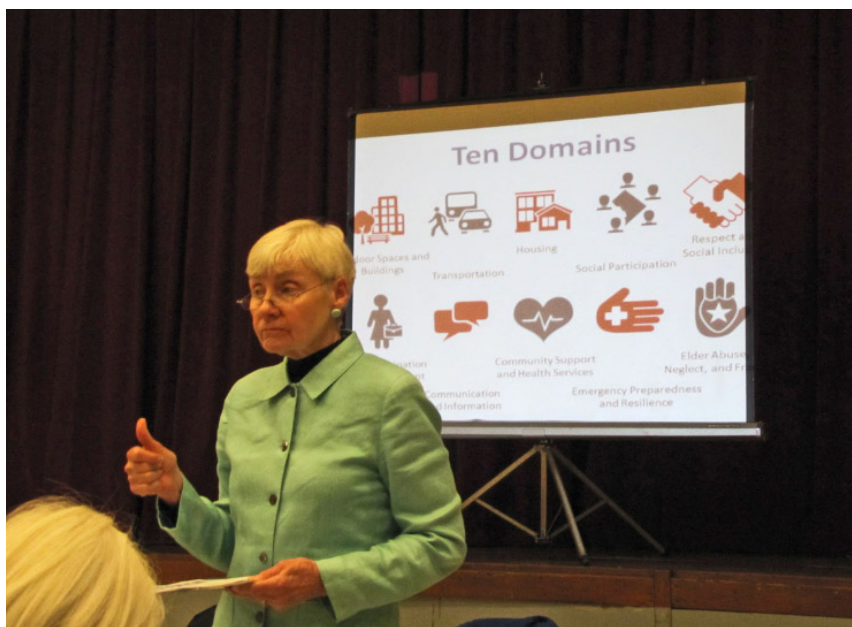
Exelon is the largest owner

of nuclear power plants in the country. Opponents charge that it is buying Pepco as a cash cow to help cover its losses in the declining electrical power generating market. Pepco, on the other hand, does not own power generating facilities and buys its electricity from a variety of sources.

Other critics, including environmental groups, many of whom have coalesced around Power DC, attack the pledge to improve reliability, saying it goes no further than promises already made by Pepco. Indeed, Pepco has made numerous improvements in reliability in recent years. Pepco and Exelon say they would be able to better address outages because of their ability to call in resources from their company in nearby states. Critics said Pepco already has this ability. For three years, I averaged 12 outages a year but have experienced only one partial outage in the last year after extensive improvements in my Chevy Chase neighborhood.

Critics are also concerned that Exelon, which provides energy, will be far less supportive of the rooftop solar energy exchange programs in which D.C. residents are participating to reduce their electric bills.

A similar battle is ongoing for Maryland Pepco customers as well. Montgomery and Prince George’s County officials have endorsed the merger, though the Maryland attorney general opposes it.



PHOTOS BY JANEAN MANN



Toward an 'age-friendly city'

Gail Kohn, left, coordinator of the Age-Friendly D.C. project, explained the city's upcoming part in the World Health Organization project at a March 26 joint meeting of NNV and Chevy Chase Citizens Association members. The crowd also heard from Lylie Fisher, of Iona Senior Services, right, who talked of planning for future housing choices and of an upcoming Iona-sponsored housing seminar in April.

The squeaky wheel gets oiled at Sibley

BY JANEAN MANN

There are times when complaining can help. That is what NNV member Jane Whitaker discovered when she went out of her way to share her fears and concerns about Sibley Hospital's parking situation.

When her husband fell in January, Jane drove him to the Sibley emergency room. First, she found there was nowhere that she could park near the emergency room entrance to help her bleeding husband into the hospital. She had to let him out and then go to the parking garage. Since she walks with a cane, she used the hospital's valet shuttle service back to the

emergency room.

But when she and her husband, both seniors, left the hospital several hours later, it was to find their way back to the parking lot after dark—a somewhat frightening situation for two handicapped seniors because the valet parking shuttle ended at 5:30 p.m.

Understandably angry about her experience, Jane sent an email to the Sibley Seniors Association, of which she is a member because they offer seniors discount parking. When she received no response, she sent a copy to NNV Executive Director Marianna Blagburn, who then contacted Marti Bailey, director of Sibley Seniors. "It

definitely paid to have had you as an advocate," Jane said of NNV.

She soon received an email from Marianne Monek, director of volunteers/patient relations at Sibley, and a call from a senior doctor at the hospital. Ms. Monek apologized for the delayed response and said the hospital would employ additional personnel to extend the valet parking service to 9 p.m. and "to assist in helping patients to and from their cars at the emergency room entrance."

A recent call to Sibley by NNV revealed that one can now get valet parking assistance to the garage at any time after regular hours by calling the hospital's security office. It pays to squeak!

Murasaki, a sushi lover's favorite

BY DANIELLE FEUILLAN

I am a sushi lover. Of the numerous Japanese restaurants throughout the D.C. area that I have tried, one of my favorites is Murasaki. Located in Tenleytown near the corner of Davenport Street and Wisconsin Avenue, it opened in 2001. One can often find staff of the nearby Japanese Embassy enjoying a meal.

The exterior is not special, but once inside the atmosphere is pleasant with touches of Japanese decor accented by the color purple (*murasaki* means purple in Japanese). There is an outside patio (for use if warm weather ever returns).

Entering the restaurant, patrons are greeted by the friendly sushi chefs behind the bar and by a hostess. It's fun to sit at the sushi bar to watch the chefs, but tables

are available and more convenient for parties larger than two.

A recent visit began with a bowl of excellent miso soup followed by a tasty appetizer of fried gyoza (shrimp dumplings) that was not



MURASAKIDC.COM

Ice cream topped off a delicious sushi dinner.

at all greasy. Our main course was sushi. There are a vast number of rolls to choose from with names such as Screaming Spicy and Godzilla. We kept it simple and ordered the yellowtail with scallions and the eel avocado roll,

which came glazed with a delicious smoky sauce.

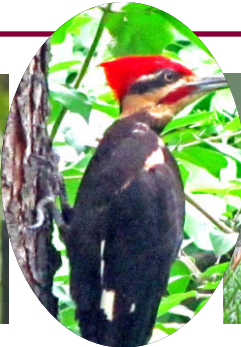
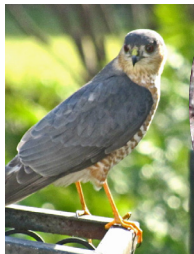
A fun option that Murasaki offers is the Omakase. This meal entails the sushi chef selecting what he believes are the freshest ingredients that day and creating a meal from them. Each dish you receive will be a surprise and it allows the chef to showcase his talents (I have never seen a female sushi chef in D.C., although they may exist).

To finish our meal, we had the black sesame ice cream, a unique and beautiful scoop! The purple-grey ice cream had a nutty flavor that was the perfect end to our meal.

Murasaki Restaurant is at 4629 Wisconsin Ave. NW, telephone 202-966-0023.

Hours: Lunch, Monday-Saturday 11:45 a.m. to 2:30 p.m.; Dinner, Monday-Thursday 5:30 to 10 p.m., Friday-Saturday 5:30 to 10:30 p.m. and Sunday 5:30 to 9:30 p.m. Street parking is available.

Say hello to the birds of spring!



Keep your eyes peeled for migrating birds and spring wildflowers during the annual Village Nature Walk, scheduled this year for 10 a.m. Friday, April 24.

We will meet at the Rock Creek Park Nature Center and will be joined by Tony Lineforth, head ranger and birding expert, and Lee Snook, the chief interpretive ranger. Following the walk along trails in Rock Creek Park and a visit to the nature garden,

we will enjoy a light box lunch at the Nature Center.

You are encouraged to wear comfortable shoes and clothes suitable for hiking in wooded areas. Bring binoculars to enjoy the sights of migratory birds returning to our area. There is a \$5 fee for the lunch.

The walk is limited to 18 participants; you can reserve a space by calling 202-777-3435.

PHOTOS BY JANEAN MANN

From left, a merlin, a pileated woodpecker, a baby indigo bunting, a bluebird and a yellow warbler.



JANEAN MANN

Candidates' Night

Chevy Chase Citizens Association President Samantha Nolan, right foreground (a victim of the recent snows), talks with Knollwood resident Thelma Mrazak, left, at the recent Ward 4 D.C. Council candidates' forum, held March 18 at St. John's High School auditorium. Candidates Gwenellen Corey-Bowman, background left, Judi Jones (over Samantha's head) and Bobvala Tengen, far right behind table, were among those participating. The election is April 28.

Ambassadors needed, no confirmation required

BY JUDIE FIEN-HELFMAN

Would you like to be an "ambassador" without the required hassle of a Senate confirmation? The only confirmation needed is your support for NNV. Our Recruitment and Outreach Committee is seeking volunteers to share their experiences with our organization to prospective NNV members and volunteers at events in our area.

The committee is charged with promoting all the activities and services the village provides and with increasing the number of members and volunteers. This tandem growth helps ensure our ability to meet our members' needs through the generous efforts of our terrific volunteers. But we need your help and

expertise.

How can you help?

Ambassadors are people like you who understand and love the village—its personal relationships, its value and its importance in creating a strong fabric of community in our neighborhood.

Ambassadors help represent the village on a basis that fits your schedule. Generally you will be paired with a partner. Examples of ambassador activities:

- Staff a table on behalf of NNV at neighborhood library book sales.
- Hand out literature at the voting stations on Election Day, April 28 in Ward 4.
- Attend other targeted 60+ events held at the Chevy Chase Community Center, Iona and

Mazza Gallerie, and speak briefly about the village; hand out information.

● Talk about the village at upcoming farmers markets when you do your shopping.

Volunteer! Refer a friend! You will meet interesting people. You will learn more about the village and receive remarks and FAQ to help you. Your experiences will help promote NNV and our extraordinary work. Please let me (or the office) know if you are willing to help out, at even just one event between now and the end of June.

Judie Fien-Helfman is Recruitment and Outreach chair. You can call her at 202-244-3175 or email jfienhelfman@yahoo.com. Or call the NNV office, 202-777-3435.

Arthur Hartman dies; ambassador, NNV member

We were sad to learn of the death on March 16 of NNV member Arthur A. Hartman, 89, a diplomat and former ambassador to France and to the Soviet Union, whose career spanned four decades, six countries and many eras. He began work on the Marshall Plan in 1948, and in 1956 he moved to the Foreign Service, where his service also took him to Europe and Vietnam. In the United States he served as undersecretary of state for economic affairs and as assistant secretary of state for European affairs, among numerous positions.

His wife of 66 years, Donna, was by his side throughout his career, including a challenging seven-year tour as U.S. ambassador to the Soviet Union, the longest-serving ambassador to that nation. During his term three Soviet premiers—Brezhnev, Andropov and Chernenko—died within four



Arthur A. Hartman

years. Many restrictions were placed on the ambassador and his staff. To get to know the Soviet people, including dissidents and Jewish refuseniks, the Hartmans hosted numerous events at the embassy, including a concert by Vladimir Horowitz, and opened its doors to hundreds of Soviet citizens. Mikhail Gorbachev became

Soviet leader in the final year of the Hartmans' stay. They experienced only the beginning of the "perestroika" which had been introduced by Brezhnev and was promoted by Gorbachev.

After retiring in 1987, Arthur started an investment business in Russia, served on the boards of directors of several corporations and foundations, and with Donna, formed the Foundation for International Arts and Education. He was also a consultant with Apco Associates.

In addition to Donna, Ambassador Hartman is survived by five children: David Hartman, Rochester, Mich.; John Hartman, Vero Beach, Fla.;

Sarah Hartman, Brooklyn, N.Y.; J. Lise Hartman, Paris, and Benjamin Hartman, Manhattan; 15 grandchildren and seven great-grandchildren.

For senior artists, a chance to get help documenting their work

Visual artists age 62 or older are being offered a chance to organize and document their work—and maybe even to find a new audience. The effort, called Art Cart: Saving the Legacy, is a competitive selection process in the D.C. area in which a three-person jury will select 10 artists and three alternates from the applicants.

Art Cart will bring each selected artist together with two graduate students, one from the business side of the arts and one from health or human services, to document the artist's work. The process extends through the

academic year, from September 2015 to May 2016. The outcomes may include an oral history, a database and catalogue, and in fall 2016, participation in a group exhibition of representative art works.

Each selected artist receives free custom software, training in its use, and an honorarium for appearing in a public forum connected to a public exhibition.

The application deadline is April 15. Applicants must be 62 years old or older, live in the D.C. area, have worked at their art through their lives and have

a "working partner" who can help with the process.

For more details, interested artists can attend an information session on April 7 from 1:30 to 3 p.m. at Iona Senior Services, 4125 Albemarle St. NW. For more information, see www.creativeaging.org/artcart. To request an application, email info.artcart@gmail.com.

—David Cohen

David Cohen, an NNV volunteer, is a member of the Advisory Board for the Research Center for Arts & Culture (artsandcultureresearch.org/rcac/governance).

COMMUNITY CALENDAR

Events are free unless otherwise indicated.

Tues., April 7, 6:30-8:30 p.m.

Altered Book Exhibition—

Opening reception for show of unsellable books creatively altered by community members. Refreshments. Large conference room, Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Tues., April 7, 7:30 p.m.

Police Service Area 201—

Community meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Wed., April 8, 1-2 p.m.

Brain Power—Talk on enhancing memory. Leni Barry, Suburban Hospital "HeartWell" nurse, will discuss how to strengthen the mind. Friendship Heights Community Center, 4433 S. Park Ave., Chevy Chase, Md.

Wed., April 8, 7 p.m.

ANC 3E—Meeting. Embassy Suites Hotel, 4300 Military Road NW.

Thursdays, April 9, 16, 23, 30, 2-4 p.m.

Housing workshop series—

"What, Me Move?" \$90 for series of four programs, scholarships available. Iona, 4125 Albemarle St. NW. Register at 202-895-9448, or email registration@iona.org.

Mon., April 13, 7 p.m.

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

Thurs., April 16, 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., April 16, 6:30 p.m.

Room Temperature

Superconductivity—Community lecture by Viktor Struzhkin. Refreshments. Greenwalt Bldg., 5241-51 Broad Branch Road NW. Information, 202-478-8820/8900.

Sun., April 19, 4 p.m.

D.C. Flutes—Full flute choir. Chevy Chase Presbyterian Church, 1 Chevy Chase Circle NW.

Tues., April 21, 7:30 p.m.

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

Tues., April 21, 7:30 p.m.

Chevy Chase Citizens

Association—Annual Green Meeting. Chevy Chase Library, 5625 Connecticut Ave. NW, second floor.

Wed., April 22, 7:15 p.m.

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

Fri., April 24, 7 p.m.

Moving Toward an Age-Friendly City: What's Next? Chevy Chase Library, 5625 Connecticut Ave. NW.

Mon., April 27, 7 p.m.

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

Tues., April 28, 7 p.m.

Lowbrow Throwdown—Chevy Chase Library Fun Book Club.

Boiler Room, Jake's American Grille, 5018 Connecticut Ave. NW.

Every Tues., 11 a.m.-noon

Club 60+—Line Dancing.

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

April 6—*The Theory of*

Everything, U.K., 2014, rated PG-13 (Eddie Redmayne)

April 13—*Dear White People*, U.S., 2014, rated R

April 20—*Frost/Nixon*, U.S.-U.K., 2008, rated R (Michael Sheen)

April 27—*Under the Tuscan Sun*, U.S., 2003, rated 13 (Diane Lane)