

# THE VILLAGE NEWS

Northwest Neighbors Village

Volume 7, Issue 5

A Community Network of Support

May 2015

## VOLUNTEER PROFILE

### Merilee Janssen, volunteer with a capital V

BY MARIANNA BLAGBURN

**T**ransformative is the first word that Merilee Janssen uses to describe a life of service. “When I think of my life now, I know my purpose is to serve others,” she says. “Being able to adapt is key. Adaptation transforms you. I see it all around me in the village.”

Merilee Janssen has been a volunteer with Northwest Neighbors Village for less than a year, but her work with individuals and families has been nothing short of life-changing for her and for them. Merilee quickly signed on to become active in the village’s Bad Weather Buddy program. The program supports members who want a volunteer buddy over the long and icy weeks of winter and hurricanes of summer.

Merilee called and visited village member Barbara Dresner many times. “Instantly, when I met Merilee, I liked her before she even said a word,” Barbara reflected. “She is easy to talk to and she seems to understand what makes me tick. When I started to tell her about myself, she really listened.”

She is an administrative volunteer and helps to coordinate volunteers with members as a backup to Leah Penner. Merilee



DAVID OLDFIELD

**Merilee Janssen had a long career in special education, mental health and advocacy.**

is also assigned to help families in transition, a new program in its pilot phase.

Merilee brings a wealth of compassion and administrative skills to her critical work as an NNV volunteer. Trained in special education for emotionally disturbed children, she came to Washington in 1976 to attend law school. She was quickly recruited by the Psychiatric Institute to

implement federal guidelines for treating handicapped children. Merilee spent long hours in meetings with families, clinicians and teachers, trying to help the children to have the best possible chances for a healthy life.

By the late 1980s, insurance companies stopped covering mental health programs, and institutional programs had to

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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

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JANEAN MANN

## Moving day

**N**NNV Volunteer  
Coordinator

Leah Penner helps with the move to NNV's larger office in Suite 277 of Forest Hills of D.C. last month. Our former office will be refurbished to accommodate a Forest Hills resident.

## Merilee Janssen

**VOLUNTEER**, *Continued from Page 1*

move quickly to a new model. Merilee was at the forefront. She was recruited as the first non-nurse to lead the change at the Psychiatric Institute. It was a breakthrough model of management.

Merilee was a leader in transitioning the inpatient residential treatment centers to outpatient programs, developing a groundbreaking plan of care still used today. She became an advocate of keeping children at home with parents and mainstreaming them into regular school curriculums with extra support. "After six months, it was time for a change. I retired," she says.

She was with the Psych Institute for more than 13 years. From there, she went to the Fairfax County Public Schools for 14 years before retirement.

Merilee has been an

active volunteer since 2006.

She volunteered with St. Luke's homeless shelter, the adult program at Iona, the Children's Inn at NIH, the Friends Committee on National Legislation, and now NNV.

"After thinking about my life, I realized that to serve others was a higher calling. I teach English on Tuesdays, and I love my work on Mondays and Fridays in the village. I am inspired by the members who want to remain independent and strong. Their cognitive abilities are amazing.

"The members of the Gentle Yoga class are smart and special. I noticed they like the language of yoga, new to many of them. Sandi [Rothwell], the yoga teacher, likes to do a meditation, in the form of a poem, at savasana [a period of relaxation at the end]. One day, Sandi forgot the poem. One of the members of the class, Edith, recited a Robert Frost poem from memory. We were all moved. It was beautiful. Adapt and change."



## NNV CALENDAR

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

**Mon., May 4, 2-3 p.m.**

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

**Mon., May 4, 3:30-5 p.m.**

**Eat Fresh All Year**—Cathy Barrow will discuss eating fresh all year long, making simple, healthy, small meals, and canning and preserving and will present her book, *Mrs. Wheelbarrow's Practical Pantry*; signed copies \$35. Assembly Room, Forest Hills

of D.C., 4901 Connecticut Ave. NW.

**Wed., May 6, 3 p.m.**

**Singles Social Group**—

Reception for single NNV members, donors, volunteers: wine, tea, hors d'oeuvres.

Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP by May 5: 202-777-3435.

**Mon., May 11, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Mon., May 18, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Wed., May 20, 2-4 p.m.**

**NNV Book Club** to discuss *The Curious Incident of the Dog in the Night-Time* by Mark Haddon at the home of NNV member Barbara Dresner. RSVP: 202-777-3435.

**Mon., May 25, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Tues., May 26, 3-4:30 p.m.**

**NNV Men's Book Club** to discuss *Dead Wake* by Erik Larson at the home of NNV member Bernie Hillenbrand. RSVP: 202-777-3435.

## Cookbook author Cathy Barrow to relate kitchen lore on May 4

Please join us on Monday, May 4, to hear Chevy Chase neighbor Cathy Barrow speak about her book, *Mrs. Wheelbarrow's Practical Pantry*, and relate kitchen stories from her life. "My kitchen is where my creativity

is expressed: where all that I've learned and practiced—food preservation, ancient ways, modern techniques—mix with my ever-present curiosity and the practical need to *just make dinner*," she says.

*Mrs. Wheelbarrow's Practical*

*Pantry* is about putting up fresh fruits and vegetables, curing meats, canning beans and smoking fish. And more. From an early age, Cathy was drawn to the flavors and textures of pickling and preserving.

"I started at age 5 with my great-grandmother," she says. "Her son, my great-uncle, had a small farm. He would drop off bushel baskets of produce and we would can it.

"My mother and I canned in the mid-'80s and it was her mango chutney that got me hooked. She wouldn't part with more than one little jar every year and I developed such an addiction, I had to start making it myself." (You'll find the recipe on page 104 in the book, along with a bonus recipe for inside-out samosas with mango chutney. The book will be available at the talk for \$35.)

Her presentation will be at 3:30 p.m. May 4 in the Assembly Room of Forest Hills of D.C., 4901 Connecticut Ave. NW.



CHRISTOPHER HIRSHEIMER

Cookbook author Cathy Barrow.

BY JANEAN MANN

If you are homeless, Mayor Muriel Bowser's first city budget has good news: It offers assistance to reduce and hopefully eliminate the city's chronic homeless problem. For other residents, including seniors, the news is not quite as good, as budget cuts and tax increases would pay for this and other initiatives and close a \$193 million anticipated deficit. A power grab by the mayor, contained in the budget provision, has also raised hackles.

The fiscal 2016 budget is \$12.9 billion, a 2.5 percent increase over 2015.

The winners include education, where there is \$31.4 million for increased enrollment in public and charter schools and \$317.3 million to modernize school facilities. Targeting homelessness, the budget proposes \$100 million to help create and preserve low- and moderate-income housing, \$13 million for new prevention and rapid rehousing assistance, \$44.9 million for new family shelter options to replace D.C. General, and \$2.4 million in rental assistance to low-income families. The Metropolitan Police Department benefits from funding for 48 new civilian positions and \$5.1 million for body cameras.

Metro will receive full funding of the District's contribution and \$7 million to expand the Metro Kids Ride Free program. Neighborhoods are scheduled to see a six-year, \$166 million program to upgrade alleys, sidewalks and roads.

To pay for these increases, a number of agencies will face cuts in their programs, including the D.C. Office on Aging, which will see a 5.4 percent reduction. Many other DCOA programs will be flatlined (no increase even for inflation over last year's approved budget). Increases for senior transportation assistance and

for information technology services will be offset by cuts in nursing care for seniors with vision and hearing problems and for the Long-Term Care Ombudsman program. Programs such as the senior wellness program will face reduced hours. The budget contains no funding to create such facilities in the only wards without them—Wards 2 and 3. DCOA's Consumer Information, Assistance and Outreach program also took a big hit.

The budget does contain \$250,000 to continue the Age Friendly program designed to make the city more accessible to seniors. And the D.C. real property tax Senior/Disabled Deduction income limit would increase from \$125,000 to \$127,100. This year, individuals will see a reduction in taxes on incomes between \$40,000 and \$60,000 from 7.5 to 7 percent, while two-earner families would see a similar percentage reduction on incomes of \$80,000-120,000 as a result of legislation enacted last year.

Seniors, along with everyone else, would feel the sting of a proposed increase in the city's sales tax from 5¾ to 6 percent. The city had a temporary 6 percent sales tax last year that ended in October. This tax increase has met with strong opposition among some members of the D.C. Council. A second controversial item is the proposed increase in parking garage taxes. Both increases would be eliminated if revenues exceed expectations.

Non-tax items that have angered residents inside and outside the council are the mayor's efforts to limit the independence of five D.C. agencies by requiring them to report to her and be subject to dismissal at will, and to weaken the power of the city's first elected attorney general by stripping him of the authority to review city contracts and regulations.

## Good news & bad news

*D.C. budget focuses  
on homelessness  
and education while  
increasing some taxes*







PHOTOS BY JANEAN MANN

National Arboretum docent Janet Fernandez, in blue jacket, talks about the bonsai exhibit to NNV members Eleni Karazikas, Pat Kasdan and Richard Kasdan.



NNV member Pat Kasdan looks at the gnarled trunk of a bonsai tree at the Arboretum's bonsai exhibit.



Eleni Karazikas, left, and Marilyn Schachter admire an ikebana arrangement.

## Blooming with NNV

**T**he well-cultured plants of the National Arboretum were the draw for an NNV bus excursion on April 10. Nineteen members checked out examples of of ikebana, an ancient discipline of formal flower arrangements. Then they saw the Arboretum's famed collection of bonsai, the Japanese art of dwarfing and shaping trees in shallow pots.



Judy Roa, president of International Ikebana Washington, center, discusses one of her creations with Felix Lapinski and Eleni Karazikas.

# Your 'daily bread' can be quite tasty

BY DANIELLE FEUILLAN

A perfectly cooked soft-boiled egg can be a thing of simple beauty. Le Pain Quotidien, a rustic yet casual space that has two locations in our neighborhood, is one of the few restaurants I have been to for breakfast that serves them.

This chain originated in Belgium and then opened branches in the United States beginning in 1997. A number of branches now open in the D.C. area specialize in simple healthy dishes for breakfast, lunch and dinner, most of which feature the different breads that are referred to in the name of the restaurant.

My eggs arrived in their little cups with whole-wheat toast strips (to be dunked in their runny yolks), a slice of raisin bread and a slice of baguette all accompanied by butter and jam. They were wonderful with a pinch of sea salt and a grind of fresh pepper.

One of my companions for breakfast selected the avocado toast entrée. On paper this dish sounds quite plain: whole-wheat toast smeared with avocado, topped with avocado

slices and sprinkled with sea salt, lemon juice and chia seeds. But it also included a small salad of sliced radishes and fennel. It was absolutely delicious and would make an

simplicity.

The only low note of the meal was perhaps the hot chocolate, a lukewarm cup of skim milk served with a tiny pitcher of unsweetened chocolate syrup.

The resulting concoction didn't taste very good. Better to stick with coffee or cappuccino, which was piping hot and quite delicious.

Le Pain Quotidien serves tartine (open-faced) sandwiches as well as a rotating selection of seasonal soups, salads, quiches and baked sweets. The chocolate croissants are excellent

and can be purchased along with all the breads served in the restaurant to take home. The ambiance of the restaurant's interior is warm, with long wooden tables that patrons share with other groups, surrounded by smaller cafe tables. The service was

attentive and never pushy.

*Le Pain Quotidien is located at 4874 Massachusetts Ave. NW in Spring Valley and at 5310 Western Ave. NW in Friendship Heights, and other locations. The website for viewing menus is [www.lepainquotidien.com](http://www.lepainquotidien.com).*



PHOTOS BY DANIELLE FEUILLAN

Le Pain Quotidien's tasty smoked salmon toast.



The simple yet perfect soft-boiled egg, left, and Le Pain's menu board.





# Saltimbocca's flavors jump in your mouth

BY BARBARA B. OLIVER

**S**altimbocca, a contraction of the Italian *salta in bocca*—jumps in the mouth—is a dish of sautéed veal scallops with prosciutto, braised in white wine.

According to the *Rome Journal*, “The ancient recipe for saltimbocca is said to originate in Brescia. While much older than a century, the first written trace of this recipe is found in an influential book published towards the end of the 19th century by Pellegrino Artusi, a celebrated Italian chef. He claims to have enjoyed the dish in Rome, at the trattoria, Le Venete.”

At Sabatino's in Baltimore's Little Italy the dish will cost you \$22.50 but you can make it for much less and control the portion size.

If you prefer, substitute chicken tenderloins for the veal and/or turkey ham for the prosciutto.

## Veal Saltimbocca for One

3 ounces thin veal round steak or scaloppini (about the size of your palm)

1 slice prosciutto or smoky thinly sliced ham (packaged sandwich meat)

1 teaspoon butter or margarine  
Pepper

Sage (fresh or dried)

2 tablespoons dry white wine (such as Pinot Grigio or Soave)

1 slice thinly sliced Swiss or mozzarella cheese (like Sargento Ultra Thin)—optional



BARBARA B. OLIVER

Pound the meat thinner with meat mallet or cover with cling wrap and pound with rolling pin. Sprinkle with pepper and rub with dry sage or place 2 fresh

sage leaves on top.

Cover veal with wafer-thin slice of prosciutto; roll and secure with toothpick or metal skewer or tie with string).

Cook gently in butter or margarine over moderate heat until golden brown, 2 to 3 minutes on first side and 1 to 2 minutes on second. (Overcooking toughens the veal.)

Place veal on a heatproof platter; cover with foil to keep hot. Add wine to pan; scrape pan drippings from bottom. Heat mixture until bubbly (about 1 minute) and pour over veal.

For extra embellishment, before adding the sauce, top veal with thin slices of cheese and run under the broiler to glaze.

The recipe is easily enlarged to serve a crowd (see photo).



JANEAN MANN

## Bird peepers

**H**ardly out of the Rock Creek Nature Center doors, Head Ranger Tony Lineforth (in green) points out a bird to 21 NNV members and others who participated in an NNV nature walk on April 24. They included (in red) Jewel Hill, from left behind Lineforth; Edith Couturier; Ann Collins; Jay Zeiler, National Parks Foundation director of major planning and giving; and Ursula Shears.

## COMMUNITY CALENDAR

*Events are free unless otherwise indicated.*

**Sat., May 2, 10 a.m.-2 p.m.**

**Community Shredding**—Free document shredding sponsored by Taylor Agostino Real Estate and Broad Branch Market. 5608 Broad Branch Road NW.

**Sat., May 2, 11 a.m.-3 p.m.**

**Spring Fair**—Lafayette Elementary School, 5701 Broad Branch Road NW ([www.lafayettehsa.org](http://www.lafayettehsa.org)).

**Tues., May 5, 2 p.m.**

**Personal Computer Basics**—Beginner instruction. Register at 202-282-0021. Meeting Room, Chevy Chase Library, 5625 Connecticut Ave. NW.

**Tues., May 5, 7:30 p.m.**

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

**Thurs., May 7, 6-7 p.m.**

**Sy Gresser Sculptures**—Gallery talk by curator Ori Soltes. Katzen Arts Center, American University, 4400 Massachusetts Ave. NW.

**Thurs., May 7, 7:30 p.m.**

**"Rural Remnants"**—Historic Chevy Chase DC talk by Kim Williams, of the D.C. Historic Preservation Office, about farms and estates where Chevy Chase and Tenleytown are today. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Sun., May 10, 1 p.m.**

**Personal Computer Basics**—Beginner instruction. Register at 202-282-0021. Meeting Room, Chevy Chase Library, 5625 Connecticut Ave. NW.

**Sun., May 10, 4 p.m.**

**Chancel Choir & Orchestra**—Music by Haydn, Mendelssohn. Chevy Chase Presbyterian Church, 1 Chevy Chase Circle NW.

**Mon., May 11, 7 p.m.**

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

Connecticut Ave. NW.

**Tues., May 12, 2 p.m.**

**Personal Computer Basics**—Beginner instruction. Register at 202-282-0021. Meeting Room, Chevy Chase Library, 5625 Connecticut Ave. NW.

**Wed., May 13, 1-2 p.m.**

**Back on Track**—Suburban Hospital Orthopedics & Rehab Director Matt Tovornik reviews healthy techniques, pain, treatment. Register: 301-896-3939. Friendship Heights Community Center, 4433 S. Park Ave., Chevy Chase, Md.

**Wed., May 13, 7 p.m.**

**Author Talk**—David Grimm, *Citizen Canine: Our Evolving Relationship with Cats and Dogs*, Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Thurs., May 14, 6:30 p.m.**

**Alien Worlds and the Origins of Science**—Community lecture by Dr. R. Paul Butler. Refreshments. Greenwalt Bldg., Carnegie Institution of Washington, 5241 Broad Branch Road NW. Information, 202-478-8820/8900.

**Thurs., May 14, 7:30-10 p.m.**

**ANC 3E**—Meeting. Room 603, American University Law School, 4801 Massachusetts Ave. NW.

**Tues., May 19, 7:30 p.m.**

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

**Tues., May 19, 7:30 p.m.**

**Chevy Chase Citizens Association**—Annual election and public safety meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Wed., May 20, 7:15 p.m.**

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

**Thurs., May 21, 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., May 21, 6:30-10 p.m.**

**Bringing It Home: A Celebration of D.C.**—Lisner-Louise-Dickson-Hurt Home fundraiser. 5425 Western Ave. NW ([www.ildhhome.org](http://www.ildhhome.org)).

**Mon., May 25, 7 p.m.**

**ANC 3/4G**—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 and Western Aves. NW. (202) 364-7602.

**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 Fri.**

**AARP Legal Counsel for the Elderly Self-Help Office**—

Paralegal Ebonee Avery assists 60+ residents of D.C. 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.

**May 4**—*The Other Boleyn Girl*, U.K., 2013, rated PG-13 (Scarlett Johansson)

**May 11**—*March of the Penguins*, France/U.S., 2005, rated G

**May 18**—*Newsies*, U.S., 1992, rated PG