

# THE VILLAGE NEWS

Northwest Neighbors Village

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A Community Network of Support

June 2015



STACEY MARIEN

Ira Klein taught at American University for 43 years.

## MEMBER PROFILE

### Ira Klein: Educator, traveler and NNV stalwart

BY STACEY MARIEN

Though he was born in Brooklyn, it was brassieres that took Ira Klein to California when he was 6 years old. His father had decided he wanted to make a fortune in manufacturing brassieres. That venture did not last long, and Ira eventually ended up back in Brooklyn.

His interest in travel, which would take him even farther afield, next took him to college

at the University of Wisconsin. He found the environment too cold and not so friendly during this era, the heyday of Wisconsin Sen. Joseph McCarthy. Ira met McCarthy but was not impressed.

He returned to New York to attend Columbia University. It was here that he obtained his history degrees and feels that these years were a very intellectual and rewarding part of his life.

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## What, me move? If so, where?

BY CYNTHIA LEHMANN

*First of a four-part series*

One of the big decisions in life is “Where do I live when I am old and gray?” If you are reading this article, you may have already answered that question—live in my home with support from Northwest Neighbors Village, family and friends.

I needed a different answer for my 92-year-old mom since she does not have a village to rely on, just my workaholic brother and me. She is frail, confused and has very little money. A recent Iona Senior Services class entitled “What, Me Move?” suggested some options. What I learned could be applied to our lives as well. When the class is offered again, I urge you to take it.

So here are the possibilities:

- First, stay in your home with support from your personal village, family and friends (more on this in Part 4). This is the first choice of most of us. The downside is that homes may need modifications, sometimes major (and expensive), to accommodate an aging resident.

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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.

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BOB MILLER

## Where in the world?

NNV volunteer Bob Carr, on a recent walking tour of ancient ruins in an area of Guatemala called the Highlands, encountered some kids playing soccer during recess from school. He shot their photos on a mini-camera. The youngsters, especially the girls, were thrilled to see themselves in the photos.

## Ira Klein

PROFILE, *Continued from Page 1*

His Ph.D. research took Ira to England for three years, where he met his wife. They married for the princely sum of 20 shillings (about \$2.60). While there, he was a founding member of the Campaign Against Racial Discrimination.

To continue his research Ira and his wife moved to India. Fearing the loss of his microfilm reels of research if he sent them through the mail, he had

a raincoat altered with pockets so he could carry them through customs. His research focused on India and how development by the British degraded the environment and health of the people. He speaks French, German, Spanish and Hindi.

Returning to the United States to write his dissertation and begin his career as an academic, Ira landed at Queens College as an adjunct professor. His wife became the research assistant to the *New York Times* theater critic, Clive Barnes, which meant

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# Ira Klein

PROFILE, Continued from Page 2

lots of free tickets to Broadway shows.

Upon obtaining his doctorate (and extra poundage from eating chocolate to stay awake writing his dissertation), Ira came to D.C. in 1968 to teach at American University, from which he retired 43 years later.

Though his specialty was the diplomacy of British imperialism, Ira taught courses on war and diplomacy, the theory of revolutions and the Western impact on Asian societies, among others. He has also written notable articles on India, Iran and Bangladesh.

At AU, he worked on a wide range of committees, proudly serving as the director of the honors program for five years. He also introduced the concept of a dorm dedicated to honors students.

Ira retired in 2012, right before he turned 80, and enjoys spending time with his three daughters and his grandchildren.

He learned of NNV when he received a letter outlining its expansion into American University Park. He started as a volunteer, delivering newsletters and as a part of the membership committee.

He belongs to the NNV book group and enjoys reading biographies and histories. As a member, he finds the village a companionable organization and is grateful for the services that allow him to be able to stay in his home.

## NNV CALENDAR

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

**Mon., June 1, 2-3 p.m.**  
**Gentle Yoga** with Sandi Rothwell. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

**Wed., June 3, 12:30 p.m.**  
**Get Up & Out Group Lunch at the Parthenon**—The former Silver Social Group for NNV singles invites everyone connected to NNV to join them. RSVP: 202-777-3435.

**Wed., June 3, 7 p.m.**  
**Author Talk**—NNV donor Rhoda Trooboff on *Correspondence Course: The Bathsua Project*. Second-floor meeting room, Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Mon., June 8, 2-3 p.m.**  
**Gentle Yoga** with Sandi Rothwell.

**Mon., June 15, 2-3 p.m.**  
**Gentle Yoga** with Sandi Rothwell.

**Wed., June 17, 2-4 p.m.**  
**NNV Book Club** to discuss *Orphan Train* by Christina Baker Kline at the home of NNV member Barbara Dresner. RSVP: 202-777-3435.

**Mon., June 22, 2-3 p.m.**  
**Gentle Yoga** with Sandi Rothwell.

**Mon., June 29, 2-3 p.m.**  
**Gentle Yoga** with Sandi Rothwell.

**Tues., June 30, 3-4:30 p.m.**  
**NNV Men's Book Club** to discuss *Jacksonland* by Steve Inskeep at the home of NNV member Bernie Hillenbrand. RSVP: 202-777-3435.

## Training the medical note-taking trainers

Village volunteers throughout the metropolitan area will attend a medical note-taking "Train the Trainer" seminar at 9 a.m. June 25 at Forest Hills of D.C. (home of the NNV administrative offices).

The Cloudbreak Family Foundation awarded a grant to NNV to train area and national villages in the skills of medical note-taking. There are eight open villages now serving the residents in the District of Columbia and a total of 48 villages in the D.C. area either open or in formation. Open villages have been given priority for registration in the workshop, which can hold up to 40 representatives. Participants will use the Medical Note-

Taking Curriculum Manual, under copyright, developed by members of the medical note-taking team from NNV, Iona Senior Services and their review committees, which comprise leaders in both organizations.

Participants in the training will have an opportunity to observe a medical appointment in progress, read samples of note-taking skills and explore several ways of organizing and writing medical notes for use by members and their families. After the training, participants will be able to return to their villages and set up their own training programs for volunteers and others in the broader community.

—Marianna Blagburn

# Year-round food preserving makes a comeback

By BARBARA B. OLIVER

Cathy Barrow, a self-proclaimed “Canvangelist” and author of *Mrs. Wheelbarrow’s Practical Pantry: Recipes and Techniques for Year-Round Preserving*, spoke to a bevy of Northwest Neighbors Village members and volunteers on May 4 at Forest Hills of D.C.

Her message: “If you want to eat locally, you need to preserve for winter.” To get the most flavor, she says, buy in season and shop farmer’s markets.

Her book applies Old World skills to produce recipes scaled for small households with little time. The

majority of the recipes (there are 35, plus bonuses) take at most one hour.

She advises you to “pick one food you love” and give her methods a try. “Preserving gives you a leg up on party prep,” says Cathy,

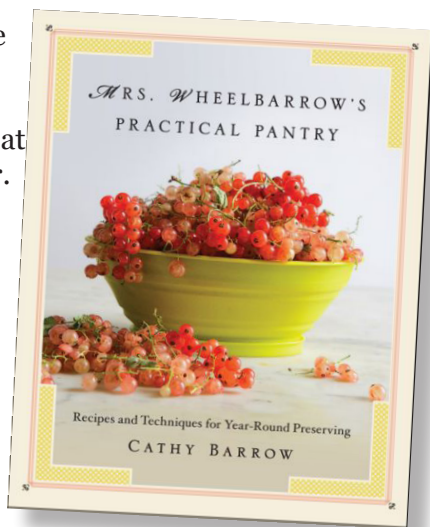
who took the lemon curd from her freezer to prepare the taste treats served to the audience. (See recipe on the next page.)

Per Cathy, modern methods don’t require paraffin to seal lids. Jar sterilizing has morphed from boiling them in water to simply washing in hot soapy water or running them through



JANEAN MANN

Merilee Janssen, right, passes lemon tarts prepared with the recipe of Cathy Barrow (rear, at head of table). Cathy’s book, *Mrs. Wheelbarrow’s Practical Pantry*, is at left.



the dishwasher. An 11-quart stockpot with a cake rack on the bottom replaces the specialized equipment of yore. There’s even an electric water bath canner that “looks like a coffee urn” that Cathy reviewed in her [April 12 Washington Post column](#).

Cathy’s great-grandmother, who lived to be 107, canned and preserved the bounty from her son’s five-acre farm and Cathy was right there, learning the hows and wherefores. She became a retailer, a marketing pro, an event planner, a

consultant and a landscape designer. But “Through it all I’ve been a passionate cook,” she proclaims.

Cathy’s food writing career began in 2009 when she started her blog, Mrs. Wheelbarrow’s Kitchen, [www.mrswheelbarrow.com](http://www.mrswheelbarrow.com), where seasonal and locally sourced foods are the focus. In addition to canning columns, Cathy contributes articles to the *Washington Post*, *New York Times*, *Garden and Gun* magazine and NPR. In March, she won the prestigious International Association of Culinary Professionals Award for the best single-subject cookbook for *Mrs. Wheelbarrow’s Practical Pantry*. Great-grandmother would be proud.

## Mrs. Wheelbarrow's lemon curd

**N**EV members attending the May 4 talk by Cathy Barrow sampled lemon curd. The recipe appears on the Mrs. Wheelbarrow's Kitchen blog, [www.mrswheelbarrow.com](http://www.mrswheelbarrow.com), as part of her recipe for Lemon Meringue Pie.

### Lemon Curd

*Makes 4 or 5 half pints*

I make this curd in a double boiler of sorts. It's not an official double boiler, but a wide stainless steel mixing bowl that fits atop a medium saucepan half filled with simmering water. The metal bowl from a stand mixer works perfectly.

6 eggs

6 egg yolks

1½ cups granulated sugar

1 cup lemon juice (from 8 lemons)

2 tablespoons lemon zest

6 tablespoons unsalted butter \*

\* Use homemade or excellent European butter

In a medium heat-proof bowl over a saucepan of simmering water or in the top of a double boiler, whisk together the eggs, yolks and sugar. Whisk in the lemon juice and zest and heat to 170°F.

If you do not like the texture of pieces of lemon zest, at this point, strain the curd through a medium strainer. This reduces the yield just a little.

Keeping the curd at 170°, add the butter one tablespoon at a time and stir well. Stir and cook until it thickens. Test by running your finger across the back of a spoon—the trail should remain clear. The curd will thicken further as it cools.

Freeze in half-pint (1-cup) or one pint (2-cup) jars. Leave ⅓ of the jar clear to account for expansion during freezing.



WWW.MRSWHEELBARROW.COM

Lemon curd is frozen in jars.

## RESTAURANTS

### Furst you notice the aroma

BY DANIELLE FEUILLAN

**I**f the smell of fresh-baked bread and rising yeast dough make your mouth water, a visit to Bread Furst is a must for you. Situated in an unlikely spot on Connecticut Avenue NW near Albemarle Street, next to a carwash, this latest venture by D.C. bread guru Mark Furstenberg (founder of Marvelous Market and Breadline) turns out to be an incredibly pleasant spot for a quick bite to eat. The soaring, pressed-tin ceilings and light wood floors make for a serene atmosphere.

The baking and prep areas are enclosed by large glass walls so patrons can watch as the

bakers and chefs turn out such delights as fresh-baked croissants, baguettes, cinnamon rolls, muffins and cookies. There is also a coffee bar and a refrigerated case with juices and milks and cheeses. At lunch, Bread Furst offers an array of sandwiches and salads that change day to day.

Loaves of bread are sold by the pound and may seem expensive, but if you consider that your loaf is made in front of you and not in an industrialized setting, the extra cost may seem worth it. My favorite items have been the croissants, the baguettes and the chocolate chip cookies.

The bakers at Bread Furst tend to leave items in the ovens a little longer than most bakeries. This leaves the croissants with a dark, crackly crust and the breads with a very chewy texture. The extra time in the oven is not as kind to the scones and muffins, which tend to be a little too dry for my taste.



DANIELLE FEUILLAN

Enticing fresh croissants.

See RESTAURANT, Page 6



## COMMUNITY CALENDAR

*Events are free unless otherwise indicated.*

**Tues., June 2, 7:30 p.m.**

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

**Mon., June 8, 7 p.m.**

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

**Tues., June 9, 2 p.m.**

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

**Wed., June 10, 1-2 p.m.**

**Bone Health**—Dr. Mitra Rauschecker, of the Johns Hopkins Metabolic Bone & Osteoporosis Center, will review prevention and treatment of bone disorders. Friendship Heights Community Center, 4433 S. Park Ave., Chevy Chase, Md. Register: 301-896-3939.

**Thurs., June 11, 7:30 p.m.**

**ANC 3E**—Meeting; location to be decided, see [anc3e.org](http://anc3e.org).

**Sun., June 14, 1 p.m.**

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

**Tues., June 16, 7:30 p.m.**

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

**Wed., June 17, 7:15 p.m.**

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

**Thurs., June 18, 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., June 22, 7 p.m.**

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

**Sun., June 28, 1 p.m.**

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

**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, 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.

**June 1**—*The Inevitable Defeat of Mister and Pete*, U.S., 2013, rated R

**June 8**—*Hedwig and the Angry Inch*, U.S., 2001, rated R

**June 15**—*Serving in Silence: The Margarethe Cammermeyer Story*, U.S., 1995, not rated, made for TV (Glenn Close, Judy Davis)

**June 22**—*Get Real*, U.K., 1998, rated R

**June 29**—*Billy's Hollywood Screen Kiss*, U.S., 1998, rated R

*Also at the library this month:*

**Tues., June 23, 2 p.m.**—*Boys on the Side*, U.S., 1995, rated R

## Bread Furst

RESTAURANT, *Continued from Page 5*

I prefer simple tastes, so the baguette sandwich with a slice of Swiss cheese and a few slices of ham with a slick of Dijon mustard is my favorite. It reminded me of sandwiches I had on the street in Paris. I have

also liked their tuna sandwich served on a ciabatta roll with olives and lettuce.

If they have the mini chocolate-caramel pies for sale and you have a sweet tooth, purchase one immediately. It is one of the best desserts I have had all year. One small downside to Bread Furst is that their lines are a little confusing. It is not

always clear where you should order or where you should pay.

Bread Furst does not have wi-fi. This is a deliberate choice; the bakery wants customers to talk to each other, enjoy the view of the bakers and savor the food in front of them.

*Bread Furst is at 4434 Connecticut Ave. NW. Its website is [www.breadfurst.com](http://www.breadfurst.com).*

# Ward 4 gets a new council member

BY JANEAN MANN

On April 28, Ward 4 voters elected Brandon Todd as their D.C. Council member to fill the seat vacated by Muriel Bowser when she was elected the city's mayor last year.

Todd, 31, had been a longtime Bowser staffer and was strongly endorsed by the mayor. He was sworn in on May 14, but will be up for re-election next year because only 17 months remained on Bowser's four-year term.

During his campaign, Todd was one of only several of the dozen candidates for the job to focus on senior issues and told the *Village News* that he supports expansion of the village movement, which now has eight villages in D.C. with four more in development. He also said he would seek to restore some of the funds cut from the D.C. Office on Aging in the 2016 budget, on which the council was working.

He hopes to get legislation enacted during the remainder of his first term to strengthen the villages and will also attempt to get assistance for low-income seniors who may have trouble affording village membership. "I will be very focused on making sure our city is senior-friendly," he said.

Todd is also focusing on school modernization to insure that upcoming renovations to schools are completed on time. For example, Lafayette expansion plans are expected to begin when school closes for the year in June and to take more than a year.

Crime in Ward 4, especially in the Petworth area, which has seen a crime rate increase, is also drawing Todd's attention. He has proposed expanding the number of block captains and the "orange



Brandon Todd

hat" patrols, which originated in D.C. in 1988 and are operating in Tenleytown. Originally the patrols consisted of residents walking on some patrols with police. The Tenleytown version added bikes last year.

Like his predecessor, Todd is also concerned with economic development of the ward and is interested in bringing a Wegman's grocery to the old Walter Reed Army Medical Center site between 17th Street and Georgia Avenue, for which there are a wide variety of proposals. He is also advocating that senior housing be included in the site development.

Though Todd has repeatedly been asked whether he will be a rubber stamp on the council for Mayor Bowser's proposals, he always answers that he "will do what is best for the residents of Ward 4."

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## Is there a move in your future?

WHAT NEXT, *Continued from Page 1*

There may also come a time when you need round-the-clock care, and home health care is extraordinarily expensive: \$15,000 to 20,000 a month is not unusual.

- Second, downsize to a home (house, apartment, condo) that is easier and less expensive to maintain, all on one floor and/or closer to family members who can help you. You may even move in with one of those family members. This may not solve the end-of-life

care problem unless you have children who are financially able and willing to put their lives on hold to provide the care.

- Third, move to a retirement community. Some facilities will care for you no matter how long you live, even if you have outlived your assets and your ability to dress, feed, bathe, toilet and walk. Do you want to live only with people your own age or older? Do you have the money to afford the sometimes high entrance fees and high monthly costs?

- Co-housing is the fourth

possibility. This can range from renting out rooms in your home to someone who will provide companionship, "Golden Girl" living arrangements where several people pool their resources to purchase a home suitable for aging-in-place, or villages of small homes surrounding common areas of activity rooms, kitchens and dining rooms capable of feeding the entire village.

Next month we will look at paying for the care you need as you age. Future articles will address housing rights for seniors and aging in your own community.

## A new (temporary) home for farmer's market



JANEAN MANN

**T**he Saturday farmer's market normally held at Lafayette Elementary School will move to a space between the Chevy Chase Community Center and the Chevy Chase Library beginning June 6. The school is undergoing major renovations and the space will not be available to the Broad Branch Farmers Market during construction. According to market master Haroun Halleck (at right in photo), owner of the Red Bud Farm stand, the market will return to Lafayette in the fall of 2016 when construction is complete. The market is open from 9 a.m. to 1 p.m. each Saturday year-round and offers a variety of fresh fruits and vegetables, breads, pastries, meats, eggs, coffee and prepared foods.