

THE VILLAGE NEWS

Northwest Neighbors Village

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A Community Network of Support

July 2015



JANEAN MANN

A visual aspect to an oral history: Martha Mednick, right, shows 13-year-old Zoe Oboler photos of family members who had a major impact on her success.

PROFILES

From duty to friendship for volunteer, member

BY JANEAN MANN

One had to undertake a community service project as a prerequisite for her bat mitzvah. The other needed a little help and some company. They both found what they needed and a lot more.

NNV member Martha Mednick, the daughter of immigrant parents from Russia and Poland, had a long career

in psychology—proving wrong one of the professors under whom she studied for her doctorate in the '50s, who said that women would not use their degrees. Indeed the barriers she encountered seeking education and a career may be among the reasons that she became one of the nation's leaders on the psychology of women.

Because tenured positions

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Harnessing your assets to pay for care

BY CYNTHIA LEHMANN

Second in a four-part series

Typically, seniors will require 2½ years of end-of-life skilled assistance. On average, this will cost \$91,000 a year, though it could run into the hundreds of thousands of dollars if you have full-time care.

You can finance this through a long-term care insurance policy, but the longer you wait, the higher the premium. For example, a 55-year-old might pay \$1,084 a year in premiums, while a 65-year-old might pay \$3,275 a year for a plan that pays \$150 a day in nursing costs for three years. Older than 75—you may not be able to find a plan at any cost.

Some plans adjust annually for inflation, a provision that ups the cost. Medicare does not cover the cost of home health aides, but paying for them is a tax-deductible expense.

Did you know that you may be able to convert your life insurance policy to a long-term care policy with no waiting period, care restrictions or premiums? Some seniors, after

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NORTHWEST NEIGHBORS VILLAGE

*a community network of
support*

4901 Connecticut Ave. NW
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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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Mutual interests attracted a volunteer and a member

PROFILES, *Continued from Page 1*

were unavailable to women when she was teaching at the University of Michigan's Institute for Social Research, she was "affiliated." Then she worked at Harvard's Behavior Research laboratory on issues involving autistic children.

Things were different at D.C.'s Howard University, where she began teaching in 1964 and became a full professor in psychology in 1971. She retired from Howard in 1995. During this period, she and the late social psychologist Sandra Tangri, who focused on women's work issues, collaborated on articles and a book, *Women and Achievement*. Martha focused her research on the psychology of women and has a long list of scholarly publications.

It was this background that caught the eye of 13-year-old Zoe Oboler. Zoe needed a public service project to earn her bat mitzvah, but she didn't want to work for a charity. "I really wanted to connect with people," Zoe said. Former NNV president Joan Norcutt, a friend of Zoe's mother Diana, suggested Zoe become a junior NNV volunteer and Zoe readily agreed. Her close relationship with her grandparents was also a factor in this decision. "For me, being a part of a community that I can contribute to directly is very important," Zoe added.

Martha and Zoe hit it off immediately! Though Martha

had not had her bat mitzvah until she was in her 60s because they were not available when she was young, she understood the challenges Zoe faced. They also had other mutual interests including travel and historically based movies. Zoe helped Martha with a variety of errands including shopping and trips to the bank and to get new glasses. There were also friendly visits and a trip to the movies with more to come. She also did an oral history of Martha.

At her bat mitzvah, Zoe praised Martha: "I'm very inspired by how much Martha accomplished in her life at a

*"I hope I can achieve
even half as much as she
has."*

—**Zoe Oboler**, speaking of Martha
Mednick's career in psychology

time when many women were not encouraged to follow a career path. I hope I can achieve even half as much as she has."

Zoe will graduate from Sheridan School next year, but has yet to decide where to go to high school. As for the future, she hopes to continue to volunteer, maybe expanding to pursue another one of her loves—cooking. Baking cupcakes and meringues for NNV members is appealing to her—and to members. She will also encourage her 10-year-old sister to volunteer.

NNV CALENDAR

Rides are available for NNV members to all NNV events.

Fri., July 3, 5-8 p.m.

Get Up and Out Group

Independence Day Picnic at the home of group member and NNV volunteer Bob Carr. To join the group, call 202-777-3435.

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

Gentle Yoga with Sandi Rothwell (substituting: Linda Smith). Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

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

Gentle Yoga with Sandi Rothwell (substituting: Linda Smith).

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

NNV Book Club to discuss *The Woman Behind the New Deal: The Life and Legacy of Frances Perkins* by Kirstin Downey at the home of NNV member Barbara Dresner. RSVP: 202-777-3435.

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

Gentle Yoga with Sandi Rothwell.

Fri., July 24, 9:30 a.m.-3 p.m.

Baltimore Museum of Art Trip—

Docent tour of Cone Collection of Modern Art. Bus from Ingleside, 3050 Military Road NW, \$12; lunch at museum \$12-20. RSVP by July 17: 202-777-3435.

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

Gentle Yoga with Sandi Rothwell.

Tues., July 28, 3-4:30 p.m.

NNV Men's Book Club to discuss part 2 of *Jacksonland* by Steve Inskeep at the home of NNV member Bernie Hillenbrand. RSVP: 202-777-3435.

A look at the Cone sisters' remarkable legacy

The Cone sisters, Claribel and Etta, born in Baltimore, were collectors of art during the late 19th and early 20th century. Over their lifetimes they acquired more than 3,000 pieces, including the world's largest collection of works by Henri Matisse.

The sisters loved beautiful and unusual things. They bought art for decoration, but their collection became much more serious with time. Sometime in the 1890s the sisters met Gertrude and Leo Stein, who were studying at Johns Hopkins University. The sisters became fast friends with the Stein siblings and the foursome traveled together here and abroad.

In 1905, while in Paris with the Steins, the sisters met Henri Matisse and found his art fascinating but scary in its unusual style. Eventually Matisse's gentlemanly ways won them over and a long friendship ensued. Through their friendship with the Steins, Claribel and Etta also met Pablo Picasso. They collected more than 100



BALTIMORE MUSEUM OF ART

Baltimore sisters Claribel and Etta Cone became friends with Henri Matisse.

of his works and the works of many others now recognized as masterpieces.

The sisters donated the collection to the Baltimore Museum of Art and it has become internationally famous. NNV members will enjoy a docent-led tour of the remarkable pictures on Friday, July 24.

We will travel to Baltimore on the Ingleside bus. As part of our visit to the museum, we will have lunch at the famous Gertrude's restaurant, named for Mrs. Stein.

The bus leaves from Ingleside, 3050 Military Road, at 10 a.m. on July 24. We arrive at the museum at 11, visit the museum shop for

an hour and have lunch at noon, followed by the docent's tour at 1:30 p.m. We will arrive back at Ingleside at 3:45 p.m.

The cost is \$12 for the bus and \$12-20 for lunch—make your own selection from the menu. To join the tour, RSVP by July 17 to the NNV office at 202-777-3435.

MESSAGE FROM THE PRESIDENT

New committees focus on NNV's future

By STEVE ALTMAN

NNNV is creating two new committees to better serve our members and to help assure its future. Your help is needed.

Our village was created to give residents of our community the confidence and practical help to grow older at home while staying healthy, engaged and connected to their community and friends.

Carrying out that goal requires attention to many issues, challenges and opportunities. We have developed programs beyond our social activities and routine volunteer services. Most notable are NNV's nationally recognized Medical Note-Taking program, our emphasis



on health promotion through wellness classes and seminars, and the Care Coordination Referral program that helps identify our most vulnerable members who need additional help at home.

Last year a study by students from Georgetown University identified several of NNV's strengths and challenges. Some members and volunteers participated in the study in focus groups, individual interviews and a survey. Study participants emphasized our need to assess our goals and programs to assure that we continue to fulfill our mission with the right programs of the highest quality. The Board of Directors has created a Member Services Committee to

assess the quality of our member services and to offer new programs.

With the formation of the new committee, the board also needs to look at what we want to become in the months and years ahead. Therefore, we will create an ad hoc Strategic Planning Committee to prepare a report that envisions an organization that has the long-term financial sustainability to continue the high quality of the programs that fulfill our mission.

I am pleased to see interest in participating in these two committees. Members and volunteers are playing major roles on our existing committees and I welcome your participation in these new committees as well as your comments and suggestions as we move forward.

Leading the way on medical note-taking

NNNV, with a grant from the Cloudbreak Family Foundation, trained 31 participants from 15 D.C. metro area villages in medical note-taking at a seminar on June 25. Many of these individuals will return to their own villages to train others in this program, which NNV initiated in this area.



JANEAN MANN

If you need home care, how will you pay for it?

WHAT'S NEXT, *Continued from Page 1*

many years of paying premiums, will allow a life insurance policy to lapse or surrender it for any remaining cash value. According to Certified Senior Advisor and Wealth Management Advisor Rick Gow, who spoke at a recent

This is Part 2 of a four-part series on issues to consider when deciding whether to remain in your home as you age. Part 3, in the August-September issue, will focus on senior housing rights.

Iona seminar, this is a big mistake when that same policy could be used to pay for senior care.

One option is converting the life insurance policy into a long-term cash benefit plan

to help pay monthly caregiver costs needed immediately, but some insurance policies are too small to be of use this way. www.LongtermCare.gov provides more information on the various options for life insurance policy conversions.

Another option is a reverse mortgage, which allows you to convert part of the equity in your home to cash without having to sell your home. But there are many pitfalls. Two websites, www.consumer.ftc.gov/articles/0192-reverse-mortgages and assets.aarp.org/www.aarp.org/articles/money/financial_pdfs/hmm_hires_nocrops.pdf?cmp=RDRCT-REVSMTG_MAR12_013, offer analyses of the recent changes in reverse mortgage law and the advantages and disadvantages of this program.

Several things to consider:

- The mortgage becomes due

when the borrower vacates the home for 12 consecutive months (as may occur when entering a nursing home).

- If the reverse mortgage cannot be paid from other funds, the house will be sold to satisfy the mortgage.

- Also, the proceeds from a reverse mortgage may jeopardize eligibility for Medicaid.

One-third of seniors 65 and over may qualify for veterans benefits. Those who qualify for senior care under Medicaid may receive up to 16 hours of skilled nursing care at home under the Medicaid waiver program. You do not have to be institutionalized in order to receive senior care through Medicaid. Moreover, you can still keep your house (and car) and qualify for Medicaid.

Janean Mann contributed to this article.

Robert's stand, back in action

"I'm so happy you're back." With these or similar words, customer after customer greeted Robert Dodson on June 20 as he returned to D.C. for his 20th year operating Robert's Fresh Produce stand.

Dodson moved his stand to its current location on Massachusetts Avenue at Idaho Avenue six years ago to gain more space. He previously was located for 14 years in the parking lot of a minimart just south of Tenley Circle.



JANEAN MANN

Robert Dodson bags produce for customers as fresh tomatoes beckon.

Robert was not always a farmer. He sold vacuum cleaners in Texas before moving north to Barboursville, Va., near Charlottesville to help his two

brothers on the family farm.

He offers a wide variety of farm-fresh fruits and vegetables and encourages sampling with small plates of cut-up produce. In the fall and winter he also provides, delivers and stacks firewood.

Though he was originally open Wednesday, Saturday and Sunday, weekday traffic between D.C. and his farm has become so heavy over the years that Dodson dropped Wednesdays. He is now open Saturdays, 7 a.m. to 4 p.m., and Sundays, 11 a.m. to 4 p.m. This stand is open until November, weather permitting.

—Janean Mann

COMMUNITY CALENDAR

Events are free unless otherwise indicated.

Thurs., July 2, noon-1:30 p.m.
Crime Safety for Seniors—Club 60+ class. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Mon., July 6, noon-1 p.m.
Hatha Yoga—Gentle, slow-paced yoga taught by volunteer from nonprofit Yoga Activist. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., July 9, 7:30 p.m.
ANC 3E—Meeting. Location to be decided, see anc3e.org.

Sun., July 12, 1-2:30 p.m.
Personal Computer Basics—For beginners. Register at 202-282-0021. Meeting Room, Chevy Chase Library, 5625 Connecticut Ave. NW.

Mon., July 13, noon-1 p.m.
Hatha Yoga—Gentle, slow-paced yoga taught by volunteer from nonprofit Yoga Activist. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Mon., July 13, 7-9 p.m.
ANC 3/4G—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Wed., July 15, 7 p.m.
Improv for All—Workshop by Washington Improv Theater to improve communication. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., July 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., July 16, 6:30 p.m.
Downloadable Media Drop-In Hour—Help with e-readers (Kindle, etc.). Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Sun., July 19, 2 p.m.
Improv for All—Workshop by Washington Improv Theater to improve communication. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Mon., July 20, noon-1 p.m.
Hatha Yoga—Gentle, slow-paced yoga taught by volunteer from nonprofit Yoga Activist. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Tue., July 21, 7:30 p.m.
ANC 3F—Meeting. Forest Hills of D.C., 4901 Connecticut Ave. NW.

Sun., July 26, 1-2:30 p.m.
Personal Computer Basics—For beginners. Register at 202-282-0021. Meeting Room, Chevy Chase Library, 5625 Connecticut Ave. NW.

Mon., July 27, 7-9 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. Free. 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.

Farmers Markets
Sat., 7 a.m.-4 p.m. / Sun. 11 a.m.-4 p.m.—**Robert's Produce**, Massachusetts and Idaho Aves. NW.

Sat., 8 a.m.-2 p.m.—**UDC**, 4340 Connecticut Ave. NW.

Sat., 8 a.m.-1 p.m. / Tues., 4-8 p.m.—**New Morning**, 36th Street and Alton Place NW.

Sat., 9 a.m.-1 p.m.—**Chevy Chase**, 5625 Connecticut Ave. NW.

Movie Sundays, 2 p.m.
Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

July 12—*A League of Their Own*, U.S., 1992, rated PG (Madonna, Tom Hanks)

July 26—*A Farewell to Arms*, U.S., 1932, not rated (Helen Hayes, Gary Cooper)

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

July 6—*The Monuments Men*, U.S., 2014, rated PG-13 (Matt Dillon)

July 13—*Lilies of the Field*, U.S., 1963, not rated (Sidney Poitier)

July 20—*A Mighty Heart*, U.S., 2007, rated R, made for TV (Angelina Jolie)

July 27—*Moneyball*, U.S., 2011, rated PG-13 (Brad Pitt)

A smooth, light dessert for summer

BY BARBARA B. OLIVER

This version of Italian panna cotta, or cooked cream, requires only microwaving, mixing and chilling to produce a smooth, rich but light dessert.

Blueberry Panna Cotta

*2 tablespoons cold water
1½ teaspoons unflavored gelatin
2 containers (6 ounces each)
light blueberry yogurt
½ cup heavy cream (or whole milk)
1 tablespoon honey
1 cup fresh blueberries, rinsed, for garnish
1 teaspoon sugar (or sugar substitute) for garnish
Light whipped topping for garnish*

Pour cold water into a microwave-safe cup and sprinkle with gelatin. Wait 5 minutes; heat mixture

in the microwave for 15 seconds. Gently whisk together the yogurt, cream (or milk) and honey; stir in the gelatin mixture.

Divide the mixture among six custard cups or other small containers. Chill for three hours.

To serve, dip the bottom of each custard cup into a bowl of hot water for three seconds, then run a thin knife around the edge of the cup. Place a small plate over the top of the cup. Holding the bottom of the cup with your thumbs and the plate with your fingers, give the ensemble a quick side-to-side shake, then turn it over and remove the custard cup.

Mix the berries with the sugar. Spoon an equal amount of sugared berries next to each serving. Add a dollop of whipped topping, if desired. The recipe makes four ½-cup or six ⅓-cup servings.

You can try this recipe using other yogurt/fresh fruit combinations: peach, blackberry, apricot, mango or strawberry.

ADAPTED FROM RECIPE BY DORIE GREENSPAN, *PARADE* MAGAZINE, AUG. 8, 2008



TOM OLIVER

YOGA

Plantar fasciitis: Exercise can help

BY SANDI ROTHWELL

What is plantar fasciitis and why does it hurt? There was a time when this was considered to be an inflammation in the fascia on the sole of a foot. But research by Dr. Harvey Lemont in 2003 determined there was no inflamed tissue. He did find dead tissue.

How does that help? It changed ideas about the cause of the condition and its treatment. Rather than a misplaced tendon, the cause is more likely dead and toxic tissue building up in the heel.



Why is the tissue dying? We all walk around in shoes that are pointed, or at least tapered, at the toes—cutting off the blood flow through an artery to the bottom of your foot. Additionally, the flow through the foot is restricted, leaving behind dead tissue and irritating the foot.

There are exercises that can

help. First, try foot rolling and massaging. You can use a tennis ball and/or rubber peanut to increase blood flow. Massage the top of your foot. Start pressing your fingers lightly at your ankle; push the skin down toward your toes. Like rolling out a pie crust; you push a little wave of tissue in front of your fingers all the way to your toes. Pretend you can push it past the end of your foot. Repeat, placing your fingers on top of your toe bones. Make this movement light. And finally, massage between your toe bones. Releasing the top makes space in the bottom of your foot.

Take a tennis ball and place it under the ball of your foot. Put your heel on the floor and press.

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Coping with plantar fasciitis

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The ball of your foot opens and your toes extend. Move the ball to the arch, then just in front of the heel and then underneath the heel, pressing each time. This will open up the plantar fascia as you move.

Make a fist with your left hand. Let the knuckle of the third finger extend past the other fingers. Use this knuckle to open the plantar fascia directly. Start at the ball of your right foot. Press and drag your knuckle down the center of the sole all the way to the heel. Don't be too gentle. You should feel pressure; you don't have to feel pain.

Finally, spend some time manually stretching your toes down and opening up the space between your toes and the top of your foot. All these exercises are preventative and possibly palliative.

Now, about those tapered-toe shoes. It's hard to find shoes that aren't, but give it a try. Some

wide-toed sandals work well. Merrill and Keene make shoes that have non-tapered toes. Look in sporting and hiking stores. If you wear properly structured shoes most of the time, then you can wear your more "stylish" shoes when you go out. And, while you are relaxing, take your shoes off. Wiggle your toes, massage your feet. Your feet deserve special care!

Medical equipment to lend

Do you need a cane or walker to help you recover from a recent fall? NNV has received a donation of a walker, a Rollator and two canes (one with four feet) which we will make available to our members on a first-come, first-served basis. We also have a bed assist rail. All are in excellent condition and can be adjusted for height.