

THE VILLAGE NEWS

Northwest Neighbors Village

Volume 7, Issue 8

A Community Network of Support

August-September 2015



JANEAN MANN

Mapping memories: Chris Clark looks at an antique map of Charleston, S.C. (where his daughter is in college), framed in wood from his native Oklahoma.

VOLUNTEER PROFILE

Chris Clark, still helping out

BY JANEAN MANN

It is no surprise that Chris Clark became a volunteer for NNV. He's been helping others for a long time.

A native Oklahoman, Chris met and married his wife, Sandy Rucher, there but they moved to Texas for graduate school. Though he was majoring in art, an encounter with technology genius Peter Gadwa changed his life. Asked if he knew anything about pattern recognition, Chris responded that as an art student he knew a lot about it. "That man taught me everything I know," Chris said, noting that Gadwa was a founder of

Ticketmaster, the national computerized system for ticket sales. Chris decided to leave his art studies and begin working with the University of Texas Ticketmaster system.

But "once I knew computer systems, I wanted to do something more rewarding," he said, so he started his own company. For three years, the Methodist Health System was his chief client. Then they offered him a full-time job.

He agreed to stay for six months and ended up working with the company for 25 years, retiring as vice president of information systems. During that period the Methodist Health

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2 new options available for food delivery

BY YONINA WITMAN

We are fortunate to have a number of good, local options for food delivery, including Giant's Peapod service, Safeway's delivery service and many restaurants that deliver meals. Two recent additions to the field are innovative, healthy and convenient.

For many NNV members, planning a menu, traveling to the grocery store, putting the groceries away and cooking a meal is no longer a fun or easy task. Galley Foods and Blue Apron provide a new way of having nutritious and delicious meals at home without having to go out for them.

Galley Foods, a local start-up business, offers multiple meals from which to choose. Prices range from \$12 to \$15 for each meal. Recent meals include a Spring Pasta with Seared Steak and Pan Seared Snapper. Each meal is prepared fresh daily, and can be ordered online at www.galleyfoods.com.

On the Galley website you select your meal and the time you wish to have it delivered.

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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

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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Volunteer Chris Clark

PROFILE, Continued from Page 1

System grew from two hospitals to seven hospitals and 20 clinics.

It was there that Chris witnessed up close the impact of volunteerism. The hospital had 6,000 volunteers who offered a range of services from greeting people at the door to cuddling newborns.

"That was a motivation for me," he said. "It was really impressive. They gave as much as they got back."

While in Texas, he did a lot of volunteering with youth—first elementary-school age, then with older students in the America's Promise Alliance program, known in Texas as Texas Scholars. They worked with students to show them the earnings gap between those who stay in school and those who do not.

In 2012 the family moved to Washington, where Chris had spent time when his father was in the Special Forces. "There was nothing holding us in Dallas,"

he said, because he had retired, his wife had a job offer here with the Communications Workers of America and his daughter, Nelly, was headed to the College of Charleston.

They settled in Chevy Chase near his sister-in-law and brother-in-law. "I love the history of this city and the United States," he said. Chris visits the museums and parks and takes yoga. The family also enjoys traveling when Nelly is not in school.

"I had been looking for something to do," Chris said of his decision to volunteer with NNV. He went to a Lafayette School fair and met two NNV recruiters.

"They just couldn't have been nicer," but were also "quite insistent," he chuckled. "They followed through. That's when you know someone is dedicated to what they are doing. At that point I thought these people are doing something they believe in and I wanted to get involved." Chris helps members with technical issues and wants to drive as well.

SERVICE REQUEST OF THE MONTH *Help with medical information checklist*

Recently, NNV members received an updated Member Handbook and two important checklists: Our Emergency Medical Information Checklist and Financial Information Checklist. Volunteers are more than willing to help you complete the medical information checklist, which includes a list of your medications. Volunteers can also help you send the completed form to family members or other designated friends. It is important to have this useful information handy in case of an emergency. Call 202-777-3435 if you would like help.

Reminder: On Saturday, Oct. 3, NNV volunteers will go to the D.C. trash transfer station at Fort Totten, near Catholic University, between 8 a.m. and 10 a.m. We will arrange pickup of items on Friday, Oct. 2. Call 202-777-3435 to arrange pickup.

Volunteers can take: Papers to be shredded (must be in paper bags or boxes), batteries, paint/aerosol cans, small appliances, computers.

NNV CALENDAR

Rides are available for NNV members to all NNV events.

Wed., Sept. 2, 10-11:30 a.m.
Caregiver Support Group for members taking care of someone; eight meetings on first and third Weds. Susan Lieberman, LICSW, facilitator (slieb1@msn.com). RSVP to 202-777-3435.

Mon., Sept. 7, 2-3 p.m.
Gentle Yoga with Sandi Rothwell. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

Mon., Sept. 14, 2-3 p.m.
Gentle Yoga with Sandi Rothwell.

Wed., Sept. 16, 2-4 p.m.
NNV Book Club to discuss

The Innocents Abroad by Mark Twain at the home of NNV member Barbara Dresner. RSVP: 202-777-3435.

Fri., Sept. 18
RSVP deadline for 30th Anniversary Tea, Strathmore, at 1 p.m. on Oct. 14; \$25. (See article below.) RSVP: 202-777-3435.

Sun., Sept. 20, 3 p.m.
NNV Annual Picnic—Hamburgers, hot dogs, drinks provided; please bring side dish or dessert. Candy Cane Park, 7901 Meadowbrook Lane, Chevy Chase, Md. Tell NNV what you will bring: 202-777-3435.

Mon., Sept. 21, 2-3 p.m.
Gentle Yoga with Sandi Rothwell.

Sun., Sept. 27, 4 p.m.
Village Knitting Group—Beginners and experienced; Mary Peckiconis, master teacher. Library Alcove, Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP: 202-777-3435.

Mon., Sept. 28, 2-3 p.m.
Gentle Yoga with Sandi Rothwell.

Tues., Sept. 29, 3-4:30 p.m.
NNV Men's Book Club to discuss *Roughing It* by Mark Twain at the home of NNV member Bernie Hillenbrand. RSVP: 202-777-3435.

NNV
members,
volunteers
and friends
at last year's
picnic at
Candy Cane
Park.



JANEAN MANN

Annual picnic is Sept. 20

Please join us on Sunday, Sept. 20, from 3 to 5 p.m. for an afternoon of food, fun and friendship at NNV's sixth annual picnic, to be held at Candy Cane Park, on Beach Drive in Chevy Chase, Md.

Bring a side dish, salad or dessert. The village will provide hot dogs, hamburgers and drinks.

Those attending are asked to RSVP by 3 p.m. Friday, Sept. 11 by calling 202-777-3435. There is free parking near the NNV picnic pavilion and accessible restrooms. Rides are provided to NNV members.

Tea celebrates Strathmore's 30th

Strathmore Music Center in North Bethesda is celebrating its 30th anniversary with a tea at the mansion at 1 p.m. Wednesday, Oct. 14.

Listen to the mellifluous sounds of Becky Dukes on the piano in the cozy Shapiro Music Room while enjoying sumptuous food and Strathmore Blend Tea, specially made by master tea blender John Harney of Connecticut.

NNV has arranged for reduced-price tickets to this lovely fall event. We will ride the bus from Ingleside, 3050 Military Road NW, to Strathmore and back. The bus will leave Ingleside at 12:15 p.m. and return to Ingleside before 3 p.m.

The cost is \$25 per person, which includes a selection of sweets and savories and the Strathmore Blend Tea. Free tickets are available to volunteers who drive our members; call the NNV office for details. To reserve a ticket, RSVP by Sept. 18 by calling 202-777-3435.

Interns gain experience working in the village

By MARIANNA BLAGBURN

Some of NNV's most enthusiastic and committed volunteers are students eager to gain a variety of experiences in a nonprofit. This summer we enjoyed the help of two interns, Yonina Witman and Teresa Carter, with a plethora of critical tasks.

A native Washingtonian, Yonina aspires to work on the Hill as a lobbyist. A graduate of Sandy Spring High School in Olney, she will be a sophomore this year at the University of Alabama, majoring in political science and television communications.

Among many projects in the NNV administrative office, Yonina developed her research and writing skills including a newsletter article on options for food delivery services (printed in this issue). "I think that members might not want to cook if they can get great food at a reasonable price delivered to their door. If they live alone and have surgery, they can enjoy a pleasant meal," she said.

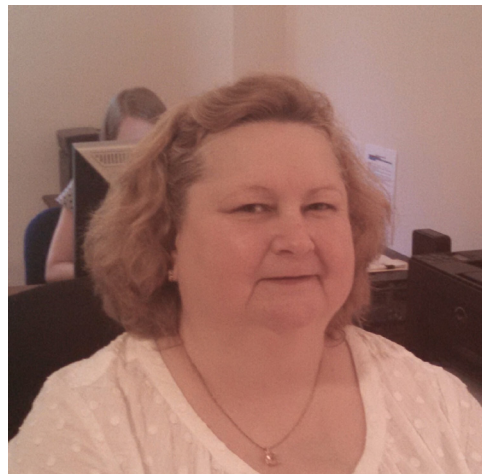
Yonina also answered phones, offered program support and called members for their service requests. While still in high school, Yonina, along with her mom, former board member Ellen Witman, helped an NNV member with gardening tasks. A friendly and engaging member of the office team, Yonina wants to return to the NNV office during vacations.

Teresa Carter, a longtime resident of Montgomery County, attends Montgomery College



PHOTOS BY MARIANNA BLAGBURN

Yonina Witman, above, attends the University of Alabama; Teresa Carter is a student at Montgomery College.



in the Mental Health Associate (MHA) program. Teresa heard about NNV and the village movement through her field studies class and was immediately drawn to working with adults who want to stay at home as they grow older.

The MHA program is geared toward students who wish to explore continued study in social work or psychology. Upon completing the NNV volunteer training, Teresa was assigned to

weekly friendly visits with three village members and to help residents of Forest Hills with recreational activities. During her many visits, Teresa successfully encouraged the members to avail themselves of more village benefits and services and connected them to additional resources outside of the village.

Of her experiences, Teresa says, "The members seem eager for me to come for a visit and we have so much to talk about." Teresa reports a side benefit to her visits: "I am finally learning how to play chess from one of the members. I have always wanted to learn the game but there was no one to teach me."

Teresa also helped Forest Hills with bingo and art, reading and music activities. Deborah Childs, her supervisor, enjoyed having Teresa's help, saying, "She has been wonderful and very flexible." Teresa requested an extended stay with the village and Forest Hills during her next semester.

The village relies on the generosity of countless hours donated by volunteers to deliver services to members. We look forward to the return of Yonina and Teresa in the weeks and months ahead.

NNV accepts students for high school, college and postgraduate internships. Please call the NNV office at 202-777-3435 for more information.

Easy-to-concoct cheese soufflé

BY BARBARA B. OLIVER

This make-ahead soufflé offers a nice contrast between the crisp toast-point crust and molten cheese interior. It pairs nicely with a combination of fresh peaches or nectarines and berries, or mixed greens dressed with your favorite vinaigrette for breakfast, lunch or a light supper.

Toast 'n' Cheese Soufflé

*3 slices dense white bread, slightly dry **

Butter or margarine

2 ounces sharp cheddar cheese, coarsely grated or shredded

1 egg, beaten (or ¼ cup Egg Beaters Original or similar product)

¾ tsp minced onion

Dash salt

Dash pepper

5 ounces of milk (whole or 2%)

Cut crusts from bread. Place them in a well-buttered 1-quart casserole to cover as much of bottom as possible. Sprinkle crusts with 1 ounce of the cheese.

Cut bread in half diagonally to give you 6 triangles. Arrange

4 triangles overlapping with points up around edge of casserole. Place the remaining 2 triangles flat on the bottom of the casserole with points facing the edge.

Combine egg, onion, salt, pepper and milk; pour mixture over the bread. Sprinkle mixture with remaining 1 ounce of cheese. Cover casserole with plastic wrap and refrigerate overnight or let stand at room temperature at least 1 hour.

Preheat oven and bake soufflé at 325° F for 50 to 60 minutes or until a knife inserted halfway from center to edge comes out clean. Makes 2 to 3 servings.

* Recipe was tested using two Pepperidge Farm products: Original White Bread and Farmhouse Hearty White Bread. Slices dried a few hours on a cake rack.



BARBARA B. OLIVER

FROM AN OLD PEPPERIDGE FARM RECIPE

Businesses, CCCA to join for an afternoon of fun

BY SAMANTHA NOLAN

The Chevy Chase Citizens Association (CCCA) is celebrating business members and our community with fun for everyone at its annual Chevy Chase D.C. Day on Saturday, Sept. 12, from 1:30 to 4:30 p.m. at Chevy Chase Commons (the area outside of the Chevy Chase Community Center and the Chevy Chase Library).

Starting at 10 a.m. there will be discounts and sidewalk sales at businesses along Connecticut Avenue and its side streets. Restaurants will be offering discounts on lunch. Come meet your neighbors and learn about all the businesses in our community.

Thanks to our business members, we will have free ice cream, music, a moon bounce, face painting, a book giveaway and more. The scavenger hunt was

so popular last year that we decided to repeat it this year. Goodie bags supplied by business members will be given to the first 25 children to complete the hunt and return their sheets to the CCCA membership table. Names of all new CCCA members will be entered in a drawing for raffle items including gift certificates at local businesses.

Nonprofit organizations, including Friends of the Chevy Chase Library, Northwest Neighbors Village and others will distribute information. The Community Center staff will provide information about fall classes at the center, and businesses not located on Connecticut Avenue will have information tables.

This event will take the place of CCCA's regular September membership meeting.

Samantha Nolan is president of CCCA.

BY CYNTHIA LEHMANN
AND JANEAN MANN

In recent years, the D.C. government has adopted several tax breaks for seniors who want to stay in their homes.

If you are over 62, reside in your own home and have a household income of less than \$127,100, you can cut your annual property taxes in half. Applications can be found at <http://app.cfo.dc.gov/services/tax/property/8.shtm> or through the D.C. Office of Tax and Revenue.

As of 2014, lower-income homeowners over 75, with incomes of under \$50,000 and with interest income of less than \$12,000, can defer all their property taxes *interest free* until their home is sold. You must have owned your home for at least 25 years. This provision is retroactive.

Individuals under 75 can also obtain a similar deferral, but there is a 6 percent interest rate on deferred taxes and no 25-year ownership requirement. Additionally, the tax deferral ends when the aggregate amount of the real property tax plus interest from prior tax years is 25 percent or more of the assessed value of the real property.

You should check with your lender first, however, to be sure that the deferral provision does not violate your loan agreement. To get information, you can call the D.C. Office of Tax and Revenue at 202-727-4829 or go to the website <http://otr.cfo.dc.gov/node/391122>. These benefits are also available to handicapped individuals but without the age limitations. NNV members needing help filling out these applications can call the NNV office.

If you are thinking of renting out part of your house, get professional help with the lease, and obtain a credit check and a reference check on the renter. In D.C., tenants are hard to evict.

For NNV apartment dwellers, D.C. also has a number of provisions to help senior renters stay in their homes. One of the most important is a law that has expanded the city's property tax credit program (Schedule H). If your income is \$40,000 or under and you are 70 and under, you may qualify for a refundable D.C. tax credit of \$1,000. If you are 70 and older, you can have up to \$60,000 in income.

Importantly, the definition of income relates to the federal income tax definition of income. For example, if only part of Social Security income is taxable on your federal return, that is the only part that is considered

income for Schedule H purposes. Also, you do not have to file a D.C. tax return to use the credit—you may file Schedule H alone.

"I was pleasantly surprised to receive a nice fat refund in a year when I thought I would have to pay," said NNV volunteer Cynthia Lehmann.

A second major provision is the limit on rent increases that applies to many apartments built before 1976. Under the D.C. rent control provisions, increases are limited by the annual Consumer Price Index.

Other restrictions and additional information on a wide range of protections for renters such as housing conditions and prohibitions on discrimination can be found in the District of Columbia Tenant Bill of Rights, signed earlier this

year, at <http://ota.dc.gov/publication/tenant-bill-rights>.



This is the third of a four-part series on issues to consider if you are thinking of a move. The last of the series, options for staying in your neighborhood, will appear in the next issue of the *Village News*.

COMMUNITY CALENDAR

Events are free unless otherwise indicated.

Tues., Sept. 1, 7:30 p.m.
PSA 201—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Wed., Sept. 2, 10-11 a.m.
AARP Foundation Experience Corps—Information for age 50+ on tutoring reading for children kindergarten-grade 3, 601 E St. NW. 202-434-6495. dcexperiencecorps@aarp.org.

Wed., Sept. 2, 5:30 p.m.
Zumba Class—Dance exercise. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Wed., Sept. 2, 6:30-8 p.m.
Innovations in Shoulder and Elbow Arthritis Treatment—Noah Raizman, M.D., speaks at Sibley Memorial Hospital, Medical Bldg., first floor, conference room 2. Register at 202-660-6683.

Wed., Sept. 9, 1-2 p.m.
Heart Health—Karen Lieberman, Suburban Hospital nurse practitioner, discusses signs, symptoms, reducing risk of coronary artery disease, when to consult doctor. Register at 301-896-3939. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

Wed., Sept. 9, 7:30 p.m.
ANC 3E—Meeting. Tenleytown Room 1, Embassy Suites Hotel, 4300 Military Road NW.

Fri., Sept. 11, 6-9 p.m.
Artists' Reception—New exhibitions. Katzen Arts Center, 4400 Massachusetts Ave. NW.

Sat., Sept. 12, 10 a.m.-4:30 p.m.
Chevy Chase D.C. Day—Discounts, sales at Connecticut Ave. shops. **1:30-4:30 p.m.**, Books, music, ice cream at Community Center Commons, 5601 Connecticut Ave. NW.

Tue., Sept. 15, 7:30 p.m.
ANC 3F—Meeting. Forest Hills of D.C., 4901 Connecticut Ave. NW.

Thurs., Sept. 17, 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., Sept. 17, 6:30 p.m.
Downloadable Media Drop-In Hour—Help with e-readers (Kindle, etc.). Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Fri., Sept. 18, 12:30 p.m.
Museum Tour—Explore galleries with docents. Katzen Arts Center, 4400 Massachusetts Ave. NW.

Fri., Sept. 25, 12:30 p.m.
Museum Tour—Explore galleries with docents. Katzen Arts Center, 4400 Massachusetts Ave. NW.

Mon., Sept. 28, 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 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 Farm, 36th St. 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.

Sept. 6—*Willie Wonka and the Chocolate Factory*, U.S., 1971, rated G (Gene Wilder)

Sept. 20—*In the Heat of the Night*, U.S., 1967, not rated (Sidney Poitier, Rod Steiger)

Movie Mondays, 2 p.m. and 6:30 p.m.

Chevy Chase Library, 5625 Connecticut Ave. NW.

Sept. 7—*Crash*, U.S., 2005, rated R (Matt Dillon)

Sept. 14—*Chariots of Fire*, U.K., 1981, rated PG

Sept. 28—*McFarland USA*, U.S., 2015, rated PG (Kevin Costner)

More choices for delivered food

FOOD, *Continued from Page 1*

Ta da! You have dinner. Meals arrive in microwave- and oven-safe containers, so they are easy to heat and serve quickly.

Maureen Crandall, an NNV member who has used Galley Foods, says, “I enjoy it—the food is delicious and the price is right.” Ms. Crandall also commended their customer service and helpfulness.

In recent years, Blue Apron has become a nationwide phenomenon. You can order multiple meals at a time for a fraction of what it would cost

to eat at a restaurant. The catch is that instead of having the already prepared meals arrive at your door, Blue Apron sends the ingredients and you do the cooking.

To order the meals, visit the Blue Apron website, www.blueapron.com, sign up for a “meal plan” (either the couple or family plan), and select the different meals you would like to prepare. The ingredients will be shipped to you in a refrigerated box delivered each week, unless you request to skip the services for the week.

Blue Apron is a great option for those who love to cook but might not have access to the grocery store. NNV’s Leah Penner uses Blue Apron and

finds it “super convenient and an affordable option that is good for anyone.” Leah suggests that Blue Apron is “a great way to try a new recipe.” For households of one, the “couple meal plan” will prepare enough food for two meals, perfect for leftovers.

Galley Foods and Blue Apron offer great and relatively easy access to delicious meals without having to leave the house. However, both options require that one be computer-savvy. NNV members who are interested can request a volunteer to help them order online from either site by calling 202-777-3435.

Yonina Witman is an NNV summer intern.