

THE VILLAGE NEWS

Northwest
Neighbors
Village



Volume 7, Issue 9

A Community Network of Support

October 2015

VOLUNTEER PROFILE

Ann Van Dusen, from Beirut to NNV

BY STACEY MARIEN

It is not surprising that Ann Van Dusen has focused much of her life on the problems of poverty and disenfranchisement in differing cultures, as she had spent five years of her childhood in Beirut, Lebanon.

After earning an undergraduate degree at Wellesley College, a master's at Johns Hopkins School of Advanced International Studies (SAIS) and a Ph.D. (in sociology) from Johns Hopkins in Baltimore, she returned to Lebanon for her doctoral research. She interviewed women in a Beirut suburb to understand the impact on families (especially the women) who moved from rural areas to more cosmopolitan urban areas. She found that different groups can coexist in the same community with little knowledge or interaction with each other. "It was almost like two parallel universes in this one small suburb," she said.

Ann has lived in D.C. since

1967. She worked for USAID for 25 years, emphasizing the need for a social science perspective to U.S. development policies. During her time as the director of the Office of Health, for example, the agency shifted its programming to concentrate on measures that could

dramatically reduce infant and child mortality such as immunizations, oral rehydration therapy and breastfeeding. In 1980, one in five children died before the age of 1; globally, that rate has now been reduced threefold. The United

States played a critical role in this dramatic success.

In 2001, Ann left USAID to work for Save the Children, working on humanitarian response and long-term development programs. While she loved her time at Save the Children, weekly commuting to Connecticut took its toll. She left Save the Children to consult with foundations funding international development activities and to

See **PROFILE**, Page 4

WHAT, ME MOVE?

Co-housing can cut costs, limit social isolation

BY CYNTHIA LEHMANN

Last of a four-part series

One of the (many) difficulties in growing old is social isolation and boredom. There are several ways to remain in your neighborhood, cut costs and increase your social interaction. One of them is co-housing.

In the 1970s a group of families in Denmark created a neighborhood of small-scale, privately owned homes with a shared common space. The idea was to develop a deeper sense of community than just living next door to one another. Decisions that impact the community would be made together, meals would be shared and there would be interaction among all age groups. The idea of "intentional communities" has spread to the United States and while it

See **OPTIONS**, Page 2



Ann Van Dusen

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a community network of support
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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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Co-housing, a new elder option

OPTIONS, Continued from Page 1

is growing, the number of such communities remains limited.

At a recent Iona conference on housing options, representatives from Takoma Village Cohousing in Takoma Park and Eastern Village Cohousing in Silver Spring spoke highly of their decisions to move to a co-housing environment. They found that relationships deepen when you are sharing in the joys and sorrows of your extended family. It is more fun to cook together than at home, just for yourself. It is great to be able to have a “kid” drop by to teach you about Facebook.

Located near the Takoma Metro station, Takoma Cohousing is an intergenerational community of 43 privately owned townhouses and apartments stacked and clustered around a central piazza and green. It is D.C.’s only co-

housing community. Eastern Village is located in downtown Silver Spring.

Everyone has needs and everyone has skills. In an intentional community, needs and skills are shared.

One word of caution—don’t wait until you are 85 to make the decision to move to co-housing. Relationships take time to build and the sooner you make the decision, the better.

There are other, smaller types of co-housing. Someone with a too-large house may decide to rent rooms to others, similar to those in the “Golden Girls” sitcom.

If you do decide to rent, be sure to check out your protections and obligations under D.C.’s tenants laws—provisions that we discussed in Part 3 of this series last month when we highlighted some protections for tenants.

See OPTIONS, Page 3

SERVICE REQUEST OF THE MONTH

Paper shredding, porch lights, house numbers

Taking papers to the Fort Totten dump for shredding—Saturday, Oct. 3. Call NNV to arrange a volunteer pickup on Friday, Oct. 2. Dump runs will be done on Saturday, 9 to 11 a.m.

Changing porch light bulbs and updating house numbers are two additional services available in October. Volunteers will purchase light bulbs and house numbers for you (members pay for these items). They will visit your home to get specifications and review the scope of work, go to area hardware stores to purchase what you need, and return to finish up the tasks.

If you have not received your **NNV Age Friendly Home Guide**, please call or write us at nnvillage1@gmail.com. The guide will help you to identify no-cost and low-cost modifications to your home for safety and accessibility.

Call NNV at 202-777-3435 to arrange for help with these services.

New members for a hardworking board

BY STEVE ALTMAN

NNNV has been extremely fortunate to have extraordinarily capable and hardworking members of its board of directors.

In a small nonprofit, the board must do much more than merely set policy. It must actively participate in the work of planning and implementing programs, raising funds, managing finances, hiring staff, recruiting members and volunteers and delivering services. Over the eight years of planning and implementing the NNV vision, there has been no job too great or too small for these dedicated workers.

When we started the village, we did not have a staff and the board did all of the work. Its founders spent countless hours organizing community meetings, recruiting members and volunteers and conducting fundraising events. When the village opened in 2009, before there was enough money to hire staff, they passed around a Blackberry phone to coordinate and connect volunteers with members. The combination of their years of professional experience and skills built the village. Their vision for Northwest Neighbors Village became our future.

This team was the quintessential working board; they continue to make substantial contributions to the village. As



NNV grows, becomes more sophisticated and addresses more complicated issues, we continue to bring in capabilities that few communities have.

The board determined it wanted to plan for the future

while it studied the services and programs it offers. To help with those efforts, four new members have joined the board. I am excited to share their expertise and look forward to working with them. Each brings experience as a volunteer and leader in other nonprofit organizations.

Beverly Lunsford is a professor in the School of Nursing at George Washington University and the executive director of the Washington D.C. Area Geriatric Education Center Consortium. Anne Van Dusen is the recently retired head of Georgetown University's Institute for Global Human Development. Last fall, Ann's students conducted a research project on member services and volunteer capacity in the village.

David Cohen, one of our popular volunteers, has a strong background in strategic planning developed as the executive director of the Office of Professional Employees of the AFL-CIO. Finally, Merilee Janssen, known to many of our members for her volunteer work, brings administrative and teaching experience from both the Psychiatric Institute of Washington and her tenure

as a special education resource teacher in the Fairfax schools.

We anticipate more board openings in the near future and I hope that our members and volunteers will be interested in joining us. The best way to become involved is to join a committee. We need your input.

Please let us know if you are interested in joining any of these committees: Membership/Outreach, Finance/Budget, Strategic Planning, Volunteer, Member Services, Social Programs or Fundraising. We look forward to welcoming you to a collaborative team of neighborhood leaders, committed to strengthening our mission, helping residents to stay engaged and active in the community where we live.

What, me move?

OPTIONS, *Continued from Page 2*

These include providing tenants with the District of Columbia Bill of Rights. You can find more information at www.lawhelp.org/dc/issues/housing/landlords-rights-and-responsibilities.

In another type of housing, several people may pool resources to own the home equally, with each having a bed and bath and sharing the common space. But the idea behind all the types is to promote sharing and reduce isolation and boredom. You might also want to get legal advice before beginning this process.

NNV CALENDAR

Rides are available for NNV members to all NNV events.

Mon., Oct. 5, 2-3 p.m.

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

Mon., Oct. 19, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Wed., Oct. 21, 2-4 p.m.

NNV Book Club to discuss *The*

Secret Agent by Joseph Conrad at the home of NNV member Barbara Dresner. RSVP by Oct. 19: 202-777-3435.

Sun., Oct. 25, 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., Oct. 26, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Tues., Oct. 27, 3-4:30 p.m.

NNV Men's Book Club to discuss *Reflections From Palestine* by Samia Nasir Khoury at the home of NNV member Bernie Hillenbrand. RSVP: 202-777-3435.

Profile: Ann Van Dusen

PROFILE, Continued from Page 1

teach at SAIS and Georgetown.

In 2010, Ann was invited to create a new master's program for Georgetown's School of Foreign Service that would emphasize the practical knowledge, skills and experiences that students need to be successful development practitioners in the 21st century. Building the Global Human Development master's program was a terrific capstone on her career. It gave her the opportunity to help the next generation of development professionals.

Three of her graduate students undertook a study of NNV, interviewing members, volunteers and staff, and made a number of program recommendations. Her students' work piqued her interest, as it was related to her lifelong involvement in the dynamics of community life. Now retired, Ann wants to help NNV become a stronger organization.

She was asked to join the Board of Directors and to co-chair a newly formed Members Services Committee, which is tasked with determining how well the village is delivering its services and what additional services might be needed. All NNV members will be interviewed in early October on these issues.

Ann met her husband Mike, also an NNV volunteer, in graduate school, where both were studying Arabic and the Middle East. They have two daughters who live on the East Coast and a third who is a professor at Cambridge University in England.

Scam robo-calls increasing

BY JANEAN MANN

Scams directed at seniors are increasing dramatically. The Federal Trade Commission estimates a 47 percent increase in fraud complaints between 2012 and 2014, according to a lengthy article in the November issue of *Consumer Reports*.

Many of the fraud attempts come telephonically and NNV members have been on the receiving end of such attempts, including me. Some of them claim your computer has a virus and needs to be cleaned; others may call wanting bail money to "help" free a relative who allegedly is jailed in a distant city.

Among the many suggestions offered by *Consumer Reports*, more of which I will discuss in future NNV newsletters, is one that blocks robocalls—one of the main sources of scam attempts. There is a free robocall intercept service which I have used and which has produced a major reduction in such calls. It is called Nomorobo and it is available to phone subscribers with a number of cable companies including Verizon Fios and Comcast.

If you don't have a computer, call NNV and a volunteer will sign you up. Once you sign up, your phone will ring once when a robocall is incoming and the call will be diverted to a line run by Nomorobo. Unfortunately, it is not yet available to analog or cellphone users. It's a snap to sign up. Just go to www.nomorobo.com/signup.

NNV mourns Sherwood Smith, Sarah Bergen

Longtime NNV member **Sherwood “Woody” Smith**, 91, passed away Friday, Sept. 11, at Sibley Hospital. Woody died one day after his friend and frequent dinner partner at Friendship Terrace, Sarah Bergen.

At his birthday celebration last year, when asked about the secret to his longevity, Woody, ever the humorist, quickly offered, “long walks and procrastination. Those two practices will get you far.”

Woody joined NNV in October 2010 after meeting Carole Bernard, then NNV executive director. He thought the village could thrive in our community and wanted to support it. On Sept. 5, only six days before his death, NNV received a donation accompanied by a note that said, “Thank you for all the good you do!”

Born in Alexandria, Woody lived in the Washington area throughout his early life—in Wesley Heights and on P Street in Georgetown. As a teenager he lived in rural Westmoreland Hills, near the Walker farm. He attended the Jackson School, Horace Mann Elementary, Leland Junior High and Bethesda-Chevy Chase High School, and studied at American University briefly before entering the Navy.

Woody claimed he had an “inglorious military career, but not dishonorable,” which ended at the Farragut Naval Station in Idaho. Following World War II he studied at George Washington University as an English major and graduated with honors. After working for many years in the CUNY library he finally finished his library science degree and claimed New York City as his home. He retired in 1990 and returned to Washington, near friends, a cousin in Silver Spring and his brother, who lived near Charlottesville.

Sherwood was active in the Historical Society of Washington; the Association of Oldest Inhabitants, an organization focused on the District’s history; and the Ward Circle AARP.

Woody requested that in lieu of funeral services, he’d like a glass raised in his name in celebration of “good friends and the wonderfully rich life I have lived.” He is survived by a nephew, Barton Smith of Kents Store, Va., and other relatives. We will miss our

gracious and witty D.C. historian.

—Doris Chalfin and Marianna Blagburn

NNNV member **Sarah Bergen** died Sept. 10; her family was with her. Sarah joined NNV in April of 2014 as a result of strong suggestions by a friend, NNV member Sherwood Smith. Sarah thoroughly enjoyed her interactions with NNV volunteers. Upon receiving her NNV membership renewal notice this spring, Sarah wrote: “It is indeed an inspiration to know your mission as well as to observe your generous volunteers in action; thus I am most grateful to renew my membership. . . . I look forward to enjoying more happy NNV events and to meeting more of your inspiring and very talented volunteers. What leaders!”

Originally from Minneapolis, Sarah lived for more than 30 years in Europe, first in Paris, then for 28 years in London, where she and husband, Tom, had their three children: Peter, Margaret and Katherine.

Sarah taught French for most of her working life. NNV volunteers frequently transported her on

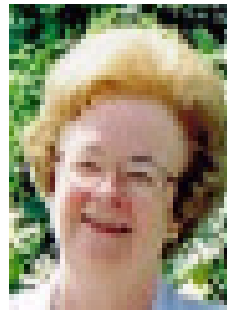
Saturday afternoons to the Georgetown Visitation Convent where she visited her best friend from childhood, Mother Superior Jacqueline, and taught the works of Albert Camus to the nuns in residence.

Two months ago, as an early 80th birthday present from her children, Sarah visited her favorite city, London, and spent

time with her daughter and grandchildren. Sarah was especially proud of her three children who are graduates of Oxford, Cambridge and Edinburgh universities. Katherine is a professor at Bath University in England; Margaret and Peter live nearby. Peter is a British-American print and broadcast journalist, author, and CNN’s national security analyst. In 1997, it was Peter Bergen who produced the first television interview with Osama bin Laden.

Peter finished his fifth book in July on ISIS and homegrown terrorism. But although his work is demanding, Sarah was always particularly proud of Peter’s devotion to his family and to his care and support of his mother.

—Marianna Blagburn



COMMUNITY CALENDAR

Events are free unless otherwise indicated.

Fri., Oct. 2, 12:30 p.m.

Museum Tour—Explore galleries with docents. Katzen Arts Center, 4400 Massachusetts Ave. NW.

Tues., Oct. 6, 7:30 p.m.

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

Thurs., Oct. 8, 7 p.m.

ANC 3E—Meeting. Location to be decided; see anc3e.org.

Fri., Oct. 9, 12:30 p.m.

Museum Tour—Explore galleries with docents. Katzen Arts Center, 4400 Massachusetts Ave. NW.

Sat., Oct. 10, 11 a.m.-4 p.m.

Do the Loop—Visit Kreeger, Katzen, Dumbarton Oaks museums plus nine Georgetown galleries; shuttle provided. 202-337-3050; www.tinyurl.com/dotheloop.

Wed., Oct. 14, 6:30-8 p.m.

Hand Pain or Problems?—Richard Barth, M.D., speaks at Sibley Memorial Hospital, Medical Building, first floor, Conference Room 2, 5215 Loughboro Road NW. Register at 202-660-6683 or www.sibley.org.

Wed., Oct. 14, 1-2 p.m.

Back on Track—Matt Tovornik, of Suburban Hospital, will describe spine anatomy, physiology, proper lifting, what to do for pain and treatments. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md. Register at 301-896-3939.

Thurs., Oct. 15, 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., Oct. 15, 12:30-1:30 p.m.

Lighting—Talk by Terry Eason,

executive director, Low Vision Center of Bethesda. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md. Register: 301-656-2797.

Thurs., Oct. 15, 6:30-7:30 p.m.

Memoirs of a Mineral—Corliss Kin I Sio, Ph.D., explains what minerals reveal about Earth's formation and evolution. Refreshments before lecture. Carnegie Institution for Science, Greenwalt Building, 5241-51 Broad Branch Road NW.

Fri., Oct. 16, 12:30 p.m.

Museum Tour—Explore galleries with docents. Katzen Arts Center, 4400 Massachusetts Ave. NW.

Sun., Oct. 18, 1-6 p.m.

Fall for the Arts—Workshops, lectures, merriment. Katzen Arts Center, 4400 Massachusetts Ave. NW.

Sun., Oct. 18, 1:30-3 p.m.

Technology: New products to Enhance Our Lives—Moirá Williams discusses products for reading, writing, facial recognition, money identification, etc. Sibley Memorial Hospital, Medical Building, first floor, Conference Room 2, 5215 Loughboro Road NW. Register: 202-364-7602.

Tue., Oct. 20, 7:30 p.m.

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

Tues., Oct. 20, 7:30 p.m.

Chevy Chase Citizens Association—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Mon., Oct. 26, 7 p.m.

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

Fri., Oct. 30, 4-6 p.m.

Halloween Spooktacular—Children parade in costumes on Connecticut Avenue, Livingston to Northampton Streets 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., 7a.m.-4 p.m. / Sun., 11 a.m.-4 p.m.—**Robert's Produce**, Massachusetts and Idaho Aves. NW.

Sat., 8 a.m.-1 p.m.—**New Morning Farm**, 36th St. and Alton Place NW.

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

Oct. 11—*King Creole*, U.S., 1958, rated PG (Elvis Presley).

Oct. 25—*The Trouble With Harry*, U.S., 1955, rated PG.

Movie Mondays

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

Oct. 5—*Spare Parts*, U.S., 2015, rated PG (Jamie Lee Curtis).

Oct. 19—*Before the Rain*, Macedonia, 1994, rated R.

Oct. 26—*50 to 1*, U.S., 2014, rated PG-13.

Crisp fall weather? It's apple tart time

BY BARBARA B. OLIVER

Autumn's abundance of Apples is flooding farmers' markets: Honeycrisp, Gala, Jonagold, Macintosh . . . the varieties go on and on. Apples make a wonderful snack on their own, or sliced and topped with a smear of peanut butter, or ricotta cheese and cinnamon. For a special dessert, made with oodles of butter and sugar, try the following.

Upside Down Apple Tart

For crust:

1 large egg
1½ cups cake flour
¼ cup fine sugar (i.e. Domino's Superfine)
3 tablespoons unsalted butter, softened
1 tablespoon baking powder
2 pinches of salt

Put ingredients in a large bowl and mix with your hand for several minutes until dough forms a ball. Set aside.

For cake pan:

3 tablespoons unsalted butter
¼ cup of fine sugar

Butter an 8-inch diameter cake pan very generously. Sprinkle with sugar. Set aside.

For filling:

3 large apples

5 tablespoons of fine sugar

1 teaspoon pure vanilla extract

Peel and quarter apples, core and cut in thin slices (7 slices per quarter). Arrange the slices in the pan in several layers, leaving a small space around the edge. Combine the sugar and vanilla with a tiny whisk or fork until sugar is golden. Sprinkle sugar evenly over apples.

Preheat oven to 400° F.

Roll pastry into a 9½-inch circle. Center the pastry on the apples and gently tuck the overhanging pastry between the apples and the side of the pan. Bake 40 to 45 minutes until the crust is brown. Let cool slightly in pan on rack, then invert tart on a flat plate and cut into 8 to 12 servings.



TOM OLIVER

ADAPTED FROM MAKING FRENCH DESSERTS
AND PASTRY BY MICHEL OLIVER.

RESTAURANTS

Banana Leaf, for a taste of South Asia

BY JANEAN MANN

A bit of spice has joined what is becoming a mini-restaurant row along the 5000 block of Connecticut Avenue. The arrival earlier this year of Banana Leaf brings South Asian flavors—mainly Sri Lankan with some Indian included—to the neighborhood. Seeing a group of Sri Lankans eating there added a flavor of authenticity. I love Indian food, so was anxious to try a sister cuisine.

The restaurant is sparsely but colorfully decorated with South Asia photos and pictures. A waiter greeted us and let us choose our table. Later arrivals fended for themselves as no one was around to seat them. Service was very slow. Conversation is easy—no shouting necessary.

The large menu offers a fairly wide variety of

Sri Lankan dishes, some of which will be familiar to those of us who have long been Indian food aficionados, albeit with different names. If you want a Taj, however, forget it. The restaurant does not have a liquor license. We had the mango lassis (yoghurt, mango and milk), which were quite good. Other lassi flavors are also available.

The restaurant offers a tasty \$10 buffet at lunch. During our visit the buffet offered black pork, chicken curry, basmati rice, lentils, pappadams, raita with more vegetables than the Indian variety, and a salad of kale and coconut chips.

Full disclosure: I like food that is spicy, so particularly enjoyed the pork and curry. The heat did not overwhelm the flavors. Both dishes were moist despite being on the steam table, possibly

See RESTAURANTS, Page 8

Sri Lankan specialties

RESTAURANTS, *Continued from Page 7*

because the fires were not all on under the steam trays, so the food that was supposed to be warm was cold, though still quite tasty.

The pappadams were good enough that my dining companion and I had seconds (as I did with the pork and chicken). My companion, who likes Indian dosas, ordered the Sri Lankan variety and enjoyed them and the accompanying lentil curry, but found them a little spicier than she would have preferred. The dosas were thicker and less crisp than the Indian variety.

For dessert, we shared a Watalappam—a Malaysian pudding of coconut, jaggery (palm sugar), eggs, cashews and spices. We found this dessert reminiscent of a flavorful pumpkin pie without the crust. It was a tasty end to our meal.

Banana Leaf, at 5014 Connecticut Ave. NW, is open weekdays noon-9 p.m. and



JANEAN MANN

Banana Leaf restaurant brings Sri Lankan flavors to the neighborhood, offering a daily luncheon buffet as well as a wide selection of Sri Lankan and some Indian cuisine.

weekends noon-10 p.m. Its website is www.bananaleafwashington.com; phone number is 202-506-7554.