



THE VILLAGE NEWS

Volume 6, Issue 3

A Community Network of Support

March 2014

5th anniversary for NNV

Community acceptance helps village grow from start-up to mature stage

BY MARIANNA BLAGBURN

In 2007, an article in *The New York Times* featured Beacon Hill Village (now 12 years old!), prompting Frances Mahncke to ask on the Chevy Chase listserv: What are *we* going to *do* about growing older in our community?

The response was enthusiastic and contagious. The first board was formed and the work of developing the village began.

"I could think of no better way to spend my time than to figure out how we could stay at home as we grew older and enjoy our friends and neighbors. We were helping each other out anyway. That is just the type of community we have," says Frances, who became Northwest Neighbors Village's founding president.

The new NNV board and dedicated volunteers threw themselves into spreading awareness, raising money and gathering strategic information.

Marianna Blagburn has been executive director of NNV since 2011.



ANDREW SKINNER

Making a "friendly visit" with NNV member Irene Kilduff, at left in chair, are, from left, volunteer Jennifer Adams, board member Cynthia Lehmann, Jennifer Lear, volunteer Michael Sams and (back turned) Executive Director Marianna Blagburn.

Working committees developed outreach activities including regular coffees at the Avalon, afternoon teas and community speaking engagements. A checklist of possible services provided information about potential members and volunteers, as well as services desired.

Programs and activities were developed and have endured, such as weekly gentle yoga, two NNV book clubs and the annual picnic. "NNV has its roots in listening to what the community has to say about aging right here," said Janean Mann, an NNV founder and former

president. "We were volunteers with skills to offer and found that our neighbors also wanted to donate time and skills. Our volunteers can do just about anything and our list of services has grown exponentially because of them," she said.

NNV opened in March 2009 with 22 members, 30 volunteers, \$32,000 in the bank and no paid staff. Five years later, NNV has 212 members, 124 volunteers, a full-time paid executive director, two part-time paid staff members and a budget of \$125,000. Approximately

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NORTHWEST NEIGHBORS VILLAGE

*a community network of
support*

4901 Connecticut Ave. NW
Washington, DC 20015
(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.

NNV Board Members **Officers**

Bob Holman, *co-president*
Joan Norcutt, *co-president*
Steve Altman, *vice president*
Elinor Stillman, *secretary*
Stewart Reuter, *treasurer*
Cynthia Lehmann, *assistant treasurer*

Directors

Robert Lancelotta
Frances Mahncke
Janean Mann
Dennis O'Connor
Jo Ann Tanner
Robert Parker, *emeritus*

Ex-officio

Marianna Blagburn,
executive director

Newsletter Team

Janean Mann, *editor*
Doris Chalfin
Pat Kasdan
Danielle Feuillan
Tom Oliver

NNV, 5 years old and growing

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350 services were provided to members in the first year of operation. More than 2,500 services were performed by our volunteers in 2013.

Once the village was established, sustainability became an important objective. Only 50 percent of the budget is provided by membership fees; additional funds have been donated by members, volunteers and other community supporters. NNV has earned grants from the D.C. Office on Aging, Advisory Neighborhood Commissions (ANCs) 3E, 3F and 3/4G and several local religious congregations.

The Lisner-Louise-Dickson-Hurt Home housed our administrative office, at no charge, for over three years. NNV's administrative office is now located in a donated two-office suite at the Methodist Home on Connecticut Avenue. American University, TTR Sotheby's International, HighTower Financial Group, State Farm, TD Bank and Blue 44 restaurant, among many others, have donated space, goods, services and financial support. Five years of growth and attracting supporters of the village demonstrate that we are a strong and adaptive community.

March 2014 marks the fifth anniversary of the opening of NNV. The fifth year is an important milestone in the life of a village. We are no longer a start-up organization. Our community has embraced

the concept of a senior village whose members receive the services they need to remain in their homes from volunteers in the neighborhood. NNV's neighborhood includes Chevy Chase, D.C., Friendship Heights, D.C., Tenleytown, American University Park, North Cleveland Park and Forest Hills.

A birthday party is planned for May 13 at Blue 44 restaurant. With the celebration this year, Co-president Bob Holman says, "NNV offers compassionate service, yet we realize the importance of collaborating with the whole community and of fiscal discipline for sustainability. The community has increased their giving level, which shows they are ensuring our longevity. Five years of caring about our neighbors is an achievement not only for the village, but for the whole community to celebrate."

WANTED: YOUR OPINION.

NNV is starting a Letters to the Editor column in which you are invited to express *your* opinions about community issues, or *your* suggestions for improving NNV or its newsletter, *The Village News*.

Please keep your letters short. Letters are subject to editing for length. Write to:

nnvillage@gmail.com

or

NNV *Village News*
4901 Connecticut Ave. NW
Washington, DC 20008

‘Costumes of Downtown Abbey’ to be part of Brandywine trip

A feature of NNV’s Brandywine Valley trip in late March will be “The Costumes of Downton Abbey,” an original exhibition of exquisite designs from the award-winning television series.

About 40 historically accurate costumes from the show will be displayed with photographs and vignettes inspired by the fictional program and by real life at Winterthur, one of several museums on the trip.

Visitors will have a chance to step into the world of “Downton Abbey” and the complementary world of Winterthur founder Henry Francis du Pont and his contemporaries in the first half of the 20th century.

Winterthur is the only U.S. venue to display costumes from the renowned series, from Edith’s wedding gown to Sybil’s harem outfit to the scarlet dress Lady Mary wore when Matthew proposed (the second time). The PBS drama has won a Golden Globe award for best miniseries and seven Emmy Awards.



NICK BRIGGS/CARNIVAL FILM AND TELEVISION LIMITED

The Crawley sisters, Sybil, Edith and Mary, in “Downton Abbey.”

The backdrop is Henry Francis du Pont’s grand Winterthur Museum and Garden, an elegant country estate similar to the surroundings of the Crawley family and their servants. Before viewing the costumes, visitors will tour Winterthur Museum’s premier exhibits of decorative arts and have a tram tour of the gorgeous naturalistic

gardens, similar to those the Earl of Grantham would have experienced in an afternoon’s walking the grounds of Downton with his loyal canine companion.

The Brandywine Valley Tour departs on March 28 for two nights. For a detailed itinerary and further information contact Benita Lubic at (202) 362-6100 or e-mail her at blubic@aol.com. Limited space is still available.



MARIANNA BLAGBURN

Aunt Ada’s tale

NNV member Bonnie Coe reads from her book, *Aunt Ada’s Diary*, at an NNV luncheon at DeCarlo’s Restaurant. “Aunt Ada” Hume Williams, a Washington woman who recorded her life in 1918 on Seventh Street NE in Washington, was Bonnie’s father’s first wife. The book is a fascinating picture of her life as a Latin teacher at McKinley Technical High School, living in a city at war.

Procrastination: Doing it when, exactly?

BY ANIKE BUCHE

Procrastination: Webster defines the term as “to put off doing (something unpleasant or burdensome) until a future time.”

To some extent, we are all procrastinators—intentional or not—especially when the chore is onerous, and we think we have better and more interesting things to do. But those of us who are aging and feel time is getting the better of us cannot afford to procrastinate. One of the missions of Northwest Neighbors Village is to help people live comfortably in their homes as they age, but that is not to say that we should not play our part and organize our own lives to make it easier for us and our families.

We stay in our houses or apartments for many reasons: We have attachments, wonderful memories, life experiences and a refuge. These are valid reasons, but often we do not think about problems until we experience a serious health issue or traumatic situation.

What can we do to organize our lives better, so that problems do not become a burden for ourselves or our families?

There are many resources, including NNV, available to help us. AARP suggests that we look at our personal situations to see whether our homes and community match our needs

now and for the next few years. If staying in our home is deemed a viable option, we need to take steps to make it safer and more comfortable. Some suggestions are:

- Engage an occupational therapist or other professional to identify ways to improve safety.
- Do a personal home-safety inspection regarding the condition and adequacy of outdoor lights and walkways.



STUART MILLS

Are there handrails on stairs and grab bars in bathrooms? Consider removing scatter rugs. Are all electrical cords safely away from walking areas?

- Are the doors and locks in good condition and easy to use? If there are multiple steps leading to the front door, would a ramp be helpful?

- Complete seasonal tasks and repairs that enhance safety and home value, i.e. clean gutters, perform basic yardwork, have working smoke and carbon monoxide detectors, and have candles, flashlights and extra batteries easily accessible.

Cleaning out basements and attics, as well as closets and cupboards, can be a daunting

task. Personal records and photos may need to be sorted, organized or tossed. Are there professional materials that should be kept, catalogued or organized? In some cases family members can help. In fact, sharing the life and memories behind those pieces of paper can make them seem more deeply included.

Who can help, if family members cannot do the job?

Asking NNV to find a volunteer or engaging a professional are two possibilities. After the tough decisions are made about what to keep, donate, sell or trash, the actual carrying out of the process is not so difficult. A professional appraisal can determine the current monetary value of objects. For the items that are to be kept or passed on to family or friends, a description of when, why and how they were acquired would be helpful.

Another step to consider is updating insurance policies on property and valuables, wills and medical directives. This will be a subject for a future newsletter.

There's politics—and an election—in the air

BY JANEAN MANN

Don't stay home on April 1. It will be a prime opportunity to cast your vote on how the D.C. government will be run in the next few years. Polls will be open from 7 a.m. until 8 p.m. Although April 1 is primary voting day, early voting will be open March 17-29 (except Sunday) at One Judiciary Square, 441 Fourth St. NW, from 8:30 a.m. to 7 p.m. and at early voting centers in each ward on the same dates and times.

D.C. primaries are closed party primaries, meaning that you must be registered as a member of a party to vote. Only voters registered with the Democratic, Republican, D.C. Statehood, Green or Libertarian parties may vote in the primary. All registered voters, regardless of party affiliation, can vote in the general election on Nov. 4.

Many key offices will be on the ballot this year, including the positions of delegate to the U.S. House of Representatives, D.C. mayor, chairman of the D.C. Council, at-large member of the council, council members in Wards 1, 3, 5 and 6 and U.S. "shadow" representative and "shadow" senator. The shadow representative and senator are not seated in the House or Senate but support D.C.'s efforts to gain voting rights in Congress. The *Northwest Current* newspaper usually provides information on the candidates and their policies.

March 25 is the deadline for receipt of absentee ballot applications. You can obtain an absentee voter application on the Web site below or call the D.C. Board of Elections at (202) 727-2525.

Not registered to vote? You can register by mail by March 3. Applications can be obtained online at <https://www.dcboee.org/voter>. You may also register when you go to vote at either the early voting sites or at your neighborhood polling station on April 1. Those who register to vote after the March 3 deadline must show identification with current name and address in D.C. The District accepts a variety of identifications including a valid D.C. driver's license, another government document showing name and current D.C. address, current utility bill or lease, statement from a student housing facility or a



JANEAN MANN

D.C. Office of Elections trainer Wintress Hall demonstrates use of an electronic voting machine to a poll worker class.

statement of occupancy from a D.C. homeless shelter. Those who register and vote on the same day will cast a special/provisional ballot.

Ward 3 early voting sites (March 22-29, except Sunday) are at the Chevy Chase Community Center, 5601 Connecticut Ave. NW, and the Stoddert Recreation Center, 4001 Calvert St. NW. Sites for Ward 4 are the Takoma Community Center, 300 Van Buren St. NW, and the Emery Recreation Center, 5801 Georgia Ave. NW. Those voting at the early voting sites can vote outside their wards—for example, Ward 4 voters living in Chevy Chase may vote early at the Chevy Chase Community Center despite the fact that it is in Ward 3. At early voting sites, voting is by electronic voting machine only.

Because of the heavy concentration of registered Democrats in D.C., the primary is often considered the deciding election and, therefore, may be more important than primary elections in other areas. This year, however, there may be added interest in the general election, as there are rumors that several individuals may run as independents for some key positions. They will not appear on the ballot until November.

MEMBER PROFILE

An international couple from the banking world

BY STACEY MARIEN

Born and educated in the Netherlands, Willem Nijhof studied at the Rotterdam School of Economics under Jan Tinbergen, the first Nobel laureate in economics. He first came to the United States as a graduate student at the Harvard Business School. After returning to Holland, he joined the Office of Foreign Affairs for the Dutch government where he was part of the team (1955-59) that negotiated the Treaty of the European Union.

He then moved to Paris to join the Western European Union Organization as an economist. This organization was composed of the original six Common Market countries and the United Kingdom. He stayed with that group for 10 years and then moved to the United States.

Willem joined the World Bank during the presidency of Robert McNamara, former secretary of defense in the Kennedy and Johnson administrations; he stayed with the bank for 22 years. For one year during that time, he was a visiting scholar at the Hoover Institution at Stanford University.

He also managed a wide variety of operations in Africa, Asia, Europe and the Middle East, concentrating on economic growth and technical education. He initiated and directed foreign exchange auctions, mobilized substantial resources for large



FABRICE NIJHOF

Willem and Rafia Nijhof are of Dutch and Lebanese origin respectively. The retired couple were photographed by his son Fabrice in Montmartre, Paris.

bank projects and resolved procurement and trade financing issues. Willem wrote the first World Bank co-financiers handbook and co-wrote a joint United Nations Development Program handbook on technical assistance.

After retiring from the bank he continued to work with the European Union on banking issues while living in Russia and a half dozen other former Soviet Union countries.

During the course of the interview, his wife Rafia mentioned that Willem was in the Olympics! He was a reserve member of the Dutch team in the 400-meter dash during the 1948 London Olympics. Although he didn't win any medals, he said it was a fabulous experience.

He is now quite busy living an active retired life. Willem and Rafia often return to the Netherlands for the World Bank reunion of former Dutch employees.

Rafia grew up and was educated in Lebanon at French-run schools, graduating in business and home economics. She came to the United States during the Lebanese civil war to visit her brother in Chicago and ultimately settled here.

She joined the World Bank in 1977 and worked as senior executive assistant to the executive director, representing 14 Middle Eastern countries at the executive board of the World Bank. Rafia is fluent in French, Arabic and English.

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Experts to discuss planning for care in the senior years

Michelle Singletary, syndicated columnist who writes the “Color of Money” column for *The Washington Post*, and Bill Fralin, a Certified Elder Law Attorney, will be expert panelists for the NNV’s fourth annual community program, co-sponsored with the Chevy Chase Citizens Association.

It will be held at 7:30 p.m. Tuesday, March 25, in the lower level multipurpose room at the Chevy Chase Community Center, 5601 Connecticut Ave. NW.

The program, “Who Will Take Care of Us When We Get Older and How Will We Pay for It?,” will focus on holding discussions with family members; healing relationships, if needed; and making wise decisions on financial planning for future medical care.

We all plan to get older and retire, but we have no idea what that time will look like when it arrives. Better to plan now



FRITZ BLAKEY

Columnist Michelle Singletary

for the “what if” scenarios and understand the costs associated with options.

If already retired, there is still an opportunity to protect assets and explore the idea of having advocates to navigate on your behalf for the best choices in a skilled or long-term-care environment. Singletary



CHARLES TACK

Elder law lawyer Bill Fralin

and Fralin will present recommendations for planning wisely.

All are welcome to attend. Light refreshments will be served. Questions can be directed to the NNV administrative office at (202) 777-3435.

—Marianna Blagburn

The Nijhofs, retired from a life in international banking

MEMBER PROFILE, *Continued from Page 6*

She has many other interests in retirement. She is a member of the Welcome to Washington International Club (WIC), an all-volunteer group that welcomes international women to D.C. Rafia is a member of the WIC book club that is devoted to short stories, and she is always looking for suggestions for new authors.

Willem and Rafia are interested in music, opera, ballet and meeting new friends.

Willem has three children and three grandchildren whom the couple see frequently. He likes to spend his time reading, catching up with old friends, visiting the World Bank

and writing his memoirs. He also likes to clip articles of interest to send to his children and grandchildren.

The couple first heard of Northwest Neighbors Village from friends and during a presentation in their apartment building. They decided to join since both have either stopped or severely curtailed their driving.

They have been members since October 2013 and have primarily used NNV volunteers for driving to appointments and computer help. They would like to investigate other services since they have been so happy with their drivers to date. Rafia and Willem are quick to recommend NNV to friends.

BY JIHAN DAVENPORT

A main concern for most people faced with terminal illness is whether they'll be able to die wherever they call "home." Hospice care helps eliminate that worry, making it possible for people to spend their final moments of life in their preferred surroundings.

By definition, hospice is intended to help people during the last six months of their lives. A common misperception about hospice is that it's an unknown, foreign destination where people "go" to die. The fact is, hospice is not a "place"—

it's a *philosophy of care* that focuses on enhancing people's comfort and quality of life during their final months.

Hospice care can be administered at the patient's home or at hospice inpatient units, as well as in hospitals, nursing homes and assisted living communities or residential care facilities.

There are many concerns about terminal illness and obtaining proper end-of-life care. Here's a summary of some

important questions and my responses:

How will pain be managed?

Hospice is an end-of-life care option tailored to the needs of each patient and family. It includes expert pain management, but also goes beyond medical care by providing emotional and spiritual support. The care is provided by interdisciplinary teams of palliative care experts, including physicians, nurses, home health aides, social workers, chaplains, bereavement specialists and volunteers.

If the patient prefers to remain at home, what kind of assistance and in-home care will be available? Routine home care is available in accordance with the patient's individualized plan of care.

Continuous care, during a brief period of crisis, can be available for up to 24 hours a day. When patients or family members have questions or concerns after business hours, they can often get immediate answers and help by calling an after-hours service.

What role can family members have in patient care?

Family members play an important role by providing personal care when hospice teams are not present. Members of the hospice team do not "take over"; rather they teach and support families so they can provide the best in-home care possible. Hospice teams realize that no one knows the patient better than his family.

What kind of spiritual and emotional support do patients and families receive?

Many psychological, spiritual and emotional aspects of end-of-life experiences can be very difficult for patients and their loved ones. In fact, hospice social workers and chaplains have extensive training and experience in psychosocial counseling, spiritual awareness, end-of-life issues and bereavement.

For that reason, after a patient passes away, the hospice role in the family's life doesn't end. Hospice providers offer bereavement services, such as counseling, support groups and memorial services, to the patient's loved ones for more than a year after the death.

What does hospice care cost?

Does insurance cover it? Medicare pays for hospice services. Many states have established Medicaid coverage for hospice, and almost all private insurers and managed care plans provide coverage for hospice care as well.

Jihan Davenport is senior representative of VITAS Innovative Hospice Care of Washington, D.C. For more information, contact VITAS of Washington at (202) 414-5400 or visit www.hospicecanhelp.com.

Hospice care: What to expect when your loved one is at home



PHOTOS BY TOM OLIVER

Choral music and taste treats at Ingleside

The City Singers, conducted by Jennifer Howard Gotten, perform a program of choral music ranging from folk music adaptations to Mozart at February's Sunday Supper Salon. The Singers are the community outreach chamber choir of the City Choir of Washington. The event was held Feb. 9 at Ingleside's Independent Living Building and was followed by a potluck buffet. Right, NNV members Phyllis Belford and Edith Couturier investigate one of the food tables.



BY SANDI ROTHWELL

"I like my yoga class, but I don't have time to practice." We all feel that way. But it doesn't take an hour to put yoga into your day. Find yoga in small moments.

Waking up is a great time for yoga moments. Before you get out of bed try "pumping" your feet. Point one foot while flexing the other. Keep switching sides in an easy rhythm. This "supine walking" technique is perfect for warming up hips and feet. Draw your knees up toward your heart and rock from side to side, massaging your lower back.

Waiting in line at the store? Practice mountain pose: feet firm on the floor about as far apart as your hipbones. Stack your hips, ribs and shoulders in an upright posture. Pay

YOGA

Yes, you can try this at home

attention to your posture and breathe easily. Play with balance; hold onto a shopping cart and stand on one leg and then the other (supported stork pose).

Are you waiting on the telephone to "speak to the next agent"? Use the time to relax and breathe. Take a few deep breaths into your belly. Observe your breath. Play with your eyes. Without moving your head, look up and then down. Look left and then right. Look up and to the right then down and to the left. Keep your vision soft. The "agent" will be there shortly.

If you have a pet or small

child sitting on your lap, tune in to their breath. Relax. Get meditative.

Watching TV often makes one wonder if this is just wasting time. Pick up a tennis ball and roll each foot around on the ball. Roll front to back, side to side. Roll the ball around in your hands, down each finger. Try holding it with your thumb, third finger and baby finger. Try holding with the index and ring fingers. Massage your arms or legs.

And finally, at bedtime try rolling your head from side to side. Stretch your arms and take a deep breath. Or just return to a deep relaxing breath.

Be creative and find your own yoga moments. They don't have to be a big deal. Just let them be there whenever you want them.

Tax records—what to keep, what to toss

As we sort through our voluminous tax records in preparation for tax season, we often wonder what we need to retain. NNV board member and tax preparer Cynthia Lehmann reviewed a number of Web sites in search of a good answer. She chose the following chart compiled by Marquette National Bank and Catherine Williams, president of Consumer Credit Counseling Services of Greater Chicago, and found on bankrate.com.

TYPE OF RECORD	LENGTH OF TIME TO KEEP, AND WHY
Taxes Returns Canceled checks/ receipts (alimony, charitable contributions, mortgage interest and retirement plan contributions) Records for tax deductions taken	Seven years The IRS has three years from your filing date to audit your return if it suspects good-faith errors. The three-year deadline also applies if you discover a mistake in your return and decide to file an amended return to claim a refund. The IRS has six years to challenge your return if it thinks you underreported your gross income by 25 percent or more. There is no time limit if you failed to file your return or filed a fraudulent return.
IRA contribution records	Permanently If you made a nondeductible contribution to an IRA keep the records indefinitely to prove that you already paid tax on this money when the time comes to withdraw.
Retirement/savings plan statements	From one year to permanently Keep the quarterly statements from your 401(k) or other plans until you receive the annual summary; if everything matches up, then shred the quarterlies. Keep the annual summaries until you retire or close the account.
Bank records	From one year to permanently Go through your checks each year and keep those related to your taxes, business expenses, home improvements and mortgage payments. Shred those that have no long-term importance.
Brokerage statements	Until you sell the securities You need the purchase or sales slips from your brokerage or mutual fund to prove whether you have capital gains or losses at tax time.

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When the taxes are done, what to do with all that paper?

RECORDS, Continued from Page 10

Bills	<p>From one year to permanently</p> <p>Go through your bills once a year.</p> <p>In most cases, when the canceled check from a paid bill has been returned, you can shred the bill.</p> <p>However, bills for big purchases—such as jewelry, rugs, appliances, antiques, cars, collectibles, furniture, computers, etc.—should be kept in an insurance file for proof of their value in the event of loss or damage.</p>
Credit card receipts and statements	<p>From 45 days to seven years</p> <p>Keep your original receipts until you get your monthly statement; shred the receipts if the two match up.</p> <p>Keep the statements for seven years if tax-related expenses are documented.</p>
Paycheck stubs	<p>One year</p> <p>When you receive your annual W-2 form from your employer, make sure the information on your stubs matches.</p> <p>If it does, shred the stubs.</p> <p>If it doesn't, demand a corrected form, known as a W-2c.</p>
House/condominium records	<p>From six years to permanently</p> <p>Keep all records documenting the purchase price and the cost of all permanent improvements—such as remodeling, additions and installations.</p> <p>Keep records of expenses incurred in selling and buying the property, such as legal fees and your real estate agent's commission, for six years after you sell your home.</p> <p>Holding on to these records is important because any improvements you make on your house, as well as expenses in selling it, are added to the original purchase price or cost basis. This adds up to a greater profit (also known as capital gains) when you sell your house. Therefore, you lower your capital gains tax.</p>

NNV CALENDAR

Rides are available for NNV members to all NNV events.

Mon., March 3, 2-3 p.m.

Gentle Yoga with Sandi Rothwell. Assembly Room, Methodist Home, 4901 Connecticut Ave. NW.

Mon., March 10, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Mon., March 17, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Wed., March 19, 2-4 p.m.

NNV Book Club to discuss *Swann's Way* by Marcel Proust at the home of NNV member Barbara Dresner. RSVP: (202) 777-3435.

Mon., March 24, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Tues., March 25, 3 p.m.

NNV Men's Book Club at the home of Bernie Hillenbrand to discuss *The Monuments Men: Allied Heroes, Nazi Thieves and the Greatest Treasure Hunt in History* by Robert M. Edsel. RSVP: (202) 777-3435.

Tues., March 25, 7:30 p.m.

Who Will Take Care of Us When We Get Older? How Will We Pay For It? NNV/CCCA meeting with *Washington Post* syndicated columnist Michelle Singletary and elder law attorney Bill Fralin. Light refreshments. Chevy

Chase Community Center, 5601 Connecticut Ave. NW.

Fri.-Sun., March 28-30

NNV Trip—Longwood Gardens; Brandywine River, Hagley and Winterthur museums; Hotel du Pont, etc. Contact Benita Lubic at (202) 362-6100 or blubic@aol.com.

Mon., March 31, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Save the Date

Tues., May 13

NNV's 5th Birthday Party with NPR's Ray Suarez. Blue 44, 5507 Connecticut Ave. NW.

A candy treat from citrus rinds

At the request of yoga class members who have enjoyed this treat, NNV member Ann Collins agreed to share her recipe with us.

Candied grapefruit rinds

3 grapefruit shells (6 halves) or
6 orange shells (12 halves)
1 teaspoon salt
3 cups sugar
1 cup water

Save fruit shells from breakfast. Claw away residual bits of fruit and membrane. Cut peel into strips ¼ inch wide from stem to blossom end.

Add salt and cover with cold water. Boil 15 minutes, pour off water and add fresh water. Boil 20 minutes. Change water again and boil another 20 minutes.

Drain thoroughly and

cover with 2½ cups of sugar and 1 cup water. Simmer, stirring continually to prevent scorching, until remaining sugar has boiled away. Spread on wax paper and roll each piece of

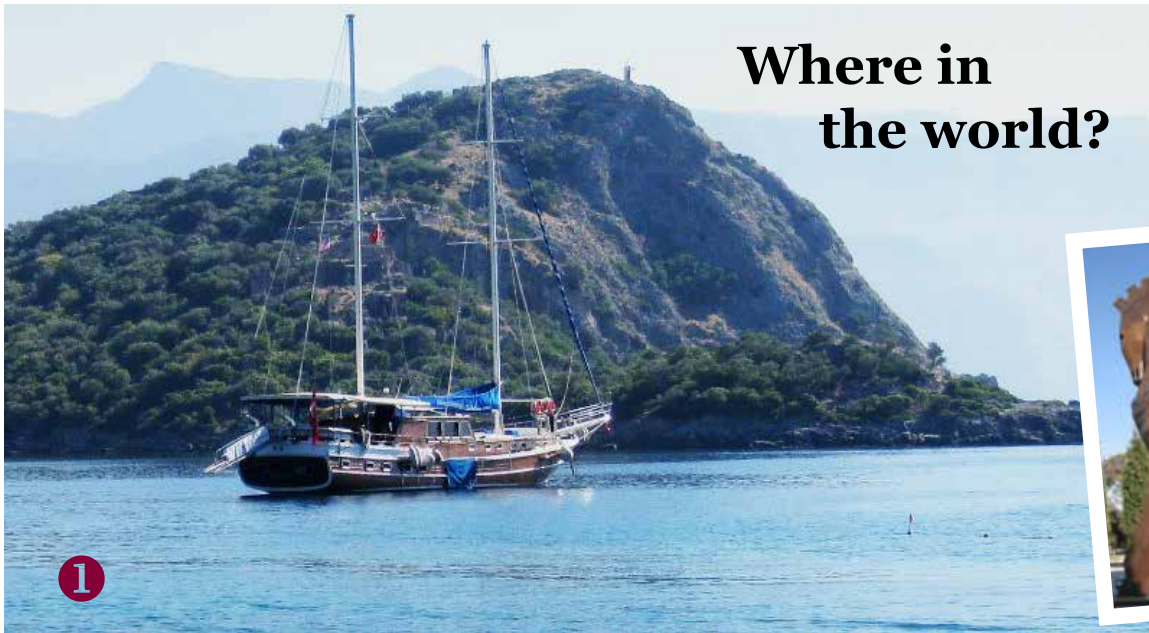
candied fruit in remaining sugar. Allow to air dry before packing in cookie tins.

Note: You can cut and freeze strips to accumulate enough to do a larger batch all at once.



JANEAN MANN

Where in the world?



PHOTOS BY ANN SCHNEIDER

N NV member Ann Schneider recently traveled to Turkey, where she passed Gemiler Island, burial site of St. Nicholas, on a Turquoise Coast gulet cruise **1**. Generally two-masted, today's gulets are believed to be similar to sponging or fishing vessels which once plied the Turkish coast. She visited Istanbul's Blue Mosque, skirting the ubiquitous sleeping dogs **2**, and saw balloons at sunrise in Cappadocia **3**, where she also stopped at a 13th-century caravanserai **4**. In Troy she saw a re-creation of the legendary Trojan horse **5**, and also visited the ruins at the ancient Greek city of Pergamum **6**, which dates back to at least 399 B.C.



COMMUNITY CALENDAR

Mondays, March 3-31 and Wednesdays, March 5-April 2, 10 a.m. and 12:30 p.m.

PC for Beginners 1—Two-hour sessions on computer basics, Internet, e-mail, meet twice a week for five weeks. Tenley-Friendship Library, 4450 Wisconsin Ave. NW. Register at Byte Back, (202) 529-3395.

Tues., March 4, 7:30 p.m. Police Service Area (PSA)

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

Sun., March 9, 4 p.m.

Duke University Chorale—Performing Renaissance to contemporary music. Chevy Chase Presbyterian Church, 1 Chevy Chase Circle NW.

Mon., March 10, 7:30 p.m.

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

Wed., March 12, 1-2 p.m.

Back and Neck Pain—Suburban Hospital neurosurgeon Quoc-Anh Thai discusses causes and treatments. Free, call (301) 896-3939 to register. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

Thurs., March 13, 7:30 p.m.

ANC 3E—Meeting. Wilson High School Auditorium, 3950 Chesapeake St. NW.

Sat., March 15, 6 p.m.

Author Talk—Myra McPherson on *The Scarlet Sisters: Sex, Suffrage & Scandal in the Gilded Age*. Politics & Prose, 5015 Connecticut Ave. NW.

Sun., March 16, 1 p.m.

Author Talk—Betty Medsger on *The Burglary: The Discovery of J. Edgar Hoover's Secret FBI*. Politics & Prose, 5015 Connecticut Ave. NW.

Tues., March 18, 7:30 p.m.

ANC 3F—Meeting. Methodist

Home, 4901 Connecticut Ave. NW.

Wed., March 19, 6 p.m.

Downloadable Media Walk-Up Clinic—Use library iPads for audiobooks, e-books, e-magazines, music. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., March 20, 10:30 a.m.

Avalon Senior Cinema—Patrons age 62 and over can see the feature film for less than the usual senior price of \$8.75. Avalon Theatre, 5612 Connecticut Ave. NW.

Thurs., March 20, 7 p.m.

Deeper Into Meditation—With David Newcomb, for old and new meditators. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Fri., March 21, 7 p.m.

Meet the Artists Reception—Helen Higgins and James Taylor with wine, music, food. Iona, 4125 Albemarle St. NW.

Mon., March 24, 7:30 p.m.

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

Wed., March 26, 6:30-8 p.m.

Hip Replacement—Orthopedist Anthony Unger discusses the direct anterior approach. Sibley Medical Building, Conference Room 2, 5255 Loughboro Rd. NW. Free, register at (202) 660-6683 or www.sibley.org.

Wed., March 26, 7:15 p.m.

Free T'ai Chi—With Susan Lowell. Gentle movement for stability, comfort and awareness. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Every Tues. & Thurs., 8:30 a.m. and 9:30 a.m.

Walking Club—Sibley Senior Association. Mazza Gallerie, concourse level, Wisconsin and Western Aves. NW. Free. (202) 364-7602.

Every Mon., 9:30-10:30 a.m.

Club 60+—Walking Club.

Shirley Ricks, Staff Office, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Tues., 11 a.m.-noon

Club 60+—Chair Yoga with Andrea Christie. Free. Second-floor ballet studio, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Thurs., 11 a.m.-noon

Club 60+—Cardio exercise with Will Yates. Free. Auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Thurs., noon-2 p.m.

Club 60+—Bingo. Free with prizes. Lounge next to first-floor office, 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.

Every Sat., 8 a.m.-1 p.m.

Lafayette Farmers Market—Northampton St. and Broad Branch Rd. NW.

New Morning Farmers Market—Sheridan School, 4400 36th St. NW (June-March).

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

Chevy Chase Library, 5625 Connecticut Ave. NW.

March 3—*Adventures of Priscilla, Queen of the Desert*, Australia, 1994, rated R.

March 10—*Cold Comfort Farm*, U.S., 1995, rated PG (Ian McKellen).

March 24—*Mediterraneo*, Italy, 1991, rated R.