



THE VILLAGE NEWS

Volume 6, Issue 4

A Community Network of Support

April 2014

VOLUNTEER PROFILE

Art Hessel's life in law, housing and Judaism

BY JANEAN MANN

While he may have followed his parents into the legal profession, NNV volunteer Art Hessel has expanded his interest into a variety of disciplines and countries.

Born in St. Louis, he earned his B.A. from Harvard and his law degree from Yale. After receiving a federal housing and urban development fellowship at Yale University, he returned to St. Louis where he worked with an urban renewal agency. Moving to Washington in 1969, he worked for three years with the Department of Housing and Urban Development (HUD) focusing on urban renewal, public housing and FHA issues.

He entered private legal practice in 1972, drawing on the expertise he had gained in housing and real estate. Art was a founding member of the Hessel Aluise and Neun law firm in 1991 where his specialty was the interface between property owners and managers, and financiers of projects and federal programs. He was also involved with administrative law and enforcement work in which his clients were



JANEAN MANN

Art Hessel at home.

involved. Though he enjoyed the work, he found it less challenging as the years went by and retired in January 2012 to pursue other interests.

Since retiring he has done a good bit of traveling, some of it for the American Associates for

See **HESEL**, Page 2

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

Art Hessel, retired and volunteering

HESSEL, *Continued from Page 1*

Ben-Gurion University of the Negev in Be'er Sheva, Israel. He became interested in the school on a 1999 trip to Israel and was especially impressed by its Institute for Desert Research at Sede Boqer, which is involved in graduate-level programs to reclaim deserts, including water management and desert agriculture.

"It is an extraordinary university," he says. "I was very impressed with their work and thought we should make some sort of contribution." Art assisted with fundraising, served on its national board for 10 years and was treasurer for six years, returning repeatedly to visit the school. Other travels have taken him to Jordan, Tunisia, Turkey, the Caribbean and Canada.

Back in D.C., he serves on the Jewish Funeral Practices Committee of Greater Washington, working with local agencies and helping local synagogues meet all religious requirements for Jewish burials while keeping down costs. Art also serves on the board of the Foundation for Jewish Studies, a local organization founded to strengthen the commitment to Judaism in the D.C. area through a variety of programs, lectures and retreats.

He and wife, Edie, who retired as a nurse from Murch Elementary School, have an online book-selling business that focuses on books signed or inscribed by authors.

The Hessels originally had a number of such books and decided to sell them. He now finds similar treasures by scrounging from libraries and book sales.

They have two daughters: Michelle, a real estate agent who also teaches preschoolers music and movement and performs in community theater, and Hannah Ratner, the audience enrichment manager for the Shakespeare Theatre. She is also senior dramaturge at the Forum Theatre, working with the research and development of plays.

Art became an NNV volunteer following a call from board member Steve Altman. He said he enjoys driving and "all the people you meet are interesting." He also visits elderly friends on a regular basis.

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

NNV CALENDAR

Rides are available for NNV members to all NNV events.

Mon., April 7, 2-3 p.m.

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

Thurs., April 10

Lunch and Movie Thursdays— 11:45 a.m., lunch at Mon Ami Gabi, followed by 1:40 p.m. movie, *The Grand Budapest Hotel* at Landmark's Bethesda Row Cinema. Lunch, \$12-\$15; movie, \$8.50. RSVP by April 7 to (202) 777-3435.

Mon., April 14, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Wed., April 16, 2-4 p.m.

NNV Book Club to discuss *The Last Policeman* by Ben H. Winters at the home of NNV member Barbara Dresner. RSVP: (202)

777-3435.

Thurs., April 17, 1:30 p.m.

Lost Town— Documentary film about Trochenbrod, Ukraine. Ingleside Independent Apartments, 3050 Military Rd. NW.

Mon., April 21, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Wed., April 23, 9:30 a.m.

Riversdale House Museum— Docent tour \$2. Van from Ingleside Independent Apartments, 3050 Military Rd. NW. Lunch afterward at Ingleside Cafe, \$10-\$12.

Sat., April 26, 11 a.m.-2 p.m.

CCCA/PNC Bank Community Shredding— Free paper shredding; PNC Bank parking lot behind 5530 Connecticut Ave. NW.

Mon., April 28, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Tues., April 29, 3 p.m.

NNV Men's Book Club at the home of Bernie Hillenbrand, book to be determined. RSVP: (202) 777-3435.

Save the Date

Tues., May 13, 6-8 p.m., by invitation

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

Thurs., May 15, 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.

George and Rosalie—oh, what a life! A tour of Riversdale this month

NNV will sponsor a tour of the Riversdale House Museum (also known as the Calvert Mansion) on Wednesday, April 23, at 9:30 a.m. We will board the Ingleside bus and travel to Riverdale Park, Md., for the 10:30 a.m. docent-led tour of the Georgian mansion that belonged to George Calvert and his family.

Calvert was a plantation owner in the late 18th and early 19th centuries. His mansion is a five-part structure built between 1801 and 1807. The imposing home was designated a historic landmark in 1997.

Calvert's wife, the Belgian-born heiress Rosalie Stier Calvert, was an untiring writer whose letters are the focus of *Mistress of Riversdale, The Plantation Letters of Rosalie Stier Calvert*. The letters, dating from 1795 to 1821, illuminate the life of the Calverts' plantation household during



MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION

the events leading up to the War of 1812.

The trip costs \$2 for the museum tour; \$10-\$12 for lunch at Ingleside. Rides to the Ingleside campus (to board the bus) and back home following the event are available for NNV members. RSVP deadline is Friday, April 18. Call (202) 777-3435 to reserve your seat.

—Marianna Blagburn

Miki Stebbing, former board member, dies; set up advanced care initiative

NNNV member and volunteer Miki (Mikiko) Domoto Stebbing, 72, died peacefully March 6 at home after a long illness.

Born in California, she spent her early years in the Amache Internment Camp in Colorado, where she observed the work of her Aunt Yuri, who served as a social worker for many of the families there. Miki earned a B.A. from the University of Wisconsin in 1964, a master's degree from the School of Social Service Administration at the University of Chicago in 1966, and a J.D. from the David Clark School of Law, University of the District of Columbia, in 1993.

During the past two years as a Northwest Neighbors Village volunteer, Miki developed the Advanced Care Planning initiative as a member benefit for the village. She helped more than 10 families on a variety of issues. Some of her tasks included reviewing guardianship and power of attorney paperwork, giving advice on writing wills, being an advocate for members in short-term rehabilitation, helping with setting up online bill payments, and reviewing long-term care insurance documents to explain the benefits. She was also a member of the NNV board of directors.

While supporting NNV in the Advanced Care Planning Initiative, Miki also developed the David Clark School of Law's Veterans First Project. In partnership with Friendship Place, the project is designed to



Mikki Stebbing, right, with longtime friend Sally Levin.

provide a legal clinic for homeless veterans. UDC will continue the project in her memory.

Prior to her work as an advocate for the elderly, Miki advocated for the welfare of children for more than 35 years with an emphasis on intercountry adoption work. She was the Hague Accrediting Entity Liaison with the U.S. Department of State from 2005-12, ensuring that creditors abide by federal regulations and treaty obligations with respect to intercountry adoption. Though retired from social work, Miki often visited friends or family who were ill or in need.

Miki is survived by her three children, Jennifer Stebbing of Rye, N.H., Peter Stebbing of Riverside, Calif., and Jessica Stebbing-Newton of Bowie, Md.; two grandchildren, Julian Stebbing and Sierra Stebbing; two sisters, Katherine (Donald) Domoto, of Boston, and Kristine Marubayashi of Sacramento, Calif.; and a brother, Kanezo Anyo Domoto, of Seattle.

—Marianna Blagburn

More tax relief for low-income elderly

On March 25, D.C. Mayor Vincent Gray signed into law a provision that would eliminate property taxes for low-income seniors over age 70 who have resided in their D.C. homes, condos or co-ops for more than 20 years. Those eligible for the exemption must have an adjusted gross income of \$60,000 or less and have total assets of \$250,000 or less, excluding their residences. The law also requires that individuals qualifying for the exemption not receive more than \$12,500 in investment income annually.

Because funding for the law was not included in the fiscal 2014 budget, the mayor said he would include it in the 2015 budget he will submit to the D.C. Council in April. The law would thus become effective in October 2014, assuming there is no congressional objection and there is council approval of budgetary support.

Ten council members voted for the bill, which had been introduced by member Anita Bonds. Chairman Phil Mendelson and member David Grosso (both at-large) opposed it, although they had supported an earlier version. Mendelson sought a \$50,000 income ceiling while Grosso expressed concern over the budgetary ramifications of the legislation. Member Marion Barry did not vote.

The bill would apply to more than 4,300 D.C. residents and cost an estimated \$8 million in lost revenue.

—Janean Mann

Tax season is here—and so are the scammers

By JANEAN MANN

They are out in full force. “They” are the people who prey on anxieties over your annual obligation to file your income taxes and they are using a variety of ruses to steal your money. Many of these scams target immigrants. According to the IRS, more than 20,000

Americans have lost \$1 million to this type of fraud this tax season. “They” are striking close to home and perpetrating “the largest scam ever,” according to the IRS.

One Chevy Chase woman opened her door to a man claiming to be from the IRS. He told her she had to pay overdue taxes and that she had to wire them immediately. He accompanied her to her bank to withdraw funds and then took her to CVS where she was supposed to wire the money abroad. Fortunately, the CVS employee was suspicious and the money didn’t go. Real IRS agents do not arrive at your door. Scammers often have fake badges. You can call the IRS at (800) 829-1040 to see whether you have any outstanding tax issues.

Others will call you on the phone—something the IRS never does—claiming to be IRS agents

and either seeking personal data or asking for allegedly overdue payments. They call from numbers that may look like they are the IRS. They may threaten you with arrest, loss of your home or business, or deportation if you don’t pay up.

These calls are sometimes followed up by a second call from someone claiming to be



from a law enforcement agency saying you owe for overdue tickets. They may have the last four digits of your Social Security number. The IRS also never asks over the phone for payments on credit cards, and law enforcement agencies do not call you about issues such as overdue tickets. Nor does the IRS have the authority to deport anyone. If you think you are the victim of identity theft you can call the IRS Identity Protection Specialized Unit at (800) 908-4490.

You may also receive an e-mail claiming to be from the IRS. Even though the e-mail

address may look official, it is not. Do not click on any attachments to such e-mails as they may install malware on your computer. The IRS does not e-mail you seeking payments or personal information. If you receive such a solicitation, report it to phishing@irs.gov.

Still others have already stolen or may try to steal your personal information and file a false return in your name claiming a refund. Then, when you file your own return for a refund, the IRS tells you it has already paid. This situation can eventually be sorted out, but it takes a long time and causes added stress. Never give out your Social

Security number or other key personal information to an unsolicited caller.

Yet another type of fraud is the tax preparer who tells you that you are entitled to a large refund and charges a large fee for filing your taxes to get this refund. Make sure any tax preparer you use has an IRS Preparer Tax Identification number and that number is placed on your return.

Other tax frauds can be found at www.irs.gov/uac/Newsroom/IRS-Releases-the-“Dirty-Dozen”-Tax-Scams-for-2014;-Identity-Theft,-Phone-Scams-Lead-List.



PHOTOS BY TOM OLIVER

Acting her age—expressively

At 72, performer Beth Urech has reinvented herself as an actress/humorist, presenting a one-woman show telling of her life from youth to vibrant senior status and encompassing two broken marriages, six broken bones, family communication problems, an extended life abroad, a book and a self-created business. Her show, “ActYourAge!”

has been staged in Chicago, New York, Aspen, Colo., and even Ireland. She presented her warm and amusing take on life on March 13 at the Methodist Home before an audience of neighborhood village members from Cleveland Park, Palisades, Foggy Bottom West End, Georgetown and NNV (the largest contingent), followed by refreshments.

Greek-inspired skillet shrimp

By BARBARA OLIVER

Here’s a dish that makes the most of Santorini’s offerings—fresh shellfish, tomatoes, feta cheese and ouzo, Greece’s potent anise-flavored spirit. Serve with pita bread, a side vegetable of steamed broccoli and quartered mushrooms, and flavored Greek yogurt for dessert.

Shrimp With Feta and Tomatoes

*1 pound jumbo shrimp, raw, easy peel (if frozen, defrost)
2 tablespoons olive oil
2 medium tomatoes, peeled, seeded and chopped or a 14.5-ounce can diced*



TOM OLIVER

*tomatoes, drained
1 small clove garlic, minced
¼ teaspoon crumbled dried oregano or 1 teaspoon chopped, fresh oregano
¼ teaspoon cayenne pepper (optional)
¼ cup Kalamata olives, pitted and chopped
2 ounces feta cheese, crumbled*

*¼ cup ouzo (unsweetened anise liqueur, optional)
salt
pepper
1 tablespoon fresh parsley, chopped*

Shell the raw shrimp. Sauté shrimp in heated oil for 5 to 6 minutes or until they turn pink.

Add tomatoes, garlic, oregano, cayenne pepper, olives, cheese and ouzo.

Stir over medium heat for another 5 minutes. Add salt and pepper to taste. Serve sprinkled with fresh parsley. Makes four servings.

Adapted from *Metropolitan Home*, February 1984, and *Bon Appétit*, July 2002

Methodist Home earns a five-star rating

U.S. News & World Report in its “Best Nursing Homes Rankings” has awarded the Methodist Home of D.C. a perfect five-star rating. Its rankings are based on annual unannounced site visits conducted by the Centers for Medicare & Medicaid Services.

The home’s skilled nursing care facility earned an overall five-star rating and achieved a perfect five-star score in each of the three main sub-categories: health inspections, nurse staffing and quality measures. It was the only skilled nursing facility in the metropolitan D.C. region to receive the perfect score.

“Our nursing facility staff

has done an excellent job ensuring that every resident is receiving the best possible person-centered care,” said Sandy Douglass, CEO of the Methodist Home & Forest Side. “This honor, however, is not just for our great nursing department but reflects the efforts of our entire team including social work, activities, maintenance, housekeeping, dining services and admissions. We are fortunate to have such a highly professional and dedicated staff.”

The Methodist Home’s skilled nursing care facility provides short-term, sub-acute rehabilitation and long-term care. The organization operates

an assisted living program and a highly specialized memory care facility. Northwest Neighbors Village has its offices in the home and uses its assembly room for a weekly yoga class.

The Methodist Home of D.C. is a nonprofit organization that has been serving seniors since 1889 and since 1926 in its present location at 4901 Connecticut Ave. NW. The Forest Side campus, a specialized memory care assisted living facility, opened in March 2011.

—Jennifer Brown

The writer is director of marketing and communications at the Methodist Home.



JANEAN MANN

Just another manic Monday

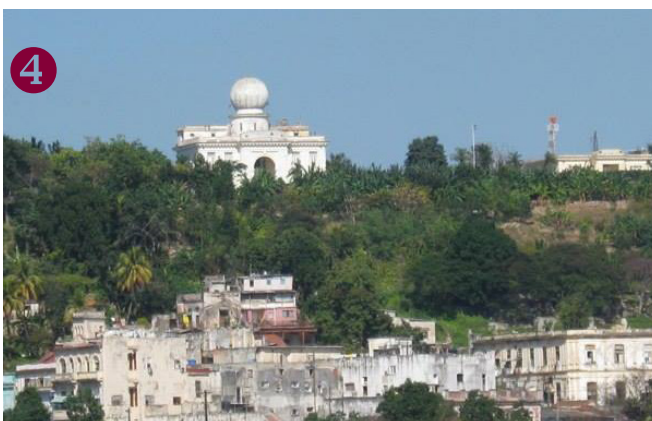
This herd of eight deer was photographed in an NNV member’s snowy backyard three days before the beginning of spring.

Where in the world?

The Cuban flag waves over Morro Castle, **1** the old fort that guards the entrance to Havana, in these pictures taken by NNV volunteer Stacey Marien on her recent Road Scholar educational trip to Cuba. **2** Girls at an after-school program for the arts demonstrate traditional Cuban dance. **3** Ancient cars, not replaceable because of the U.S. embargo of Cuba, still ply the streets. **4** A domed building dominates the landscape in a photo shot from Old Havana. At the **5** old sugar plantation at Manaca Iznaga, tourists see a demonstration of sugar being pressed from cane.



PHOTOS BY STACEY MARIEN



COMMUNITY CALENDAR

Tues., April 1, 7 a.m.-8 p.m.

Primary Election—Vote for mayor, D.C. Council, Congress at your local precinct.

Thurs., April 3, 7 p.m.

Author Talk—Mark Perry, *The Most Dangerous Man in America: The Making of Douglas MacArthur*. Politics & Prose, 5015 Connecticut Ave. NW.

Sat., April 5, 5 p.m.

Gallery Talk—"Double Mirror," Korean and Korean-American art exhibit. Reception, 6-9 p.m. with artists, curators, refreshments. Katzen Arts Center, 4400 Massachusetts Ave. NW.

Fri.-Sat., April 4, 5, 11, 12, 18, 19, 7:30 p.m.

Theater—Chevy Chase Players present "Sister Mary Ignatius Explains It All for You" and "The Actor's Nightmare" by Christopher Durang. \$15 adults, \$13 seniors and students, cash only at the door. www.chevychaseplayers.org. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Tues., April 8, 7:30 p.m.

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

Tues., April 8, 7:30 p.m.

ANC 3F—Meeting. Methodist Home, 4901 Connecticut Ave. NW.

Wed., April 9, 1-2 p.m.

Diabetes Management—Suburban Hospital HeartWell nurse Leni Barry discusses practical skills and resources. Free, call (301) 896-3939 to register. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

Thurs., April 10, 7:30 p.m.

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

Mon., April 14, 7:30 p.m.

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

Wed., April 16, 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.

Wed., April 16, 7 p.m.

Author Talk—Ezekiel Emanuel, *Reinventing American Health Care*. Politics & Prose, 5015 Connecticut Ave. NW.

Thurs., April 17, 10:30 a.m.

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

Thurs., April 17, 6:30 p.m.

Journey to the Extreme Depths of the Ocean—Neighborhood Lecture by experimental geochemist Dionysis Foustoukos. Carnegie Geophysical Laboratory, Greenwalt Bldg., 5251 Broad Branch Rd. NW.

Mon., April 21 & 28; Wed., April 23 & 30; 10 a.m. & 12:30 p.m.

PC for Beginners 2—Follows PC for Beginners 1. Two-hour sessions on Internet, e-mail, editing, files. Meet twice a week for five weeks. Tenley-Friendship Library, 4450 Wisconsin Ave. NW. Register at Byte Back, (202) 529-3395.

Tues., April 22, 7:30 p.m.

Green Transportation—Annual "green" meeting. Chevy Chase Citizens Association, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Mon., April 28, 7:30 p.m.

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

Wed., April 30, 7 p.m.

Author Talk—Ralph Nader, *Unstoppable: The Emerging Left-Right Alliance to Dismantle the Corporate State*. Politics & Prose, 5015 Connecticut Ave. NW.

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

Walking Club—Sibley Senior Association. Mazza Gallerie, Concourse Level, Wisconsin and Western Aves. NW. (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 +—Tai Chi. Jerry Simpson, Ballet Studio, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Thurs., 11 a.m.-noon

Club 60 +—Cardio exercise with Will Yates. 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.

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

Chevy Chase Library, 5625 Connecticut Ave. NW.

April 7—*Gods & Monsters*, U.S. 1998, rated R (Ian McKellen).

April 14—*Purple Rose of Cairo*, U.S. 1985, rated PG (Mia Farrow).

April 21—*Dirty Pretty Things*, U.K. 2002, rated R (Audrey Tautou).

April 28—*Ninotchka*, U.S. 1939, not rated (Greta Garbo).