

Northwest Neighbors Village responds to the COVID-19 crisis

BY STEPHANIE CHONG

In mid-March, the COVID-19 virus became an imminent threat to our nation and had a significant impact on our Village. Reports from the Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) stressed older adults and people with chronic illness were at greatest risk for getting seriously ill from the virus, forcing us to respond promptly to keep our Village community safe.

Fortunately, we knew a thing or two about how to address the needs of our members. For over ten years, Northwest Neighbors Village has offered member-driven programming and services and has adjusted to meet the needs of our members over time. This time was no different!

Our Village has held strong to our commitment to keeping our members engaged. The pandemic has not impeded our Village's ability to connect with one another; it has merely changed the ways we do so. Thanks to our committed volunteer corps, Village members continue to find community and support through a network of caring volunteers who make frequent telephone contact, obtain groceries and necessary items for them, and drive members to receive life-sustaining chemotherapy treatments. Village members continue to rely on the guidance and support of our trusted staff who are working around the clock to keep our Village community updated on information and resources through our website and

special email updates, and coordinate supportive services for members in need.

In the wake of Mayor Bowser's stay-at-home orders, it's been business not-as-usual. Our Village has been forced to embrace technology and has done so with the support of staff and volunteers, and with a good sense of humor. Whether online or by phone, our Village community now participates in daily programs like yoga, live jazz music, and professionally-led group discussions from the comfort of home. In order to

provide multiple ways for members to stay in touch with one another, we've introduced a new Village listserv. Members and volunteers now share recommendations on the best meal delivery options, where to find difficult to find items like toilet paper and disinfectant cleansers, and so on.

I am so proud of the many ways our Village has come together to support one another in this

unprecedented time. We've proven that even in extraordinary circumstances, our commitment to maintaining a generous, supportive community does not waiver.

This edition of The Village News is dedicated to our Village community. You'll find photos that highlight how our Village stays together even while apart, and valuable information and resources to help you get through this time. Here's wishing you more good health and a good attitude. We're all in this together!

Photo: Top row: Pat Mullan, Stephanie Chong, Stacey Marien
Middle row: Kevin Mulshine, Sally Mennel, Janet Novotny
Bottom row: Helene Kenny, Leslie Pace, Heather Hill



STEPHANIE CHONG

If you care about helping organizations like Northwest Neighbors fulfill its mission, consider this. Recent legislation is offering individuals opportunities to help their beloved charities. The CARES Act allows taxpayers to deduct \$300 in charitable donations from their taxable income and waived the limit on the amount of charitable gifts one can deduct for those who itemize. These are complicated matters, please consult your financial advisor to take advantage of these changes. See page 2 to learn more about supporting NNV.

NORTHWEST NEIGHBORS VILLAGE

*a community network of
support*

4901 Connecticut Ave., NW
Washington, DC 20008
202-777-3435
www.nnvdc.org

Northwest Neighbors Village (NNV), founded in 2007 and opened in 2009, is a nonprofit organization created to help the residents of Northwest Washington live comfortably and safely in their neighborhoods and homes as they age.

Join or volunteer

NNV welcomes new members and volunteers. For more information, go to www.nnvdc.org or call the office at 202-777-3435.

NNV Board Members Officers

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Heather Hill, *volunteer and
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Leslie Pace, *administrative
assistant*

Newsletter team

Pat Kasdan
Janean Mann
Pat Mullan

Voting in the new “socially distant” world

By LESLIE PACE

DC has two elections coming up: the primary on June 2, 2020, and the general on Nov. 3, 2020. For the upcoming primary, 20 [vote centers](#) will open throughout the District beginning May 22, 2020, and will remain open through Primary Election Day - June 2, 2020. Social distancing measures will be enforced at all vote centers. All locations will open 8:30am-7pm. On Election Day, all vote centers will open 7am- 8pm. The usual 144 precincts will NOT open on Election Day.

In light of the spread of COVID-19, the DC Board of Elections is strongly encouraging ALL residents to request an absentee (mail-in) ballot for the June 2nd Primary.

To request a Mail-in Ballot, please download and complete the [Absentee Ballot Request Form](#), fill it out, and return it to the Board of Elections by email in a scanned attachment to DCabsentee@dcboe.org, or by fax to 202-347-2648, or by mail to:

DC Board of Elections
1015 Half Street, SE Suite 750
Washington DC 20003

When you make your request, you may choose to receive Absentee Ballots for the June 2nd Primary or the Nov. 3rd General Election or both. Requests for Mail-in ballots must be received no later than the seventh day before each election. The deadline for the receipt of mail-in ballot requests for the June 2, 2020 Primary Election is May 26, 2020.

You will receive your ballot by mail. Instructions on how to vote and return your ballot will be included along with your ballot. Your voted and mailed ballot must be postmarked or otherwise demonstrated to have been sent on or before Election Day, and must arrive no later than the seventh day after Election Day.

You can [track the status of your Mail-In \(Absentee\) Ballot](#).

If you are concerned that you may not be able to receive or cast your ballot in time for it to be counted, please contact the D.C. Board of Elections at 202-727-2525.

More information available here:
<https://www.dcboe.org/Request-Your-Ballot-by-Mail>.

On May 5th, NNV is partnering with the Catalogue for Philanthropy for *Giving Tuesday Now*. This campaign, which usually takes place on the Tuesday after Thanksgiving, has been moved to May 5th as a response to the unprecedented need caused by the pandemic. Please help us reach or exceed our \$2,000 goal. Visit: <https://www.givelocaltogether.org/team/nnvdc> to donate on May 5th.

If you missed Giving Tuesday. No worries! Northwest Neighbors Village accepts donations any time of year. Online donations can be made [on our website](#) or checks can be made to Northwest Neighbors Village and mailed to:
4901 Connecticut Avenue, NW, Suite 277
Washington, DC 20008.

Amazon shoppers can make Northwest Neighbors Village your charity of choice at Smile.Amazon.com. 0.5% (50 cents of every \$100 spent) of all of your purchases will benefit your neighborhood Village.

Thank you for your support!

GI  **ELOCAL** together

Life around Northwest Neighbors Village



MICHAEL CASSON

Leslie doing some appliance repair - with the help of Youtube!



HEATHER HILL

While Leslie's oven wasn't working, Heather's worked a little too well - Burnt croutons



HEATHER HILL

COVID birdwatching



OLIVIA CHONG

Stephanie sends a letter safely



LESLIE PACE

Connecticut Avenue apartment building message of support



HEATHER HILL

Carey tuning up before his weekly Zoom jazz concert



STEPHANIE CHONG

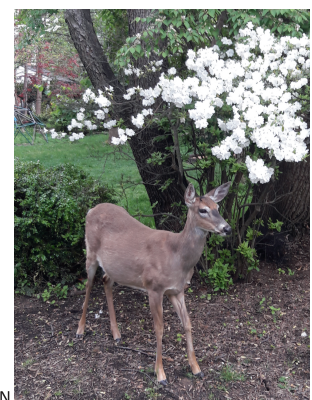
Clockwise from top left: Sal Selvaggio, Stephanie Chong, Janean Mann with Arrow the cat, Heather Hill, Ann Ingram (on a tropical beach!), and Jane Whitaker enjoying a Zoom conversation

We miss you all and would love to see your photos! Please [email](#) your inspiring or beautiful or just plain silly pictures to us for possible inclusion in a future email or newsletter.



LISA CARR

Bob Carr gives an estimate of how big the jalapeños will grow in his COVID-19 victory garden



JANEAN MANN

Lashley the deer regularly visits Janean Mann's garden

Recognizing and protecting yourself from current scams

By JUDIE FIEN-HELFMAN

Scammers use email or text messages to trick you into giving them your personal information. They may try to steal your passwords, account numbers, or Social Security numbers. There are several things you can do to protect yourself against these attacks which are known as “phishing.”

Phishing emails and text messages may look like they’re from a company you know or trust. They may look like they’re from a bank, a credit card company, a social networking site, an online payment website or app, or an online store. Before ever opening an attachment or responding to an email, you should hover over the sender’s email to see where it really is coming from.

Phishing emails and text messages often tell a story to trick you into clicking on a link or opening an attachment. They may:

- say they’ve noticed some suspicious activity or log-in attempts
- claim there’s a problem with your account or your payment information
- say you must confirm some personal information
- include a fake invoice
- want you to click on a link to make a payment
- say you’re eligible to register for a government refund
- offer a coupon for free stuff

What to do if you suspect a phishing attack

If you get an email or a text message that asks you to click on a link or open an attachment, answer this question: **Do I have an account with the company or know the person that contacted me?**

• **If the answer is “No,”** it could be a phishing scam. Go back and look for signs of a phishing scam. If you see them, report the message and then delete it.

• **If the answer is “Yes,”** contact the company using a phone number or website you know is real. Not the information in the email. Attachments and links can install harmful malware.

What to do if you responded to a phishing email

If you think a scammer has your information, like your Social Security, credit card, or bank account number, go to [IdentityTheft.gov](https://www.identitytheft.gov). There you’ll see the specific steps to take based on the information that you lost.

If you think you clicked on a link or opened an attachment that downloaded harmful software, update your computer’s security software. Then run a scan.

Additionally, the Metropolitan Police Department (MPD) is also warning the public about potentially fraudulent activity in D.C. related to the Coronavirus (COVID-19) pandemic. During this public health emergency, scammers have taken an opportunity to defraud citizens in various ways. MPD has recently been notified of individuals in the District going door-to-door attempting to sell “Coronavirus insurance”. Those interactions are suspected to be fraudulent.

In an effort to keep the community safe, MPD asks the public to avoid the following COVID-19 related scams:

- Individuals offering to sell treatment for COVID-19, such as cures, vaccines, and insurance.
- Online sales of high demand medical supplies such as surgical masks.
- Telephone calls or emails demanding funds for COVID-19 treatment or other medical services.
- Solicitation of donations for those affected by COVID-19.
- Phishing telephone calls, text messages, or emails from national and global health authorities asking to provide personal and/or financial information.
- Unofficial COVID-19 apps or downloads that can potentially compromise users’ devices and personal information with malware.
- Investments claiming to prevent, detect or cure COVID-19.

The Department takes matters such as this seriously and will hold such offenders accountable for their actions. If you have been a victim or have knowledge of a suspected Coronavirus fraud or scams in Washington, D.C., please contact the Metropolitan Police Department Financial and Cyber Crimes Unit at 202-727-4159 or mpd.fraud-unit@dc.gov.



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Old Urban Naturalist

BY JANE WHITAKER

Spring is the season for which naturalists yearn. The spring wildflowers--ephemerals they're called--are blooming and the birds are singing as they set up nesting territories. Many birds are migrating from the south and insects are hatching. Each species has its own rhythm with nature and emerges when its habitat is hopefully optimal but...

WE'RE GROUNDED! If we're still having to stay home when you read this, I've some suggestions to help hone your naturalist skills. If you can get outside again so much the better.

No matter who you are -- a seasoned nature lover or one of the "avoid biology class at all costs" folks -- now is the time to brush up on your observation skills. If you have binoculars or opera glasses you're in business; however, Thoreau did pretty well without either prop.

Start by observing the tree outside your window. Does it have buds? flowers? leaves? Make a mental note or draw a picture. In the days to come keep looking. Are there other living organisms using the tree like lichens, birds or insects? Note the date. Next year you can observe and compare observations and see how much the weather affects your plant.

If you're a walker note the little flowers in weedy places. Some are very small and delicate. Since they're "weeds" you can pick one to see it up close. You can turn your binoculars over and use them as a magnifier on the flower. You will be surprised at its beauty.

Listen for birds singing. How many different songs do you hear? On a good day in the city you might hear 20 different birds. Test yourself and see how many you can get. You don't have to name the bird. Make

up a name like the birders do. Some think the Carolina Wren says "tea kettle, tea kettle; others "Topeka, Topeka". What's important is that you recognize the song. Brush up on your cell phone skills and try to record the song. If you see a pretty little wildflower, photograph it. Just be sure to get a leaf, too. A pencil placed next to the plant is helpful for identification as it gives a perspective to size.



Carolina Wren




Green Bee - Agapostemon


Insects are always interesting. You can photograph them if you don't want to pick them up. You can put your leftover hoard of hand sanitizer to use by placing a dead insect in a small container (pill bottles are good) and covering it with the sanitizer. It preserves the insect and makes them easy to see. Those tiny clear jelly jars you get in holiday gift boxes are ideal.

Enjoy spring regardless of your circumstances. The world is bursting with new life! As long as you have a window there is something to see. Train all of your senses. Even if we lose some as we age, the ones left are our window to the world if we've learned to get the most out of them.


If you want to identify your discoveries there are numerous sites on the internet such as bugguide.net. If you send a photo to jane.whitaker@me.com I'll do my best to identify your finds.



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30th
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Online grocery shopping: Crash course!

By HEATHER HILL

Way, way back in October of last year, in response to an expanding array of grocery delivery services in our area and an increase in member demand for assistance with grocery shopping, NNV hosted an educational forum on online grocery shopping led by NNV members Elaine Greenstone, Ellen Compton and Gail Hurd. With their combined 15+ years of online grocery shopping experience, they generously shared their enthusiasm and expertise with the group. Fast-forward to March 2020 and the online grocery shopping and delivery landscape looks vastly different. With the new stay-at-home orders issued in March, demand for grocery delivery has skyrocketed. Our community, indeed our nation, is struggling to secure basic items like toilet paper and eggs. Online grocery purveyors have not been able to keep up with the sudden and overwhelming demand, and frustrated shoppers have been struggling to secure delivery windows. By the time this newsletter goes to press and arrives in our readers' hands, the situation may have changed again. Often your best source for up-to-date information will be [our website](#) or your local listservs. Try Northwest Neighbors Village (see p. 7) or the [Cleveland Park list](#).

Navigating the Grocery Delivery Sites

Patience, perseverance and forethought are the skills needed to navigate the online grocery shopping scene during the pandemic. Plan ahead, be flexible about your list, and check back for newly opened delivery windows often. Peapod, the delivery service for Giant Foods (www.peapod.com), often has a 2-week wait time for delivery. Member Jane Whitaker reports that she has had good luck securing a delivery window by logging on to check for updates in the wee hours of the night. Registering with several delivery services may be prudent at this time. Most of the delivery services work similarly: register for free on the site by creating a username and password, shop virtual "aisles," add items to your cart, select a delivery date and time, and pay via credit or debit card. Delivery and service fees vary.

Amazon Prime (www.amazon.com) requires an annual membership to order delivery from Whole

Foods and Prime Pantry. As of this writing, there is a waitlist for membership. To ease the strain on order fulfillment and delivery windows, Amazon is hiring thousands more workers and developing a system whereby shoppers will be placed in a "virtual line" when ordering. Customers will then be served on a first come, first-served basis.

Instacart (www.instacart.com) assigns a personal shopper to head to the store, shop for and purchase your items, and deliver them to your door. Participating stores include Harris Teeter, CVS, HMart, Giant, Target, Safeway and many more. With all of these services, customers have reported incomplete orders due to many items being out of stock at this time and results may vary

depending on your assigned shopper. This is the time to get creative in the kitchen!

Local restaurants filling a void

Local restaurants have stepped in to ease the burden. Chef Geoff's on New Mexico Ave, NW (www.chefgeoff.com or 202-237-7800) opened a neighborhood pantry with all proceeds going to the staff. Pantry offerings include toilet paper, kitchen staples, produce and housemade sauces. The restaurant also offers take-out and delivery via the DoorDash app. Blue 44 (www.blue44dc.com or 202-362-2583) offers delivery within a one-mile radius. Many local restaurants deliver using apps (and websites): DoorDash, GrubHub, and Caviar are the primary ones. Check them out to see what restaurants are delivering to you!

If you don't feel comfortable using apps or making computer orders, Go-Go Gourmet will order and deliver groceries and restaurant take-out meals. Call 855-754-5328 to place your order and confirm fees.

Curbside Grocery Pick up

Rodman's has unrolled a new curbside pick up. Orders must be submitted by email (rodmanonline@gmail.com) and must use the requested format (by aisle: see www.rodmans.com). Rodman's will call you to process payment over the phone and arrange a pick-up time. Instructions are to call Rodman's at 202-363-3466 when you have arrived



See GROCERIES, page 7

GROCERIES, Continued from page 6

and an employee will bring your order out to you and place it in your car.

Meal Delivery

Several of our members have signed up with the meal delivery program, Territory Foods (www.territoryfoods.com or call 213-344-0755). Orders must be in by Thursday for delivery the following Mondays and Thursdays. Meal plans include 3-18 meals a week, and vegetarian, Mediterranean and low fat diets, among many others, can be accommodated.

Soupergirl (www.thesoupergirl.com), a local option, will deliver nutritious and healthy soups to your door. There's an option to add on a spring market box of fresh vegetables, too.

When tipping for delivery services, please remember that these workers are now serving on the frontlines of the pandemic. If tipping is within your means, please support these workers with a fair tip.

Our volunteers and staff are here to help members register on the delivery site of their choosing, and walk them through their first order. Please call the NNV office at 202-777-3435 or email info@nnvdc.org if you'd like assistance.

If you live close enough, you can order from **Broad Branch Market** and get delivery by Robot!



SAM SMITH



STEPHANIE CHONG

Maggie Chong looking forward to a meal delivery!

NNV's listserv is born!

BY HEATHER HILL

Our village has been forced to embrace technology this spring—and quickly! After closing our office and suspending all in-person gatherings and volunteer services in mid-March in accordance with Mayor Muriel Bowser's health and safety guidelines, we have adopted the practice of physical distancing but not at the expense of social distancing.

Our village has learned to meet virtually on the zoom platform for yoga classes, social hours and live jazz concerts. We've had a crash course in on-line grocery ordering, and we've streamlined our communication methods to be able to rapidly share resources via email and our website.

While making all of these changes and adaptations to how we connect and communicate as a village during COVID-19, we decided NNV needed its own listserv and so we created one! This new forum will allow us to communicate and share resources more easily and directly with one another.

Did you just learn that Blue 44 is offering delivery and curbside pick up options? Post it to the listserv. Did you see toilet paper is back in stock at the Tenleytown CVS? Post it to the listserv. Do you have questions about which stores are offering senior shopping hours? Ask your neighbors via the listserv. Keep our listserv safe and relevant, and please refrain from any religious or political posts.

Many of you may be familiar with the larger neighborhood listservs including [Cleveland Park](#) and [Chevy Chase](#). Did you know that the Cleveland Park listserv has nearly 15,000 members? We are reserving our group for NNV members and volunteers. An email invitation was sent to all members and volunteers in early April. If you missed the invitation and would like to join, please email lpac@nnvdc.org. We look forward to communicating with you in our new space!

A short introduction to using the NNV listserv

After you've joined the listserv, to **send** a message to the group, simply send an email to nnvdc@groups.io and it will automatically be sent to everyone.

If you **reply** to a message from the group, it will be sent only to the sender of the message. If you **reply-all**, your reply will automatically go to everyone in the group... so make sure you want your message to be read by all of NNV!

And that's it! If you can send an email, you can participate in the listserv.

Calendar

With the constantly changing recommendations surrounding the COVID-19 pandemic, our calendar is being regularly updated. Please check our online calendar for current listings. nnvdc.org

Office Closed

Monday, May 25
Memorial Day

REGULAR EVENTS: Gentle Yoga with Mayu

When: Every Monday, 2–3:30 p.m. –
No Yoga May 25th - Memorial Day
Where: Online, via Zoom
RSVP on our website: <https://nnvdc.org>,
click on Events or phone: 202-777-3435.
(Yogis who attend regularly do not need to RSVP every week).

Coping with Uncertainty

When: Every Wednesday, 1–2 p.m. –
Where: Online, via Zoom
RSVP on our website: <https://nnvdc.org>,
click on Events or phone: 202-777-3435.
Village Social Worker Barbara Scott leads a discussion on coping with uncertainty.

Jazz with Carey Smith

When: Every Thursday, 6–7 p.m. –
Where: Online, via Zoom
RSVP on our website: <https://nnvdc.org>,
click on Events or phone: 202-777-3435.
Join guitarist Carey Smith for a live jazz concert in the comfort of your own home.

French Conversation Group

When: The third Thursday of each month
May 21 & Jun. 18, 3:30-4:30 p.m.
Where: Online, via Zoom
RSVP: John Wiecking
(jwiecking@gmail.com) for login details.
Join members of Northwest Neighbors Village and Cleveland & Woodley Park Village and Parle Français!



NNV Virtual Speaker Series

Northwest DC is home to numerous dynamic, informed individuals. Several have offered to share their expertise and insights in a series of talks. Plan to join us for one or all of these discussions, which are designed to engage and inform you. NNV's Speaker Series is being offered free of charge to the community. More information available [on our website](https://nnvdc.org).

I Want You to Know We're Still Here

Tuesday, May 5, 1 pm
Speaker: Esther Safran Foer - Celebrate the debut memoir by Northwest Neighbors Village Member, Esther Foer!

The Supreme Court: Myths and Facts

Thursday, May 7, 1pm
Speaker: Thomas M. Bondy - Senior Counsel, Supreme Court and Appellate Practice at Orrick, Herrington & Sutcliffe, LLP

The ANC's Role During the Pandemic and Looking Ahead

Tuesday, May 12, 11 am
Speaker: Randy Speck - Chair Advisory Neighborhood Commission 3/4 G

The Hour of Peril: The Secret Plot to Murder Lincoln Before the Civil War

Thursday, May 14, 1:30 pm
A Presentation by author Daniel Stashower and actor Scott Sedar

Election 2020: What a Difference a Few Weeks Make

Tuesday, May 19, 2:30 pm
Speaker: Eleanor Clift, columnist (the Daily Beast), television pundit, and author

Make A Difference From Home – Become a Community Activist

Thursday, May 21, 2 pm
Speakers: Joanna Pratt & Ruby Carmen, NOPE (Neighbors Organizing for Power and Equality)

Your Closet: Friend or Foe?

Tuesday, May 26, 1:30 pm
Speaker: Susan O. Singer, Founder and Owner of Closet Curator

Neighborhood Watch

Thursday, May 28th, time TBA
Speaker: Samantha Nolan – founder Neighborhood Watch, Citywide Neighborhood Watch Trainer at DC MPD

From Budget Surplus to Budget Crisis: The Financial Health of DC after COVID-19

Thursday, June 4, 1 pm
Speaker: Shelley Tomkin - political activist, former Chair, Ward 3 Democrats, and Professor of Political Science at Trinity University (ret)

Book Talk: From Hope to Horror: Diplomacy and the Making of the Rwanda Genocide

Thursday, June 11, 3 pm
Speaker: Joyce Leader - Author, Ambassador to Guinea and previously Deputy Chief of Mission (deputy Ambassador) in Rwanda

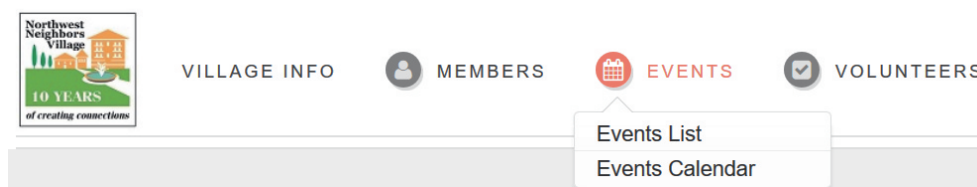
The Journey: The Camino de Santiago

Tuesday, June 23, 1 pm
Speaker: Kathleen M. McGuiness - 60-something Washingtonian, who decided while recuperating from 4 fractured vertebra to walk the 500+ mile Camino de Santiago

How to use the Northwest Neighbors Village website calendar

By LESLIE PACE

From NNV's website (www.nnvdc.org), click Events once. A menu will drop down. Choose Events Calendar to see what's happening at NNV.



The Events Calendar is a grid of the current month's events.

There are four different event colors:

Green - NNV Events are those that we have planned, are sponsoring, or that have a significant connection to our members.

Blue - DC Village Events are those that are planned or run by other Villages in DC.

Beige - Community Events are events run by other groups that we think might interest members.

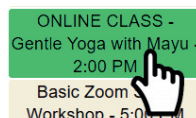
Red - Office Closed is for weekdays when the office is closed – mostly Federal holidays.



To navigate between months on the calendar, click the salmon-colored arrows in the upper right. Click Today to return to the current month.



Find an event you would like to know more about and click it.



This page tells you more about the event. Community Events and DC Village Events will usually have links in the description area which will take you to another website to learn more and/or register.

NNV events usually have a Registration button. To register, click Register for this Event.

If you are an NNV member or volunteer with an account, you can click Login, enter your Username and Password and register.

You can still register for events even if you do not have an account on NNV's system, or if you do not remember your account details.

Just click Register. Fill out this form and click Register for this Event.

If you do have an account and you enter your email address in this form, the system will recognize you and register you under the correct account.

Congratulations! You have successfully registered for an event.

New to online programming? Visit [our website](http://www.nnvdc.org) to learn how to participate in our programs online or by phone.

Event name: ONLINE CLASS - GENTLE YOGA WITH MAYU

WHEN
Mon 04 / 27 / 2020 from 2:00 PM to 3:00 PM
+ Add to Calendar

WHERE
Online or by phone

PRICE
FREE

Limited Capacity: 6 spots available



Northwest Neighbors Village has temporarily suspended in-person group activities while the risk for spreading COVID-19 is high. Achieve serenity and a sense of wellness through Gentle Yoga. In lieu of an in-person class, Mayu will guide us through the practice via web conferencing.

REGISTER or Login

Form fields for registration:

- FIRST NAME
- LAST NAME
- EMAIL
- PHONE
- or Login
- COMMENTS
- Add guests
- ☒ I ACCEPT THE VILLAGE TERMS AND PRIVACY POLICY.
- REGISTER FOR THIS EVENT**

Delicious for any meal

By BARBARA OLIVER

This egg dish uses pantry items and ingredients you can score at the grocery store in the wee hours of the morning that are set aside for those of over 60 years of age. The recipe serves 2 healthy portions and can easily be divided in half. For lunch or dinner add a tossed green salad or a serving of vegetables.

Rosemary Potato Frittata

4 oz. tiny new potatoes, cut into 1/4-inch slices (3/4 cup)
1/4 cup chopped red or yellow onion
1/4 cup chopped red, green and/or yellow sweet pepper
1 cup refrigerated or frozen egg product, thawed; or 4 eggs, beaten
1/2 tsp. snipped fresh rosemary or 1/4 tsp. dried rosemary crushed
1/8 teaspoon salt
1/4 cup shredded Swiss cheese (1 oz.)
Fresh rosemary, optional for garnish

In a covered 8-inch nonstick skillet, cook potatoes, and onion in a small amount of boiling water for 7 minutes. Add sweet pepper. Cook covered for 3-5 minutes more or until vegetables are tender. Drain in a colander (or strainer).

Meanwhile, in a small bowl, whisk together egg, 1/4 teaspoon rosemary, salt and pepper. Set aside.

Wipe out the skillet and lightly coat with cooking spray. Return vegetables to skillet; Pour egg mixture over vegetables. Cook over medium heat, without stirring, about one minute or until egg mixture begins to set.

Run a spatula around the edge, lifting mixture so the uncooked portion flows underneath. Continue cooking and lifting edges until the egg is almost set, but still glossy and moist.

Remove skillet from heat. Sprinkle with cheese. Let stand,



BARBARA OLIVER

covered, for 3-4 minutes or until top is set and cheese is melted.

To serve, cut frittata into wedges. If desired, top each serving with fresh rosemary. Makes 2 servings.

Source: Adapted - Diabetic Living

Notes: I used what I have - a regular 8-inch skillet. The end result is not as attractive as if you used nonstick, but it tastes wonderful. If you can't find tiny potatoes, you can use other potatoes (fingerlings, new potatoes) and cut up small.

You can substitute cheese you have on hand (gruyere, cheddar, mozzarella, provolone) for the Swiss.