

# THE VILLAGE NEWS

Northwest Neighbors Village

Volume 6, Issue 6

A Community Network of Support

June 2014



TOM OLIVER

Bill Fralin and Michelle Singletary respond to a questioner at the seminar at the Chevy Chase Community Center.

## Good planning essential for seniors and families

*Prospective caregivers must know what's needed, seminar told*

BY JANEAN MANN

Most of the 100-plus attendees at the NNV/Chevy Chase Citizens Association seminar on May 15 did not have a long-term care plan in place, nor had they undertaken “the conversation” that the speakers thought so important. That conversation is the one between the individual and those who may need to care for him or her in the future.

According to Washington Post financial advice columnist Michelle Singletary, 80 percent of the population will need help in their later years and it is

important that those from whom they seek help—usually family members—clearly understand what is needed and wanted.

Using her own situation as an example, Singletary also urged attendees to heal any family rifts. She and her siblings had long been estranged from their mother. A house fire sent her mother to the hospital where she remains unconscious and in critical condition. Singletary became her mother's only advocate and spent countless hours sorting out a tangled web of information and finances to plan and pay for her mother's care, as her mother had no plans at all.

Both Singletary and elder lawyer Bill Fralin, head of the Estate Planning & Elder Law Firm, strongly urged

participants to form long-term plans for their later years and to discuss these plans with family members or others to whom they wish to entrust their care. “If you don't have a family member, find someone and do it today,” Singletary said.

If family members or friends are not available, Fralin noted, banks also have trust departments that can help. “If you don't have a plan, it is a plan to fail,” he said, noting that the most vicious intra-family fights occur over disagreements about the wishes of a relative.

According to Fralin, the plan should include key documents: a will, an estate plan, an incapacity plan as well as financial and health-care powers of attorney.

See SEMINAR, Page 2

## NORTHWEST NEIGHBORS VILLAGE

*a community network of  
support*

4901 Connecticut Ave. NW  
Washington, DC 20015  
(202) 777-3435

[www.nwnv.org](http://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](http://www.nwnv.org) or call the office at (202) 777-3435.

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# Planning for the long-term care years

**SEMINAR**, *Continued from Page 1*

These documents should be accessible and family members whom you might call upon for help should know where they are and understand your wishes.

There are also options for protecting your funds and protecting funds for your spouse. The Community Spouse Resource Allowance enables a healthy spouse to retain some of the family's resources when the other spouse qualifies for Medicaid to receive long-term health care. The allowance, provided for under federal law, is an amount that the spouse can keep and not have to spend down to qualify for benefits.

The ideal situation is to remain in your home, Singletary said. Fralin agreed, saying it is the least expensive, though not always possible. Singletary urged listeners to address the hard questions. "Do it now, while you have your wits about you," she said.

Among the hard questions are:

- How long do you want to remain in your home?
- What types of events might trigger a decision to move?
- Where do you want to go?

In deciding to move to a long-term care facility, individuals should consider a variety of factors, according to Fralin. They include the cleanliness of the facility, the engagement by staff and the demeanor they



TOM OLIVER

**Michelle Singletary, Washington Post financial columnist, speaks at the seminar co-sponsored by NNV and the Chevy Chase Citizens Association.**

display in administering care. Other considerations are the cost and the engagement of residents, i.e., are there a variety of activities.

Finally, one should also consider proximity to family members who may need to respond in crisis situations. The goal is to get quality care.

Long-term care can be expensive—often as much as \$20,000 a month—and you need to plan for that, Fralin said. Such care is usually financed three ways: private pay or self-insurance; long-term care insurance; and entitlements such as veteran benefits, Medicare or Medicaid. Of the three, while long-term care insurance is the not the answer for everyone, it is something everyone should consider, he said, adding that the entitlement programs should be the last option.

## NNV CALENDAR

*Rides are available for NNV members to all NNV events.*

**Mon., June 2, 2-3 p.m.**

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

**Wed., June 4, 1-3 p.m.**

**Village Card & Board Games**—Scrabble, chess, bridge, poker, etc. with Cleveland Park Village members, volunteers. Assembly Room, Methodist Home, 4901 Connecticut Ave. NW. RSVP: (202) 777-3435.

**Sun., June 8, 3-5 p.m.**

**Wine & Cheese Author Talk**—Garrett Peck, local

historian, *Prohibition in Washington, D.C.: How Dry We Weren't* at the home of NNV Co-President Bob Holman. RSVP required by June 4.

**Mon., June 9, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Mon., June 16, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Wed., June 18, 2-4 p.m.**

**NNV Book Club** to discuss the second half of *The Power of One* by Bryce Courtenay at the home of NNV member Barbara Dresner. RSVP: (202) 777-3435.

**Mon., June 23, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Tues., June 24, 3 p.m.**

**NNV Men's Book Club** to discuss *A World Undone* by G.J. Meyer at the home of Bernie Hillenbrand. RSVP: (202) 777-3435.

**Sat., June 28, 10:30 a.m.**

**Walking Tour of Peirce Mill**—Docent-led tour followed by lunch at Lillies on Connecticut Ave. 2401 Tilden St. NW.

**Mon., June 30, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

### Save the date

**July 14**—Dinner, Chef Geoff's, 3201 New Mexico Ave. NW.

**July 23**—Kenilworth Aquatic Gardens, water lilies in bloom.

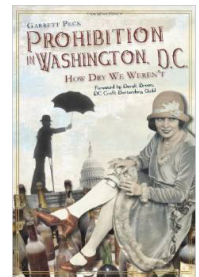
## Let the games begin: A new NNV monthly event

Join us for an afternoon of cards and games with our friends from the Cleveland-Woodley Park Village. They want to meet us and play board and/or card games every month! We will have Scrabble, checkers, chess and more. Bring your favorite deck of cards, mah-jongg set or other board game.

The first session of the series will be held Wednesday, June 4, from 1 to 3 p.m. in the Assembly Room of the Methodist Home of D.C. Tea time refreshments will be generously provided by the Methodist Home. We look forward to a fun-filled afternoon. RSVP by Tuesday, June 3, to (202) 777-3435.



Garrett Peck, left, and his book on Prohibition in D.C.



## At June 8 Sunday Salon, a look back at Prohibition in D.C.

The year was 1929. Three thousand speak-easies (yes—that many!) were bustling in our great city. Bootleggers were thriving while most of the citizens were frightened and worse over the flailing economy.

Want to hear more about the gin-swilling activities of capital dwellers? Join us from 3 to 5 p.m. Sunday, June 8, for a lively discussion with literary journalist and historian Garrett Peck about the topic of his fourth book: *Prohibition in Washington, D.C.: How Dry We Weren't*. Garrett promises some vintage cocktail recipes, to boot.

Seating for this event is limited; location address will be given when you call. Wine and cheese will be served during the salon, of course. RSVP by June 4 to (202) 777-3435.



# Four villages enhance life in Northwest D.C.

BY MARIANNA BLAGBURN

**T**he January issue of *Forbes* magazine offered 10 caregiving tips for anyone turning 50 in 2014, and certainly for those already 50 and beyond. The No. 1 tip: It takes a village. Go find one!

Residents don't have to look far in the nation's capital city for a village community. Eight open villages populate the District of Columbia, with at least two more in development. Half of the open villages are the four contiguous villages in Upper Northwest: Northwest Neighbors Village, Cleveland-Woodley Park Village (newly expanded into Woodley Park), Glover Park Village and Palisades Village. The four villages report steady and incremental growth in numbers of members and volunteers, with services being offered to members in both single-family homes and apartment buildings.

By comparison to the first villages in the United States, which were developed in specific

VILLAGE BOUNDARIES	
<b>NORTHWEST NEIGHBORS VILLAGE</b>	<b>North:</b> Western Ave. <b>East:</b> Rock Creek Park <b>South:</b> Upton St. <b>West:</b> Massachusetts Ave.
<b>PALISADES VILLAGE</b>	<b>North:</b> Western Ave. to Westmoreland Circle <b>East:</b> Massachusetts Ave. <b>South:</b> Reservoir Rd. <b>West:</b> Potomac River
<b>GLOVER PARK VILLAGE</b>	<b>North:</b> Cathedral Ave. <b>East:</b> Massachusetts Ave. <b>South:</b> Whitehaven Pkwy. <b>West:</b> Glover Archbold Park
<b>CLEVELAND-WOODLEY PARK VILLAGE</b>	<b>North:</b> Upton St. <b>East:</b> Rock Creek Park, Zoo <b>South:</b> Calvert St., Massachusetts Ave. <b>West:</b> Glover Archbold Trail

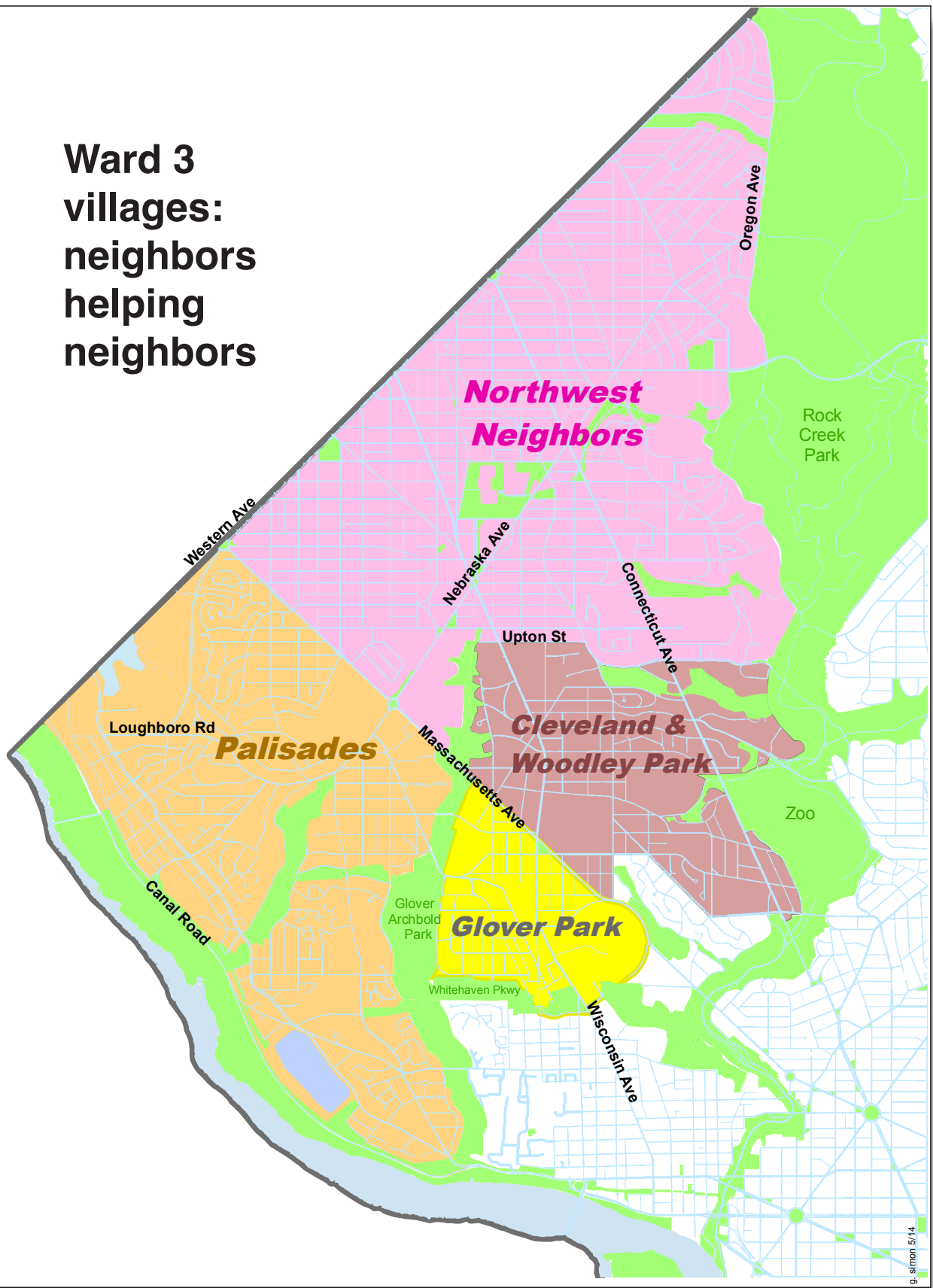
neighborhoods, such as Beacon Hill Village in Boston and the first to open in Washington, Capitol Hill Village, the most common type of catchment area among all villages was multiple towns (39.1 percent), followed by neighborhoods within a town (29 percent), a single town (18.8 percent) or a county (13 percent). The four Upper Northwest villages serve neighborhoods within a city (part of the 29 percent group).

Each has expanded to include unclaimed areas or areas densely populated by seniors. Thus, we now have what are openly called shared borders; these are borders served by more than one village.

The chart below lists the neighborhoods served by the four adjacent village communities. Boundaries are listed in the table above, including shared borders. See map on the next page.

NEIGHBORHOODS SERVED BY UPPER NORTHWEST VILLAGES			
<b>NORTHWEST NEIGHBORS VILLAGE</b> Chevy Chase Friendship Heights Tenleytown American University Park Forest Hills North Cleveland Park	<b>PALISADES VILLAGE</b> Berkeley Kent Foxhall Palisades Spring Valley Wesley Heights	<b>GLOVER PARK VILLAGE</b> Glover Park Massachusetts Heights	<b>CLEVELAND-WOODLEY PARK VILLAGE</b> Cleveland Park Woodley Park

**Ward 3  
villages:  
neighbors  
helping  
neighbors**



## **VOLUNTEER PROFILE**

# **Larry Williams, in tune with the environment**

**BY STACEY MARIEN**

**A** native Oregonian, Larry Williams grew up loving the outdoors, spending free time kayaking, skiing and backpacking in the Northern Cascades. Thus, it was inevitable that he would choose to become involved with the conservation movement. As logging was a powerful industry in Oregon, Larry was active in trying to protect the wilderness land from loggers. He worked with the Sierra Club and ultimately became the chair of its Northwest chapter.

In 1968, he helped found the Oregon Environmental Council, a nonprofit, nonpartisan, membership-based organization. Larry became executive director and the first full-time environmentalist in Oregon. He played a key role with the council in passing the Oregon Bottle Bill. A provision of that bill required that all pull-tabs on soda cans be non-detachable. The soft drink industry fought that requirement but the council prevailed, and now non-detachable pull-tabs are a worldwide standard.

While working for the council, Larry took a memorable trip down the Snake River, through Hell's Canyon along with folk singer-environmental activist Pete Seeger, fighting to save America's deepest gorge. A video of that trip is on Larry's Web site, <http://larry-williams.magix.net/all-albums/>.

Larry met his wife, Patti Pride,



STACEY MARIEN

**Larry Williams and Patti Pride.**

in 1976 when she returned to Oregon from Washington, D.C., where she had been working for the Environmental Protection Agency. Together they moved back to Washington when Patti realized that it was difficult to find a political job in Oregon without connections.

In D.C., Larry worked as a public land policy analyst for the Council on Environmental Quality (CEQ). This agency worked with the White House and other federal agencies on environmental policies and initiatives. When Ronald Reagan took office, he fired the entire staff of the CEQ. Larry returned to the Sierra Club, this time in Washington, and focused on improving the Clean Water Act. He successfully lobbied for storm water runoff to be separated from other water.

Following that success, he tackled reform of the World Bank's environmental lending

practices. He drafted a proposal requiring the World Bank, along with other regional banks, to prepare environmental analyses if a proposed project would have an adverse impact. Larry worked with Nancy Pelosi, then a new California congresswoman, to adopt legislation requiring the United States to oppose projects lacking an environmental assessment. The result of this policy forced some countries to establish environmental agencies and others to actively involve their agencies in project discussions.

Larry retired from the Sierra Club in 1998. He spends his time with Patti doing lots of volunteer work: ushering at several theaters in town; being involved with the Smithsonian Associates program and tending to their plot at the Friendship Community Garden.

*See PROFILE, Page 7*



# The sweet taste of summer

By BARBARA OLIVER

Here are two versions of the same recipe, both using fresh peaches and berries. One is frozen, the other just chilled.

## Peach-Berry Frozen Dessert

1 8-ounce package fat-free cream cheese (or Neufchatel, softened)

2 6-ounce cartons peach fat-free yogurt (NOT fruit on the bottom)

½ 8-ounce container frozen light whipped topping, thawed

1 cup chopped peeled fresh\* peaches

1 cup fresh\*\* blueberries, raspberries and/or strawberries, halved or sliced

Fresh mint leaves for garnish (optional)

Fresh berries for garnish (optional)

Shredded coconut for garnish (optional)

### Substitutions:

\* For the fresh peaches: 1 cup frozen unsweetened peach slices, thawed, drained and chopped; OR 1 cup canned peach slices (juice pack or water pack), drained and chopped.

\*\* For the fresh berries: 1 cup frozen unsweetened berries, thawed and drained.

In a medium bowl, combine cream cheese and yogurt. Beat with an electric mixer on medium speed until smooth. Fold in the whipped topping, peaches and the cup of berries.

Pour mixture into a 2-quart, square baking



PHOTOS BY TOM OLIVER



dish. Smooth the top with a spatula. Cover and freeze until firm (about 8 hours).

Before serving, let dessert stand at room temperature

about 45 minutes to thaw slightly. Cut into 9 squares. If desired, garnish each serving with mint leaves and berries. Makes 9 servings.

## Chilled Peach-Berry Whip

Use the same ingredients list. After beating cream cheese and yogurt together until smooth, fold in the topping, peaches and berries. Divide the mixture into 9 to 12 individual dessert dishes or parfait glasses and chill for 1 to 2 hours. Just before serving garnish with mint leaves, berries and/or shredded coconut, if desired.

SOURCE: ADAPTED FROM  
[WWW.DIABETICLIVINGONLINE.COM](http://WWW.DIABETICLIVINGONLINE.COM)

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## Looking back on a career of environmental activism

PROFILE, Continued from Page 6

While working at a book sale at the Tenleytown Library, Larry ran into a volunteer for NNV. He had heard of the village movement but did not know that there was one in the area. He took a brochure and decided to volunteer, and mostly

drives members to doctor's appointments. He has joined the Men's Book Club and enjoys reading the nonfiction books. Larry has enjoyed his volunteer work with NNV, as he has been able to meet interesting people and expand his social network.

One of Larry's hobbies is photography and making videos

of his and Patti's travel photos. He was responsible for the photo video that was shown at NNV's 5th birthday party. He and Patti take at least one international trip a year and have recently been to Bhutan, China and Burma. Their photos were a highlight of the [May NNV newsletter](#).

# A market grows in Chevy Chase

BY PATRICIA KASDAN

**A** tempting collection of organic vegetables, fresh fruit, Belgian waffles, French pastries and local meat and eggs can be found on Saturdays from 9 a.m. to 1 p.m., year-round, at the corner of Northampton Street and Broad Branch Road NW.

The Broad Branch Farmers Market grew out of a neighborhood effort to attract local growers of fresh, organic produce to this corner of Chevy Chase, D.C. A neighborhood committee to find local farmers recruited Haroun Hallack, who had begun farming in his native Sierra Leone. He had moved to the United States in 1990 when he and his wife inherited her family's Red Bud Farm in Inwood, W.Va., near Hagerstown.

Haroun became market master and recruited other vendors when the market opened in 2004. All rents collected are donated to the Lafayette Elementary School Parent Teacher Organization.

Amy Friedman lives nearby and serves on the market committee of neighborhood volunteers and vendors. The committee requires that all vendors be local owners of their farms, not resellers. The number of vendors is kept to approximately six and they are a diverse lot, marketing heirloom

fruit, home-roasted coffee, locally raised meat and eggs, organically grown vegetables and herbs, bakery foods from Bonaparte Bakery in Savage, Md., and Belgian gourmet delicacies.

Haroun raises crops and runs the Lafayette Farmers Market. His wife teaches environmental science at Shepherd University,



JANEAN MANN

Haroun Hallack prepares his stand for the Saturday market.

Shepherdstown, W.Va.

Haroun also has a small CSA (Community Supported Agriculture) venture that he operates from the market. He notes that the market is a boon because it eliminates the middleman, earning farmers more for their crops; it also has become a community hangout.

Brett Grohsgal of Even' Star Organic Farm, Lexington, Md., has participated from the beginning, although he limits his presence to April through Halloween. He, too, has a CSA and also sells certified organic produce to Broad Branch Market and the Black Restaurant Group.

Grohsgal, formerly a chef in San Francisco, Chicago and Rhode Island, focuses on aging and taste. He notes that as we grow older we need more intense flavors to make food palatable. Having studied the genetics of flavor, he grows heirloom vegetables, especially tomatoes, with more intense flavors.

Kent Ozkum owns Whitmore Farm in Emmitsburg, Md., where he raises heritage breeds of sheep, pigs, chickens and Tennessee fainting goats. He sells meat and eggs from his humanely raised, grass-fed livestock at the market and to top-shelf restaurants, such as Volt, Range and Woodberry Kitchen.

Produce from Nob Hill Orchards in Gerrardstown, W.Va., includes cherries and berries in June; peaches, plums, nectarines and apricots in July; and more than

30 varieties of apples thereafter. Owners George and Susanne Behling also provide the market with cider, honey, jams and jellies year-round.

Nearby, vendor Les Caprices de Joelle serves prepared Belgian gourmet foods, such as waffles, paella, hot and cold soups and various quiches and crepes. This vendor also participates in farmers markets in Bethesda, Palisades and Kensington, as well as doing online catering.

The market Web site is [www.chevychasefarmersmarket.org](http://www.chevychasefarmersmarket.org). Try it—you'll like the food and the ambiance, and you will feel better, too, both in body and soul.





Left, Mimi Sokol toasts the NNV's fifth year; behind her at left, Bob Diamond, Katherine Klein and Bob Holman. Right, D.C. Council member Mary Cheh with Bob Holman, NNV co-president.



## Happy birthday to us! It's NNV's 5th

A great time was had by all on May 13 when NNV celebrated five years of helping seniors remain in their homes as they age. More than 100 members, volunteers and donors enjoyed the good food provided by Blue 44 and the wines and champagnes, courtesy of board member emeritus Bob Parker.

For NNV member Elaine Greenstone and others, "It was wonderful. I saw so many people I had not seen for a long time and didn't realize they were members." That sentiment was echoed again and again. Donations of flowers by board member Cynthia Lehmann and balloons by Co-president Joan Norcutt added an even more festive air.

Former PBS, now Al Jazeera, newscaster Ray Suarez emceed the program and told a moving story about dealing with his aging parents and how our neighborhood is such a great area in which to age in place. NNV founder and first president France Mahncke recalled the organization's formation and the hard work by so many to make NNV the success it has become. D.C. Council members Mary Cheh and David Catania also expressed support for villages. Partygoers enjoyed a nostalgic video created by volunteer Larry Williams for the 5th anniversary.

—Janean Mann



PHOTOS BY ABBY STERNBERG



Above left, D.C. Council member and mayoral candidate David Catania speaks. Above, at a table, Margery West, Peggy Nolan and Diana Collins. Behind them are Woody Smith, seated, and board member Dennis O'Connor, standing.

# 'Admitted' or 'under observation'? It matters.

BY JANEAN MANN

**C**an you be in the hospital for days and not be formally "admitted"? The answer is yes, and it could cost you a bundle.

Under Medicare rules, a patient must be formally admitted to a hospital and be there for three midnights before Medicare Part A will cover the costs of the stay. But "observation" patients are responsible for all routine medications administered by the hospital. Additionally, if an individual is not formally "admitted" and considered to be there only for "observation," regardless of how long the stay, he or she will not be eligible for Medicare coverage in a skilled nursing facility after release.

In recent years, there has been a dramatic increase in hospitals classifying patients under "observation" status, which is covered only by Medicare Part B outpatient coverage or by private insurance. In many instances, the hospital will not tell you that you have not been admitted despite the fact that you are receiving all the services of an admitted patient.

Why is this happening? Apparently, it is costing hospitals a lot of money to fight challenges by Medicare's Recovery Auditors to admission decisions by hospitals. The hospitals apparently believe that if they admit fewer patients, there will be fewer challenges by the Recovery Auditors. And, while it may save the hospitals money, it is costing the patients a lot and often denying them



BUBBELS

needed rehab services.

Legislation has been introduced in Congress to correct the problem by ending

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*Why is this happening? Apparently, it is costing hospitals a lot of money to fight challenges by Medicare's Recovery Auditors to admission decisions by hospitals.*

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the "observation" category, and the first hearing was held May 20. Despite sympathy from some of the House Ways and Means Committee members participating in the hearing, it does not look as though the bill is on the fast track to passage.

So, what can you do the next time you end up in the hospital?

Medicare does not require hospitals to tell you whether you have been admitted or not.

First, if possible, get yourself admitted before midnight. Medicare recently adopted a rule requiring doctors to admit patients if they anticipate that a patient will be in the hospital for two midnights.

Secondly, you, your doctor or a family member should find out if you have been admitted. If not, and you think you should be, raise as much hell as possible. Your case must be made on a medical basis.

If the hospital refuses to change your status while you are there or you find out after you have been released that you were never admitted, you can still file an appeal with Medicare, though it is a long and tedious process. Read your Medicare statements closely. They provide information on how to appeal.





MARIANNA BLAGBURN

## Hard-working recruiters

NNV volunteers Frances Mahncke (seated) and Ann Collins brought NNV's recruitment efforts to the 2014 Spring Fair at Lafayette Elementary School.

## Docent-led tour of Peirce Mill set for Saturday, June 28

Mark your calendars for a private, docent-led tour on June 28 of Peirce Mill, one of the only still-standing buildings marking the agrarian past of Washington, D.C.

Environmental conservationist Steve Dryden, who wrote *Peirce Mill: Two Hundred Years in the Nation's Capital*, will take us through the working mill to show and tell the great story of our area when it was farmland, and how



JOHN DEFERRARI / WWW.STREETSOFWASHINGTON.COM

Rock Creek was used to turn the lumbering grindstones that converted local corn, rye and

wheat crops into superior flour.

The walking tour with Steve will begin at 10 a.m. Wear comfortable shoes.

Lunch will follow at Lillies restaurant on Connecticut Avenue, formerly Mrs. Simpson's. Menu selections include brunch and lunch items and range in price from \$10 to \$15. Rides to the tour and lunch will be provided to NNV members. RSVP by Thursday, June 19, at (202) 777-3435.

### SERVICE REQUEST OF THE MONTH *Garden cleanup, weeding, mulching and planting*

Do you need extra help in the garden in early June? Each year, we use the help of our good neighbor, Fannie Mae, who will supply NNV with 25 volunteer mortgage bankers to weed, mulch, mow, clip bushes and trees, and plant.

This year, the volunteers are available on June 10, 11 and 12, 8:30 to 11:30 a.m. They work in teams of three or four volunteers each. NNV has gardening tools and supplies such as rakes, trowels, clippers and bags.

To reserve an appointment, please call the NNV office at (202) 777-3435.





## COMMUNITY CALENDAR

*Events are free unless otherwise indicated.*

**Tues., June 3, 7:30 p.m.**  
**Police Service Area (PSA)**

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

**Thurs., June 5, 7 p.m.**

**Author Talk**—Glenn Williamson, *Inside Out: Building a Glass House in Russia*. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Sat., June 7, 10 a.m.-noon**

**Caring for You, Caring for Me: Taking Care of Yourself**—Five-class series for caregivers. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Sun., June 8, 1 p.m.**

**Author Talk**—Jeffrey Veidlinger, *In the Shadow of the Shtetl: Small-Town Jewish Life in Soviet Ukraine*. Politics & Prose, 5015 Connecticut Ave. NW.

**Mon., June 9, 7:30 p.m.**

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

**Wed., June 11, 1-2 p.m.**

**Hearing Loss: Surgical Options**—Johns Hopkins neuro-otologist Wade Chien will explain hearing loss challenges and options for improvement. Call (301) 896-3939 to register. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

**Wed., June 11, 7 p.m.**

**Author Talk**—David Ignatius, *The Director*, thriller by prize-winning *Washington Post* columnist. Politics & Prose, 5015 Connecticut Ave. NW.

**Thurs., June 12, 7:30 p.m.**

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

**Sat., June 14, 5-6 p.m.**

**Gallery Talk**—“Franz & Virginia Bader Fund: Second Act.” Followed by reception with artists, curators, 6-9 p.m. Katzen Arts Center, 4400 Massachusetts Ave. NW.

**Mon., June 16, all day**

**Pet Allergies & Skin Conditions**—Friendship Animal Hospital Series. Large Conference Room, Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Tues., June 17, 7:30 p.m.**

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

**Thurs., June 19, 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.

**Sat., June 21, 1:30 p.m.**

**Summer Movie Series**—Call (202) 727-1225 for information. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Sat., June 21, 4 p.m.**

**Gallery Talk**—“Syzygy” by artist Bill Newman on his photographs, paintings, sculptures. Katzen Arts Center, 4400 Massachusetts Ave. NW.

**Wed., June 25, 7 p.m.**

**2nd District Citizens Advisory Council**—Meeting. 3320 Idaho Ave. NW.

**Sat., June 28, 1:30 p.m.**

**Summer Movie Series**—Call (202) 727-1225 for information. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

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

**Walking Club**—Sibley Senior Association. Mazza Gallerie, Concourse Level, Wisconsin and

Western Aves. NW. (202) 364-7602.

**Every 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**—Auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Every Thurs., 11 a.m.-noon**

**Club 60+ Cardio Exercise**—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. & 6:30 p.m.**

*Chevy Chase D.C. Library, 5625 Connecticut Ave. NW.*

**June 2**—*Bride & Prejudice*, India, 2004, rated PG-13.

**June 9**—*A Face in the Crowd*, U.S., 1957, not rated (Andy Griffith, Patricia Neal).

**June 16**—*To Wong Foo, Thanks for Everything, Julie Newmar*, U.S., 1995, rated PG-13 (Patrick Swayze, Stockard Channing).

**June 23**—*Mediterraneo*, Italy, 1991, rated R.

**June 30**—*Longtime Companion*, U.S., 1989, rated R.