

# THE VILLAGE NEWS

Northwest Neighbors Village

Volume 6, Issue 8

A Community Network of Support

August-September 2014

## Ingleside at Rock Creek plans major expansion

BY JANEAN MANN

**W**ith the senior population in Wards 3 and 4 growing substantially, Ingleside at Rock Creek, a continuing care retirement community on Military Road NW, is undertaking a major expansion. Current plans call for an increased number of independent living units, 32 new assisted living memory care units, and an expanded health care facility that might benefit NNV members.

These additions will be housed in two new buildings (an eight-story and a 10-story) that will be linked by a new Center for Healthy Living. The center will offer programs for fitness, brain wellness, cultural arts and activities. The project includes a substantial increase in underground parking.

Specific plans have yet to be finalized but are expected to be ready to present to the Board of Zoning Adjustment for the required authorizations in September. The project could take three to five years to complete and will be undertaken in three phases.

The first phase will be construction of the two new buildings. Phase two would see the demolition of the existing assisted living center and construction of a new facility to house memory care and skilled nursing care units. The last phase would entail replacement of the old health care building with a new and expanded health care center.

Executive Director Ann Schiff said Ingleside is considering bringing other medical specialists into the health care facility periodically and may give access to nonresidents, such as NNV members, to these physicians. Ingleside already offers short-term rehabilitation in the nursing home for non-Ingleside residents.



TOM OLIVER

**Ingleside at Rock Creek, soon to be the site of a three-to-five-year expansion project.**

Since announcing its expansion plans, Ingleside has participated in a series of meetings, some hosted by ANC 3/4G and Commissioner Randy Speck, to get input from the community. The initial plans drew strong criticism from neighbors who opposed a proposed curb cut and service driveway on Military Road at 30th Place and who raised traffic and safety concerns. As a result of this opposition, Ingleside revised its plans by eliminating the proposed driveway and redesigning its loading dock area, at additional cost.

Other neighbors have expressed concern about

See **INGLESIDE**, 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.

### NNV Board Members

#### Officers

Bob Holman, *co-president*  
Joan Norcutt, *co-president*  
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Stewart Reuter, *treasurer*  
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*executive director*

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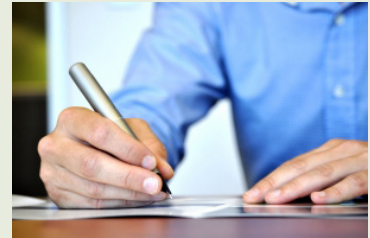
Janean Mann, *editor*  
Doris Chalfin  
Pat Kasdan  
Danielle Feuillan  
Tom Oliver

## SERVICE REQUEST OF THE MONTH

### Help with health and medication records

**A**re you feeling swamped by a plethora of medical records? An NNV volunteer will visit with you and help you to document pertinent medical information such as names and contact information of doctors, allergies, lists of medications and pharmacy phone numbers. The volunteer will have a form to help you organize this information.

To receive the highest quality and safest medical care possible, it is recommended that you share this information with health care providers before they treat you. To participate in this service request, please call (202) 777-3435.



JANEAN MANN

This parking lot is tentatively scheduled to give way to an eight-story and a 10-story residence facility and a Center for Healthy Living under Ingleside's expansion plans. Much of the green space to the right would be retained.

## Ingleside neighbors air traffic concerns

INGLESIDE, *Continued from Page 1*

the long construction time and the likelihood that construction vehicles will add to traffic problems on Military Road and on nearby streets.

At a July 23 special ANC meeting, architect Gary Steiner said Ingleside has just selected a construction manager who will study the construction plans and will propose steps to mitigate traffic impact. He noted that much of the traffic going

to the new independent living apartments will enter through Broad Branch Road rather than Military Road.

Addressing several concerns over environmental issues, Steiner said Ingleside would maintain the existing berm and plant additional trees to reduce the view of the new buildings from the street and that material removed from the demolished facilities will be recycled.

Another community meeting is planned for August.



## NNV CALENDAR

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

**Mon., Aug. 4, 2-3 p.m.**

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

**Wed., Aug. 6, 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.

**Mon., Aug. 11, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Mon., Aug. 11, 3:30 p.m.**

**Cooking for One**—Holly Utt, NNV volunteer, will demonstrate cooking delicious, healthy meals for yourself. Participants eat the meal they prepare; wine included. Assembly Room, Methodist Home. Reservations: (202) 777-3435.

**Wed., Aug. 13, 12:30 p.m.**

**Restaurant Week**—NNV participates at the Capital Grille of Chevy Chase, 5310 Western Ave. NW. Lunch is \$20.13. Limited seating; underground parking is half price. RSVP by Aug. 11 (or until filled) at (202) 777-3435.

**Mon., Aug. 18, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Wed., Aug. 20, 2-4 p.m.**

**NNV Book Club** to discuss *The Invention of Wings* by Sue Monk Kidd at the home of NNV member Barbara Dresner. RSVP: (202) 777-3435.

**Mon., Aug. 25, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Tues., Aug. 26, 3:30 p.m.**

**NNV Men's Book Club** to discuss *From Beirut to Jerusalem* by Tom Friedman and *Faith in the Face of Empire* by Mitri Raheb at the home of NNV member Bernie Hillenbrand. RSVP: (202) 777-3435.

**Mon., Sept. 1, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Wednesday, Sept. 3, 10 a.m.**

**NNV Caregiver Support Group**—Susan Lieberman, MSW, LICSW, facilitator. First and third Wednesdays; 10 participants; 10 1½-hour sessions; \$10 per session. For info, e-mail [slieb1@msn.com](mailto:slieb1@msn.com) or call (202) 362-8188. Register at (202) 777-3435.

**Wed., Sept. 3, 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., Sept. 7, 3 p.m.**

**NNV Annual Picnic**—Hamburgers, hot dogs, drinks provided; please bring potluck side or dessert. Candy Cane Park, 7901 Meadowbrook Lane, Chevy Chase, Md.

**Mon., Sept. 8, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Mon., Sept. 15, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Wednesdays, Sept. 17-Oct. 15, 1-3 p.m.**

**Learning How to See: Drawing Class** taught by NNV member Nancy Meyer from the classic work *Drawing on the Right Side of the Brain*. Participants can buy their own sketch pad and pencils or order from NNV; costs will be about \$20. Limited to 15 students. Location announced when you call to register at (202) 777-3435. Registration deadline is Friday, Sept. 5 or when class is filled.

**Mon., Sept. 22, 3:30-4:30 p.m.**

**Hospice Medicare Benefit: What You Need to Know**—Seminar with Marti Bailey, director of Sibley Senior Services. Assembly Room, Methodist Home, 4901 Connecticut Ave. NW.



MARIANNA BLAGBURN

## Get ready to picnic

**M**ark your calendar for an afternoon of good food and company! NNV's annual picnic will be held Sunday, Sept. 7, at 3 p.m. at Candy Cane Park in Chevy Chase, Md.

Hamburgers, hot dogs and beverages will be provided. Side dishes, munchies and dessert contributions will be greatly appreciated from participants. NNV members who need rides should call (202) 777-3435 as soon as possible.

← Ann Hoffman and Hope Phillips at last year's picnic.

# Avoiding the ER: Pharmacies offer a new option

BY CATHRYN DONOHOE

**B**loody knee? Gashed elbow? Can't get a quick appointment with your doctor, and the emergency room option is a nightmare? Enter the "walk-in" neighborhood clinic, run primarily by independent operators and based in drugstores or other conveniently located venues.

They're all over the country, though somewhat limited in the Northwest Neighbors Village area. Chevy Chase, D.C., had been blessed with Simple and Quick Medical Care, but it closed on June 15.

However, at 4225 Connecticut Ave. NW, on the southeast corner of Veazey Terrace, a recently opened Walgreens pharmacy has a clinic on its second floor, run by Take Care Health Services and staffed by a nurse practitioner who, as my husband and I can attest, is top-notch.

In June, my husband abraded the back of his hand. The band-aids and gauze I had weren't working. What to do? We went around the corner to Walgreens clinic. There we met Melat Assefa, who has a master's degree in nursing and is a certified nurse practitioner. Ms. Assefa did a great job on my husband's hand, tweezed the skin back atop the wound, wrapped it and gave him a tetanus shot. Today it looks as good as new.

At my request, she helped me pick out the supplies I'd need to re-dress the wound. She also called us the next day to check on my husband's progress and to



PHOTOS BY TOM OLIVER

**Walgreens' clinic is on the second floor of the drugstore at Connecticut Avenue and Veazey Terrace. There is an escalator and an elevator.**

reconfirm his follow-up visit.

There are downsides: Because Ms. Assefa was the only medical staff there (possibly because it was a weekend), the wait time was long. Moreover, walk-ins are given a lower priority at all times over people who sign up online. My husband's name kept slipping lower in the queue as online registrants were inserted above his. We broke for lunch when we saw that Ms. Assefa was taking a lunch break, too. If you take that time into account, our wait was nearly three hours.

Online or telephone registration is the way to go. You can call Walgreens at (855) 925-4733 or go directly to the Walgreens clinic page at [www.walgreens.com/topic/pharmacy/healthcare-clinic.jsp](http://www.walgreens.com/topic/pharmacy/healthcare-clinic.jsp). On the list choose "Schedule Appointment." Clinic hours are: Monday to Friday, 8 a.m.-7:30 p.m.; Saturday, 9 a.m.-6 p.m.; Sunday, 10 a.m.-6 p.m. This clinic's lunch break times: Monday to Friday, a one-hour break about 1-2 p.m.;

See **CLINIC**, Page 5



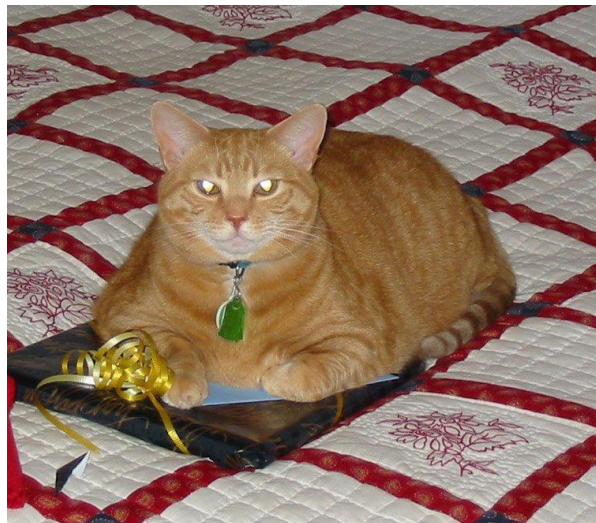
## Yes, English can drive you crazy

**L**et's face it: English is a crazy language. There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France. Sweetmeats are candies while sweetbreads, which aren't sweet, are meat.

Native English speakers take English for granted. But even there one can get confused when hearing the same words used differently or pronounced differently by American English speakers and British English speakers.

But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.

For people trying to learn English there is even more confusion because the language is replete with homographs—words of like spelling but with more than one meaning. A homograph that is also pronounced differently is a



JANEAN MANN

Radi the cat presents a present.

heteronym. Here are a few quirky examples making their way around the Internet:

- The bandage was wound around the wound.
  - The farm was used to produce produce.
  - The dump was so full that it had to refuse more refuse.
  - We must polish the Polish furniture.
  - He could lead if he would get the lead out.
  - The soldier decided to desert his dessert in the desert.
  - The insurance was invalid for the invalid.
  - A bass was painted on the head of the bass drum.
  - When shot at, the dove dove into the bushes.
  - I did not object to the object.
- Stay tuned for more quirks of the English language in upcoming editions of *The Village News*.

## 'Walk-in' clinics in drugstores dispense basic medical care

**CLINIC**, *Continued from Page 4*

Saturday and Sunday, a 30-to-45-minute break about 1-1:45 p.m.

Our charges were \$79 for the abrasion repair and \$63.99 for the tetanus shot. Will they take your insurance? Go to the Walgreens clinic page (see above) and in the list of options, choose "Insurance and Prices," and enter your clinic's location to find which plans that clinic accepts. Be wary here. We carry Medicare and CareFirst BCBS, both of which are listed as accepted

plans at this clinic. But CareFirst denied our claim. We are trying to get an explanation.

Meanwhile, there are other options: CVS has two Minute Clinic outlets in our area: at 4555 Wisconsin Ave. NW and at 6700 Wisconsin Ave. in Bethesda. Find them at [www.cvs.com/minuteclinic](http://www.cvs.com/minuteclinic). In the "Find a Clinic" box, type in your Zip code.

In Cleveland Park, at 2902 Porter St. NW (at Connecticut Avenue), there is Immediate and Primary Care, a genuine "urgent care" center—a term, Ms. Assefa explained, that applies only

to facilities that have a doctor or two on staff and nurses or other medical professionals. Urgent care centers offer more complex services (such as X-rays and trauma care) than walk-in clinics, and come closer to the ER experience. Call the center at (202) 525-5287 or find it online at [dcimmediatecare.com](http://dcimmediatecare.com).

A recent *Consumer Reports* analysis concluded that walk-in clinics "provide care comparable" to what one gets in a doctor's office "at least across the relatively basic range of conditions they treat."

## MEMBER PROFILE

# New board member Deb Sliter, political animal

BY STACEY MARIEN

**D**eb Sliter has spent most of her career in politics and nonprofit management. She grew up in Lynn, Mass., and graduated from the University of Massachusetts in Boston with an undergraduate degree in political science. She developed an interest in politics as the administrative assistant to the director of the Institute of Politics in Harvard University's John F. Kennedy School of Government.

She left the institute to work for (and eventually become partner in) a political consulting firm in Boston that works for liberal Democratic candidates for the House, Senate and president as well as for African-American mayoral candidates in big cities such as New Orleans and Detroit. One of her campaigns was John Kerry's first run for Senate in 1984. After he was elected, Deb moved to Washington in 1985 to serve as his chief of staff. She left that position to work as deputy campaign manager for Joe Biden's first presidential bid. One of her last political positions was as the deputy director of the Democratic National Committee.

Deb decided to take a break from politics and went to work for several nonprofit organizations, focusing on grassroots politics and environmental issues. She spent 15 years with the National Environmental Education Foundation (NEEF). As senior vice president for programs, Deb managed five programs that focused on lifelong environmental learning from K-12 to adult professionals. While at NEEF, she launched an innovative program to work with local TV meteorologists to include environmental content in their daily weather forecasts.

Deb retired a year ago and has been busy ever since. She has become an avid devotee of Zumba dance fitness classes and can be found dancing three days a week. She has taken up ikebana, the Japanese art of flower arranging, and often uses the flowers, plants and trees in her garden to make her creations. She also recently joined a book club.

She and her husband, Tom, have been married for 21 years and share a passion for travel and photography. In the last few years they have



TOM SLITER

During a recent trip to Castroville, Calif., known as the artichoke capital of the world, Deb Sliter stopped at the famous Giant Artichoke Restaurant.

explored the Atacama Desert in Chile, the glaciers of Patagonia and the wine country of Santiago, Chile, and Mendoza, Argentina; hiked the trails of Cinque Terra, Italy; sampled the cuisine and museums of Paris; and explored Normandy's World War II sites. They often go to Montana and this fall will travel back to France to see Brittany and Provence. Deb and Tom live in a Sears bungalow home with two tuxedo cats, Ricky and Lucy.

She first heard of NNV when she picked up a brochure at a local event. As an NNV volunteer she serves as a bad weather buddy and delivers newsletters. She recently joined the NNV Board of Directors and helps with fundraising and grant writing. She says it gives her great pleasure to contribute to an organization that is helping so many people.



# Rescue squad maintains a neighborhood tradition

*Long after moving to Bethesda, it still serves Northwest D.C.*

BY MARIANNA BLAGBURN

**T**he Bethesda-Chevy Chase Rescue Squad (BCCRS) began with one ambulance in a Northwest D.C. garage in 1937, but continues to serve the Upper Northwest community long after moving its official headquarters to Bethesda in the 1950s. A memorandum of understanding between the squad and the District of Columbia's Fire and EMS Department was codified into Montgomery County law in 2005. "We started in the District and kept up the relationship over the years," says Chief Ned Sherburne.

The squad covers all of Ward 3 and parts of Ward 4 west of Rock Creek Park. The squad team sees Rock Creek Park as a natural physical boundary and stays west of the park to ensure reasonable response times. Barbara Bryniarski, public information officer, reports that more than 500 of the 10,000 calls to the unit in 2013 came from the District.

BCCRS service to D.C. residents includes 150 trained volunteers (many of whom are D.C. residents) who are assisted

by paid, noncounty personnel, one Montgomery County Fire Rescue paramedic and one Montgomery County Fire Rescue emergency medical technician (EMT). This staffing strategy ensures that personnel are ready to respond to emergencies 24 hours a day, seven days a week. The service fleet includes seven

steps and communicate with local hospitals for available emergency room space. The collaborative communication process is part of the memorandum of understanding.

BCCRS service to District residents remains free of charge, although Montgomery County enacted a fee for ambulance

transports for its residents. From time to time, there have been administrative errors and bills have been sent to District residents. BCCRS leadership believes the billing issue has been resolved and encourages residents to call the chief's office at (301) 652-0077 to receive

instructions on how to resolve any billing issues should they occur in the future.

Providing a free medical service to the residents of Upper Northwest is something that the squad has honored for almost 80 years. As a result, they rely heavily on individual donations. Chief Sherburne says, "We encourage D.C. residents to donate to our annual fund drive and consider including us in their estate planning. Financial support from District residents lets us know how much they truly value our service."



BETHESDA-CHEVY CHASE RESCUE SQUAD

Rescue squad members participate in a health fair at Friendship Terrace.

ambulance/medic units.

The BCCRS has a direct line to the District's Fire and EMS Department (DCFEMS). When residents call the BCCRS emergency number, (301) 652-1000, the crew contacts DCFEMS as a courtesy to inform them that they are coming into the District's jurisdiction. At that time, DCFEMS acknowledges if their unit is close to the address. If nearby, DCFEMS will go to the scene to work with the BCCRS to determine the status of the resident. If appropriate, the two squads determine next

## RESTAURANTS

# Macon Bistro: Southern fare in Chevy Chase Arcade

BY DANIELLE FEUILLAN

A former art gallery in the Chevy Chase Arcade on Connecticut Avenue has recently been transformed into a space focused on the art of cuisine. Macon Bistro & Larder is the creation of Tony Brown, who has lived in Chevy Chase for the last 15 years.

Brown grew up in Macon, Ga., and his Southern roots influence the menu, beginning with the buttermilk biscuit appetizer and continuing through the fried green tomatoes all the way to a blueberry cobbler dessert.

The restaurant is intimate, with seating spilling into the historic (built in 1925) arcade and more recently onto the sidewalk in front. The bar serves up a variety of interesting cocktails, skillfully mixed by friendly bartenders. My favorite was the Water Lillets, a combination of gin, Lillet Blanc, lemon juice and grapefruit juice.

Ordering a few appetizers to share might be the best way to sample the variety of interesting



MARIANNA BLAGBURN

Macon Bistro extends onto the Connecticut Avenue sidewalk.

offerings from the menu. The asparagus salad and sea scallops were particularly delicious.

The larder part of the restaurant's name refers to the fact that they have take-home items for sale such as pepper jelly, pickles and the same delicious biscuits they serve in the dining room. Entrees are \$17-\$26 and the biscuits are extra.

Some may find the acoustics to be a challenge to quiet conversation, but they also lead to a convivial, bustling ambiance that was absent from the Chevy Chase dining scene. I recommend trying Macon Bistro & Larder to see for yourself all that this new restaurant has to offer.

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## A dressy, cool dinner salad for hot nights

BY BARBARA B. OLIVER

Served al fresco or indoors, this different combo of shrimp, flounder, leeks, peas and zucchini will bring welcome relief from the heat. A baguette, a glass of white wine and favorite dinner partners are all else that's needed.

### Shrimp and Flounder Salad

*2 flounder fillets, about 1 pound  
1 pound shrimp (easy peel variety will speed up preparation)  
1/2 cup dry white wine  
1/4 cup chopped scallions  
1/2 teaspoon salt*

*2 zucchini, trimmed, julienned  
2 leeks, cleaned, white only, thinly sliced  
1 1/2 cups shelled, raw peas (or frozen peas, defrosted)*



BARBARA B. OLIVER

Simmer (covered) flounder and shrimp with wine, scallions and salt for 15 minutes. Cool; drain. Flake fish; shell and devein shrimp; chill. Mix with vegetables. Divide onto 4 chilled plates and serve with Cucumber Dressing. Serves 4.

### Cucumber Dressing

Mix 1 cup peeled, shredded cucumber and 1/2 teaspoon salt and let stand for 1 hour. Drain; mix with 1 cup sour cream (or fat-free sour cream), 2 teaspoons chervil (or fresh parsley or tarragon) and a dash cardamom.

SOURCE: ADAPTED FROM METROPOLITAN HOME, JULY 1982



# Yoga: Mindful awakening

BY SANDI ROTHWELL

When you get up in the morning, do you ever feel steamrolled? Do you sometimes dread that first movement? I know I do. Even when I went to bed feeling fine, I can wake up stiff and cranky.

How do I get started? I have a short routine that is often helpful.

First, I try to *wake* up a little before I have to *get* up. For some of us that's not hard. We wake up earlier than we used to anyway. If you don't, set your alarm five minutes earlier than you need. Rest in bed and do something relaxing: meditate, use a morning prayer or a calming poem, count breaths backwards or do some belly breathing (deep breaths into your belly). Take as slow a breath as you can.

Begin a simple foot movement. I use *supine walking* while I'm actually supine. Keeping your heels stationary, point your toes forward, then back. Move slowly with the rhythm, letting your ankles loosen, your knees warm, your hips relax. The more you do supine walking, the better you get

and you will welcome it.

I don't get out of bed very fast. I roll onto my tummy and slide my legs over the side of the bed. My feet reach the floor with my head still on the bed. I use my hands to lift myself to standing. I stretch my arms up.

I head for the bathroom. Though I keep a yoga block in the bathroom, any sturdy object that is about four inches high and big enough to step on will work. Place the "block" at a wall and step one foot on it. Place your hands on the wall for balance. The other foot dangles from your hip joint. Let it dangle. I let it move without forcing. When my standing leg gets tired, I step off. The "dangle leg" feels longer. Actually, my hip is looser. Do the other side and repeat a couple times. You'll feel better!

In a little while, after coffee or a shower, I do more stretches. I might go back to the wall and do a *wall lung stretch* to open up shoulders and hamstrings. *Alternate arm stretches* or *side stretches with wrist pulls* do well. (These are movements and techniques from NNV's Monday



JANEAN MANN

When you belly breathe properly, your diaphragm rises as Sandi Rothwell demonstrates.

yoga class.) Any stretch you like is appropriate.

I shake everything, even my fingers. I'm looser; I have less inflammation; and my whole day looks better.

I am planning a session in the Monday class on waking up that would include these techniques and more.

**Sandi Rothwell** teaches NNV's gentle yoga class on Mondays at 2 p.m. in the Methodist Home.



JANEAN MANN

## Out to dinner

A hot, humid D.C. night was a great opportunity for 20 NNV members to avoid a hot kitchen and enjoy a sunset dinner special at the Chef Geoff's in AU Park. From left are Mimi Sokol, NNV Co-President Joan Norcutt, Pat Kasdan, Virginia Finch (back of head), Beverly Simmons, Catherine Roetto, Richard Kasdan and Felix Lapinski.

## Medicare's hospice benefit to be explained in NNV program Sept. 22

**M**edicare offers a robust hospice benefit that focuses on comfort for loved ones and their families.

What is hospice care and what do we need to know about coverage of this underpublicized Medicare benefit? Most of us have heard the word "hospice" but are not entirely sure what it

is. On Monday, Sept. 22 at 3:30 p.m., NNV will sponsor an educational program, "Medicare and Hospice Benefits: What We Need to



Know." Speakers will be Marti Bailey, director of Sibley Senior Services, and Chris DeYoung, co-director of the Health

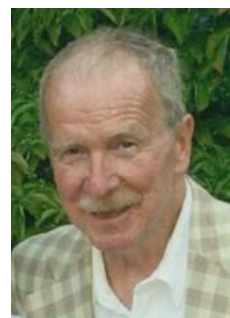
Insurance Counseling Project at the George Washington University Community Legal Clinic.

The event will be held in the Assembly Room of the Methodist Home.

There is free parking on campus. Rides are available for NNV members and there will be light refreshments. Please call (202) 777-3435 to reserve a seat.

## Edgard Bertaut dies; UDC professor

**E**dgard Bertaut, a longtime professor of computer science at the University of the District of



Columbia, died June 21. He had been married to NNV member Claarjte Bertaut for 56 years.

Mr. Bertaut is also survived by five children, Edgard (Carol) Bertaut, Christopher (Mary Elizabeth) Bertaut, Richard (Cindy) Bertaut, Juliet (Ogden) Copeland and Nanette (Charles) Dupuy; a sister, Nanette Connelly; and 10 grandchildren.

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## On Sept. 13, it's Chevy Chase's day to party

By SAMANTHA NOLAN

**M**ark Saturday, Sept. 13, on your calendar for another day of food, fun and fashion discounts to celebrate D.C.'s annual Chevy Chase Day. From 1 to 4 p.m., the Chevy Chase Citizens Association (CCCA) will kick off its fall activities with its annual celebration of the Chevy Chase community.

The association and the Chevy Chase Community Center will be co-sponsoring treats and activities, including free ice cream and free music, at the Chevy Chase Commons outside the Community Center (5601 Connecticut Ave. NW). Moorenko's Ice Cream will be served courtesy of the CCCA,

Jon D. Laskin of State Farm Insurance and the Avalon Theatre. Musicians, a moon bounce and face painting will entertain the children at the Community Center commons.

Along Connecticut Avenue and neighboring streets, many businesses will engage in promotional activities, including discounts, sidewalk sales and entertainment. Taylor Agostino Group real estate is sponsoring and Pumppernickels Deli is hosting "Clown Judy" and "Clown Gary," who will perform magic tricks, make balloon creations and otherwise entertain children. PNC Bank will provide free hot dogs and chips, and many of CCCA's business members will provide information about their

businesses. Nonprofits, including NNV, will be distributing information about their organizations as well.

A scavenger hunt called "Find Zorro" conducted throughout many of the CCCA business members' sites will begin at 1 p.m. and conclude at 4. Scavenger hunt forms will be available at CCCA's membership table on the Chevy Chase Commons. All those returning completed forms to the table by 4 p.m. will be eligible for a raffle for gift certificates provided by CCCA business members. The first 25 will receive a complimentary gift bag with giveaways from the businesses.

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**Samantha Nolan** is president of CCCA.





1

## Where in the world?

**N**EV staffer Danielle Feuillan sent these photos from the town of Cotuit on Cape Cod, Mass., where she vacations every year with her family. They enjoy the beach, eating fried clam strips and soft serve ice cream, and going to Cape Cod Baseball League games.

1 A common scene: The shell of a horseshoe crab, left behind after molting.

2 Moonrise over Ryefield Point Marsh in Cotuit.

3 A box turtle spotted laying her eggs.

4 Fenway Park in Boston, where on this day the Boston Red Sox hosted the Kansas City Royals.



2

PHOTOS BY DANIELLE FEUILLAN



3



4

## COMMUNITY CALENDAR

**Fri., Aug. 1, 7 p.m.**

**Author Talk**—John W. Dean, *The Nixon Defense: What He Knew and When He Knew It*. Politics & Prose, 5015 Connecticut Ave. NW.

**Sat., Aug. 2, 10 a.m.-noon**

**Caring for You, Caring for Me**—Preventing and solving problems for caregivers. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Sat., Aug. 2, 12:30-3:30 p.m.**

**Washington Print Club at 50**—Panel discussion, reception. Katzen Arts Center, 4400 Massachusetts Ave. NW.

**Thurs., Aug. 7, 7 p.m.**

**Weight Control, Reversing Diabetes, Best Health**—Neal Barnard, physician and author on nutrition and health. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Tues., Aug. 12, 2-4 p.m.**

**Live Well in D.C.: Health & Wellness**—E. Gordon Margolin, physician and geriatric specialist, discusses how to enhance well-being as we age. Iona Senior Services, 4125 Albemarle St. NW.

**Wed., Aug. 13, 1-2 p.m.**

**Helping Yourself & Others Survive After Losing a Loved One**—Montgomery Hospice workshop on coping with grief and helping others who grieve. Register at (301) 896-3939. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

**Tues., Aug. 19, 7:30 p.m.**

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

**Wed., Aug. 20, 7:30-8:30 p.m.**

**T'ai Chi**—Susan Lowell teaches Chinese martial art. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Thurs., Aug. 21, 10:30 a.m.**

**Avalon Senior Cinema**—*The*

*Hundred Foot Journey* (Helen Mirren). Patrons 62 or older pay less than the usual senior rate, \$8.75. 5612 Connecticut Ave. NW.

**Wed., Aug. 27, 7 p.m.**

**Author Talk**—Mary Gordon, *The Liar's Wife: Four Novellas*. Politics & Prose, 5015 Connecticut Ave. NW.

**Tues., Sept. 2, 7:30 p.m.**

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

**Mon., Sept. 8, 7:30 p.m.**

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

**Tues., Sept. 9, 2-4 p.m.**

**Live Well in D.C.: Rights & Resources**—Office of the People's Counsel staff will discuss energy, utility issues. Iona Senior Services, 4125 Albemarle St. NW.

**Wed., Sept. 10, 1-2 p.m.**

**Joint Replacement**—Suburban Hospital orthopedist describes advances, treatment options. Register at (301) 896-3939. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

**Wed., Sept. 10, 6:30-8:30 p.m.**

**Gynecologic Health**—Oncologists discuss women's cancer issues. Conference Room 2, Sibley Memorial Hospital Medical Building, 5255 Loughboro Rd. NW.

**Thurs., Sept. 11, 7 p.m.**

**Energize D.C.**—Learn to use Pepco's online energy management tools. Chevy Chase Library, 5625 Connecticut Ave. NW.

**Thurs., Sept. 11, 7:30 p.m.**

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

**Sat., Sept. 13, 10 a.m.-noon**

**Caring for You, Caring for Me**—Accessing and developing

resources for caregivers. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Sat., Sept. 13, 1-4 p.m.**

**Chevy Chase Day**—Games, food, sales, fun. Connecticut Avenue between Livingston and Oliver Sts. and Chevy Chase Commons.

**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 Tues., 11 a.m.-noon**

**Club 60+**—50/50 Cardio/Strength Exercise. Second-floor multipurpose room, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

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

**Club 60+**—Chair Yoga with Zuri. Auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

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

**Club 60+**—Exercise Basics with Will Yates. Auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Every Fri.**

**AARP Legal Counsel for the Elderly Self-Help Office**—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

**Aug. 4**—*Gravity*, U.S. 2013, rated PG-13 (George Clooney, Sandra Bullock).

(Movies at the library may be suspended until after the October library renovation.)