

Northwest Neighbors Village moves into the future with a bold new image

BY STEPHANIE CHONG

Northwest Neighbors Village has a new look! As our 10th year was coming to a close last fall, our Village devised a communication plan that included the recommendation to enter our next decade with a new logo. Prior to our world being turned upside down by the COVID-19 pandemic, a small working group began working with Spencer Joynt Studio and embarked on the surprisingly challenging task of defining who we are through image and color.

How does one capture the many unique qualities that make Northwest Neighbors Village so special? We learned early on that it is impossible for a logo to adequately capture the caring support and connections made by neighbors in our Village. Fortunately, our photos can!

We thought about the Village movement and the unique characteristics of Northwest Neighbors Village and knew we wanted our logo to be vibrant and bold. We wanted it to reflect our daring purpose to reimagine aging. We wanted

our image to debunk aging stereotypes that conjure images of frailty.

Our new logo, which depicts the outline of our Village boundaries, boasts bright colors in a simple design. We've woven our past with our future by incorporating green from our former logo. The stacked indigo lettering is bold and makes subtle reference to NNV, the acronym we often use to refer to our Village.



We are excited to move forward with a bold new image that reflects who we are. Please visit our website at nnvdc.org to see how we've incorporated our new look. While there, check out our

upcoming events, browse our membership options, learn about information and resources related to the COVID-19 pandemic, and explore all of the information we have made available to our members, volunteers and the community.

We are proud to announce Northwest Neighbors Village has been selected for the Catalogue for Philanthropy's 2020-21 class, highlighting our organization as "one of the best" local nonprofits. This year's class is rich and diverse, covering a range of social issues—protecting our region's environment, empowering women and girls, creating jobs, working to end racism and inequality, serving seniors and so much more. Northwest Neighbors Village is honored to be among a class of respected nonprofits working on vital issues that affect us all and are truly leading change in our local communities.

Our sincerest thanks to our members, volunteers, Board of Directors and staff for the valuable contributions they've made. The involvement of everyone in our Village community has earned Northwest Neighbors Village this prestigious distinction.



NORTHWEST NEIGHBORS VILLAGE

a community network of support
4901 Connecticut Ave., NW
Washington, DC 20008
202-935-6060
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 homes and neighborhoods 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 202-935-6060.

NNV Board Members

Officers

Judie Fien-Helfman, president
Morgan Gopnik, vice president
Beverly Lunsford, secretary
Sam Smith, treasurer

Directors

Steve Altman
Richard Avidon
Jessica Berenson
Bert Foer
Alice Hayes
Merilee Janssen
Ann Van Dusen
Karen Zuckerstein
Janean Mann, emerita
Stewart Reuter, emeritus
Frances Mahncke, emerita
Robert Parker, emeritus
Jo Ann Tanner, emerita

Staff

Stephanie Chong,
executive director
Heather Hill, volunteer and
member services
coordinator
Leslie Pace, administrative
assistant

Newsletter team

Pat Kasdan
Janean Mann
Pat Mullan

NNV – Responsive and ahead of the game

By JUDIE FIEN-HELFMAN

As the coronavirus began to spread in the Greater Washington Area in early March, NNV's professional team moved quickly and strategically to ensure the safety and health of our members and volunteers.

As I write this, it's hard to believe that it has been three months since NNV moved to a virtual platform and suspended our in-person volunteer services. The professional team of Stephanie, Heather and Leslie moved like lightning so that our members would be able to stay engaged with their neighbors and NNV, as well as continue to grow and thrive – albeit online. From the implementation of friendly member chats, to the initial online coffee chats (discussion focusing on hard to find groceries and toilet paper), to sessions on learning how to use Zoom, to our beloved Yoga program, to NNV's more educational Virtual Speaker Series, to Barbara Scott's conversations on uncertainty – NNV is present every day, providing its compassionate support, caring assistance and an open ear.

In addition to NNV's move to on-line programming, staff was furiously busy behind the scenes, compiling critical information about COVID-19 from the CDC, D.C., and other reputable health

and medical sources.

NNV's website became the go-to place for accurate COVID-19 information, as well as links to humor, travel, museum exhibits and more. The Village lived up to its name as everyone pitched in with helpful information. The NNV listserv became a great place for members and volunteers to share information about online shopping, where to find items, local markets and more.

Looking back, it is extraordinary how quickly NNV pivoted and remained as relevant, if not a lifeline, to our constituents. Our online programming became a staple in our members' lives, affording them the connections they enjoyed before COVID-19 required sheltering in place.

Now, NNV is slowly, like D.C. and the Greater Washington area, beginning to phase in limited volunteer services. Once again, the safety and health of our Villagers is paramount and guiding the decisions and directions being taken.

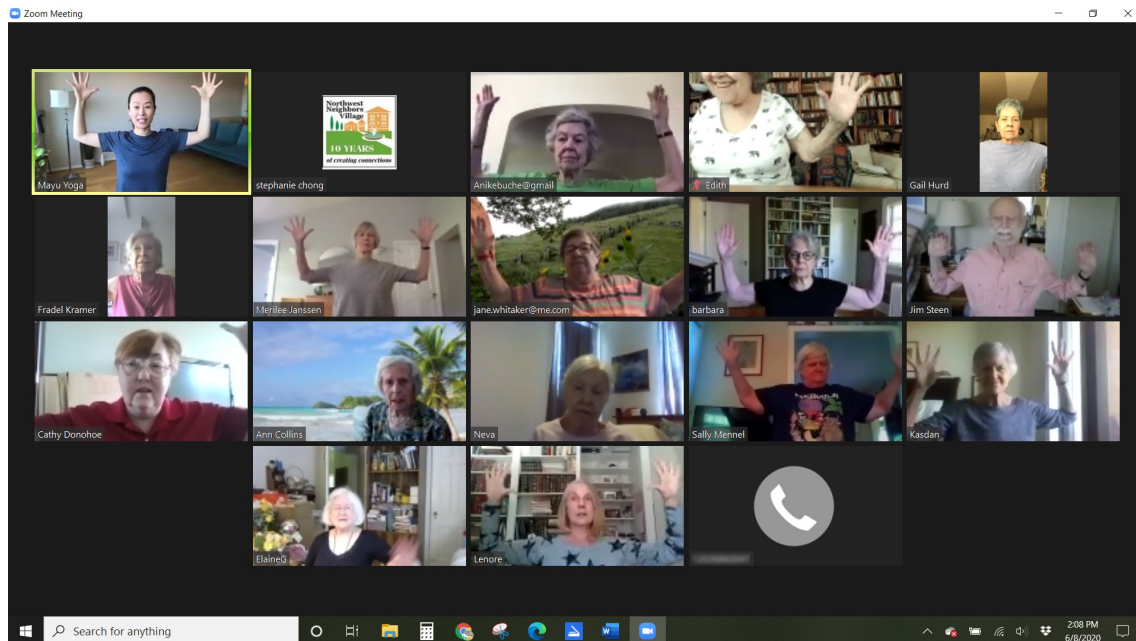
On behalf of the staff and NNV's Board, we thank you – our members, volunteers and donors for your continued support and understanding as we navigate this pandemic together. We look forward to seeing everyone soon when it is again safe to do so. In the interim, know that NNV remains here for you.

Northwest Neighbors Village & COVID-19 quarantine by the numbers:

Over **1,000** phone calls to check on members
60% rise in programming offered
40% increase in members participation in Village programming
65% more community participation in Village programming
Visitors to our website have viewed our COVID-19 information & resources and upcoming Village events more than **20,000** times.

Gentle yoga on Zoom

BY MERILEE JANSSEN



Top row (L to R): Mayu Suzuki, Anike Buche, Edith Couturier, Gail Hurd.
2nd row: Fradel Kramer, Merilee Janssen, Jane Whitaker, Barbara Oliver, Jim Steen.
3rd row: Cathy Donohoe, Ann Collins, Neva Farrah, Sally Mennel, Pat Kasdan.
4th row: Elaine Greenstone, Lenore Lucey, Claartje Bertaut (on the phone).

Little did any of us know that on Monday, March 9, we were enjoying our last gentle yoga class in the Assembly Room at Forest Hills. With the pandemic hitting our area, and the stay-at-home orders announced days later, we never expected that not a week would pass without our beloved NNV gentle yoga practice on Monday afternoons. Without skipping a beat, Stephanie and Mayu, our yoga instructor, put their heads together to arrange our Zoom classes. They started the following Monday, March 16. Although the technology of the Zoom world has been challenging for many of us, we have had 13-20 yogis join Mayu every week for a welcome break from our home quarantines.

Mayu greets each of us individually at the beginning of our practice with her wonderful smile and welcoming nature. Yogis are also able to greet each other on the Zoom platform as we gather for class. Soon Mayu is guiding us through relaxing breathing exercises and gentle warm up poses. We remain almost exclusively in our chairs as we reach to the sky in Mountain Pose, lengthen our spines to the ceiling and pull our rib cages toward the back of our chairs as we twist our upper bodies to one side and then another. Mayu always offers many alignment cues (knees over ankles, shoulders stacked over hips, collarbone wide) as we work to lengthen our spines and strengthen our cores. And she also offers several different options and adaptations ("Choose what works for you and your

body.") For those who can stand with the support of a nearby chair or wall, Mayu guides us through a series of warrior and balancing poses as we approach the end of our practice. Other yogis are able to do their favorite upper body pose from chairs if that works better for them. Yogis salute Mayu for her detailed explanations and guidance through the poses, as well as her encouraging and inclusive comments.

For her part, Mayu loves teaching seniors and welcoming them into the yoga community. She is thankful our paths crossed and thanks everyone for allowing her to bring wellness to our members and volunteers during this unprecedented time.

Our regular yogis are grateful that we have been able to keep our Monday yoga gatherings and stay in touch with our NNV friends. We are able to remain on Zoom and chat with each other after class for a bit of the "social hour" that we all miss so much. Plus, the classes are all recorded and are available to us anytime, any day we choose to access them on the nnvdc.org website. For many of us, that is like a gift that never stops giving!

Join us for NNV gentle yoga on Mondays at 2 p.m.! It's free and open to the NNV community. Mayu also offers a donation-based Chair Yoga class on Thursdays at 11am on Zoom. Check for the link in the programming section on the [NNV Events Calendar](#).

Volunteer services and programming update

BY HEATHER HILL

On July 6th, Northwest Neighbors Village will begin Phase Two of Reopen NNV. While the virus still has the potential to significantly impact our Village community, Northwest Neighbors Village is taking a conservative phased approach to reintroducing services and programs.

Effective Monday, July 6, 2020, Northwest Neighbors Village will offer the following volunteer services and programming:

Contactless Volunteer Services – Phone Buddies will continue to maintain frequent telephone contact with our members. Other contactless volunteer services include: grocery delivery and errands, yardwork, remote tech help, remote assistance with telemedicine appointments, including medical note-taking, taking trash cans to and from the curb, and taking shredding and hazardous household waste to Fort Totten.

In-person Volunteer Services – In-person volunteer services will be offered for activities that can take place outdoors, like walks and outside friendly visits. Simple home repair projects that are critical to a member's safety will be arranged based on volunteer availability.

Transportation – Limited curb to curb transportation services will be offered to essential medical appointments (not related to COVID-19) and essential personal care appointments like haircuts.

Group Programming – In-person group gatherings will not be implemented in the early phases of reopening. We will continue to offer a robust calendar of events via Zoom.

Important Reminders for Receiving and Providing Volunteer Services:

1. Both parties must wear masks, and carry hand sanitizer for use during and after the volunteer service.

2. Members receiving volunteer transportation must sit in back seat if able. Riding with ventilation (open windows) is suggested when possible.

3. Members and volunteers should maintain a six-foot distance whenever possible.

4. Volunteer transportation is currently limited to curb to curb service.

5. Both parties should carry cell phones and/or have contact phone numbers for each other to facilitate communication at pick up for transportation services.

6. Volunteer must thoroughly disinfect car before and after providing transportation for a member.

Northwest Neighbors Village has shared a set of guidelines and protocols for in-person services and programs during the COVID-19 pandemic with members and volunteers. Because the virus is still a threat to our Village community, Northwest Neighbors Village will monitor trends in COVID-19 infection rates and may need to adjust or limit service request availability accordingly.

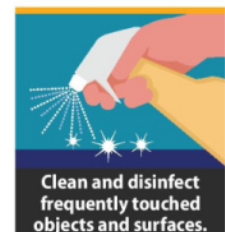
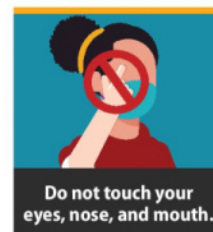
Moving Forward:

The quarantine has lasted much longer than we initially expected when the pandemic began in March. We understand how difficult it is to be at home for an extended period of time and realize the challenges associated with quarantine. Northwest Neighbors Village remains committed to staying informed and making thoughtful and measured adjustments to our services and programs to best meet the needs of our Village community. We welcome and encourage your feedback on services and programs that can be of benefit to our members, volunteers, and community.

Northwest Neighbors Village has a new phone number to ensure timely response while staff work remotely for the foreseeable future. Please call us Monday – Friday between 9:00 am – 3:00 pm at 202-935-6060 or email info@nnvdc.org.

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



Black Lives Matter

BY STEPHANIE CHONG

We are living in a time where division is alive in our nation, communities, and even our families. Northwest Neighbors Village believes it is important for us as a Village to learn more about diversity, equity, and inclusion, and to inspire values-aligned actions that we can each take to create a more just world.

Our vision is one of a generous, supportive community where older adults are valued, age with dignity, and enjoy opportunities for growth and engagement. This is not attainable until people of color are provided the same respect and opportunities as their white counterparts. Systemic racism denies African Americans and other minorities the opportunity for a life well-lived, challenging the ability to achieve a healthy old age and negatively impacts mental and physical health across the lifespan.

This issue strikes at the very core of Northwest Neighbors Village's values which include caring, positive aging, diversity, collaboration, and integrity. Our three-year strategic plan prioritizes our commitment to broaden the diversity of our membership by 2021. This goal is only within reach if we work together, listen to one another, and discover ways to create a welcoming space for all.

Systemic racism will not be eradicated if we sit on the sidelines and wait for others to make change. Many of our friends and neighbors are re-examining their views and actions in light of recent events. Northwest Neighbors Village commits to



making resources available and offering discussions that address racial inequality, challenge our biases, and help us grow as individuals and as a community.

Please stay tuned for future NNV programming on diversity, equity and inclusion. We welcome your programming suggestions.

Support Northwest Neighbors Village July 15-17

BY STEPHANIE CHONG

I'm delighted to share that Northwest Neighbors Village has been accepted to participate in the Home Instead Senior Care Foundation's fifth annual GIVE65 event, a 65-hour online fundraising event exclusively for senior-focused organizations like ours. This year, the event kicks off July 15 and runs through July 17. We're hoping to raise \$7,000 to support our Subsidized Membership Fund. Your gift will make it possible for Northwest Neighbors Village to offer our valuable services and programming to members with low to moderate income.

We have a chance to receive up to \$5,000 in matching funds from the Home Instead Foundation and believe we can achieve this goal with your help. To make a gift and learn more, please visit <https://www.give65.org/nnvdc>. Then, click the pink "donate now" button to start the process of making your gift.

Now more than ever our members are counting on us to continue to provide our services and programs. Thank you for supporting our mission and making it possible to make our Village accessible to all of our neighbors.



Old Urban Naturalist

BY JANE WHITAKER

As you escape the confines of your home I hope you go for a “walk in the woods”. Keep sharpening your observation skills. Once outside there is always something new to see or hear.

Now the challenge is to identify your finds. Summer has arrived and fresh blooms in all sizes and colors are everywhere. Trying to put a name on what you see is the next step. It can be as easy as asking a knowledgeable friend, looking it up online or trying one's hand at using an identification guide from the library.

So, what's in a name? Let's take one of my favorites, Joe-Pye-Weed or sometimes called Kidney-root. The common (English) name tells a story. Joe-Pye was the name of a Native American in New England who taught the early settlers the medicinal use of the plant. It's big and grows in waste places, stream banks for example, so it was considered a weed. Weeds are defined as plants out of place. Most people don't want it in their yards. I do! It is a great pollinator plant. The blossoms attract bees and butterflies and the seeds attract birds.



Joe-Pye-Weed

PHOTOS BY JANE WHITAKER

Joe-Pye-Weed's scientific name is *Eupatorium purpureum*. The genus *Eupatorium* was described by Linnaeus and includes several related plants in Europe and North America. It was derived from the name Mithridates Eupator (132-63 B.C.) the King of Pontus who was the first to use it as a medicine. He was famous for having lived in the wild for several years and having concocted an antidote for poisoning. Joe-Pye used it for treating typhus fever and as a diuretic and emetic, thus the name Kidney-root.

Botanists use the Latin and occasionally Greek names as they are fairly consistent worldwide. Common names can be very localized. For example, violets can be called Johnny Jump Ups or Confederate Soldiers whereas the scientific name is *Viola*. Some people call bluets Quaker Ladies but the scientific name is always *Houstonia*. Some common names are even used for more than one species which really confuses the amateur. Chicken-of-the-Woods is a common name of both the Ruffed Grouse and an edible fungi!



Bluets

Common names are fine if they give you a “handle” for your plant or animal. Just remember, if your neighbor argues with you about your identification, the scientific name will settle the argument once and for all.



Chicken of the woods

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The second half of the scientific name is the species name and is often descriptive. Joe-Pye-Weed's species is *purpureum* which tells you the color of the stem and flowers. Look at the scientific name when you identify a plant from a book. It will often have a story to tell if you let it.

The poet A. E. Housman alludes to Mithridates' antidote in the final stanza of "Terence, This Is Stupid Stuff" in *A Shropshire Lad*:

There was a king reigned in the East;
There, when kings will sit to feast,
They get their fill before they think
With poisoned meat and poisoned drink.
He gathered all that springs to birth
From the many-venomed earth;
First a little, thence to more,
He sampled all her killing store;
And easy, smiling, seasoned sound,
Sate the king when healths went round.
They put arsenic in his meat
And stared aghast to watch him eat;
They poured strychnine in his cup
And shook to see him drink it up:
They shook, they stared as white's their shirt:
Them it was their poison hurt.
—I tell the tale that I heard told.
Mithridates, he died old.

My bird bath is a wildlife magnet. It has a pump which attracts creatures by the sound and motion of the water, and the circulating water is oxygenated and keeps mosquitos at bay. Sitting on my deck I see catbirds, purple grackles, mockingbirds, sparrows, bluejays and, of course, robins. I often find earthworms or cherry pits in the



A robin taking a bath

morning undoubtedly left by raccoons or opossums. Sometimes the rock is even overturned.

My neighbor's cat thinks it's her personal water dish, and of course squirrels visit it regularly when there is a dry spell. Fortunately, I have no deer for they would love the bird bath and probably tip it over.

Bathing is essential for birds. They have to clean excess oil from their feathers and rid themselves of parasites. When they bathe, they flap their wings in the water, fluff out their tail and bob their heads in it. After getting themselves soaked they will fly to a safe perch to dry and preen their feathers. Some sparrows will take a dust bath as well.

If you're in the park, the creek is an ideal spot to observe this bird behavior. Have fun on your walks, keep observing and you'll be surprised at how much you can learn. Challenge yourself and have fun at the same time.



DARCY TROUTMAN PHOTOGRAPHY

An NNV walk in the woods last year before the era of masks and social distancing.

Front: Elly Greene (L) and Anne Aarnes (R)
Rear: Harriet Rotter (L) and Stephanie Chong (R)

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

Friday, July 3

Independence Day Holiday

Volunteer Orientation

Wednesday, July 15, 10 a.m.-noon

If you are interested in volunteering with

NNV, please fill in our [Volunteer](#)

[Application Form](#).

REGULAR EVENTS:

Gentle Yoga with Mayu

When: Every Monday, 2-3:30 p.m.

Where: Online, via Zoom

RSVP on the [Events page](#) of the website or phone: 202-935-6060.

(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 the [Events page](#) of the website or phone: 202-935-6060.

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 the [Events page](#) of the website or phone: 202-935-6060.

Join guitarist Carey Smith for a live jazz concert in the comfort of your own home.

French Conversation Group

When: The 3rd Thursday of each month
Jul. 16 & Aug. 20, 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.

The [Virtual Speaker Series](#) will continue through the summer and new speakers are still being added. More information available on our website.

Past presentations by speakers who have given NNV permission to record them are available [on our website](#).

The Current State of the Movie Business; COVID-19's Impact on Movie Theaters

Thursday, July 2, 11 a.m.

Speaker: **Josh Levin** has served in a leadership capacity in all three segments of the film industry -- as a distribution and marketing executive, documentary film producer and cinema owner/operator. In 2010, Josh returned to his hometown of Washington, D.C., to open and manage the West End Cinema, named Washington, D.C.'s Best Independent Movie Theater by Washington CityPaper. As a distributor, Josh has designed and overseen the theatrical releases of dozens of award-winning films, most recently the virtual theatrical release of "American Trial: The Eric Garner Story" (New York Film Festival 2019). In 2016, Josh joined the faculty of American University's Kogod School of Business as an adjunct professor in the Business and Entertainment program. Previously, he taught as an adjunct at New York University. RSVP on the [Events page](#) of the website or phone: 202-935-6060.

Could the White House Steal the Election?

Thursday, July 16, 1 p.m.

Speaker: **Roy Neel**'s novel The Electors, published in 2016, imagines just that. His novel centers on a conspiracy in the White House to undermine the Electoral College and is described as "a riveting story of massive political corruption." Roy is a former White House Deputy Chief of Staff and Director of VP Gore's Transition Planning in 2000. He will talk about his novel and the research and personal experiences he had that led him to imagine such a scenario. His novel is available on Amazon. RSVP on the [Events page](#) of the website or phone: 202-935-6060.

This is Your Brain on Architecture

Tuesday, July 28, 2 p.m.

Speaker: **Milton Shinberg**, a renowned professor and architect will discuss the intersection of neuroscience and architecture, with a particular focus on the relationship between cognition, understanding and designing architectural space. Milton Shinberg has been an Adjunct Associate Professor at The Catholic University of America since 1978, and teaches all studio levels, including Thesis. He also develops other courses, such as his current graduate seminar titled "Beauty and Brains". His firm, Shinberg, Levinas Architects, has designed over a million square feet of school space, in addition to private residential work in the DC area. RSVP on the [Events page](#) of the website or phone: 202-935-6060.

Be a part of Northwest Neighbors Village!

BY HEATHER HILL

Northwest Neighbors Village (NNV) is now offering a special three-month trial membership! NNV has been around for over 10 years. You probably already know friends and neighbors who are members or volunteers. You may even have thought about joining NNV but haven't gotten around to it. There's no time like the present to join and experience the community and support your neighborhood Village has to offer.

Join NNV for three months. After three months, you can choose to convert to an annual membership or decide to conclude your trial membership.

Three-Month Trial Membership Fees*

\$55/month for a single membership

\$80/month for a household membership

*Reduced fee memberships are available for neighbors with limited incomes.

Benefits of Full Membership during the Current Pandemic:

Northwest Neighbors Village is open and operating! Though we are practicing safe physical distancing, we're "virtually" more socially connected than ever before. We invite you to join our community of mutual support and engagement.

Community Connections and Volunteer Support:

Members and volunteers are staying connected. Through frequent phone calls and Zoom chats, members report feeling a part of a caring community and are not isolated or alone. Members receive individualized services from a dedicated community of volunteers who are screened, trained, and supported by our professional team.

Social, Cultural, and Wellness Programs:

When the pandemic began, our Village quickly adapted. Volunteers were at the ready to help members solve technology challenges, ensuring all members have access to participate in the online world. Members enjoy an array of online programs, including gentle yoga, jazz concerts, social chats, support groups, and educational programs. Members constitute the heart of our mission and we invite members to help shape our future programming.

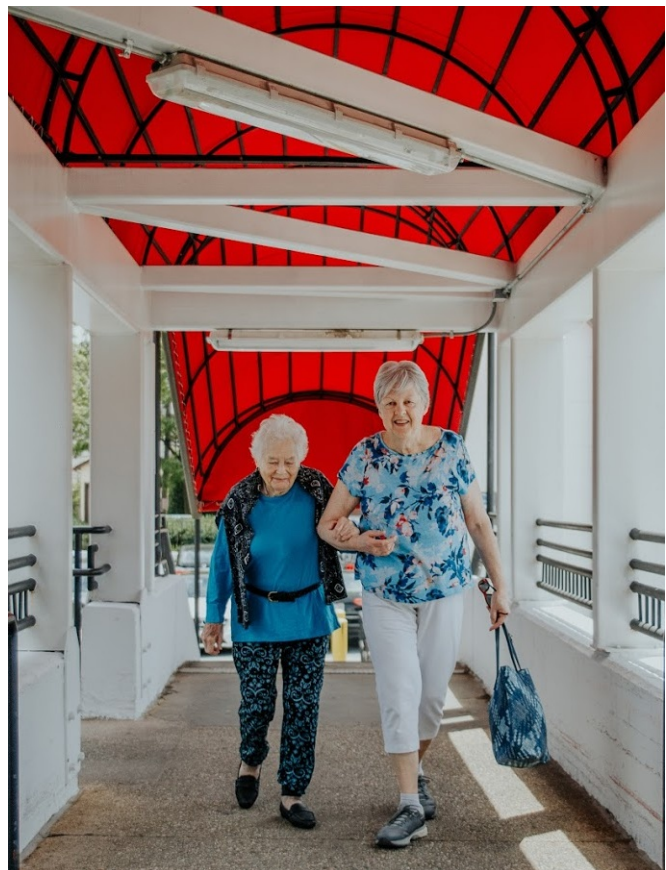
Access Our Robust Network of Resources:

Confused about social distancing? Having trouble mastering Instacart? Need a recommendation for a good movie or book? NNV can help with all of these things! Members have access to our private listserv, professional referrals, professional case management, and exclusive and timely communication.

Northwest Neighbors Village is a member-driven organization that has been adjusting to the interests and needs of our members since opening our doors in 2009. In response to the current pandemic, NNV has created guidelines and safety protocols in accordance with local and federal recommendations to prepare for gradually and safely navigating our future with COVID-19.

Next steps:

If you are interested in trying out membership with Northwest Neighbors Village, [click here to complete our online application](#), send an inquiry email to info@nnvdc.org or call our office at 202-935-6060. A member of our staff will be in touch with you.



DARCY TROUTMAN PHOTOGRAPHY

Phyllis Kline (L) and Ann Todd (R)

A super supper soup for one or a small gathering

BY BARBARA OLIVER

Don't let the length of the ingredient list deter you from making this refreshing, light soup. It's worth the effort. You can save time and effort by buying small amounts of pre-cut vegetables from your supermarket's salad bar, or by using frozen vegetables instead of fresh ones (though the texture of the soup might change a bit). There are so many variations on this recipe. Add or leave out vegetables to suit your taste, but don't omit the lemon juice, which adds tremendously to the appeal.

Fresh Vegetable Soup

Ingredients:

2 cloves garlic, minced
2 med. carrots, diced
2 small zucchini, diced
2 cups savoy cabbage (or other

variety), shredded
2 cups Swiss chard, chopped
2 cups cauliflower, small florets
2 cups broccoli, small florets
1 med. onion, diced
1 med. sweet red pepper, diced
1 rib celery, diced
2 tsp fresh thyme, chopped
6 cups vegetable broth
2 Tbsp parsley (or chives), chopped
1/2 tsp table salt, to taste
1/4 tsp black pepper, to taste
2 Tbsp fresh lemon juice, optional

Directions:

Put garlic, vegetables, thyme and broth into a large soup pot. Cover and bring to a boil over high heat, reduce heat to low and simmer, partly covered, about 10 minutes. Stir in parsley (or chives); season to taste with salt, pepper and lemon juice.

Serves 12, about 1 cup per serving.

Notes:

If you like thick soups, consider pureeing this recipe in the pot with an immersion blender.

SOURCE:

ADAPTED FROM A WEIGHT WATCHERS RECIPE.



BARBARA OLIVER