

THE VILLAGE NEWS

Northwest Neighbors Village

Volume 6, Issue 9

A Community Network of Support

October 2014

Hospice care: Medicare has a lot to offer

BY JANEAN MANN

Medicare can provide assistance to those terminally ill loved ones who wish to spend their remaining days at home. But don't wait until the situation is critical before seeking such assistance. This is the advice of Marti Brown Bailey, director of Sibley Senior Association and Community Health, who spoke at an NNV program on Sept. 22.

Many people are unaware of Medicare hospice benefits, according to Bailey. Available to individuals certified by their doctors to be terminally ill, Medicare provides all items and services needed for pain relief and symptom management, some medical, nursing and social services, and the loan of all durable medical equipment.

The patient may also get physical or occupational therapy if it is related to quality of life. Medicare also covers spiritual and grief counseling to the patient and for the family for 13 months after death.

These benefits are provided without cost to the patient or family under Medicare Part A. Social workers can help with things such as meals on wheels. Nurses' assistants can come in several times a week to help with

bathing or other personal care.

"I hope you are not among the people who wait until everything is falling apart," Bailey told the audience, "but this is often the case." If so, individuals can request a "power week" to help develop a system of care for terminal patients. During this period a hospice company can make an analysis of what needs to be done and work with the family to implement it, all covered by Medicare.

Hospice care, also known as comfort care, is available initially for six months—two 90-day periods—but can be extended in indefinite 60-day increments,

absent improvement in the individual's prognosis. These services can be provided in the home or in a facility that offers hospice care.

Obtaining hospice care does not eliminate other Part A Medicare benefits. If you need to go to the hospital for other issues unrelated to the terminal illness, you are still covered.

There are many hospice groups in this area, including nonprofits such as Capitol Caring, Community Hospice and Montgomery Hospice, and for-profits, such as Vitas. Medicare



JANEAN MANN

Marianna Blagburn introduces Marti Brown Bailey of Sibley Hospital (left), who described Medicare's hospice benefits for the terminally ill.

See **HOSPICE**, Page 2

NORTHWEST NEIGHBORS VILLAGE

*a community network of
support*

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Northwest Neighbors

Village (NNV) is a nonprofit organization created to help the residents of Northwest Washington live comfortably and safely in their neighborhoods and homes as they age. Founded in 2007 and opened in 2009, NNV is part of the Senior Services Network, supported by the D.C. Office on Aging.

Join or Volunteer

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

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JANEAN MANN

Marti Brown Bailey delves into the intricacies of Medicare hospice coverage.

Hospice benefits

HOSPICE, *Continued from Page 1*

pays for both groups. Privately paid hospice care is also available for those without Medicare, but there are organizations that may be able to help with payment.

The number of visits an individual can receive a week depends on a variety of issues. One is acuity—how much care does the individual need; another is the location of the individual. You are likely to be seen less often if you are at home than if you are in a facility with a number of other hospice patients. Hospice care does not cover custodial care.

There are four levels of hospice

care—at home; in-patient care to help address immediate problem areas; respite care that provides relief for the caregiver by placing the patient in assisted living for a few days; and crisis care. There may be co-pay associated with respite care. In crisis care, a professional caregiver will come for a few hours until a crisis symptom is manageable. According to Bailey, one should choose a hospice organization that can handle all of these situations.

NNV has a list of hospice care facilities in our area with which our members have had experience. Executive Director Marianna Blagburn can help NNV members select such an organization.

SERVICE REQUEST OF THE MONTH

Yard cleanup

Call now to reserve your team of yard work volunteers for Thursday or Friday, Oct. 16 or 17 (select one). Tasks should be possible to complete within 90 minutes. Volunteers will rake, clip or weed. NNV has gloves and rakes; members should supply bags and bottled water for volunteers. To reserve your team, call (202) 777-3435.



NNV CALENDAR

Rides are available for NNV members to all NNV events.

Wed., Oct. 1, 1-3 p.m.

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

Fri., Oct. 3, 10 a.m.

Nature walk and picnic with Audubon senior naturalist Stephanie Mason, limited to 16 people. Woodend Sanctuary,

8940 Jones Mill Rd., Chevy Chase, Md. Call (202) 777-3435 to reserve a place.

Mon., Oct. 6, 2-3 p.m.

Gentle Yoga with Sandi Rothwell. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

Mon., Oct. 13, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Wed., Oct. 15, 2-4 p.m.

NNV Book Club to discuss *Saturday* by Ian McEwan at the home of NNV member Barbara Dresner. RSVP: (202) 777-3435.

Mon., Oct. 20, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Wed., Oct. 22, 10 a.m.-2:30 p.m.

Chrysalis Winery—One-day tour, tasting Virginia wine via Ingleside bus. Departs from 3050 Military Rd. NW. Lunch included. Reserve at (202) 777-3435.

Mon., Oct. 27, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Tues., Oct. 28, 3:30 p.m.

NNV Men's Book Club meets at the home of NNV member Bernie Hillenbrand. Book to be decided. RSVP: (202) 777-3435.

A fall bus trip to taste wines of the Piedmont

Never been to a local vineyard? Join NNV on an hour-long bus ride to the Chrysalis Vineyards near Middleburg, Va., to enjoy the wines of the Piedmont region, on Wednesday, Oct. 22.

Of particular interest at Chrysalis Vineyards is a native American grape, Norton (sometimes also known as Cynthiana). Recognized among North American varieties for its ability to produce premium-quality red wines, the Norton was internationally recognized in the 1800s as the source of distinctively robust reds with overtones of berry and pitted fruits. Today the Norton is enjoying a resurgence of popularity, and Chrysalis Vineyards aims to restore the grape to its position of eminence. The vineyard has



JANEAN MANN

From the Chrysalis terrace, wine tasters can view vineyard and mountain scenery.

the largest planting of Norton grapes in the world.

Before tasting the wines, we will enjoy delectable box lunches prepared by the kitchen staff of the nearby Salamander Inn.

Participants should arrive on the Ingleside campus and board the bus at 10 a.m.; the bus departs at 10:30. After our trip through wine country foliage and lunch, the wine tasting at 1 p.m. will feature 12 wines (you

can try as many or as few as you like). Following the tasting the bus will return to Ingleside, arriving around 2:30 p.m.

The price of the midweek "mini-vacation" is \$45, including everything. Deadline for reservations is noon on Oct. 16, with the fee to be paid by Oct. 17, cash or check only. Call (202) 777-3435 for reservations. Rides to and from the Ingleside campus are available for NNV members.

MEMBER PROFILE

With Joan Janshego, history comes alive

BY STACEY MARIEN

Though Joan Janshego's career has taken a variety of turns over many years, she has come full circle. As a child she was interested in her grandmother's oral history of the grandmother's native Romania. Now, thanks to Woody Allen, her love of oral history has turned to Chevy Chase.

Joan grew up in a tight-knit Romanian family. All four grandparents were from Romania and lived near Joan in Pennsylvania. She grew up speaking Romanian since her grandparents did not speak English.

Joan attended the University of Pittsburgh, majored in business education and met her husband, Bob. Bob had a degree in psychology and persuaded Joan to move to Washington, where he thought job prospects would be better. Joan and Bob settled into their current home in Chevy Chase in 1983.

Joan says Woody Allen was responsible for their move into D.C. proper. She and Bob loved going to Woody Allen movies and would have to drive in from the suburbs to go to the Avalon Theatre. They admired the old houses near the Avalon and eventually moved into one built in 1925.

Joan started teaching when she was still living in Pennsylvania, then taught for a couple of years at Strayer Junior College after she moved to the area. In a career change, she became an office

manager in a law firm. Then she moved to Capitol Hill where she was a caseworker, helping constituents for Rep. Tom Foley (D-Wash.). She next worked as a legislative assistant for Rep. Barber Conable (R-N.Y.).

She earned a master's degree in communication and public administration at American



STACEY MARIEN

Joan Janshego at home.

University. When Rep. Conable retired, Joan became an employee relations specialist with the National Archives, from which she retired 25 years later.

While working, Joan was the volunteer coordinator of a men's homeless shelter at St. Paul's Lutheran Church. When she started thinking about retirement, she decided to find other volunteer work to keep herself busy. She started tutoring children needing help with reading through an organization called Experience

Corps. She met a 7-year-old boy from Sierra Leone who ended up being, along with his family, an important part of Joan's life. It was a rewarding way to start her retirement!

Joan now volunteers for the National Gallery of Art and Saturdays can find her staffing the information desk. She has taken advantage of the opportunities at the National Gallery to learn more about art.

She became involved with Historic Chevy Chase DC when she was asked to join its board. She spearheaded its oral history project of interviewing longtime Chevy Chase, D.C. residents. Joan has also started a video oral history project interviewing Woodrow Wilson High School alumni about their high school memories.

She became involved with NNV when Marianna Blagburn called her to ask her about the oral history project and to see if she would be interested in interviewing NNV members. Joan agreed and several of her interviews have appeared in this newsletter. She loves the optimism, spirit and rich lives that her interviewees have experienced.

Joan likes the concept of aging in place and thinks NNV is a wonderful organization that helps people to stay in their own homes. In a large city like Washington, people may not have the network of family and friends that one would find in a small town and NNV can fill that void.

Power of community supports the Village

2014 End-of-Year Appeal starts now

BY MARIANNA BLAGBURN

Thanks to your generous financial support, Northwest Neighbors Village celebrated its fifth birthday in March. We are proud to be a nonprofit leader in a national movement of people who are changing attitudes about aging. As one of 40 open villages in the Washington area, we have made great strides over the past five years—none more important than helping the older residents in our community stay connected and engaged in a senior-friendly community. Today, NNV serves 227 members with the help of 126 volunteers in a neighbor-helping-neighbor model of community living.

“I love the village. Especially making new friends from the community. We are all in the same boat wanting to live in our homes. If I knew getting older would be this much fun, I would have done it sooner,” says Barbara Dresner.

This year alone, volunteers have performed over 3,200 services including drives to medical appointments and social and educational events; computer help; help with hospital stays; and medical note-taking. Our medical note-taking program has been recognized as a national and local model in the *Washington Post*, *USA Today*, *Kaiser Health News* and the *Northwest Current*. We offer



MARIANNA BLAGBURN

Volunteer Jennifer Adams and member Edith Couturier. Social support is one of the village movement's values.

a Caregiver Support program and coordination of medical and social services through our relationships with other providers of senior services in our community including Iona Senior Services, Forest Hills of D.C., Ingleside and the Lisner Louise Dickson Hurt Home. We increased our support for our seniors who live at home with our Home Safety Support program, year-round home improvement help and consultation in advance care planning. Our social and education programs have kept our members and others in the community informed and connected.

As with all nonprofit organizations, our nominal fees cover only 50 percent of our operating costs. Our expansion and development relies heavily on individual donations at this time of year. Your donation will ensure that we can continue to offer our services to those who wish to remain in our community as they grow older. *When you receive your letter of appeal, can we count on you for your donation?*



NNV members helped mark “Restaurant Week” with a dinner Aug. 13 at the Capital Grille on Western Avenue. From left are Bob Parker, Marianna Blagburn (partially obscured), Vivian Parker (in pink), Beverly Simmons, Janean Mann, Eleni Karazikas, Mary Ellen Hilliard, Marilyn Schachter and Bob Carr.

Marianna Blagburn is executive director of NNV.



PHOTOS BY JANEAN MANN

Above, right and bottom: NNV members and volunteers enjoy food, friendship and music.

Nice day for a picnic

To the background music of NNV volunteer Sal Selvaggio, more than 50 NNV members, volunteers and friends enjoyed the grilling expertise of Co-President Bob Holman and VP Steve Altman at the annual picnic Sept. 7. The lovely weather and inviting Candy Cane Park setting gave participants a fine day to chat with old friends, meet new folks and savor a wide variety of foods and beverages prepared by picnickers.



Vice President Steve Altman, left, hears what NNV member Elton Smith has to say about his grilling wizardry.



Marilyn Schachter compliments NNV volunteer Sal Selvaggio on his guitar artistry.

BY JANEAN MANN

Getting around: Some different resources

Transportation is the most heavily requested service that we provide to NNV members. Of the 191 services requested in August, 135 were for transportation. These included recurring grocery shopping trips and wellness and therapy appointments as well as other

one-time appointments. And although NNV continues to recruit, train and screen drivers, there are times when we are unable to meet a member's transportation request.

The best way to ensure that a driver will be available to meet your request is to call the office a week in advance. Nevertheless, if you do make a last-minute request, we will do everything we can to find you one of our volunteers.

But if transportation needs exceed our capabilities, there are other alternatives. Among them are private, fee-based drivers that our members have used with success. If you are traveling to the airport or train station, they will help you

with your luggage. NNV will be happy to screen your request and give you a report on what they can do to support your trip. These companies, too, prefer a week's notice. The fees vary. For example, one of our members would have been charged \$35 to meet her bus in

Dupont Circle at midnight and drive her home to Chevy Chase, but fortunately a "night owl" volunteer was available.

The Super Shuttle takes riders from home to the airports but needs advance notice. Members have used this service with success, but the Shuttle picks up

other individuals, and you often must leave earlier than you would with a private driver. Cost is about \$35 from Chevy Chase to Dulles. You can also pick up the Shuttle at the airports for trips home.

Additional transportation services are available for medical appointments. One is the relatively new Seabury Connector. This is a free service available to D.C. residents over 60, but requires pre-enrollment. You can call (202) 727-7771 to enroll. We encourage you to make this initial call, but the NNV office can help if needed. A doctor's approval is not required. The Seabury Connector can take you to medical appointments, social service agencies and group shopping trips for 10 or more persons departing from one site.

Seabury is a curb-to-curb service, meaning they do not help you from your house to the vehicle. Seabury prefers that you call three days in advance but can handle calls the day of an appointment if you call before 1 p.m.

Another service is MetroAccess, which provides transportation to medical appointments in D.C. with a one-week notice requirement. You must have a physician's approval to use MetroAccess. The driver will help you from your home to the vehicle. NNV can help you set up such an appointment.

Another service for individuals who may need more assistance with mobility issues is that of medical transportation. These companies will take you to appointments within as well as outside of D.C. They are generally more expensive. For example, a member paid \$60 for transportation from Forest Hills to Sibley Hospital.

Regardless of the method you use to travel to a medical appointment, you can always request an NNV medical note taker to accompany you.

NNV is producing a transportation resource guide that will outline these various transportation possibilities. It will be available in mid-October.



WMATA.COM

Cooking for one: It can be a joy

BY BARBARA B. OLIVER

“Remember why you like to cook,” Holly Utt, a vivacious brunette, advised her audience comprising 25 members and volunteers of Northwest Neighbors Village. She was at Forest Hills of D.C. on Aug. 11 to teach how to cook for one.

“The joy of cooking can be empowering,” she says. “You get to choose what you’ll eat, take care of yourself, and ... be creative.”

Her lesson for the day: I bought a rotisserie chicken. Now what? Here are four meals to make and enjoy, using her recipes.

1. Chicken Stir Fry

Serves 2

*1½ tablespoons soy sauce
1 teaspoon brown sugar
1 teaspoon ginger root, peeled
and minced
1 teaspoon minced garlic
1 tablespoon canola oil
1 carrot, diced
1 celery stalk, sliced
diagonally
½ onion, sliced
Meat from 1 chicken breast,
cubed
1 cup prepared rice*

Combine first four ingredients in small bowl. Mix and set sauce aside.

Place sauté pan over medium heat. Add 1½ teaspoons oil to pan and heat for a minute.

Place cut vegetables in pan and sauté about 4 to 6 minutes

until tender.

Add chicken and sauce to pan. Let simmer 3 to 4 minutes until hot.

Put steamed rice on plate and add mixture from the pan.

2. Curry Chicken Salad

Serves 2 generously

*1 cup cooked rice (white, brown
or wild; or a mixture)
1/8 cup sliced almonds
2 cups cooked, shredded or
chopped roasted or poached
chicken
1½ teaspoons curry powder
2 tablespoons Major Grey
mango chutney
½ to ¾ cup Hellman’s
mayonnaise
¼ cup red seedless grapes,
halved
2 to 3 scallions, sliced
Salt and pepper to taste*

Cook rice according to package directions.

Toast almonds and set aside to cool.

Cook chicken or use already roasted or grilled leftover chicken.

Put cooked chicken and rice in large bowl.

In a smaller bowl, mix curry powder, chutney and ½ cup mayo. Mix well. Add to chicken and rice mixture.



PHOTOS BY BARBARA B. OLIVER

Holly Utt teaches the cooking class at Forest Hills of D.C.

Add almonds, grapes and onions to salad.

Mix and add salt and pepper to taste. (If dressing seems dry, add more mayo; you can adjust amounts of other ingredients to your liking.)

See **COOKING**, Page 9



Just try this: Holly Utt serves up the chicken potpie to Edith Couturier and Barbara Dresner.

Cooking single-handed

COOKING, Continued from Page 8

3. Chicken Potpie

Serves 6

2 crusts from a package of Pillsbury Ready Made Pie Crust (in refrigerated dairy section)
1 carrot, diced
1 celery rib, diced
1 small onion, diced
1/2 cup sliced mushrooms
3 cups cooked chicken
1 cup cooked rice (or potatoes)
1 can Campbell's condensed cream of chicken soup
1/2 teaspoon dried thyme
1/2 teaspoon dried rosemary
1 egg, lightly beaten with 1 teaspoon of water

Preheat oven to 400° F.

Roll out 2 pie crusts and place one in bottom of deep, 9-inch diameter pie plate; set other crust aside.

In a sauté pan over medium to medium-low heat, sauté carrots, celery, onions and mushrooms until tender.

Place cooked vegetables in a large bowl. Add cooked chicken, rice and condensed soup (*do not add water*). Add seasonings to taste. Mix together and spoon into pie plate.

Cover mixture with second crust; crimp top and bottom crusts together to form a seal.

Brush egg wash over crust and cut several small slits into top crust to vent the pie.

Bake for 35 to 45 minutes or until top is golden brown and contents is bubbly.

Cool 10 minutes. Cut into 6 wedges and serve.

Note: You can make chicken potpie in 6 small ramekins. (Use a cookie cutter or glass to make the round pie crusts



Equipment at the ready.



Phyllis Fernandez, Marilyn Schachter, Barbara Dresner and Pat Kasdan sample the goodies.

sized for the ramekins.) These can be frozen for quick meals later. A quick salad addition and you're good to go!

4. Chicken Quesadillas

Serves 1

Canola or vegetable oil
Flour tortillas
Shredded cheddar cheese
Leftover cooked chicken
Cooked (or rinsed and drained canned) black beans, smashed
Salsa or guacamole, if desired.

Gather ingredients, as your quesadilla will cook quickly.

Pour a little (1/2 to 1 teaspoon) oil into small frying pan or griddle. Allow to heat up 1 to 2 minutes.

Place a tortilla in pan.

Add cheese, chicken and beans.

Add second tortilla on top. Smush together.

Turn when bottom of first tortilla is lightly brown.

Cook on second side until lightly brown.

Serve with salsa or guacamole, if desired.



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PHOTOS BY DAVID BARDIN



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3

Where in the world?

David Bardin and his wife, Livia, spent a week's vacation in Tel Aviv, where they stayed a block from the seafront promenade, the Tayelet, on the Mediterranean.

- 1 Watching the sunset from the Tayelet.
- 2 An avenue of trees at Gan Meir, a park named after Tel Aviv's first mayor, Meir Dizengoff.
- 3 Livia on the front porch of Bialik House, former home of Chaim Nahman Bialik (1873-1934), a pioneer of modern Hebrew poetry who came to be recognized as Israel's national poet.
- 4 David snaps a vacation selfie inside Bialik House.

Artist, NNV member Nancy Meyer dies

We were shocked and saddened by the sudden death in August of NNV member Nancy Meyer.

Before moving to Washington with her husband, Elmer, Nancy was a member of the City Council in Ithaca, N.Y., and a kitchen designer. She was active in real estate at Bryce Mountain, Va., where she and her husband had a vacation home.

As an artist, Nancy was enthusiastic about Washington and its cultural offerings. Sadly, she put much of that on hold as she cared for Elmer during his illness and passing, but she got some respite at book club gatherings and discussions and was a docent at the National Building Museum. She had recently volunteered to teach

an art class for members of Northwest Neighbors Village, which interested so



Nancy Meyer

many members that it was oversubscribed.

The class was based on Betty Edwards's classic work, *Drawing on the Right Side of the Brain*, which has helped millions learn to draw. Local artist Joey Mánlapaz is teaching the class in her place.

Our book group, of which Nancy was a member, will dedicate its October meeting to her memory as we discuss the book about Native Americans that she wanted us to read, "American Nations" by Colin Woodard. A memorial service will be held in the future. She is survived by her three children, Marc Meyer, Megan Meyer Hartley and Rene Meyer-Grasberg, and by her grandchildren.

—Mary Pat Gaffney

On your side vs. the utility companies

BY ANN ULLMAN

Did you know that if you have a question or complaint about any of your utility bills or policies and can't seem to get any satisfaction from the utility, you have an advocate in the Office of the People's Counsel (OPC) of the District of Columbia? The office puts out a pamphlet entitled *OPC Is Your Utility Lawyer*. You may call (202) 727-3071 to ask for help or to obtain your own copy of the pamphlet.

A Sept. 9 meeting at Iona featured speakers from the OPC explaining your rights and the

ways in which OPC can help with regard to utility issues. Attendees heard from eight people from the office, which has existed in its present form since 1975. If you belong to an organization that would like to have a speaker, call the number listed here.

The meeting covered a number of topics including the Pepco-Exelon merger, competitive energy suppliers and the power line undergrounding project. Speakers also discussed Verizon's transition from copper to fiber transmission lines and AARP's fight for affordable utilities. The undergrounding

project is a unique public-private partnership to bury primary power lines, aiming to dramatically improve electric service reliability during all weather conditions, and is based on a law approved in May.

The session was co-sponsored by OPC, AARP and Iona. Of the several excellent handouts, the most comprehensive overview is that provided in the *Seniors Resource Guide*. You can download a copy from the OPC site: www.opc-dc.gov. The e-mail address is ccceo@opc-dc.gov. Forms for filing complaints are also available at that e-mail address.

Take a walk with nature Oct. 3

As the annual bird migration season winds down, join us for a nature walk on the trails of the Audubon Naturalist Society at its Woodend sanctuary in Chevy Chase on Friday, Oct. 3 at 10 a.m.

Led by senior Audubon naturalist Stephanie Mason, we will walk the trails of this protected enclave, view its Blair native plant garden and learn a little about the historic mansion that is the society's home. Be sure to bring your binoculars or let us know if you need to borrow a pair. There are benches along the trails if you need a short rest. A picnic lunch will follow the walk with sandwiches and water provided.

Participation is limited to 16; call Marianna Blagburn at (202) 777-3435 to sign up for the walk. Audubon is located at 8940 Jones Bridge Rd. in Chevy Chase.



JANEAN MANN

Audubon's Blair nature garden offers fall blooms.

Do you have an idea for Rock Creek Park's future?

BY KATHRYN E. BYRD

Within the great hustle and bustle of Washington is the natural treasure of Rock Creek Park. The park provides the community with the beauty of green space as well as all kinds of opportunities for outdoor activities: trails and bike paths as well as the open parks where one can enjoy the quietness of nature in contrast to the activity of the city.

As a way to open a conversation about the park and how best to manage it, Rock Creek Conservancy is holding a series of community engagement meetings throughout the city. Through a conversational setting as well as a thoughtfully constructed survey, the conservancy wants the community to be involved in the brainstorming process. The aim is for people to meet neighbors and discuss ideas with

specialists about the beloved park.

The four topics included in these dialogues are "Access: Trails, Paths, Roads, Neighborhoods," "Historic Buildings & Designed Landscapes and Civil War Defenses," "Programming & Recreation" and "Environment: Watershed & Invasives."

The conservancy has already hosted two successful gatherings, in Chevy Chase and Mount Pleasant. Those meetings produced a multitude of opinions in a lively conversation. The ideas were all documented and will have an impact on decisions made as the conservancy continues its mission to protect and rejuvenate the park.

Two more meetings are scheduled in October: Oct. 4 at the Lamond-Riggs Library and Oct. 18 at the Tenleytown Library. Each meeting will run

from 9:30 a.m. to 12:30 p.m.

Rock Creek Conservancy's mission is to protect and revitalize Rock Creek Park to foster positive environmental progress, as well as providing a scenic space for the community to enjoy. Established in 2005, it is a 501(c)(3) charitable organization and is the only organization dedicated solely to Rock Creek and its parks.

We are working to protect and restore Rock Creek Park's watershed, parks and lands through a combination of education, advocacy and on-the-ground projects. Our strategy is to build partnerships with government agencies, nonprofit organizations, businesses, institutions, community groups and residents to preserve Rock Creek for present and future generations.

Kathryn E. Byrd is an NNV and Rock Creek Conservancy member.

COMMUNITY CALENDAR

Events are free unless otherwise indicated.

Sat., Oct. 4, 4 p.m.

Sam Noto, Steel Sculpture—Gallery talk. Katzen Arts Center, 4400 Massachusetts Ave. NW.

Sun., Oct. 5, 4 p.m.

National Wind Quartet—National Symphony Orchestra wind instrument concert. Chevy Chase Presbyterian Church, One Chevy Chase Circle NW.

Tues., Oct. 7, 7:30 p.m.

Police Service Area (PSA)

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

Wed., Oct. 8, 1-2 p.m.

Save Your Skin—Suburban Hospital Drs. Roberta Palestine and Meghan Thomas discuss common conditions, what to look for, how to protect skin. Register at (301) 896-3939. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

Thurs., Oct. 9, 5:30 p.m.

Digital Resources Drop-In Clinic—Help with digital downloads, language learning, research databases, etc. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., Oct. 9, 6:30-7:30 p.m.

Geology of Diamonds—Steven Shirey, Ph.D., discusses how diamonds reveal the Earth's past; refreshments. Greenwalt Building, Carnegie Institution for Science, 5141 Broad Branch Rd. NW.

Thurs., Oct. 9, 7:30 p.m.

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

Thurs., Oct. 9, 7:30 p.m.

D.C. Attorney General Candidates Forum—Forest Hills of D.C., 4901 Connecticut Ave. NW. Meet and greet at 7 p.m.

Sat., Oct. 11, 3:30 p.m.

Book talk—Meryle Secrest on *Elsa Schiaparelli: A Biography*. Politics & Prose, 5015 Connecticut Ave. NW.

Mon., Oct. 13, 7 p.m.

Book talk—Jane Smiley on *Some Luck: A Novel*. Politics & Prose, 5015 Connecticut Ave. NW.

Wed., Oct. 15, 5:30 p.m.

The Artist: Genuine Creativity & (Cultural) Identity with Fré Ilgen—Gallery talk. Katzen Arts Center, 4400 Massachusetts Ave. NW.

Wed., Oct. 15, 7:15 p.m.

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

Thurs., Oct. 16, 10:30 a.m.

Avalon Senior Cinema—Patrons 62 or older pay less than the usual senior rate of \$8.75. Avalon Theatre, 5612 Connecticut Ave. NW.

Thurs., Oct. 16, 7 p.m.

Meet and greet ANC 3/4G candidates—Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Thurs., Oct. 16, 7:30 p.m.

At-Large D.C. Council candidates forum—Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Sat., Oct. 18, 1 p.m.

Author talks—Scott Einberger on *A History of Rock Creek Park: Wilderness & Washington, D.C.*, and Stephen R. McKeivitt on *Meridian Hill: A History*. Politics & Prose, 5015 Connecticut Ave. NW.

Sun., Oct. 19, 4 p.m.

Jazz Caravan—Six-piece ensemble performs American classics, from Dixieland to bebop. Chevy Chase Presbyterian Church, 1 Chevy Chase Circle NW.

Tues., Oct. 21, 7:30 p.m.

ANC 3F—Meeting. Forest Hills of

D.C., 4901 Connecticut Ave. NW.

Sat., Oct. 25, 1 p.m.

Author talk—Dan Jones on *The Wars of the Roses: The Fall of the Plantagenets and the Rise of the Tudors*. Politics & Prose, 5015 Connecticut Ave. NW.

Sun., Oct. 26, 5 p.m.

Author talk—Marilynne Robinson on *Lila*, her third novel set in Gilead, Iowa. Politics & Prose, 5015 Connecticut Ave. NW.

Mon., Oct. 27, 7:30 p.m.

ANC 3/4G—Meeting. Chevy Chase Community Center, 5601 Connecticut 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. Free. (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, 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.