

Let's Connect - Online!

By KAREN ZUCKERSTEIN

Do you have a comfortable spot in your home where you can relax and participate in online programs and get-togethers?

The device you are using will likely shape whether you answered yes or no to this question. If you have a tablet or a laptop computer, you probably answered yes.

Tablets and laptops are easy to take anywhere in your home and can stay on your lap or be propped on a nearby table.

You can spend \$60 on a tablet that will give you this mobility.

Life has moved online during the pandemic. As a result, there are tons of great programs to access. NNV's [Virtual Speaker Series](#) and discussion groups are only the beginning. Churches and synagogues are offering programs and classes, theaters have play readings, [AroundTownDC](#) offers great art and fitness classes, [OLLI](#) offers lectures and classes, and the list goes on.

You can also have a relaxing video chat with family members or friends. All you need is a spot on your favorite chair or sofa and a simple-to-use device and ZOOM—you are there!

Many of us have desktop computers that are stuck in the corner of the bedroom or basement, not somewhere we want to spend tons of time. And besides, many of those 10-year-old desktops freeze all the time or take forever to load, they may have viruses, lack capacity, or are no longer supported by manufacturers.

So, a tablet or laptop can enhance your experience. You can use your phone to connect, but tablets or laptops have a larger screen. Like smartphones, tablets rely on touch screens rather than keyboards. You can pair a tablet with a keyboard or even a mouse to make it closer to the computer experience. Tablets and laptops require Wi-Fi or cellular connections to access the internet. (If you do not already have a Wi-Fi connection, see discussion at the end of this article.)

For this article, I'm focusing primarily on tablets, with a few words on laptops. The main reason for focusing on tablets is \$\$\$\$. With tablets, you can get acceptable-to-very-good capability with an investment of \$60- \$350. Laptops cost more. Laptops give you the desired mobility and portability, but there is a much wider range of

capabilities to consider as well as options for satisfying those capabilities. (To explore laptop options, see this [recent review of laptops.](#))

Although I've looked at various reviews of tablets, I am largely relying on two websites: [Consumer Reports](#)

and [Wirecutter](#). While I expect you have heard of Consumer Reports, Wirecutter may be new to you. It is owned by the New York Times and does reviews of a wide range of products. While Consumer Reports generally discusses its reviews of 15- 20 products in a category, Wirecutter generally discusses only the one or two products it is recommending, with a budget option and upgrade option added.

So, what moderately priced (under \$350) tablets are these websites recommending?

Both sites recommend Apple iPads and Samsung Galaxy Tab A (2019) and S6 tablets. Both Wirecutter and Consumer Reports see the Amazon Fire tablets as a reasonable budget option.

Apple iPad—Wirecutter describes the \$330 (7th generation) Apple iPad as the best all-around tablet and a “better value than almost anything” Apple sells: “After hundreds of hours of research and testing over the past seven years, we think Apple’s 10.2-inch iPad is the best all-around tablet, with all the performance and features most people need for watching video, browsing the Internet, and staying on top of email and social media feeds.” Wirecutter also discusses this iPad in its [article on budget laptops.](#)

Consumer Reports ranks more expensive iPads and Samsung Galaxy tablets higher, but

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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

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Morgan Gopnik, vice president
Beverly Lunsford, secretary
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New village partnership with Sibley Hospital

By STEPHANIE CHONG

We are delighted to share that Palisades Village, Northwest Neighbors Village and Cleveland & Woodley Park Village are partnering with Sibley Hospital to support seniors in Wards 3 and 4 with information and resources regarding the COVID-19 pandemic.

For over 10 years, our Villages have worked with our community to champion positive aging through volunteer service, social and educational programming and resource sharing. Over the next six months our Villages, together with Sibley Hospital, will offer updated information about COVID-19, provide access to essential PPE-like face masks and hand sanitizer, and host a series of educational workshops facilitated by Sibley Hospital.

Coronavirus continues to threaten our community. It is important to us that all seniors in Wards 3 and 4 stay healthy during the pandemic. Our information, programs and resources related to COVID-19 will be available to all seniors in Wards 3 and 4. Be on the lookout for weekly updates in your inbox or visit our website at www.nnvdc.org. We hope you will rely on us to stay informed. Please tell your neighbors to do the same.

To learn more about coronavirus health information, research, or to self-screen for the virus, visit Sibley Memorial Hospital's website. For updates on the local impact of COVID-19 and D.C.'s response, visit coronavirus.dc.gov. While there, be sure to check out D.C. Health's Guidance for Older Adults provided by D.C. Health.

This partnership is possible thanks to a D.C. Community HOPE grant through Mayor Muriel Bowser's office.



Mapping Segregation in Washington DC

BY MARA CHERKASKY & CATE ATKINSON,
VICE PRESIDENT OF HISTORIC CHEVY CHASE DC

Historic Chevy Chase DC and Northwest Neighbors Village are partnering to present on Sept. 24 an exciting mapping project that reveals -- as if unmaking a bed -- the role systemic racism has played historically in shaping the District of Columbia.

The project, co-directed by historians Mara Cherkasky and Sarah Shoenfeld who run an organization called Prologue DC, will also explain how ordinary citizens can contribute to this fascinating historical research by volunteering a couple of hours in online searches of old D.C. tax records looking for once-legal racial covenants.

Cherkasky, who will hold a follow-up training session on Sept. 29 for volunteers interested in participating, said the sleuthing for these old pieces of evidence is exhilarating and enables you to be part of a worthwhile project.

[Mapping Segregation in Washington DC](#) is a digital public history project that reveals the systematic way in which residential segregation was established and enforced in the nation's capital during the first half of the 20th century. At the core of Mapping Segregation is ongoing lot-by-lot research of D.C. real estate records and documentation of properties formerly subject to racially restrictive covenants. These covenants, which barred conveyance to African Americans, were written into property deeds by developers and, starting in the 1920s, also written by white citizens associations and filed with the city. Treated as contracts, they were perfectly legal and were enforced by the courts. Prior to the project's launch, no one knew the extent to which racial covenants affected D.C., and most white people, along with almost all younger people, were unaware of restrictive covenants at all.

"What is fascinating about maps is that they can reveal patterns that would otherwise remain invisible," Cherkasky said. The project has also mapped segregated schools and recreation facilities; block-level Census data; segregated public and FHA-insured housing; and the impact of eminent domain on an African American community.

With its focus on systemic racism, Mapping Segregation has played a crucial role in helping residents and policymakers understand the historical forces that shaped D.C.'s neighborhoods, and has fostered much-needed conversation

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Nov. 3 election: mail-in ballots emphasized

BY JANEAN MANN

In an effort to protect voters during the current Covid-19 pandemic, all registered voters in D.C. should automatically receive ballots in the mail according to a notice recently sent to D.C. registered voters. If you did not receive it, you should [check your registration status](#) as soon as possible. No internet connection? Call (202) 727-2525 to check your status.

If you did receive the notification and wish to change your name or address as provided, please note that there is an error on the notification. You need to return the entire notification to the Board of Elections (BOE) so that your name and address appear on the document that you return.

If you are not registered, you can [download an application](#). The D.C. BOE must receive the application at least 21 days before Election Day.

To vote in person and/or register and vote on the same day, the District will open 80 voting centers for the Nov. 3 election. Because of large backups at voting centers during the June primary, the D.C. Council agreed to open twice as many [voting centers](#) for the general election.

The BOE plans to mail ballots with a postage paid return envelope the first week of October. If you do not receive your ballot within a reasonable period, you can call (202) 727-2525 to request one.

All mail-in ballots must be postmarked or left at voting centers on or before Election Day (Nov. 3) and must be received by the BOE no later than seven days after Election Day. Given the current problems with the Postal Service, it is best to submit your ballot as soon as possible after receiving it.

Early voting will begin Oct. 27 with centers open Tuesday, Oct. 27, through Monday, Nov. 2, 8:30 a.m. - 7 pm. On Nov. 3, they will be open 7 a.m. - 8 p.m. Early voting sites in our area include Janney and Murch Elementary Schools, UDC, Capital Memorial Church and the Chevy Chase Community Center in Ward 3; and Lafayette Elementary and St. John's College High School in Ward 4. Drop boxes for mail-in ballots will be at the Chevy Chase and Tenley-Friendship Libraries. Curbside voting will be offered at some voting centers, though the BOE has not yet announced where those will be. At curbside voting sites, a poll worker will bring you your ballot and you can vote from your car.

NNV will provide additional information to our community on voting centers, curbside voting and ballot drop box sites when it becomes available. Rides will be available for those NNV members who need to vote in person, but be sure to call early.

What we did this summer

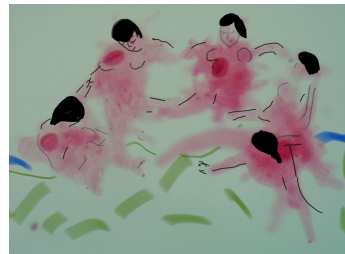
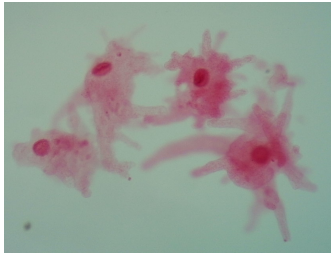
By NNV MEMBERS, VOLUNTEERS & STAFF

Sal & Andrea Selvaggio, Members & Volunteers:

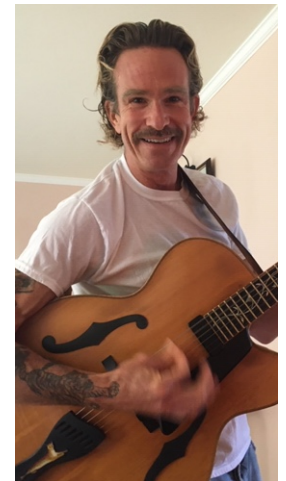
"Andrea was finding that wearing a mask kept pulling out her hearing aids when she took her mask off. She came up with a solution: she's sewed pearls onto her hat and can now loop the mask over them. This keeps the mask from pulling her hearing aids out whenever she has to take it off. One of my hobbies is photomicroscopy. I have a nice microscope with an integrated camera, and like to look at tissue samples brushing up on histology, and other things that have always interested me since I was a boy. Sometimes, an image reminds me of a painting. The first shot is of amoebas, which reminded me of Matisse's painting "Le Dance". This is seen in the second shot. The third shot shows how I did a little manipulation in the Photo app to help the amoebas become dancers." (Note: Join Sal & Andrea for their upcoming Virtual Speaker Series presentation "[How Junk Can Become Art](#)" on September 8th.)



Barbara Oliver, Member & Volunteer:
"In July I had cataract surgery on my left eye and in August on my right eye. Then I got a haircut."



Judie Fien-Helfman, Member, Volunteer & NNV Board President: Spent time with her granddaughter



Heather Hill, Staff with boyfriend (and NNV Jazz guitar legend!)

Carey Smith:
"We grew a mustache this summer!"



DAVID COHEN

David Cohen, Volunteer:

In August, the NNV Virtual Speakers series hosted a Zoom talk by David Cohen, "[Bring the Wild Beauty In! How I Came to Photograph Birds from North America to Australia](#)." David has volunteered for NNV since 2014 and is an avid photographer of birds and wildlife. He wrote an essay for the May edition of *Forest Hills Connection* and we reproduce these images with their permission. To see more photos and read his essay, please check the [Forest Hills Connection website](#).

Prothonotary Warbler (L) & Pileated Woodpecker (R)

Continues next page

Dorothy Fall, Member:

"5 Monotypes. The large one (r) is called 'Pandemic' - 42x23. These are monotypes: one of a kind prints because the plate is flat, not incised. I have painted on the prints a bit with water based printing ink and used pencil and pen for details of the faces. This is a departure for my work."

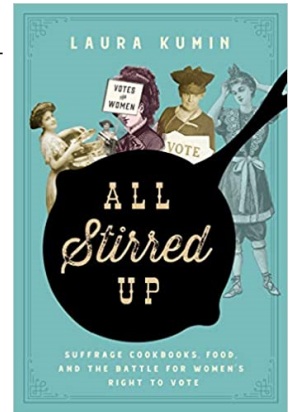
(Note: See more of Dorothy's beautiful work on [her website](#).)



Kevin Mulshine, Volunteer:

"I edited a newly published book - *All Stirred Up* by (my wife) Laura Kumin. Her book provides the history of suffrage from the perspective of suffrage cookbooks. See her column (and video) via USA Today - [When politics hits home: Pandemic moms are descendants of soccer and votes-for-women moms](#)."

(Note: More about Laura's book is on [her website](#).)



Morgan Gopnik, Member, Volunteer & NNV Board Vice President:

"Gardening in a pandemic & Masking in style (with my son)."



Stephanie Chong, Executive Director:

"Sunset on Barnegat Bay in Lavallette, NJ."



Tom Martella, Volunteer:

"We started watching baseball movies, since there was no baseball. And I fashioned a board that would allow one to account for viewing 14 of the best. Simply slide over one of the tiles after viewing to keep track. On the opposite sides of the tiles, since my wife lived in Italy and loves Italian films, I added names of such, to allow accounting for viewing them, should such a need ever exist! And my whittled golf bag, with a driver, five iron, and putter!"



Janet Novotny, Member & Volunteer:

"I made a picnic in my kitchen! No NNV picnic this summer. 🙄"



So I made my own yummy picnic hot dog and potato salad right in my kitchen! 😊



The NNV Annual Picnic is going virtual this year!

No need to worry about the weather this year. You can enjoy the 2020 picnic from the comfort of your own home. Join the fun and games on Friday, October 2nd from 1-2:30. There'll be Bingo with prizes, virtual picnic tables and a guaranteed good time for all!

All members and volunteers who attend the picnic will receive a bag of treats fit for a picnic at home. Be sure to secure your spot so you don't miss out! To RSVP visit our [events calendar](#) or call 202-935-6060.

In lieu of a potluck dish, we are accepting recipes to share with our Village. Please send your recipe to schong@nnvdc.org.

Old Urban Naturalist

BY JANE WHITAKER

I hope everyone is observing their environs as we continue to literally age in place. For me there are always surprises in spite of being confined to my small backyard. About 5 o'clock one evening a swarm of dragonflies appeared in my yard. Normally dragonflies are seen around ponds and rivers, none of which are near my domicile, which is only 10 feet below the highest point in D.C.

The insects were amazing! They were about three inches long with a wingspan of approximately four inches. The wings glistened gold in the sunshine as they zigged and zagged all over the yard a few feet above ground to 20-30 feet in altitude. There must have been close to 100 of them. What were they doing? Undoubtedly, catching mosquitos that had hatched after all the heavy rain a few days before. I tried to net one for identification but I'm afraid my efforts were fruitless. I'm sure it would have made a great YouTube video – "old lady with a cane swinging an insect net."

If you're intrigued, a dragonfly called the green darner migrates from the northern U. S. to Latin America in early September. With any luck you can see them in open meadows or athletic fields chasing mosquitos and other insects stirred up by mowing. In the early evening look for crow-sized birds called nighthawks flying and darting low over the fields trying to catch the dragonflies. The dragonflies can be so thick you will be sure your car will hit them but it never does. Some swarms are so large that they show up on radar and you can sometimes see the insects resting on the pavement. Both the birds and the dragonflies are migrating at the same time which makes seeing them easier. Early September is the height of both migrations and is worth a short drive in the country or a walk near an open field with the hope that you'll be treated to an awe-inspiring sight.

Goldenrods are another harbinger of fall. There are about 30 species in the eastern U.S., the earliest appearing in late July. Various species will be visible until November. Goldenrod gets a bad



Green Darner



Goldenrod

rap as an allergen but ragweed is probably the real allergen. Bees and monarch butterflies nectar heavily on goldenrod. Its honey has a reputation for turning to sugar more quickly than clover or other honeys. Try to see how many different forms of goldenrod you can find. It should keep you busy. One species, silverrod, is even white.

SEGREGATION, *Continued from page 3*

about race, inequality, and gentrification. Educators have used it in classrooms at all levels: from elementary school to graduate and law school.

Cherkasky and Shoenfeld established Prologue DC in 2014 with the mission of providing historical expertise, research, and writing for publications, exhibits and signage, historic landmark nominations, and other such projects. Among Prologue's current or recent projects, beyond Mapping Segregation, are a Neighborhood Heritage Trail for Eckington, in Northeast D.C.; the D.C. Civil Rights Tour and Downtown D.C. Women in History Callbox Tour; research for various exhibitions at the Smithsonian Anacostia Community Museum; a successful Historic District nomination for Bloomingdale, in Northwest D.C.; and National Underground Railroad Network to Freedom signage for Kalorama Park in Adams Morgan.

Mapping Segregation has been funded in part by grants from Humanities DC (including, currently, a Vision Grant), the DC Preservation League, and the National Park Service but depends to a great extent on volunteer labor; Cherkasky has spent a good part of the pandemic documenting restrictive covenants in Ward 4.

[Register for the Zoom program here.](#) You can see the work Historic Chevy Chase DC has done on [its website \(historicchevychasedc.org\)](https://www.historicchevychasedc.org) in recognizing its community's racist past when local officials forced out an established neighborhood of African American landowners on Broad Branch Road in 1928 to build Lafayette school and park.

We're Looking for Drivers!

Volunteer Driver Training Session
Thursday, September 10th 10 a.m. - noon
Turn your time into something extraordinary!
Our volunteers are the key to our success. If you are interested in helping our members stay mobile, please fill out our [volunteer application form](#) or call us at (202) 935-6060.

designates this iPad as a “best buy.” When paired with a keyboard, it could serve as a replacement computer. The iPad also supports use of the iPad Pencil (sold separately) for taking notes right on the screen. However, accessories can quickly add up, so if you’re tempted, look for lower priced accessories on Amazon and other sites.

Samsung Galaxy — Samsung offers three models that receive good reviews — and they are all less expensive! The Samsung Galaxy S6 Lite earned a “recommended” from Consumer Reports, and Wirecutter describes it as offering the best combination of speed, display quality, software updates, and affordability among Android tablets. And a big bonus—it comes with a stylus pen for writing on the screen. It is available for \$300 at Best Buy. (Note: I am mentioning some sites for purchase because I had difficulty on Amazon determining whether the devices shown were the latest generation and new.)

The 10-inch Samsung Galaxy Tab A (2019) is described by Consumer Reports as having very good speeds when running everyday tasks, such as web browsing or email and is selling for \$180 at Best Buy. The 8” Samsung Galaxy Tab A 8.0 version earned a “recommended” from Consumer Reports in its smaller tablets category and is selling for only \$130 on Amazon. All three models will ably support streaming movies and ZOOMing online programs.

Amazon Fire HD 8 (10th Generation, 2020) - This tablet is Wirecutter’s “budget pick”—it is currently selling for \$60! According to Wirecutter, “if you want a cheap tablet for watching videos, reading, or very light web browsing, Amazon’s Fire HD 8 tablet is ideal.” And, according to Consumer Reports, “if you want a tablet mainly for consuming content such as e-books or streaming video—with some e-mailing, web surfing, and a bit of app-downloading on the side—you can save some money with a tablet from Amazon.”

There is a Fire HD 8+ (2020) that is \$20 more and the extra capacity will likely make the device a bit faster. There is also a 10 inch version, the Amazon Fire HD 10 (2019) available, but the 8” Fire HD 8 released in 2020 may be a better choice because it has an improved processor (the tablet’s “brain”) and will therefore be faster and more responsive.

A significant limitation with the Amazon Fire HD tablet is the selection of apps. Amazon has its own app store for the Fire tablets. While there are thousands of apps available in the iPad and Android app stores, there is a much smaller selection available in the Amazon Fire app store. ZOOM is available, games like solitaire are there, Overdrive for borrowing ebooks and audiobooks from the library, Audible audiobooks, Prime Video,

Netflix, HBO...Actually nearly everything I commonly use seemed to be there BUT: I could not find a tele-medicine app. Given the growth of tele-medicine in the current pandemic, this could be a deal breaker. I suspect that given the growth in tele-medicine, an app will eventually be available but that’s not something to count on if you don’t have a backup.

So, there is not one solution that’s right for everyone, but a lot to choose from at reasonable prices. It is definitely time to think about investing in improving your online experience. Set up your tablet in the kitchen or relax in the living room, and join your favorite ZOOM program!

If you don’t have Wi-Fi... What if you don’t have Wi-Fi? Relying on a cellular connection is possible, especially if you already have a cell phone. You will need to purchase a device (iPad or Samsung) that can connect via Wi-Fi or cellular, increasing the tablet’s price by \$50 (Samsung) to \$130 (iPad). The drawback in relying on cellular is that you need to pay attention to how much data you are using—ZOOM and streaming services consume data quickly. The cheapest way to get access to a cellular connection is by adding your device to your existing cell phone plan or to a family member’s plan (they don’t have to be in the same household)—the additional device usually runs \$10 to \$20 per month; if the family member doesn’t have an unlimited plan, you may need to spend \$10 or \$20 per month for additional data.

Also consider installing Wi-Fi in your home. The monthly cost will probably run about \$40 to \$50 but you will never have to worry about how much data you are consuming. (There are even cheaper options -about \$10- for people receiving Medicaid, SSI, or other public assistance.) In addition to allowing your tablet to connect to the internet, Wi-Fi will allow you to stream movies on a tablet, computer, or smart TV or listen to music, radio and podcasts on a new generation of music players.

What about GrandPad? I was hopeful that this tablet, specifically targeted for seniors, might be a good option for those who have been intimidated by technology in the past. Unfortunately, it’s very limited in what it can do. No Zoom, no tele-medicine, no library apps. It has apps that allow you to exchange email, audio and video calls, and photos with friends and family who have loaded the GrandPad app on their devices. It is a closed system for interacting with a defined group of people. It has very limited capacity beyond that. You can check weather, listen to music, play 15 games, take photos and videos, and access “managed” internet sites. If you have family who want to check in and have video chats frequently, consider it. Otherwise, I’d suggest focusing on the other tablets discussed in this article.

Home-Based Primary Care (HBPC)

BY DEANA CHO, CAPITAL CARING

For older adults living with advanced illness, frailty, and/or complex medical needs, just leaving your home can be challenging enough. Pile on the additional challenges that come with navigating a fragmented healthcare system and living through a pandemic, and one naturally asks the question, "Isn't there a better way to get high quality healthcare?"

Luckily, there is!

Ninety years ago, house calls by doctors accounted for 40% of doctor-patient meetings¹. House calls by doctors are making their comeback in an innovative, integrated model of care known as Home-Based Primary Care (HBPC). Older adults living with advanced illness, frailty, and/or complex medical needs can receive their medical care within an HBPC from an interdisciplinary team of primary care physicians, nurse practitioners, nurses, and social workers who visit patients in their home. Successful HBPC programs usually provide in-home:

- Routine primary care
- Urgent same/next day visits
- 24/7 access to clinicians
- Palliative care
- Social support
- Labs and diagnostic testing
- Use of mobile technologies

The care and services provided by an HBPC can be covered through Medicare, Medicaid, dual Medicare-Medicaid plans, Medicare Advantage, and other commercial health plans.¹ Note that HBPC is different than home health care, which is provided by home health agencies who typically provide part-time or intermittent skilled nursing care.³ HBPC provides comprehensive continuous care which may include the services of home health agencies.³

Studies have found that HBPC programs provide timely preventive care that reduces costly emergency department visits, hospital readmissions, medication errors, and stays in skilled nursing facilities.¹ HBPC programs can achieve these results because their focus is on providing coordinated and responsive community-based healthcare -- a shift from the stopgap usage of emergency and hospital inpatient healthcare.¹ Another contributing factor is that HBPC providers are especially attuned to caring for patients at home according to their individual care goals and preferences.¹

With 81% of people 65 and older living with multiple chronic conditions, and the number of older adults rapidly growing, the call for forward-looking, integrated healthcare programs to support

those wishing to age in community has become strident.^{1,2} An answer to this call might be found in the responsive, dignity-focused, community-based care model of HBPC.

About Capital Caring Health Primary Care at Home: Capital Caring Health (CCH) is the largest non-profit provider of elder health, advanced illness, hospice, and at-home care services in the Metro area. To learn more, call 202-844-4922 or visit www.capitalcaring.org/pch.

Dr. DeJonge and his colleague Caitlin Geary will offer a program on Preventing Hospitalizations for Northwest Neighbors Village on Friday, September 25th:

How can I avoid unnecessary hospital visits? Are there steps that I can take to ensure that I or my loved one are better prepared for an unexpected hospital visit? What are the potential consequences of a hospital visit – especially given our "new normal"?

This presentation will review the steps one can take to avoid unnecessary hospital visits, reviewing topics such as fall prevention, preventive primary care, and a healthy lifestyle. There will be ample time for discussion and Q&A between presenters and participants.

Co-presented by Dr. Eric De Jonge, a Geriatrician and House Call physician with more than 20 years of experience, and Caitlin Geary, a nurse practitioner who worked as an RN in the Intensive Care Unit at the George Washington University Hospital. Both clinicians serve the Capital Caring Health Primary Care at Home DC/MD program, a home-based primary care medical practice.

 **Capital Caring Health**
Advanced Home Care & Hospice for All Ages at All Times

1. American Academy of Homecare Medicine, The John A. Hartford Foundation. (2018). Home Based Primary Care. [White Paper].

<https://www.aahcm.org/page/hbpcwhitepaper>

2. Vespa, Jonathan. "The U.S. Joins Other Countries With Large Aging Populations." U.S. Census.gov, March 13th, 2018,

<https://www.census.gov/library/stories/2018/03/graying-america.html>

3. American Academy of Homecare Medicine. August 7th, 2020.

https://www.aahcm.org/page/hbpc_facts

Calendar

Our calendar is regularly updated. Please check for current listings.

To learn more about any event or RSVP, please see the [Events page](#) or phone: 202-935-6060.

1619 Project Discussion Group

Wednesdays, Sept. 2, 9, 16, 23, 2:30-3:30 p.m.

Over 6 weeks, we are discussing the New York Times 1619 Project. Each week based on an episode of the associated podcast.

(NNV Members & Volunteers Only)

Office Closed

Monday, Sept. 7
Labor Day Holiday

Volunteer Driver Orientation

Thursday, Sept. 10, 10 a.m.-noon
If you are interested in volunteering as a driver with NNV, please fill in our [Volunteer Application Form](#).

Winnowing: Sharing Your Life Story in Six Chapters

Tuesdays, Sept. 22, 29, Oct. 6, 13, 20, 27, 1-2 p.m.

David Oldfield, author of the book *Winnowing*, invites you to join him for a 6-week journaling experience in which you will "winnow" the essential story of your life as a gift for future generations.

(NNV Members & Volunteers Only)

Mapping Segregation in Washington, DC

Thursday, Sept. 24, 7-8 p.m.
See article on p. 4 for more information.

Preventing Unnecessary Hospital Visits

Friday, Sept. 25, 2-3 p.m.
Online via Zoom
See article on p. 8 for more information.

Protect Yourself from COVID-19 Scams

Tuesday, Sept. 29, 11 a.m. - noon
Scammers are working hard even during the pandemic. Join us to find out about scams in the time of

COVID-19 and learn ways to protect your hard earned money.

Healthy Eating on a Budget

Wednesdays, Oct. 14, 28, Nov. 11, 2-4 p.m.

This series of online webinars is designed to provide participants with an increased understanding of healthy approaches to eating.
(NNV Members & Volunteers Only)

Virtual Annual Picnic

Friday, Oct. 2, 1-2:30 p.m.
More information on p. 5

Office Closed

Monday, Oct. 12
Indigenous Peoples Day

REGULAR EVENTS: Beginners' Spanish

When: Mon. & Fri., 1-1:20 p.m.

Where: Online, via Zoom

(NNV Members & Volunteers Only)

Gentle Yoga with Mayu

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

Where: Online, via Zoom

(Yogis who attend regularly do not need to RSVP every week).

Coping with Uncertainty

When: Every Weds., 1-2 p.m.

Where: Online, via Zoom

Village Social Worker Barbara Scott leads a discussion on coping with uncertainty.

Jazz with Carey Smith

When: Every Thurs., 6-7 p.m.

Where: Online, via Zoom

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

French Conversation Group

When: 3rd Thurs. of each month
Sep. 17 & Oct. 15, 3:30-4:30 p.m.

Where: Online, via Zoom

RSVP: John Wiecking

(jwiecking@gmail.com) for 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. Join us for one or all of these discussions, designed to engage and inform you. The Virtual Speaker Series is being offered free of charge to the community.

[More information and RSVP links are available on our website](#) or phone 202-935-6060.

Some of our past speakers have given NNV permission to record their presentations. These are available [on Vimeo](#).

How Junk Can Become Art: The Transformative Power of Found Art

Tuesday, September 8, 11 a.m.

Speakers: **Sal & Andrea Selvaggio**, extraordinary NNV volunteers! Our shorelines are being inundated by trash, plastics and other cast-offs of civilization. You are invited to see how one couple work together to reimagine these to create whimsical works of art.

Who Will Be the Next President?

Tuesday, September 15, 11 a.m.

Speaker: **Allan Lichtman**, Distinguished Professor of History at American University and award-winning scholar and writer, has authored or co-authored 11 books. His Keys system predicted the outcome of every presidential election from 1984 to 2016 and has been discussed in hundreds of media stories worldwide.

Anxiety Meets Its Match in Ocean Breathing

Thursday, Oct. 8, 2 p.m.

Join author **Barbara Mathias-Riegel** as she discusses her fast-moving tale, *Ocean Breathing* - an inspiring story of resilience against the throes of anxiety.

Indulge in a make-ahead entrée salad for one

BY BARBARA OLIVER

This take on a Mediterranean salad is a tart update with baby spinach (or other strong greens), beans and a creamy dressing. Chilling overnight marries the flavors beautifully. You can double, triple or quadruple the ingredients to serve two, three or four people.

Tuna and White Bean Salad

Salad Ingredients

$\frac{3}{4}$ cup flaked tuna (canned solid white albacore in water, or freshly cooked)
 $\frac{3}{4}$ cup drained canned beans (white pea, navy or cannellini)
1 cornichon, sliced (or pickle of your choice)
1 teaspoon drained capers
 $\frac{1}{2}$ Italian frying pepper, seeded and cut into thin rings (or mild banana pepper rings, quartered)
1 cup tiny raw spinach or arugula leaves

In a small bowl, combine tuna, beans, cornichon, capers, pepper and greens; chill.

Dressing Ingredients

$\frac{1}{4}$ cup heavy cream
1 tablespoon fresh lemon juice

$\frac{1}{8}$ teaspoon salt
1 $\frac{1}{2}$ teaspoons chopped chives

In a tiny bowl, combine cream, lemon juice, salt and chives; chill.

To serve, blend dressing and salad and place on a salad plate or in a shallow bowl. Serves one.

Notes:

Rodman's sells Roland Cornichon Gherkins. Giant sells Mt. Olive brand Mild Banana Pepper Rings in a jar. A 4-ounce can of tuna is about a $\frac{3}{4}$ cup.

Source: Adapted from Metropolitan Home, July 1982



BARBARA OLIVER