



THE VILLAGE NEWS

Volume 5, Issue 5

A Community Network of Support

May 2013

In the garden, sprouting plants—and a community

BY STACEY MARIEN

“I’m only going to be five minutes.”
“You always say that and you take a half hour.”

That is a typical conversation between my son and me whenever I want to “stop by” my community garden plot. That is what I love so much about having a plot at Friendship Gardens. I stop by my garden to pull a few carrots and end up chatting with my friends tending their plots.

Friendship Gardens, in American University Park, was started as a Victory Garden during World War II. It has evolved over the years to what it is now, a community garden with about 50 plots.

Some of the old-timers have been there for 25 to 30 years, but there is also a steady flow of new gardeners. I got the call 13 years ago from Ruth, the matriarch of Friendship Gardens. She told me she had good news and bad news. The good news was there was a plot open for me. The bad news was there was a \$10 one-time fee. I forked over the fee and have had a plot ever since.

Over the years fences have gone up around the gardens to deter the deer, but it doesn’t deter chatting and asking for advice among the gardeners. This year, I was told to plant my fava beans in November, under the full moon. I helped another gardener identify the flea beetles that were eating her arugula.

Everyone comes together in the spring and fall to weed, tend the paths and work in the compost area. Several years ago, new enthusiastic gardeners rallied people to create the compost area and sign up to turn over the compost every month.

Last year a group of gardeners spearheaded creating an orchard at Friendship. Casey Trees



MARIANNA BLAGBURN

NNV volunteer Stacey Marien makes raised beds with wine bottles in her plot at the AU Park community garden.

donated about 20 fruit trees and we gathered last April to plant them. Many of us have the adopted fruit trees to water.

One gardener tends to a beehive that was donated by the city, in order to have a beehive in every ward.

At the end of the season we gather for the annual garden party, feast under the mulberry tree and share in the communal honey, produced by our bees.

I love my community garden and yes, I know I am fibbing when I tell my son I will only be five minutes. The beauty of having a garden plot is spending the time to socialize with your garden friends.

Yikes! The cicadas are coming! | Page 2

Northwest Neighbors Village,
a community network of support

5425 Western Ave. NW
Washington, DC 20015
(202) 237-1895
www.nwnv.org

Northwest Neighbors Village (NNV) is a nonprofit organization created to help the residents of Northwest Washington live comfortably and safely in their neighborhoods and homes as they age. Founded in 2007, 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) 237-1895.

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Uh-oh. Cicadas.

BY JANEAN MANN

Cicadas are expected in the D.C. area within the next month or two. They will be noisy and destructive to some plants.

Not seen since 1996, this type of cicada, “Brood II,” will emerge once the temperature eight inches below the ground reaches 64 degrees. The cool weather this spring could delay their emergence—expected between now and early June. Cicada experts differ on how heavy the infestation will be, although many believe that Washington itself may not see as many of the insects as other areas in the region.

Cicadas are a type of grasshopper. They are large and colorful with black bodies, red eyes and orange wing veins. Most of them emerge over one night and complete their molt shortly thereafter.

Initially light-colored, they darken and, after about a week, the males begin a loud “chorus” of buzzing and clicking by flexing drum-like organs in their bellies to attract mates. From tens to hundreds of thousands of cicadas per acre are common, though as many as 1.5 million per acre have been reported in past years.

Cicadas will be flying as they seek mates and may crash into you, but they do not bite or sting and are not known to transmit diseases. They are not poisonous.

For four to six weeks, the cicadas suck fluids from woody plants, mate and lay their eggs (as many as 600). Damage to plants, especially small ones, occurs when cicadas “flag” plants by breaking twigs from a wide variety of deciduous plants and shrubs as they feed or lay their eggs. They may cut as many as 20 slits on a twig. Placing screening over small trees and bushes can help protect them from the cicadas.

After six weeks, the nymphs emerge from the eggs; by that time, the adults will have died. The nymphs drop from the trees and burrow into the ground, to emerge in 2030.

Cicadas’ presence is not totally



BEATLEMAC

negative. According to the oral history of Native Americans in New York, a cicada infestation saved them from famine. Their decomposing carcasses feed the forests. And, for birders, there could be another positive aspect of their visit: Those aggressive starlings, which have begun invading our bird feeders and scaring off the woodpeckers, Carolina wrens and song sparrows, like to eat cicadas. We can only hope they diminish the cicada population and leave the feeders to other birds.



PHOTOS BY JANEAN MANN



National award-winning journalist Susan Stamberg, right, shares the secrets of her success with NNV members and guests at an April 7 Sunday salon event at Ingleside. The first woman to host a national evening newscast, Stamberg is a well-known voice on local NPR station WAMU. She played excerpts of her interviews with famous individuals and regaled the audience with her ability to gain fascinating insights into her subjects. In left photo, she chats with NNV members Pat Kasdan, left, and Lois Berkowitz at a reception following her talk.

NNV's fundraiser: Celebrating a golden era on Broadway

The year was 1943. It began an era that witnessed the first collaboration of Rodgers and Hammerstein, whose sounds enchanted wartime audiences for more than 2,000 performances of the dazzling "Oklahoma." The following year, 1944, saw the Broadway debut of a young composer, Leonard Bernstein, in "On the Town" with songs like "New York, New York" ("It's a helluva town"), written by Betty Comden and Adolph Green. The years gave us one great show after another with the songs to keep us mesmerized for a lifetime.

Take a trip with us down memory lane on Sunday, June 2, at 4 p.m. for a show-stopping performance of favorite Broadway tunes performed by Strathmore and Olney Theatre veteran Ethan Watermeier, a robust baritone and American University faculty member, accompanied by pianist

Tim McReynolds.

Doors open at 3:15 p.m. at the Katzen Arts Center at American University. All seats are reserved;

tickets are \$45 and include a "Taste of Northwest D.C." reception following the concert. Local restaurants such as Blue 44, Jake's, Maggiano's, Spring Valley Catering (Wagshall's), Cheesecake Factory, Al Dente, Edible Arrangements and others will serve up their best hors d'oeuvres.

Reserve your seats early by sending a check to: NNV Fundraiser, 5425 Western Ave. NW, Washington, DC 20015, or go online to purchase tickets at: www.nwnv.org. We wish to thank American University for its support and the premier sponsor of this event, TTR Sotheby International Realty.

—Marianna Blagburn



The D.C. budget: Seniors win some, lose some

BY RALPH LINDEMAN

Mayor Vincent Gray's proposed fiscal year 2014 budget has good news and bad news for seniors. The \$10 billion citywide budget includes a slight increase in funding for the D.C. Office on Aging (DCOA) and elimination of the tax imposed on interest income earned on out-of-state municipal bonds. There is no funding to increase the senior Adjusted Gross Income ceiling per household from \$100,000 to \$125,000 for real estate tax reduction, which was passed by the D.C. Council last year.

While the proposed budget would give the DCOA budget an overall increase of \$4.5 million over its 2013 funding level of \$25.5 million, senior advocates say the agency should receive an increase of more than twice that amount to meet current needs.

"The Office on Aging's budget has been flat for more than a decade," said Sally White, executive director of Iona Senior Services. During that period, the number of seniors, particularly in Wards 3 and 4, have increased substantially.

DCOA, designed to provide service through public-private partnerships, gives grants to outside groups to provide more services than any other agency in the city, White said. More than 20 grantee agencies provide services for city seniors, but since 2009 at least six key providers have gone bankrupt or discontinued service because grants from the Office on Aging have failed to keep up with costs.

The D.C. Senior Advisory Coalition, a group of senior advocacy organizations, of which NNV is a member, has urged the mayor and council to add \$5.8 million to the Office on Aging's 2014 budget.

"The network of community service providers is at risk of collapse without significant investment by the District government," the coalition said in a recent release.

White said Mayor Gray has the

"The Office on Aging's budget has been flat for more than a decade."

—Sally White

\$5.8 million funding increase on his "wish list" that accompanied the budget submission. "We want this increase to be solidly in the budget," she said, "and not just among the items that will be funded if additional revenues come in."

According to the Senior Advisory Coalition, the additional \$5.8 million would allow:

- Continued support for community-based services and programs for 30,000 older adults and caregivers;
- Care management support for 400 additional older adults to help them remain in their homes;
- Operational support for city wellness centers, allowing 300 older adults to participate in fitness and nutrition programs; and
- Increased support for the city's free transportation service for the handicapped and

elderly, allowing 2,000 seniors to continue to receive critical dialysis and essential medical transportation, and enabling 300 seniors to continue to receive home-delivered meals.

On the positive side, DCOA training and education activities would more than double over 2013 levels, with an increase of \$1.7 million.

In addition, the proposed budget would include home-delivered meal services as a specific line item. The program had cost overruns and received only emergency temporary funding over the past year, according to White. "There is now a new, more expensive vendor, but the food is better," she said.

The proposed "local funds budget" within DCOA includes an increase of \$2.7 million, with \$1.8 million allocated to support the food service and meal programs and \$895,000 for vehicle insurance coverage.

Also of interest to seniors in the proposed budget is the elimination of the tax on interest income earned on out-of-state municipal bonds. According to the proposed budget, the tax repeal would apply to bonds purchased after Jan. 1, 2013.

City libraries would also receive a 25 percent boost in their operating budget, enabling them to return to seven-day-a-week service for the first time since 2009.

The D.C. Council will consider the budget following a series of public meetings. If approved, the budget would cover the period October 2013 through September 2014.



PHOTOS BY JANEAN MANN

They'd rather be in Philadelphia

More than 50 NNV members and guests traveled to the Barnes Museum in Philadelphia on April 24 to view its famous Impressionist and post-Impressionist paintings, including the world's largest single collection of Renoirs, as well as African sculpture and metalwork. Earlier they enjoyed a luncheon of traditional 18th-century fare at the city's historic City Tavern (1773). Above, members pause amid the leafing trees before entering the museum. Right, a pond reflects spring maples and the striking architecture of the Barnes.



NNV launches a caregiver support group for members

BY MARIANNA BLAGBURN

Caregiving can be challenging and stressful. Join our Caregiver Support Group to share your experiences, learn useful tips and coping strategies, and hear about additional resources.

The NNV Caregiver Support Group will start in June on Wednesday afternoons, 2-3:30 p.m., and meet every other Wednesday through the first week in November.

Susan Lieberman, LICSW, will facilitate the group. Susan is a neighbor and social worker who has been providing psychotherapy for more than 30 years. In addition to being a licensed social worker in private practice, she is a certified group psychotherapist. Running groups is a favorite technique of hers, since she believes the support and feedback of one's peers is just as important as a therapist's insights. Although she has not specialized in running groups for caretakers, she has experienced that role as the daughter of a mother who lived until the age of 99. She looks forward to helping others deal with the caretaking challenge.

There will be a \$10 fee per class. Pre-registration is required. To register and learn more details, including start date and location, please call (202) 237-1895. The group is limited to eight people.

VOLUNTEER PROFILE

Steve Altman: A country boy negotiates the big city

BY PAT KASDAN

NNV Assistant Treasurer Steve Altman claims he is just a “country boy,” born and raised in Cazenovia, N.Y., near Syracuse. But he ended up in a big city fighting large-scale corporate fraud.

Steve left a place with 200 inches of winter snow to attend Duke University in Durham, N.C. He earned a law degree from Syracuse College of Law, then spent two years working at the U.S. Civil Service Commission and serving in the Air Force Judge Advocate General Corps and the reserves.

After military service, Steve worked for 27 years in the Civil Division of the Justice Department, pursuing cases of fraud against the U.S. government. The day he was hired turned out to be his first date with his future wife, Amy.

At Justice, Steve handled efforts to recoup millions of dollars in civil fraud cases against government contractors. A promotion gave him the opportunity to train, guide and direct his staff of up to 30 government lawyers in his longstanding interests—resolving conflicts through negotiation and mediation techniques.

In an effort to avoid friction between his office and U.S. attorneys’ offices, he created a team approach to expand the department’s efforts to fight fraud. This closely



AMY ALTMAN

Steve Altman, NNV assistant treasurer.

coordinated team approach demonstrated the value of the Civil Division’s expertise, of their role in providing training, and of close and useful working relationships. The staff he helped to develop recovered \$5 billion for the government last year.

In one instance, he was able to use a 5-4 Supreme Court ruling against the Justice Department concerning criminal evidence to devise ways to acquire evidence and develop legal precedents to limit the impact of the ruling and legislation to provide alternatives.

In addition to serving pro bono as a mediator of civil disputes for the U.S. Court of Appeals for D.C. and the D.C. Superior Court, Steve began teaching negotiation skills and techniques at Georgetown University Law Center. He has coached winning Georgetown teams in negotiation competitions at regional,

national and international levels.

After leaving the Justice Department, Steve opened a private practice in mediation, negotiation and dispute resolution, handling a variety of commercial disputes, including landlord-tenant, property, personal injury and business issues. He also provides mediation to families with issues involving their elder relatives.

He has a long record of working with nonprofit organizations. While at Syracuse Law, he developed a “legal infirmary” for students needing legal services and a Public Interest Research Group (PIRG), a grassroots, nonprofit organization to work on public policy. He also served on the board and as vice president of Adas Israel Synagogue and held a similar position with the United Jewish Appeal of Greater Washington. Steve was board president of the D.C. Jewish Community Center from 1989 to 1991, when it raised \$13 million to purchase its neoclassic 16th Street building from the District government.

Steve and his wife live in Chevy Chase, D.C., where he was drawn to NNV as a means of building community. As an NNV volunteer, Steve drives members, helps with small repairs and serves as a Bad-Weather Buddy. He co-chairs the membership committee. He says he is most gratified by the personal relationships he has seen grow among members and volunteers.

If you wonder when he finds time to relax, you can find Steve shooting pool at Atomic Billiards on Monday nights.

A new member service: Assistance with advanced care plan

BY MIKI STEBBINGS, MSW, JD

First of a two-part series

A health care crisis can occur at any age. Even if you are in good health now, making a plan for the future is an important step toward ensuring that you receive the medical care you want.

Knowing how you would face health care problems will ease the burden for family and friends. Making a plan is one of the most important gifts you can give them and yourself. It will make your life and theirs much easier. Here are some situations where a plan might be useful:

If you fall and need assistance, who would know to help you or to call 911? If 911

is called, is there information readily available for the emergency medical technician (EMT) that includes the doctor's name and phone number, your preferred hospital and health care insurance information?

If you become ill and are unconscious, who will notice and then be able to call 911 with the relevant information? Do you have a lifeline connection that would notify the ambulance?

If you are in an accident and suffer fatal injuries, is there a document that will inform family members of your wishes for religious service, burial and how you want to have your personal property distributed? Planning can forestall family

disagreements and conflict.

There is help available when you want to start developing a plan that will reflect your decisions about how you want to live, what kind of health care treatment you wish depending on your medical condition, and to whom you want your possessions distributed. The NNV office has assistance available for you. Contact NNV Executive Director Marianna Blagburn at (202) 237-1895 for more information.

Part 2 of this series, in June, will discuss critical documents you should have and address advance care planning, especially for those who may not have any relatives.

NNV CALENDAR

Fri., May 3, 3:30 p.m.

Book talk—Author Avrom Bendavid-Val discusses *The Heavens Are Empty: Discovering the Lost Town of Trochenbrod*. Independent Living Building, Ingleside at Rock Creek, 3050 Military Rd. NW. Refreshments, books available for purchase, limited seating. RSVP: (202) 237-1895.

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

Gentle Yoga with Sandi Rothwell in the Reception Room at the Methodist Home, 4901 Connecticut Ave. NW. Rides available for NNV members.

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

Gentle Yoga with Sandi Rothwell.

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

NNV Book Club to discuss *Death With Interruptions* by José Saramago at the home of NNV member Bernice Degler. RSVP: (202) 237-1895.

Sat., May 18

NNV Yard Clean-up with volunteers from local high schools, Georgetown Day School and Children's Chorus of Washington. If you need a spring clean-up, call (202) 237-1895 to arrange a time.

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

Gentle Yoga with Sandi Rothwell.

Mon., May 27, Memorial Day

Yoga CANCELED.

Tues., May 28, 3 p.m.

NNV Men's Book Club meets at

the home of Bernie Hillenbrand. RSVP: (202) 237-1895.

Save the Date:

Sunday, June 2, 4 p.m.

The Golden Age of Broadway—Second annual NNV fundraiser, starring Ethan Watermeier, plus "Taste of Northwest D.C." reception. Abramson Recital Hall, American University Museum, Katzen Arts Center, 4400 Massachusetts Ave. NW; tickets \$45 online (www.nwnv.org) or send a check to NNV Fundraiser, 5425 Western Ave. NW, Washington, DC 20015.

Sun., Sept. 8, 3-5 p.m.

NNV Annual Fall Picnic, Candy Cane City Park at Rock Creek. Rides provided to NNV members. Parking on premises. Accessible.

OBITUARIES

Anne G. Murphy, arts advocate, dies

Anne G. Murphy, 74, a leader in public advocacy for the arts, education and technology innovation, died April 4 at her home in Chevy Chase. At the time of her death, Anne was serving as an adviser to Digital Promise, an organization she helped to create.

She began her career in Washington as a volunteer for John F. Kennedy's 1960 presidential campaign, which galvanized her interest in politics and her commitment to public service. After teaching in her native Rhode Island, she moved to the Washington where she worked for Reps. John E. Fogarty and Robert O. Tiernan, both Rhode Island Democrats, focusing on legislation establishing the National Endowment for the Arts and the National Endowment

for the Humanities. While later serving in senior positions at the National Endowment for the Arts, Anne was nurtured in leadership by Nancy Hanks, leading to a lasting friendship. Anne left NEA to work at the newly formed Public Broadcasting Service (PBS), where she helped to structure PBS's early federal appropriations.

Anne became director of the American Arts Alliance, an arts advocacy and funding organization, and served for more than a decade as a national spokesperson for the professional arts community, managing public policy initiatives. She led a trend of bringing performing artists to Capitol Hill to testify at hearings—including a



Anne G. Murphy

famous event in which opera diva Leontyne Price sang her testimony in window-shattering form before the Senate.

Her family said it was spearheading the design and renovation of the Holy Trinity Catholic Church's St. Ignatius Chapel that gave her the most personal satisfaction.

A lifelong learner, visual artist, chef, entertainer and world traveler, Anne enjoyed a large circle of friends. She loved the NNV volunteers who transported her to speech therapy and

other appointments over the past two years. She wrote, "Thank you for all of your help. Each volunteer was special and I had fun with them. If ever you need a quote from me to promote the Village, I would be happy to talk about this wonderful service."

Daoma Winston Strasberg, novelist

Daoma Winston Strasberg, 90, a prolific Washington novelist, died April 1 at her home in Northwest Washington.

Daoma and her husband, Murray, who died last August, had been members of Northwest Neighbors Village since March 2009 when NNV opened its doors.

In a four-decade career, Daoma, who wrote under her maiden name, Daoma Winston, published nearly 70 mystery and romance novels. Her first books were paperbacks, but by the 1970s she was under contract with Simon & Schuster. Her best-known novel, set in Washington, was *The Haversham Legacy*, a

romance set against the backdrop of the post-Civil War capital and the impeachment of President Andrew Johnson.

Most of Daoma's novels were set in Taos, N.M., which became her second home for several decades. She was drawn to the town in the 1950s, in its waning days as a bohemian haven for artists and writers, and saw the town evolve into one of America's hippie capitals and later a prime venue for wealthy skiers and investors.

Daoma and Murray were avid theatergoers and patrons of the opera, and they frequented many cabarets and music clubs. NNV

volunteer Bonnie Coe, who had the most contact with Daoma, reports that a few months ago she accompanied her to a diner near Chevy Chase Circle where Daoma had frequently met her sister for breakfast. It was clear, Bonnie says, that Daoma was well-known to the staff, because "they all greeted her and treated her like royalty."

Not too long before her death, Daoma told Bonnie what she had in mind for the plot of a new novel. Bonnie recalls that she "was feisty and funny and loved going out to eat or to Politics and Prose, where she could immerse herself in all the wonderful books she wanted to read."

—Elinor Stillman

Too many cukes? Make cacik

Cacik (pronounced JAH-jek) is a chilled Turkish cucumber-mint soup that will use up your garden's bounty of cucumbers. This piquant summer cooler is basically tzatziki (Greek sauce/dip) thinned to a soup-like consistency. You can tone down the garlic and/or increase the mint to suit your taste. If you prefer a thinner consistency, whisk ice water into the final result.

Chilled Turkish Cucumber-Mint Soup (Cacik)

*3 medium cucumbers (about 14 ounces)
1 clove garlic, mashed
1 pint (2 cups) plain low-fat or nonfat Greek yogurt
2 tablespoons fresh dill, chopped
3 tablespoons fresh mint, chopped
3 tablespoons olive oil
1 medium lemon, grated zest and juice
1 teaspoon salt, or to taste
Mint leaves for garnish*

Peel cucumbers, slice in half lengthwise.



TOM OLIVER

Scoop out seeds by running the tip of a teaspoon down the center of each half; discard seeds. Chop cucumbers into chunks and put in blender. Add garlic, yogurt, dill, mint, oil, lemon juice and zest. Mix until smooth. Stir in salt, a little at a time, to taste. Chill 2 hours before serving.

Spoon into bowls or mugs, garnish with fresh mint leaves.

Makes 6 (1-cup) or 8 (¾ cup) servings of thick soup.

ADAPTED FROM SEVERAL SOURCES

—Barbara B. Oliver

At Lisner Home fundraiser, art and wine

The Lisner-Louise-Dickson-Hurt Home will host its major on-site fundraiser, “Art and Libations ’13,” on May 23 from 6 to 9 p.m. This year the home will honor TV newscaster J.C. Hayward with the Laura Lisner Award for her outstanding achievements in enhancing the quality of life for underserved populations of the District of Columbia.

J.C. is a longtime television anchor, vice president for media outreach at WUSA (Channel 9), and member of the National Association of Black Journalists Hall of Fame.

Guests will enjoy a wine tasting with wine provided by Sugarloaf Mountain Vineyards, delicious cuisine, and the opportunity to view and purchase the contemporary artwork of the home's residents. The Efi Tovia Trio will be performing throughout the event. There will be a raffle for an exciting trip.

For further information about the home and to purchase tickets to “Art and Libations



WUSA

TV newswoman J.C. Hayward.

’13,” visit the home's Web site, www.lldhhome.org. Due to the popularity of this event, please register online, where tickets are available at \$75 per person. For more information, call Debbie Lyle, executive assistant to the CEO and development coordinator, at (202) 966-6667, Ext. 3373.

COMMUNITY CALENDAR

Sat., May 4, 11 a.m.-3 p.m.

Spring fair—Lafayette Elementary School, 5701 Broad Branch Rd. NW.

Sat., May 4, 3:30 p.m.

Book talk—Adrian Raine, author of *The Anatomy of Violence: The Biological Roots of Crime*, discusses the implications of damage to parts of the brain that can predispose one to commit crime. Politics & Prose, 5015 Connecticut Ave. NW.

Sun., May 5, 11 a.m.

D.C. and the Civil Rights Movement—Discussion with Maurice Jackson, Carol McCabe Booker and Simeon Booker. Politics & Prose, 5015 Connecticut Ave. NW.

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

Police Service Area 201—Community meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

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

Demystifying your thyroid—Johns Hopkins endocrinologist Shabina Ahmed reviews symptoms, risk of thyroid diseases. 4433 S. Park Ave., Chevy Chase, Md.

Wed., May 8, 7 p.m.

Katzen Cinema—Screening of *Guest of Cindy Sherman*. American University Museum, Katzen Arts Center, 4400 Massachusetts Ave. NW. Free.

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

ANC 3E—Meeting. Janney Elementary School library, 4130

Albemarle St. NW.

Mon., May 13, 7:30 p.m.

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

Tues., May 14, 7:30 p.m.

ANC 3F—Meeting. Methodist Home of D.C., 4901 Connecticut Ave. NW.

Tues., May 14, 7:30 p.m.

CCCA annual public safety meeting—Second Tuesday rather than third Tuesday. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

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

Avalon Senior Cinema—Patrons age 62 or more can see the feature film for only \$7.25 (usual senior price, \$8.75). 5612 Connecticut Ave. NW.

Sat., May 18, 6 p.m.

Book talk—Author Gail Godwin presents her 13th novel, *Flora*, a Southern Gothic tale. Politics & Prose, 5015 Connecticut Ave. NW.

Sun., May 19, 1 p.m.

Book talk—Phyllis Theroux discusses *The Good Bishop: The Life of Walter F. Sullivan*, her biography of the bishop of Richmond who opposed the death penalty and reached out to gay people. Politics & Prose, 5015 Connecticut Ave. NW.

Wed., May 22, 7 p.m.

2nd District Metropolitan Police Dept.—Citizens

Advisory Council meets. 3320 Idaho Ave. NW.

First Thursdays, 12:30-4 p.m.
Health insurance

counseling—By appointment, free to D.C. residents 60+. The George Washington University Health Insurance Counseling Project answers questions about Medicare prescription benefits, long-term care insurance, paying medical bills. Iona Senior Services, 4125 Albemarle St. NW. Call (202) 895-9448 (option 4).

Every Thursday, 1 p.m.

Scrabble—Chevy Chase Library, 5625 Connecticut Ave. NW.

Every Friday

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.

Chevy Chase Library Movie Mondays

2 p.m. and 6:30 p.m., Chevy Chase Library

May 6—The Time Traveler's Wife, U.S. 2009, rated PG-13 (Eric Bana, Rachel McAdams)
May 13—Key Largo, U.S. 1948, not rated (Humphrey Bogart, Lauren Bacall)

May 20—Pan's Labyrinth, Mexico 2006, rated R (won three Oscars)