



THE VILLAGE NEWS

Volume 5, Issue 7

A Community Network of Support

July 2013

Closer to nature at

GREAT FALLS

BY JANEAN MANN

While faraway places with strange-sounding names hold their allure, there are locales closer to home that are also enticing. A real treasure is the Great Falls National Park near Potomac, which is part of the 184.5-mile-long C&O Canal. Nature abounds here at any time of the year, but spring, summer and fall offer the best opportunities for enjoying its bounties.

The canal towpath and the boardwalk to the Falls are handicapped-accessible. And, the Park Service has two wheelchairs on loan, free, on a first-come, first-serve basis. With the Potomac River on one side and the canal on the other, there are plenty of opportunities to see nesting waterfowl and other birds, including eagles. Deer, fox, squirrel, beaver and muskrat are among the fauna I have seen recently. Flowering trees, wildflowers and butterflies add color to the scenery.

You can step back in time with a mule-drawn boat ride along the canal at 11 a.m. or 3 p.m., or just meander the many trails above and below the boardwalk to the Falls. The old tavern, once a lock tender's house and now a visitors center, offers a history of the canal—and a view of the screech owl in the nearby sycamore tree. Entry fee is \$5 per carload, but for seniors with the Golden Eagle National Parks pass, it is free.



PHOTOS BY JANEAN MANN



ABOVE: A kayaker shoots the main part of the falls.
LEFT: A mule tender leads one of the animals that power canal boat rides; behind him is the former tavern, now a visitors center.

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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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NNV receives substantial Strasberg bequest

BY FRANCES MAHNCKE

In 2014 Northwest Neighbors will celebrate its fifth year of serving those of you who want to live at home in comfort and safety as long as possible. The Board of Directors is pleased and thrilled that we have been able to sustain and grow our organization such that we now serve a significant portion of Northwest Washington. Our thanks go out to the Lisner-Louise-Dickson-Hurt Home for providing us with office space at no cost since our opening in May 2009. And to our terrific volunteers who serve you on a day-to-day basis.

And now our special thanks go out to Daoma and Murray Strasberg, who became members when we opened in March 2009. We recently learned that Daoma and Murray, both deceased, have left in their estate a very generous gift to Northwest Neighbors.

They clearly wanted to thank the board and our volunteers and to help ensure that Northwest Neighbors Village continues to provide the types of services from which they had benefited. We deeply appreciate the wonderful contributions of our volunteers who gave so generously of their time to help the Strasbergs.

One of the ways organizations build for their future is to ask their members, volunteers and donors to provide them a charitable monetary bequest in their wills. Several NNV board members have already done so. Memberships provide only half of what it costs to sustain NNV. The balance comes from your donations and grants from outside organizations. We ask that all of you consider a gift to Northwest Neighbors Village when planning your estate.

Frances Mahncke is past president of NNV and a board member.

Please welcome ...

NNNV is delighted to welcome our new volunteer coordinator, Lisa Bregman. If you have not talked with her already, you soon will as Lisa is helping out with a key NNV function—linking members with service requests to the volunteers who will provide those services.

When Lisa first heard the term “aging in place” a few years ago, she realized how wonderful an idea it was and discussed it with her neighbors, many of whom are retirees and seniors, at the Towers,

a large condominium apartment building in Wesley Heights. When the Glover Park Village visited the Towers for a presentation, Lisa joined them as volunteer to serve the members of the village who live in her building.

Lisa brings to the position a passion to serve seniors and her skills as a writer, educator and professional massage therapist with a growing independent practice.

Lisa loves being part of the local village movement and looks forward to meeting the members and volunteers of Northwest Neighbors Village.



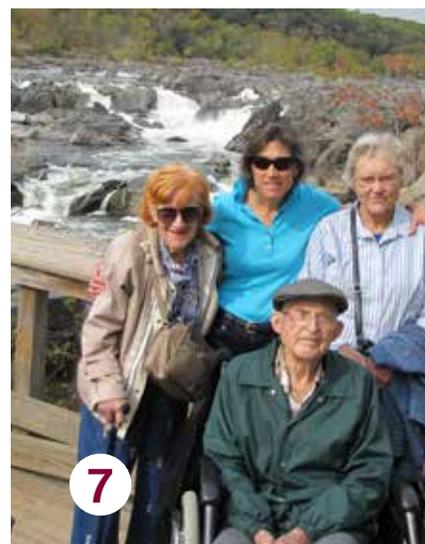
Nature at Great Falls, handicapped accessible

Continued from page 1

- 1** The Odd Couple: A deer and great blue heron.
- 2** Odd Couple No. 2: A bullfrog and a slider turtle share a log.
- 3** A screech owl in a sycamore keeps track of human visitors.
- 4** A newly hatched baby blue bunting waits for mom to bring food.
- 5** How many turtles can you fit on a rock?
- 6** A beaver saunters down the C&O Canal towpath.
- 7** The author's parents, aunt and cousin make use of a wheelchair.



PHOTOS BY JANEAN MANN





MARIANNA BLAGBURN

Fannie Mae pitches in

Six NNV families benefited from the generosity of 31 Fannie Mae volunteers (mortgage bankers and administrators), some of whom are pictured, who provided yard work and landscaping services in June. The volunteer project was part of the Seven Days to Serve Program sponsored by Fannie Mae and United Way worldwide. Fannie Mae chose NNV because it, too, wants to keep seniors in their homes and communities. The volunteers mowed, raked, clipped and provided landscape services on June 12 and 13.

NNV CALENDAR

Mon., July 1, 2-3 p.m.

Gentle Yoga with Sandi Rothwell, Reception Room, Methodist Home, 4901 Connecticut Ave. NW (rides available for NNV members).

Mon., July 8, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Wed., July 10, 3 p.m.

Cruise Afternoon Tea, 3211 Tennyson St. NW. RSVP by Monday, July 8 by calling NNV at (202) 237-1895. Rides provided for members.

Mon., July 15, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Wed., July 17, 2-4 p.m.

NNV Book Club to discuss

The Devil in the White City

by Erik Larson at the home of NNV member Bernice Degler. RSVP: (202) 237-1895.

Fri., July 19, 12:30 p.m.

NNV Lunch at De Carlo's; featured speaker is NNV volunteer and children's book author Agi Kiss. RSVP by Wednesday, July 17 by calling NNV at (202) 237-1895. Rides provided for members.

Mon., July 22, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Mon., July 29, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Mon., Aug. 5, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Mon., Aug. 12, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Wed., Aug. 14, 2-4 p.m.

NNV Book Club at the home of NNV member Bernice Degler; book for discussion will be decided at July meeting. RSVP: (202) 237-1895.

Save the Date:

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

NNV Annual Picnic, Candy Cane Park, Chevy Chase, Md.

Tues., Sept. 24, 3 p.m.

NNV Men's Book Club at the home of Bernie Hillenbrand to discuss *Team of Rivals* by Doris Kearns Goodwin.

Seniors benefit in D.C. Council's budget for 2014

BY JANEAN MANN

In adopting the District's budget for fiscal 2014 on June 26, the D.C. Council addressed some hot-button issues of concern to the city's growing senior population. The 2014 budget would increase funding by \$7 million for the D.C. Office on Aging and the agencies it supports, including some NNV partners such as Iona Senior Services. As a member of the Senior Advisory Coalition, NNV has been very active in advocating for these and other changes.

As approved by the council, the Budget Support Act also repeals the tax on out-of-state

municipal bonds that it had enacted two years ago amid a budget crisis. It also adopted a provision, authored by Ward 4 Council member Muriel Bowser, to increase to \$125,000 the household income ceiling for senior property tax reduction. The current ceiling is \$100,000.

The additional funding for the D.C. Office on Aging allocates \$1.5 million for the Washington Elderly and Handicapped Transport Services, which provides free transportation to D.C. seniors and the handicapped to medical appointments. Another \$1.9 million will go for the homebound meal program,

while \$1.4 million is provided for social workers.

As adopted, the Budget Support Act will also reduce the D.C. sales tax from the current 6 percent back to 5.75 percent. The tax was increased four years ago because of the economic slowdown.

Many of these provisions are a result of a dramatic shift in the D.C. economy. The city ended fiscal 2012 with a \$417 million surplus, and current projections indicate continued improvement in the city's economic fortunes. The FY14 Budget Support Act, like all D.C. legislation, is subject to the approval of Congress before it can become law.

Summer heat calls for cool meals

BY BARBARA B. OLIVER

Fresh fruits blend well with chicken or turkey to create colorful, nutritious main course salads. Start with the choice below; then try your own concoction. Peaches, mangoes, nectarines, fresh berries, watermelon, honeydew or casaba melons would work. Top with toasted pecans or walnuts; chopped pistachios, cashews or peanuts; or toasted coconut. A large pitcher of iced tea or lemonade, a toothsome baguette and lemon sugar cookies would round out the menu.

Chicken Orange Salad With Melon

1¾ cups (6 ounces) diced, cooked chicken or turkey, chilled
½ cup sliced celery (about 2 stalks)
½ cup seedless grapes, halved lengthwise
1 small apple (sweet or tart), cored, sliced into eight wedges, then cut into four pieces
2 large navel oranges, peeled, sectioned, then sliced in half
1/8 cup (2 tablespoons) sliced almonds, toasted
¼ cup mayonnaise (or Miracle Whip)



TOM OLIVER

Salt, to taste
1 medium ripe cantaloupe, seeded, sliced into four 1-inch rings; rind removed
Lettuce leaves

Combine chicken, celery, grapes, apple, orange and almonds in bowl. Add mayonnaise to moisten; salt to taste. To serve, line salad plates with lettuce leaves, top with a ring of cantaloupe and place 1 cup of salad on top of melon. Serves 4.

MEMBER PROFILE

Hester Marlowe's life with a worldly perspective

By JANEAN MANN

NNV member Hester Marlowe's life has taken her from Birmingham to Bremerhaven and around the world—a journey that contained a cast of characters one might find in a Graham Greene novel. Born in Birmingham, Ala., she attended the University of Minnesota and graduated with a degree in journalism. When a friend told her that the Army was recruiting people to go Germany after World War II, she interviewed and got the job.

Hester went to Germany in 1946 to begin her job recording the operations of the occupation forces. Arriving in Bremerhaven, she took a “sealed” train across the country, viewing “miles of rubble . . . not an electric light in sight.” Stops in Hanover and Frankfurt enabled her to witness the war's destruction close up. In Wiesbaden, wrecked planes still dotted the landscape. During her years in Germany, she saw the horrors of war in a concentration camp where the ashes of those killed remained.

In Wiesbaden, she wrote for the European Air Transport Service, which was set up to fly civilians around Europe. When that operation closed down, she transferred to Rhine-Main, Germany, where she worked in Army operations flying dependents from the United States to join family members in Europe. That job ended in tragedy. When one of its planes crashed, a second plane was dispatched to find the first. Hester assigned personnel for the flight and was on the tarmac preparing to board the flight herself when her boss ordered her not to go, saying he was going. That plane found the first, but also crashed, leaving only one survivor. Hester was devastated.

From there she moved to Vienna, Austria, where she was involved with writing and editing the history of the occupation forces. While in Vienna she took classes in psychology and met Otto Fleischmann, the last living pupil of Sigmund Freud and a close associate of Raoul Wallenberg. Fleischmann, who later headed the Menninger Foundation in Topeka, Kan., helped Hester through the trauma of the plane crash. When the headquarters of U.S. forces moved to Salzburg from Vienna, she moved too, before returning to this



JANEAN MANN

Hester Marlowe with Daphne, one of her two cats.

country in 1951. Though conditions in Germany were improving by that time, she said, much of the destruction remained.

Back in the States, she began working on her master's degree but changed her mind and came to Washington, where her mother was working. During her job interview, she encountered people who had tried earlier to recruit her. After successfully arguing for a higher salary, she took the job working for the U.S. Foreign Broadcast Information Service (FBIS). FBIS listens to foreign radio broadcasts, picks out important events, and shares that information with U.S. government agencies through its wire service.

Among her postings with FBIS were England (for nine years), Okinawa, and later, Hong Kong. In Key West she was chief of the office listening to Cuban radio and television broadcasts. She retired in 1979, but returned to work in Washington dealing mainly with Bangladesh, Australia and England. She eventually re-retired after spending nearly 50 years with FBIS.

Hester's lifelong friendship with Met mezzo-soprano Nell Rankin, a fellow Alabama native, began when they entered an opera contest that Marlowe lost to Rankin. She has an autographed photo of Rankin with her pet jaguar that Rankin's husband, Hugh, walked on Park Avenue until the authorities intervened. Rankin died in 2005.

A 35-year resident of the Clarence House apartments, Hester and her two cats enjoy her friendship with other residents.

BY MARIANNA BLAGBURN

Hiring a caregiver is fraught with uncertainty. What type of help is needed? How can one find a good caregiver? What will it cost? All at once, with an unexpected fall, a medical condition or the need for post-surgical support, we have to learn new ways of coping with and relying on extra help from outsiders in the intimacy of the home.

Living at home as we grow older is a decision that may not be difficult to make when we are healthy and active. However, we need to consider the possibility that at some time we may need outside aides who will be with us every day to help with meal preparation, personal hygiene, laundry, managing our medicines, home care chores and finances.

Making the decision

Making the decision to get extra help is difficult. Family members are often unwilling to accept the need for assistance or may be unable to collaborate on decisions. Those who must help are faced with making decisions alone, in uncharted territory, and shouldering the responsibility of ensuring the best care. It is not uncommon today to care for an ailing spouse, partner, parent, sibling or friend who lives at home. However, doing so while in retirement means added responsibility when one is also monitoring one's own health.

The good news is that there are now many ways to find help. According to the National Association of Home Care and Hospice, nearly 12 million Americans currently have some form of care at home.

What we need to know

Knowing what kind of help you need is one of the biggest challenges to face. There are

Start planning now for making caregiver decisions later

*The good news: There are
now many
ways to find help*

categories of help, and certified geriatric care managers are the best source of information to help you to determine what your loved one needs. NNV relies on Iona's Consultation, Care Management and Counseling Center to assist our members. We also work with independent geriatric care managers who charge a reasonable fee to evaluate each individual and offer recommendations for the next steps.

Exploring health benefits and coverage helps to determine options, eligibility and out-of-pocket expenses. Medicare covers some costs for home support but requires a certain level of care. If you are ineligible for

Medicare reimbursement, you may be covered by other insurance. Researching your coverage is critical for knowing what to expect in the future when you will need extra help. NNV members can call us for help in navigating these difficult waters.

Practical advice on home modification is also paramount for living at home as we get older and is part of the home care decision-making process. Changing physical features that will assist in safety and accessibility—such as grab bars, lighting and kitchen cabinet adjustments—can make staying at home more plausible, comfortable and safe.

Talk now about later

Communication over time can help familiarize loved ones with the idea of caregiver support. Talking before extra help is needed is best.

Living alone does not mean having to make the decision alone. Friends, relatives and even good neighbors may share the wisdom of experience and good referrals.

NEXT MONTH: NNV members share their experiences with caregivers.

Problem lawn? Shrink it, and expand the garden

BY STEVE DRYDEN

My 25 years as a local homeowner didn't get off to an environmentally auspicious start. That first year I called up a company with the word "chemical" in its name, asking if they could rescue the scraggly lawn I inherited. I confess: I wanted a pretty lawn.

The company showed up while I was at work and did something that didn't seem to be what I had paid for. The lawn was still a mess, though poisoned with weed-killing herbicides.

I've learned to tolerate a few weeds as part of a more eco-friendly, effective way to have a decent lawn and garden that help the environment. Let's review a few basics:

- If you have towering trees, the canopy will block the sun and the tree roots suck up most of the moisture from the grass. You can pour on the fertilizer and increase your water bill, but there's no guarantee of success. Instead, apply a thin circle of mulch at least 15 feet in diameter around the tree. Use a native ground cover that tolerates dry soil, such as white wood aster or wild ginger, but not the madly spreading English ivy (pull up any existing ivy).

- Cut the grass high (three inches at the minimum). Grass is a living plant, not a green carpet. Like any plant, it needs to grow larger to better absorb light and nutrients. Go easy on watering (encouraging the grass to push roots deeper) and cut



STEVE DRYDEN

A mid-June native garden that Steven Dryden helped revive.

fertilizer use. Excess gets washed into storm drains, contributing to oxygen-killing algae blooms in local streams.

Better than learning how to stop worrying about the lawn is eliminating as much as you can. Turf grass is the most wildlife-unfriendly habitat after concrete pavement. Slowly enlarge your garden's borders by digging up the grass and replacing with composted soil.

The traditional landscaping plants of D.C.—the colorful Japanese azaleas, the big blue hydrangeas, the yews and other evergreen bushes—are admittedly almost care-free, but most are sterile, non-native and provide little food for wildlife. Many local birds depend on finding insects for their young. If bugs don't have a place to live or feed—and they prefer our native plants for this—the bird population will suffer. Because of evolution, local wildlife needs

local plants.

Many wildflowers and shrubs are relatively simple to maintain and show alternating color throughout the growing season. For dry, sunny/part sunny areas: purple coneflower, coreopsis, butterfly weed, New England aster, black-eyed Susan, goldenrod, spiderwort. For shade: white wood aster, wild geranium, Christmas fern, sensitive fern, Virginia sweetspire, wild hydrangea. All are perennials, which saves money. Also: plant oaks! We've lost so many due to storms and old age. Eastern oaks support more than 100 species of butterflies, moths, inchworms and other beneficial insects.

Steve Dryden can suggest ways to make your yard more nature-friendly, and help get the planting done. He can be reached at 301-512-5899, or jsdryden@comcast.net.

COMMUNITY CALENDAR

Wed. July 3, 3-6 p.m.

Ice Cream Social, Chevy Chase Community Center, Connecticut Ave. at McKinley St. NW.

Mon., July 8, 7:30 p.m.

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

Wed., July 10, 1-2 p.m.

Break Free From Depression and Anxiety—Suburban Hospital social worker Susan Webb describes signs and symptoms of, and therapy for, depression and anxiety; 4433 S. Park Ave., Chevy Chase, Md.

Thurs., July 11, 11 a.m.

Drop-In Clinic—Help with laptops, tablets, cellphones, Facebook, Twitter, social media, etc.; Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., July 11, 7:30 p.m.

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

Fri., July 12, 5-8 p.m.

Artists Reception—Live music, refreshments; Iona Senior Services, 4125 Albemarle St. NW, free. To attend please call Patricia Dubroof at (202) 895-9407 or e-mail pdubroof@iona.org.

Sat., July 13, 4 p.m.

Washington Art Matters: The 1970s—Panel discussion; American University Museum, Katzen Arts Center, 4400 Massachusetts Ave. NW, free.

Tues., July 16, 7:30 p.m. (to be confirmed)

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

Thurs., July 18, 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.

Thurs., July 18, 7 p.m.

Collecting Photographs: Vintage and Contemporary—On Collecting Fine Art Series, American University Museum, Katzen Arts Center, 4400 Massachusetts Ave. NW, free.

Sat., July 20, 3 p.m.

Washington Art Matters: The 1980s—Panel discussion; American University Museum, Katzen Arts Center, 4400 Massachusetts Ave. NW, free.

Thurs., July 25, 7 p.m.

Collecting Sculpture, Glass and Three-Dimensional Art—On Collecting Fine Art Series, American University Museum, Katzen Arts Center, 4400 Massachusetts Ave. NW, free.

Sat., July 27, 4 p.m.

Raya Bodnarchuk: Form—Gallery talk by Washington artist; American University Museum, Katzen Arts Center, 4400 Massachusetts Ave. NW, free.

Thurs., Aug. 8, 11 a.m.

Drop-In Clinic—Help with laptops, tablets, cellphones, Facebook, Twitter, social media, etc.; Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., Aug. 8, 7 p.m.

Collecting Contemporary Paintings: Local and National Artists—On Collecting Fine Art Series, American University Museum, Katzen Arts Center, 4400 Massachusetts Ave. NW, free.

Sat., Aug. 10, 4 p.m.

Tim Tate: Sleepwalker—Gallery talk by Washington contemporary glass artist; American University Museum, Katzen Arts Center, 4400 Massachusetts Ave. NW, free. **Summer closing party** follows, 5-7 p.m.

Wed., Aug. 14, 1-2 p.m.

Routine Health Screening for Seniors?—Suburban Hospital family physician Ayesha Jafri discusses risks vs. benefits and recommendations; 4433 S. Park Ave., Chevy Chase, Md.

Thurs., Aug. 15, 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.

Every Tues. and Thurs., 8:30 a.m. and 9:30 a.m.

Walking Club—Sponsored by Sibley Senior Association, Mazza Gallerie, concourse level, Wisconsin and Western avenues NW, free, (202) 364-7602.

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.

Movie Mondays

2 p.m. and 6:30 p.m., Chevy Chase Library, 5625 Connecticut Ave. NW.

July 1—*Chungking Express*, China, 1994, rated PG-13.

July 8—*The Maltese Falcon*, U.S., 1941, not rated (Humphrey Bogart).

July 15—*Hope & Glory*, U.K., 1987, rated PG.

July 22—*The Private Life of Sherlock Holmes*, U.K., 1970, not rated.

July 29—*The Guilt Trip*, U.S., 1999, rated PG-13 (Barbra Streisand).

Aug. 5—*Jakob the Liar*, U.S., 1999, rated PG-13 (Robin Williams).

Aug. 12—*Picture Bride*, Japan/U.S., 1994, rated PG-13.

Summer Film Festival

Saturdays, 2 p.m., Tenley-Friendship Library

July 6—*Manhattan*, U.S., 1979, rated R (Woody Allen, Diane Keaton, Meryl Streep).

July 13—*Sabrina*, U.S., 1954, not rated (Humphrey Bogart, Audrey Hepburn).

July 20—*Anatomy of a Murder*, U.S., 1959, not rated (James Stewart, Lee Remick).

July 27—*The Great Gatsby*, U.S., 1974, rated PG-13 (Robert Redford, Mia Farrow).

Aug. 3—*Sunset Boulevard*, U.S., 1950, not rated (William Holden, Gloria Swanson).

Aug. 10—*Dr. Strangelove*, U.S., 1964, not rated (Peter Sellers, George C. Scott).