

# THE VILLAGE NEWS

Northwest  
Neighbors  
Village

Volume 10, Issue 6

A Community Network of Support

June 2018

## Healthy Aging Forum: Learn a lot in five hours

**W**e all want a better quality of life regardless of our age. But the information on how to achieve it is often confusing. To address this issue, NNV is offering an information-packed Healthy Aging Forum on Sunday, June 10, from noon to 5:15 p.m. Workshops on eight key issues featuring experts in areas of nutrition, our aging minds, intimacy and sex, maintaining your independence, caregiving and others will be offered.

Kojo Nnamdi, considered “one of the most influential people in Washington” and “maybe the best interviewer in town,” will keynote this program, which is co-sponsored by the Washington Hebrew Congregation. Nnamdi is the well-known host of the “Kojo Nnamdi Show” and “The Politics Hour” on

WAMU/NPR. The forum will be held at the Congregation, at 3935 Macomb St. NW.

The workshops are designed to help you live better in Washington, with topics specific to our city. *[You can view the full list of workshops and speakers on Page 6.]*

The forum will also offer a Resource Fair with individuals and groups that can help you navigate not only the challenging issue of caregiving, but others such as finances, senior living, exercise programs and visiting physicians. To insure you can participate in the programs you want, register today at [www.nnvdc.org](http://www.nnvdc.org). For more information call 202-777-3435.

## Ann Todd, early innovator in computer technology

*Her ‘badge of honor’: A 14-job career over a wide range of fields*

BY JANEAN MANN

**N**NNV volunteer and supporting member Ann Todd’s career began and ended on the same clinical medicine note, though the dozen other jobs in between took her to the White House, rural America, the bowels of the D.C. government and the then-evolving technology field.

Ann originally wanted to be a nurse but rejected that field when she realized she could not stand the sight of blood. Her interest in health care did propel her to her first job as a clinic secretary for Case Western Reserve University Hospitals in her native Cleveland. Working in a clinic for low-income mothers and their firstborn children “was the best job I ever had.”

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JANEAN MANN

Now retired, Ann Todd has more time to read the Wall Street Journal with her cat Biffy (and to volunteer with NNV.)

## NORTHWEST NEIGHBORS VILLAGE

a community network of support  
4901 Connecticut Ave. NW  
Washington, DC 20008  
202-777-3435  
[www.nnvdc.org](http://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 neighborhoods and homes as they age.

### Join or volunteer

NNV welcomes new members and volunteers. For more information, go to [www.nnvdc.org](http://www.nnvdc.org) or call the office at 202-777-3435.

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JANEAN MANN

These NNV members were among several D.C. villages participating in a recent program on the city's transportation options. Such efforts expand program opportunities for NNV members.

## D.C. villages ramp up cooperation

BY STEPHANIE CHONG

What began four years ago as an informal network of support among D.C. neighborhood villages is expanding thanks to a D.C. Office on Aging grant to help villages enhance sustainability through strategic planning and to provide development support and training for our villages.

This spring, 12 D.C. villages participated in a visioning process, facilitated by organization and strategy consultant Candace Robinson. Ms. Robinson has years of experience in the village movement, including co-founding the Village to Village Network. She has conducted research nationally on other village collaborations and helped the D.C. group plan for a collaboration that will enhance members' experience citywide and improve efficiency of operations.

### Village Collaboratives

Existing coalitions, though few nationwide, vary in their scope and organization. However, they typically aim to increase community awareness of the village model, design and lead advocacy efforts around key local and

regional aging issues to work more efficiently, and share resources when appropriate. NNV benefits from this joint effort when we share a case manager with other villages to offer NNV members types of key professional support, cost-free, which we would otherwise have been unable to afford.

While deeper cooperation among D.C. villages will enhance each village's ability to support successful aging, all of them, including NNV, will maintain the culture and sense of community unique to our respective neighborhoods. The D.C. village collaboration is intended to strengthen and enhance each individual village, not replace it.

### Looking Ahead

I and other village leaders will continue to support members and provide social and community connections focused at both the neighborhood and citywide levels. As the village movement matures, villages will be called upon to provide more support and care services for members as their needs evolve, and anticipate the responsibility to balance the need to meet the care and

See VILLAGES, Page 3

## NNV CALENDAR

*Rides are available for NNV members to all NNV events.*

**Wed., June 6, 9:30-10 a.m.**

**Village Walk**—Around International Court embassies; meet at 36th & Yuma Streets NW. RSVP: [nnvillage@gmail.com](mailto:nnvillage@gmail.com).

**Wed., June 6, 27, 10-11:30 a.m.**

**Caregiver Support Group**—Moderated by licensed clinical social worker, twice a month in Chevy Chase. Limited to 8 participants. Call 202-777-3435.

**Sun., June 10, 12-5:15 p.m.**

**Healthy Aging Forum**—NNV, Washington Hebrew Congregation co-sponsors. Kojo Nnamdi, speaker. Workshops, vendors. \$33 (\$18 NNV,

WHC members). 3935 Macomb St. NW.

**Wed., June 13, 9:30-10 a.m.**

**Village Walk**—Meet at new Western Grove Urban Park on Western Ave., Chevy Chase, Md., just east of Giant parking lot, opposite Lisner Home. RSVP: [nnvillage@gmail.com](mailto:nnvillage@gmail.com).

**Fri., June 15, 12:30 p.m.**

**Forever Young, Forever Fun**—Intergenerational pizza party with NNV, Cleveland Park Library, Forest Hills of D.C. and Friends of Forest Hills Playground. Assembly Room, 4901 Connecticut Ave. NW. RSVP: 202-777-3435.

**Wed., June 20, 9:30-10 a.m.**

**Village Walk**—Meet at southeast corner, Albemarle St. & Connecticut Ave. NW. RSVP: [nnvillage@gmail.com](mailto:nnvillage@gmail.com).

**Wed., June 20, 2:30 p.m.**

**NNV Book Club** discusses “News of the World” by Paulette Jiles. RSVP to Frances Mahncke: [FranMahn@aol.com](mailto:FranMahn@aol.com).

**Tues., June 26, 3-4:30 p.m.**

**NNV Men’s Book Club** discusses “Ike’s Bluff” by Evan Thomas; location to be determined. RSVP: 202-777-3435.

**Wed., June 27, 9:35-10 a.m.**

**Village Walk**—Meet at pedestrian entrance, National Zoo. RSVP: [nnvillage@gmail.com](mailto:nnvillage@gmail.com).

**Save the Date**

**Sun., Sept. 23, 11 a.m.-1 p.m.**

**NNV Annual Picnic**—Meadowbrook Park, 7901 Meadowbrook Lane, Chevy Chase, Md.

## Envisioning a village network

VILLAGES, *Continued from Page 2*

social needs of older members, while providing social connections and activities to younger members. Pulling from the strengths and talents among village leadership, intentional collaboration will help the D.C. villages meet these anticipated needs in the following ways:

► **Community outreach**—

Development of shared messaging and communication tools, such as a brochure and website, to inform the D.C. community about the village movement and where to find a village in their neighborhood.

► **Joint advocacy**—Cooperation on key policies and programs that impact the lives of village members and older adults citywide.

► **Collective action**—

Opportunities for shared programming for members. Joint

training for volunteers, board and staff. Shared professional staff, such as case management or back office administration. Joint data collection to prove the impact of

volunteer services, programming and resource sharing.

This is an exciting time for NNV and our fellow D.C. villages. Stay tuned for more information as the villages move forward in working together.

## SERVICE OF THE MONTH

*When the owner’s away, NNV can help*

**A**re you planning a trip this summer? Northwest Neighbors Village can help you go worry-free, with its Absent Owners service. If you call the office in advance of your trip, NNV will find a volunteer, hopefully someone who lives near you, who will take over tasks inside and/or outside the house.

Once you have been assigned a volunteer, it will be your responsibility to contact the person and make your arrangements about keys, phone calls, task lists, etc. Some possible tasks: bringing in mail, newspapers or packages, watering indoor or outdoor plants, trimming bushes and taking trash to the alley.

If you have children in the area, you might be able to rely on them; but if you don’t, it is reassuring to know you have someone to call if you forgot to turn the lights on (or off) or neglected to take out the trash before you left. The Absent Owners program will also help you get to know some of your neighbors better and may even lead to new and mutually beneficial relationships across age ranges.

—Lois Berkowitz



# Wide-ranging career started and ended in medicine

PROFILE, Continued from Page 1

"I loved that job," she said. "The satisfaction came from interacting with these mothers and their babies who really needed help." At that time in the early '60s, there was little health care available for such families. An added attraction was staff member Dr. Benjamin Spock who, Ann noted, "was pretty amazing."

When she turned away from nursing, her parents suggested two alternative careers: librarian or schoolteacher. She chose the latter, obtained her degree and taught high school government and world history during the '60s and '70s, when her topics included the civil rights movement and the Vietnam War. "I loved it, but couldn't make enough to live on," she said. Ann moved to university teaching but found it to be less about teaching and more about campus politics.

In 1975 she moved to Washington and took a job in the D.C. government's Budget Office assessing health and social services program performance. She was soon lured to the Carter White House for a three-month stint to write an executive order simplifying regulations affecting state and local governments.

She returned briefly to the D.C. government before answering the siren call of the White House again. This time she traveled to rural communities to help simplify regulations dealing with the construction of rural clinics and the refurbishing of rural housing. She later returned to the D.C. government to help set up the first wide-area network (WAN) in this area.

Lacking a fear of computers in the early days helped Ann land a



JANEAN MANN

Stopping to smell the roses: Ann Todd enjoys gardening and reaps the bounty of many peony bushes. Her rare Peace rose was a lucky find.

variety of positions in the technology field in the '80s and '90s. She was chief of telecommunications for the D.C. government. At Booz Allen, she drew on her skills to expand the use of computer technology to improve productivity in government and the private sector. She calls her 14-job career her "badge of honor."

She enjoyed these innovative positions. "That was always fun," she said. "I had the good fortune to be at the right place at the right time when something was happening." Her familiarity with computers allowed her to move into interesting jobs as computer

use evolved.

Ann's last job took her back to a health clinic—Mobile Medicine—where she worked with an "amazing" Iranian congregation helping new immigrants, many of whom did not speak English, obtain health care.

She was an early NNV volunteer, beginning in 2009 after learning of NNV from a real estate agent.. Though principally a volunteer driver now, she has also done friendly visits and recalls meeting "amazing" people. "I've met people now that I consider my personal friends," she said, including several who "starred" at a birthday party she threw for herself.

**A**lthough primary voting day in D.C. is officially June 19, early voting sites will be open to all voters throughout the city June 4-15. Those voting June 19, however, must vote in their assigned precincts. The polls are open 7 a.m.-8 p.m.

Under D.C. law, voting in the primaries is by party affiliation. Those with no party affiliation can vote in this election, but only on Initiative No. 77, the District of Columbia Minimum Wage Amendment Act of 2017. Although voting registration ended officially May 29, D.C. does permit same-day registration and voting at the early voting sites and at one's home precinct on June 19.

You can register to vote at any of the early voting sites, but you must provide a proof of residence with your current D.C. address. The District accepts a variety of documents as proof of residence. A complete list of acceptable documents can be found at [www.dcboe.org/FAQS/Voter-Registration](http://www.dcboe.org/FAQS/Voter-Registration).

In the primary, those registered as members of the Democratic, Republican, Statehood Green or Libertarian Party are eligible to vote in the races for elected officials. These include D.C.'s delegate to the U.S. House of Representatives; the mayor; chairman of the D.C. Council; an at-large Council seat—the one currently held by Anita Bonds; the Ward 3 Council seat; and the D.C. attorney general.

Although the District does not have voting representatives in the U.S. House and Senate, the ballot also contains candidates for both. These positions are considered “shadow” members of Congress who work to obtain full congressional representation for the District.

Ballots for several parties also have candidates for local party positions. Individuals running as Independents, such as Council member Elissa Silverman and her challenger, will not



JANEAN MANN

**Candidates in the June 19 primary spoke at an April 17 CCCA-sponsored forum. From left are at-large D.C. Council incumbent Anita Bonds and challengers Marcus Goodwin, Aaron Holmes (standing) and Jeremiah Lowery.**

## Early voting starts June 4 in D.C.

be on any of the ballots for the primary.

Early voting for those living in any ward will begin June 4 at One Judiciary Square, 441 Fourth St. NW. Other early voting sites open June 8 throughout the city. The only site in Ward 3 is the Chevy Chase Community Center, 5601 Connecticut Ave. NW.

The Ward 4 early voting site is the Takoma Community Center, 300 Van Buren St. NW. Residents from any ward can vote at these sites. Those who normally would vote at Murch Elementary School on June 19 will vote at St. Paul's Lutheran Church, 4900 Connecticut Ave. NW.

The only initiative on the ballot, and the only one on which all D.C. residents may vote regardless of party affiliation, is that on the minimum wage. This provision would gradually increase the minimum wage in D.C. to \$15 an hour by 2020; increase the minimum wage for tipped employees so that they receive the same minimum wage directly from their employers as other employees by 2026; and require the minimum wage to increase yearly in proportion to increases in the Consumer Price Index by 2021.

Those wishing to vote by absentee ballot can request a ballot at [www.vote4dc.com](http://www.vote4dc.com) or use the mobile app, Vote4DC. Applications must be received by June 12.



# Forum workshops: How to age well in the years ahead

**T**he Healthy Aging Forum on June 10 features a wealth of workshops with experts on age-related topics. The event will be held from noon to 5:15 p.m. at Washington Hebrew Congregation, 3935 Macomb St. NW, which is co-sponsoring the event.

These workshops are designed to provide tools to help navigate, plan for the future and age well.

Attendees can select two, one at 1 p.m. and one at 3 p.m.

Here is the list of topics and workshop leaders:

## **1 p.m. session**

### **► Transitions: Re-imagining Ourselves for the Years Ahead**

Inventory your interests and learn how to explore new options. Find out how to chart new journeys and establish new priorities: careers, hobbies, intellectual pursuits and volunteer opportunities.

*Laurie Cameron of the George Mason University Center for the Advancement of Wellbeing and Steve Altman, former president of Northwest Neighbors Village.*

### **► Thinking Ahead: Preparing to Age at Home**

How do we know when we should

begin preparing to age in place? Learn how to adapt and manage your home design to live safely and well.

*Deborah Rozell, ECHM, CAPS and president of Innovative and Inclusive Design; Christine Bitzer of Seabury Resources for Aging Care Management; and Ali Thomas, physical therapist at Vanderhoof Physical Therapy.*

### **► Intimacy, Relationships and Sex**

Sex isn't just for kids! Learn how to adapt and grow in our most intimate relationships as we get older. How can we form new relationships or deepen existing ones?

*Dr. Charles and Amy Miron, sex therapists in private practice, and Barbara Alterowitz, author and expert.*

### **► Nutrition and Exercise: Strategies for Eating Right and Being Active**

An active and interactive session that will address how an anti-inflammatory diet can enhance healthy aging and reduce risk of chronic illness and how to develop movement practices that reduce stress and improve cognition and health.

*Anne Contee, yoga instructor, and Julie Wendt, M.S., of George*

*Washington University's Center for Integrative Medicine*

## **3 p.m. session**

### **► The Aging Process: What's Happening to Our Minds and Bodies, and How We Can Adapt**

Learn the current research on changes that occur to mind and body as we age. Understand the difference between normal forgetfulness and dementia.

*Dr. Scott Turner of the Georgetown Memory Clinic and Dr. Anca Dinescu of GW Geriatric Clinic.*

### **► On Being a Caregiver: How to Adapt to Caring for a Loved One**

Explore a host of scenarios including long-distance caregiving; the intergenerational communication gap; the dynamics of caring for a spouse or a parent. Learn ways to reduce stress and improve quality of life as well as help the one receiving care.

*Dr. Sandra Crewe, Ph.D. and dean of social work, Howard University, and Bill Amt of Iona Senior Services.*

### **► Making Use of the Urban Environment: Transportation, Mobility and Technology**

Being able to get out and about—going shopping, seeing friends, visiting the doctor, taking classes—is vital to maintaining one's sense of independence. Learn how best to make decisions for yourself and loved ones and what options exist.

*Heather Foote of Capitol Hill Village; Gail Kohn of Age Friendly D.C.*

### **► Wise Aging and Ethical Wills**

Explore basic mindfulness practices and spiritual wisdom to help you make the changes in your life you need to experience a deeper sense of well-being.

*Alyssa Smith and Dr. Jim Salander of the Washington Hebrew Congregation and Andy Siegel, health professional, community advocate and instructor on ethical wills.*



JOHN LAWLOR

## **Angelic harps**

**A**n appreciative audience of NNV members enjoyed a concert of light classical music by members of the Maryland Youth Orchestra Harp Ensemble on May 22. Led by director Monika Vasey Rhodes, left, they were Su Shen Ooi, Lauren Twombly, Evelyn Sturrock and Sophie Kim.

## Psari Plaki: Tasty fish, served hot or cold

By BARBARA OLIVER

**P**laki (plah-KEE) in Greek describes a dish usually cooked with olive oil, tomatoes and vegetables in the oven. Fish plaki style is called Psari (SAH-ree).

A firm white fish (cod, tilapia, halibut, haddock, amberjack, grouper or snapper) is recommended. The fresher the fish the better, but if you use frozen, thaw it first or the liquid will over dilute the sauce.

Many recipes suggest eating the dish at room temperature or even cold, but I usually serve it hot. The following version is adapted from "Greek Cookery" by Nicholas Tselementes, a book I purchased in Greece in the '60s, and is simple and prepared on the stovetop.

### Plaki

*¼ pound onions, chopped  
2 teaspoons olive oil (or spray pan*



BARBARA OLIVER

*with olive oil)  
1 small glass white wine (2  
ounces)  
1 small glass water (2 ounces)  
Salt and pepper to taste*

*½ pound firm white fish  
½ pound fresh sliced tomatoes or  
½ cup tomato sauce  
1 tablespoon chopped parsley  
1½ teaspoons bread crumbs*

Sauté onions in oil (or fry until golden brown). Stir wine, water, salt and pepper into the onions in the pan. Then add the fish. Place a slice of fresh tomato on each slice of fish (or add tomato sauce diluted with a bit of water).

Sprinkle the ingredients with chopped parsley, bread crumbs and little more salt.

Cover and let simmer for 20 to 30 minutes. Serve fish on a platter or plates and pour sauce on top. Makes four 4-ounce servings of fish plus sauce.

Notes: Use Panko or make your own breadcrumbs from day-old French bread.

You could add drained capers, sliced Kalamata olives and/or grated lemon rind to the dish. Reduce the added salt as the capers and olives are already salty.

## New locations for spring walks in June

**S**pring in Washington, a great time to be out-of-doors! NNV has scheduled four walks in June, on Wednesdays at 9:30 a.m. We are planning to have two groups, one fast-paced, the other more moderately paced, and will try a few new locations. Walks will be about 30 minutes long and will conclude with a stop at a coffee shop. Locations:

► **June 6:** Meet at 36th and Yuma Streets NW.

► **June 13:** Meet on Western Avenue just east of the entrance to the Giant parking lot (at the new Western Grove Urban Park in Chevy Chase, Md.).

► **June 20:** Meet at Albemarle Street and Connecticut Avenue NW (southeast corner).

► **June 27:** Meet at 9:35 a.m. at the National Zoo pedestrian entrance.

To participate, RSVP to [nnvillage@gmail.com](mailto:nnvillage@gmail.com).



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BARBARA OLIVER

Balls represented responsibilities for caregivers, and Iona's Deb Rubenstein, left, piled them onto caregivers represented by Janean Mann, second from left, Tiye Kinlow, center, and Frances Mahnke. Result: the overloaded caregivers "dropped the ball."

## Navigating the caregiver storm

BY BARBARA OLIVER

**I**t was a dark and stormy night, but those who ventured out to the Chevy Chase Community Center May 15 to the "Dynamics of Caregiving: Providing Care & Giving Support" session learned a lot about the whys and wherefores of engaging local resources to help with caregiving. This was the eighth year of senior-related programs sponsored jointly by NNV and the Chevy Chase Citizens Association.

The panelists were Stephanie Chong, NNV's executive director; Christine Bitzer, assistant director at Seabury Resources for Aging—Care Management; and Deb Rubenstein, director of consultation, care management and counseling for Iona Senior Services.

The three speakers described the services they (all nonprofits) offer, including care management, and provided suggestions to help caregivers hand off some of the challenges they juggle and get some respite from caregiving.

► NNV offers services through annual membership fees. NNV's caregivers support group is run by a social worker who provides a place to share thoughts, tips and resources, and camaraderie.

Members can get rides to medical appointments and join in social events to meet new people. They can get a wealth of assistance from NNV volunteers who can help with decluttering, organizing, yard work, paperwork and friendly visits, as well as referrals to vetted professionals who can make the home safer and more user-friendly; lawyers specializing in elder needs; homecare services and cleaning services. To learn more, join or volunteer, call 202-777-3435 or email [schong@nnvn.org](mailto:schong@nnvn.org).

► Seabury provides affordable services to clients throughout the D.C. area on a sliding scale. Assistance might include healthcare management and social or emotional support. A care manager might mediate among a person's caregiver and children so

that each hears the other and "gets everyone communicating on the same page," Christine said.

A care manager can identify community benefits (NNV and Iona), and government benefits (D.C. Office on Aging—DCOA). The care manager can also help determine needs and recommend options, costs associated with them and resources. Seabury at Friendship Terrance in D.C., an independent living facility, and Seabury at Springvale Terrace in Silver Spring, both an independent and assisted living facility, provide options when living at home is no longer possible. For more information, go to

[www.seaburyresources.org/](http://www.seaburyresources.org/).

► Since the '70s, DCOA has designated Iona as a "lead agency" in Ward 3. Iona offers two types of care management: 1) fee for service and 2) as a lead agency, DCOA-subsidized service. Iona's free "Resource Guide," [www.iona.org/wp-content/uploads/2018/01/2018-January-Update-of-Resource-Guide-for-Web.pdf](http://www.iona.org/wp-content/uploads/2018/01/2018-January-Update-of-Resource-Guide-for-Web.pdf), offers a hefty listing and description of local resources. Social workers answer Iona's information and referral helpline, 202-895-9448. They can assist callers whether they know what they want or are at a loss.

A monthly support group offers people with memory loss and their caregivers separate opportunities to socialize. Other programs include caregiver support groups for adult children; individual psychotherapy for caregivers needing one-on-one support (a Medicare-funded service for those with depression or anxiety); and a dementia adult day care program, available from 8:15 a.m. to 5 p.m. five days a week. Deb summed up, paraphrasing a quote from "Being Mortal" by Atul Gawande, "What

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## COMMUNITY CALENDAR

*Events are free unless otherwise indicated.*

**Sat., June 2, 9, 16, 23, 30, 2 p.m.**  
**Fighting Misinformation on Social Media**—How to spot, report, combat fake news. Chevy Chase Library, 5625 Connecticut Ave. NW.

**Tues., June 5, 12, 19, 26, 7 p.m.**  
**Essential Oils**—Health benefits, free samples. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Sat., June 9, 1 p.m.**  
**Game On**—Board and video games, all ages. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Mon., June 11, 7 p.m.**  
**ANC 3/4 G**—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW; 202-363-5803; [www.anc3g.org](http://www.anc3g.org).

**Mon., June 11, 7:30 p.m.**  
**Board Games for Grown Ups**—Themed, strategy, cooperative, etc. Chevy Chase Library, 5625 Connecticut Ave. NW.

**Wed., June 13, 1-2 p.m.**  
**Heart Attack?**—Edward Levien, B-CC Rescue Squad, on warning signs, lifesaving prevention strategies. Register: 301-896-3939. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

**Thurs., June 14, 7:30 p.m.**  
**ANC 3E**—Meeting. AU Washington College of Law, Ceremonial Classroom, 4300 Nebraska Ave. NW.

**Tues., June 19, 26, 2 p.m.**  
**Tenley Summer Movie Series**—New and old films; call 202-727-1225 for title. Tenley-

Friendship Library, 4450 Wisconsin Ave. NW.

**Tues., June 19, 7:30 p.m.**  
**ANC 3F**—Meeting. Room A-03, Bldg. 44, UDC, 4200 Connecticut Ave. NW.

**Thurs., June 21, 10:30 a.m.**  
**Avalon Senior Cinema**—Patrons 62+ pay less than the usual senior rate of \$8.75. Avalon Theatre, 5612 Connecticut Ave. NW.

**Mon., June 25, 7 p.m.**  
**ANC 3/4 G**—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW; 202-363-5803; [www.anc3g.org](http://www.anc3g.org).

**June 6-Aug. 25**  
**Senior Programs**—Register before June 4: [Brittany.Miller@dc.gov](mailto:Brittany.Miller@dc.gov), 202-282-2201. Chevy Chase Community Center, 5601 Connecticut Ave. NW. (Those already in classes with \* do not need to re-register.)

**Mondays**  
**10:30 a.m.**—T'ai Chi Advanced \*  
**11:30 a.m.**—T'ai Chi Intro \*  
**12:30-1:30 p.m.**—Functional Fitness

**Tuesdays**  
**10 a.m.**—Strength & Resistance/Cardio Lite \*  
**11 a.m.**—Strength & Resistance Advanced/Cardio Advanced \*  
**1:30-2:30 p.m.**—Music & Melodies

**Wednesdays**  
**10-11 a.m.**—Cranium Crunch (brain games)  
**11a.m.-noon**—Pilates Intro

**Thursdays**  
**10 a.m.**—Strength & Resistance/Cardio \*  
**11 a.m.**—Strength & Resistance Advanced/Cardio Advanced \*  
**11 a.m.**—Yoga \*  
**1:30-2:30**—Current Events

Discussion

**Fridays**

**10-11 a.m.**—Zumba

**Saturdays**

**9:15-10:15 a.m.**—Chair Fitness

**Every Tues. & Thurs., 8:30-9:30 a.m.**

**Walking Club**—Sibley Senior Association. Mazza Gallerie, Concourse Level, Wisconsin & Western Aves. NW. 202-364-7602.

**Every Fri.**

**AARP Legal Counsel for the Elderly**—Self-help office. Assistance with legal questions, claims reports, consumer complaint letters, benefit checks, etc. Call 202-895-9448 (option 4) for appointment. Iona Senior Services, 4125 Albemarle St. NW.

**Every Sat.**

**Farmers Markets**

**9 a.m.-1 p.m. Chevy Chase D.C.**, Broad Branch Ave. & Northampton St. NW.

**8 a.m.-1 p.m. New Morning Farm**, Sheridan School, 36th St. & Alton Place NW.

**8 a.m.-2 p.m. Van Ness**, Connecticut Ave. & Yuma St. NW.

**Movie Mondays**

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

**June 4**—"Thank You for Your Service," U.S., 2017, rated R.

**June 11**—"Love and Pain and the Whole Damn Thing," U.S., 1973, rated PG (Maggie Smith).

**June 18**—"Hazlo Comme un Hombre" ("Do It Like a Man"), Mexico, 2017, rated R.

**June 25**—"Good Night, and Good Luck," U.S., 2005, rated PG (George Clooney).

## Resources for caregivers

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older people want for themselves is autonomy. What caregivers want for them is safety. There is a

disconnect."

Stephanie concurred: "Resistance [to help] is pervasive" among those who need caregiving. She encouraged the audience to

"plan ahead, look at home modification and costs, what's out there as [alternative] living situations. When considering a residential community she suggested having a respite/short-term stay, or having lunch there to get a "feel for the culture."

# D.C. changes procedures for 911 medical calls

**B**ecause D.C. has one of the country's highest per capita rates of 911 calls for emergency medical services, it is experimenting with a new program to send some of these callers—those not actually deemed emergencies—to local clinics.

The pilot program, “Right Care, Right Now,” began April 19 and will operate for at least a six-month trial period. Right Care, Right Now is available seven days a week from 7 a.m. until 11 p.m. Outside those hours, the regular 911 procedures are followed.

The objective is to reduce the stresses on local emergency rooms and the EMS service by directing non-emergency cases to local clinics. An estimated 25 percent of calls to D.C.'s 911 line are considered non-

emergency. Because many of those who call 911 have no regular doctor, another program objective is to link these individuals with clinics close to their homes where they can obtain regular medical attention.

EMS first responders will continue to be dispatched immediately for individuals considered to have life-threatening or potentially life-threatening health issues. Under the new program, 911 dispatchers will talk with the callers and redirect non-emergency calls to a registered triage nurse. This nurse, who has experience in emergency nursing, will talk with the caller to ascertain the type of care needed. The nurse can schedule an appointment at one of 27 approved clinics in D.C. or nearby Maryland closest to the

caller's residence. Times at these clinics have been set aside for EMS referral patients.

Unfortunately, the closest clinics to areas served by NNV are the George Washington Medical Faculty Associates clinics at 2902 Porter St. NW in Cleveland Park and at 8484 Georgia Ave. in Silver Spring. According to Clothida Nwaete of D.C. EMS, discussions are underway with other urgent care clinics to expand the coverage area.

All the clinics accept all types of insurance. The city will provide free transportation to and from participating clinics for Medicaid/D.C. Healthcare Alliance participants. No free transportation to these clinics is available for Medicare patients at this time.

—*Janean Mann*