



# THE VILLAGE NEWS

Volume 5, Issue 8

A Community Network of Support

August-September 2013

## Taking notes at the doctor's office: NNV will help

BY SHARON AND BOB WOLOZIN

**W**hat did the doctor say? I don't remember! Most of us have heard this from a friend or family member and many of us have had the same problem ourselves after a medical visit. A visit to the doctor can be stressful. We all have difficulty absorbing what the doctor has to say. The medical practitioner speaks in a language full of terms we don't understand.

To help members get full benefit from a visit to a health practitioner, Northwest Neighbors Village will soon be offering a medical note-taking service. NNV, in partnership with Iona Senior Services, has initiated a program that will train volunteers to accompany members to the doctor. Advisory Neighborhood Commission (ANC) 3/4G generously provided a \$1,500 grant to NNV to help prepare training materials for the program.

NNV medical note-takers will be specially trained volunteers who have passed background checks. The volunteer will be present during doctor appointments, taking detailed notes and recording the physician's observations and instructions. This will help patients make sense of technical information that could be overwhelming. The note-taker will be an impartial listener who is responsible for

See **NOTES**, Page 2



PHOTOS BY BONNIE COE

## Hopping down the bunny trail

**W**hat's for lunch? Eastern cottontails like this one, a regular visitor to the home of an NNV member, are appearing with increased regularity in Northwest Washington. American University

Park has become a favorite haunt. The rabbits also seem to be moving into Chevy Chase, where they may find life more difficult because of the foxes and coyotes that abide in Rock Creek Park.



### **Northwest Neighbors Village,**

*a community network of support*

4901 Connecticut Ave. NW  
Washington, DC 20015  
(202) 777-3435

[www.nwnv.org](http://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](http://www.nwnv.org) or call the office at (202) 777-3435.

### **NNV Board Members**

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Doris Chalfin  
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## **Macy's and Lisner join in fundraiser**

**M**acy's will partner with the Lisner-Louise-Dickson-Hurt Home in Macy's eighth annual national "Shop for a Cause" charity event on Aug. 24. Customers can purchase passes that provide discounts at Macy's from the Lisner-Louise-Dickson-Hurt Home now. Macy's "Shop for a Cause" is a one-day sale created to support local charities' fundraising efforts.

Macy's has provided the Lisner-Louise-Dickson-Hurt Home with shopping passes to sell for \$5 each. Pass holders will receive special discounts on most regular, sale and clearance purchases all day, but some exclusions apply. The home will keep 100 percent of every shopping pass it sells. By purchasing a pass from the Lisner-Louise-Dickson-Hurt Home, customers support the mission of the home, which is to provide health and life-care services to indigent and modest-income seniors of the District of Columbia.

The home also provided office space to NNV for over four years.

"I am delighted that Macy's has recognized the valuable work we do here at the home on behalf of low-income elders," says Ward Orem, Lisner's CEO.

For more information about "Shop for a Cause," visit [macys.com/shopforacause](http://macys.com/shopforacause). To purchase a shopping pass from the Lisner-Louise-Dickson-Hurt Home contact Debra Lyle at [dlyle@ldhhome.org](mailto:dlyle@ldhhome.org) or visit its Web site at [www.ldhhome.org](http://www.ldhhome.org).

"Over the past eight years, Macy's annual 'Shop for a Cause' has raised more than \$46 million for local and national charities, providing our associates and customers an opportunity to give back to those organizations that touch their hearts each and every day," said Martine Reardon, Macy's chief marketing officer. "Giving back is a key component of Macy's culture," she added.

—Debra Lyle

## **Medical note-taking**

**NOTES**, *Continued from Page 1*

accurately recording information about the patient's condition, prescribed medications and doctor's recommendations.

After the medical visit, the volunteer will turn these notes into a written report that the patient may share or use to help make informed choices about future treatment. To protect privacy, the written report will be given only to the patient and to people selected to receive it.

Several NNV members/

volunteers have already signed up for this training. The first class will be limited to 12 participants and will begin in the fall. At this writing, there are spaces still available for this session. If you would like to participate in this training program, please e-mail Marianna Blagburn at [nvillage@gmail.com](mailto:nvillage@gmail.com) or call her at (202) 777-3435.

Understanding health issues and treatments is another tool to help members live independently in their own homes. We expect this to be a program of great value to members and very rewarding to volunteers.

# When it's time for a helping hand

*At 3 NNV homes,  
lessons learned in  
finding a caregiver*

*Second of a two-part series  
on planning caregiver support  
at home. Names and some  
details have been changed to  
protect the privacy of members.*

**BY MARIANNA BLAGBURN**

**O**lder adults, when faced with a choice, prefer to remain in the comfort of home, even if they need extra help or are facing critical illness. Staying at home may sustain the quality of your life, but what happens when you need more help for yourself or for a family member? What are the many ways to evaluate prospective caregivers and what can you expect will be your experience?

Many families in Northwest Neighbors Village have dealt with the problem of finding a caregiver for themselves or for a loved one. NNV members often call on the village for referrals to home health care companies or for practical suggestions for hiring a caregiver. Iona Senior Services, an NNV partner, works closely with members through a special grant funded by a corporate sponsor, TD Bank, to assess needs and help members find the best resources for hiring help at home.

NNV families who use the help of a caregiver have gleaned



insight and wisdom from their experience.

## **Max, who lives alone**

Max retired from government 14 years ago. Until a year ago, he enjoyed traveling and a game of chess twice a week with friends. Now in his late 80s, with no immediate family, Max knew it was time to hire extra help if he wanted to live at home. He relies on the village for some transportation to social events, but he wanted to get out of the house more often, and he wanted an aide who could drive.

Max called NNV, who provided three home health care companies and one independent aide who was recommended by another family in the village. Max interviewed a total of five caregivers, liked the independent aide, Rosa, and hired her. Max felt that Rosa was caring and friendly, and her fee was less by \$8 per hour than the aides from the agencies. Rosa worked

out well for Max for more than 13 months until her own family needed help and she had to leave.

Rosa recommended a friend, Stella, and Max hired her. Unfortunately he had no references for Stella other than Rosa, and Max did not complete a background check. Max was unhappy with Stella after only three months. She accompanied Max to medical appointments and seemed to act as a surrogate family member or advocate. Stella intervened in medical appointments, and Max grew increasingly uncomfortable. He called the social worker at Iona, who offered him strategies to replace Stella. The extra support from Iona included finding a reputable home health care agency that responded immediately to replace Stella, and within two weeks a new aide was in place.

Max says he has learned from

*See CAREGIVER, Page 4*



# Three case studies: How they found a caregiver

**CAREGIVER**, *Continued from Page 3*

his mistakes. “Independent aides may be cheaper, but there is no one to complain to when something goes wrong. You can get lucky and find a good person and never have to fire them. But, if there are problems, you feel stuck in your own home with a person that does not have your best interests at heart.”

## **Sisters: Grace and Phyllis**

Over the years, Phyllis drove herself and her sister everywhere, paid the bills and took care of the house. Grace, the younger sister, made the meals and shopped. Neither of the sisters ever married.

Grace and Phyllis were happy going to work and going out with family and friends.

But Phyllis suffered from heart disease and eventually retired on disability. Walking became difficult. Grace installed a stair lift, which was the only extra support they needed for more than two years. Grace cared for her sister and was more than happy to be the one on whom her sister relied.

Soon, however, Phyllis’s doctor recommended full-time help—advice that would also help Grace, who wanted to provide the best care for her sister. Grace began calling home health care agencies that advertised in the community newspaper. She also called the village for recommendations and asked friends for referrals for caregivers. Together, the sisters interviewed more than 11 potential caregivers. The interview process took weeks of time, a binder of notes, and hours of conferring with each other. Despite their studious approach to the hiring process, they hired and let go four

different people. They often called the village to express their disappointment over the poorly trained help and the lack of concern on the part of the companies.

One company, however, impressed them with its communication and feedback and the training of its employees. It took time. However, they have finally found a caregiver who has lasted well over two years. Grace and Phyllis think of this caregiver as a family member.

After interviewing and hiring so many prospects, Grace has advice to offer others: “Always ask for an interview with the prospective caregiver and prepare a list of questions. Do not let the company simply send you someone to see if they will work

out. Insist on an interview with anyone they suggest. Have the person requiring care with you in the room.

“Prepare a list of skills that you need. For example, if you need someone to transport your family member from the bed to a chair, put that on the list. My sister and I finally made a schedule and

added tasks for each block of time. That has seemed to work. A good caregiver is not cheap.

“One last thing: scrutinize the bill from the agency. I have found quite a few errors.”

## **Couple: Polly and Will**

Will and Polly have lived and traveled all over the world with three children who are now grown and have children and grandchildren of their own. In the last year, Polly has been diagnosed with dementia. Will is now in charge of managing the household, once a shared responsibility between



*See CAREGIVER, Page 5*

## There's help out there, if you know how to look

CAREGIVER, Continued from Page 4

them. Will takes care of meals, social engagements and the house. Polly is appreciative and wishes she could do more, but she is tired most of the time.

When their children visited recently, they insisted that their parents hire part-time help at the very least. The thought of bringing in an agency to discuss what they might need seemed overwhelming to Will. However, Polly and Will

found a care-taker through a neighbor's recommendation, and they invited the potential caregiver for dinner. They already knew

her and asked if she would be interested in working for them. She told them she worked for a very good agency and would check with them. The agency placed this caregiver with Polly and Will.

Will says he is glad that he mentioned his need for a caregiver to his neighbors. He didn't want to tell anyone at first: "Somehow, when you have always been the one to help, you feel odd asking someone else for help."

Once the caregiver began working with Polly, her outlook improved almost immediately. Will said, "My neighbor told me this caretaker would spend time working on puzzles and playing

word games with Polly. That sounded like the right person to me. I think you have to talk directly to a family to get more information. I was lucky in that regard. The agency checks with me every couple of weeks. I like that also."

Caregiver compatibility and dependability, at a reasonable cost, is what anyone should expect in hiring extra help at home. Knowing what your needs are can help in making the selection. Asking questions about training can inform your decision, but often you will need to help your caregiver know your or your family member's

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*"Always ask for an interview with the prospective caregiver and prepare a list of questions."*

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needs. A good advocate will help a caregiver know what your needs are or what you expect for a loved one. Caregiving involves

much more than providing the necessities of daily living.

One of NNV's contacts, Lifematters, has worked hard to solve issues that arise between caregivers and customers. Peter Clopton, business development director, says, "Building trust with the people we are caring for is number one. We know that families are coming to grips with a change in their health situations. Caregivers are guests in your house and are providing care at the same time. We try to train our caregivers to listen and see how they can help. This is not an easy situation for our clients who have never hired help before. Everybody is learning, all the time."



## Federal workers have a new way to donate to NNV

Northwest Neighbors Village has been approved as one of the charities participating in the 2013 Combined Federal Campaign (CFC).

The Combined Federal Campaign is the only authorized charitable-giving drive for employees in the federal workplace. Established by executive order in 1961, it continues to be the largest and most successful workplace fundraising model in the world.

The Combined Federal Campaign of the National Capital Area (CFCNCA) is the local campaign for federal employees in the Washington metropolitan area. Federal employees have the opportunity to donate to more than 4,400 approved local, national and international charities through the CFCNCA. Please look for CFC #29360 as NNV's designated number.

As with many nonprofits, our modest membership dues do not cover all of our operating expenses. We rely on the generosity of individual donors to support NNV's mission to help residents live at home as they grow older.

If you are a federal employee, can we count on you for your workplace donation this year?

## **VOLUNTEER PROFILE**

# **From reporter to the Foreign Service: A lively path to NNV**

**BY NANCY MONTWIELER**

**B**irds are singing, flowers are blooming and two senior citizen cats are lazing on the patio in Janean Mann's bucolic Barnaby Woods backyard on a sunny July afternoon blessed by refreshingly low humidity for a Washington summer.

The setting offers a sharp contrast to a career spanning continents and disciplines—first as a journalist in Alabama during the 1960s, then as a key Capitol Hill staffer and later as a Foreign Service officer abroad—before the native Washingtonian returned home to become

one of the early organizers of Northwest Neighbors Village.

After graduating from the University of South Carolina with a journalism degree, Janean worked as a reporter, then assistant city editor, on the Birmingham Post-Herald from 1966 to 1969, when the times were “really changing” in the South. Her stories recounted tales of moonshining stills, the assassination of Martin Luther King, the years

of Gov. George Wallace's demagoguery, the election of his wife as his successor and her death in office.

In 1969, U.S. Rep. John Buchanan, a Baptist minister and a liberal Republican,

burned classified documents and Janean had a frightening encounter with an armed soldier before she was allowed to return to the embassy in the ambassador's car. Three days later American country and

western music replaced martial music on the national radio station. The coup was over.

Similar excitement and dangers followed in Liberia—including a corrupt 1985 election count, followed by another coup attempt, when a much-despised president was “reelected.” “It was like the day Kennedy died” for the Liberians who were opposing him, Janean said, and it was

a harrowing experience when she saved the wife and children of an opposition leader from presidential supporters who were killing opponents.

The adventures continued. Janean learned Arabic and served in Tunisia during the first Iraq war. She returned to the State Department and retired in 1997, but was recalled to work in the Office



MARY JUNE

**Janean Mann on a wildlife photography expedition. (See some of her wildlife photos from Bombay Hook, Del., and North Carolina on Page 11.)**

hired Janean to work in his Washington office, where she became chief of staff. With Buchanan, Janean served as a member of the U.S. delegation to the United Nations during the 1973 October war, whetting her interest in foreign policy. In 1981 she entered the Foreign Service.

An early assignment to Cameroon coincided with an April 1984 coup attempt by a rogue military faction. The staff

*See MANN, Page 7*



## A stop on the Hill, too

MANN, Continued from Page 6

of Counterterrorism, where she prepared the Foreign Terrorist Organization designation of al-Qaeda in 1999. Prompted by policy disputes over Iraq and other issues, Janean resigned in 2002. She continued to serve on the board of an NGO (non-governmental organization) that supports women in developing countries and, in 2007, became one of the early organizers of Northwest Neighbors Village.

The early NNV years were challenging, as the new nonprofit was getting off the ground. The founding members went to meetings, held teas and visited farmers' markets to spread the word and to get funding, members and volunteers. In the early months, the office received one or two calls a week for volunteer services—a request that now averages about 30 to 40 calls a week.

Janean became the second president of NNV in 2011, served two terms and continues as a board member and vice president as well as an active volunteer, and is currently editor of *The Village News*. She recalls an experience driving a member she had first encountered on Capitol Hill many years earlier, when the woman had testified on sex discrimination in the State Department. "Where do you get all these wonderful volunteers?" the woman asked Janean. "Look around," Janean answered. "They're your neighbors."



TOM OLIVER

## ‘Fish fry’ without the fat and calories

BY BARBARA OLIVER

*crumbs)  
1 spritz olive oil*

**D**o you hanker after the crunch of a crispy-coated moist fish dinner but steer away from it because you're counting calories or fat grams? This baked version is quick, easy and satisfying. Serve it with garden fresh tomato slices and sautéed zucchini for a colorful and healthy meal.

### Crispy Baked Fish

*1 pound firm white fish  
(orange roughy, tilapia,  
flounder or cod)  
½ cup prepared light  
creamy salad dressing  
(ranch, Catalina, honey  
mustard or thousand  
island)  
1 cup dry bread crumbs  
(Panko, stale French  
bread, or plain or  
seasoned prepared*

*Preheat oven to 550°F.  
(Really, 550°F.)*

Line a rimmed baking sheet (10 x 15 x 1 inches) with aluminum foil and spray lightly with oil to keep fish from sticking.

Spread dressing evenly onto both sides of fish, then coat both sides evenly with bread crumbs. Press lightly to adhere crumbs to fish. Discard any remaining coating mix. Place fish in single layer on baking pan.

Bake fish on center rack for 12 to 15 minutes until fish flakes easily with fork. Caution: don't allow crumbs to burn.

Serves 4.

Note: This recipe is easily divided so you can make it for one or two people.

## A new office for NNV—do drop in!

**N**orthwest Neighbors Village is growing its administrative operations and has moved to donated office space at the Methodist Home of D.C. After four wonderful years in a donated office at the Lisner-Louise-Dickson-Hurt-Home, it was time to expand the physical space used by three administrative staff members as well as office volunteers who help with phones and other tasks.

"We are very pleased to relocate our operations to the Methodist Home," said Joan Norcutt, co-president of NNV. "The new office space, a great location, and the various wonderful amenities of their beautiful community are ideal for our staff and volunteers to continue the work of supporting and engaging seniors living at home in Northwest D.C."

"The Methodist Home has a tradition of supporting and providing meeting space for many local civic and community organizations," said Sandy Douglass, the home's CEO, "and housing Northwest Neighbors Village on our campus is another example of what we do for the well-being of seniors."

Northwest Neighbors Village opened its doors in donated space at the Lisner-Louise-Dickson-Hurt Home in March 2009 with 22 members and 30 volunteers. Soon after opening, NNV hired a part-time executive director, Carole Bernard. Eighteen months later, in May 2011, Marianna Blagburn was hired as a full-time executive director, followed by part-time webmaster Danielle Feuillan and later Lisa Bregman, part-time volunteer coordinator. Donated

office space was critical to the early financial success of NNV.

"We will always be grateful to the Lisner Home for their support of NNV. Lisner's CEO, Ward Orem, and administrator, Sue Hargreaves, believed in the village concept before it became a legitimate choice for residents. Not having to pay rent allowed NNV to use membership fees and donations to hire the first part-time employee and produce a newsletter. A paid, full-time staff person allowed NNV to continue its growth and development," said Marianna. In 2010, volunteers donated more than 1,050 hours of time helping local neighbors. In 2012, NNV reached beyond the 200-member mark with 110 volunteers who donated 2,500 hours of time serving members.

NNV volunteers help members with popular requests: transportation, grocery shopping and assistance with technology. During summer months, seasonal requests focus on NNV's Absent Owner Program (help with pets, mail and plants when members travel), garden maintenance and de-cluttering. Members enjoy Gentle Yoga, with its focus on balance and flexibility, social events, seminars, day trips and cruises, and access to member-recommended vendors.

Watch the NNV Weekly Calendar for an announcement of an NNV open house afternoon tea. Until then, all are welcome to drop by our bright and lovely new space in Suite 112 at the Methodist Home, located at 4901 Connecticut Ave. NW. The new phone number is (202) 777-3435.

—Marianna Blagburn

### NNV CALENDAR

**Mon., Aug. 19, 2-3 p.m.**

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

**Wed., Aug. 21, 2-4 p.m.**

**NNV Book Club** at the home of Bernice Degler to discuss *Middle Passage* by Charles R. Johnson. RSVP: (202) 777-3435.

**Mon., Aug. 26, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Mon., Sept. 2, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

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

**NNV Annual Picnic**, Candy Cane Park, Chevy Chase, Md. (Rides available for NNV members.) Make your reservations now.

**Mon., Sept. 9, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Mon., Sept. 16, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Mon., Sept. 23, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**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.

**Mon., Sept. 30, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.



## Club 60+ energizes seniors at CC community center

By PAT KASDAN

**T**hanks to ANC 3/4G Commissioner Carolyn (Callie) Cook, an exciting new program for seniors is being offered at the Chevy Chase Community Center every Thursday from 11 a.m. to 2 p.m. The Department of Parks and Recreation-sponsored program is free.

At the July 18 grand opening, YMCA instructor Will Yates, who specializes in exercises for older people, led several workout sessions—exercising necks, shoulders, hips, knees, arms and legs, finishing with work on balance. Instead of wilting, the audience embraced his friendly, eager approach, followed his invigorating lead and applauded him enthusiastically at the end.

Callie Cook asked attendees about other activities they would like to have as part of this program, such as classes in computers and social media (Facebook, Twitter, etc.), arts and crafts workshops and current events discussions; participants endorsed all these possibilities.

Exercise sessions were interspersed with presentations by neighborhood organizations.

Marianna Blagburn, NNV executive director, discussed the senior village movement and what a village can do for its members. Representatives of the Chevy Chase Citizens Association, Howard University's TV station (Channel 32), Iona House and the D.C. Office on Aging spoke about what they can offer older residents of the neighborhood.

Chantelle Teasdale, deputy director of the Office on Aging, described the District's effort to become one of the World Health Organization's Age-Friendly Cities. This includes:

- Collecting information from older residents about what they want and need.
- Offering information and the services of social workers to help with problems.
- Having a talk line that residents can call just to chat when feeling isolated.
- Providing free home small repairs, improvements and painting.

Dr. Teasdale requested feedback from older residents, who can call (202) 724-5622.

So, tie up your sneakers and head for the Chevy Chase Community Center on Thursdays at 11 for painless, enjoyable, helpful exercises with a delightful instructor and an opportunity to mingle with neighbors over arts, crafts, current events or whatever else the group decides it wants from the program.

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## For Alzheimer's patients and caregivers, the Memory Cafe

**L**iving with Alzheimer's or dementia can be frightening and challenging for both the individual and his or her caregiver. But there is help available. One such program is Memory Cafe.

A Memory Cafe is a casual social meeting venue for those with progressive memory or cognitive impairment and their caregivers. There are various activities that meet the interests of those attending, such as trivia challenges, dominos, jigsaw puzzles, indoor bowling and just chatting. Caregivers also have the opportunity to

share information, resources and fellowship. These clubs are informal and free.

Club Memory, sponsored by the Sibley Senior Association and the Metropolitan Methodist Church, meets at the church, 3401 Nebraska Ave. NW, from 1 to 3 p.m. on the second and fourth Wednesdays of the month. Ample free parking is available.

This Memory Cafe also sponsors a support group for people diagnosed with early-stage Alzheimer's, MCI (mild cognitive impairment) or other forms of dementia. It meets

prior to the Memory Cafe.

For more information, call Ashley Nunn, club memory coordinator of Sibley Senior Association, at 202-364-7602 or e-mail her at [fnunn1@jhmi.edu](mailto:fnunn1@jhmi.edu).

The Kreeger Museum also sponsors a program for people with dementia/Alzheimer's disease. It is called Conversations and is scheduled for the second and third Monday of the month. It is stimulating, free, and has parking. For information call Sally Caldwell at the Kreeger Museum, 2401 Foxhall Rd. NW, 202-337-3050, Ext. 18.



DELAWARE TOURISM OFFICE



HAGLEY MUSEUM

Left, the stately formal grounds of the Nemours Mansion; right, Hagley Museum along the Brandywine River.

## A spring trip to attractions in Delaware's Brandywine Valley

*The Wyeth Collection, museums including Winterthur and a theater performance planned*

**N**NNV is sponsoring a three-day weekend trip to Brandywine Valley in Delaware, including the Wyeth Collection of art, the Winterthur Museum of American decorative arts and the magnificent Longwood Gardens, on March

28-30.

NNV's group will travel for two hours on a deluxe motor coach from Chevy Chase to Longwood Gardens and Conservatory, and then Brandywine River Museum featuring the Wyeth Collection, displaying works by three

generations of the famed artist family; there will be guided tours at both sites. Afterward they will check in at the historic Hotel du Pont in Wilmington, Del., located in the heart of the city's downtown legal and financial district. At night they'll enjoy a performance of "Man of La Mancha."

Day two includes a guided tour at the Hagley Museum. Located on 235 acres along the banks of the Brandywine River in Wilmington, the Hagley is the site of the gunpowder works founded by E.I. du Pont in 1802. This example of early American industry includes restored mills, a workers' community, and Winterthur, the ancestral home and gardens of the du Pont family. The group will visit the residence, powder mill, worker's quarters, school and church by tram.

Lunch will be at Hagley Museum, followed by a trip to the

### Coming in October: NNV's cruise to Canada and New England

**R**eservations are due by Sept. 13 for Northwest Neighbors Village's fall cruise to Canada and New England.

NNV members and friends will sail on the Royal Caribbean Cruise Line ship *Grandeur of the Seas*, departing Oct. 17 from Baltimore (with transportation from Chevy Chase, D.C.) and returning Oct. 25.

The history-steeped cruise features the quaint colonial charm of New England towns and the spectacular Canadian coastline. Ports of call include Portland and Bar Harbor, Maine; St. John, New Brunswick; and Halifax, Nova Scotia.

Prices range from \$1,360 to \$2,550 depending on the selection of staterooms. For more information and trip application from Transeair Travel LLC, call NNV member Benita Lubic at 202-362-6100, or e-mail her at [blubic@aol.com](mailto:blubic@aol.com).

See **BRANDYWINE**, Page 11



## Brandywine Valley trip to spotlight museums, gardens

BRANDYWINE, *Continued from Page 10*

Auburn Heights Mansion and Marshall Steam Museum, once home to three generations of the Marshall family; the Queen Anne-style mansion, furnished in antiques, will be visited. For refreshment later that day, there will be high tea at the Hotel du Pont. Planned next is a visit to a tax-free shopping mall or the Delaware Casino.

After check-out the next day, the group will continue touring at Winterthur, the premier museum of American decorative arts, with an unparalleled collection of nearly 90,000 objects made or used in America between about 1640 and 1860.

Winterthur is set amid a 1,000-acre preserve of rolling meadows and woodlands. Designed by du Pont, its 60-acre naturalistic garden, which will be toured by tram, is among America's best. The group will visit the Brandywine Arts Museum before heading home.

Cost per person sharing a twin/double room is \$665; single supplement is \$170. A deposit of \$200 is due by Oct. 31; \$100 is non-refundable. Arrangements are being made by Transeair Travel. For a full detailed itinerary and trip application, call NNV member Benita Lubic at (202) 362-6100 or write to her at [blubic@aol.com](mailto:blubic@aol.com).

—Benita Lubic



PHOTOS BY JANEAN MANN



### Where in the world?

Janean Mann brought back these nature photographs from two trips this summer. Top, reflections of tranquility in Montreat, in rural western North Carolina. Top left, avocets and yellowlegs, and bottom left, a bald eagle, both at Bombay Hook, Del. Below, "Hedge Against Extinction," stylized human hands with green thumbs form a symbolic thanks to those who nurture plant life at the arboretum in Asheville, N.C.





# Bill Cousins, longtime peace advocate, dies

**W**e are sorry to learn of the July 31 death of NNV member William (Bill) Cousins, 89. Bill lived life to the fullest. He worked for peace and community development at home and abroad, first with American Friends Service Committee (AFSC) and later with the U.S. Agency for International Development (USAID). His projects took him to Pakistan, India and Iran; he returned to Iran in 1964 to serve as the first Peace Corps director. He also returned to India as a UNICEF official in 1975 and found a flourishing urban development project he had launched many years earlier.

Bill taught at Wellesley and Earlham colleges and at the Federal City College, which later became part of the University of the District of Columbia. Even after retirement, he retained his interest in peace and was a regular caller to “The Diane Rehm Show” on WAMU when the Iraq and Afghanistan wars were the topic.

Bill was an early supporter of NNV and he and his wife, Gouri, joined in 2010. He was a member of the NNV Men’s Book Group and a participant in a variety of parties and talks. He was profiled in



MARIANNA BLAGBURN

William (Bill) Cousins

the [February 2013 Village News](#).

NNV extends its deepest sympathies to Bill’s two sons, Christopher and Anand, their wives, Joelle and Francia, and his three granddaughters. Gouri died in 2011.

—Janean Mann

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## When hospice care really can help

BY ANNE KELLY

**I**t is difficult to contemplate the end of life for a loved one, but hospice care can help both the individual and the family. Hospice offers a compassionate alternative for people living with advanced chronic illness and provides support for their families. Its sole purpose is to enable patients to live their remaining days in comfort, according to their wishes, surrounded by people and things that matter most.

Hospice provides comprehensive comfort care, including:

- Physical care, pain control, symptom management and

personal care.

- Emotional and spiritual support for patient and family.

- Medical equipment, medications and supplies to provide comfort and manage symptoms for the patient’s illness.

- Volunteer visits and support for companionship, a helping hand, a listening ear, offering a break to family caregivers.

- Grief support for family members and friends experiencing a loss for 13 months after death of a loved one.

Care is directed by patient and family and provided by a team of professionals who include the patient’s physician,

hospice physician, nurses, social workers, home health aides, trained volunteers, chaplains and bereavement counselors. While most patients prefer to live in their own homes or the home of a family member, hospice care is provided wherever a patient prefers—nursing homes, assisted living communities or group homes.

An individualized Plan of Care is developed and updated regularly for each patient that includes not only medical care for the patient but also spiritual and emotional support for the family. Typically R.N. visits are twice weekly but

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## COMMUNITY CALENDAR

**Sat., Aug. 17, 2 p.m.**

**Digging in and clearing clutter**—Judy Tiger, of [Just That Simple](#), will discuss getting and staying organized. Chevy Chase Library, 5625 Connecticut Ave. NW.

**Mon., Aug. 19, 7 p.m.**

**Book talk**—Robert Wilson on his biography of a Civil War photographer, *Mathew Brady: Portraits of a Nation*. Politics & Prose, 5015 Connecticut Ave. NW.

**Tues., Aug. 20, 7:30 p.m.**

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

**Thur., Aug. 22, 7 p.m.**

**Book talk**—Thurston Clarke on *JFK's Last Hundred Days*. Politics & Prose, 5015 Connecticut Ave. NW.

**Thur., Aug. 29, 7 p.m.**

**Book talk**—Norman E. Rosenthal on *The Gift of Adversity*. Politics & Prose, 5015 Connecticut Ave. NW.

**Thur., Aug. 29, 7:30 p.m.**

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

**Mon., Sept. 9, 7:30 p.m.**

**ANC 3/4G**—Meeting, Chevy Chase Community Center, 5601

Connecticut Ave. NW.

**Wed., Sept. 11, 1-2 p.m.**

**Optimize your health care**—Suburban Hospital internist Kisha Davis, M.D., recommends questions to ask about conditions, medications, treatments, test results; 4433 S. Park Ave., Chevy Chase, Md.

**Tues., Sept. 17, 7:30 p.m.**

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

**Mon., Sept. 23, 7:30 p.m.**

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

**Every Tuesday, 10:30-11:30 a.m.**

**Club 60+**—Chair Yoga with Andrea Christie, 2nd floor ballet room, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Every Tuesday and Thursday, 8:30 a.m. and 9:30 a.m.**

**Walking club** sponsored by Sibley Senior Association, Mazza Gallerie, concourse level, Wisconsin and Western Aves. NW, free, (202) 364-7602.

**Every Thursday, 11 a.m.-2 p.m.**

**Club 60+**—Exercise, arts, crafts, current events; free; Chevy Chase Community Center, 5601

Connecticut Ave. NW.

**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.

**Aug. 19**—*Brave*, U.S. 2012, rated PG (animated).

**Aug. 26**—*Raise the Red Lantern*, China, 1991, rated PG.

**Sept. 9**—*Bright Star*, U.K., 2009, rated PG.

**Sept. 16**—*Agora*, Spain, 2009, rated R.

**Sept. 23**—*Cairo 678*, Egypt, 2010, not rated.

**Summer Film Festival**

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

**Aug. 17**—*A Night at the Opera*, U.S., 1935, not rated (Marx Brothers).

## Care where the patient prefers it

**HOSPICE**, Continued from Page 12

open to adjustment as needed. Visits by home health aides, social workers, chaplains and volunteers are also outlined in the Plan of Care.

Medicare, Medicaid and most private insurers cover 100 percent of hospice care costs with no charge or co-pay for the

patient. This coverage includes the services of each hospice team member and all equipment needed.

The Washington Home, a local nonprofit serving our neighborhood for 120 years, offers advice on hospice care as well as long-term and hospice care in its Upton Street facilities and in individual homes through

its Community Hospice Services. For additional information on Community Hospice Care call (866) 234-7742, where an R.N. is prepared to answer your questions.

Advance planning is helpful and NNV members can obtain information by calling the NNV office at (202) 777-3435.

**Anne Kelly** is director of marketing at the Washington Home and Hospice.