

THE VILLAGE NEWS

Volume 5, Issue 9

A Community Network of Support

October 2013

Confusion in medical insurance plans

BY JANEAN MANN

October is a busy month for those interested in health care insurance. It is the beginning of open season for those without Medicare or Medicaid to seek new insurance plans under the Affordable Care Act (also known as ACA or Obamacare). It is also open season for individuals on Medicare who may want to change their Medicare Advantage plans or to change their current Medicare plan to Medicare Advantage.

Therein lies the confusion. Those with Medicare part A will see no changes in their plan and do not have to do anything in the ACA marketplace. Indeed, federal law makes it a crime for insurers to try to sell marketplace insurance to Medicare recipients. Those seeking to add Medicare Advantage plans to their regular Medicare also do not shop for it in the Obamacare marketplace. Medicare Advantage programs can be found only within the Medicare system at www.medicare.gov. (1-800-633-4277).

The opportunity for Medicare recipients to add or change their Medicare plans runs from October 15th to December 7th, 2013. If you want to add Medicare Advantage or change your Medicare Advantage plan, you can do it at that time. Under the ACA, high quality Medicare Advantage plans get bonuses for providing good care and must spend some of the

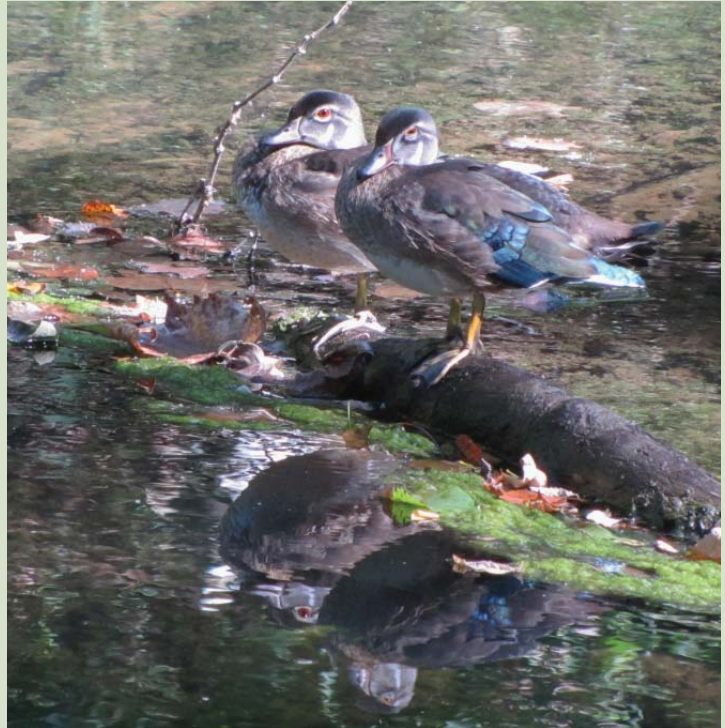


PHOTO BY JANEAN MANN

A great time of year for a nature walk

The fall bird migrations are underway and seasonal changes are beginning to leave their marks on the park. What a wonderful time for a nature walk! Please join us at the Rock Creek Nature Park Center at 10:30 a.m. on Oct. 11 for a ranger-guided walk in the park.

If you would like to bring your lunch, we will have a picnic following the walk—weather permitting. If you have binoculars, bring those, too. Beverages will be provided. Please notify NNV executive director Marianna Blagburn at (202) 777-3435 or nnvillage@gmail.com by Oct. 8 if you would like to participate.

Northwest Neighbors Village,

a community network of support
4901 Connecticut Ave. NW
Washington, DC 20015
(202) 777-3435
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) 777-3435.

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Affordable Care Act

Health Insurance, Continued from Page 1

bonus money on the patient. The new law also provides more health screening and tests for Medicare recipients, including those for diabetes and heart disease.

The ACA continues to provide an automatic drug discount for those medicare recipients caught in the coverage gap known as the donut hole—the temporary limit on what the drug plan will cover for drugs. For 2014, the discount will be 52.5% for brand name drugs and a 21% discount on generic drugs. Approximately 9 % of D.C.

residents do not have health care benefits, and the ACA would require them to obtain health insurance. Other non-Medicare or non-Medicaid recipients may want to find another, perhaps less expensive, insurance plan in the newly created insurance marketplace, which offers a variety of plans and levels of benefits. Under the ACA, individuals cannot be denied insurance because of pre-existing conditions. The open season is from October 1st, 2013 through March 31st, 2014. A friend of mine learned that she can obtain a comparable health insurance plan under

ACA for about one-third the amount she is currently paying on a plan obtained directly through an insurance company.

Those who had health care plans individually or through their employers when the law was enacted (March 22nd, 2010) and who continue to have those plans, are not required to change. D.C. residents can obtain information on the D.C. marketplace at DCHealthLink.com.

or (202) 715-7576. Low income residents are covered under Medicaid and will not shop in the marketplace. Undocumented aliens are also ineligible for insurance

coverage under the ACA. Middle income families may be eligible for subsidies to help cover the costs of the insurance. For example, a family of four with incomes up to \$88,000 may be eligible for such subsidies. For added information, you might want to attend the Chevy Chase Community Assn. or IONA programs listed in the Community Calendar on p. 11.

Small businesses (those with 1-50 employees) can receive up to a 50 % tax credit for providing insurance to their employees.

The D.C. government has received more than \$82 million to help set up the medical exchange insurance programs.



NNV CALENDAR

Mon., Oct. 7, 2-3 p.m.

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

Thurs., Oct. 10, 3-4 p.m.

Medicare Education Webinar

– National Village-to-Village Network, NNV Co-President Bob Holman's new house; RSVP: (202) 777-3435 (rides available for NNV members). Bring your questions. Refreshments.

Fri., Oct. 11, 10:30-11:30 a.m.

Nature Walk – NNV VP Janean Mann and a Park ranger will lead a walk over easy terrain in Rock Creek Park. Bring lunch if you would like to picnic afterwards; Ice tea, lemonade, and water provided. Rock Creek Park Nature Center, 5200 Glover Rd NW at N. Ridge Rd. (rides to Nature Center available for NNV members)

Sat., Oct. 12, 10-noon

NNV Volunteer Training – Methodist Home, 4901 Connecticut Ave. NW; call Volunteer Committee Co-chair, Jo Ann Tanner, to register at (202) 966-4285 or NNV administrative office (202) 777-3435.

Mon., Oct. 14, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Thurs., Oct. 17, 3:30 p.m.

Helping Loved Ones with Memory Loss – Anya Parpura, MD, PhD, President, and Gerontologist, Aging Perspectives, and Marti Bailey, Director, Sibley Seniors, Location: Ingleside McCracken Building, 3050 Military Rd., NW; RSVP date: Monday, October 14. Please call (202) 777-3435 (rides available for NNV members)

Thurs., Oct. 17-Fri. Oct. 25 [sold out-wait list only!] NNV Cruise -- New England & Canada on board the Royal Caribbean Line *Grandeur of the Seas*-leaves from the Port of Baltimore. Call NNV member, Benita Lubic, (202) 362-6100

Mon., Oct. 21, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Wed., Oct. 23, 2-4 p.m.

NNV Book Club (changed from 3rd Wednesday) to discuss *Fifth Business* by Robertson Davies at the home of NNV member Bernice Degler, RSVP: (202) 777-3435 (rides available for NNV members)

Mon., Oct. 28, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Tues., Oct. 29, 3 p.m.

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

Save the Dates

Fri., Nov. 15, 3:30 p.m.

Author Talk- Maurine H. Beasley, Ph.D. to discuss *Women of the Washington Press: Politics, Prejudices and Persistence*-- Ingleside McCracken Building, 3050 Military Rd. NW, RSVP date: Monday, November 11-Call NNV office: (202) 777-3435 (rides available for NNV members)

Thurs., Nov. 28, 2:30 p.m.

Thanksgiving/Chanukkah Dinner – NNV Co-President Bob Holman's new house; RSVP: by Friday, Nov. 22 (202) 777-3435 (rides available for NNV members)

Sun., Dec. 15, 4 p.m.

NNV Holiday Party – location to be determined (rides available for NNV members)



MailChimp

New look for NNV e-mail communications

You may have noticed during the past few weeks that the weekly NNV Calendar arriving in your email inbox looks a little different. We have changed our email list to an online mail service called Mail Chimp that allows us to provide our recipients a new level of control over what emails they receive from us.

Mail Chimp allows us to redesign our mailing list and to maintain it all on one online server. We are able to keep an online archive of all our calendars as well. Email recipients now have the choice of receiving our emails as plain text only and of unsubscribing from our list with one click. Please feel free to provide feedback to us about Mail Chimp and about any NNV communications you receive. You can call Danielle Feuillan in the office at (202) 777-3436 or email her at nnvillage1@gmail.com.



ADAM SIEMINSKI

Peirce Mill reflects a by-gone D.C. era.



STEVE DRYDEN

Children try their hand at grinding corn .

Peirce Mill: Step back in history for a few hours

BY STEVE DRYDEN

Did you know that you can still see grain being ground in a 19th-century mill in our neighborhood? Peirce Mill is the National Park Service's only granary and the only one in D.C. that continues to operate in its restored facility.

On October 26th, the mill will revisit its past with a Heritage Day celebration, which features demonstrations of skills such as blacksmithing and spinning, period music, and apple cider pressing.

Peirce Mill is the last remnant of a 19th-century complex of at least eight mills that once operated along Rock Creek. Founded by Pennsylvania emigrant Isaac Peirce, the mill was the core of an estate of close to two thousand acres that stretched from Linnean Hill (near what is now Tilden

Street, that was once Peirce Mill Road) in the south, almost to the present Maryland border.

Later run by Peirce's heirs, the mill ended its commercial life in 1897, and was subsequently operated as a teahouse where Washingtonians could enjoy refreshment and watch Rock Creek. That was the era in which the current dam was constructed to provide visual interest and the sounds of a waterfall for patrons. In 1934, the mill became a Works Project Administration project and operated until 1958, providing ground corn meal and flour for the government.

The recipe editor for the old Washington Times-Herald wrote in 1940 that the mill managers produced "special bread that contains the live wheat germ, one of the few sources of the precious vitamin E. I'm terribly proud that we're making this

health-giving bread right here in Washington." A shortage of millwrights and water forced its closure, and it operated only as a historic landmark for some years.

After a major restoration, the mill was opened again in October 2011. The restoration was led by the Friends of Peirce Mill, a non-profit organization that helped raise \$3 million to complete the overhaul of the wooden machinery and install an advanced pumping system at the 200-year-old mill. Richard Abbott, a retired international agricultural consultant, founded the Friends group in 1997 and saw the effort through the final days of the restoration. "Visitors can again experience the sights and sounds of a 19th-century water-powered flour mill, once prominent in almost every town and village," Abbott said. More

See **MILL**, Page 5

Peirce Mill

MILL, Continued from Page 4

than 10,000 people have toured the mill since the 2011 re-opening, demonstrating that the site remains a prominent destination in the park.

Volunteers are needed to serve as docents and work with the National Park Service on further improvements at the site. The docents welcome visitors and answer questions about the history and operation of the mill, while Park Service staff run the waterwheel and grind corn and wheat. The mill is open from 10am – 4pm Sunday through Wednesday.

“For me, the mill is a connection to a time before Pepco, when the local economy depended on the technology of water power,” says Philip Gaudette, a long-time volunteer at the mill. “I have a photograph of my grandfather, who died before I was born, making the wide belts that are used to transfer power in old mills.”

With the support of the Peirce Mill Friends, the first elementary school classes came to the mill in 2012 for curriculum-based lessons in waterpower, gravity and simple machinery -- and nutrition. To learn more about volunteering, contact Steve Dryden, 301-512-5899 (jsdryden@comcast.net). Visit peircemill-friends.org for information about joining the Friends group or donating.



JANEAN MANN

Annual NNV Picnic A Great Success

Great food, wonderful company and beautiful weather greeted the 65 NNV members, volunteers and friends who participated in our 5th annual picnic. Held at Rock Creek Park's Candy Cane Park Sept. 8, picnickers enjoyed a plethora of food, much of it provided by our talented participants. NNV co-president Bob Holman and Assistant Treasurer Steve Altman manned the grills to offer up hamburgers and hotdogs. A great time was had by all and we appreciate so much all the delicious food and beverages provided by the NNV family and friends.

PHOTOS BY TOM OLIVER



Backyard Nature: Fascinating Fungi

BY MARJORIE RACHLIN

Fall mushrooms are dotting our lawns and appearing in Rock Creek Park. Take a walk and look around – they are an intriguing part of the ecology, in many colors and shapes, some on the ground and some on dead tree limbs.

Please don't eat them. Many look enticing, but there are a few deadly species that I often see on neighborhood lawns. The most dangerous, which usually appears in September, is a lovely white mushroom, about 4 to 6 inches tall, known as "the destroying angel." It is amanita (genus). You will often see a patch of three or four, and they look to the untutored eye like the common mushroom we buy in the store.

This mushroom and several other species in the amanita genus contain a toxin that will kill you. A number of other mushrooms that look tasty will make you very sick. Only experts should eat wild mushrooms – join the Mycological Association of Washington (mawdc.org) if you are hungry and want to learn more.

Is that mushroom like a flower? I asked this question of Connie Durnan, a member of the Mycological Association. "No," was the answer. When you see a mushroom, you are seeing the fruiting body which carries the reproductive spores, but it is not a flower. Mushrooms are fungi. They reproduce asexually and make their own food (which



MARJORIE RACHLIN

This amanita mushroom looks good enough to eat, but is poisonous.

animals eat) – but fungi cannot do photosynthesis. Mushrooms get their "food" by decomposing – there are no male and female parts as in plants.

Their "roots," called mycelia, are below ground or sunk in dead wood. These roots are decomposing organic matter and "feeding" on that. Mushrooms in your lawn or tree box mean there is a lot of organic matter down there somewhere. Some mushrooms are found only on dead wood.

A mushroom cap contains hundreds of spores, which function like seeds. Spores are tiny, different colors and shapes in the various species. They may be dispersed by the wind, or by an insect or animal that eats the mushroom. If a spore lands in a place where there is the right kind of organic matter, it may "germinate," grow mycelia and eventually another mushroom. Experts often identify mushrooms by taking spore prints (put the mushroom cap, underneath side down, on a

white piece of paper).

What makes fungi different? Mushrooms are fungi, a totally separate "domain" that also contains yeasts and molds. Plants carry on photosynthesis organically. The mycelia break the soil down into chemical compounds and elements such as nitrogen and potassium. This is an important ecological task – mushrooms are part of the vast army of decomposers that recycle dead stuff and enrich the soil.

What are we seeing now? Mushrooms are seasonal, so new species appear as the weather changes. A recent foray by the local expert group found 40 species of mushrooms in Rock Creek Park. Often the same mushrooms will come up in a particular spot for many years. Fall is a good time for puffballs – I have seen lovely white ones, ten inches in diameter, in Rock Creek Park and in neighbors' gardens.

This article was excerpted from the Forest Hills Connection (www.foresthillsconnection.com)

NNV PROFILE

Bernice Degler, devil-may-care NNV member and volunteer

BY PAT KASDAN

A dear friend captured Bernice perfectly, “Admired for her intriguing combination of courage and commitment, kindness and humor, wisdom and achievement, and all with a surprising bit of devilment.” The last part delights Bernice who likes to be unconventional. NNV Book Club members meet monthly at her house. Adorned in dazzling earrings, she entertains them with both amusing anecdotes from her wide reading and treats to enjoy while discussing the latest book.

Bernice began life conventionally, growing up in the Brookland neighborhood of Washington, D.C., where one of her neighbors was Edward Brooke, later Senator from Massachusetts.

She attended Garrison Lab School, Garnet-

Patterson Middle School, and graduated from Dunbar High School in 1941. She majored in English at Miner Teachers College in D.C., but was so inspired by her attractive Spanish professor that she embraced the unconventional and enrolled in the National University of Mexico for two years to earn an M.A. in Spanish language and literature.

On her return, she taught Spanish at Morgan College (now Morgan State University), then at Howard University, while attending the Institute of Language and Learning



LOIS BERKOWITZ

Bernice Degler at the fourth anniversary celebration of the NNV Book Group that she helped to found in 2009.

at Georgetown School of Foreign Service to study the aural-oral method of teaching languages. In 1950 she married and taught Spanish in D.C. public schools. After having two sons, the family moved to Chevy Chase D.C. in 1966. She was on the Board of Religion at All Souls Unitarian Church, coordinating pre-school and kindergarten Sunday school. She was also a docent at the

National Collection of Fine Arts (now Smithsonian Museum of American Art), and served on the docent board for public relations.

Inspired by Polly Shackleton, D.C. Councilmember for Ward 3, Bernice coordinated volunteers at Shackleton's constituent office. She enjoyed working on local issues, so after Advisory Neighborhood Commissions (ANCs) were established in 1976, Bernice ran for ANC 3G Commissioner on a platform of reducing real estate tax rates and paying attention to elderly citizens. She served as Commissioner from 1978 until 1984.

Bernice also worked as bi-lingual coordinator at Gordon Adult Education Center in Georgetown, taught Spanish at Miners Teachers College and ran the speakers program at the Smithsonian

American Art Museum. She was elected

President of the African and American Women's Association, started by women at the State Department and USAID to encourage travel and education. No wonder Bernice was chosen Woman of the Year in 1980 by the Business and Professional Women's Club! For seven years she was Director of Program

See **DEGLER**, Page 8

Memory care support at home

Please join us on Thursday, October 17, 3:30pm for a program on what is known about behavioral modifications in the care of loved ones at home with memory loss.

Program speakers are Aleksandra (Any)Parpura, MD, PhD and Marti Bailey, Sibley Hospital. Dr. Parpura is an expert in the field of aging and dementia with extensive experience in teaching and training of families and medical and other professionals in the nature of illness and the behavioral management of dementia. Ms. Bailey, Director, Sibley Seniors, will talk about Club Memory, an innovative, replicable model of practice in memory care support. Location: Ingleside at Rock Creek, 3050 Military Road, NW. Please RSVP to the NNV administrative office by Tuesday, October 15, 3:00pm, (202) 777-3435.

NNV now a member of the CFC

Northwest Neighbors Village is happy to announce that we have joined forces with the Federal Government's Combined Federal Campaign. Federal employees can choose to designate NNV as a recipient when they register with the CFC. Simply click the DONATE NOW button on the CFC website: www.cfcnca.org or contact your office's CFC coordinator. NNV's identification number is 29360.

We appreciate any amount you are able to contribute to help us continue working with your neighbors and friends.

Federal Employees can now donate to NNV via the Combined Federal Campaign! Simply use our number 29360 when you register.



A native Washingtonian

DEGLER, *Continued from Page 7*

Development and docent coordinator at the Sumner School Museum and Archive, where she worked with a docent named Marianna Blagburn!

Upon retiring, Bernice volunteered with the U Street Project, to publicize the history of the Shaw neighborhood, and Manna Inc., which built housing. There she ran an educational program for residents, again assisted by Marianna Blagburn.

Bernice also volunteered at Ayuda, Inc., translating for Spanish-speaking clients seeking legal help.

Still in the same Chevy Chase house, Bernice delights in her granddaughter of 25 and three grandsons between 12 and 16. But she finds it difficult to cope with rapid changes in nearly every aspect of life, as corporations providing security, financial services, utilities, etc., frequently change hands and policies. She feels she is not

in charge anymore when she cannot speak to another human being on the phone, leaving her at the company's mercy. She finds the world has changed more in the last 20 years than it had in the first 70 years of her life. Bernice declares that older people need advocates because of the rapidly changing world and its bureaucratic nonsense. To quote her, "It is hard work learning to be old in today's world!"

Increase your fruit and vegetable intake

BY BARBARA OLIVER

Your mother was right about eating your vegetables. The federal government's Dietary Guidelines for Americans 2010 www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf recommends we eat more fruits and vegetables, which are "major contributors of foliate, magnesium, potassium, dietary fiber and vitamins A, C and K. Moderate evidence indicates that intake of at least 2½ cups of vegetables and fruits per day is associated with a reduced risk of cardiovascular disease, including heart attack and stroke. Fruits and vegetables prepared without added sugar and fat are relatively low in calories...and can help attain and maintain a healthy weight."

This side dish, featured at the Sept. 8 picnic, packs a nutritional punch, colorful appearance and lively flavor. It uses two nutrient-laden dark green, red and orange vegetables. The light prepared dressing reduces the calories

added by fat and sugar of heavier options. One cup provides two-thirds of the FDA's recommended daily servings of fruits and vegetables.



Jerry Q's Coleslaw

3½ cups shredded green cabbage (or a 9½-ounce package of coleslaw mix)
1 cup (3 ounces) shredded red cabbage
1 cup (4 ounces) shredded carrots
1 small red onion, finely chopped
1 large Granny Smith apple (2 cups), cored and chopped into small pieces
½ cup (4 ounces) Mazaretti Light Original Slaw Dressing
1 teaspoon celery salt, or to taste

In a medium-size bowl, toss together green and red cabbage, carrots, onions and apple. Blend in dressing, sprinkle with celery salt, and mix. Makes about eight cups of coleslaw.



LOIS BERKOWITZ

NNV Book Club celebrates a milestone

NNV Book Club members, Bernice Degler, Sharon Wolozin, Frances Mahncke, and Lorraine Middleton celebrate the 4th year of the NNV Book Club. Twelve NNV members and volunteers have shared their wit and wisdom through 45 books and look forward to the monthly meetings at the home of Bernice Degler, who started the club in September, 2009.

Come visit the UDC Farmers Market!

The farmers market of the University of the District of Columbia brings a wide variety of fresh fruits to the neighborhood from local farmers and producers. From the everyday staples of apples and onions, to the more exotic bitter melon, you can find it on Saturdays from 8:00 a.m. until 2:00 p.m. at the market located on Connecticut Ave. between Yuma and Van Ness Streets.

The UDC farmers market is sponsored by the College of Agriculture, Urban Sustainability and Environmental Sciences (CAUSES) along with the National Latino Farmers & Ranchers Association.

Stop by and pick up literature about everything from water research to nutrition and health to recipes. Feel free to bring your little ones along, as coloring books are distributed for free at the "Kids Korner," and plenty of chalk is available for sidewalk drawings by the young and young at heart. You can usually find UDC student musicians making your shopping experience more pleasant with their cheerful tunes. The market will be open until November 10th this year.

—Leslie Malone



JANEAN MANN

Shoppers choose from a plethora of local seasonal fruits and vegetables as well as flowers and baked goods at the UDC farmers market.

For more information about the market, contact Leslie Malone, Marketing and Communications Manager College of Agriculture, Urban Sustainability & Environmental Sciences (CAUSES), The University of the District of Columbia, (202) 274-6686.

Leisurely Spring museum trip to Brandywine Valley, Pennsylvania and nearby Delaware

Join NNV for this great three day trip, March 28-30, 2014. There will be two museum visits a day with guided tours at each location. All museums have elevator facilities.

Day One - Depart from Chevy Chase on a deluxe motor coach to the lovely Longwood Gardens and Conservatory (electronic wheel chairs can be rented) and then Brandywine River Museum featuring the Wyeth Collection. Two Nights in luxurious rooms at the historic Hotel du Pont, opened in 1913. Tonight see "Man from La Mancha" in the theater.

Day Two includes a visit to the Hagley Museum where the du Pont story begins. Travel by Tram between buildings. Hagley

is the site of the gunpowder works founded by E. I. du Pont in 1802. Lunch at the Hagley Museum, is followed by a visit



HAGLEY MUSEUM

to the Auburn Heights Mansion and Marshall Steam Museum, once home to three generations of the Marshall family. High Tea at the Hotel DuPont.

Day Three After breakfast,

check-out; visit Winterthur, the premier museum of American decorative arts with a Tram tour of the naturalistic garden. Visit the Brandywine Arts Museum with a curator talk. See the picturesque garden.

Cost per person sharing a twin/double room: \$665, Single Supplement: \$170. Deposit of \$200 due by October 31, 2013. \$100 is non-refundable. Don't miss out. Make your reservations now!

Arrangements by TRANSEAIR TRAVEL. Please contact NNV member, Benita Lubic, (202) 362-6100 or write to her at BLUBIC@aol.com for full detailed itinerary and trip application.

COMMUNITY CALENDAR

Tues., Oct. 1, 7:30 p.m.

Police Service Area (PSA) 201 – Meeting, Chevy Chase Community Center, 5601 Connecticut Ave. NW

Thurs., Oct. 3, 6:30 p.m.

History of Earth Formation – Neighborhood Lecture, Dr. Richard Carlson, Greenwalt Bldg., Carnegie Institution for Science, 5241 Broad Branch Rd. NW

Fri., Oct. 4, 7 p.m.

Book Talk – Valerie Plame on her first novel, *Blowback*; Politics & Prose, 5015 Connecticut Ave. NW

Sat., Oct. 5, 11 a.m.

Historic Chevy Chase D.C. – Connecticut Avenue Walking Tour, 5612 Connecticut Ave. NW—Meet in front of the Avalon Theatre.

Sat., Oct. 5, 1-3 p.m.

Community Zoo Day—Lisner-Louise-Dickson-Hurt Home; petting zoo, pony rides, games, face paint, moon bounce, food and drink; 5425 Western Ave. NW

Sat., Oct. 5, 10 a.m.-5p.m;

Sun. Oct. 6, 1-4 p.m.

FOLio – Big Fall Book Sale, 2nd floor, Chevy Chase D.C. Library, 5625 Connecticut Ave. NW

Sun., Oct. 6, 5 p.m.

Book Talk – Kenneth W. Mack on his new book, *The New Black: What Has Changed—and What Has Not—with Race in America*; Politics & Prose, 5015 Connecticut Ave. NW

Tues., Oct. 8, 11 a.m.

Digital Drop-In Clinic – e-book readers, smart phones, tablets; Tenley-Friendship Library, 4450 Wisconsin Ave. NW

Wed., Oct. 9, 6:30-8 p.m.

Affordable Care Act & Older Adults – Iona program, free, refreshments, Brighton Gardens of Friendship Heights, 5555 Friendship Blvd. (cor. S. Park Ave.), Chevy Chase, Md. To register, please email: registration@

iona.org, or call (202) 895-9448.

Thurs., Oct. 10, 7:30 p.m.

ANC 3E – Meeting, Tenleytown Room 1, 3rd floor, Embassy Suites Hotel, 4300 Military Rd. NW

Tues., Oct. 15, 7:30 p.m.

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

Tues., Oct. 15, 7:30 p.m.

Chevy Chase Citizens Association – Affordable Care Act Meeting, presenter: Donna Crisalli, Esq., IRS, Chevy Chase Community Center, 5601 Connecticut Ave. NW

Wed., Oct. 16, 6 p.m.

Digital Walk-Up Clinic – e-book readers, smart phones, tablets; Tenley-Friendship Library, 4450 Wisconsin Ave. NW

Thurs., Oct. 17, 10:30 a.m.

Avalon Senior Cinema – Patrons age 62 or more can see the feature film for less than the usual senior price, \$8.75; 5612 Connecticut Ave. NW

Fri., Oct. 18, 4 p.m.

Book Talk – Jim Lehrer on his new book, *Top Down: A Novel of the Kennedy Assassination*; Politics & Prose, 5015 Connecticut Ave. NW

Thurs., Oct. 24, 6:30-8 p.m.

Stay at Home or Make a Move – Iona program, free, refreshments, Brighton Gardens of Friendship Heights, 5555 Friendship Blvd. (cor. S. Park Ave.), Chevy Chase, Md. To register, please email us at registration@iona.org, or call (202) 895-9448.

Sun., Oct. 27, 1 p.m.

Book Talk – Eric Lindner on his new book, *Hospice Voices: Lessons for Living at the End of Life*; Politics & Prose, 5015 Connecticut Ave. NW

Mon., Oct. 28, 7:30 p.m.

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

Thurs., Oct. 31, 4-6 p.m.

Halloween Spooktacular – Connecticut Ave., Livingston St. to Oliver St. NW

Every Tues. & Thurs., 8:30 a.m. & 9:30 a.m. The Walking Club – sponsored by Sibley Senior Association, Mazza Gallerie, Concourse Level, Wisconsin & Western Aves., NW, free, (202) 364-7602

Every Tuesday, 11 a.m. – noon

Club 60+ – Chair Yoga with Andrea Christie; free; Chevy Chase Community Center, 2nd floor Ballet Room, 5601 Connecticut Ave. NW

Every Thursday, 11 a.m. – noon

Club 60+ – Cardio exercise with Will Yates; free; Chevy Chase Community Center, 5601 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

Every Saturday, 8 a.m.-1 p.m.

Lafayette Farmers Market – Northampton St. & Broad Branch Rd. NW

New Morning Farmers Market –

Sheridan School, 4400 36th St. NW

UDC Farmers Market (til 2 p.m.)–

Connecticut Ave. at Yuma St. NW

Movie Mondays, 2 p.m. & 6:30 p.m.,

Chevy Chase D.C. Library

Oct. 7 – *Modest Reception*, Iran/Germany, 2012, not rated

Oct. 21 – *The Parade*, Serbia, 2011, not rated

Oct. 28 – *Songcatcher*, USA, 2000, rated PG-13