

# THE VILLAGE NEWS

Northwest  
Neighbors  
Village



Volume 10, Issue 5

A Community Network of Support

May 2018

## After 50 years in finance, retirement suits Sam Smith

BY JANEAN MANN

**N**NV volunteer Sam Smith traveled across the pond from his native England to visit the United States many times in his 20s, not realizing he would return here permanently to find love and a new life. Born in Colne, England, a town dating to the 13th century, Sam ended a 50-year career in finance to retire in Chevy Chase.

After graduating from Cambridge with a degree in accounting, he began working with a smaller local firm before moving to London to join Coopers and Lybrand—now PricewaterhouseCoopers (PwC), considered one of the most prestigious accounting firms in the world. “I thought it would be a holding pattern, but I stayed because it has a great bunch of people and high standards. I had a great time,” he said.

The London office dealt with the company’s Middle East clients and Sam traveled to Iran (before the fall of the Shah) living in Abadan, where his company had oil company clients. Sam recalls being tracked by SAVAK, the Shah’s secret service, but he also remembers Abadan with some appreciation because that’s where the high heat and refinery emissions exacerbated his sinus condition and prompted him to



JANEAN MANN

Let’s walk! Sam Smith and Bella.

quit smoking. He also spent time in Egypt, Abu Dhabi and Sarajevo (before the war) and worked on accounts for several U.S. companies including Heinz.

But Sam was no stranger to the United States. In his 20s he traveled with friends throughout the country for four consecutive summers, taking advantage of a Greyhound one-month \$99 travel deal. “What an experience; it was amazing,” he said. They opted to take Greyhound locals and, in the process, began to appreciate a wide cross section of American society, visiting 47 states in the process.

He accepted a PwC transfer to Pittsburgh, which

See **PROFILE**, Page 6

## *NNV announces new transportation policy*

BY STEPHANIE CHONG

**A**s our village matures, requests for our transportation service have continued to grow. Over the past 18 months, NNV has been evaluating this service and has implemented several measures to ensure that our capacity can

continue to meet demand. The measures have been successful—but not enough to help with the service’s ongoing and future sustainability.

Now, in our ninth year of operation, NNV is going to use a transportation policy consistent with other villages of our age and size nationwide.

Effective July 1, NNV is setting a ride limit of five rides per month. The ride limit applies to all member ride requests, with a few exceptions, such as short-term medical services like outpatient rehab. The policy will be evaluated in December and our board will modify its decision

See **RIDES**, Page 4

## NORTHWEST NEIGHBORS VILLAGE

a community network of support  
4901 Connecticut Ave. NW  
Washington, DC 20008  
202-777-3435  
[www.nwnv.org](http://www.nwnv.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.nwnv.org](http://www.nwnv.org) or call the office at 202-777-3435.

**NNV Board Members**  
**Officers**  
Judie Fien-Helfman, *president*  
Jon Lawlor, *vice president*  
Elinor Stillman, *secretary*  
John Wheeler, *treasurer*  
**Directors**  
Steve Altman  
Morgan Gopnik  
Merilee Janssen  
Beverly Lunsford  
Janean Mann  
Dennis O'Connor  
Stewart Reuter  
Ann Van Dusen  
Anne Witt  
Karen Zuckerstein  
Frances Mahncke, *emerita*  
Robert Parker, *emeritus*  
Jo Ann Tanner, *emerita*  
**Staff**  
Stephanie Chong, *executive director*  
Leah Penner, *volunteer coordinator*

**Newsletter team**  
Janean Mann, *editor*  
Doris Chalfin  
Pat Kasdan  
Danielle Feuillan  
Tom Oliver

# NPR's Kojo Nnamdi to keynote Healthy Aging Forum on June 10

**Washington Hebrew Congregation is co-sponsor**

BY JUDIE FIEN-HELFMAN

Nationally renowned journalist Kojo Nnamdi will give the keynote address at our second Healthy Aging Forum on Sunday, June 10. A local resident, Nnamdi is the host of both the "Kojo Nnamdi Show" and "The Politics Hour" on WAMU. He will reflect on his career and getting older—transitions we all experience or anticipate—as well as entertain questions from the audience.

The "Healthy Aging Forum: Navigating Life's Transitions" is scheduled from noon to 5:15 p.m. at the Washington Hebrew Congregation. This educational event, co-sponsored by Northwest Neighbors Village and Washington Hebrew

Congregation, will share innovative and best practices on how to age well and remain engaged in the community.

Both NNV and WHC place a high value on ensuring that individuals are treated with respect and remain active in the community as they age. The two organizations share a mutual commitment to civic engagement and the capability of seniors to contribute positively to those around them. Aging well is a shared vision.

Geared toward adults 50+, the Healthy Aging Forum will provide tools that emphasize active and positive aging to help attendees enjoy a better quality of life as they age. The

day has three components: a resource fair, eight informational and interactive workshops featuring well-known and expert panelists in their fields, and Nnamdi's keynote.

Workshops will be held on such topics as "Nutrition and Exercise: Eating Right and Being Active," "Transitions: Re-imagining Ourselves for the Years Ahead," "Intimacy, Relationships and Sex," "The Aging Process: What's Happening to

Our Minds and Bodies, and How We Can Adapt," "On Being a Caregiver: How to Adapt to Caring for a Loved One," "Thinking Ahead: Preparing to Age at Home," "Adapting to an Urban Environment" and "Wise Aging."

The resource fair begins at noon and features

businesses and nonprofits whose programs or services benefit or target those 50+ and their caregivers. Companies will include health care providers, local villages, appraisers of art and jewelry, travel and volunteer opportunities. Food trucks will offer lunch or a snack that can be eaten while visiting the resource fair and registering.

Early registration is recommended. Registration is \$18 for WHC and NNV members; \$33 for community members. The fee includes two workshop selections, the keynote presentation and snacks. Register on line at [www.nnvdc.org](http://www.nnvdc.org). For questions, call 202-777-3435.



Kojo Nnamdi

## NNV CALENDAR

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

**Wed., May 2, 16, 10-11:30 a.m.**  
**Caregiver Support Group—**

Moderated by licensed clinical social worker. 1st and 3rd Wednesdays every month in Chevy Chase. Limited to eight participants. Call 202-777-3435.

**Wed., May 2, 2-3 p.m.**

**Seniors on Stage—**Forest Hills of D.C. Assembly Room, 4901 Connecticut Ave. NW. RSVP: 202-777-3435.

**Thurs., May 3, 6-8 p.m.**

**Author Talk—**Olivia Hoblitzelle, "Aging With Wisdom." Sponsored by NNV and other D.C. villages. Wine, cheese. St. John's Episcopal Church, 3240 O St. NW.

**Tues., May 15, 7:30 p.m.**

**Dynamics of Caregiving—**Stephanie Chong, NNV executive director, and others. Chevy Chase

Community Center, 5601 Connecticut Ave. NW.

**Wed., May 16, 2:30 p.m.**

**NNV Book Club** discusses "A Gentleman in Moscow" by Amor Towles. RSVP to Frances Mahncke: [FranMahn@aol.com](mailto:FranMahn@aol.com).

**Fri., May 18, 10-11 a.m.**

**Forever Young, Forever Fun—**Intergenerational toddler story time, play, with Forest Hills of D.C., Cleveland Park Library. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

**Tues., May 22, 5-6:15 p.m.**

**Harp Concert—**Maryland Youth Orchestra Harp Ensemble. Forest Hills of D.C. Assembly Room, 4901 Connecticut Ave. NW.

**Thurs., May 24, 9:30 a.m.**

**Coffee With Stephanie—**Whole Foods, 4500 Wisconsin Ave. NW.

**Thurs., May 24, 31, June 7, 14, 21, 1-3 p.m.**

**Watercolor Painting—**Joey Mánlapaz, Corcoran professor. \$120 at first class. Forest Hills of D.C., 4901 Connecticut Ave. NW. Materials, RSVP: [manlapazjo@aol.com](mailto:manlapazjo@aol.com).

**Tues., May 29, 3-4:30 p.m.**

**NNV Men's Book Club** meets at the home of Bernie Hillenbrand to discuss "The General and the President: MacArthur and Truman at the Brink of Nuclear War" by H.W. Brands. RSVP: 202-777-3435.

**Save the Date**

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

**Healthy Aging Forum—**Sponsored by NNV, Washington Hebrew Congregation. Kojo Nnamdi speaks; workshops, vendors. \$33 (\$18 NNV, WHC members). 3935 Macomb St. NW.

## SERVICE OF THE MONTH

# NNV launches Neighbor-to-Neighbor Network

BY LOIS BERKOWITZ

Starting this month, NNV will offer a new service called the Neighbor-to-Neighbor Network. You may have read about it in the April newsletter, but we wanted to highlight it again.

As soon as possible, every NNV full member will be assigned a volunteer Neighborhood Contact who lives nearby. The volunteer will call the member about once a month to check in and chat about NNV events and life in general. The idea is that younger and older people who live in the same neighborhoods might get to know

each other better and strengthen our community.

This is an outgrowth of NNV's Bad Weather Buddy program, during which volunteers would check in with their member "buddies" during potentially dangerous weather events to see if they were safe and prepared. The new Neighborhood Contacts will still check in with their assigned members during severe weather, but they will also be in touch year-round.

The Neighborhood Contact idea is becoming more popular within the national Village to Village Network as people

recognize that contact with immediate or close neighbors can often be easier and more helpful than just contact with the village in general. As trust and friendship grows, both the members and their Neighborhood Contacts benefit.

All members are being called to discuss the program. If you are a full member and do not want to have a Neighborhood Contact, you can opt out, but you probably won't want to. We think (and hope) that Neighbor-to-Neighbor will create more closeness and companionship within the NNV community.



# Volunteers to help navigate transportation options

BY STEPHANIE CHONG

**H**ave you seen the Seabury Connector vehicles and Metro Access vans and wondered what they are all about? Are you curious about all the buzz related to the ride-sharing services Uber and Lyft? If so, NNV now has volunteers to help make sense of the many transportation options available in our city.

NNV is introducing our new Transportation Navigator volunteer service. Last month, NNV volunteers and those from four other D.C. villages learned about public transportation, door-to-door multi-passenger transportation services, discounted taxi rides and ride-sharing options available to our members.

Our volunteers became familiar with services that would accommodate active members as well as those who need support. They learned about eligibility requirements, how to sign up and where to go for information. The Transportation Navigators will help members remain engaged in their communities by becoming aware of and comfortable with accessing multiple forms of transportation.

In a similar program, NNV members gathered information and asked questions in a small group setting. Members learned about the new Transportation Navigator service where our trained volunteer corps can help identify appropriate transportation options, assist with signing up, and even help the rider in person if the member wishes.

This informative meeting and



Wendy Blair, right, of Capitol Hill Village helps volunteers learn about D.C. travel choices.

volunteer service were designed to help support our members as NNV moves toward

implementing a new transportation policy that will go into effect July 1.

## NNV changes ride policy

*RIDES, Continued from Page 1*

if necessary.

NNV remains committed to helping our members remain engaged and active. In the coming months, we encourage our members to explore the many transportation options available so the need for a ride does not preclude the opportunity to get out and have fun.

To learn more about the many ways to get around town, look for articles in *The Village News* or contact the NNV office (202-777-3435) to arrange a meeting with a volunteer Transportation Navigator. (See story on this page.)

Transportation is an important issue for villages throughout the

city. In May, NNV will participate in a city-wide village survey on transportation. The survey is a part of the transportation grants awarded to Capitol Hill Village for their collaborative work with the D.C. villages on transportation and pedestrian safety. The goal of the survey is to understand transportation consumption patterns among the D.C. villages.

The results gathered in this survey will help us understand the transportation habits and needs of village members, information that will aid villages in service delivery, advocacy efforts and funding prioritization. Your participation is greatly appreciated. Stay tuned for more information.



JANEAN MANN

## Food and funds

**B**lue 44 restaurant owner Chris Nardelli, left, hosted his second fundraiser evening for NNV April 24. He will contribute 20 percent of the night's receipts to NNV. Enjoying the fare and companionship were NNV President Judie Fien-Helfman, rear; Pat Kasdan, seated left, Jake Fien-Helfman and Edith Courturier.

## 'Dynamics of Caregiving' program rescheduled

**M**any Americans—an estimated 44 million—find themselves caring for family members, friends and neighbors at some point in time. Most don't foresee the many difficulties that arise and what a challenge it can be to find good help, sometimes on short notice.

NNV and the Chevy Chase Citizens Association will join for a discussion of these issues and how to address them at 7:30 p.m. on May 15 at the Chevy Chase Community Center.

This program is open to the community and intended for adults of all ages. Seniors and adult

children may especially benefit from attending together. The program will address the challenges faced while juggling caregiving and managing life's demands, and supply information on local resources that can support you and those you care about.

Three panelists will provide insights for facing these challenges: Christine Bitzer, LICSW, assistant director at Seabury Resources for Aging; Deb Rubenstein, director of consultation, care management and counseling at Iona; and Stephanie Chong, LICSW, NNV's executive director.

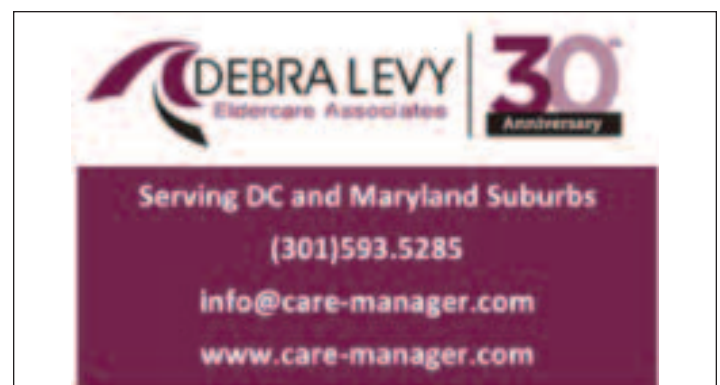
Light refreshments will be provided. NNV members are welcome to call 202-777-3435 by Tuesday, May 8 for a ride to this event. Parking is available in the lot adjacent to the campus of the community center as well as on neighborhood streets.

## If using Amazon, you can help NNV

**A**mazon is giving NNV members a reason to smile. Through the online retailer's Amazon Smile program, you can designate Northwest Neighbors Village as your charity of choice. Simply visit [smile.amazon.com](http://smile.amazon.com) to enroll.

Once you're enrolled, 0.05 percent of your purchase price will be donated to NNV. You can get your shopping done and support NNV at no cost to you.

We hope you will consider participation in Amazon Smile in addition to a tax-deductible donation. For every \$100 spent on Amazon purchases, NNV receives 50 cents. While that may not seem like much, every penny counts.





# Vacations led to a permanent home here

PROFILE, Continued from Page 1

was Heinz's headquarters and where his emphasis also shifted to Latin America. That took him to Suriname and Venezuela. It was in Pittsburgh that he met his wife, Celeste Regan, who obtained her MBA at the University of Pittsburgh and also worked at PwC. In 1983 they moved to the Washington area when Celeste joined a government contracting firm. Sam worked for several other companies before becoming the CFO of the National Contract Management Association in 2002, remaining there until retiring in 2017.

It was also in 2002 that they moved to Chevy Chase, D.C., which Sam found to be more neighborly than his previous Potomac neighborhood. He and Celeste adopted two Ukrainian children, a process he found much more rigorous than becoming an American citizen.

In retirement, he began volunteering as a driver for NNV and is part of NNV's "buddy system." "I think it is a wonderful association," he said. "I think I get as much out of it as the members. I enjoy it as much as they hopefully do," he said with a smile. He and Celeste also enjoy neighborhood daily walks with their dog, Bella.

He also is participating in NNV's new retiree group, and hoping to play more bridge and golf.

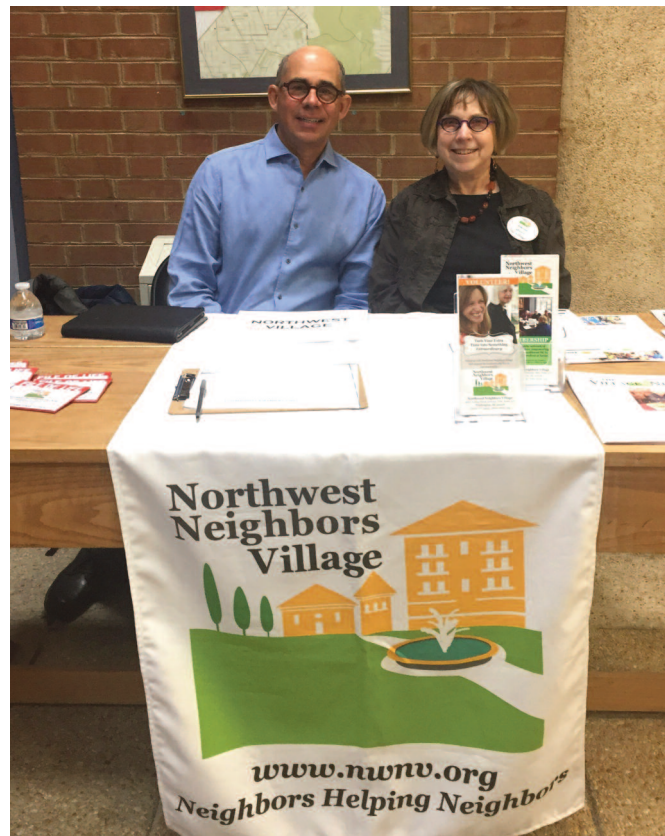


JANEAN MANN

NNV volunteer Sam Smith looks forward to vacationing at one of his favorite English stadiums to watch a cricket match, something he misses in the U.S.

Retirement will also enable him to resume traveling. He and Celeste will visit his sister in England in

the coming months and are considering renting an RV for U.S. travel.



STEPHANIE CHONG

## Toward a healthy lifestyle

Sharing their experiences with NNV, member-volunteers Sal Selvaggio and Karen Zuckerstein recruited members and volunteers at the April 19 Chevy Chase Community Center health fair. Sponsored by the D.C. government, the fair offered a variety of health, wellness and aging information, health screenings and disability and aging resources.

## Two board members elected to emeritus status

**F**rances Mahncke and JoAnn Tanner, two of NNV's extraordinary founders, dedicated members and volunteers, have recently been elected to serve as emerita board members.

Their ability to continue to serve on the board as full members was no longer possible due to governance term limits. NNV will continue to benefit from their phenomenal enthusiasm, expertise and wisdom.

Both have served as members of the board since its inception. Frances was our first president and JoAnn has helped train our cadre of volunteers as co-chair of the Volunteer Committee since NNV's beginning. She has also served as board secretary.

—Judie Fien-Helfman

## COMMUNITY CALENDAR

*Events are free unless otherwise indicated.*

**Tues., May 1, 8, 15, 29, 7 p.m.**  
**Essential Oils**—Health benefits; free samples. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Fri., May 4, 11, 18, 25, 11:30 a.m.**  
**Gallery Tours**—Spring exhibitions, docent-led. Katzen Arts Center, 4401 Massachusetts Ave. NW.

**Tues., May 8, 3:30-5 p.m.**  
**Affording Long-Term Care**—Rick Gow, certified wealth management advisor. Iona, 4125 Albemarle St. NW. RSVP: Elizabeth Frick, 202-895-9420.

**Thurs., May 10, 7:30 p.m.**  
**ANC 3E**—Meeting. Tenleytown Ballroom, Embassy Suites Hotel, 4300 Military Rd. NW.

**Sat., May 12, 1 p.m.**  
**Game On**—Board and video games, all ages. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Mon., May 14, 7 p.m.**  
**ANC 3/4 G**—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW; 202-363-5803, [chevychaseanc3@verizon.net](mailto:chevychaseanc3@verizon.net).

**Mon., May 14, 7:30 p.m.**  
**Board Games for Grown-Ups**—Themed, strategy, cooperative, etc. Chevy Chase Library, 5625

Connecticut Ave. NW.

**Tues., May 15, 7:30 p.m.**  
**ANC 3F**—Meeting. Room A-03, Bldg. 44, UDC, 4200 Connecticut Ave. NW.

**Wed., May 16, 1-2 p.m.**  
**Stroke**—Suburban Hospital NIH Stroke Center nurse Mary Rucker on warning signs, lifesaving strategies. Register: 301-896-3939. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

**Thurs., May 17, 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.

**Fit & Well Senior Exercise Classes**  
*Chevy Chase Community Center, 5601 Connecticut Ave. NW.*

**Mondays**  
**10:30 a.m.**—T'ai Chi Advanced  
**11:30 a.m.**—T'ai Chi Intro  
**12:30 p.m.**—Strength & Resistance/Cardio

**Tuesdays**  
**10 a.m.**—Strength & Resistance/Cardio Lite  
**11 a.m.**—Strength & Resistance Advanced/Cardio Advanced  
**Thursdays**  
**10 a.m.**—Strength & Resistance/Cardio Lite  
**11 a.m.**—Strength & Resistance

Advanced/Cardio Advanced  
**11 a.m.**—Yoga

**Saturdays**  
**10 a.m.**—Strength & Resistance/Cardio

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

**Walking Club**—Sibley Senior Association. Mazza Gallerie, Concourse Level, Wisconsin and 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.

### Farmers Markets

**Sat., 8 a.m.-2 p.m.**—Van Ness, Connecticut Ave. and Yuma Sts. NW.

**Sat., 9 a.m.-1 p.m.**—Lafayette, Broad Branch Ave. and Northampton St. NW.

### Movie Mondays

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

**May 7**—"Stronger," U.S., 2017, rated R (Jake Gyllenhaal).

**May 21**—"The Magdalene Sisters," Ireland/U.K., 2002, rated R.

## Mais oui, a quick, light French main course for one

By BARBARA OLIVER

Scallops can make your dinner feel totally luxurious and indulgent, with the bonus that they cook in minutes with very little effort.

This tasty bivalve is classified into two broad groups: “bay scallops” and “sea scallops.” Bay scallops are relatively small, while sea scallops can be up to three times as large. Their difference in size also has an effect on flavor, as well as the best ways to cook each variety, according to [thekitchn.com](http://thekitchn.com).

The petite bay scallops live in the seagrass beds of estuaries, bays and harbors along Atlantic coastal waters, from New Jersey to the



BARBARA OLIVER

Gulf of Mexico.

On average bay scallops are about a half-inch wide. They are typically purchased already shucked; about 100 bay scallops per pound.

Because of their small size, bay scallops benefit from a short cook and gentle method of preparation, like poaching or a quick sauté. These small bivalves have pink to light beige color with a delicate,

tender texture, and a sweet taste.

### Coquilles St. Jacques

6 ounces bay scallops, cut into pieces  
1/4 cup fresh (or canned, drained) mushrooms, diced  
2 tablespoons evaporated skimmed milk  
1/2 teaspoon chopped chives  
Few drops sherry extract, or 1/8 teaspoon dry sherry

Salt

Pepper

1 ounce Gruyère or Swiss cheese, if you wish

Preheat oven to 350°F.

Combine all ingredients in a large shell (or ramekin). Top with shredded cheese. Bake for 20 minutes.

Note: This will make two smaller servings.

ADAPTED FROM WEIGHT WATCHERS PROGRAM COOKBOOK