



JANEAN MANN

Wasn't that a party: The NNV crowd dances to the music of Midnight Swim.

For NNV's 10th, a night to remember

By JUDIE FIEN-HELFMAN
NNV President

What a night! More than 100 people joined NNV at the Chevy Chase Town Hall on April 27 to celebrate 10 years of service to the Upper Northwest Washington community. Attendees included members, volunteers, board members and friends from the neighborhood. Familiar faces and

new ones helped us raise money to continue NNV's mission of enabling older adults to thrive as they age in our community by offering a robust network of resources and opportunities.

The evening commenced with a silent auction that raised thousands of dollars. All items were donated by local businesses and individuals. The generosity surpassed all our expectations. Partygoers enjoyed

wine, beer and hors d'oeuvres. This portion of the evening gave attendees the chance to mingle and catch up with one another while bidding on all the auction items.

A wonderful time-line display of photographs put together by former NNV president Janean Mann, highlighting 10 years of milestones and achievements, was hung throughout the room. Members of the band Midnight Swim with the featured guest, Washington Post cartoonist Tom Toles on drums, provided background music.

After the close of the silent auction attendees took to their chairs to hear the Pulitzer Prize-winning cartoonist interviewed onstage by community activist (and singer for the band) Lana Wong. Tom exhibited the humor one would expect from a cartoonist by opening with, "I will try to reveal as little about myself as possible."

Luckily for the crowd, Tom generously shared how he got his start in editorial cartooning—a role



JANEAN MANN

The Washington Post's Tom Toles tells of life as a cartoonist.



STEPHANIE CHONG

Auctioneer Jake Fien-Helfman and Gretchen Toles offer a Toles cartoon.

NORTHWEST NEIGHBORS VILLAGE

a community network of
support

4901 Connecticut Ave. NW
Washington, DC 20008
202-777-3435

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 or call the office at 202-777-3435.

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Tom Oliver



PHOTOS BY STEPHANIE CHONG

At the Volunteer Appreciation event, from left: Kathryn Klein, Pat Kasdan, Judy Leyshon, Jewel Hill, Morgan Gopnik and Pamela Roberts.

For the volunteers, a celebration, training programs—and thanks

BY STEPHANIE CHONG

Volunteers are the key to our success. Last year our volunteers provided over 9,000 hours of service. Volunteers worked directly with members assisting with yardwork, transportation and technology help, and also assisted with coordinating programming and special events, community outreach and publishing our newsletter. What better way to thank our volunteers than coming together to celebrate the individuals who contribute so greatly to our village?

Each year, NNV hosts a Volunteer Appreciation reception for our volunteers. In March, 50 volunteers gathered to enjoy food and camaraderie and hear words of gratitude. This year's event offered an opportunity to share the volunteering experience as a group and put into perspective what our volunteers' impact is both individually and as a part of an organization dedicated to building community and relationships.

Also this spring, volunteers had the opportunity to enhance their knowledge and skills at two separate training programs. In March, volunteers from NNV and neighboring D.C. villages learned how to identify signs of abuse and how to report concerns of suspected abuse and neglect. In April, NNV volunteers and volunteers from

Capitol Hill Village received enhanced training on medical note-taking.

We are grateful that our dedicated volunteers continue to seek information that will help them better serve our members. We can't thank our volunteers enough for their countless contributions to NNV's success. Since NNV's inception, our volunteers have enhanced the lives of our members and strengthened our community.

Taking the time once a year to formally recognize our volunteers' personal contributions and collective accomplishments is important to us. However, expressing gratitude can be done every day. Please join the NNV Board and staff in thanking our volunteers for their extraordinary work.



Jewel Hill at the buffet.

After 10 years, it's party time

GALA, Continued from Page 1

he took on with much reluctance when he lived in Buffalo; his passion for drawing; his concerns about the times we live in. He spoke lovingly about his wife and high school sweetheart, Gretchen Toles.

Ward 4 D.C. Council member Brandon Todd presented Northwest Neighbors Village with a 10th-

anniversary ceremonial recognition resolution adopted by the Council. It recognizes NNV's contributions to enable older adults to thrive in their community.

The evening concluded with a live auction that included an original cartoon donated by Tom Toles, followed by dancing to music provided by his band, Midnight Swim. The band played hits and

swung the crowd off into the night. To learn more about the band, visit its website:

m.facebook.com/MidnightSwimband/.

It takes a village to create the magic we all shared at our 10th Anniversary Celebration. Our party reflected the essence of who we are and what we do—the spirit of generosity that is Northwest Neighbors Village.



HEATHER HILL

D.C. Council member Brandon Todd presents a contratulatory resolution to NNV Executive Director Stephanie Chong.



STEPHANIE CHONG

Midnight Swim performs, with Tom Toles on drums (center).



STEPHANIE CHONG

Hard at work: Staffers Danielle Feuillan, foreground, and Trish McCafferty.

10 highlights—one for each of our decades

1. Beautiful photos showcasing each decade of NNV's vibrant past (thank you, Janean Mann).
2. Meaningful and expressive member and volunteer comments about NNV, the relationships they have formed and experiences shared (thank you, Morgan Gopnik and Merilee Janssen).
3. More than 90 fabulous auction items (thank you to the NNV Board, Gail Hurd, community businesses, theaters, sporting teams and more). Our "Live-ly" auction generated more than \$2,000, including over \$700 in general support for NNV. (Thank you to our live auctioneer, Jake Fien-Helfman.)
4. Delicious hors d'oeuvres and desserts from our favorite caterer, Kate Hill of Banana Peel, and her amazing staff.
5. Tom Toles, our neighborhood voice, who arrived at 5 p.m. for band setup and stayed till the band stopped playing.
6. Meeting and talking with attendees throughout the silent auction.
7. The delicious wine and extraordinary assortment of artisan-crafted beers that flowed. (Thank you, Steve Altman

and Paul's Liquors.)

8. The "neighborhood voice" conversation between Lana Wong and Tom Toles and the insights and the creativity that were shared. The questions from the audience were profound and Tom answered each with candor and humor. Check out The Washington Post each morning to savor his cartoons, which take the most complex issues and simplify them into a picture and a few words.

9. The Midnight Swim Band—priceless! The tunes, the vocals, the energy, the fun! More than 40 people danced the night away, staying after the original closing time.

10. A special thank you to all our amazing volunteers (Lois Berkowitz, Anike Buche, Phyllis Belford, Deb Cotter, Karen and Darwin Walker, Anne Aarnes, Elly Greene, Jewel Hill, Pepe Roberts, Sal Selvaggio, Pat Kasdan, Mike Van Dusen); the NNV Board—especially Ann Van Dusen (for her partnership and leadership), and of course the NNV professionals (Stephanie Chong, Danielle Feuillan, Heather Hill and Trish McCafferty) for their behind-the-scenes attention to every detail, their enthusiasm and their warm welcomes to everyone who attended.

—Judie Fien-Helfman

D. C. changing response to 911 calls

Some callers won't be taken to hospital emergency rooms

BY JANEAN MANN

The conversion of D.C.'s 911 emergency service to what is now called Right Care, Right Now may mean fewer trips to the emergency room for D.C. residents. And that is a goal of the program, which began its second phase in March.

Phase two expanded the program citywide to provide responding EMTs with additional training to ascertain whether patients should be transported to a hospital or referred to nurses for other types of care. While the program is fully operational in limited parts of the city, the need for additional EMT training means that the program is unlikely to be fully operational in our area (Battalion 5 jurisdiction) until the end of this year.

The program's objectives are twofold—to provide emergency callers with the type of assistance they need and to use the D.C. Fire and EMS Department (FEMS) resources to transport only those persons with true life-threatening or potentially life-threatening medical conditions to local emergency rooms. FEMS responds to about 500 calls a day.

When all of the emergency responders are fully trained, 911 callers who do not face life-or-death conditions are referred to a trained D.C. triage nurse either when they call 911 or—when the program is fully operational and the EMTs are fully trained—by an emergency respondent who assesses the condition as not life-threatening. The nurse will talk with the caller to assess that person's condition and recent medical history and then either make recommendations for self-treatment or refer the caller to a community or urgent care clinic in or near the caller's neighborhood or other medical facility that provides the appropriate type of care.

The nurse will call the clinics associated with Right Care, Right Now while the caller is on the line to schedule the appointment. Within 24



hours of the initial call, the nurses are supposed to contact the patients to obtain feedback on their conditions.

There are currently 21 clinics participating in Right Care, Right Now although none of them is located within NNV's service area. These facilities are all Patient Centered Medical Homes, all accept all insurances and have extended evening and weekend hours. The closest is the GW Medical Faculty Associates Clinic at 2902 Porter St. NW (at Connecticut Avenue) in Cleveland Park, phone 202-525-5297. A second GW MFA Clinic is at 8484 Georgia Ave. in Silver Spring. To obtain additional information you can go to <https://fems.dc.gov/page/frequently-asked-questions-right-care-right-now>. All participating clinics are listed there.

Only Medicaid and D.C. Healthcare Alliance enrollees are provided free transportation to and from the clinic within an hour of making the 911 call. The District has contracted with Lyft to transport these patients to and from the clinics. FEMS officials estimate that most clinic trips, including patient care, take only about two hours under this system as opposed to 6-8 hours in a hospital emergency room treating similar conditions.

According to FEMS, more than 700 911 calls were referred to clinics or self-care during the first phase of the program, which began in April 2018. The average time for the call to be transferred to a nurse was nine seconds. During Phase Two, FEMS will assess the effectiveness of the program as it expands into other parts of the city.

Introducing Heather Hill, the new volunteer coordinator

Born and raised in the D.C. metropolitan area, Heather Hill, LICSW, has joined the Northwest Neighbors Village team with broad experience from her tenures at Iona Senior Services and the National Institutes of Health.



Heather Hill

While at Iona she worked with the citywide Money Management Program serving older adults with memory loss. During her time at the NIH she worked with patients with cancer who were participating in clinical trials. The theme here is service, and Heather has both the skills and the heart to work with the volunteers at the Northwest Neighbors Village.

So much for the résumé; let's meet the wonderful woman whose life has landed her in her new position at Northwest Neighbors Village. Heather enjoys some old-fashioned pleasures of life: reading, cooking, swimming, running, birding and music.

You'd be hard-pressed to find a pulp noir written in the last 100 years that Heather hasn't read twice. During her extensive travels she has swum from Alcatraz to the shore in San Francisco and learned to make a vindaloo that induces tears.



BARBARA OLIVER

Merilee Janssen presents a gift basket to Leah Penner, outgoing volunteer and member services manager, who is expecting a child in the spring.

Her knowledge of birds, both local and global, will surely be savored by any with a love for nature; she can tell a palm warbler from a yellow-rumped warbler from the front. Heather also works with Blue Raccoon Tunes, a local company that offers teaching and performance in jazz music. She prefers Charlie Parker to John Coltrane, but can appreciate the genius of both.

Enjoy getting to know our new volunteer and member services coordinator, Heather Hill.

New online management system expected to streamline operations

By DANIELLE FEUILLAN

In an effort to streamline and improve operations, in March the NNV office began using a new online management system called Helpful Village. This is a group of online components designed specifically for villages. It includes a website platform, an interactive calendar, membership management, volunteer coordination and donor management capabilities.

So far we have rolled out our new website and calendar and behind the scenes we are using the system to keep our member and volunteer records up to date. NNV's formerly paper-only records are now condensed into

one easy-to-use online database. We keep a paper backup but no longer need to consult the file cabinet as often.

NNV staff can login to Helpful Village from a distance or from their phones and have immediate access to information such as emergency contacts or RSVPs for off-site events.

Helpful Village has already enabled us to allow website visitors to register for events, purchase tickets to our salons and make online inquiries about volunteering or joining NNV. The entire archive of The Village News is also available for downloading.

In the near future we hope to implement the volunteer

coordination component of Helpful Village to match members who need services with the volunteers who provide them. The website is now capable of accepting online donations in a seamless manner. Donors will no longer be redirected to PayPal.

Members, volunteers and supporters can visit the new website at nnvdc.org and check out the features. We hope you will RSVP for an event or read the newsletter. NNV will host training sessions for volunteers and members to familiarize them with Helpful Village in late spring and summer. Let us know if there is anything you would like to see on the new website by using the Contact Us form.

Legacy Society set up for planned giving donors

BY BERT FOER AND ANN VAN DUSEN
NNV Board Members

In 2019 Northwest Neighbors Village celebrates its 10th anniversary, and to recognize this milestone the organization took a giant step toward ensuring its secure future. Last month NNV launched the NNV Legacy Society, joining many similar villages in establishing its own planned giving program.

What is planned giving? It is sometimes referred to as gift planning or legacy giving. It is a way to support nonprofits that enables individuals to make larger gifts than they could make from their ordinary income. These gift plans use estate and tax planning to provide for charities and heirs in ways that may maximize the gift. In short, a planned gift is any gift, made during life or at death as part of a donor's overall financial and/or estate planning. It can be in the form of cash, appreciated securities or stock, real estate, artwork, partnership interests, personal property, life insurance or a

retirement plan.

How do donors make a planned gift? The most common method is to make a bequest, by including a provision in their will or living trust. Alternatively, they can name a nonprofit organization as a beneficiary of a retirement plan or life insurance policy. In either case, the donor can identify a dollar amount or a percentage of the assets to be given.

Why establish the NNV Legacy Society now? Thanks to the generosity and hard work of countless people over the last decade, NNV is strong and growing ever stronger. NNV has been driven by the simple but powerful idea that older residents should be able to thrive as they age and remain in the community they know and love. Over the last few years, people have asked what more they can do to make sure that NNV is able to continue to support our community in the future. The NNV Legacy Society, to which a number of individuals have already made bequests, is NNV's answer.

As members of NNV's Board, we

have helped establish the Legacy Society. We'd like to point out that leaving a legacy gift can be both simple and rewarding. In fact, many people are surprised to learn how easy it is to leave a gift in their will or by naming a charity as a beneficiary of a retirement plan or another financial account.

Among the benefits to the donor:

- ▶ You can take care of your family first.
- ▶ Your gift costs you nothing now. You are not locked in and can change your mind at any time if circumstances change.
- ▶ Your gift may provide tax savings that can increase the assets you will leave for your heirs.
- ▶ You may choose to keep your gift anonymous. You can also leave a gift in honor or memory of someone else.

NNV can provide assistance with sample bequest language and answer other questions you may have. More information about the growing number of members of the NNV Legacy Society will appear in future issues of the Village News and on our website.



PHOTOS BY TOM OLIVER



Brassy

The Tuesday Brass Quintet performed tunes ranging from classical to the Beatles for an NNV audience on April 13, reprising a previous concert last year. Members of the group are Tom Beckman and Steve Bauer, trumpets; Julie Leyh, French horn; Jeffrey Bauer, trombone, and Tom Josefowicz, tuba.

After retirement, some ways to keep active

By DEB COTTER

What to do after retirement? On March 19, two dozen people participated in an NNV panel discussion, “Engaging With Your Community Post-Retirement,” at the Chevy Chase Community Center.

Cosponsored with the Chevy Chase Citizens Association (CCCA) and open to the public, the discussion focused on opportunities for older adults, recent retirees and those approaching retirement, to volunteer and participate in lifelong learning.

Panelists included Morgan Gopnik, NNV board member and volunteer; Jonathan Lawlor, vice president of NNV, membership chair of the 2nd District Metropolitan Police Department Citizens Advisory Council and former president of the Chevy Chase Citizens Association; Dick Swartz, longtime Chevy Chase resident and lifelong artist who, since retiring, has taught art to older adults; and Tony Long, executive director of Osher Lifelong Learning Institute at American University (OLLI).

Panelists discussed not only the benefits of social interaction, but also the rewarding nature of volunteering to help neighbors in the community. To learn more about volunteer opportunities, visit the NNV website at www.nnvdc.org, the Chevy Chase Citizens Association, www.chevychasecitizens.org, and the Catalogue for Philanthropy at www.cfp-dc.org, where you can select the location, time and group size that suits you, what skills are needed and whom to contact.

Attendees also heard about lifelong learning, including OLLI, and art classes. For more information, visit: www.oli-dc.org, American University’s Community Audit Program, www.american.edu/alumni/benefits/education/communityaudit.cfm, and artsclubofwashington.org/. For events around town for ages 60 and above, visit www.aroundtowndc.org/.

On April 11, a handful of neighbors participated in an



STEPHANIE CHONG

Jon Lawlor talks about opportunities for recent retirees at a session sponsored jointly by NNV and the Chevy Chase Citizens Association. At left is Morgan Gopnik.

Early Retirement Discussion Group with NNV and Dupont Circle Village case manager Barbara Scott. Discussion focused on areas of common interest and activities that NNV could facilitate for the group. This get-together was informal and enabled participants to voice ideas about how the village could better serve recent retirees by reducing isolation and helping to support social networks.

Group participants mentioned the “Recently Retired” email list that NNV is supporting. For information about the email list, including how to sign up for it, contact the NNV office with your ideas at 202-777-3435 or nnvillage@gmail.com.

GEORGETOWN
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Passages

We are sad to report that charter NNV member and volunteer **Allan Tanner** died at home on March 26 of complications of lupus. He was the husband of Jo Ann Tanner, former NNV board member and volunteer services committee chair. Until recently, Allan helped Jo Ann coordinate all of our volunteer training programs.

Allan was an internationally recognized nuclear geophysicist who was a specialist in radon research. He worked for the U.S. Geological Survey and for five years served as a



member of the Committee on Interagency Radiation Research and Policy Coordination of the President's Office of Science and Technology. After his retirement from the USGS, he became a consultant on radon migration for the Department of Energy and the National Institute of Standards and Technology.

Born May 27, 1930 in New York City, the son of Margaret and Edward Tanner, he moved to Washington as a child and at age 11 to a dude ranch owned by his grandparents near Steamboat, Nev.

Allan attended the Massachusetts Institute of Technology, where he was manager of MIT's 1951 national championship rifle team and captain of the 1952 team. He was named to the 1951 First All-American Team and to the 1950 and 1952 second teams.

During the Korean War, he served as a lieutenant in the U.S. Army.

Allan was an early proponent of conserving the environment. A longtime volunteer for the Potomac Appalachian Trail Club, he served on its Council and as head of the Cabin Reservations system for 21 years.

Allan's family has graciously suggested that memorial contributions can be made to Northwest Neighbors Village.

A calendar of activities specifically for seniors

By ANDREW MILLER

Are you looking for enjoyable and interesting programs or activities? Iona has developed a new way to learn about programs and events throughout Northwest D.C. that are bringing older adults together to build friendships, learn new skills, enjoy conversation, exercise and have fun.

If you are 60 years and older, and looking for ways to tap into your neighborhood resources, meet new people, stay fit, or enjoy other recreational and



Event Directory For Ages 60 and Up.

wellness programs, the new website, Around Town DC, can help you find what you are looking for.

This simple online directory, launched in January, compiles programs, events and activities happening primarily in Wards 2 and 3 so that you can easily find programs that match your interests or location criteria in one place.

On the website—www.AroundTownDC.org—you will find events, programs and even some online tools primarily related to wellness, fitness and recreation. You can sort your search by type of activity you are looking for, the type of location you think best fits your needs, or by the site closest to you.

Around Town DC is also offering its own fitness and art classes at libraries, recreation centers and other sites



STEPHANIE CHONG

Welcome to new members

Emily Maxwell, Judy Throm and Marion McCartney participated in a social to welcome new supporting members of NNV. The event was held March 13 at the home of Merilee Janssen, co-chair of the member services committee.

throughout Northwest D.C. In addition, you can learn about lunchtime concerts and discussion series.

To get more information and stay in touch, visit www.AroundTownDC.org and fill out the "Join our Newsletter" form on the upper right corner of the home page. You can also email Community@iona.org or call 202-459-9634. NNV has linked to the website from its weekly email calendar.

Calendar

Except as otherwise noted, all events require an RSVP to the NNV office at 202-537-7372.

Village Walk

Thursday, May 2, 10 a.m. Meet at the corner of Albemarle St. & Connecticut Ave. NW (in front of Diplomat Cleaners). RSVP to nnv.helpfulvillage.com/events/index_list or call 202-777-3435.

Led by Sal Selvaggio, we'll walk for about 30 minutes, concluding with coffee at Bread Furst. We expect to have two leaders so we can accommodate both faster-paced and more moderately paced walkers.

NNV Book Club

Wednesday, May 15, 2:30 p.m.
Location TBA. RSVP to FranMahn@aol.com.

The group will discuss "The Constellation of Vital Phenomena" by Anthony Marra.

New Book Group!

Thursday, May 16, 1:30-3 p.m. The group will meet on the second Thursday of each month after the May meeting. Location: Home of NNV member Ginny Finch, 2939 Van Ness St. NW (Van Ness East), Apt. 1221. Metro accessible; free parking in front of the building. RSVP to Ginny, 202-686-0053 or ginnyvne@yahoo.com.

We'll focus on fiction and nonfiction that has won public acclaim.

Info Session

Protecting Your Hard-Earned Resources

Tuesday, May 21, 10:30 a.m.-noon, Assembly Room of Forest Hills of D.C., 4901 Connecticut Ave. NW.

Sydney Palinakas of ElderSafe and

Amanda DesBarres of Help Unlimited help us understand the risks of financial exploitation and warning signs of financial abuse. Learn about local resources and safeguards that can help reduce your risk of financial exploitation.

Village Walk

Wednesday, May 22, 10 a.m. Meet at the corner of Albemarle St. & Connecticut Ave. (in front of Diplomat Cleaners). RSVP to nnv.helpfulvillage.com/events/index_list or 202-777-3435.

Led by Karen Zuckerstein, we'll walk for about 30 minutes, concluding with coffee at Bread Furst. We expect to have two leaders so we can accommodate both faster-paced and more moderately paced walkers.



GLENSTONE MUSEUM

Glenstone Museum displays modern and contemporary art in an extensively landscaped setting including outdoor sculptures.

Museum Visit

Thursday, May 23, 10:30 a.m. to 3 p.m. Glenstone Museum, 12002 Glen Road, Potomac, Md.

Visit includes a one-hour docent-guided tour of the grounds beginning at 11 a.m., followed by a la carte lunch (participants will buy their own) in the cafe at 12:30 p.m., with an opportunity afterwards to view the museum on one's own or to visit the gift shop.

NNV Men's Book Club

Tuesday, May 28, 3-4:30 p.m. Outside the library at Forest Hills of D.C., 4901 Connecticut Ave. NW.

The group will discuss "Complicity: How the North Promoted, Prolonged, and Profited From Slavery" by Anne Farrow, Joel Lang and Jenifer Frank.

Village Collaboration

New Alternatives for Moderate Hearing Loss

Wednesday, May 29, 11 a.m.-12:30 p.m. Forest Hills of D.C., 4901 Connecticut Ave. NW.

Learn about low-cost personal amplification devices.



NNV Book Club

Wednesday, June 19, 2:30 p.m. Location TBA. RSVP to FranMahn@aol.com.

The group will discuss "Because I Come From a Crazy Family: The Making of a Psychiatrist" by Edward Hallowell.

Info Session

Department of Aging and Community Living Resources

Tuesday, June 25, 10 a.m.-12:30 p.m. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

Learn about what DACL offers, and hear from other government agencies that help D.C. residents thrive in their community.

NNV Men's Book Club

Tuesday, June 25, 3-4:30 p.m. Outside library at Forest Hills of D.C., 4901 Connecticut Ave. NW.

A whiff of Southwestern French cuisine

There is nothing as hearty, filling and aromatic as a true French cassoulet: a slow-simmered stew of white beans, duck or goose and various forms of pork. Slow-baked in an earthenware cassole, an inverted stepped cone, this is a work of love.

The following recipe is a modern-day, quick-cooking homage to this French dish. It calls for a low-fat smoked sausage, but lends itself to the many sausage options of today, including vegetarian varieties.

15-Minute Skillet 'Cassoulet'

2 sprays cooking spray, or enough to coat the skillet

1 medium onion, chopped

1 clove garlic, minced

8 ounces low-fat sausage, smoked variety, sliced 1/4 inch thick

1/4 teaspoon dried thyme

3/4 cup canned chicken broth



BARBARA OLIVER

It's a "cassoulet" without the required slow simmering, with fewer calories and made in a few minutes in a skillet.

2 15-ounce cans Great Northern beans, rinsed and drained

1 1/2 tablespoons canned tomato paste

*1/2 cup dried plain bread crumbs **

Preheat broiler. Coat a nonstick ovenproof skillet (or pan) with cooking spray and heat. Add onion, garlic and sausage and sauté until onion is tender, about 3 to 4 minutes. Add thyme, broth, beans and tomato paste; simmer 10 minutes.

Sprinkle bread crumbs over beans. Place skillet under broiler until bread crumbs are browned, about 30 seconds. Yields seven cups; makes four 1 3/4-cup servings.

* Note: You can leave off the bread crumbs, which will mean no need for the broiler.

ADAPTED FROM WEIGHT WATCHERS