

Her 50th state was a gorgeous one: Hawaii

Janean Mann's quest to visit all the states ends with an 'Aloha'

BY JANEAN MANN

Because my father was a Washington State native, our family vacations, from the time I was 2, regularly involved road trips from D.C. to Spokane and Seattle. With friends and relatives in a variety of states, we would take the southern route out and a northern or central route back. Due to this, I was fortunate enough to have visited 48 states by the time I was 17, but it took another 18 years to see my 49th—Alaska—and yet another 42 before I visited Hawaii, my 50th.

From steaming volcanic calderas to clear mountain springs and gorgeous Waikiki sunsets, Hawaii offers visitors a variety of activities and environments. However, its “Aloha spirit” is perhaps the most welcoming. Soon after arriving on Oahu in May I received a full dose of the “Aloha spirit” from a woman I met on The Bus, a great deal for seniors on Oahu.

Shortly after boarding The Bus (\$2 for seniors—anywhere, all day) I met local artist MaryAnne Long, who discovered her love of art late in life. During our 1½-hour jaunt to the Polynesian Cultural Center outside Honolulu, MaryAnne regaled me with a travelogue of the areas through which we passed, a history of Hawaii and an account of the efforts to protect the environment. What had been a sunny day turned into a downpour and MaryAnne gave me her umbrella before alighting at



JANEAN MANN

Waikiki visitors gather at the ocean's edge to watch a colorful day's-end display.



COURTESY OF JANEAN MANN

Janean Mann, about to embark for Wiamea Canyon and the Na Pali coast.

her stop a mile from mine. It was a great introduction!

A one-hour flight from Oahu took us to the Big Island—Hawaii—and a private tour of Volcanoes National Park from Ranger Dean Gallagher. What a contrast! He led us through a thick rain forest, pointing out birds and plants including some that change the shape of their leaves as they grow, to the steaming volcano caldera rim and old lava flows where new life is emerging—more rapidly in the *pahoehoe* lava, more slowly in the *a'a*. There were no eruptions during my visit.

While on Hawaii we attended a moving concert/interpretative hula by the Na Wai Chamber Choir, a group dedicated to the “preservation and propagation” of Hawaiian

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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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DANIELLE FEUILLAN

Attending "Protecting Your Hard-Earned Resources" were, from left, Pat Kasdan, Jane Whitaker, Karen Zuckerstein, Stephanie Chong, Amanda Des Barres, Heather Hill and Barbara Scott.

Protecting the money: Some experts' suggestions

By DANIELLE FEUILLAN

Inattention to your finances now will ultimately cost you money later. This was one of the tips that the panelists emphasized at an information session on "Protecting Your Hard Earned Resources," held May 21 and sponsored by NNV.

Sydney Palinkas, ElderSAFE Community Educator for the Charles E. Smith Life Communities, and Amanda Des Barres, owner of the daily money management company Help Unlimited, participated in a learning session packed with recommendations on how to protect your money and the money of older friends and relatives who may be susceptible to financial abuse or exploitation. As NNV member Jane Whitaker said, she came to the program "to solve my problems before I have them."

The program began with a presentation on warning signs of

financial abuse and how to report it if you suspect you or a family member has been exploited. "Financial abuse is often tied to other forms of abuse" such as neglect, psychological abuse or even sexual and physical abuse, Palinkas said. Risk factors of financial exploitation can include the receipt of mysterious bills, piling up of unpaid bills, calls from credit agencies or having a caregiver who also has financial problems of his or her own.

Scams perpetrated via telephone or email are a persistent problem. If a person is receiving a very large number of scam phone calls it could be a sign that the person has fallen prey to a scam before. A person who succumbs to a scam is often marked as an easy target by other scammers.

Attendee Pat Kasdan noted that many people also feel guilty when they receive solicitations in the mail from charitable groups, often with items of value included. While these are not necessarily scams, they do put pressure on recipients to give money.

Amanda Des Barres recommends making a list of a few charities you do want to give to and then throwing away all mail from the rest. It can also help to have a prepared statement ready about why you don't want to give in case a charity calls on the phone.

There are ways to preempt financial exploitation and protect yourself or your family members from abuse. One is to hire a daily money manager.

See **MONEY**, Page 3

RISK FACTORS FOR FINANCIAL ABUSE

- ▶ Living alone or becoming isolated from family and community.
- ▶ Not open to talking about money or finances.
- ▶ Not wanting to get a family member in trouble or see them struggle.
- ▶ Cognitive loss.

Scams and other financial abuses

MONEY, *Continued from Page 2*

Money managers can help with making sure bills are paid on time and can ask questions about any aberrations they see on bank statements or credit card bills. They are a second and impartial set of eyes. They do not make investment recommendations or act as an accountant but they can help you gather your financial information in preparation for tax season.

A good manager should want to work as a team with family members, accountants and financial planners.

When hiring a daily money manager, check to see if the person belongs to the Professional Association of Daily Money Managers, as members subscribe to a code of ethics and maintain their skills by taking continuing education courses. Daily money managers usually charge \$70 to \$120 an hour and many people would need the help for only a few hours a month.

The cost of a good manager can often be recouped by the avoidance of late fees on bills or taxes or by the examination of cellphone or cable contracts to see if the client is really signed up for the right package for his lifestyle. NNV keeps a list of qualified daily money managers and can provide names and numbers if you call the office.

TIPS FROM A DAILY MONEY MANAGER TO AVOID FINANCIAL TROUBLE

► Put a freeze on your credit with the four main credit monitoring agencies

- Experian 888- 397-3742
- Equifax - 866-349-5191
- TransUnion 800-916-8800
- Innovis 800-540-2505

This will prevent someone from opening a line of credit in your name.

► Use banking alerts. Your bank

can help you set up email or text alerts that will warn you if balances get low or charges look unusual.

► Make sure you aren't isolated; have a community you can talk to about any concerns.

► Create a connection with a money manager. Even a quarterly meeting can help establish a relationship.

Both Sydney and Amanda agreed that the best way to avoid being financially scammed is to be part of a community that cares. Whether it is a neighbors' village like NNV or a group of friends that meets regularly or a hired money manager, have people you are comfortable talking to and don't be afraid to share your concerns. You can always call the NNV office or a hotline like ElderSAFE. There are no stupid questions, and even if you have a slight inkling that you or a friend or family member may be experiencing financial abuse, don't be embarrassed to bring it up. Abusers rely on fear and silence.

The AARP Foundation ElderWatch program engages hundreds of volunteers each year to help older consumers recognize, refuse and report fraud and scams. Its website provides additional information and tools to help protect

consumers against financial exploitation. Call them at 800-222-4444, option 2, or visit www.aarp.org/aarp-foundation/our-work/income/elderwatch/report-fraud/.

The CityWide Money Management Program is a free pilot program designed for seniors with dementia and/or memory

loss who experience difficulty managing their money, organizing their finances, and paying bills on time.

The program is supported by the D.C.

Department of Aging and Community Living through the Administration on Community Living, Alzheimer's Disease Initiative Grant. It is administered by Iona Senior Services. Call 202-895-9448 for more information.



Changes coming to volunteer matching system

In the May-June Village News we announced that NNV is using a new online management system called Helpful Village. This system allows NNV to streamline operations and work more efficiently so we can focus our attention on what matters most—our members and volunteers.

In the spring we rolled out our website and began using the calendar to promote events and

track attendance. In July, NNV is implementing the volunteer coordination feature of Helpful Village. Members will likely not notice a change in procedure for making requests. However, volunteers will find it quicker and easier to sign up for volunteer requests. Because this intuitive system works on a smartphone or tablet, volunteers can accept a

volunteer request from anywhere at any time.

Last month volunteers were trained on the new system. While we are confident this new process will improve the volunteer coordination process, we anticipate a snafu or two. We appreciate your patience while we introduce this new system over the summer and value your feedback on the process.



PHOTOS BY DANIELLE FEUILLAN

An excursion to see modern art

Thanks to the generosity of NNV volunteer and board member Alice Hayes we were able to take a group tour of the Glenstone Museum on May 23. Glenstone is a contemporary art museum in Potomac, Md., 15 miles from downtown Washington. It contains about 1,300 works in many mediums and is noted for its distinctive setting in a broad natural landscape. The museum was developed and financed by billionaire American businessman Mitchell Rales and is free and open to the public via reservations made online. NNV Glenstone visitors at the museum's arrival hall, from left: Pat Kasdan, Jon Lawlor, Barbara Oliver, Tom Oliver, Ed Hayes, Benita Lubic and Alice Hayes. At right, "Smug," 1973 a painted aluminum outdoor sculpture by Tony Smith.



Staffing changes coming in NNV office

At the end of June NNV bids farewell to Danielle Feuillan, communications coordinator and webmaster. For seven years, Danielle kept our website up to date, sent weekly updates on our NNV programs and community events, and most recently assumed the role of newsletter editor. As a new empty nester, Danielle decided it was time to end her time with NNV. The good news is Danielle lives in our neighborhood and you just might run into her when you are out and about. We wish Danielle well in her future endeavors.

Leslie Pace has joined NNV in a new administrative assistant role. Leslie also lives locally and brings a valuable set of skills to NNV, including website design, communications and familiarity with the day-to-day operations of a small office. Leslie will assume Danielle's role, as well as some additional administrative responsibilities. Please join us in welcoming Leslie to NNV.

Safe at Home helps with cost of home modifications

BY TORI GOLDHAMMER

The D.C. Safe at Home (SAH) Program is into its third year and going strong. By the end of the last fiscal year (ending Sept. 30), SAH had provided complete services to more than 1,600 residents of the District.

The Safe at Home program's mission is to provide equipment and home modifications to decrease fall risks and improve home accessibility for D.C. residents age 60 and over, or ages 18-59 with a disability, who meet the income eligibility requirements.

Examples of common modifications include grab bars, interior and exterior railings and Stairlifts.

Data collected by the program has

revealed an approximate 50 percent decrease in home safety hazards and a 90 percent satisfaction rating. At this time, the program is well funded and staffed. Clients are quickly provided services once they have submitted their complete documentation for enrollment. The income eligibility requirements:

Family Size	Annual Income
1	\$ 65,650.00
2	\$ 75,000.00
3	\$ 84,400.00
4	\$ 93,750.00

SAH is funded by the Department of Aging and Community Living (DACL) through grants provided to Home Care Partners and Terrific

Inc. Once a client is enrolled, an occupational therapist visits to determine individual recommendations based on the client's home and specific needs.

Vetted contractors who specialize in accessibility modifications perform the work. Upon completion, the occupational therapist returns to check on the work and ensure it meets the client's needs.

Clients are able to re-apply after three years, if they have had a significant change in their medical condition or if they move. There are no costs to the client. SAH also provides services to renters, though permission from the landlord is required to install products.

For further information and to begin the enrollment process call DACL at 202-724-5626.



PHOTOS BY JANEAN MANN



Hawaii, last in the quest for 50

HAWAII, Continued from Page 1

choral music and replete with the “Aloha spirit.” The accompanying hula was so beautiful it sent chills down my spine. What a contrast from numerous other more up-tempo hulas I had seen!

From there it was on to Kauai and a helicopter tour through its breathtaking 3,000-foot volcanic Waimea Canyon and the adjacent Na Pali coast with its crystal-clear waters.

Just a few days before Memorial Day, I visited Pearl Harbor, where more than 1,100 sailors lie interred within the sunken USS Arizona—a chilling reminder of the costs of war. Nearby was the USS Missouri, where Japan surrendered to Gen. Douglas MacArthur in 1945.

TOP LEFT: At Pearl Harbor, markers in the foreground list the names of those killed in the Dec. 7, 1941 Japanese attack that started World War II. A white memorial vessel (right background) floats over the sunken USS Arizona. It was on the USS Missouri (left background) that the Japanese surrendered in 1945.

TOP RIGHT: National Park Ranger Dean Gallagher points to an ohai tree that has sprouted amid lava from a Mauna Loa volcanic eruption 50 years ago.

MIDDLE RIGHT: Created by the collapse of a volcano 4 million years ago, the Waimea Canyon is 3,000 feet deep and hosts a plethora of waterfalls, iron ore deposits and the occasional wild goat.

BOTTOM RIGHT: Na Wai chorus member Sienna Achong, left, performs an interpretative hula as the chorus, created to preserve traditional Hawaiian choral music, sings at Volcanoes National Park.



Alternatives for situational hearing loss

BY BILL IVERSON

Hearing loss is commonplace, and commonly untreated. This may be due in part to the fact that the standard remedy has been to buy a hearing aid from an audiologist. There are many reasons why people resist buying a hearing aid: the high cost (usually not covered by insurance); the fear of looking old; frustrations that friends or relatives have had with their hearing aids; and the inconvenience of wearing two small, fragile, expensive devices every day, all day.

For people with severe hearing loss, who need help hearing all or almost all the time, modern digital hearing aids are still normally the best solution. But many people have problems hearing and understanding only in a handful of situations, such as hearing soft voices or listening to TV, coping with conference rooms or auditoriums with poor acoustics or poor sound systems, understanding people at noisy restaurants or cocktail parties.

There are or will soon be alternatives to hearing aids for these situations that may be cheaper, more flexible, and as good as hearing aids for many people. These include personal sound amplifiers, smartphone apps, and hearing aids that the user can fit and adjust themselves (rather than requiring an audiologist each time). Over-the-counter hearing aids will be cheaper and may be more innovative.

Other approaches are more low-tech, but worth consideration. Buying hearing aids from a big-box store is cheaper and may provide more transparency in comparing costs and features of different brands.

Personal sound amplifiers have the advantage of simplicity (and a relatively low price). They have been around for generations. Think of your grandfather's ear horn. But until the digital age, these devices only amplified all sound equally. Most people with age-related hearing loss have lost hearing at the higher frequencies.

Newer sound amplifiers can amplify sounds at different frequencies differently to deal with this. Some models have additional features that can blur the line with hearing aids. Two examples are the Williams Pocketalker 2.0 (about \$190), from a well-respected company in the hearing assistance field, and the



ANDREA KRATZENBERG/FREEIMAGES

For those who don't need modern digital hearing aids for hearing most of the time, there are other solutions.

Otofonix Encore, which offers even more features for a much higher price (about \$850 a pair).

Sound amplifiers cannot do as much to deal with noisy environments as modern hearing aids. Such hearing aids have directional microphones to focus on desired sounds and complex noise filtering algorithms to hear, for instance, human speech while blotting out background noise at different frequencies. But this complexity comes at a price, literally and figuratively. Doing all these

things can make hearing aids difficult to fit to a buyer's personal hearing profile, and subsequent adjustments can be difficult for even a skilled audiologist.

Smartphone apps can offer the user more flexibility and more user control (compared with trying to describe a problem to an audiologist, who then has to devise alternative settings that the user then has to test, and maybe repeat the process).

As with all things smartphone, there is a vast number of apps that claim to process sound in sophisticated ways to improve hearing, and most of them are junk. But there are two free Apple iPhone apps that get good reviews from knowledgeable people. The Jacoti Hearing Center/Listen App combination allows the user to create an audiogram by taking an online hearing test, and to then use that audiogram to process sounds coming in through the iPhone microphone much as a traditional hearing aid does. The Listen App also gives the user limited flexibility to choose one of several programs (such as human speech or movies), and to adjust the volume.

See **HEARING**, Page 7

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Smartphone apps offer one solution

HEARING, *Continued from Page 6*

The EarMachine app follows a much different model. It skips constructing an audiogram in favor of allowing the user total control to adjust sound processing settings on a continuous scale, with unlimited on-the-fly tweaks. To make this workable, the developers of the app devised a complex machine-learning model that was applied to large datasets of hearing profiles and hearing aid settings to reduce the data to two variables that could identify and capture the patterns found in the data most accurately.

The result is an app that, at its most simple display setting, allows the user to adjust two scrolling wheels to get the best sound possible in a given noise environment. Alternative display settings allow the user to see somewhat more of what the app is actually doing, and to make adjustments separately for each ear. An additional AutoPilot setting allows the app itself to recommend settings for a given environment based on database information and settings the user has chosen in the past.

Pretty amazing, huh? Bose, the large electronics company, thought so. It purchased the company and hired the lead developer for the app several years ago. But the app itself is still available at the Apple app store (perhaps because some of the associated intellectual property is required to be kept in the public domain under the terms of the government funding for its original creation, although that is speculation).

Bose has apparently used data collected using the EarMachine technology to persuade the FDA in October 2018 to approve a new category of self-fitting hearing aids. These will not be over-the-counter

(OTC) hearing aids; self-fitting hearing aids will still be subject to the same federal and state regulation as other hearing aids. But buyers will not need to have an audiologist or other hearing professional fit the hearing aids and make subsequent adjustments. The buyer will make those adjustments.

The data Bose submitted to the FDA, apparently based on the EarMachine technology, shows that many users prefer their own settings to the standard settings prescribed by audiologists for their hearing profiles, and do as well understanding speech with their settings as with audiologist settings. At least one published academic study agrees.

Bose has not said when it will sell a self-fitting hearing aid, but it seems likely to before OTC hearing aids are available. Congress directed the FDA in 2017 to create a category of hearing aids for “perceived moderate” hearing loss that can be sold over the counter, without any involvement of a hearing professional. In other medical fields, allowing OTC sales has reduced prices, sometimes sharply, and resulted in product innovations. But Congress gave the FDA until August 2020 to publish proposed regulations for OTC hearing aids, which will require more time to finalize and implement.

In the meantime, customers who want to save money can buy hearing aids at big-box stores. Costco is the big player here. Indeed, it is the largest dispenser of hearing aids in the country after the Veterans Administration. Surveys have shown that Costco’s hearing aids are a thousand dollars cheaper than comparable hearing aids purchased through audiologists. Consumer magazines and their readers have also given Costco high marks for quality.

Finally, no hearing assistive device can solve all hearing problems perfectly. The person with hearing loss has a role to play also. With planning, many difficult hearing situations can be avoided without sacrifice. Noisy restaurants are an example: Go earlier, or for lunch instead of dinner.

Difficult situations the person cannot avoid, or chooses not to, can often be managed with some planning and goodwill. For example, asking people to speak louder rarely works well. But asking people to make a special effort to speak clearly may flatter them—what you say is important to the listener. And when people try to speak clearly, in addition to enunciating more clearly, they tend to speak more slowly and with more pauses, all of which facilitate hearing (and the unconscious lip-reading we all do).

Older women, sharing their joys and challenges

As an older woman, are you a little weary of the ongoing discussions about how to handle the many related issues of aging?

Wouldn’t it be nice, Janet Novotny asks, to engage in an alternate discussion, one with NNV women, about the joys and challenges of our lives?

Janet has proposed starting a group that would engage in such a discussion. It would not be a therapy group or a support group, but a Sharing Our Lives Group. It would be for about eight to 10 women, meeting from 10 to 11:30 a.m. the

third Wednesday of the month from September through May at Janet’s home.

So, if you’d like some good conversation with NNV friends to hear some good stories and catch up on how we are spending our lives, please let the office know by Sept. 10 and they will forward the names, phone numbers and email addresses to Janet to set up the first meeting.

If you have questions about the group, you can call Janet directly at 202-537-0039 during the first week of September right after Labor Day.

Passages

Northwest Neighbors Village member, Forest Hills neighbor and renowned economist **Dr. Alice Rivlin** passed away on May 14.

Alice and her husband, Sydney Winter, were members and generous supporters of the village. In October of 2012, Alice gave a lecture to the NNV community about "The Economy, Election, Seniors and Young People."

Dr. Rivlin was well known in Washington for her role in turning around the D.C. economy as chair of the District of Columbia Financial Responsibility and Management

Assistance Authority (the D.C. Control Board) from 1998 to 2001. She gained national recognition for her role as head of the Office of Management and Budget (1994-96) and the first director of the Congressional Budget Office (1975-83).

Dr. Rivlin was a visiting professor at the Public Policy Institute of Georgetown University and a senior fellow in the Economic Studies program at the Brookings Institution, where she directed the Greater Washington Research program. Before returning to Brookings, she served as vice chair of the Federal Reserve Board.



Dr. Alice Rivlin

Former NNV member **Mae Zabilsky Scanlan** died Feb. 5. She was a published poet, songwriter, photographer and, with her husband Tom, author of "Beautiful America's Washington, D.C."

She was born in Baltimore in 1931 and had lived in the Washington area since 1948. She graduated from Wilson High School in 1949 and George Washington University in 1953 with an A.B. in journalism.

She wrote a humor column for Navy Times, songs for Mark Russell and humorous verse for The Spectator and The Washington Post "Style

Invitational," which she won 334 times. She is survived by her husband of 64 years, now of Silver Spring; a daughter, a son and three grandchildren.

Mae Scanlan's lasting gift to all is her delightful verse,

an example of which was published in the Feb. 10 Washington Post "Style Invitational" [memorial](#) to her:

*The leaders on whom we've bestowed
All our votes need to carry the load.
And through each passing year,
If they want us to cheer,
They should pee or get off the commode*

Longtime NNV member **Dr. Norman Lord** died peacefully on May 5 with his cherished companion, Phyllis Kline (also an NNV member), at his side.

Norman was born in Brooklyn, N.Y., on Feb. 28, 1925 to Louis and Betty Lord. He breezed through the city public schools and graduated from Brooklyn Polytech at 19, then was promptly drafted. (Later in life, his response to almost any personal question was an acerbic "I'm a war veteran," with the accent on war.)

Returning home, he continued his education at Columbia University, where he became the first person ever awarded a doctorate in nuclear physics. He worked for Raytheon, Hudson laboratories and the Mitre Corp., authoring numerous books and articles and receiving several patents.

After retirement he taught math and physics classes at Osher Lifelong Learning Institute, and looked forward to his weekly issue of The Economist until his very last week.



He is survived by his children, Nancy, Susan and Robert (Tammy); two grandchildren, Ben and Zach; and his first wife, Maxine Schwartzman. Preceding him in death were his beloved second wife, Estella Cahan Lord, and brother Hartley.



Dr. Norman Lord



Mae Scanlan

		
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Calendar

Walking Group

Monday, July 1, 9:30 a.m. Meet at 4820 Massachusetts Ave. NW (in front of the Starbucks inside the Crate & Barrel building). RSVP at nwnv.helpfulvillage.com/events/index_list or call 202-777-3435.

Walk for about 30 minutes, led by Karen Zuckerstein and concluding with coffee at Starbucks.

Walking Group

Thursday, July 11, 9:30 a.m. Meet at the corner of Albemarle Street and Connecticut Ave. (in front of Diplomat Cleaners). RSVP at nwnv.helpfulvillage.com/events/index_list or call 202-777-3435.

Walk for about 30 minutes, led by Karen Zuckerstein, concluding with coffee at Bread Furst.

New Book Group

Thursday, July 11, 1:30-3 p.m. The group will meet on the second Thursday of each month at the home of NNV member Ginny Finch, 2939 Van Ness St. NW (Van Ness East), Apt. 1221. Metro-accessible and with free parking in front of the building. RSVP to Ginny at 202-686-0053 or ginnyvne@yahoo.com.

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

NNV Book Club

Wednesday, July 17, 2:30 p.m.
Location: TBA. RSVP to FranMahn@aol.com.

The group will discuss "Killers of the Flower Moon: The Osage Murders and the Beginnings of the FBI" by David Grann.

Walking Group

Friday, July 26, 9:30 a.m. Meet at Western Grove Urban Park, 5409 Grove St., Chevy Chase, Md. RSVP to nwnv.helpfulvillage.com/events/index_list or call 202-777-3435.

Walk for about 30 minutes, led by Sal Selvaggio, concluding with coffee at a local cafe.

Ice Cream Social

Tuesday, July 30, 2 p.m. (rain date the next day). RSVP at nwnv.helpfulvillage.com/events/index_list or call 202-777-3435.

Cool off with an ice cream sundae at the home of NNV member/volunteer Bob Carr.

NNV Nonfiction Book Club

Tuesday, July 30, 3-4:30 p.m. Forest Hills, outside library, 4901 Connecticut Ave. NW.

Walking Group

Monday, Aug. 12, 9:30 a.m. Meet at Albemarle Street and Connecticut Avenue (in front of Diplomat Cleaners). RSVP at nwnv.helpfulvillage.com/events/index_list or call 202-777-3435.

Walk for about 30 minutes, concluding with coffee at Bread Furst.

NNV Book Club

Wednesday, Aug. 21, 2:30 p.m.
Location TBA. RSVP to FranMahn@aol.com.

The group will discuss "The Complete Stories" by Zora Neale Hurston.

Dining for Good at Blue 44

Tuesday, Aug. 27, 5-10 p.m. Blue 44, 5507 Connecticut Ave. NW.

Join your friends and neighbors for dinner and 20 percent of your bill will be donated to NNV.

NNV Nonfiction Book Club

Tuesday, Aug. 27, 3-4:30 p.m. Forest Hills, outside library, 4901 Connecticut Ave. NW.

Walking Group

Wednesday, Aug. 28, 9:30 a.m. Meet at the corner of Albemarle Street and Connecticut Avenue (in front of Diplomat Cleaners). RSVP at nwnv.helpfulvillage.com/events/index_list or call 202-777-3435.

Walk for about 30 minutes. Led by Sal Selvaggio, our walk will conclude with coffee at Bread Furst.

Salon Series

Wednesday, Oct. 2, 7-9 p.m. Cost: \$75 per seat, entirely tax-deductible.

"The Supreme Court and Upcoming Election." Join your neighbors in an intimate and insightful conversation over hors d'oeuvres and wine with **Nan Aron**, the founder and president of Alliance for Justice (AFJ), the leading progressive advocacy



organization on justice issues since its inception in 1979.

Salon Series

Sunday, Oct 6, 10 a.m.-noon. Cost: \$75 per seat, entirely tax-deductible.

Brunch with **Norm Ornstein**, political scientist and resident scholar at the American Enterprise Institute, a conservative think tank. He is the co-author of "It's Even Worse Than It Looks: How the American



Constitutional System Collided With the New Politics of Extremism." Ornstein studies American politics and is a frequent contributor to The Washington Post and many magazines, such as The Atlantic and the National Journal.

A savory, Greek-style summer sandwich

By BARBARA OLIVER

This tangy blend of Mediterranean flavors will make a delightful lunch for you and friends. Pair with bread and butter pickles, a few small carrot sticks and glasses of iced tea for a lovely treat inside or outdoors.

Greek-Style Chicken Pita

1/3 cup grape tomatoes, halved
1 tablespoon pitted Kalamata olives, coarsely chopped
2 teaspoons crumbled fat-free or regular feta
1/2 teaspoon fresh lemon juice
1 teaspoon chopped fresh oregano (or a scant 1/2 teaspoon dried oregano)
1 teaspoon olive oil
Dash of paprika (or ground red pepper, if you like more kick)
1/3 cup (about 1 1/3 ounces) shredded, cooked skinless, boneless chicken breast

1 small Kirby or other small cucumber, chopped
2 small whole wheat pitas
4 tablespoons plain hummus

Place tomatoes, olives, feta, lemon juice, oregano, oil, paprika, chicken and cucumber in a medium bowl; toss to combine.

Cut each pita in half; gently pry open each half to form a pocket. Spread 1 tablespoon of hummus on insides of each pita half. Spoon about 1/4 cup of the chicken mixture into each pita pocket.

Serves: 2-4 people; one pita each or a half each.

Note: You can substitute 2 8-inch whole-wheat flour tortillas for the pitas. Reduce the hummus to 2 tablespoons; spread one side of each tortilla with 1 tablespoon of hummus. Top each tortilla with 1/2 cup of chicken mixture. Roll up wraps; cut in half.

SOURCE: ADAPTED FROM COOKING LIGHT, AUGUST 2014



BARBARA OLIVER

Chicken pita sandwich has a nice blend of Mediterranean flavors.