

# The Beacon

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## Vets pivot to serving community

By Glenda C. Booth

It took three days and a lot of sweat, but last September, 15 volunteers hauled 12,000 tires out of a wooded area in a National Park site in Washington, D.C. They also pulled out sinks, toilets, rusty pipes and other debris that had been illegally dumped in the city's Fort Dupont community gardens.

In addition, they've spread compost, prepared garden beds and cleaned chicken coops. They've built playground benches and pergolas, resurfaced seesaws, handed out food, and put flags on graves at Arlington National Cemetery.

These are accomplishments of the devoted volunteers of the Washington, D.C., platoon of a nonprofit called The Mission Continues (TMC).

Launched in 2007 by a group of veterans, TMC is a national organization of 4,000 veterans who volunteer for community projects in 40 U.S. cities every year. These men and women served their country in the armed forces and are still serving, by partnering with nonprofits and others focused on low-income communities.

"We have skills, and we care," said D.C. resident Darren Thompson, who served on U.S. Navy destroyers, aircraft carriers and relief ships in places like Norfolk, Virginia, and the Arabian Gulf.

"We signed that blank check, and have that common thread in our lives — deployment and being a veteran."

Now retired from the Navy, Thompson works as a program analyst for the U.S. Customs and Border Protection agency. In his non-work hours, Thompson volunteers for community projects. He has been the D.C.-area platoon leader for The Mission Continues since 2020.

Thompson organizes one project every month, supervising 25 to 50 volunteers at each site. "We provide the bodies," he said.

PHOTO COURTESY OF THE MISSION CONTINUES



**The Mission Continues engages veterans to help out nonprofits in the communities where they live. Here two vets assist in an outdoor project. "The skills I acquired during my time in the military I can use for others," said local U.S. Army veteran Flossie Lomax. Participants enjoy giving back, and at the same time strengthen their sense of purpose and connectedness.**

He sees the work is a natural extension of his military service and an opportunity to be with other like-minded veterans.

"I like to be around our brothers and sisters and others who want to do good works," Thompson said. "We also want to show that we are not broken" men and women who struggle to return to civilian life after service in war zones (though there are some veterans who do).

Indeed, helping veterans rejoin society is one of the reasons the organization was created, according to its current president, Mary Beth Bruggeman.

"The Mission Continues exists for the veterans — for the purpose, growth and connectedness they gain by continuing to serve in their communities right here at

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PHOTO BY JEFFREY BEALL

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The Carnegie at Washingtonian Center will welcome residents in Spring 2024.



Alfresco dining at The Carnegie.

# Life at The Carnegie: Five-Star Dining Delivers Elevated Lifestyle Experience

When deciding where you want to live, the culinary experience your next home offers is a crucial factor. Food is an important part of life for so many reasons, including flavor, nutrition and social interactions. The Carnegie will offer five-star culinary experiences that will cater to residents' individual preferences, including flavors that harken back to family favorites as well as new and modern culinary flare for those with more adventurous palates. "It's not just about food," says Randall Lonoza, national director of culinary services for Kisco Senior Living. "You're working and talking with residents directly, learning their preferences and hearing about the meals they enjoyed growing up. We are inspired by those insights and infuse them into our menus to create a truly personalized culinary experience. I learned quickly that it's not about what I like to eat. It's about incorporating the residents' preferences into everything we ultimately put on a plate." While a primary focus at The Carnegie will be on the flavor of the food, the menu options will also be high in nutritional value. "For example, we'll rely on varied nuts and berries like pecans, almonds and blueberries, which are high in antioxidants," says Lonoza. "Also, we'll incorporate healthy types of fatty acids that are intended to promote brain and heart health like those found in fresh caught Atlantic salmon."



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The Carnegie will take added steps to source fresh and local ingredients. Already, they have partnered with Crandall Registered Dietitians to make sure the food will meet the highest nutritional standards in the safest environments. "We established that partnership to make sure that we had local resources," states Lonoza. "If our residents have any nutritional needs or guidance they're looking for, the local dietitians can provide that one-on-one service."

The Carnegie will round out the dining experience with extraordinary meal service. In addition to the all-encompassing dining experience replete with delectable flavors and five-star service, residents will have the opportunity to bring recipes to life. The Carnegie's demonstration kitchen will allow residents to interact with the community's team of talented chefs as they actively prepare meals. Residents will also have the chance to participate in cooking and baking classes in our Club Room.

"At The Carnegie, we'll make sure that we consistently keep the residents at the heart of the culinary experience," said Lonoza. "The dishes we serve will be creative, elevated and flavorful, and we'll strive to exceed residents' expectations as it's likely they'll be approaching their varied food preferences through the lenses of their own backgrounds and traditions."

For more information on The Carnegie at Washingtonian Center, call **240-213-7383** or visit the community's Discovery Center at **129 Ellington Boulevard in Gaithersburg** and tour the full-size two-bedroom model — open daily to the public. Be sure to check out the choice of complimentary events to see how you can experience a sample of life at The Carnegie for yourself: **[lifeatthecarnegie.com/events](http://lifeatthecarnegie.com/events)** RSVP in advance due to limited seating.



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# What “Silent Generation?”

Everyone knows about the Baby Boom Generation, born from 1946 to 1964. Likewise, we all know “The Greatest Generation,” who were born 1901-1925 and fought World War II. Those two iconic cohorts loom large as we recount American history over the last century.

But what about the generation born from 1926 to 1945? What do we call them, the Americans who grew up during the Great Depression and World War II?

Some writers and analysts overlook them completely. A 2014 article and accompanying chart in the *Atlantic* totally ignored this generation, detecting no break between Greatest and Boomers.

For journalists and researchers who know that the Boomers did not come immediately after the Greatest, one designation is “Traditionalist.” But the label used most often is the “Silent Generation.” Many newspapers employ it, and Wikipedia has a lengthy entry with that heading.

The label arose in the early 1950s as a pejorative for those who failed to speak against McCarthyism, and it took permanent root, even though most of the cohort were only children and teens when Senator Joseph McCarthy held sway. The Pew Research Center’s website notes, “their ‘Silent’ label refers to their image as conformist and civic-minded.”

Wide usage does not, however, assure accuracy, and the characterization “Silent Generation” is laughably inappropriate. Consider the stunning array of leaders that emerged from that generation across the broad spectrum of our common life — people who were anything but silent.

In civil rights: Martin Luther King Jr., Jesse Jackson Sr., John Lewis. Business: Warren Buffett, Ted Turner, Martha Stewart. Government: Colin Powell, Madeleine Albright, John McCain, John Kerry, Newt Gingrich, Ted Kennedy, Bernie Sanders.



**GUEST COLUMN**

By Robert Tiller

Journalism and books: Maya Angelou, Bob Woodward, Harper Lee. Entertainment and music: Marilyn Monroe, Hugh Hefner, Berry Gordy, Aretha Franklin, George Lucas, Elvis Presley, Bob Dylan, Clint Eastwood, Bill Cosby, Barbra Streisand. Sports: Muhammad Ali, Billie Jean King, Wilt Chamberlain, Joe Namath, Arthur Ashe, Pete Rose, Jack Nicklaus.

The list goes on, from every component of American life: Gloria Steinem, Jane Fonda, Jerry Falwell Sr., Cesar Chavez, Ruth Bader Ginsburg, Jim Jones, Harvey Milk, Ralph Nader, Rudy Giuliani, Daniel Ellsberg, Neil Armstrong, Andy Warhol. These people were not silent in any sense of the word.

This list includes several who will be revered for decades to come, as well as a few whose lamentable legacy we would prefer to erase from our memories. Whatever we think of them, individually and together, they did not represent a silent generation.

Beyond the leaders, the 1926-1945 generation also produced a stunning pool of “followers” who were equally not silent. They were ordinary folks doing extraordinary things, especially by the norms received from their parents. Their names will never appear in bold type, nor will they rate Wikipedia pages, but they were truly a generation bent on transforming society.

Freedom rides, sit-ins, women’s consciousness-raising groups, Stonewall, gays challenging the stay-in-the-closet norm, Black kids desegregating all-White schools, organizers of Woodstock, boycotts in support of farm workers, experiments with LSD, wide use of marijuana, launching the environmental movement, protesters of both the nuclear arms race and the Vietnam War — the quotidian folks of this generation were always about making changes. This is the generation that made Habitat for Humanity and MADD into household names almost overnight.

The women, most of whose mothers had been “homemakers,” realized that working outside the home was desirable

as both a means and an end. In 1950, only 34 percent of American women were in the work force. As the “Silent Generation” came of age, millions of women surged into every type of job, and by 2000 the proportion had leaped to 60 percent.

Finally, this generation should never again be called “Silent” because the changes it wrought were far-reaching, undeniable and permanent. Not only is rock-and-roll here to stay (as one song from this generation put it), so are many other innovations that were developed and widely embraced by this group: no-fault divorce, the Pill, the proliferation of nonprofit organizations, frequent protest marches, feminism as fundamental, an active life in retirement.

The “Silents” flexed their muscle to insist on changing the minimum voting age to 18, as well as equal treatment of women and minorities in every American institution.

Family, work, education, sex, race, politics, movies, music — this generation altered every aspect of our common life, and those changes carried over to the lives of every subsequent generation.

One surprising facet of life today is the outsize role that some from this generation still play in the American body politic: Joe Biden, Mitch McConnell, Nancy Pelosi and Anthony Fauci are all from the so-called “Silent Generation.” While many of their cohort have moved to the wings, this quartet occupied center stage for a long time; the first two are still there, while the other two stepped away from the bulls-eye in recent weeks.

At its peak this generation in America numbered about 50 million. The majority have now passed away, and the youngest will be turning 78 this year. We are well beyond the appropriate time to find a suitable appellation for them. So, what is a more apt moniker than “Silent Generation?” Perhaps Pioneer or Trailblazer or Hinge or Transformative? All of those work, but my preference is the “Change Generation.” That’s the best way to characterize what they, leaders and followers alike, did for America: they wrought change.

Robert “Bob” Tiller lives at Riderwood in Silver Spring, Md. He was born in 1941.

## The Beacon

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The Beacon is a monthly newspaper dedicated to inform, serve, and entertain the citizens of the Greater Washington DC area, and is privately owned. Other editions serve Greater Baltimore and Howard County, Md. Readership exceeds 400,000.

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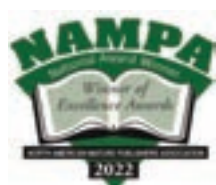
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## Letters to the editor

*Readers are encouraged to share their opinions on any matter addressed in the Beacon as well as on political and social issues of the day. Mail your Letter to the Editor to The Beacon, P.O. Box 2227, Silver Spring, MD 20915, or email to [info@thebeaconnewspapers.com](mailto:info@thebeaconnewspapers.com). Please include your name, address and telephone number for verification.*

**Dear editor:**

As a journalist from Nigeria who came [to Washington] to cover the U.S.-Africa Leaders Summit, I decided to take some time off before returning and it was a delight coming across my first newsprint in more than a week.

Going through the Beacon gave me ex-

actly what I wanted as a visitor. I felt like I was reading my *Reader's Digest* of old.

The impression is much the same from folks who have also held the copy where it's placed around my desk. Looking forward to the January digital edition.

**Tope Templer Olaiya**  
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# Fitness & Health

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Our brains can grow and change as we age, contrary to popular belief

## FISH DISH

Try baking *en cocotte* just for the halibut! Enjoy this colorful, tasty recipe

## New drug slows Alzheimer's progress — a bit

By Lauran Neergaard

An experimental Alzheimer's drug modestly slowed the brain disease's inevitable worsening, researchers reported last month. But it remains unclear how much difference that might make in people's lives.

Japanese drugmaker Eisai and its U.S. partner Biogen had announced earlier this fall that the drug lecanemab appeared to work — a badly needed bright spot after repeated disappointments in the quest for better Alzheimer's treatments.

Now the companies are providing full results of the study of nearly 1,800 people

in the earliest stages of the mind-robbing disease. The data was presented at an Alzheimer's meeting in San Francisco and published in the *New England Journal of Medicine*. U.S. regulators could approve the drug as soon as this month.

Every two weeks for 18 months, study participants received intravenous lecanemab or a dummy infusion. Researchers tracked them using an 18-point scale that measures cognitive and functional ability.

Those given lecanemab declined more slowly — a difference of not quite half a point on that scale, concluded the research team led by Dr. Christopher van Dyck at

Yale University.

That's a hard-to-understand change, but measured a different way, lecanemab delayed patients' worsening by about five months over the course of the study, Eisai's Dr. Michael Irizarry told The Associated Press. Also, lecanemab recipients were 31% less likely to advance to the next stage of the disease during the study.

"That translates to more time in earlier stages" when people function better, Irizarry said.

### Clearly not a cure

But doctors are divided over how much

difference those changes may make for patients and families.

"It is unlikely that the small difference reported in this trial will be noticeable by individual patients," said Dr. Madhav Thambisetty of the National Institute on Aging, who noted he wasn't speaking for the government agency.

He said many researchers believe a meaningful improvement would require at least a difference of a full point on that 18-point scale.

But Dr. Ron Petersen, an Alzheimer's

See **ALZHEIMER'S DRUG**, page 7

## Foods may lower anxiety, depression risk

By Brierley Horton

Looking beyond the enjoyment of a fantastic meal, there is a (science-backed) connection between what you eat and your mental wellness.

Turns out, certain foods and nutrients have the potential to improve your mental health — and even serve as a complement to therapy for depression and anxiety if those are conditions you experience. Here are five foods to add to your diet:

**1. Plants:** A 2020 study in *Clinical Nutrition* found that eating a plant-based diet — and especially a healthy plant-based diet — was associated with a lower risk of depression, anxiety and psychological distress in women. Choosing healthy plant foods was notable because researchers

found that those who were eating an unhealthy plant-based diet actually raised their depression risk.

**2. Cold-water seafood:** Cold-water fish, such as salmon, are key for mental wellness thanks to their omega-3 fats.

Researchers identified eating a high quantity of omega-3-rich foods as one of the five most important diet habits for preventing depression, according to a study in *Nutritional Neuroscience*. Other research suggests that one particular omega-3 in seafood, DHA, is associated with lower rates of depression and anxiety.

Mix up how you get your omega-3s: sardines, tuna, trout, oysters and mussels are brimming with these healthy fats.

**3. Whole grains:** Like omega-3-rich

seafood, whole grains were also identified as beneficial for depression in the *Nutritional Neuroscience* study.

Plus, another study published more recently revealed that women who ate moderate amounts of whole grains were less likely to experience anxiety. Researchers also found that women who ate more refined grains (think: white rice, white bread, even baked goods) were *more* likely to experience depression and anxiety.

To get your fill of whole grains, reach for oatmeal, whole-wheat bread, corn tortillas, barley and quinoa.

**4. Berries:** People who eat more berries (and more produce overall) are more likely to have better mental health compared to their berry-skipping counter-

parts, according to a 2020 review study in *Nutrients*.

Researchers reported that berry eaters overall had better moods and fewer depressive symptoms. Their life satisfaction was higher, as was their optimism.

Wild blueberries deserve a special shoutout: just a half-cup delivers more than a day's dose of manganese, a lesser-known mineral that can positively impact mental wellness. Other foods that are decent sources of manganese include hazelnuts, almonds, pumpkin seeds, teff and mussels.

**5. Nuts, especially walnuts:** People who regularly eat nuts of any kind are less likely to be depressed, compared to people

See **FOODS**, page 8

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# Alzheimer's drug

From page 6

expert at the Mayo Clinic, said the drug's effect was "a modest one, but I think it's clinically meaningful" because even a few months' delay in progression could give someone a little more time when they're functioning independently.

The trial is important because it shows a drug that attacks a sticky protein called amyloid — considered one of several culprits behind Alzheimer's — can delay disease progression, said Maria Carrillo, chief science officer for the Alzheimer's Association.

"We all understand that this is not a cure, and we're all trying to really grasp what it means to slow Alzheimer's, because this is a first," Carrillo said.

But any delay in cognitive decline early on could be meaningful for "how much time we have with our loved ones in a stage of disease where we can still enjoy family and outings, vacations, bucket lists," she said.

## Potentially serious side effects

Amyloid-targeting drugs can cause side effects that include swelling and bleeding in the brain, and lecanemab did as well. One type of this swelling was seen in about 13% of recipients. Eisai said most were mild or asymptomatic.

Also, two deaths have been publicly reported among lecanemab users who also were taking blood-thinning medications for other health problems. Eisai said the deaths can't be attributed to the Alzheimer's drug.

But Mayo's Petersen said if lecanemab is approved for use in the U.S., he'd avoid prescribing it to people on blood thinners at least initially.

And Thambisetty said the death reports raise concern about how the drug may be

tolerated outside of research studies "where patients are likely to be sicker and have multiple other medical conditions."

The Food and Drug Administration is considering approving lecanemab under its fast-track program, with a decision expected in early January. If approved, it would be the second anti-amyloid drug on the market. *[Ed. Note: Forbes reports that the annual cost of the drug, according to an internal assessment at Eisai, would probably range between \$9,249 and \$35,605.]*

Nearly all treatments available for the 6 million Americans with Alzheimer's — and millions more worldwide — only temporarily ease symptoms. Scientists don't yet know exactly how Alzheimer's forms but one theory is that gunky amyloid buildup plays a key role, although drug after drug that targets it has failed.

In a contentious move last year, the FDA approved the first amyloid-targeting drug, Biogen's Aduhelm, despite lack of evidence of better patient outcomes. Insurers and many doctors have hesitated to prescribe the pricey drug — another reason experts have anxiously awaited word of how well the newer lecanemab may work.

If the FDA approves lecanemab, patients and their families will need a voice in deciding whether it's worth the hassle of IV infusions and the risk of side effects for the chance of at least some delay in progression, Petersen said.

"I don't think we're going to stop the disease in its tracks" with just amyloid-targeting drugs, he added, saying it will take a combination of medications that target additional Alzheimer's culprits.

Researchers are preparing to test lecanemab with other experimental drugs, and how it works in high-risk people before they show the first signs of memory problems.

—AP

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# Ways to avoid back injuries this winter

By Arjun Sebastian, M.D.

**Dear Mayo Clinic: I threw out my back doing yard work. While I was laid up for a few weeks, I'm okay now. I'm concerned I will reinjure my back shoveling snow this winter. How can I protect my back while shoveling?**

**A:** Winters can be long and snowy. While seemingly an innocuous task, snow shoveling can be a rigorous aerobic activity and one that significantly stresses the back. You should be mindful to avoid serious injuries when shoveling.

Here are a few tips and techniques to help keep your driveway and sidewalk clear while avoiding serious injury:

**Assess your personal fitness and ability.** If you have any preexisting conditions, such as heart disease or lower back conditions, it is critical to consult with your healthcare provider before the snow starts falling. Often, for those who have long-standing back issues, the best way to avoid injury may be to avoid shoveling altogether by purchasing a snowblower or hiring someone to help.

**Warm up and stretch beforehand.** Treat snow shoveling like any other workout. Warm up to get the heart rate up and blood flowing beforehand. Stretches focus-

ing on the lower back and hamstrings also will help prevent overstressing the back during shoveling.

**Dress warmly and hydrate ahead of time.** Keeping the body warm during aerobic activity improves blood flow and oxygenation to muscles in the lower back, which reduces stress and overexertion.

A good pair of boots or shoes with good traction will help you avoid slips and falls that could cause a back injury.

Make sure to hydrate appropriately ahead of time to avoid exhaustion and lower back cramps.

**Pick the right time and the right shovel.** Depending on the timing of snowfall, many people tend to shovel early in the morning after waking up. This is not the most optimal for your body, as you are less likely to be warmed up and you'll be more prone to injury.

Try to avoid early morning or late-night shoveling as much as possible. If a large amount of snow is predicted to fall, consider taking multiple passes, with frequent breaks, so you are not shoveling large piles of snow.

Lay down salt or sand ahead of time to improve traction and prevent ice buildup. Lastly, invest in a good shovel, ideally one that is

lightweight, metal and sturdy, and has good grips and a long shaft to help with leverage.

**Keep your back straight, use your legs and take frequent breaks.** When shoveling, the rule is to start slow and take frequent breaks, especially early in the season as you're building up your stamina.

While you shovel, avoid bending with your back to scoop. Instead bend at the knees and hips. Keep your arms close to your body to avoid overstressing your back.

When dumping the snow from the shovel, turn with your entire body versus twisting with your back. Avoid scooping large, heavy loads. Ideally, break up the snow into smaller, more manageable shovel loads.

**Treat lower back strain appropriately.** If you strain your lower back by shoveling snow, take some time to rest to give your body time to recover.

Over-the-counter medications, such as Tylenol, or nonsteroidal anti-inflammatory medications such as ibuprofen, can help control pain. Topical agents, as well as heat and cold compresses, also can help.

Gentle lower back therapy, including stretching and core exercises, can help

with the recovery process, as well.

Be aware of red flag symptoms and seek medical care when appropriate. If you have any severe, progressive or persistent lower back pain, seek medical care urgently. This is especially true if your back symptoms are accompanied by pain radiating down your lower extremities, weakness in your legs or feet, numbness in your genital area, or symptoms of incontinence.

Other non-spinal symptoms — such as shortness of breath, chest pain, lightheadedness or palpitations — also warrant urgent medical evaluation.

With proper preparation and mindful attention to the actions you take while shoveling, snow clearing doesn't have to be a tedious or difficult winter task. Should you need additional assistance for injuries, consult with your primary healthcare provider or a spine care center.

*Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care.*

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## Foods

From page 6

who don't eat nuts, according to a study in *Nutrients*.

And in the study, one particular nut stood out among the rest: walnuts. Walnut eaters were significantly less likely to be depressed compared to general nut eaters and also non-nut eaters.

Another benefit to nuts is that they're a great source of unsaturated fat, and research suggests that people who eat more unsaturated fat (and less saturated fat) are less likely to have anxiety.

## Bottom line

The drawback of the science behind eating for mental wellness is that there's not a single magic-bullet food or nutrient to home in on exclusively.

But that's also a perk: You don't have to make very specific changes, or always include one specific food in your daily diet. Instead, you can simply eat healthier in general to potentially improve your mental health.

*EatingWell is a magazine and website devoted to healthy eating as a way of life. Online at eatingwell.com.*

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# Never store these in the refrigerator door

By Alex Loh

After a trip to the grocery store, unloading food into the refrigerator might seem like a simple process, but it's not as straightforward as you may think. From the shelves to the drawers and the refrigerator door, where things go in the fridge matters for proper food safety and storage.

Before you store anything, make sure that your fridge is the proper temperature. According to the USDA, "Refrigerators should be set to maintain a temperature of 40 degrees or below."

Your fridge may already include a built-in thermometer to help regulate the temperature, but if yours doesn't have that function, you can buy an appliance thermometer.

While the ambient temperature of the shelves and drawers tends to remain constant, the door of the fridge is susceptible to temperature fluctuations. Each time the refrigerator door is opened, its contents are exposed to warm air.

As a result, foods stored in the door are at a higher risk of spoiling, so it's impor-

tant to store foods there that can handle the temperature changes.

Read on to learn about the four foods that should never be stored in the refrigerator door — and what you should store there instead.

**1. Milk.** While it may seem like a convenient place to store large gallons of milk, the door is actually the worst option. Warm temperatures allow bacteria to grow, so storing milk in the door, where it will be consistently exposed, will only increase the odds of spoilage.

Instead, the Dairy Council of California recommends storing milk in the back of the refrigerator where the temperatures are coldest.

**2. Eggs.** Although some refrigerators feature a special, egg-shaped shelf in the door, it's not in the right location to maintain proper egg-storage temperatures. According to the American Egg Board, eggs are best stored on an inside shelf where the temperature is more consistent.

Eggs should also be kept in their original carton, as the AEB notes that the car-

ton will prevent moisture loss and protect the eggs from absorbing any odors or flavors from other foods.

**3. Fruits and vegetables.** If you're looking to grab a handful of grapes or carrot sticks for a healthy afternoon snack, the refrigerator door provides easy access.

But there's a better place for fruits and vegetables: the crisper drawers. The specialty drawers "provide an optimal storage environment for fruits and vegetables," according to the USDA.

Most crisper drawers allow you to control the humidity level, so you can designate separate compartments — one for fruits and one for vegetables. (FYI: fruits need lower humidity while vegetables

need higher humidity.)

**4. Cheese.** Similar to fruits and vegetables, there's a special place for cheese in the fridge, and it's not the door. Instead, the slim drawer (depending on your fridge's layout, it may be in the middle or at the bottom) is designed to store cheese.

As the USDA explains, "Additional cool air is directed into the drawer to keep items very cold without freezing," which is perfect for cheese. This drawer is also a good location to store deli meats.

EatingWell is a magazine and website devoted to healthy eating as a way of life. Online at [eatingwell.com](http://eatingwell.com).

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## Mission Continues

From page 1

home after taking the uniform off for the last time,” said Bruggeman, a Marine Corps veteran.

“By teaming up with our community partners across the country, we see this veteran-led movement making lasting impacts in communities from coast to coast.”

### Making a difference in DMV

Thompson’s group has made an impact on many schools in the area. Washington’s Ward 7 school board representative, Eboni-Rose Thompson, sings their praises.

“Working with the D.C. platoon of The Mission Continues is a partnership like no other,” she said in an email.

“Often with volunteer groups, there is varying commitment and skill. No matter

the project — revamping a teachers’ lounge for our neighborhood elementary school or running the registration and cotton candy machine at our back-to-school event — The Mission Continues gets it done and gets it done well.”

Some of the Washington platoon’s 600 volunteers painted walls at Alexandria’s Carpenters Shelter, a temporary home for children and adults without housing.

They installed planter boxes, hauled dirt and built vegetable gardens at D.C.’s Kramer Middle School and Sousa Middle School to help students grow vegetables.

They painted school classrooms and helped distribute book bags and school supplies to children.

In December, a group winterized a greenhouse at Fields 4 Valor, a garden in Brandywine, Maryland that provides fresh produce to low-income veterans. With bet-

ter insulation in the building, managers hope to jumpstart the growing season.

TMC stalwarts also did some weeding, repaired the chicken coop, put down hay and cleaned the beehives.

### Getting dirty helping out

Not all the work is back-breaking, but it can be dirty. Flossie Lomax of Herndon, Virginia, retired in 2015 from a 27-year Army career as a lieutenant colonel. With TMC, she has repainted bicycle racks, planted vegetables at schools, rebuilt playgrounds and decorated a room at a Washington, D.C., shelter.

“By the time we finished, it looked like the Hilton,” Lomax said. “It was exciting to see the transformation.”

Lomax especially enjoys the teamwork. She and many fellow volunteers believe their military training helped build their volunteering strengths: skills like time management, supervising others and problem solving.

“The skills I acquired during my time in the military I can use for others,” Lomax said.

“It’s dirty work, but it’s really worth it. It’s so fulfilling...because you see the end results and see how happy the recipients are.”

Ron Allen of Lorton, Virginia, served in the Army for 33 years, in both active duty and the reserves. In the Military Police Corps, he worked on many U.S. military installations and on a task force in Iraq that detained suspected criminals.

The volunteer service he does today is far removed from the tumult of Iraq and law enforcement. Now retired, Allen loves going to underserved communities and harnessing local partners to assist.

When he helped build a playground at a southeast Washington community center, for instance, he shoveled dirt, poured cement and built monkey bars. Other times he provides services like handing out backpacks and school supplies.

Working side-by-side with 75 teammates, Allen gained new skills as he helped clean, paint and organize a Washington food bank.

“It makes me feel great,” he said. “In the military, I was always taught that it’s good to bring a number of resources to the fight,” he said. “We have a bigger impact when the entire community is involved.”

As the name of the organization implies, there’s plenty of work yet to do.

“We are not done, not by a long shot,” Bruggeman said. “We have so many more veterans to reach and so much more work to do in our communities. And so, we continue.”

### Civilians welcome, too

While most TMC volunteers formerly served in the military, anyone — civilian or military — can participate.

The Washington, D.C. Platoon will be engaged in several volunteer projects on January 16 for this year’s Martin Luther King Jr. Day of Service. For details or to volunteer for this or other projects, visit [missioncontinues.org/service-platoon/WashingtonDC](http://missioncontinues.org/service-platoon/WashingtonDC), or email [info@missioncontinues.org](mailto:info@missioncontinues.org).

Veterans are also welcome to apply for leadership training through TMC’s Service Leadership Corps, Women Veterans Leadership Program and more. Visit [missioncontinues.org](http://missioncontinues.org).



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# COVID risk for older adults rising again

By Carla K. Johnson and Laura Ungar

Coronavirus-related hospital admissions are climbing again in the United States, with older adults a growing share of U.S. deaths, and less than half of nursing home residents up to date on COVID vaccinations.

These alarming signs portend a difficult winter for seniors, which worries 81-year-old nursing home resident Bartley O'Hara, who said he is "vaccinated up to the eyeballs" and tracks coronavirus hospital trends as they "zoom up" for older adults, but remain flat for younger folks.

"The sense of urgency is not universal," said O'Hara of Washington, D.C. But "if you're 21, you probably should worry about your granny. We're all in this together."

One troubling indicator for seniors: Hospitalizations for people with COVID rose by more than 30% in two weeks. Much of the increase is driven by older people and those with existing health problems, said Dr. Rochelle Walensky, director of the Centers for Disease Control and Prevention. The numbers include everyone testing positive, no matter why they are admitted.

When it comes to protecting seniors, "we're doing a terrible job of that in this country," said Dr. Eric Topol, head of Scripps Research Translational Institute.

As nursing home leaders redouble efforts to get staff and residents boosted with the new vaccine version (now recommended for those 6 months and older), they face complacency, misinformation and COVID fatigue. They are calling on the White House for help with an all-hands-on-deck approach.

Clear messages about what the vaccine can do — and what it can't — are needed, said Katie Smith Sloan, president of LeadingAge, which represents nonprofit nursing homes.

Breakthrough infections do not mean the vaccine has failed, she said. But that false perception has been hard to fight.

"We need to change our messaging to be accurate about what it does — which is prevent serious illness, hospitalization and death," Sloan said.

"This virus is insidious, and it just keeps popping up everywhere. We just need to be real about that."

Problems include unwarranted hesitance to prescribe the antiviral pill Paxlovid quickly in older adults, which prompted five major medical societies to hold a web-based educational session for doctors, "Vax & Pax: How to Keep Your Patients Safe This Winter."

## Lack of shots at nursing homes

Easing restrictions, broader immunity in the general population and mixed messages about whether the pandemic is over have softened the sense of threat felt by younger adults.

That may be a welcome development for most, but the attitude has seeped into nursing homes in troubling ways.

Getting family consent for vaccinating nursing home residents has become more difficult, nursing home leaders say. Some residents who can give their own consent are declining the shots. Only 23% of nursing home staff are up to date on COVID vaccinations.

Cissy Sanders of Austin, Texas, met multiple obstacles trying to get a booster for her 73-year-old mother, who is in a nursing home.

No booster clinic was scheduled. The facility told her they couldn't find a vaccinator. So, she made plans to take her mom to Walgreens later this month.

"I'm concerned about the uptick in hos-

pitalizations and deaths among seniors, and concerned about the lack of urgency at my mother's nursing home in getting the residents and staff vaccinated" with the latest booster, she said.

Staff and visitors are potential entry points to nursing homes for the virus. The best facilities use a multi-layered approach, protecting residents with masks, screening questions, temperature checks and enhanced infection control.

"What we've learned during COVID is that the rate of spread is dependent on the community rate of spread," said Tina Sandri, CEO of Forest Hills of D.C., a nursing home in the nation's capital. "I feel safer in my building than anywhere else, including the grocery store."

## Nationwide rise in hospitalization

Meanwhile, hospitals across the country are seeing an influx of senior patients that Topol calls "pretty alarming." Nationally, the rate of daily hospital admissions for those 70 and older with confirmed or suspected COVID rose from 8.8 per 100,000 people on Nov. 15, to 12.1 per 100,000 people on Dec. 6, according to statistics from the Department of Health and Human Services.

In California and New York, Topol said, hospitalizations for seniors with COVID have already surpassed those during spring and summer omicron waves.

At NYU Langone Health, chief hospital

See **COVID RISK**, page 13

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# Our brains can expand, rewire as we age

By Howard LeWine, M.D.

## Q: Do we really lose thousands of brain cells every day in older age?

A: For years, experts believed that, unlike many other cells in the body, neurons did not regenerate. They thought that the brain produced new brain cells only early in life and that once you reached adulthood, the growth of new neurons ceased and existing neurons began to die off.

You may have heard the oft-repeated “fact” that you lose 10,000 brain cells a day. The idea was that your brain was shrinking, and that could mean only one thing: As you lost neurons, you also lost some of your capacity to learn, think and remember.

Researchers now know that this neuron degradation is less pronounced than previously thought. Not only do brain cells not

die as rapidly as scientists once believed, but it may even be possible to grow a modest number of new neurons — a process known as neurogenesis.

About two decades ago, compelling evidence showed that human adults do sprout new neurons in the hippocampus. The hippocampus plays a key role in acquiring and consolidating new memories.

While certain brain regions may take a hit as we age, the brain is also quite adaptable. The complex network of interconnected neurons through which it processes information is fairly dynamic, changing constantly throughout life in response to everyday experiences — a phenomenon called neuroplasticity.

Neuroplasticity is probably more important for memory than neurogenesis. Developing and maintaining connections

among neurons forms neural pathways among brain cells as you learn new information or have experiences.

Revisiting the information strengthens the pathways. In fact, any activities you engage in frequently — whether related to your job, your hobbies, or running a household — become more sturdily encoded.

The brain also has some capability to reorganize itself, shifting functions from one network to another, if a particular process starts to weaken.

For example, some studies have found that the brains of older and younger adults may engage different brain regions to accomplish the same mental task. Scientists believe that this may be a mechanism of older brains to compensate for diminished function in the

area normally used for that task.

New connections between neurons form as we learn information, hear sounds, touch things, or take in visual images in our environment. The more we use the information, the stronger the memory.

Even if some brain regions weaken, the brain may be able to compensate. For these reasons, stretching your mind with mentally challenging activities can help improve your memory.

Howard LeWine, M.D., is an internist at Brigham and Women's Hospital in Boston and assistant professor at Harvard Medical School. For additional consumer health information, visit [health.harvard.edu](http://health.harvard.edu).

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## COVID risk

From page 11

epidemiologist Dr. Michael Phillips said a growing number of seniors are being admitted to his hospital with COVID. But the biggest increase he's seen is in the emergency department, “which is very, very busy” with COVID, as well as flu patients.

Dr. Wesley Long, a pathologist at Houston Methodist in Texas, said his hospital has also seen an increase in COVID admissions over the last couple of weeks — and many of the patients are seniors with other health problems. Some are admitted for different illnesses and test positive for COVID in the hospital. The good news? “We haven't seen an increase in ICU admissions,” he said.

### New booster shot is effective

The new combination booster shot, which targets both omicron and the original coronavirus, provides protection against one of the main omicron variants pushing up cases lately: BQ.1.1, which is especially adept at escaping immunity.

“But our booster rates among seniors are pathetically low,” Topol said, with only about a third getting the shot.

Long said healthcare providers at Houston Methodist promote the booster “every chance we get.” But they don't administer it to people hospitalized with COVID, who

are generally told to wait three months after being infected to get it.

Phillips also urges people to get their boosters, especially if they are at risk of serious illness or planning to spend time with someone who is. He said they see many more hospitalizations among people who are unvaccinated.

Deaths, like hospitalizations, are now rising.

The ultimate worry is that more older adults will die. Last spring and summer, death rates declined overall as more people gained protection from vaccination and prior infection. But the share of COVID-related deaths for the oldest old — adults 85 and older, who make up 2% of the population — grew to 40%.

Over the course of the pandemic, 1 in 5 COVID deaths was among those who were in a long-term care facility.

Dr. Walid Michelen, chief medical officer for seven nonprofit nursing homes operated by the Archdiocese of New York, said Americans need to continue taking the pandemic seriously.

“It's not going away. It's here to stay,” he said. “We're going to get a new variant, and who knows how aggressive that variant is going to be? That keeps me up at night.”

Associated Press writer Nicky Forster contributed from New York.

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# Oven-baked fish a simple, colorful meal

By America's Test Kitchen

Cooking *en cocotte* is a variation on braising: It uses a covered pot, a low oven temperature, no added liquid, and an extended cooking time to yield tender results. The cover seals in moisture so the protein cooks in its own juices.

For this recipe, we create a bold sauce with olive oil, garlic, thyme, capers, red pepper flakes and cherry tomatoes that serves as a bright, briny counterpoint to succulent halibut.

Cooking sliced garlic in olive oil draws out its flavor, and once the garlic is golden brown, we stir in the cherry tomatoes and place the halibut on top. As the fish cooks, the tomatoes begin to break down, releasing their juices and helping to build the

sauce, which we then spoon over the fish.

Finishing with a splash of extra-virgin olive oil rounds out the flavors and gives the dish a lush feel. You can substitute mahi-mahi, red snapper, striped bass, or swordfish for the halibut.

## Halibut en Cocotte with Roasted Garlic and Cherry Tomatoes

*Serves: 4*

*Total time: 1¼ hours*

*Ingredients:*

¼ cup extra-virgin olive oil, divided  
2 garlic cloves, sliced thin  
teaspoon red pepper flakes  
Pinch plus ½ teaspoon table salt, divided  
12 ounces cherry tomatoes, quartered  
1 tablespoon capers, rinsed

1 teaspoon minced fresh thyme  
4 (6- to 8-ounce) skinless halibut fillets,  
1 inch thick  
¼ teaspoon pepper

*Directions:*

Adjust oven rack to lowest position and heat oven to 250 degrees. Cook 2 tablespoons oil, garlic, pepper flakes and pinch salt in Dutch oven over medium-low heat until garlic is light golden, 2 to 4 minutes. Off heat, stir in tomatoes, capers and thyme.

Pat halibut dry with paper towels, sprinkle with remaining ½ teaspoon salt and pepper, and lay on top of tomatoes in pot.

Place large piece of aluminum foil over pot and cover tightly with lid; transfer pot to oven. Cook until fish flakes apart when gently prodded with paring knife and registers 130 degrees, 35 to 40 minutes.

Transfer halibut to platter and let rest for 10 minutes. Meanwhile, bring tomato mixture to simmer over medium-high heat until slightly thickened, about 2 minutes.

Off heat, stir in remaining 2 tablespoons oil and season with salt and pepper to



taste. Spoon sauce over halibut and serve.

*This recipe was excerpted from Modern Bistro: Home Cooking Inspired by French Classics, published in 2022 by America's Test Kitchen. To purchase the book, visit Amazon.com or shop.americastestkitchen.com/modern-bistro.html.*



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*Jan. 17+*

### YOGA IN THE GALLERY

In conjunction with the "Experiencing Tranquility through Japanese Art" exhibition, attend a free, invigorating yet soothing in-chair yoga class on Tuesdays and Wednesdays from 12:30 to 1 p.m. in the gallery of the Japanese Information & Culture Center, Embassy of Japan, 1150 18<sup>th</sup> St. NW, Ste. 100, Washington, DC. Walk-ins are welcome, but registration is recommended. For more information and to register, visit [bit.ly/GalleryYogaJICC](http://bit.ly/GalleryYogaJICC).

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# Living Boldly

News and notes brought to you by the  
DC Department of Aging and Community Living

Volume 3

Issue 1

A Newsletter for DC Seniors

January 2023



## INTERIM DIRECTOR'S MESSAGE

*By Jessica Smith, Interim Director  
DC Department of Aging and  
Community Living*

Happy New Year! As we started to get back to “normal” in 2022, we had much to celebrate. We launched new programs, brought back some of your favorite events like Senior Fest and the Senior Symposium, tested our knowledge with the 5th Annual Senior Brain Games, and ended the year with joy, celebration, and well wishes at the Mayor’s 24th Annual Senior Holiday Celebration. I had the best time catching up and dancing with all of you! I couldn’t think of a better way for us to end the year.

With 2023 in front of us, we have so much to look forward to! One of the things I’m most excited about is the expansion of our popular Safe at Home program. As many of you know, Mayor Bowser first created Safe at Home in 2016, responding to the urgent need of older adults who were at risks for falls and other household accidents. And since we launched Safe at Home, we’ve been able to help more than 5,500 District residents safely remain in their homes. With Safe at Home 2.0, we get to further alleviate the risks of falls for older adults by including three additional prevention categories in our program: medication management, vision screenings, and balance and strength training. We’re super excited to give seniors like you more options to reduce the risks of falls and support you as you age the way you want and choose. To learn more about Safe at Home 2.0, reach out to us at 202-724-5626 or at [dacl.dc.gov](http://dacl.dc.gov).

Before you know it, my favorite holiday of the year will be here! Valentine’s Day is right around the corner, and that means we’re gearing up for our 7th Annual Cupid’s Kids Initiative! We’re continuing our partnership with District public and charter schools to make handmade cards for our homebound seniors and any older adult who may want a card. This intergenerational project is a small gesture that makes a huge impact. It’s a reminder that human connection is something that we all need so much, especially during a season where some of us may be feeling lonely and isolated. So, if you want to receive a card or even just a call to talk, please reach out to us at 202-724-5626.

Thanks for helping make 2022 a great year for DAACL. I can’t wait to see what’s in store for us in 2023. As always, if you have ideas or thoughts, feel free to reach out. We’d love to hear from you!

Jessica Smith

## Thanks for Attending Mayor Bowser’s 24th Annual Senior Holiday Celebration!

**Together, we rang in the holidays at the 24th Annual Senior Holiday Celebration! Thanks to everyone who celebrated with us. To view photos from the event, please visit [dacl.dc.gov](http://dacl.dc.gov) and click on Photo Gallery.**







## Mayor Bowser Announces Safe at Home Expansion

After thousands of seniors came together at the 24th Annual Senior Holiday Celebration, Mayor Muriel Bowser and the Department of Aging and Community Living (DACL) announced the expansion of the District's Safe at Home Program, which helps older adults live and age safely in their homes by funding modifications that reduce the risk of falls.

Beginning in January 2023, Safe at Home 2.0 will allow participants to voluntarily participate in vision screenings, medication management, and evidence-based balance and strength training classes offered by Home Care Partners and American University. Classes will take place virtually and in-person at all six senior wellness centers across the District, accommodating a variety of abilities. To learn more, call 202-724-5626 or visit [dacl.dc.gov](http://dacl.dc.gov).



During the "Home for the Holidays" campaign, the Department of Human Services (DHS) is working with community partners to connect 900 families and individuals experiencing homelessness to permanent housing.

DHS manages the Home for the Holidays campaign, which spans from November 21 through February 28. Home for the Holidays first launched in 2017, and more than 2,000 total households have moved into permanent housing as a result of the campaign. Through this campaign, the District is seeking to partner with local housing providers to identify approximately 2,500 new apartment units in the next three months. Community members can also support Home for the Holidays by donating new and gently used houseware to households.

**Housing providers who are interested in partnering with the District, or residents who have items to donate, should email [homefortheholidays@dc.gov](mailto:homefortheholidays@dc.gov) for more details.**

To learn more about the Home for Holidays campaign, visit [dhs.dc.gov/page/home-holidays](http://dhs.dc.gov/page/home-holidays).

## CHRISTMAS TREES & HOLIDAY GREENERY COLLECTION

**JANUARY 3, 2023 - MARCH 3, 2023**

**Pickup locations have changed!**

**This year collection will take place curb side. Christmas tree and holiday greenery collection services will begin January 3, 2023, through March 3, 2023, for all DPW-serviced residences.**

**Two convenient drop-off locations are available for all District residents:**

- Benning Road Transfer Station - 3200 Benning Road NE
- Guy Mason Recreation Center - 3600 Calvert Street NW

**Trees and greenery collected or dropped-off by March 3, 2023, will be composted**

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### Join DACL and our Senior Service Network's Upcoming In-Person and Virtual Events!

Join us for a variety of in-person and virtual activities and events at [daclevents.splashthat.com](http://daclevents.splashthat.com).

Questions? Email [dacl.communications@dc.gov](mailto:dacl.communications@dc.gov)



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**MURIEL BOWSER, MAYOR**

## Living Boldly

News and notes brought to you by the DC Department of Aging and Community Living

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# H OUSING & HOMECARE

JANUARY 2023

## Options

presented by **The Beacon**



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See page B-9.**

### INSIDE

Generations  
living together

Understanding  
“activities of  
daily living”

Geriatric Care  
Managers

When adult  
kids move  
back home

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much  
more!

In an intergenerational housing community, older residents can mix and mingle with younger ones. Several such communities exist in our area, and more are being built now, including one near George Mason University.

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# Many benefits of intergenerational living

By Glenda C. Booth

In Fairfax City, a unique apartment complex is being built adjacent to the George Mason University (GMU) campus. Named One University, it will open in the summer of 2024 with 333 units for college students, 120 units for families, and 120 units for people over age 62.

One University's 10.8-acre site will have multi-family and senior apartments for people and families earning up to 60 percent of the area median income (roughly \$77,400 for a family for four). Residents will intermingle in a business center, cyber lounge, outdoor courtyard and fitness center. Older adults can audit classes at GMU, just across the street.

One University is an example of "inter-generational housing" — a growing trend

to intentionally create housing for people of different generations to live together. Architects adjust some units for older adults and design these facilities to encourage mixing. This approach is also called multi-generational or cross-generational housing.

Intergenerational housing is based on the belief that older adults should not be segregated from other generations and that people of different ages can benefit from each other.

"People of all ages want to work across generations to help others and improve the world around them," an Encore-Generation 2022 study concluded. "Young people want to learn from older ones; older people want to share what they

know. And vice versa."

## What youths gain from elders

From cooking to career building, the younger generation can learn from elders' experience and gain a sense of history.

In addition, older adults can help young adults acquire skills like critical thinking and problem solving as well as a sense of purpose, a 2016 Stanford Center on Longevity study concluded.

Furthermore, a *Harvard Business Review* study found that younger people can learn from seniors how to understand the impact of financial choices and better manage their work life.

In a real-life example, Myles Mocarski, a 28-year-old Ph.D. music student at the University of Maryland in College Park, has found a great sense of community at Collington, a life plan retirement community in Prince George's County, where he lives full-time with around 400 older adults.

Mocarski and fellow student Max Jacobs are artists in residence, a program launched in 2017. Under an agreement between Collington and the UMD, two music students live rent-free at the community in exchange for putting on music programs for the residents.

The students live at Collington year-round and stage concerts in the lounge,

playing swing tunes and popular music, as residents sing along.

"The mood is always positive," Mocarski said. "They are always excited to see me."

Mocarski said that the older friends he's made at Collington help him manage a more balanced life between work and family. (Another lesson he learned: to talk slower and louder.)

"The students immerse themselves in Collington," said resident Mary McCutchan. "Having them around is nice. They're a breath of fresh air — and we don't have to listen to their story about rheumatism."

## What elders gain from youths

Today, most older adults live in their own homes alone or as part of a couple, and 56% of people over 80 live alone, according to Dr. Jennifer Molinsky, director of Harvard University's Joint Center for Housing Studies. Living around younger people can help make them feel less alone and give them a sense of belonging, she said.

"Multigenerational living — including house sharing and communities where people have private apartments but share

See **GENERATIONS**, page B-3



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# Generations

From page B-2

common spaces and activities — has the potential to reduce social isolation, create avenues for people to support one another in their daily lives, and lower housing costs,” Molinsky said.

Being around younger people can also boost seniors’ self-esteem and encourage them to be more active.

“Studies show that seniors who aren’t isolated are more optimistic and take better care of themselves,” said Donna Butts, executive director of Generations United — a D.C.-based nonprofit that works to strengthen practices and policies to benefit children and older adults.

For instance, a Stanford Center on Longevity study found that when older adults interact with younger people, they gain a greater sense of fulfillment and purpose.

Johns Hopkins University professor Michelle Carlson found that after six months of tutoring children, older adults had “improved brain and cognitive function,” according to her 2009 study.

## Communities in our area

Several intergenerational housing communities exist in our area, and more are on the way.

In Northwest Washington, D.C., an affordable rental building known as Genesis

houses a 27-unit community where young mothers who grew up in foster care live alongside older adults.

Residents agree to support each other — to help run errands or watch or tutor a neighbor’s child, for example. Specially designed for the two populations, the building has a community kitchen, meeting room, playground, garden and library.

The program is operated by Mi Casa, a nonprofit, and was initiated by D.C.’s Child and Family Services agency.

When Genesis opened in 2015, D.C. Mayor Muriel Bowser said it was “transforming the District into an Age-Friendly City where residents of all ages are able to grow up and grow older in diverse, intergenerational and supportive communities.”

In southeastern Fairfax County on U.S. 1, the new five-building Residences at North Hill is under construction by Fairfax County’s housing agency. It will lease 63 of its 279 units to people over 55; the rest are open to the general public.

The units for older adults differ slightly from the multifamily units by incorporating “universal design” features, such as door levers instead of knobs, step-in showers instead of tubs, and larger-than-normal thermostat displays.

“Today, many older adults are seeking an affordable living experience that reflects the communities they have grown accustomed to, rather than a ‘senior-only

community,” Melissa McKenna, chair of the Fairfax County Redevelopment and Housing Authority, said in an email.

“They desire the same connectivity, mobility, diversity and engagement of traditional independent living in a community shared with younger neighbors. Such a community can offer a wide diversity of experience, activity and engagement that many older adults nowadays find appealing and enriching.”

Both One University and the Residences at North Hill will include park benches, picnic tables and parks for socializing.

## AARP pushing for more

AARP is advocating nationally for more intergenerational housing approaches. Sharon Guzman, AARP’s director of Housing and Livable Communities, supports

more diverse housing options to accommodate multiple generations living together.

“This type of living is associated with better health outcomes, lower poverty levels, and can lead to cost-savings on items like rent,” Guzman said in an email.

“It can also increase social engagement, which reduces social isolation and loneliness among older adults and helps them stay connected while still independent.”

Intergenerational housing has proved to be “a winning combination for older and younger people and the communities where they live,” said Butts of Generations United.

“Each generation benefits from the opportunity to interact across ages. They provide each other a window into the past and into the future, providing roots as well as hope for the future.”

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# Understanding ‘activities of daily living’

By Chris Harper

When looking into what senior living options are available and their different levels of care, it is important to empower yourself by getting to know different key words and phrases used in the field.

For example, in senior living communities, caregivers need to know what types of assistance a resident might need to stay healthy and safe. One way to identify needs and challenges is by assessing what are known as “activities of daily living,” or ADLs.

Activities of daily living, in general terms, are the daily tasks we all complete to care for ourselves. *[See detailed descriptions below.]*

As we get older, we might need some support with these tasks due to mobility challenges, cognitive decline, pain issues or other conditions. Senior living communities often base their type of care on how many activities of daily living the potential new resident needs assistance with.

Let’s review more about ADLs, which are sometimes called basic activities of daily living, domestic activities of daily living, or instrumental activities of daily living (IADLs) — and how these activities can help senior living communities assess what living option might be best for a new resident.

## Why ADLs and IADLs are important

When a senior living community determines if it can provide the support and services a potential new resident needs to stay healthy and safe, a team member will use certain markers during their assessment.

ADLs and IADLs are universal sets of tasks that help to measure if an adult can manage basic self-care tasks on their own or if they could use a little extra support.

But it’s not just senior living communities that use these tasks as a measuring tool. Sometimes, a family member can evaluate if there are certain tasks or chores their loved one is not able to complete safely or thoroughly. Then, they can seek out assistance with those specific activities. *[Such assessments are also helpful for those caring for older adults at home, whether family members or hired aides.]*

Insurance and government reimbursement programs, such as Medicare and Medicaid, also use ADLs to determine eligibility. By looking at what type of ADLs and IADLs require support, insurance companies can determine what type of caregiving assistance is needed and pay for those services accordingly.

However, seniors’ abilities to complete ADLs and IADLs change over time as they age and conditions progress. This means that monitoring those activities can give sen-

ior living communities, family caregivers and insurance agencies a heads-up that more support is needed.

## What are the activities of daily living?

Activities of daily living are defined as specific tasks that are necessary for independent living at home or within a community.

For a senior living community, the level of independence with ADL tasks is based on whether someone can perform the activities on their own. If they need help from a professional or family caregiver, they likely need a higher level of care.

## What do activities of daily living measure?

In general, ADLs are used as indicators of a person’s functional status. Depending on how many ADLs the adult can perform on their own, they might be considered totally independent, requiring minimal or moderate assistance, or completely dependent. This information assists caregivers as they prepare to provide personalized support throughout the day and evening.

Knowing more about ADLs can also help caregivers determine the living option that will best meet the resident’s needs, and develop a care plan that addresses their specific challenges and abilities.

## What are some basic activities of daily living? (ADLs)

Generally speaking, six ADLs are used in senior living assessments:

**Dressing**, which includes the physical task of dressing and undressing. This includes effectively using zippers, buttons and clasps, as well as pulling on socks and shoes. The dressing task also includes choosing seasonally appropriate clothing.

**Eating**, which includes the physical task of feeding themselves independently. This includes using a fork and other utensils while eating, but does not necessarily include meal preparation, which is considered an IADL *[see more below]*.

**Continence management**, which includes the ability to understand when they need to go to the bathroom, to get to the restroom on time, and to control their bladder and bowel movements.

**Toileting**, which includes the ability to get on and off the toilet on their own and to perform hygiene care after using the restroom.

**Personal hygiene and grooming**, which includes bathing or showering, nail care and oral care.

**Ambulating or mobility**, which is sometimes referred to as transferring. This means that the person can stand from a sitting position, get in and out of bed, and

See **ACTIVITIES**, page B-7



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## Housing News

By Beacon Staff

### Speaker series helps introduce The Carnegie

Last fall, 150 people flocked to a lecture by “Downton Abbey” consultant Rebecca Eaton, executive producer at large for “Masterpiece Theater.” Eaton, who also worked on the television series “Sherlock,” shared some behind-the-scenes stories and reflected on her career in public television.

The lecture was sponsored by The Carnegie at Washingtonian Center, a community being built by Kisco Senior Living that’s scheduled to open in Gaithersburg in spring 2024.

Its Red Carpet Speaker series, open to future residents as well as potential ones, is “the pinnacle of our program,” Gene Smallwood, regional vice president of sales for Kisco, said in an interview with the *Beacon*. “It’s a truly special, once-a-quarter event that garners a lot of appreciation and energy and gives back to our residents.”

The Carnegie, Kisco’s first “signature community” in the D.C. area, will have 302 apartments for independent living, assisted living and memory care. Its perks include a

24-hour concierge, five-star restaurants, even a “chef’s table experience” for residents and their visitors.

“At our signature communities, we’re talking to a young-at-heart senior who really wants to continue to grow and be productive throughout their senior years,” Smallwood said.

Like all Kisco properties, the Gaithersburg community will offer planned vacations, group tours, culinary outings, daily fitness classes, art and education classes, and lectures, in addition to Red Carpet Speakers. The goal, Smallwood said, is to “help inspire and help our residents continue to grow.”

A furnished model apartment is open daily to the public at their Discovery Center, 129 Ellington Blvd. in Gaithersburg. To be invited to hear future speakers or learn about coffees and other events, call (240) 213-7383. *[More information can be found on pages 2 and 3 of this issue of the Beacon.]*

### Life story workshops debut at Brooke Grove

There’s power in telling your story. At Brooke Grove Retirement Village last fall, a group of residents, led by a speaker from the nonprofit Story Tapestries, listened to each other’s life stories.

“People loved the opportunity to share

their voice as well as listen,” said Arianna Ross, founder and CEO of the Poolesville-based Story Tapestries.

“We had multiple people say to us, ‘This is the first time in several years that I felt like someone other than a nurse actually wanted to hear what I had to say.’ That’s why these programs are critically important,” Ross added.

Story Tapestries works with schools, libraries and senior centers, as well as the Montgomery Village Foundation. All its programs are free because Story Tapestries is a grant-funded organization supported by the Maryland State Arts Council.

During COVID, the group started hosting more Zoom “story hours,” a low-tech way for older adults to share their life stories.

Working with Medstar Health Center for Senior Living, Ross’ group also brought storytelling workshops, musical performances, poetry classes and art classes to four senior communities, including Brooke Grove.

“Our seniors are brilliant, amazing individuals with incredible stories,” Ross said. “They love the opportunity to listen to stories, listen to music and then have a chance to talk about it afterwards.”

For more information about Story Tapestries’ free programs, visit [storytapestries.org](http://storytapestries.org) or call (301) 916-6328.

For information about Brooke Grove, call (301) 637-8928.

### Find home care help via your smartphone

Do you need some help around the house or someone to take you to the doctor?

Or are you looking for a trained health-care aide to provide hands-on assistance with bathing, dressing, eating and the like?

There’s an app for that! Well, actually, two apps.

A new service just started up in the Greater Washington metro area making it possible to select a trained caregiver — with the qualifications you need and at a price range you identify from the start — using an app on your cellphone or computer.

Ondecare (short for “on demand care”) matches vetted professional caregivers with people who need those services and lets them negotiate the rate to be paid in minutes.

Through the app, users can also communicate with each other, coordinate schedules, and arrange for payment.

Services provided include not only adult caregiving but also child care, infant care and special needs care.

As a new service in this area, Ondecare is also looking for professionals (nurses, home care aides, teachers, EMTs and others) who would like to offer their services to potential clients, set their pay scale, and basically be their own boss.

Those needing care for themselves or a loved one can set up an account for free — and potential caregivers can apply to participate — at [ondecare.com](http://ondecare.com). If you have questions, call (703) 775-4336 or email [support@ondecare.com](mailto:support@ondecare.com). Their “care concierge” is available 24/7 to help.

People who don’t need hands-on care for activities of daily living but would still like to have some help around the house can use a different app: Naborforce.

“Nabors” are vetted individuals who can assist with a wide variety of non-medical chores, including computer help, meal preparation, light cleaning, running errands, rides to the doctor or around town, and many other light services around the home.

Help can be arranged for as little as one hour, and payment is at a fixed rate, all done through the app.

People who would like to become nabors

See **HOUSING NEWS**, page B-7

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**[www.HIPhomes.org/Home-Sharing](http://www.HIPhomes.org/Home-Sharing)**



## Activities

From page B-4

walk safely from one place to another.

### Instrumental activities of daily living (IADLs)

Instrumental activities of daily living, or IADLs, also give insight into how someone is living at home. However, instead of covering basic care tasks, these tasks often require more complex planning or thinking.

What are instrumental activities of daily living? IADLs are self-care tasks that are more complex than simple ADLs. These tasks require more critical thinking, organization and communication skills. They include:

**Transportation**, which includes either driving themselves places or coordinating transportation by arranging rides or using public transportation services.

**Communication skills**, which includes safely using cell phones and computers.

**Meal preparation**, which includes meal planning, grocery shopping, cooking, cleaning up, safely storing food, and

using kitchen equipment and utensils. **Shopping**, which includes the ability to use good judgment and make good purchasing decisions.

**Housework**, which includes keeping up with household tasks such as doing laundry, tidying up, dusting, or washing dishes.

**Managing medications**, which includes taking the correct medications in the correct dose and at the correct time of day. This task also includes managing any medication refills or follow-ups.

**Managing personal finances**, which entails operating within a budget, writing checks, paying bills on time and avoiding scams.

### What is the difference between ADLs and IADLs?

Whereas both IADLs and ADLs are related to tasks, IADLs are considered “hands-off” care tasks because a family or professional caregiver can assist with the tasks without physically touching the person who needs assistance. In contrast, ADLs require “hands-on” assistance or more thorough verbal cueing.

It’s also important to note that IADLs are often the first tasks that seniors can no longer do — especially in the face of early cognitive decline — but family members might not notice.

In contrast, when a senior can no longer independently complete ADLs, family members tend to observe that change in condition quickly.

### Domestic activities of daily living (DADLs)

Domestic activities of daily living, sometimes referred to as DADLs, refer to a set of activities that contribute to quality of life. DADLs are sometimes the first activities people lose the ability to perform as they age because they may not know different ways to adapt their favorite activities to suit their changing abilities and needs.

What are domestic activities of daily liv-

ing? Domestic activities of daily living include any type of activity that falls into the following categories:

**Physical exercise**, such as walking, jogging, hiking or swimming.

**Cognitive exercise**, such as working on a crossword puzzle, completing a trivia contest, or trying out Wordle.

**Fine motor skill work**, such as gardening, knitting or playing a musical instrument.

**Art**, which can include playing music, writing poetry, painting, sculpting or making pottery.

**Caring for others**, which can include a pet, plant or grandchild.

### Assessments

In most senior living communities, including long-term care and assisted living,

See **ACTIVITIES**, page B-8

## Housing News

From page B-6

and help others while earning money are welcome to apply.

We wrote about Naborforce a few months ago when they began services in

and around Bethesda, Maryland. This month, they are opening up in the Washington, D.C. and Northern Virginia areas.

For more details, to hire a nabor, or to apply to become one yourself, visit naborforce.com or call them at (301) 960-5500 or (703) 782-8855.

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## Activities

From page B-7

clinicians perform an ADL assessment to gauge the potential resident's needs. There isn't a standard ADL test that every senior living community uses; most use their own assessment process.

But it's not just clinicians who can perform an assessment of ADLs (sometimes referred to as a geriatric assessment). Family members can assess their loved one's ability to function independently by using online tools or by simply observing their loved one's ability to complete the six major activities of daily living.

For a more formal ADL assessment, families can choose to enlist the assistance of their family doctor or an occupational therapist.

Having this information about their loved one can help family members choose the right next step as well as seek out insurance or government assistance to offset costs of care.

### Who is qualified to perform an ADL assessment?

For a more formal assessment of ability, certified clinicians can utilize the Katz Index of Independence, a commonly used tool to measure functional status and de-

test challenges. The tool ranks performance in the six major ADLs: bathing/hygiene, dressing, toileting, transferring/mobility, continence management and eating.

Additionally, physiotherapists can assess ADLs and IADLs as a part of their initial assessment.

### How often should ADLs be evaluated?

ADLs should be evaluated regularly to ensure that the adult is receiving the support they need. As conditions progress, challenges might increase, which means the senior might require additional personalized assistance to stay healthy and well.

### Is there an informal tool caregivers can use at home?

Family caregivers can detect minor changes in their loved one's functional abilities by performing an informal ADL assessment.

A checklist format can help family members and friends observe changes in their loved one's abilities, giving them time to find assistance before those slight changes become major obstacles. Early intervention can ensure the senior receives the additional support they need to stay safe and healthy.

### Assistive technology

Older adults can adapt their habits and routines to have more independence with their ADLs. Using adaptive tools and technology is one way an adult can preserve

energy and time while independently performing ADL tasks.

Adaptive equipment for dressing assistance can include reachers, long-handled shoehorns, button hooks, Velcro, sock aids, leg straps and dressing sticks.

Adaptive equipment for bathing can include transfer boards, grab bars, shower chairs or seats, long-handled sponges and handheld showerheads.

Adaptive equipment for toileting can include bedside commodes and bidets.

Adaptive equipment for eating can include wrist splints, non-skid bowls, plate guards, utensil cuffs, long straws and adaptive utensils.

Adaptive equipment for basic mobility can include a walker, cane, crutch, rollator, wheelchair or lift. Your physician or therapist can recommend the best mobility aid for your specific situation.

### ADL support in senior living

Activities of daily living can be a good indication of how an adult is doing at home. If they are unable to safely and confidently keep up with their ADLs, it is time to find them the assistance they need.

In many cases, a senior living community can provide the right amount of personalized support. Learn more about what senior living can offer by downloading "The Journey to Senior Living: A Step-by-Step Guide for Seniors" at [bit.ly/SeniorLivingJourney](https://bit.ly/SeniorLivingJourney).

*This article was written by and excerpted with permission of The Arbor Company.*

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### Jan. 16

#### DR. MARTIN LUTHER KING JR. PARADE

The 17<sup>th</sup> Annual Dr. Martin Luther King Jr. Peace Walk and

Parade takes place on Mon., Jan. 16, starting at 11 a.m. at The

RISE Center at St. Elizabeth's, 2700 MLK Ave. SE, Washington, DC. The

Wellness fair part of the celebration takes place from 11 a.m. to 2 p.m. at

Anacostia Park, 1900 Anacostia Dr. SE, Washington, DC. For more information, including the parade route and list of vendors, visit [mlkholidaydc.org](https://mlkholidaydc.org).

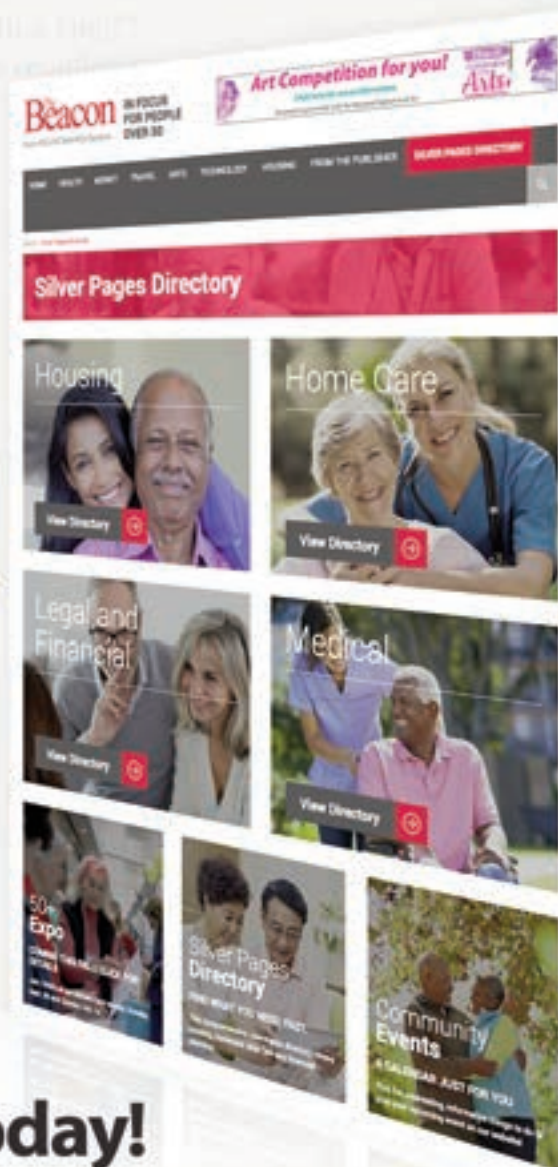
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# Where family caregivers can find support

By Beth Albaneze

Few experiences in life are more difficult than caring for a loved one who is in mental decline, who is unstable, or who requires long-term care. Most family caregivers aren't trained and don't have any outside support, and it's easy to imagine how overwhelming that situation would be.

But give yourself a break: Do not take every burden upon yourself, or you'll risk developing your own emotional issues. It is well documented that family members who provide care to people with chronic or disabling conditions are themselves at risk for emotional and physical health problems...

Caregivers often become overwhelmed, angry, resentful and even immobilized, which can make them a liability, rather than an asset, to the person in their care. Take care of yourself first, or you won't be able to provide good care for anyone else.

That means not shouldering the entire load alone. For some, that will mean hiring a therapist to provide the caregiver with perspective to discuss difficult family matters. Others may wish to engage a relative or family friend, or even hire a paraprofessional to sit with the loved one for a few hours a week, just to give the caregiver a breather.

To get the most out of the time, your loved one must have some say in who provides their care at home. Whether they choose a friend, another family member, or a professional, it should be someone with whom they can legitimately connect.

Caregiver support and respite doesn't always have to come in the form of a professional. It can be as simple as enlisting a relative or a friend to stop by and visit, for example...

### What can I expect?

Every family has its own dynamics, and every loved one has their individual needs and personality; however, every situation shares three inevitabilities:

1. Complications, challenges, and questions will arise.
2. There will be surprises, both good and bad.
3. Dealing with a particular kind of stress is never easy.

The hopeful part is you can empower

yourself to withstand the rollercoaster ride in a few different ways.

The first is to get involved. In the same way that you can't control the rain, you can't control others' mental or physical health, but getting involved and preparing for potential outcomes will provide you with a kind of emotional umbrella in a storm.

If you're already involved, you may need to learn strategies to cope with and help your loved one effectively. This can be especially important when a new symptom or ailment pops up and you don't know where to turn for help.

In most instances, by the time your loved one has reached a crisis point, they are likely to have some support in place already (such as a psychiatrist or therapist, or even a family doctor), so you're not alone and you don't have to start from scratch when it comes to finding help...

Next, provide an advocate for your loved one. Care providers are offering you a service, and you should feel free to speak up — loudly and consistently — in your requests to make sure your loved one is receiving the care they need and deserve...

There are professional advocates you can hire, including attorneys and accountants, but if that doesn't work for your situation, you can contact your local government information line for public services that can help. Some services provide direct care, and others can even teach you to be an effective advocate for your loved one.

### Advocacy tips

After decades of going through this with my family and with my clients, I have learned a lot about advocating for someone in need of care. Here are three of the most important pieces of advice:

—With your loved one's permission, you or another caregiver may attend doctor's appointments. Help them remember questions and details that anxiety may cause them to forget when they see the doctor — a common reaction called "White Coat Syndrome" that affects nervous patients.

I recommend using the "record" func-

See **CAREGIVER SUPPORT**, page B-11

## BEACON BITS

Jan. 29

### TROPICAL PLANTS LECTURE

Tropical plants can create excitement in temperate landscapes and provide design elements through the most challenging and hottest months of the growing season. Marianne Willburn, author of *Tropical plants and How to Love Them*, presents ideas on incorporating spectacular examples in containers and beds — many of which are remarkably easy to overwinter. Book signing after the lecture. This program takes place on Sun., Jan. 29 from 1:30 to 2:30 p.m. at Green Spring Gardens, 4603 Green Spring Rd., Alexandria, VA. Registration is \$12. For more information and to register, call (703) 642-5173 and use the code 8LN.YWHJ.



# The role of a geriatric care manager

By Joel Theisen, RN

It can happen in an instant. One day your dad is living on his own, independent and mostly healthy despite advancing age. The next he's in bed with a broken something, dependent on his grown children, and forced to move into a long-term care facility because you don't have time to research alternatives.

I'm not exaggerating when I say I've seen it happen hundreds of times.

Dad can't avoid the getting older part, at least not if he's lucky. But it's not inevitable that he'll have to give up his home, whether it's an actual house or an apartment in a senior building.

That's why it's so important to be proactive rather than reactive, and to find a professional who can help you and your father (or mother) figure out how to remain at home as long as possible, even if injury or illness comes into play.

The benefits of staying at home can be both economical and psychological.

First off, it's almost always far less expensive than a nursing home, which can run upwards of \$100,000 a year for a shared room and sometimes double or even triple that for a private one, depending where you live.

Before Medicaid kicks in, you'll have to spend down almost all of your savings and provide years of detailed financial statements.

Assisted living is less costly, but still pricey and not fully covered by Medicaid.

## Seek help sooner, rather than later

That's why one of my top recommendations to anyone who asks about elder care is: Do not go it alone.

Another: Start exploring options before

See **CARE MANAGER**, page B-13

## Caregiver support

From page B-10

tion on your cell phone, even if you attend in person. That way, there will be no misunderstanding about the doctor's opinion, diagnosis and attitude...

—The self-empowerment tool that has helped me personally more than any other is to focus on the journey, rather than the outcome. Enjoy small victories along the way (such as the depressed person going outside or bathing, or the hoarder disposing of a single small bag of items), instead of feeling discouraged that the ultimate goal has not yet been achieved.

Recognition and appreciation of such advances is important for both of you, so rejoice in them when they come up — no matter how minor they may seem.

—And finally, know your limitations. Ini-

tially, you may not have realized the vast amount of time and work involved in caring for a loved one in crisis or life transition. Some people can settle into a groove without becoming overwhelmed, but others become wrapped up in the responsibility and are quickly consumed by it.

Don't be ashamed to call in professionals or other relatives to help. You must not sacrifice your own mental health and stability for someone else's because that will just compound the problem for everyone. If you're burned out, you won't be able to help effectively.

*The above article was excerpted from the book From Helpless to Hopeful: Addressing a Loved One's Challenges and Changes, by Beth Albaneze and Amy E. Turnbull. Reprinted with permission. To buy the book, visit Amazon.com or go to housecallstotalwellness.com.*

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Jan. 16

#### CLEAN WATERWAYS CLEANUP

Ring in the New Year with Anacostia Riverkeeper at their annual MLK Day of Service cleanup with Pope Branch Park Restoration Alliance. All equipment is provided; wear closed-toe shoes and clothes that you don't mind getting dirty. Join the cleanup on Mon., Jan. 16 from 10 to 1 p.m. at Pope Branch Park, 2900 M Pl. SE, Washington, DC. Register and sign the waiver at [bit.ly/CleanWaterwaysCleanup](http://bit.ly/CleanWaterwaysCleanup). For more information, email [info@anacostiariverkeeper.org](mailto:info@anacostiariverkeeper.org).



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# When your adult child moves back home

By Kimberly Palmer

When Amanda Claypool was 28, she left a government contracting job in Washington, D.C., and moved back to her parents' house in upstate New York while she figured out her next step. Then the pandemic struck, and her temporary return lasted longer than she'd planned.

Living with her parents for several months "helped give me more flexibility to pivot to a new career," said Claypool, who is now a content creator in Asheville, North Carolina. Her parents covered her expenses related to food and housing. In return, she helped them declutter and sell about \$10,000 worth of vintage toys and collectibles online.

Claypool's decision to return home is increasingly common. The Pew Research Center found that one quarter of U.S. adults ages 25 to 34 lived with parents or other relatives in 2021 and that the portion of young adults who do so has steadily climbed over the past 50 years.

Stefanie O'Connell Rodriguez, host of Real Simple's "Money Confidential" podcast, has noted the trend. "Even prior to this latest round of inflation, we saw a greater share of millennials moving back in with parents and staying at home longer. The pandemic accelerated that," she said.

While moving back home can provide a financial safety net for young adults, it can also negatively affect their parents' finances and stymie their own growth toward becoming financially independent. Here's how to navigate intergenerational living so it benefits everyone involved.

### Decide what you really want

Parents of young adults are often at a life stage where they're ready for a change, such as retirement. Having kids move home "might not be the ideal situation for them," said Lorna Saboe-Wounded Head, family resource management field specialist at South Dakota State University Extension. "Parents should think through that decision before inviting them home."

Consulting a financial coach or adviser about your retirement readiness could help. Working up a budget to assess your current cash flow and how an additional houseguest would affect it can provide additional insight.

### Communicate expectations

Once you've decided to welcome an adult child home, then it's time to set ground rules, said Julie Lythcott-Haims, author of *Your Turn: How to Be an Adult*.

Start with a candid conversation about what each party expects. "Get clear on, 'You're older now, things have changed. We are happy to support you, but let's talk about what we expect in terms of day-to-day norms and behaviors,'" she said.

In many cases, she said, it makes sense

to treat young adults like Airbnb guests: They will use the kitchen and a bedroom but do their own laundry and some household chores and pay some rent.

Barring mental health challenges or another crisis, a young adult should be expected to pitch in financially, too. "If they can't pay rent, then maybe they can pay for groceries or the phone bill," she said.

### Put the details in writing

After you agree to the financial contribution of the adult child, Rodriguez said, put those details in writing. "It helps to have something to reference or to go back and amend," she said.

David Bredehoft, professor emeritus of psychology and family studies at Concordia University, St. Paul, suggests solidifying the ground rules into a formal contract.

The document should spell out details such as who is doing laundry and paying for utilities, and whether there are quiet hours or guests allowed.

"Otherwise, it's easy to slide into old roles," he said, adding that this tendency even happens to him at age 71, when he lives with his wife's parents in Florida for a few months each year.

### Track expenses

Rachael Bronstein, an accredited financial counselor and founder of Life's Jam, a coaching business based in Miami, said she encourages parents to track their expenses when they're sharing a home. Sometimes, she said, they don't realize how much of their money is going toward the extra food, utilities and subscriptions.

"They probably need to go back to their adult children and say, 'Hey, can we figure this out? I'm paying for a lot of stuff,'" she said.

If parents don't prioritize their own savings and retirement, then they might need to turn to their adult children for financial help in the coming years. "The greatest gift is to teach financial independence," she adds.

At the same time, Rodriguez said, the young adult returning home should commit to moving any savings generated from the arrangement into a savings account each month or putting it toward student loans.

### Have an exit strategy

Bredehoft suggests explicitly discussing how long the adult child plans to live at home. "Talk to them about, 'What is your plan for looking for employment? How many hours a week will you invest in searching for a job? Do you need professional help?'"

Having that conversation helps the child, too. Said Claypool, the content creator in Asheville: "Give yourself an action plan so you know when to leave, or else it becomes so easy to just stay." —AP/NerdWallet



# Care manager

From page B-11

your parents need them. You want to be acting from a position of strength and health.

Thankfully, there are folks who do this sort of work. Called geriatric care managers (GCMs), life managers or even aging life care coordinators, they're typically social workers, occupational therapists or nurses who specialize in helping older people figure out what they need and how to get it — sort of like a professional relative without the built-in family dynamic.

I'd say anyone over 65, and certainly by 75, should be having this discussion with a pro. It's not about dependency but independence.

A GCM's job is to discover what's important to a client, identify limitations (actual and imagined), locate resources, and put a plan in place. Maybe a bar in the bathtub before balance worsens, or moving dry goods to lower kitchen cabinets before the arthritis gets too bad.

They can help with everything from interviewing home health aides or personal care attendants well before one's needed (meaning you can be picky and thus more likely to find a good fit), to finding a local group of people with similar interests, lessening the anxiety that can come from isolation.

GCMs take the burden off both parents and adult children, and let the person impacted decide what life will look like going forward.

I've asked a lot of 80-year-olds what they'd have done differently over the course of their lives, and a surprising number of them say they'd have taken more risks.

So why not now? Why not let them live as full a life as they can, and thrive rather than just survive?

## Where to find help

The U.S. Administration on Aging has a directory to help you and your parent get

going, with a caregiver corner packed with easy-to-understand information and links to resources. That's a good place to start if you're already feeling overwhelmed or don't have the money to hire someone.

A local health department or primary care physician might also be able to point you in the right direction. Religious and community organizations can sometimes help, too. Don't ever be embarrassed to ask.

Still, the best-case scenario is a certified GCM. You want someone you can build a relationship with over time — rather than destroy one by reversing parent-child roles.

It's important to have someone who will tell Mom or Dad the truth and who understands the trajectory of aging. A GCM isn't cheap — typically \$150 an hour or more in this area — but, trust me, it's money well spent, even without taking peace of mind into account.

A good GCM will give you sound advice and stay out front of issues you might not even see coming or occurring. They can even help clients figure out where to volunteer — read to schoolchildren or bottle feed shelter kittens? — as well as make sure they keep in touch with their own siblings.

Working with a GCM is, by the way, an expenditure that insurance doesn't usually cover, but be sure to double check anyway.

Cost aside, I can't overstate the importance of how much this can help families maintain happy ties. I know one elderly mom who hired a GCM because she saw the stress arranging her care was causing her daughter.

Now? Daughter is breathing easy, and Mom is hosting yard "sales" for the grandkids and other relatives, sharing stories about the items, and enjoying her final years because she got the help she needed to live them on her terms.

*Theisen is the CEO and founder of Lifespark.*

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## ASSISTED LIVING COMMUNITY

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Sandy Spring, MD 20860  
www.bfg.org



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www.LifeAtTheCarnegie.com

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## BEACON BITS

Jan. 26

### VETERANS ROUNDTABLE

Join the DC Mayor's Office of Veterans Affairs for their monthly roundtable, which aims to connect the District's veterans with information, resources and organizations that may benefit a successful military transition. DC veterans, veteran family members and veteran service providers are welcome to attend. This free event takes place on Thu., Jan. 26 from noon to 1 p.m. in person at the Marion Barry Building in Judiciary Square, 441 4th St. NW, Washington DC, in Conference Room 1114 and virtually via Microsoft Teams. For more information and the link, visit [bit.ly/DCVeteransRoundtable](https://bit.ly/DCVeteransRoundtable).

Jan. 31

### TECH & CYBER NETWORKING AND HIRING EVENT

Join the Fairfax County Economic Development Authority to network with leading companies in Northern Virginia. Employers are hiring for all experience levels in IT and cybersecurity across the government, IT, finance, defense, renewable energy and healthcare sectors and are especially interested in candidates with security clearances. This free event takes place on Tue., Jan. 31 from 11 a.m. to 2 p.m. at Capital One Hall, 7750 Capital One Tower Rd., Tysons, VA. For more information and to register, visit [bit.ly/NOVAtech](https://bit.ly/NOVAtech).



# Are heat pumps or solar panels better?

By Ben Demers

Solar panels or a heat pump? Both can improve your home’s energy efficiency, reduce your carbon footprint and, crucially, save you money on your energy bills.

Heat pumps use electricity to extract heat from the air and pump it into your home. This thermal energy can be used to heat your water supply and keep your home warm.

Heat pumps produce so much thermal energy that they can dramatically reduce your dependence on your energy supplier and therefore save you money on your energy bills.

Meanwhile, solar panels generate electricity which can be used to help power all the electrical systems in your home.

Since the passage of the Inflation Reduction Act, Americans now have access to generous tax credits to reduce the cost of these energy-smart home improvements.

Our friends at *The Money Edit* put heat pumps and solar panels to the test in a head-to-head comparison.

### Pros of heat pumps

Heat pumps emit no carbon dioxide, nitrogen dioxide or particulates. They can help to improve the air quality both inside and outside the home.

Heat pumps are much more efficient than gas boilers and produce three or four times the energy they use.

Heat pumps are reliable, require little maintenance, and may last 20 years or more before they need replacing.

The Inflation Reduction Act offers \$2,000 tax credits toward the installation of electric or natural gas heat pump water heaters, electric or natural gas heat pumps, and biomass stoves and boilers.

### Cons of heat pumps

Unfortunately heat pumps have several downsides:

An air source heat pump costs between \$2,500 and \$10,000, with an average cost of \$5,500, according to *Forbes*. Even with the government’s \$2,000 tax credit, the system

See **SOLAR OR HEAT PUMP**, page B-15

BEACON BITS

Jan. 20

INTRO TO EBAY AND PAYPAL

This lecture by AARP’s Senior Planet provides an overview of the popular auction website eBay and the online payment service PayPal. You’ll learn the basics of buying and selling on eBay and some of PayPal’s most popular features. This free class takes place on Fri., Jan. 20 from 1 to 2 p.m. at Margaret Schweinhaut Senior Center, 1000 Forest Glen Rd., Silver Spring, MD.

Registration is not required. For more information, call (240) 777-8085.

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710400 Fernwood Rd.  
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EricksonSeniorliving.com/The-Grandview



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## Solar or heat pump

From page B-14

could still cost you a pretty penny upfront, before energy savings come into play over the life of the heat pump.

Heat pumps use electricity and are therefore pricey to run. Remember, electricity is three to four times more expensive than gas per unit, so energy bills can actually increase after getting rid of a boiler.

Heat pumps only produce heat and cannot generate electricity, so can only provide energy for certain systems within your home.

Heat pumps do not warm a home as quickly as a gas boiler. Naturally cold homes especially will heat up much more slowly.

Heat pumps can be awkward to install in homes with combination boilers, which will need to find space for a hot water cylinder.

Heat pumps can be noisy due to their fans, though manufacturers are working to make them quieter.

Some homes do not have a suitable outside space for a pump.

### Pros of solar panels

Since 2010, the cost of solar panels has fallen by more than 60%, according to the Solar Energy Industries Association. There are lots of positives to installing solar panels.

Solar panels could reduce your annual energy bill by \$1,500 per year, according to *Forbes*.

Solar panels now pay for themselves within eight years, offering 17 to 22 years of energy savings over the life of the system.

Solar power allows you to generate most of your electricity for lights and appliances.

Solar power can also power an electric car. You'll need an average of 5 to 12 solar panels to charge your vehicle, according to Solar.com.

You can sell electricity back to the grid or an energy supplier. Over 40 states allow

for some kind of "net metering," according to SmartAsset. Translation: households that generate electricity through residential solar projects can receive checks from the power companies for excess energy sent to the grid.

Solar power systems are easy to fit, even in old homes.

Innovations mean you no longer have to put up with ugly black glass.

### Cons of solar panels

The cost for a solar panel system on an average-size house in the U.S. ranges from \$11,144 to \$14,696, after solar tax credits.

The cost of a battery (which you'll need to use your solar energy at night when the sun doesn't shine) adds anywhere from \$213 to \$13,000 to the overall installation cost, according to Solar Reviews.

Solar power won't quite cut it when it comes to heating. You can easily generate most of your electricity for lights and appliances, but add heating and it gets tricky.

Put simply, thermal panels are limited when the sun isn't constantly shining, so you need an extra source of hot water to help.

### The verdict

There are similar installation costs, but solar panels will save you more money overall.

Of course, you can save even more money and carbon by combining solar panels with an electric car, battery or heat pump.

Ultimately, before choosing between a heat pump and solar panels, consider:

- If it's thermal energy or electricity you want to generate
- How much energy you want to generate
- What uses you want to put it to
- How long you want your renewable energy system to last
- How much you can afford to pay upfront and essentially invest in your home.

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You can feel confident in the strength of Riderwood, which is managed by Erickson Senior LivingSM, a nationally recognized leader among continuing care retirement community providers. **Learn more today! Call 1-877-742-4390 or visit [Riderwood.com](http://Riderwood.com) for your FREE brochure.**

## BEACON BITS

Jan. 22

### CHINESE LUNAR NEW YEAR PARADE

Come to DC's Chinatown to celebrate The Year of the Rabbit.

Have lunch at one of the many restaurants in Chinatown, then grab a curbside seat along the seven-block parade route (starting at 6<sup>th</sup> and I Sts., NW) to catch a glimpse of traditional Chinese lions and dragons. The celebration takes place on Sun., Jan. 22 from 2 to 4 p.m. For more information, visit [dcp parade.com](http://dcp parade.com).

Feb. 8

### INTELLIGENCE COMMUNITY CAREER FAIR

Join the United States Intelligence Community, an integrated network of agencies, to explore career opportunities, chat with recruiters and learn how to apply for job openings. This free in-person event takes place on Wed., Feb. 8 from 10 a.m. to 1 p.m. at the USO Warrior and Family Center at Fort Belvoir, 5940 9th St., Fort Belvoir, VA. Space is limited, and registration is encouraged. For more information and to register, visit [bit.ly/IntelligenceCareerFair](http://bit.ly/IntelligenceCareerFair).





... ❄ ...

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# Law & Money



For an overview of veterans' benefits, see article on p. 18.

## How to complain and get what you want

By Liz Weston

If you feel you have more to complain about these days, you may be right. The products we use are increasingly complex, which often means they have more ways to malfunction.

Companies are still struggling to hire and retain workers, so the customer service representatives who are supposed to help you may not know how. And that's if you can even get through to a human being after navigating websites, automated chatbots, and phone systems that seem designed to thwart you at every turn.

"You're searching for where to call. Once you get through, you're going to yell 'agent!' in the phone 12 times, and then they send you to the wrong place," said Scott M. Broetzmann, chief executive of research firm Customer Care Measurement & Consulting in Alexandria, Virginia.

On average, customers made 2.9 contacts with a company while attempting to resolve problems, according to the firm's 2020 National Customer Rage Study, which polled 1,026 consumers about problems with products or services in the past 12 months.

A whopping 58% of respondents who complained got nothing — zero, zilch — as a result of their efforts. So perhaps it's not surprising that 65% of those who had a problem experienced consumer rage.

If you want to improve your odds of getting results, and lower your blood pres-

sure, consider the following tips for complaining effectively.

### Prepare to persevere

Broetzmann urges people to "pick their battles," given how much effort is typically required to solve problems and how often they occur. The 2020 study found 66% of American households had at least one problem with products and services they purchased during the past 12 months, compared with 56% in the 2017 version of the survey.

"You will put yourself into a place of exhaustion and depression if you complain about every single thing that went wrong," Broetzmann said.

Kevin Doyle, an editor at *Consumer Reports*, suggests people gather all the documentation they might need before reaching out to a company. That could include account, confirmation and order numbers, warranties, and notes from previous interactions with company representatives, for example. Missing information could force you to start over on whatever phone or digital system you're using to complain.

### Choose your venue

People who make complaints are about as likely to use digital tools such as email, live chats, company websites and social media as they are to pick up the phone, the 2020 study found.

Social media platforms such as Facebook or Twitter have the advantage of

being public, which puts some pressure on the company to resolve the problem. Posting your complaint on social media also bypasses the chatbots, phone trees, hold times and malfunctioning voice recognition software that can make customer service such a trial.

But of the 14% of respondents who used social media to complain about their worst problem, nearly half didn't receive a response from the company, according to the study. So, if you're tempted to turn to social media first, be ready to have a back-up plan that involves connecting with a human by phone, email or chat.

### Be concise

Part of your preparation should be boiling down your complaint to the essentials, including what happened and — more importantly — how you want the company to fix it. Too many consumers aren't specific about what they want from the company, according to Broetzmann.

Just make sure the remedy you suggest is commensurate with the problem, Doyle said. If the seatback TV didn't function on your flight, don't ask for a free ticket; ask for a credit for a drink or a meal on your next trip, he suggested.

"Are you going to get it? Who knows? But you're not going to get it unless you ask," Doyle said.

Resist the urge to explain every twist and turn of your journey, or to overstate

your distress for dramatic effect. Extraneous details and exaggerations could make you easier to dismiss.

"Stick to the facts," Doyle said. "Embellishing it is going to diminish your credibility."

### Recruit the rep

Being civil or even nice can win you points with weary reps too often exposed to abusive or aggressive customers.

Doyle suggested building on that connection by asking the rep to put themselves in your shoes. "If you invite them to imagine how they would feel, it can be effective," Doyle said.

If the rep can't seem to help you, try asking for a supervisor or simply calling back to get a different agent. (I recently had to call a bank three times before I found a rep who was willing to connect me to the department that could finally solve my problem.)

Anger is an understandable response when you get the runaround. But try to remember that the customer service rep is a human being too and didn't cause the original problem, Doyle noted.

"You want to keep your cool," Doyle said. "Because that's the old adage: You really do catch more flies with honey."

*Liz Weston is a columnist at NerdWallet, a certified financial planner, and author of Your Credit Score. Email her at lweston@nerdwallet.com.*

## Use the right credit card for every need

By Jae Bratton

There's no such thing as a universal best credit card. The right card for you depends on your lifestyle, your goals and your credit history. For instance, if you're looking for travel rewards but your friend is building credit, the best card for each of you will differ greatly.

And while there may not be one best card for you — the average American has about three cards, according to a 2021 Experian study — there are many times a card can be wrong for a specific situation.

Here are seven occasions you could be using the wrong credit card, and what you can do instead:

### You're not using a card enough to earn the sign-up bonus

New cardholders can often earn a lucrative welcome bonus, but usually with a caveat: You have to spend a minimum amount within a specific time frame to get it.

Note the spending requirements for a card's sign-up bonus and use the new credit card enough by the deadline. If you continue to pay with an older credit card that's already in your wallet, you risk missing out on the bonus if you don't spend enough on your new card.

A little planning can help. Think about upcoming big purchases you need to make, such as a car repair or a new laptop.

Just one of those could be enough to hit the bonus's spending requirements.

### You're using a store-specific card

It's true a store credit card can save you money, especially if you are a frequent, heavy spender at that store. However, the rewards earned with a store credit card are often only redeemable at that store, limiting their usefulness.

Most shoppers would be better off using a general rewards credit card and earning more flexible rewards. Some cards offer rewards for online shopping purchases, while others earn as much as 5% back at popular merchants like Target or Amazon.

### You didn't realize 5% cards take extra work

Several cards boast a top 5% cash-back rate in popular spending categories like grocery stores, restaurants and gas. The catch, though, is that you'll have to do some work to earn that rate.

In most cases, you'll need to track categories: Qualifying 5% purchases may rotate quarterly, or you may have to choose your own categories. If you're spending outside of those categories with this card, you'll likely earn a paltry 1% instead of the juicy 5% you think you're earning.

Most times, you'll have to activate the

See **CREDIT CARDS**, page 18



## Don't run the risk of having No Plan.



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# Veterans' benefits

Most often when I write about benefits, they apply to the general public. Today I'm going to write about veterans' benefits, which are often structured quite differently from other benefits such as Social Security.

benefits you may be entitled to, see the Department of Veterans Affairs website at [benefits.va.gov/compensation](https://benefits.va.gov/compensation).

The Department of Justice has determined that the right to spousal benefits for a same-sex spouse may be applicable to those who applied for benefits prior to the Supreme Court decision establishing the right to marriage for same-sex couples. So, if you were denied benefits before that date because your state did not recognize your marriage, apply to the VA requesting retroactive benefits to your application.



THE SAVINGS GAME

By Elliot Raphaelson

### Survivor benefits

To receive benefits as a surviving spouse, you must have been married to the veteran for at least one year and married at the time of death. If you are an ex-spouse at the time of the veteran's death, you cannot claim survivor benefits, and if you are a survivor and remarry later, you will lose survivors benefits. However, if you have remarried and that marriage has ended, you may be entitled to survivor benefits.

A benefit known as Dependency and Indemnity Compensation (DIC) is payable to the surviving spouse of an armed-services member who died in service or with a service-connected disability. These benefits are paid to a survivor only if the veteran was honorably discharged. For the amount of

If a veteran would have been eligible for a wartime service pension, the surviving spouse may claim a pension even if the death was not related to service. This requires that the survivor has a low income, taking into consideration other benefits the survivor receives.

See **VET BENEFITS**, page 20

### Wartime service pension

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## Credit cards

From page 17

bonus categories before the issuer's deadline to earn the 5%, even if you're spending in the right category. Plus, you'll likely run into spending caps in those 5% bonus categories; once you hit those caps, the rewards rate drops to 1%.

For those who find a 5% card to be high maintenance, opt for one that earns a flat 2% cash back on every purchase instead.

### You mix up the card names

According to a 2020 NerdWallet study, 14% of Americans view credit cards as "complicated," and it's not hard to see why. Some issuers offer suites of cards in the same family and have names that are nearly identical. The logos of some issuers are strikingly similar, too.

Perform a quick audit of your credit cards to make sure that they are the cards you intended to get. Cards that look and sound nearly the same may be worlds apart in terms of fees and rewards structure.

### You're regularly using a balance transfer card for purchases

Balance transfer cards can be excellent tools for paying off debt. They consolidate several debts into one place, making them easier to keep up with, and they can give you a breather on interest for many months.

However, if you're using a balance transfer card for everyday expenses as well, it will be hard to whittle that balance to \$0. Plus, many balance transfer cards don't come with rewards.

Leave the balance transfer card at home but take the cash-back card with you —

and be sure to make regular payments toward both.

### You aren't using the right card for that purchase

It pays to know the rewards rates for all of your credit cards. Say you have two credit cards, one that earns 4% on gas and another that earns only 1%. Using the 4% card whenever you fill up would return \$30 more if you spent \$1,000 annually on gas. That \$30 may not seem like a lot, but small amounts add up, especially if you have multiple rewards credit cards.

To help keep track of different rewards rates, you could label your cards with sticky notes or keep a small reference guide in your wallet.

Often, you'll have to keep spending caps in mind, too. Issuers typically cap earnings on their highest rewards rates after you reach a certain amount. Make sure you track your progress toward that cap and switch to another card with a better rate when you reach it — until the limit resets.

### You're not using a credit card at all

Though they may look and feel the same, a debit card is very different from a credit card. Credit cards offer protections and perks that debit cards (and cash) do not. You can earn cash back and other rewards with credit cards that you won't get with debit, and it's often easier to recover from losing a credit card than a debit card or a wallet full of cash.

More importantly, responsible credit card use builds your credit score, which can translate into more favorable loan terms and insurance rates, among other money-saving benefits. —AP/NerdWallet



# How much should an average funeral cost?

Dear Savvy Senior,

How much does a typical funeral and body burial cost today? My wife and I are interested in prearranging our funerals but would like to have a cost idea before going in so we can plan and budget appropriately.

—Planning Ahead

Dear Planning,

It definitely pays to know what charges to expect when pre-planning a funeral. Most people don't have a clue, and can often be upsold thousands of dollars' worth of extra services they may not want or need.

Here's an overview of what to expect.

## Funeral costs vary

Costs will vary considerably depending on your geographic location, the funeral home you choose and the funeral choices you make.

With that said, here's a breakdown of what an average funeral costs nationwide, according to the most recent data from the National Funeral Directors Association.

Professional services fee: This is a basic non-declinable fee that covers the funeral

provider's time, expertise and overhead: \$2,300.



**SAVVY SENIOR**

By Jim Miller

Transfer of the remains: This is for picking up the body and taking it to the funeral home: \$350.

Embalming and body preparation: Embalming is usually mandatory for open-casket viewing; otherwise it's not required unless the body is going to be transported across state lines. Embalming costs \$775. Other body preparations, which include hairdressing and cosmetics, run about \$275.

Funeral viewing and ceremony: If the viewing and funeral ceremony are at the funeral home, you'll be charged for use of the chapel and any necessary staff. Costs: \$450 for viewing, and \$515 for funeral ceremony.

Metal casket: This is a big money maker for funeral homes, with markups of up to 300 percent over the wholesale price: \$2,500.

Funeral transportation: Use of hearse and driver: \$325 to transport the body to the cemetery. Use of a service car/van: \$150.

Memorial printed package: This includes printed programs and guest book: \$183.

In addition to these costs, there are a number of cemetery costs like the plot or

mausoleum fee, the vault or grave liner that most cemeteries require, and the opening and closing of the grave, all of which can run between \$2,000 and \$3,000; and the gravestone, which typically runs between \$1,000 and \$3,000.

You'll also need to budget for related expenses like flowers for the funeral (\$200 to \$400), the newspaper obituary fee (\$100 to \$800 or more), the clergy honorarium (\$200 to \$300) and extra copies of the death certificate (\$5 to \$35 per copy, depending on the state).

All told, the average total cost of a U.S. funeral today with viewing and cemetery burial is around \$12,000.

## Ways to save

It's wise to shop around, as prices vary

significantly by funeral provider. There are websites you can turn to like Parting.com that let you easily compare prices online based on what you want.

When evaluating funeral providers, be sure you get an itemized price list of services and products so you can accurately compare and choose what you want.

The most significant way to save is to request a "direct burial" or "direct cremation." With these options you and your wife would be buried or cremated shortly after death, which skips the embalming and viewing. If you want a memorial service, you can have it at the graveside or at your place of worship without the body. These services usually run between \$1,000 and \$4,000, not counting cemetery charges.

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## Vet benefits

From page 18

Surviving children may also be eligible for a survivor's wartime pension after the veteran's death. The amount of a survivor's pension depends on the survivor's income and whether the survivor has dependent children, is housebound or requires "Aid and Attendance" (see below). Maximum wartime service pensions are between \$700 and \$1,300 per month, which can be reduced based on the survivor's income.

### Aid and Attendance

Aid and Attendance (A&A) is a special program to assist veterans and survivors who are eligible for DIC benefits and are either living in a nursing facility or are housebound.

If a survivor is in a nursing facility, an A&A benefit can add approximately \$300 per month to whatever benefit the survivor is already receiving. For a house-

bound survivor the benefit is usually somewhat less. The specific benefit depends on the survivor's additional sources of income and medical expenses.

### TRICARE

TRICARE is a generous system of medical coverage completely separate from other veteran benefits and is available to retired military service members, their spouses and their children younger than 21. This system is administered by the Department of Defense.

Individuals who have TRICARE coverage who become eligible for Medicare must be enrolled in both programs. Details regarding TRICARE eligibility, benefits and the coordination with Medicare are available at the TRICARE website, [tricare.mil](http://tricare.mil).

### Medical treatment

One of the most important benefits available to veterans is free or low-cost medical treatment. The VA operates more than 150 hospitals throughout the country. In addition, a great number of outpatient clinics provide healthcare. Specialized care may be available to veterans free at a VA hospital that would be unavailable in private medicine.

Rules govern the interaction between VA and Medicare: Generally, for any specific medical treatment, you can choose either of the benefits but not both.

There is a significant exception to the rule: If the VA authorizes you to receive treatment at a private facility, but does not cover all of the service you receive, Medicare may possibly pay for any of those services.

The VA maintains a website ([va.gov](http://va.gov)) which contains more information about these and other VA programs. The VA has large regional offices in major cities and many smaller offices known as vet centers in other cities.

To find either the regional office or the vet center near you, call the VA national benefits information line at 1-800-827-1000 or the health benefits line at 1-877-222-8387.

A good summary of veterans' benefits, federal civil service benefits, Social Security benefits and Medicare is contained in "Social Security, Medicare and Government Pensions" by attorney Joseph Matthews (see [Nolo.com](http://Nolo.com)).

*Elliot Raphaelson welcomes your questions and comments at [raphelliot@gmail.com](mailto:raphelliot@gmail.com).*

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*Jan. 14*

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# Leisure & Travel



Explore the five coastal villages of Cinque Terre, Italy. See story on p. 22.

## Austin's cool vibe draws winter tourists

By Glenda C. Booth

Austin has an artsy, funky vibe — a personality that spawned the local slogan “Keep Austin Weird.” In the 1960s, this Texas city was a hippie mecca, and in the 1970s, home to country greats like Willie Nelson and Waylon Jennings.

Dubbed the “Live Music Capital of the World” for its jazz, country, bluegrass, hip-hop and blues scenes, music seems to emanate from every establishment. There’s so much music in Austin that it made national television. “Austin City Limits,” which first aired in 1975, is the longest-running music show in TV history.

With a walkable downtown and temperate weather until summer’s high 90s, there’s plenty to do for the not-so-hip, too. More than 30 million tourists explore Austin’s gems every year.

Shops like The Hatbox are testaments to Austin’s quirkiness. Here, men and women can get fitted by appointment for just about any type of haberdashery, including Panama straws, pork pies, berets, top hats, fedoras, cloches, Stetsons and whimsical fascinators.

At craft store Parts and Labour, shoppers can pick up original screen-printed posters, a “Willie for President” koozie, or a “Swim across Texas” bandana.

### Museums worth visiting

Austin is a college town, which adds

even more spirit and spunk. The University of Texas’s 350-acre campus has seven museums, 17 libraries and nearly 52,000 students. (Texas braggart alert! Artist Andy Warhol and “Charlie’s Angels” star Farrah Fawcett are UT graduates.)

The university’s Blanton Museum of Art’s 17,000-piece, eclectic collection includes Mexican artists like Diego Rivera and José Clemente Orozco, objects from Mesoamerica circa 1200 BCE, Greek terra cotta pieces, 16<sup>th</sup>-century Italian art, early 20<sup>th</sup>-century cubism and American artists Albert Bierstadt and Frederic Remington.

The campus’ Bullock Museum of Texas State History explores the state’s evolution, including Catholic missions and the U.S.-Mexico War, 1836 to 1845.

By the way, when Texans talk about independence, it’s their independence from Mexico, won in the 18-minute Battle of San Jacinto by General Sam Houston, who defeated Santa Anna’s army. Houston then became president of the Republic of Texas.

The museum recounts ranching and oil industry history, the Jim Crow era, and spotlights San Antonio native Shaquille O’Neal’s autographed, size 22 basketball sneaker. (They really do grow ‘em bigger in Texas.)

### LBJ museum

At the Lyndon B. Johnson Library and Museum on UT’s campus, everything LBJ



The (Texas) Colorado River flows through downtown Austin, and is popular for fishing and paddle boarding. At sunset, tourists and locals gather on boats and Congress Bridge to watch thousands of bats stream into the evening sky.

is on full display: his youth and perseverance, strengths and foibles, triumphs and disappointments.

After growing up on a farm in Cotulla, Texas, Johnson’s first job was teaching poor Mexican children, an experience that imprinted on him the “crippling legacy of bigotry and injustice,” and the belief that an education leads to a better life.

He set out to outwork everybody. When as president he was hospitalized for a heart attack, Vice President Hubert Humphrey wrote, “LBJ tired was a ball of fire.” Visitors can listen in on classic LBJ arm-twisting conversations with people like Martin Luther King Jr. and J. Edgar Hoover.

Several exhibits reveal his soft side. In one, he’s in a pool on a float with a grandson, reading. After President John F. Kennedy’s assassination, LBJ wrote a note to his widow, Jackie: “Females have a lot of courage we males don’t have.”

### Under the dome

This is Texas, so everything’s bigger. Its pink granite state Capitol building reaches 14 feet taller than its model, the U.S. Capitol. On its south side and on the rotunda floor, six seals represent the governments that have ruled the Lone Star state: Spain, France, Mexico, the Republic of Texas, the

Confederate States of America and the U.S.

Free self-guided tours of the Capitol are permitted, and free 30-minute guided tours take place every half hour. The visitors center, in a restored 1856-57 building, hosts free guided tours twice a day.

Exhibits describe the Capitol building’s construction. Here you can admire a LEGO replica of the building, with 65,000 bricks, or learn that the state’s official animal is the armadillo; the official pastry, the sopapilla; the state plant, the prickly pear cactus; the state vegetable, the Texas sweet onion; and the state pepper, the jalapeno.

Statues on the Capitol grounds honor Texas cowboys and rangers, pioneer women, Alamo heroes, veterans, Confederate soldiers and the Ten Commandments.

The Tejano Monument’s nine life-size bronze statues pay homage to the Spanish and Mexican pioneers who started settling here in the 1500s.

Free guided tours of the Greek revival Governor’s mansion, built in 1856, require reservations and security checks one week ahead.

### Urban wildlife

When you’ve had your fill of museums,



Within its sprawling main campus near downtown Austin, the University of Texas houses seven museums and more than a dozen cultural centers, focusing on art, history and technology.



# Five extraordinary towns on Italy's coast

By Don Mankin

Imagine a Medieval town overlooking the Mediterranean Sea, like a fantasy setting for “Game of Thrones” (except brighter and with less blood).

Now imagine five of these towns and you have Cinque Terre, Italy — literally, “five lands” in English.

In October, I visited Cinque Terre, along with my wife and a friend, after spending nine days in the urban turmoil of Rome, five hours south.

Don't get me wrong, Rome was great, but after a few days of traffic and noise, I was ready for something different. I wanted to wash away the tumult of Rome with views of land and water, rather than views back in time. I craved scenery rather than antiquities.

## The five lands of Cinque Terre

Cinque Terre, a UNESCO World Her-

itage Site and national park, is a string of five centuries-old fishing villages on the northwestern coast of Italy, about an hour north of Pisa. It's a place from another world, another time.

Colorful houses on rugged promontories and cliffs, Medieval fortresses and churches, steep terraces covered with vineyards and olive trees, sweeping sea vistas, and harbors filled with fishing boats are visible from the villages and the seven miles of hiking trails that connect them.

The towns — Monterosso, Vernazza, Corniglia, Manarola and Riomaggiore — are only a few miles apart, so it's easy to visit all of them via a train that runs every few minutes or by well-traveled hiking paths.

They are similar in terms of the spectacular views and multicolored houses, but differ in setting, size and layout. We chose to stay in Corniglia primarily because we were able

to find an affordable Airbnb apartment.

## At home in Corniglia

Corniglia is the smallest of the five villages and the only one perched on a hill rather than on the water. To get from the train station to our apartment we had to walk up a switchback staircase of about 380 steps to the village.

This was less inconvenient than it might sound, since the staircase offered several landings where we could stop, enjoy the view, and catch our breath.

There is also a shuttle that runs between the train station and the villages, but most of the time we opted for the stairs to burn off the many calories we consumed at the excellent trattorias where we dined during our four-day visit.

For the first couple of days, we braved the steps to explore the fairytale town of

Corniglia, wandering down winding passageways and alleys, and glimpsing peek-a-boo views of terraced hillsides and sparkling sea between the rows of houses.

On our first exploration, we ended up in a plaza and ate stuffed mussels and pasta at an outside table where we could observe other people wandering by.

Another excursion led us to a courtyard with views of the Mediterranean as well as Vernazza, the town a couple of miles to the north, and Manarola, the town three miles to the south.

And on another walk, we ended up at a trattoria in front of a church, where we ate La Pinsa — gluten-free pizza made from rice flour — and were entertained by a garrulous couple from Scotland. With their thick Glaswegian accents, I barely understood what they were saying, but their gusto and spirit made me laugh, nonetheless.

## Exploring the other villages

We hopped a train to Monterosso, the largest and most northerly town. Situated at the water's edge, Monterosso is the only town in Cinque Terre with a sandy beach.

We walked along the beachside promenade to the scenic harbor and picked out a restaurant among the many in the plaza nearby. I ate an excellent seafood pasta with clams, mussels and squid.

On our last full day, we hiked to Vernazza. It's a moderately challenging two-mile hike on a well-maintained, rocky trail with excellent views.

The first two-thirds of the trail winds gently uphill through groves of trees to a café at the peak, where we stopped for lemonade slushies and beer before heading down on the steeper, sun-exposed final third into Vernazza.

Vernazza was the most beautiful of the four towns we visited. Its upper section sits atop a rocky promontory jutting out into the sea, while the lower section leads down to the harbor and a small, rocky beach.

The waterfront is filled with restaurants. We picked the liveliest one with a free table and restored our depleted bodies with pasta, a warm seafood salad with lobster, octopus, mussels, and clams, and lots of water, beer and wine.

We still had several hours of daylight and a yen to see more, so we took the train to Manarola, the oldest of the five villages. Manarola is long and narrow. The main drag leads to a small waterfront, where men much younger, leaner and daring than I dived off a rock just offshore into the water. I ate gelato and watched them dive.

If we had more time, we would have visited the southernmost town, Riomaggiore. Next time for sure.

I have been to Italy three times, visiting Rome, Pompeii, Venice, Florence and now Cinque Terre. I loved all of it.

But if I had to pick one place to re-visit, this would be it. There are more trails to hike, passageways to explore, trattorias to

(paid advertisement)

# Copper can stop germs before they spread

Scientists have discovered a natural way to kill germs fast.

Now thousands of people are using it against unwanted viruses and bacteria in the nose and on the skin.

Germs, such as viruses and bacteria, can multiply fast. When unwanted germs get in your nose they can spread and cause misery unless you stop them early.

In the last 20 years, hundreds of studies by government and university scientists show the natural element copper kills germs just by touch.

The EPA officially declared copper to be antimicrobial, which means it kills microbes, including viruses, bacteria, and fungus.

The National Institutes of Health says, “The antimicrobial activity of copper is now well established.”

Ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about microbes, but now we do.

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell by touch and destroys it in seconds.

Some hospitals tried copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA, and other illnesses, by over half and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. He made a smooth copper probe with a tip to fit in the bottom of his nose.

The next time he felt a tickle in his nose that felt like a cold about to start, he rubbed the copper gently in his nose for 60 seconds.

“The cold never got going,” he exclaimed. “That was September 2012. I use copper in the nose every time and I have not had a single cold since then.”

“We don't make product health claims,” he said, “so I can't say cause and effect. But we know copper is antimicrobial.”



Natural device puts copper right where you need it.

He asked relatives and friends to try it. They reported the same thing, so he patented CopperZap® and put it on the market.

Soon hundreds of people had tried it. The feedback was 99% positive if they used the copper within 3 hours after the first sign of unwanted germs, like a tickle in the nose or a scratchy throat.

Early user Mary Pickrell said, “I can't believe how good my nose feels.”

“What a wonderful thing!” exclaimed Physician's Assistant Julie. Another customer asked, “Is it supposed to work that fast?”

Pat McAllister, 70, received one for Christmas and called it “one of the best presents ever. This little jewel really works.”

Frequent flier Karen Gauci used to suffer after crowded flights. Though skeptical, she tried copper on travel days for

2 months. “Sixteen flights and not a sniffle!” she exclaimed.

Businesswoman Rosaleen says when people around her show signs of unwanted germs, she uses copper morning and night. “It saved me last holidays,” she said. “The kids had crud going round and round, but not me.”

Attorney Donna Blight tried copper for her sinus. “I am shocked!” she said. “My head cleared, no more headache, no more congestion.”

A man with trouble breathing through his nose at night tried copper just before bed. “Best sleep I've had in years!” he said.

In a lab test, technicians placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

Some people press copper on a lip right away if a warning tingle suggests unwanted germs gathering there.

The handle is curved and textured to increase contact. Copper can kill germs picked up on fingers and hands after you touch things other people have touched.

The EPA says copper still works even when tarnished.

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Dr. Bill Keevil: Copper quickly kills viruses.



## Cinque Terre

From page 22

visit and sunsets to watch. And I still have one more land to visit.

### If you go

Round trip, one-stop flights from the D.C. area to Milan, one of the closest major cities to Cinque Terre, cost approximately \$500 during the off-season.

Airfare to and from Florence, which is about two and a half hours inland, costs around \$700. Trains from Milan or Florence take about three hours. Fares range from \$20 to \$30 roundtrip.

The Cinque Terre Train Card provides

access to unlimited travel among the five towns and to the hiking trails, plus the Corniglia shuttle between the train station and the town. The card costs about \$18 for one day, \$33 for two and \$47 for three.

Try to find an Airbnb rental, or rent a room in Corniglia at Villino Azzurra. The apartments range from \$80 to \$120 per night.

As for restaurants, it's Italy, so you can't go wrong. In Corniglia, we ate pizza at A'Caneva; in Monterrosa we had fresh seafood at Restaurant Ciak; and we had an excellent seafood dinner at Il Gambero Rosso in Vernazza.

For more information, you can visit [cinqueterre.eu.com](http://cinqueterre.eu.com).

PHOTO © OLGACOV | DREAMSTIME.COM



Vernazza, one of Italy's most picturesque fishing villages, is linked by footpath to the four other villages in Cinque Terre National Park.

## Austin

From page 21

the 416-acre, downtown Lady Bird Lake is a prime recreation site, with a 10-mile loop trail and calm waters favored for paddle boarding, kayaking, canoeing and fishing.

Few cities showcase their bats, but Austin does. At the Ann W. Richards Congress Avenue Bridge over the lake, people gather at dusk to watch over a million Mexican free-tailed bats fly out of their roost under the bridge to search for food. The Congress Bridge bats delight crowds from mid-February and stay until mid-October. Bat-watching tours from the river are also a good way to watch the daily show.

### Austin's downhome cuisine

Austin is known for Texas chili, Tex-Mex dishes and barbecue. The hole-in-the-wall Texas Chili Parlor champions the official state food, chili, from 11 a.m. to 2 a.m. Diners can order samples of three different kinds, and many top it with crunchy Fritos.

Tex-Mex is the Texas version of Mexican food, and while the authentic ingredients are often debated, it usually features spiced meats, beans, tomatoes, onions, tortillas, salsa picante, guacamole and cheese.

Barbecue is another claim to fame. At Franklin Barbecue, where former President Barack Obama reportedly spent \$350, people start lining up at 8 a.m. for the brisket.

Stubbs Bar-B-Q also often has lines outside, aficionados awaiting hickory-smoked sausage, chicken and turkey breasts. Tasty sides include pinto beans, fried okra, collard greens and serrano cheese spinach. Sunday's gospel brunch is a winner.

Be prepared for a little spice. "Back home," one Virginia transplant quipped, "the hottest thing we put on our food was ketchup."

### Festivals

The renowned South by Southwest Festival every March (this year March 10 to 19) is a jam-packed, 10-day extravaganza when over 2,300 bands perform in more than 100 venues. In addition to music, the festival in-

cludes film screenings, comedy showcases, speakers and other events. Visit [austintexas.org/events/sxsw](http://austintexas.org/events/sxsw) or [sxsw.com](http://sxsw.com).

Austin stages many more festivals, like Rodeo Austin (March), the ABC Kite Fest (April), the Reggae Fest (April), the Austin International Poetry Festival (April) and the Pecan Street Festival (May and September). Visit [austintexas.org/events](http://austintexas.org/events).

### If you go

Delta and United Airlines have roundtrip flights from Reagan National Airport for \$465. Visit Austin ([austintexas.org](http://austintexas.org)) has an online and printed visitor guide describing lodging, restaurants and attractions.

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# Arts & Style



Turn the page for funny (punny) calendars to keep you chuckling all year.

## Oz backstory, *Wicked*, is a holiday treat

By Lynda Lantz

The crowd-pleasing, Tony Award-winning musical *Wicked* was first performed on Broadway in 2004. With music and lyrics by Stephen Schwartz and a book by Winnie Holzman, it is today among the top 12 longest-running productions on Broadway.

Now at the Kennedy Center on a national tour, a recent performance included a number of young adults decked out in sparkling green attire in honor of one of the heroines, the Wicked Witch of the West, Elphaba.

If this is your first experience with *Wicked*, don't expect the Land of Oz of Frank L. Baum's many inventive novels. The musical, based on Gregory Maguire's 1995 novel *Wicked: The Life and Times of the Wicked Witch of the West*, imagines Oz before Dorothy comes on the scene. An engaging backstory of the witches of Oz, as well as some other familiar characters, takes center stage.

Elphaba, played by Lissa deGuzman, is born different, with green cactus-dull skin. She's prickly, too, after her father's hostility and the continual taunts of classmates, and weighted by an uneasy devotion to her sister, Nessarose, who is in a wheelchair.

At boarding school, Elphaba's skill at sorcery catches the eyes of Madame Morrible (regal and craven in the skilled hands of Natalie Venetia Belcon).

Elphaba's visual drabness, especially against the color-drenched, detail-luxuriant Kennedy Center Opera Stage, can make it hard to empathize with Elphaba initially. But her drive for justice and her compassion warm a scene where Elphaba shares lunch with a teacher (who is a goat), played by Michael Genet with sympathy and frustration.

Raging at the growing persecution of animal citizens in Oz, deGuzman's powerful voice is anything but dull or diffident, despite a few moments where it seemed that she might still be suffering from the illness that, in the first week of performance, knocked out all the lead actors.

### Opposites attract

Roommates Elphaba and Glinda (in this performance played by understudy Jackie Raye) regard one another at first with tremendous hostility, but later become close friends.

Glinda's a selfish beauty who is used to



Who's the good witch? Jennafer Newberry plays the self-absorbed Glinda and Lissa deGuzman stars as her friend Elphaba in the national tour of *Wicked*, at the Kennedy Center through Jan. 22.

getting what she wants. That includes the company of young prince Fiyero (Jordan Litz). With a voice as handsome as he is, Litz makes the audience believe his strug-

gle to change from flashy and shallow to principled and thoughtful.

See *WICKED*, page 26

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# National Symphony Orchestra

The Kennedy Center

**Gianandrea Noseda**  
Music Director

# January/ February

## Seong-Jin Cho plays Brahms’ Piano Concerto No. 1

### Noseda conducts Schumann’s “Rhenish” Symphony

Award-winning young dynamo **Seong-Jin Cho** brings “world-class technique” (*Los Angeles Times*) to Brahms’ Piano Concerto No. 1, a masterpiece written in the throes of forbidden love. NSO Director **Gianandrea Noseda** closes the program with the “Rhenish” Symphony, Schumann’s free-flowing, euphoric depiction of Germany’s mightiest river.

Johannes Brahms: Piano Concerto No. 1  
Robert Schumann: Symphony No. 3, “Rhenish”

January 12–14 | Concert Hall

## Leonidas Kavakos plays Shostakovich’s Violin Concerto No. 1

### Noseda conducts Bruckner’s Sixth Symphony

The haunting sound of **Leonidas Kavakos**’s 1734 “Willemotte” Stradivarius will be on full display in Shostakovich’s First Violin Concerto, a challenging showpiece raging with raw fury and dark humor. Don’t miss the Greek virtuoso’s much-anticipated return as **Gianandrea Noseda** conducts the sublime concerto along with Bruckner’s striking Symphony No. 6.

Dmitri Shostakovich: Violin Concerto No. 1  
Anton Bruckner: Symphony No. 6

January 19–21 | Concert Hall



## The Kennedy Center Chamber Players: Winter Concert

Comprising titled musicians of the NSO, this acclaimed ensemble presents classics from four centuries of chamber music.

**Max Bruch:** 8 Pieces for clarinet, viola, and piano op.83 - selection  
**Sebastian Currier:** Ghost Trio for violin, cello, and piano  
**Ludwig van Beethoven:** Trio No.5 in D major for violin, cello, and piano op.70/1 “Ghost Trio”

January 29 | Terrace Theater

### NEXT MONTH!



## Beatrice Rana plays Schumann’s Piano Concerto

### James Gaffigan conducts Dvořák’s Seventh Symphony

**Beatrice Rana** makes her much-anticipated NSO debut performing Schumann’s romantic Piano Concerto, a brilliant showpiece for her “ferocious technique” (*The New York Times*). Then, Dvořák’s Seventh draws us into a world of mystery, tension, and wild heroic energy. In the hands of **James Gaffigan**, this dark extravaganza of a symphony is an *event*.

Wolfgang Amadeus Mozart: *Idomeneo* - Ballet Music  
Robert Schumann: Piano Concerto  
Antonín Dvořák: Symphony No. 7

February 2 & 4 | Concert Hall

## Stravinsky’s *The Rite of Spring* Francesca Dego plays Prokofiev

**Krzysztof Urbanski** unleashes the full force of Stravinsky’s powerful masterwork. A legendary, avant-garde ballet score, *The Rite of Spring* shocked audiences into a frenzy at its Paris premiere creating musical tremors still felt today. **Francesca Dego** makes her NSO debut in Prokofiev’s Violin Concerto No. 2, a timely, restorative work of grace, compassion, and nomadic charm.

**Wojciech Kilar:** *Krzesany*  
**Sergei Prokofiev:** Violin Concerto No. 2  
**Igor Stravinsky:** *Le Sacre du Printemps* (*The Rite of Spring*)

February 9–11 | Concert Hall

## Sir Mark Elder conducts Mahler’s Ninth Symphony

Renowned maestro Sir Mark Elder returns to conduct Mahler’s bitterly beautiful Ninth Symphony. As Music Director of Manchester’s esteemed Hallé Orchestra, Elder has conducted and recorded superb performances of Mahler’s Ninth—don’t miss your chance to hear this masterwork LIVE in the hands of one of its most revered champions.

Gustav Mahler: Symphony No. 9

February 16, 18 & 19 | Concert Hall



## Christoph Eschenbach conducts Brahms

### Chen Reiss sings Mozart

Former NSO Music Director **Christoph Eschenbach** returns to lead Brahms’ idyllic Symphony No. 2. Hear its warm melodies and familiar lullabies conjure a verdant landscape—then blossom into a grand, uninhibited finale. Acclaimed soprano **Chen Reiss** lends her “voice of silver brightness and clarity” (*Bachtrack*) to performances of Mozart’s arias and scintillating motet *Exsultate, jubilate*.

**Wolfgang Amadeus Mozart:**  
*Le Nozze di Figaro* – Overture  
**Wolfgang Amadeus Mozart:**  
*Le Nozze di Figaro* – “Dove sono”  
**Wolfgang Amadeus Mozart:**  
*Don Giovanni* – “Non mi dir”  
**Wolfgang Amadeus Mozart:** *Exsultate, jubilate*  
**Johannes Brahms:** Symphony No. 2

February 23–25 | Concert Hall

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# Funny calendars, cartoons and guides

Resolve to start the new year with a smile.

**Subpar Parks: America's Most Extraordinary National Parks and Their Least Impressed Visitors**, by Amber Share, 224 pages, Plume hardcover, 2021

What could be more entertaining than a humorous guide to the National Parks? Pick your next vacation destination without being overwhelmed with exhaustive information and immaterial minutiae.

Instead, plan your journey by reading a lighthearted narrative which will definitely put you in the right frame of mind. After all, if you have fun planning your itinerary, that mood might easily transfer to the trip itself.

Older readers may not be familiar with Amber Share's popular Instagram page,

@subparkparks, which boasts over 350,000 followers. Here it is in book form, ready to be enjoyed by vacationers of all ages.

Share highlights a one-star review by disappointed tourists alongside her own fact-filled and glowing tribute to each of the 68 parks she has visited.

This guide is devoid of photographs to attract you to the parks' picturesque scenery. Rather, it is illustrated by Share, a graphic artist and avid nature lover. What it lacks in imagery it more than compensates for in whimsy.

Laugh at the complaints of sourpusses who rant about petty inconveniences, bad weather and other disappointments they encountered in many of the most gor-

geous settings in the United States.

Reading these complaints will keep you from falling into the trap that some overscheduled, under-budgeted travelers face. Keep your mind on the vista in front of you and not on your sore, aching feet. That is a lesson worth learning as you laugh at the prickly emotions and foul moods of grouches and malcontents.

If you don't want to travel far, check out the pages for Rock Creek Park, the National Mall, Harpers Ferry or Shenandoah.

Entries include helpful information on less crowded spots, trails and activities within the park and times of year to travel when they're less crowded.

Park rangers' tips and tales add colorful details. In the back, you'll find a resource guide with websites for further research as well as general tips on planning and scheduling your trip.

**Revenge of the Librarians: Cartoons**, by Tom Gauld, 181 pages, Drawn & Quarterly hardcover, 2022



**THE BIBLIOPHILE**  
By Dinah Rokach

You may have admired the wit of Scottish-born cartoonist and illustrator Tom Gauld on the cover of *The New Yorker* magazine without taking note of his identity. His wry cartoons have also appeared inside.

Gauld is better known in England, where his weekly cartoon has appeared in *The Guardian* since 2005. This is Gauld's seventh comic book,

as he calls them.

*Revenge of the Librarians* is a compilation of 176 one-page comic strips poking fun at writers, book editors, librarians, book reviewers and readers. The subjects he skewers include the ever-growing pile of unread books amassed by well-

See **BIBLIOPHILE**, page 29

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## Wicked

From page 24

Visiting Emerald City — a futuristic cross between Las Vegas and the clockworks of Chaplin's *Modern Times* — the young witches-to-be face a turning point. The Wizard (John Bolton) is more sinister than the weak, sentimental Midwesterner he claims to be. With Madame Morrible, he's got power-hungry plans for Oz that require Elphaba's special skills.

The notable skill of all of the supporting actors helps bring this shadowed Oz to life — including the darkly codependent Nessarose (Kimberly Immanuel) and her love interest, Boq (Jake Pedersen). Chistery (Brion Marquis Watson) and his fellow flying monkeys are especially eerie and engrossing as they fully inhabit the winged simians.

Although I suspect I am an outlier, I felt many of the songs in *Wicked* slow the story with too much explication. The chorus numbers, although visually appealing in choreography and Victorian-steampunk attire, can be difficult to understand.

On the other hand, DeGuzman's thrilling "Defying Gravity," at the climax of the first act, paired perfectly with vivid multidimensional lighting that seemed to hold Elphaba suspended while Ozians scurried beneath and among stardust, as she seized control of her destiny.

As Elphaba goes on the run, Glinda has still not found a way to channel her energy into anything beyond herself. She faces her own turning point when Fiyero is no longer willing to overlook her faults or deny the dictates of his heart.

One caveat: When Fiyero and Elphaba sing "As Long As You're Mine," and fondle each other while kneeling amid the theatrical fog, I was glad not to be there with a young audience member.

## Holiday treat

Nonetheless, the Kennedy Center's production features strong acting, beautiful voices, glittering sets, and a suspenseful plot that makes it a winning holiday treat.

*Wicked* is a story of a friendship tested. Often thoughtless and even cruel, Glinda sets in motion acts that will change the lives of all the characters she touches.

Is her character nuanced, or is it too easy to overlook her faults because of her voice — in the complex emotion of the song "Thank Goodness" — and her exuberant physical humor that channels Gilda Radner or Molly Shannon? She also gets most of the funny lines and uses them to good effect.

*Wicked* reminds us that friendship can challenge us to be our best selves. With Glinda's help, Elphaba finds the confidence to pursue her vision. At every step she seeks to counteract wrongdoing.

Elphaba doesn't give up on believing that Glinda can one day live up to the image of goodness that everyone thinks they see. And Glinda returns the favor.

*Wicked runs through Jan. 22, and is recommended for children 8 and up. It has a run time of 2 hours and 50 minutes with one intermission.*

*Tickets range from \$59 to \$349. To order, contact the box office at [kennedy-center.org](http://kennedy-center.org) or call (202) 467-4600. A limited number of discounted tickets for students and adults over 65 are available; see the box office in person.*

*Masking is optional. The theater encourages patrons who do not feel well on the day of show to remain at home.*

*The Kennedy Center is located at 2700 F St. NW, in Washington, D.C. and is accessible by car and public transportation. Prepaid parking costs \$22. A free shuttle bus runs between the Foggy Bottom/GWU metro station and the Kennedy Center prior to and following performances.*



# Should Tom Brady hang up his cleats?

My adult children and I agree on many things, but sports is not one of them. They root for teams. I root for individuals.

Asked if I watched the latest big game on TV, I will usually say yes. Then I will launch into a detailed analysis of how my favorite player performed.

"But don't you CARE who wins and loses?" my son will typically ask.

"Not really," I will reply. There follows enough eye-rolling to sink a few ships.

Which leads me to the amazing, unsinkable, indefatigable, relentlessly excellent Tom Brady.

In case you've been living under a giant rock for the last 23 years, Brady is the most successful quarterback in the history of professional football.

He has won seven Super Bowl titles. He has done that even though he wasn't a highly touted player coming out of college.

He has proven — and keeps proving — that will and determination will take you a long way on the football field. Also, anywhere else.

Amazingly, Brady is still playing at the age of 45. I barely remember being that young, but I will tell you this:

The prospect of ferocious 300-pound tacklers bearing down on me, intent on putting me in the hospital, would have chased me into a rocking chair long ago.

Not Brady. He shows up every Sunday, and still wins his share of the time. He is still performing at a high level. And he routinely swats away questions about how long he can keep going.

Until he's 48? Fifty? I wouldn't put it past him. And I wouldn't expect the great debate about him to disappear any sooner than he does.

To wit: How old is too old for a professional football player? There's no set figure. However, the average career in the National Football League lasts five years. So anyone playing into his late 20s and beyond has already beaten the odds.

And he has defied the power structure. Professional football is full of authority figures, none of whom wears a uniform on Sundays.

Coaches and general managers always think they know best, even after they are fired for not knowing best. They counted Tom Brady out before he was 24. So much for crystal balls.



## HOW I SEE IT

By Bob Levey

Meanwhile, Tom Brady soldiers on. He works out as compulsively as he did at 22. He concentrates on scouting reports as well as ever.

If he says he can still do it at 45, who is any armchair quarterback to argue?

The answer to that, among my pals, is... all of them. They want Tom Brady gone. Right now. Even when his team (at this writing) is leading its division.

In a conference call the other day, every friend (average age north of 70) declared that Brady should stand aside right now — or preferably yesterday — before his body gets carted to the morgue.

A major argument: He should be satisfied with what he has achieved, because no quarterback has ever achieved more.

The counterargument: Winning begets the desire to win more. Can you really blame Tom Brady for still wanting to succeed, any more than you would blame a young person for the same thing?

Another major argument: He is not as good as he used to be.

Counterargument: Who is?

A third major argument: Brady is being piggy. He has already made multiple millions. He is a cinch for the Hall of Fame. Why stand in the way of someone younger?

Counterargument: Because he can.

These questions and answers apply to any industry and any person. Youth is

See **BOB LEVEY**, page 29

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PUZZLE PAGE

SCRABBLE

G | R | A | M | S

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A<sub>1</sub>

I<sub>1</sub>

T<sub>1</sub>

M<sub>3</sub>

L<sub>1</sub>

P<sub>3</sub>

S<sub>1</sub>

RACK 1

A<sub>1</sub>

A<sub>1</sub>

E<sub>1</sub>

E<sub>1</sub>

R<sub>1</sub>

C<sub>3</sub>

G<sub>2</sub>

RACK 2

A<sub>1</sub>

E<sub>1</sub>

O<sub>1</sub>

O<sub>1</sub>

M<sub>3</sub>

R<sub>1</sub>

T<sub>1</sub>

RACK 3

A<sub>1</sub>

E<sub>1</sub>

U<sub>1</sub>

R<sub>1</sub>

D<sub>2</sub>

N<sub>1</sub>

T<sub>1</sub>

1st Letter Double

RACK 4

A<sub>1</sub>

I<sub>1</sub>

H<sub>4</sub>

D<sub>2</sub>

S<sub>1</sub>

L<sub>1</sub>

B<sub>3</sub>

Triple Word Score

RACK 5

PAR SCORE 250-260

BEST SCORE 329

FIVE RACK TOTAL

TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blank" tiles used as any letter have no point value. All the words are in the Official SCRABBLE Players Dictionary, 5th Edition.

Scrabble answers on p. 31.

JUMBLE

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

CEETJ

TMHAC

BRAYCB

DONOEL

Get the free JUST JUMBLE app - Follow us on Twitter @PlayJumble

Do you mind switching it to the football game?

We just started watching our show "You'll love it!"

It's about a football coach

HE WANTED TO CHANGE THE CHANNEL TO WATCH THE GAME BUT DIDN'T HAVE A ---

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

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Jumble answers on p. 31.

Crossword Puzzle

Find a new crossword every day on our website at [www.TheBeaconNewspapers.com/puzzles](http://www.TheBeaconNewspapers.com/puzzles).

Cutting Calor-E's

Stephen Sherr

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
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		48			49	50					51			
52	53			54					55					
56			57					58	59			60	61	62
63					64					65				
66					67					68				
69					70					71				

Across

1. Musical group

6. Makes lights more romantic

10. Lineman Michael, subject of *The Blind Side*

14. Standard Big Mac ingredient

15. Its atomic symbol is Fe

16. Southernmost spot

17. Combine forces

18. Travel authorization

19. Book after Joel

20. Quite simple

23. Greek letter that looks like a "P"

24. "Well, how was \_\_\_ know?"

25. Paper Mate product

26. Strong-willed individual

32. King or Quixote

33. Zip line endpoint

34. Tries to get to the center of a Tootsie Pop

37. July 4 failures

39. Take care of the arrangements

42. Small buffalo

43. Check out the host's medicine cabinets

45. Cozy rest spots for thieves

47. "It's an \_\_\_ wind that blows no one any good"

48. Totally smushed

52. Good place for a pedicure

54. Fed. org. made possible by the 16th amendment

55. Grand \_\_\_ Opry

56. Earn informal awards

63. Ice Capades maneuver

64. Swamp thing

65. Nebraska location of Creighton University

66. Emperor after Claudius's death

67. "Here, there, or somewhere \_\_\_"

68. Family matriarchs

69. Deli counter side dish

70. Push down hard on the brake pedal

71. Causes of school delays

Down

1. Condition with a 90% survival rate (on soap operas)

2. Binary symbols

3. Swampy ground

4. Star of *The Maltese Falcon*

5. What Luke delivered to The Death Star

6. Leading lady

7. Flower that symbolizes hope

8. Artwork in a Roman bath

9. Become suddenly alert

10. Birthstone of Halloween babes

11. Backyard brunch

12. Save on the wedding catering

13. Varnish ingredient

21. "My guess is as good as \_\_\_"

22. Group of reporters

26. 18 landing spots on a roulette wheel

27. Animal, vegetable, or mineral

28. The last Blockbuster store, for example

29. "That is slightly surprising"

30. Takes warnings seriously

31. Korean maker of Sportages and Sorentos

35. Nut that may be a source of caffeine

36. Polio vaccine pioneer

38. A note to precede la

40. Mad Hatter's drink

41. *Hop* \_\_\_ (1963 Dr. Seuss classic)

44. Find matching socks

46. Places to wet your whistle in *Westworld*

49. Common plot devices

50. Also

51. Marcus' brother-in-law and partner

52. Birds that mate for life

53. Smallest unit of a digital photograph

57. Make a wish with a dandelion

58. Org. led by James Webb for most of the 60s

59. Line \_\_\_ veto

60. Tiny prefix

61. React to global warming

62. Insolence

Answers on page 31.



Bibliophile

From page 26

intentioned book buyers, book festivals, eccentric librarians, encounters between authors and their editors, writer’s block and the formulaic plots of mediocre fiction. Older adults will recognize the borrowing card in the small pocket on the inside front cover. The card is stamped with due dates and warns borrowers that late returns will incur fines. This bit of whimsy is sure to evoke a nostalgic reaction.

*Laugh-Out-Loud Jokes 2023 Day-to-Day Calendar: 1,000 Punny Jokes*, by Rob Elliott, Andrews McMeel Publishing; *Knock McNeil 2023 Daily Box Calendar*, Willow Creek Press; *Pun Intended 2023 Daily Box Calendar*, Willow Creek Press

Pick your favorite way to start each day — with a knock-knock joke, a one-sentence pun, or three jokes presented in a Q&A format. *Knock Knock* and *Pun Intended* are printed on a rainbow of solid-color pages with blank lines for note-taking at the bottom. Each page displays the monthly calendar.

Every page of *Laugh-Out-Loud* offers three jokes compiled by humorist Rob Elliott, whose series of *Laugh-Out-Loud* books have sold more than three million copies.

All of the calendars can be mounted for ease of display and are printed with soy-based ink on recycled paper.

Bob Levey

From page 27

wonderful. But experience is just as wonderful — maybe more so. Why shouldn’t a person who would ordinarily be well past his pull date continue if he can? Why do we insist on applying blanket rules to someone who is obviously exceptional?

In football, as in life, avoiding mistakes is just as important as notching huge successes. Tom Brady exemplifies that, in spades.

When he drops back to pass, study his upright carriage. Always the same. Study the way he surveys the field. Always methodical and disciplined. Study the way he releases his passes. Like a great dart-thrower — never too high, never too low.

The guy is still playing because the guy can still play. Couldn’t Rupert Murdoch say the same? Couldn’t President Biden? Couldn’t

ONE BIG HAPPY By Rick Detorie



Dr. Anthony Fauci?  
To argue that Brady should sit because of what his birth certificate says is to misaim. If football is all about winning, then a team should use whichever players get them there.  
Brady gets his Tampa Bay Buccaneers there.  
Yes, I will be surprised if he is still playing at age 89, as Murdoch is. But there’s a first time for everything. Tom Brady has been shattering expectations for a long time. Long may he continue.  
*Bob Levey is a national award-winning columnist.*

BEACON BITS

**Ongoing** **FRANCISCAN MONASTERY TOUR**  
Take a free tour of the Monastery church, including the full-size replicas of the Mount Calvary and Holy Sepulchre shrines in Jerusalem, plus reproductions of the Nazareth Annunciation and Bethlehem Nativity grottos and Roman catacombs. Tours take place on Sundays at noon and 1:30 p.m. and Wednesdays through Saturdays at 1 and 2 p.m. at 1400 Quincy St. NW, Washington, DC. The tours last under one hour and depend on tour guide availability. Reservations are required. For more information and to register, visit [bit.ly/MonasteryTour](https://bit.ly/MonasteryTour).

**Jan. 19** **ALL ABOUT ELECTRIC VEHICLES**  
Metropolitan Washington Council of Government’s Climate, Energy, and Environment Policy Committee is bringing together the public and private sectors to discuss ways to accelerate action on electric vehicle deployment in the metropolitan Washington region. Registered attendees are given free access to the Auto Show Sneak Peek before it’s open to the public. This event takes place on Thu., Jan. 19 at the Walter E. Washington Convention Center, 801 Mount Vernon Pl. NW, Washington, DC. The reception begins at 2 p.m. For more information and to register, visit [bit.ly/ElectricVehiclesDC](https://bit.ly/ElectricVehiclesDC).

**Jan. 26** **DRAWING WORKSHOP (VIRTUAL)**  
Discover your inner artist in this live virtual drawing workshop hosted by the National Portrait Gallery, facilitated by artist Jill Galloway. This free program takes place on Thu., Jan. 26 at 11 a.m. and is open to all skill levels. Register at [bit.ly/3HXvi7d](https://bit.ly/3HXvi7d). The zoom link will be emailed to registered participants in advance.

BEACON BITS

**Jan. 17** **IN CONVERSATION WITH BOB WOODWARD**  
Author Philip Taubman will discuss his book, *In the Nation’s Service: The Life and Times of George P. Shultz*, which offers an insider account of the behind-the-scenes struggles of the statesman who played a pivotal role in unwinding the Cold War. This free event takes place on Tue., Jan. 17 at 7 p.m. at Politics and Prose, 5015 Connecticut Ave. NW, Washington, DC. Seating is first come, first served. Watch the livestream at [youtu.be/S2JqXRXa6zM](https://youtu.be/S2JqXRXa6zM).



CLASSIFIEDS

The *Beacon* prints classified advertising under the following headings: Business & Employment Opportunities; Caregivers; Computer Services; Entertainment; For Sale; For Sale/Rent: Real Estate; Free; Health; Home/ Handyman Services; Miscellaneous; Obituaries; Personals; Personal Services; Vacation Opportunities; and Wanted. For submission guidelines and deadlines, see the box on page 31.

**CAVEAT EMPTOR!**

The *Beacon* does not knowingly accept obscene, offensive, harmful, or fraudulent advertising. However, we do not investigate any advertisers or their products and cannot accept responsibility for the integrity of either. Respondents to classified advertising should always use caution and their best judgment.

**EMPLOYMENT & REAL ESTATE ADS:**

We will not knowingly or intentionally accept advertising in violation of federal, state, and local laws prohibiting discrimination based on race, color, national origin, sex, familial status or handicap in connection with employment or the sale or rental of real estate.

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**HELP WANTED: PART TIME MEDICAL RECEPTIONIST.** Kensington/Silver Spring Pediatric Office. No experience necessary. No computer skills required. 301-933-4210

Caregivers

**A CARE AGENCY** - Been in business for more than 10 years. Experienced nurses, CNAs, GNAs. Any hours you need. Flat rate for live-in. Duties include cooking, housekeeping, bathing, errands, etc. Tel: 667-231-8235

**A HOME HEALTHCARE-** Experienced nurses, CNA, GNA are available 24/7. Cooking, companionship, personal care, housekeeping, driving. Full/Part-time or live-in care. 15 years' experience. 2405336599)

Computer Services

**PROBLEM WITH YOUR PC/MAC OR NETWORK?** Computer Systems Engineer will come to you with help. Call David G. at: 301-642-4526. Or 301-328-2112

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**UP TO \$15,000.00 OF GUARANTEED LIFE INSURANCE!** No medical exam or health questions. Cash to help pay funeral and other final expenses. Call Physicians Life Insurance Company - 866-212-1092 or visit [www.Life55plus.info/beacon](http://www.Life55plus.info/beacon)

**WESLEY FINANCIAL GROUP, LLC** Time-share Cancellation Experts. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 855-626-8703.

For Sale

**NATIONAL MEMORIAL PARK CEMETERY.** 3 choice sites CC 85-87 Reg \$8495 each, sale \$4995 each. All 3 \$ 12,995 OBO Contact Eddie 540-645-1845 or [Emahoney@gmail.com](mailto:Emahoney@gmail.com)

**PREPARE FOR POWER OUTAGES TODAY** with a GENERAC home standby generator \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote. Call now before the next power outage: 1-866-964-8106.

**VIVINT. SMART SECURITY.** Professionally installed. One connected system for total peace of mind. FREE professional installation! Four FREE months of monitoring! Call now to customize your system. 1-844-758-7925.

For Sale

**NATIONAL MEMORIAL PARK CEMETERY** 2 choice sites with vault in desirable Evergreen Garden. Regularly \$12,995. SALE PRICED \$6500. for both! Please call 727-810-5694

**PUT ON YOUR TV EARS** and hear TV with unmatched clarity. TV Ears Original were originally \$129.95 - NOW WITH THIS SPECIAL OFFER are only \$59.95 with code MCB59! Call 1-833-934-0843.

**BURIAL PLOT FOR SALE.** National Memorial Park on Lee Hwy in Falls Church, Va. TWO Choice Sites / desirable “Garden of the Last Supper”. Double Depth A&B Sites/ Reg \$16,995 for both. Sale: \$9,995 for both. Contact Jeff at [jpolucci@mieleusa.com](mailto:jpolucci@mieleusa.com). I will call you to discuss when I get your email.

Health

**PORTABLE OXYGEN CONCENTRATOR** May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 855-851-0949.

**STROKE AND CARDIOVASCULAR DISEASE** are leading causes of death, according to the American Heart Association. Screenings can provide peace of mind or early detection! Contact Life Line Screening to schedule your screening. Special offer - 5 screenings for just \$149. Call 1-844-485-7035.

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**MOBILEHELP,** America's Premier Mobile Medical Alert System. Whether You're Home or Away. For Safety and Peace of Mind. No Long Term Contracts! Free Brochure! Call Today! 1-240-650-9189.

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**DON'T LET THE STAIRS LIMIT YOUR MOBILITY!** Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-866-365-5170.

**THE BATHROOM OF YOUR DREAMS** for as little as \$149/month! BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Limited Time Offer - FREE virtual in-home consultation now and SAVE 15%! Call Today! 1-855-653-0087.

**THE GENERAC PWRCELL,** a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. \$0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-866-944-0699

**SAFE STEP.** North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-866-478-2363.

Legal Services

**APPLYING FOR SOCIAL SECURITY DISABILITY** or Appealing a Denied Claim? Call Bill Gordon & Assoc. Our case managers simplify the process & work hard to help with your case. Call 1-866-970-0779 FREE Consultation. Local Attorneys Nationwide [Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.)]

**CIRCLE OF LIFE ESTATE PLANNING WORKBOOK** (188 pages) removes the stress and anxiety of Will and Trust preparation. All you need to do is to fill in the blanks that relate to you. When completed, you will have a complete inventory of your estate. Order by credit card to: Workbook, PO BOX 169, Kensington, MD 20895. All major credit cards accepted. (301)565-2917. Cost: \$59.99 plus tax, s/h free

Miscellaneous

**WANT TO STAY SAFE AND COMFORTABLE IN YOUR HOME** as you age? Let a Certified Aging-In-Place Specialist assess your home to determine the best ways to modify it so that you may continue your independence and thrive where you live. Allyson 301-996-6199

**ADULT BEGINNER PIANO LESSONS.** Learn to play classical and popular pieces by ear and from music. Classically trained teacher with 40 years' experience. Price: \$40/60 min. Home studio, 2 blocks from Cleveland Park Metro Station, DC. Call or text Neil, 202-669-2962.

Personal Services

**LIQUIDATING AN ESTATE OR DOWNSIZING?** Doing it yourself? DON'T THROW YOUR MONEY AWAY! Our easy process determines what to keep, gift, sell, donate, or discard. Services include: estate liquidation, downsizing, whole house clean-outs; emptying storage units, junk removal, and estate sales. We buy estates, vehicles, and real estate. Call/text Philip at 301-219-3600 or visit [DownsizingSpecialists.com](http://DownsizingSpecialists.com) for more information. One person's trash is another person's treasure, and we know the difference!

**DECLUTTER, ORGANIZE, FILE, PACK, MOVE** - Services especially for seniors. Get your life and your home under control. Maryland Senior Concierge Services, 301.452.5730 or [callahanan@mdseniorhelp.com](mailto:callahanan@mdseniorhelp.com). Visit our website [www.mdseniorhelp.com](http://www.mdseniorhelp.com)

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**DISH NETWORK.** \$64.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-844-560-5837.

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Wanted

**CASH FOR JEWELRY:** Buying jewelry, diamonds, gold, platinum, silver, watches, coins, flatware, etc. Ask for Tom. Call anytime, 301-654-8678 (Reg. 883).

**WANTED: OLDER VIOLINS, GUITARS, BANJOS, MANDOLINS, UKULELES.** Musician/collector will pay cash for older string instruments. Jack (301) 279-2158, leave message & phone number (please speak slowly).

Wanted

**WILL BUY MILITARY, WWII, WWI,** Civil War memorabilia items. Uniforms, weapons, helmets, photos, war souvenirs, medals, photos or any other items associated with U.S., German, Japanese or other military history. Call Dave (240-464-0958) or email ([david.obal63@gmail.com](mailto:david.obal63@gmail.com)).

**TOP PRICES PAID FOR FINE ANTIQUES, ARTWORK** and unusual and rare things including decorated crocks and stoneware, antique clocks and music boxes, classic cars, coin operated devices, toys and dolls, furniture, lamps , art glass and pottery. I am 69 years old, well educated [ law degree ] financially capable and have over 40 years in the business. Why pay outlandish auction house, estate agent or consignment store commissions when you can get a fair upfront price for your valuables with no hassle? If you have something rare, unusual and valuable and are prepared to sell it I would like to speak with you. Please call Jake Lenihan 301 279 8834. Thank you.

**CASH FOR RECORDS, CDS AND DVDS.** Best price guaranteed. Free appraisals. All types of music (33, 45, 78 & CDs.) Also buying turntables and stereo equipment. Will make house calls with CURBSIDE PICKUPS. Call or text Steve at 301-646-5403.

**BOOK, CD OR DVD COLLECTIONS WANTED.** House calls possible. Call Nelson at 240 472 4615.

**ANTIQUES & COLLECTIBLES/ESTATE LIQUIDATION:** We provide full estate liquidation/home cleanout services – and we're always buying great stuff! Especially looking for collections of vintage toys, old signs & other advertising pieces, comic books, sports memorabilia, gold & silver coins, pre-1965 coins, jewelry, historical objects, historical memorabilia, autographs, antique paintings, bronze sculptures, folk art, vinyl records, and valuable collections of all kinds. Based in Silver Spring MD, we serve Montgomery, Howard and Baltimore Counties, Washington D.C., NOVA and beyond. We also provide appraisal services for insurance/estates. We're experts at clearing hoarder houses, too. Call Chris on cell (202) 731-9447. [www.OrionsAttic.com](http://www.OrionsAttic.com).

**I BUY OLD GUNS** (Military/Civilian) and MILITARY MEDALS, uniforms, insignia, swords, models, gear, & books from all time periods. I have a Federal Firearms License to legally purchase firearms. I am located in Silver Spring, MD and will travel. I also buy West Point & Naval Academy memorabilia and items from Generals and Admirals. Testimonials from veterans and their families on my website: [www.midatlanticmilitaryantiques.com](http://www.midatlanticmilitaryantiques.com) Call, email or text. Tim Frank 703-447-7243 [historian1975@gmail.com](mailto:historian1975@gmail.com)

Thanks for reading!

BEACON BITS

Jan. 20

**VIRTUAL PROGRAM ON NATIVE PLANTS**

**Master Gardener Elaine Mills** discusses gardening techniques with a focus on native plants. She also shares information on plant selections, lawn alternatives and year-long practices to encourage and support local wildlife. This free presentation takes place on Fri., Jan. 20 from 10 to 11:30 a.m. online. RSVP at [mgnv.org/event/caring-for-your-native-plants-garden](http://mgnv.org/event/caring-for-your-native-plants-garden) to receive the link to participate.

Feb. 2

**USAF BAND WITH GORDON GOODWIN**

Join the Airmen of Note for the kickoff to this year's Jazz Heritage Series featuring multi-Grammy Award winner Gordon Goodwin, an acclaimed American pianist, saxophonist, composer, arranger and conductor. This free concert takes place on Thu., Feb. 2 from 7:30 to 9:30 p.m. at the Rachel M. Schlesinger Concert Hall and Arts Center, 4915 East Campus Dr., Alexandria, VA. For more information and to reserve your ticket, visit [bit.ly/JazzHeritageSeries](http://bit.ly/JazzHeritageSeries).

Feb. 2

**GOETHE BOOK CLUB**

Read and discuss works by German authors in this series hosted by the Goethe-Institut Washington. All books can be read in English or German; the discussion will be in English. The next book club novel is *Neujahr (New Year) (2018)* by Juli Zeh. The discussion takes place on Thu., Feb. 2 at 6:30 p.m. in person at 1377 R St. NW, Ste. 300, Washington, DC, and virtually via Zoom. RSVP at [bit.ly/GoetheBookClub](http://bit.ly/GoetheBookClub) to receive discussion prompts and the Zoom invite link.



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O	N	I	O	N		I	R	O	N		P	O	L	E
M	E	R	G	E		V	I	S	A		A	M	O	S
A	S	E	A	S	Y	A	S	A	P		P	L	E	P
			R	H	O				I	T	O		P	E
O	N	E	T	O	U	G	H	C	O	O	K	I		
D	O	N			T	R	E	E			L	I	C	K
D	U	D	S		S	E	E	T	O		A	N	O	A
S	N	O	O	P		D	E	N	S		I	L	L	
			F	L	A	T	A	S	A	P	A	N	C	A
S	P	A			I	R	S				O	L	E	
W	I	N	B	R	O	W	N	I	P	O	I	N	T	S
A	X	E	L		P	E	A	T			O	M	A	H
N	E	R	O		E	L	S	E			N	A	N	A
S	L	A	W		S	L	A	M			S	N	O	W

ANSWERS TO JUMBLE

Jumbles: EJECT MATCH CRABBY NOODLE

Answer: He wanted to change the channel to watch the game but didn't have a — REMOTE CHANCE

HOW TO PLACE A CLASSIFIED AD

All classified ads must be submitted and paid for online, via our website, [www.thebeaconnewspapers.com/classifieds](http://www.thebeaconnewspapers.com/classifieds)

**Deadlines and Payments:** To appear in the next issue, your ad text and payment must be entered by the 5th of the preceding month (for Baltimore and Howard County editions); by the 20th (for Washington edition).

Cost will be based on the number of characters and spaces in your ad:

- \$25 for 1-250 • \$35 for 251-500. • \$50 for 501-750 (maximum length). The website will calculate this amount for you.

**Note:** Maryland contractors must provide a valid MHIC number.

- Each real estate listing qualifies as one ad. • All ads are subject to publisher's discretion. Payment will be refunded if unacceptable for any reason.

To place your classified ad, visit

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# The Invention of the Year

## The world's lightest and most portable mobility device

Once in a lifetime, a product comes along that truly moves people. Introducing the future of battery-powered personal transportation . . . ***The Zinger.***

Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough . . . a personal electric vehicle. It's called the **Zinger**, and there is nothing out there quite like it.

*"What my wife especially loves is it gives her back feelings of safety and independence which has given a real boost to her confidence and happiness! Thank You!"*

*—Kent C., California*

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum so it weighs only 47.2 lbs. It features one-touch folding and unfolding – when folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact yet



Available in Green, Black and Blue (shown)

powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life.



The Zinger folds to a mere 10 inches.

Why take our word for it? Call now, and find out how you can get a **Zinger** of your very own.

**Now available in a Joystick model**  
(Zoomer Chair)



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journey  
HEALTH & LIFESTYLE

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