



Volume 2, Issue 3

Village to Pilot Medical Note-Taking

By Jane Guttman

Studies show that “forty to eighty percent of the material presented in a doctor’s office is not retained,” noted Dr. Ronald Karpick of Rustic Way, retired pulmonologist and Village member. Patients may, therefore, not follow medical advice or take medications correctly. The Village, responding to this situation, is planning a medical note-taking service.

When Ron heard about the plan, he said it “intrigued me.” He started doing research and found that currently, Northwest Village in Washington, DC, has a medical note-taking program. Ron communicated with the organizers and was able to borrow their manual as a framework for the Village manual, which Ron wrote with an introduction by Bill Cook of Farm Hill Drive. The manual, he states, “is still a work in progress.” Ron received input from Jane Karpick, his wife (a former nurse), Dr. Marcella Marcey of Juniper Way, and Annemarie Russell, Lakeview Drive. A representative of Alexandria at Home, Allan Dinsmore, also met with them, hoping to start a similar program.

At this point, Ron is comfortable with the manual and procedures, but “we don’t know if it will work.” He is looking to establish a pilot program (See Page 2)

The Villager

August, 2016

Table of Contents

Article	Page
Medical Note Taking	1
New Members	1
In Memoriam	2
Meet the Board	2
Consumer Checkbook	5
Skyline Automotive	6
Sheila Wayman	6
Financial Seminars (B&P)	6
GHAH	7
Book Review	8
Scam Alert	8

New Members

Linda and Charles Woodrow moved to Lake Barcroft from Chelsea, Alabama, in 2013 “to be closer to family” who live in Arlington: son Ken, daughter-in-law Jean and their girls, Charlotte, 5 and Morgan, 3. Sadly, in March, 2016, Charles passed away. Linda’s “great church family” and friends in Lake Barcroft helped her through the difficult times. Linda recently joined Lake Barcroft Village: “Charles and I had talked about doing that last year. . . We weren’t getting any younger [and realized] we might need some assistance along the way.”

Linda, a retired paralegal, is an avid traveler. She describes herself and Charles, who was an engineer for Procter and Gamble for 35 years, as “corporate gypsies.” “You know what P & G stands for?” Linda joked, and then provided the answer: “Pick up and Go.” The Woodrows visited all the continents and all the states in the U.S. Before moving to Virginia, they (See Page 2)

New Members (c'td from Page 1)

resided in Ohio, Georgia, Louisiana, Maryland, New Mexico, Alabama, and London, England. Son Ken was three years old when they lived in London and Charles worked on the Tide Tower there.

Currently Linda is working her way through all the Agatha Christie novels, and is reading *Passenger to Frankfurt*, a work that does not actually feature either Miss Marple or Hercule Poirot. Linda is active in the Newcomers Club, the Woman's Club and Barcrofters. She participates in the "Knit Knite" group and the Book Club. In her spare time, she takes Great Courses and has enjoyed the Archaeology and Cooking classes.

Adi and Pervin Davar, John Roosma and Jean Vos are also new members of the Village. Their interviews will appear in the November *Villager*.

Village to Pilot Medical Note-Taking (c'td from Page 1)

with two types of volunteers: those who want to be note-takers and those who would allow the note-takers to be present at a doctor's appointment.

A medical note-taker, Ron explains, is not a medical advocate. The note-taker is present at the meeting between the patient and the doctor simply to record what the doctor says and recommends. Medical note-takers can be residents of Lake Barcroft who do not belong to the Village. For the pilot program, the volunteer "patients" need not be members of the Village, either.

These volunteers would be trained by Dr. Karpick in the art of medical note-taking.

Note-takers and patients would meet, either in person or on the phone, before the appointment. Note-takers are not necessarily those who drive the patient to the appointment; they might meet the patient at the doctor's office. The patient

would introduce the note-taker to the doctor and explain why the note-taker is present.

Confidentiality will be maintained. It will be part of the training and note-takers will be selected for their discretion. The notes will be given only to the patient and those whom the patient has designated. Paper notes will be shredded afterwards; the summary of the meeting will be deleted and erased from the computer.

Anyone interested in becoming a volunteer for the pilot program as note-taker or patient should contact Ron at lungone@msn.com or (703) 256-8793.

In Memoriam

Francis X. Nelson passed away peacefully on July 2nd 2016 at his beloved home on Lake Barcroft in Falls Church, VA. He is survived by his wife of 62 years, Waltraut Nelson, granddaughter Melanie Rothstein and great-grandson Ethan Doptis. Frank was a resident of Lake Barcroft since 1964 and was active in community affairs for many years. Frank graduated from the University of Minnesota Law School and Harvard University. He worked for the Department of Defense where he was in charge of International Disasters and a liaison to the State Department. Donations to VITAS Community Connection, a 501(c)(3) nonprofit, may be sent to: VITAS Community Connection, c/o VITAS Healthcare, 1604 Spring Hill Road, Suite 250, Vienna, VA, 22182.

Meet the Board

By Anne Murphy O'Neil

With this article, we are starting a series of interviews with Board members to introduce them and their interests.

Sam Rothman

It's evident that Village Co-President Sam and his wife Barbara's home on Grass Hill Terrace welcomes their three sons and families who all live within a half hour's drive. (See Page 3)

Meet the Board (c't'd from Page 2)

The open plan of kitchen and family room has everything – dining and entertainment spaces, children's furniture, toys, art, and heartwarming collections of pictures and memorabilia. Sam concocts a café latté for me -- the best I've ever had. We sit in the



Jane Guttman

What drew you to the law?

Sam: My uncle, a criminal defense lawyer, had great stories. When I was eight or so, he took my best friend and me out to his farm near a lake. We rowed, kayaked, and took in movies at the air-conditioned theaters of nearby Newport News -- double features, serial, and cartoons every Saturday morning. All for 25 cents.

Inspired by him, you became a lawyer.

Sam: Yes, at HUD --the securities division, writing and supervising real estate law and regulations. In the mid-fifties, sub-divisions were growing rapidly. Some agents sold swampland to seniors with a fraudulent promise to develop. I worked to protect consumers by enforcing the rules.

Some of my work involved puzzling out real estate scams, and developing regulations to protect people from them. In one case, a multi-family senior housing facility filed bankruptcy. HUD was now holding the mortgages, but the original lending agency continued to receive the payments. We ran down the payments.

In the late 1980s a televangelist was pitching units in a senior housing facility in a fraudulent scheme that led to bankruptcy. Since we held the mortgage on the facility, we were able to take over the property and shut out the preacher. I did some research then and learned that about 80% of seniors preferred to "age in place," a statistic that I remembered when we started our village.

A fraudulent business scheme out at Lake Anna was cranking up sales by taking potential buyers out on

tours. They used walkie-talkies to create a false sense of urgency: "Another buyer is on his way to buy this lot. Better get it quick!" We set up regulations for fair sales practices.

So uncle and nephew worked to give people the decent and fair help they need. I remember you acted and sang in the original Lake musicals written and produced by Naomi Zeavin. Do you favor any particular type of music?

Sam: I have broad taste in music. I remember one of my aunts playing Carmen Miranda music; I've always liked music out of WWII.

Do you enjoy organizing groups?

Sam: I do. I enjoy being engaged and coming up with ideas. Years ago I was president of both Barlama, which owned BBI at the time, and Labarca, the predecessors of our present LBA. I worked on the consolidation process. Satisfying all functions in the new organizations was challenging.

As to the Village, I believe our services could be more fully utilized. And we say if volunteers are willing to do something, we'll do it.

Dawn Donald

We're visiting Co-President Dawn Donald in her home on Lakeview Drive. Dawn leads me to her sunroom, a beautiful addition which Lake architect Henry Borges had designed and built for his family.



Carl Neuberg

How did you know this was the home for you?

Dawn: I'd already passed on more than 100 houses in Arlington. This was special -- floor-to-ceiling windows, wooden deck overlooking this garden and a kitchen at (See page 4)

Meet the Board (c't'd from Page 3)

the center of its open floor plan. I like the clean bright whiteness of open-beam cathedral ceilings, walls and tongue-in-groove pine paneling that contrasts to my art and rosewood furnishings.

Did you make some improvements?

Dawn: Yes, with the help of my daughter and brother. My daughter, Charlene, was a teacher and principal who loves art and has a developed talent for design. She imagined the kitchen with these handsome yet functional cherry cabinets. My brother, Joe, a building contractor, installed everything.

It's beautifully done. I understand you worked in the V.A.'s central D.C. office for all thirty-five years of your professional career. What kept you interested in your work?

Dawn: Being challenged. For ten years, I built organization and management skills as I attended college at night and worked full time. I enjoyed planning and completing projects – something real to be proud of that would help people.

What were these projects?

Dawn: The work was detailed—providing and supervising plans for V.A. hospitals, out-patient clinics and nursing homes including the necessary space and equipment specified by our guidance manual. That also meant planning for all electrical, water, and gas arrangements. I enjoyed traveling to all the different areas where there are V.A. facilities, and the 4- to 10-year follow-through from beginning to opening. Eventually I led a staff of fifty in a broad range of disciplines. I found it deeply satisfying to work with them, engage their skill and experience, and build a sense of purpose and accomplishment with them.

Was there one aspect in all of this that you found particularly challenging?

Dawn: In all my years in that architectural/engineering office, I was the only woman supervisor. Not being taken seriously at times was difficult.

How did you deal with that?

Dawn: If I felt unfairly treated, or my ability was questioned, I sought out colleagues I respected to be my sounding boards. In voicing the situation, I might discover something different was intended. By objectifying it, the personal sting was removed.

What attracted you to the Village?

Dawn: People helping people. I was one of the first to join. It's been wonderful to see the Board band together and promote existing and new social events and services. It's a challenge to find people to organize and lead new activities.

Is there a Village project you've especially enjoyed?

Dawn: The annual report requiring a concentrated creative effort over eight weeks. I coordinated all the information from disparate sources. It's always richly rewarding to experience genuine appreciation.

Ron Karpick

The Karpicks' welcoming walkway is bordered on one side by a pond stocked with five goldfish, grown from 1½ inches to 1½ feet, and on the other by a sweep of garden curving gracefully down to a ravine. Their doorbell's plate is the first frog of a multitude I enjoy seeing. Ron, Vice President of the Village, and I relax in



the living room.

Larry Golfer

When did you start attending to nature?

Ron: My family moved from inner city to new suburb. A stream bubbled through our back yard where I wandered, studying flora and fauna and finding the traces of American Indians. The natural sciences fascinated me, and my mother, who could be direct, noticed. "Ron, you'll be a doctor."

How many sibs did you have? (See page 5)

Meet the Board (c't'd from Page 4)

Ron: Three. I was the oldest.

Thus, your keen sense of responsibility. Was it a bit of a burden?

Ron: Yes, but it's very satisfying to be in service and fun to share knowledge and help people.

When did you discover Jane was the one for you?

Ron: After completing med school at Yale, I was in the U.S. Navy, stationed at St. Albans Hospital in Queens. The rec program had camping and hiking gear available. Jane and I toured the Catskills in a group. One day, I caught a frog and slipped it down her blouse. She was calm and didn't freak out.

Thus begins a beautiful relationship and awesome collection. From where that sense of mischievousness?

Ron: My brother Russ. He had a great sense of humor and was full of mischief. The Karpick kids had a lot of fun together. I also loved observing and exploring. I started a garden -- caught a fish and planted corn seed, using the fish as fertilizer. I wanted to watch the corn grow. I still enjoy watching plants grow, especially the vincas and the 3 foot spruces now 20 feet tall.

Do you remember a favorite research project?

Ron: I taught a flat, freshwater, one-and-a-half-inch worm to run a maze. Then I cut that educated worm into parts and fed it to uneducated ones. The question was whether those that ate educated worm parts learned faster than the others.

Testing the adage "You are what you eat." Should I start eating brains?

Ron: No, that won't make you brainier. There's a degenerative brain disease named after Jacob Creuzfeld. It was contracted by primitive tribes who ate the brains of those they conquered.

OK, I won't try that. Among all the medical specialities, why pulmonary medicine?

Ron: While I was at Duke Medical Center in 1967, I got tuberculosis. I had the smartest physicians, and realized that a pulmonary doctor takes care of people for years. There is tremendous joy in that.

And being part of the Village offers a new way of caring?

Ron: Yes. In the Village, there are many ways of caring. Everybody wants to stay at home as long as possible. And the Village is a great way to do that.

Using Consumers' Checkbook, a Member Benefit

By Jane Guttman

Have you used Consumers' Checkbook? A while back, Cindy Waters sent out a letter with your subscriber ID so that you can register and create your own password. (If you have never registered and do not have the Subscriber ID, please contact Cindy.)

In your browser, go to www.checkbook.org/register. The registration screen looks like this:



If you have already registered but have forgotten your username and/or password, you will get the following error message if you try to register again: "Error: The Subscriber ID you entered is already registered. Please go to www.checkbook.org/forgot to help you recover your username and password."

There are many categories in which providers are rated by the Checkbook. Enjoy browsing!

President of Skyline Automotive Joins B&P

By Jane Guttman

One could say that Ben Nielsen has experienced every job in the automobile repair business, since Ben's part-time job as a teenager developed into a lifelong vocation. When Ben Nielsen, President of Skyline Automotive and B&P member, was still in high school he moved in with his mother, who was attending the Episcopal Seminary. Ben's search for an after-school job ended when he was hired at a gas station in Alexandria and started "sweeping floors after school." Ben worked for that company for nineteen years, climbing the ranks from sweeper to mechanic to service advisor, ultimately to manager and general manager. By the time he left the company it had grown into a "huge conglomerate" that owned gas stations and convenience stores.

Ben decided that he "wanted to control my own destiny" and he and his wife "cashed in every penny," borrowed money from his wife's father, and bought Skyline. Ben notes that his five children, aged two to twelve, were a huge influence on his decision to go into his own business. His wife, Erin, was working for her doctorate in nursing education, but instead went to work for Skyline full time, doing the company's accounting and marketing.

About his company's goals, Ben said "the focus is on making automotive repairs convenient" as well as on "building relationships." Ben and his staff pride themselves "on knowing the individuals' needs for their cars." Fourteen out of the sixteen employees worked with Ben for years before their employment at Skyline. Combined, Ben says, the technicians have over 200 years experience.

Skyline services every make and model, and the technicians perform maintenance, major repairs, body work and restoration. Ben calls Skyline a "one-stop shop." Skyline offers a free pickup and drop off service. Customers can call or go online to make an appointment. A Skyline employee will pick up the vehicle, service it and return it to the customer's home when the repair is completed.

Ben joined the B&P Club because he values "community involvement." He and his wife are also active in the school and various charities. Ben coaches his children's sports teams (lacrosse, soccer and baseball) and says "Everything they are into, I'm usually a part of it."

Sheila Wayman's Palette of Fabrics

By Jane Guttman

A blanket chest stands to the side of Sheila Wayman's large living room. The wooden chest is filled with brilliantly colored, themed crazy quilts, all of which Sheila sewed by hand. Each quilt was designed to create "a lasting memory, to create something that will age with you." Choosing quilts for the photograph was difficult; each has its own charm.

Sheila selects her fabrics according to the interests of the recipient: "As grandchildren started developing different interests, I found fabrics that represented that part of their lives and I made a quilt." For adult friends, Sheila bases each quilt on the recipient's hobbies or vocation. Some years ago, a friend "dropped off a box



Jane Guttman

with fabric from every house she had ever lived in. The fabric was beautiful; the colors were vibrant." A while later, the friend asked Sheila to accompany her to Denver where she was going to have a serious operation on her lungs. Sheila made a quilt from all those pieces of fabric and brought it to Denver. The night before the operation, she gave the quilt to her friend, who broke down when she saw the quilt and told Sheila "When I saw the pattern and the interweaving of colors, I was able to see my life right before my eyes." The operation was successful and the friend always uses her quilt. (See Page 7)

Sheila Wayman (c't'd from Page 6)

Sheila notes that when you quilt by hand, as she does, you can travel with small pieces of quilting material and continue working. She starts with one piece and then keeps adding pieces, sewing them onto a thin blanket which is the lining of the finished quilt. Sheila uses different stitches to anchor the pieces to each other. At the end, Sheila covers the back with a solid piece of fabric, sometimes velvet, velveteen or fleece, and frames the front of the quilt with the same fabric. The quilts are called crazy quilts because they don't have defined patterns. Since Sheila doesn't work full-time at the quilts, one quilt can take her three months to complete.

B & P Club – Financial Presentations

By Bob Schreiber

One of the advantages of our Village's Business & Professional Club is that, as Village members, we can access the services and advice of a number of businesses specifically attuned to our needs and interests. I've been enjoying a number of very informative informal financial presentations being made available regularly to LBV members by Michael Guerrero.

Michael is an experienced financial adviser who supports the Village through his membership in our Business & Professional Club. He has arranged a series of monthly breakfast sessions that cover an appealing range of investing, financial and estate planning, insurance and other subjects of interest to Village members. They begin at 9 o'clock and are conveniently held at Bentley's Restaurant which is on the north side of Route 50 near the corner of Annandale Road. The series started early in the year and is scheduled to continue through the end of the year, on the second Wednesday of each month.

A full breakfast is provided gratis at Bentley's while Michael's guest speaker discusses a topic which I have found to be very relevant to my concerns at this stage of life. In addition to the breakfast sessions, I have also been pleased with my private discussions with Michael, for instance, with respect to ensuring a guaranteed

income flow to reduce to an extent my day-to-day concerns and anxiety in self-managing my investments. Michael, by the way, is connected with Edward Jones Trust Company which operates in all 50 U.S. States and is also a registered broker-dealer and investment adviser. For the record, here's the number for his office, which is on Route 50 on the opposite side from Bentley's: [\(703\) 207-4412](tel:(703)207-4412). To see a list of upcoming presentations, visit lakebarcroftvillage.org, click on Business/Professions Club and then select Invitations from the drop-down menu.

Goodwin House at Home and the Village

By Judy Hilton

The well-attended June 20th Lake Barcroft Village quarterly meeting featured a presentation by Karen Skeens, Executive Director of Goodwin House at Home (GHAH). GHAH is essentially an insurance program designed for healthy, active adults (55 and over) who want to continue to enjoy the pleasure and independence of remaining in their own homes as they age with the assurance that they will have the benefits of high-quality continuing care whenever the time comes that it is needed. GHAH can be a stand-alone program or a supplement to an existing long-term care policy. While long-term care policies require a waiting period and inability to perform two activities of daily living, GHAH is activated without a waiting period as soon as a member cannot perform one activity of daily living.

An advantage of GHAH is access to a Personal Resource Manager, a professional in long-term care, who will coordinate and manage your care in accordance with the personal plan you help design. This person will be your personal advocate for medical and non-medical matters related to you and your home.

Goodwin House at Home will give an annual \$200 membership fee subsidy to any GHAH member who joins or is already a member of Lake Barcroft Village.

The presentation given by Ms. Skeens is available on the Village website, www.lakebarcroftvillage.org

Book Review: *Hamilton*

Our thanks to Priscilla Weck who arranged to have members of the Lake Barcroft Woman's Club Book Club review books for us in each issue.

By Anne Murphy O'Neil

Though still in mid-read, I am confident in recommending Ron Chernow's superb biography *Hamilton*. Stage and screen musicals, not written history, are my cup of tea, but I do love reading about people--especially people who have survived tremendous hardship and gone on to live brilliantly. Alexander Hamilton is one extraordinary example. The book is not only a great read, it's incredibly timely as well, having inspired this year's roaring success on Broadway--the musical of the same name by Lin-Manuel Miranda.

Mr. Chernow's pithy summations at the end of complex yet supremely comprehensible passages frequently land almost word for word in the lyrics of Miranda's hip hop songs. So observes Lake resident Deborah Danker of Grass Hill Terrace who tore through the book twice before dashing off to New York with her family to see the show. That was before its current venue, where it's reliably reported that tickets are being scalped for \$5000 per. It turns out that Mr. Chernow was a consultant from writing through production. Historical accuracy was guaranteed in this rags-to-riches story. Talk about fascinating. Mr. Miranda had seen his own story in the pages of *Hamilton*, and delivered it to us powerfully when he and his show hit the big time in 2016.

We may at times take our Constitution, Federal Government, and Supreme Court for granted. Why rush to fill a vacant seat? *Hamilton* is the amazing story of what the founding of our country actually required on the part of one particular patriot, a man of consummate genius. The Kennedy Center is mounting *Hamilton*, and for us here the sooner the better. In the meanwhile, we have the chance to get to know, admire, celebrate, and learn from this complex and fascinating man who was central to establishing the enduring magnificence of our country. Five stars out of five.

Scam Alert

By Jane Guttman

A close friend of mine was awakened by a phone call from someone claiming to be from Microsoft; he told her that she had gotten a computer virus and needed to download a program to remove it. Still half asleep, my friend downloaded the file as directed. Only later did she realize her mistake—a costly one because she needed to hire a PC software repair person to undo the damage. This scam is perpetrated on people of all ages. There are also scams that target seniors in particular.

Staying Put in New Canaan has sent members the following tips:

- Never give your bank account, Social Security number or credit card information over the phone to someone you don't know, even if they appear to be from a legitimate institution like the IRS.
- Don't respond to a message on your computer that says your virus protection has been compromised.
- Don't send money to anyone who says they're in a hospital in a foreign country and needs help.
- Don't respond to a notification that you have won a sweepstakes and need to make a payment to unlock the prize.
- If someone who sounds like your grandchild calls to say they're in trouble, immediately call their cell phone or check with their parents to make sure that it's a scam and they're okay.

If you become a victim of financial crime, immediately contact your bank, the Fairfax County Police Department, and the three major Credit Reporting Agencies.

The Villager Vol. 2 No. 3

Cindy Waters, VILLAGE Executive Director, 703-354-0652, or E-mail lbvcoord@gmail.com

Published by Lake Barcroft Village Communication Committee

Jane Guttman, Editor. E-mail catsntorts@gmail.com

Communication Committee:

Jane Guttman, Chair

Larry Golfer

Judy Hilton

Anne Murphy O'Neil

Sam Rothman