

"I have discovered in life that there are ways of getting almost anywhere you want to go, if you really want to go."

Langston Hughes

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New Members

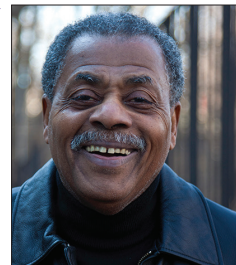
DCV warmly welcomes its newest members:

Fann Harding
Ken and Leslie Jadin
Judi Lambart
Marcia McDonell
A. Haeworth Robertson

DUPONT
CIRCLE
VILLAGE

Interim President's Letter

-Martis (Marty) Davis



A few weeks ago, a segment of our fellow Villagers was plunged into prolonged darkness. The heat in their homes slowly yielded to the frigid external temperatures. The daylight faded, leaving them in partial or total darkness, the battery life of their cell phones drained away, their internet access died and, to make matters worse, there was little or no immediate information or response from their local government. This was not a natural disaster or a terrorist attack but another disastrous by-product of an urban infrastructure yielding to age and neglect.

The DC government did not have an appropriate response, nor did our Village respond in a way that was beneficial or reassuring to our members. The poor response by the city and its utility companies is both puzzling and troubling, given the elaborate emergency-response plans and trained staff to respond to situations such as the one that occurred in the Dupont community.

The new DC government, at the urging of the Dupont ANC, is responding to the criticism of the poor response by DC and its utility companies. People were left in the cold and the dark without information or ways to alleviate their grave situations. Emergency response plans are now being reviewed, and new response protocols are being developed. DCV is asking to be part of the proposed reforms in order to better serve our members.

Our members in the impacted and surrounding areas responded to the crisis on an individual and collective basis. They checked on their fellow members and neighbors, opened their homes to some of those without power or heat and attempted to let other members outside of the affected area know of the situation.

But the events of that disaster made it clear that the Village needs a comprehensive emergency response plan of our own to better serve our members. Proposals are being developed, board members are sharing ideas and our Volunteer Committee has been charged with putting a plan in place to respond to crises with our members no matter what quadrant of our Village they reside in. Stay tuned for those plans as we turn a challenge into an opportunity.

We have another challenge that is also a great opportunity. Our spring gala is fast approaching:

Destinations:

Dreams to Go, April 17, at the Woman's Democratic Club at Dupont Circle. In addition to an elegant buffet dinner and a great band that plays music we may actually recognize, we will be auctioning off some very attractive international and national travel destinations that are truly "Dreams to Go." Here's a sample: a week in the heart of Paris; a weekend in a spacious cabin in Rappahannock County; a week in a superb cottage on Martha's Vineyard; and a luxurious getaway night at Swann House in our own backyard.

This year's Celebrity Salons also promise to be great. **Judith Martin**, whose Miss Manners column appears in the *Washington Post*, will guide us through the maze of "what to do when." **Donald Graham**, former chairman of the *Washington Post*, headed the paper through "interesting times" and will share memories and experiences with us. Stay tuned for more.

Our gala is an annual challenge and opportunity for our Village. Your dues and generous additional contributions help to keep us financially sound, but that is still not enough to meet all our expenses. Despite having almost no paid staff and volunteers who put in a heroic number of hours, we still must hold fund-raising events, like the gala, to cover our total expenses. We are not alone in having to meet this challenge; every one of our sister Villages also must run fund-raising events.

The upcoming gala is a great opportunity for all of us to come together for a festive evening to help keep the Village a strong resource for our members, as well as a presence in the Dupont and greater Washington community. Your formal invitation will be sent to you in the coming weeks. Hope to see all of you on April 17th. ■



MONTHLY Calendar

Dining in Dupont: Trio Restaurant **Tuesday, February 17,** **12:00-2:00 pm**

1537 17th Street (corner of Q and 17th)
Share a winter afternoon with fellow Villagers at this "hometown" Dupont Circle restaurant, known for its comfort food and good service. \$20 includes tax and tip. RSVP to Lucy Cooney at lucy1030@starpower.net.

Writer's Coffee

Wednesday, February 18, 11:00 am – 12:30 pm

1910 S Street, NW, Galaty-Shuck home
This group welcomes all. Bring a piece of writing to share or write about. RSVP to kcardille@gmail.com. Please send Kathy your discussion pieces for forwarding to members or bring 8-10 copies to the Coffee.

Live and Learn: A Cure for Disorganization and Clutter **Monday, February 23,** **3:30-5:00 pm**

Mediterranean Way Restaurant, 1717 Connecticut Ave., NW
Leslie Clesner, Chief Executive Organizer of Around Tuit, LLC, will explain how to get the organization you want in your life by decreasing stress and stuff and enjoying your surroundings. Free for Village members and \$10 for others. Building is wheelchair accessible. RSVP to Linda Harsh, 202/234-2567 or lindajkh@mac.com.

Voice of America Studio Tour **Tuesday, March 3, 12:00-1:00 pm**

330 Independence Avenue, SW.
Enjoy a behind-the-scenes look at live broadcasting in radio, television and the internet in several of VOA's 45 languages. Please arrive at 11:50 am to facilitate screening process, and enter through the C Street entrance at the back of the building. Picture ID required. Free for members only. This is a walking tour

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Bearing Witness

---Bernice Hutchison, Executive Director

Our recent winter weather events and power outage were not without merit. With freezing temperatures, snow accumulations just enough to make you question venturing outdoors and complete loss of power that left many in complete darkness, I reveled in witnessing a powerful presence of connectedness among Villagers. Soup deliveries, trips to medical appointments and snow shoveling got done while many of you took the opportunity to enjoy that amazing calm, peace and stillness that weather events sometimes engender.



In the DCV office, we called members who were sick or recently transitioning from hospital or rehab to home to ensure their comfort and make way for volunteers to perform useful deeds. But, for the most part, I learned that what brought this Village into existence more than eight years ago is the spirit that reigns supreme today. Your random acts of connectedness included impromptu calls to one another, sleepovers for those without heat and lights, shared meals and more. Yes, bearing witness to your kindness and concern for one another was heartwarming.

Just in case you are wondering how to get plugged into the spirit of this Village's connectedness, I invite you to:

1. Become a DCV Volunteer. Reach out to our Volunteer Coordinator, Garry Hutchinson, and learn how you can join the team of vetted members who sign on for fulfilling member requests.

2. Sign Up for a DCV Committee. Our Village is growing, and committees offer opportunities for you to help strengthen our infrastructure and expand our operations. Speak with a member of the board, visit our website or call the office for a list of committees and their functions.

3. Start an Affinity Group. Whatever floats your boat is likely to be a hit with others. Affinity groups like the writers' coffee and knitting group offer a chance to enjoy hobbies and special interests with others. Contact me to explore the possibilities.

4. Get to Know Villagers in your Neighborhood. So many of you live within a two-to-three block radius of one another. Host a tea, share dinner, meet for coffee, go to happy hour, or simply call and establish a check-in routine when weather becomes severe or you have a few hours to burn on a lazy Sunday afternoon. Check out your membership list and see who lives close by. Need a membership list? Contact the office. ■

Calendar, continued from page 2

that will include a few sets of steps. All electronic devices should be carried separately. RSVP to kcardille@gmail.com.

DCV Informational Dinner

Tuesday, March 10, 6:30-8:30 pm

Suggestions for prospective members are encouraged and welcome. Please send names and contact information to abigailwiebenson@gmail.com no later than March 7.

Historical Walking Tour of Dupont Circle
Thursday, March 12,
12:00-1:00 pm

Join Villager Steve Hoglund, historian and retired Smithsonian Associate tour leader, and learn about the history and architecture of our neighborhood, as well as its many notable residents. Meet near the north side of the fountain at the Memorial. RSVP by March 6 to kcardille@gmail.com. Rain date: March 14.

Unraveling Our Identity, Textile Museum
George Washington University Museum
and Textile Museum

Friday, March 27, 12:00-1:00 pm

701 21st Street, NW

Be among the first to visit this new museum complex. Join fellow Villagers on March 27 for a private, docent-led tour of the largest exhibition in Textile Museum history -- Unraveling Identity: Our Textiles, Our Stories. Featuring more than 100 pieces of clothing, adornments, ceremonial items and other fabrics that span 3,000 years and five continents, the exhibit will explore expressions of individual, cultural, political and social identity. Suggested donation of \$8.00. RSVP to kcardille@gmail.com by March 20.

DCV Spring Fundraising Gala
Destinations: Dreams to Go
Friday, April 17

Woman's National Democratic Club
 1526 New Hampshire Avenue, NW
 It's not too soon to mark your calendars for this gala event that will feature an auction with great travel destinations, a buffet dinner and dancing. ■

All Things Great and Small: Making a Volunteer Request

---Garry Hutchinson, Volunteer Coordinator

In the altruistic grandeur of the general perception surrounding volunteering, there abounds the image of the sainted soul visiting the sick and the shut in, bringing soup to the isolated and the needy, or reading tales of classic wonder to those who have lost their vision and their spirit. Yet, while acknowledging the admirable work of our Villagers and volunteers who give so selflessly, I want to remind the members of DCV that there are no requests too small—from replacing a light bulb to picking up a prescription at a nearby CVS.

Accordingly, I want to outline “How to Request Volunteer Services” for our members, established and new:

1. Contact Garry Hutchinson, Volunteer Coordinator, at gbh.hutchinson.dcv@gmail.com or call the DCV office at 202.436.5252.
2. Describe the specific request. To request transportation, for example, include the destination, preferred time of pick up, time of the appointment, anticipated wait time, parking challenges and any special accommodations. Include relevant information, such as your use of a walker or wheelchair or need for an escort. If you need hauling or lifting, be specific (i.e., if the walker or chair needs to be taken from one floor to another). If the request is for shopping assistance, include the destination address and whether you invite assistance in making decisions regarding the purchases.
3. Estimate the amount of time the task will take, including whether it will require more than one trip, advance telephone calls, research and so on.

4. Be sure to provide adequate notice for the request. A week's to 10 days' notice, or as soon as you book a medical appointment, is preferred for a transportation request. Landscaping advice and tax preparation are examples of services that require significant lead time to schedule. Even emergency volunteer requests take time to post and then to identify and schedule volunteers. Emergency transportation requests (less than 24-hours notice) are the most difficult to fill. If a volunteer is not found, the Volunteer Coordinator will recommend alternatives.

5. We respect confidentiality. While requests go out by general email blast to our entire volunteer list, the identity, address, phone number and email of the requestor is not included. Only when a volunteer replies and a detailed conversation with the Volunteer Coordinator is completed do we disclose specific details. The Volunteer Coordinator notifies the requestor that a volunteer has responded, and information is shared to allow for coordination of services. Our volunteers are discreet and value the confidentiality of our members.

6. Following volunteer service, the Volunteer Coordinator may contact the volunteer and the member regarding the experience. However, we encourage members to contact the Volunteer Coordinator and the Executive Director to share compliments as well as recommendations to help improve your volunteer experience. ■

Congrats to Pender M. McCarter! His essay about the Village's support of DC's age-friendly project has been published on the website of the prestigious International Public Relations Association. That's great for Pender, and great for DCV. Check it out by clicking [here](#).

When Are Memory Lapses A Problem?

Live and Learn, January 26

As we age, we spend more time than we'd like to admit worrying that we're "losing it." Every forgotten name, word or date and misplaced object may become an occasion for anxiety that we're developing dementia. It is therefore not surprising that, despite the day's miserable weather, a sizable group of Villagers, welcomed by **Peg Simpson**, gathered for a presentation on distinguishing between typical and abnormal age-related cognitive decline. The expert speaker was Nurse Practitioner **Robin Lawrence**, who works at the Memory Disorder Program in Georgetown University's Neurology Department.

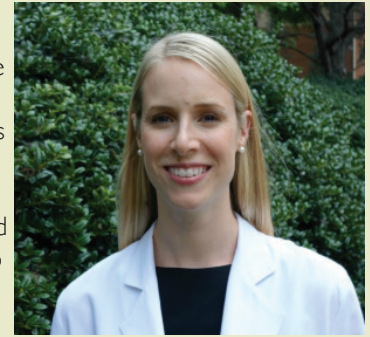
Dementia, Lawrence informed us, is the umbrella term for cognitive problems that have various sources. By far the most common form of dementia is Alzheimer's disease, which accounts for over two-thirds of dementia cases among people over the age of 65. At age 65, one in eight people will develop Alzheimer's. Half of people age 85 and above have the disease. It is also the sixth leading cause of death. Scientists believe that amyloid plaque build-up, which tends to develop 10-15 years before the disease manifests itself, plays a key role in Alzheimer's. However, not everyone with amyloid plaque gets the disease.

Lawrence reassured the group that, while memory and thinking slow as we age, the normal brain can learn new information and allow us to perform as before, though doing so likely requires more time and concentration. So how do we distinguish between normal age-related changes and Alzheimer's symptoms? The 10 warning signs of Alzheimer's, which can be downloaded at www.alz.org are:

- Memory loss that disrupts daily life.
- Challenges in planning or solving problems.
- Difficulty completing familiar tasks at home, at work or at leisure.
- Confusion with time or place.
- Unprecedented trouble understanding visual images and spatial relations.
- New problems with words in speaking or writing.
- Misplacing things and losing the ability to retrace steps.
- Decreased or poor judgment.
- Withdrawal from work or social activities.
- Changes in mood or personality.

Many people may see themselves in one or more of these warning signs. But the devil is in the details. For example, Lawrence explained, it's normal to forget names or appointments, to misplace things or sometimes be confused about

the day of the week **IF** we can recall such things later. But if memory lapses include forgetting recently learned information, important dates or events or if we become markedly more reliant on reminder notes or family and friends for things we used to handle independently, that's a warning sign of Alzheimer's. Similarly, it's normal as we age to make occasional errors when managing our finances. But if we now have trouble following a familiar recipe or neglect monthly bills or take much longer than usual to do routine things, that's a warning sign of Alzheimer's. (The download has brief examples of abnormal vs. normal for each of the Alzheimer's warning signs.)



Robin Lawrence

The prime risk factor for Alzheimer's is age, followed by genetic factors – though many genetically predisposed individuals don't get the disease, while many without this risk factor do. Minority status is also a risk factor, as is having Down's syndrome. Additional risks include diabetes; hypertension; high cholesterol; obesity; smoking; multiple brain injuries; and lower educational levels. The good news is that controlling diabetes, weight, hypertension and cholesterol, as well as quitting smoking, eradicates the risks they respectively pose.

There is no treatment or cure for Alzheimer's, but drugs can slow decline. And there is promising news on the prevention front. Physical, mental and social activities are associated with a lower risk of getting the disease. Having cognitive reserves (a greater number of neural connections), which is associated with higher education levels and continual learning, may also play a role in whether Alzheimer's develops even if there is a build-up of amyloid plaques.

Many Villagers were interested in Luminosity, a widely advertised computer "brain game." Lawrence replied that there's no evidence that it works or is any better than other mental activities in preventing Alzheimer's. "Do it if you enjoy it. If you don't, find a mental activity you like. And try to do at least some of those activities with others to reap social, as well as mental, benefits," she advised.

Despite all this good information, it may still be hard to know if you are showing Alzheimer's symptoms. Lawrence urged anyone who is deeply worried to delve further. Consult a physician to rule out other medical conditions that can mimic Alzheimer's symptoms but are curable: obstructed sleep apnea, hypothyroidism and low vitamin B12 levels are major examples. Ask the physician for a referral for

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Health and Wellness Alert: A Heartfelt Wish

Everyday Health says, "No other organ in the human body can measure up to the heart's social reputation. References to the heart paint our pop culture"—sonnets ("How do I love thee?"), songs ("Heart of My Heart") or everyday idioms like broken heart. "Most of the heart's fame, of course, comes from its connection to good old L-O-V-E." So it's a bit of scientific serendipity that the act of loving another—be it your mom, your spouse, your child, your pet, your whomever—actually improves your heart health.

Your marvelous heart is the center of your cardiovascular system. It is responsible for pumping blood through your body, carrying nutrients in and taking waste out. Having good cardiovascular health is an important factor of optimal wellness. Yet according to a study published in the *Journal of the American Heart Association*, one in ten adult Americans has poor cardiovascular health. This is often caused by a nutritionally deficient, processed-food diet, a sedentary lifestyle and chronic stress.

So, in the words of the Bee Gees' song, "How can you mend a broken heart?" Heading the list of ways to prevent or improve heart problems is a diet of whole, unprocessed foods; interval-type, high-intensity exercise; stress management through meditation and social support; optimizing vitamin D levels; and getting enough omega-3 fats. And here's another striking fact and useful tip. Studies show that increasing your fruit and veggie intake from fewer than two servings a day to eight servings or more can reduce your risk for a heart attack or stroke by *thirty percent*. That's a lot! Double up on vegetables and fruits where called for in soups, pastas, pizzas and even sandwiches.

Heart Facts

- The size of an adult heart is about two of your fists.
- The heart beats about 100,000 times in a day.
- The heart pumps about one million barrels of blood during the average life time.
- The heart has its own electric impulse. Therefore, it can continue to beat even when separated from the body, so long as it has adequate oxygen.
- The heart pumps blood to almost all of the body's 75 trillion cells.
- The thump-thump sound of the heart is made by the four valves of the heart closing.
- The heart does the most physical work of any muscle during a lifetime.
- The heart starts beating four weeks after conception.
- The average heartbeat of a male is seventy times a minute and seventy-eight for women.
- It only takes six seconds for blood to travel from the heart to the lungs and back, eight seconds from heart to brain and back and 16 seconds from heart to toes and back again.

From our Heart

roses are red
(well, some are white):
Saint Valentine says
he needs poets to write...
roses are red
(well, some are pink):
Saint Valentine says
he needs hearts expressed in ink...

poems are read;
that's the good news here;
Saint Valentine's day
could last all year..

(Michael Shepherd)

Health and Wellness Committee:

Karen Carolan; Stephanie Chong; Lucia Edmonds; Brad Edwards (consulting member); Ann McFarren; Sloan Rogers; Helene Scher; and Faith Williams. ■



Memory Lapses, continued from page 4

memory/thinking tests. And ask people who know you well whether you're showing worrisome changes.

Georgetown's Memory Disorder Program also does research on new treatments for Alzheimer's and mild cognitive impairment, and Lawrence encouraged the group to consider volunteering. Participants must be 65-85 years old and have a study partner who is willing to accompany them to clinic sessions. Some of these studies seek out people who already have dementia symptoms, others are focused on those who are cognitively normal or may have memory concerns but no symptoms of memory loss.

For further information on these studies and eligibility requirements, contact Carolyn Ward at 202-784-6671 or cw2@georgetown.edu.

■ BR

Doris Meissner on Immigration Reform

Soup Salon, January 18, 2015

In her opening remarks to the Sunday Soup Salon, Doris Meissner, Senior Fellow and Director of the US Immigration Policy Program at the Migration Policy Institute, noted that, "Immigration policy in our country is not entirely broken, but it is pretty broken." She explained that the legal framework for our policy has not changed since 1990, although the economic, social and political landscape has changed enormously. The reason for legislative inaction is not because of disagreement that it is needed, but because of politics.

President Obama recently issued executive orders to provide deportation protection to about five million unauthorized foreigners whose children are citizens. The ideological wing of the Republican Party wants to rescind these orders, as well as the 2012 program that granted temporary legal protection to hundreds of thousands of children of illegal immigrants, claiming that the orders are unconstitutional. The House has already passed a Bill declaring the recent executive orders null and void, and some Republicans are prepared to use the federal budget process to force a government shutdown over the issues. But moderate Republicans prefer a solution that will enable their party to capture immigrant votes in the next elections.

Meissner explained that this brings us to the current impasse. It is now up to pragmatic forces in the Senate to find a way forward to enable Republicans to attract immigrant votes in 2016 while at the same time placating the party's right-wing.

Recognizing that both parties are positioning for 2016, it is important to take a look at immigrant constituencies and their voting patterns. Meissner informed us that newly naturalized, predominantly Latino voters are now concentrated in more states than ever, and in enough that it matters. Although

newer immigrants tend not to vote in off-years, they do vote in presidential elections. Therefore, both parties are positioning themselves for the Latino vote – the largest voting bloc in play. The Democrats cannot face their own electorate in the next election with a large deportation record, making the President's recent actions crucial. As for Republicans, the more they fight, the more they are seen as aggressively anti-immigrant.

With budgetary authority for the Department of Homeland Security expiring in February, Meissner explained, the issue of border security returns to the forefront. We spend \$18 billion yearly on border security, more than all other federal, criminal law enforcement combined. Border security is strongly supported by both parties, as well as the public. Meissner noted that, instead of scaring people about border security, Congress should be taking credit for putting in place what is actually now a highly effective system. And ironically, 60 percent of illegal immigration has nothing to do with border security. Nor is the preoccupation with the US/Mexico border warranted any longer: Mexico has prospered and changed dramatically, and there has been no growth in illegal immigration from Mexico for more than five years.

In addition to politics, several other issues were discussed, including:

- **Immigration flows and workforce needs.** Traditionally, illegal immigration was seasonal; migrant agricultural workers were needed for crop harvesting. But now, workers are needed for year-round jobs, and the number of visas for low-skilled workers covers only a fraction of that needed to meet labor force requirements. The current family-based system continues to be important, but we also need a flexible system that takes the labor market into account.

- **Ideological objections to immigration.**

Meissner noted that some issues people worry about are legitimate. Although all the research shows that the level of competition is only 1.5- 2.0 percent, low-end immigrants are definitely in direct competition with lower-skilled, native male workers who have less than a high-school education or those dislocated by globalization. Other complaints come from states that are new to receiving immigrants and are not equipped culturally or financially to handle large flows. The benefits of immigration are macro, but the pressures are local, and we don't

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Product Pro and Con

(Editors' Note: This new, occasional feature allows Villagers to share their views, good or bad, about products or services they've tried. Please send your submissions to the Editors.)

I subscribe to the Merriam-Webster Word of the Day blog:

<http://www.merriam-webster.com/word-of-the-day/>

It's free. Given our concern about memory, it's a wonderful way to use our brains. I found it amazing to discover how many words I know/don't know! **Abigail Wiebenson**

Being nutrition conscious and wanting to steer away from bad fats, sodium and sugars, my go-to tomato sauce when I can't make my own is Ethnic Cottage's Jersey Tomato Sauce. It's non-adulterated and simply excellent. I add it to my already-made pizzas, soups and, on occasion, pasta. The sauce, which is sold by Whole Foods, comes in four varieties: marinara; tomato basil; garden vegetable; and vodka. Be aware, however, that although it's gluten free, the sauce is made in a facility that processes tree nuts, eggs, dairy, wheat, soy and shell fish. For those who are concerned, a call to the manufacturer may yield more information. **Sloan Rogers**



Help A Reporter Out, www.helpareporter.com, is a service that sends out email inquiries from reporters, writers, etc., who are looking for information. They address major life topics, such as finances, health or product evaluation, and the emails you get after signing up are specific about the needed information. If you decide to respond, it's an opportunity to be quoted or published. For example, I responded to an author writing a book called *Dear Daughter-In-Law* who was looking for letters from mothers-in-law to their daughter-in-laws. I composed a letter to each of my lovely daughter-in-laws and sent them in as a response to the request. As it turned out, the author contacted me to use both letters in her soon-to-be-published book. **Sloan Rogers** ■

Immigration, continued from page 6

have mechanisms in our system to incorporate people who do not have legal status. "We have a huge project on our hands," Meissner noted, "but we know how to do it. In fact, it is impressive to look at how much we do right."

- **Identity and birthright citizenship.** It is instructive to look at other countries in terms of how we incorporate immigrants. In Europe, identity is based on ethnicity. By denying citizenship to immigrants and their children, some European countries have created permanent underclasses. We have better models for incorporating immigrants, as well as for dealing with issues of discrimination. Our policy of birthright citizenship tends to limit problems to one generation.
- **Home-grown terrorism.** Birthright citizenship has of late spawned a new problem -- citizen children of immigrants who retain/develop loyalties to groups and countries that are in conflict with the US. This may be less a problem of immigration than one of disaffected youth. Some communities are mounting various programs to deal with disaffected youth.
- **Poverty and immigration.** The majority of public school children in the US are poor, in part because a large proportion of these children are immigrants, many of whom are indeed poor. Child poverty is definitely a subset of immigration. The longer our job market is constrained, the greater the implications for poverty among children.

Asked about the prospects for immigration reform, Meissner speculated that passage of an immigration bill is probably a couple of years away, most likely not until after the 2016 elections. And if the cursory treatment of the issue in this year's State of the Union Address is any indication, Meissner is right on.

Many thanks to **Peg Simpson** and the Soup Salon Committee for organizing the session, and to **Marcy Logan, Marilyn Newton, Iris Molotsky** and **Joan Ludlow** for providing hearty and delicious sustenance. ■ **SL**

2015 Celeb Salons – Off and Running

---Peg Simpson

We've lined up Miss Manners, a.k.a. **Judith Martin**, who has written a syndicated column with wry insights about etiquette for many decades. She's a veteran of the *Washington Post* and also a recent DCV member.

And we've snared **Candy Crowley**, who retired after 27 years as a political analyst with CNN, most recently as chief political correspondent and host of its Sunday talk show, *State of the Nation*. She will bring her longtime producer, **Michael Rosselli**.

This is just the beginning line-up for our third annual Celeb Salons. They have proven to be a wonderful way for us to raise money for the Village while providing a stimulating evening of good food and conversation in an intimate setting. If you know someone who would be a standout Celeb – someone who would draw 12 to 20 Villagers and others willing to pay \$75 a seat to attend the Salon – please let us know. We're always open to good ideas.

The same thing applies to hosts. In the past two years, we've held Salons in 15 different homes of Villagers. We're always looking for others who are able and willing to play host. It means being able to accommodate between 12 to 20 people or, on rare occasions, more. It means paying for the food and drink and taking a tax deduction, since we are a 501(c)(3) nonprofit. The Village recruits the Celebs and the hosts but pays none of the costs, which is how we made more than \$14,000 from the 2014 Celeb Salons, almost double what we cleared the first year.

These are casual rather than lavish affairs. The emphasis is not on fancy food but on an exhilarating evening. Many hosts have laid out a buffet spread of interesting heavy appetizers; a few have done a full sit-down dinner. It's all up to the host, although we're there to help with advice on what's worked best in the past.

We hope to have a spectacular array of Celeb Salons with your help! Please contact co-chairs **Peg Simpson**, pegasimpson38@gmail.com, 265-2113; **Georgette Sobel**, georgettesobel@verizon.net, 251-6606; or **Jane Pierson**, jpierson@consultchpm.com, 265-3282, with your suggestions and offers to host. ■

“A Matter of Balance” is Back!

Concerned about falling and restricting your activities? DCV's **Lucia Edmonds** and **Brad Edwards** have been certified by MaineHealth's Partnership for Healthy Aging to conduct anti-falling sessions. Known as “A Matter of Balance,” this award-winning program is designed to help people manage falls and increase activity levels.

Who Should Attend?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted their activities because of falling concerns.

Those who take the course will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance.

Class Schedule: Classes will be held at the DCV office, 2121 Decatur Place, NW, once a week for 7 weeks, 2 hours each, starting on April 7 at 9 a.m. We expect participants to attend each session, but understand that some absences may be inevitable. The course fee is \$15, which includes notebooks and light refreshments.

Save the Dates: April 7, 14, 21, 28, May 5, 12, 19



Matter of Balance Class, April 2013

To sign up or get more information, please contact Lucia Edmonds at lucia.edmonds@gmail.com or at 202-299-0063.

Out and About with DCV

Richard Estes Realism. On January 20, DC Villager and favorite docent **Mary Braden** took Villagers on a tour of photorealist Richard Estes' exhibit at the Smithsonian American Art Museum. The show included about 50 paintings that illustrated the full range of Estes' career, from his visions of the facades of New York City, Paris and Tokyo to his explorations of the natural landscapes of the Maine coast and the woods on Mount Desert Island. Mary's insights gave us multiple viewpoints into Estes' panoramic world of reflections and geometric images.



Brooklyn Bridge, Richard Estes

DCV Knitting Group. February 2 was a cold and gloomy day. But not for DCV's Knitting Group, which gathered at the home of **Abigail Wiebenson** for a cozy afternoon of stitching, sharing projects and ideas, and sipping tea with friends and neighbors.



DCV Knitting Group

Smithsonian Castle Tour. Villager **Sheila Lopez** put on her Smithsonian docent cap and took an enthusiastic group of Villagers on a behind-the-scenes tour of the Smithsonian Castle Building. The tour included a walk through the second and third floors to rooms that are now occupied by the Secretary of the Smithsonian and the Board of Regents, as well as a glimpse back in time to the unlikely series of events during the 18th and 19th centuries that led to the establishment of the Smithsonian Institution. SL ■



Regents Room, Smithsonian Castle

Meet DCV's Newest Members

*(Editors' Note: Thanks to **Kathy Cardille** for coming up with the idea for this new feature. For a variety of reasons, we won't be able to profile all new members in the month that they join, but eventually we'll get to all who are willing.)*

Judi Lambart: I sold the big house and Buick to move from Michigan to DC on July 1 into an apartment below my daughter's home. I just finished the remodel and continue to tweak the decorating, while awaiting the imminent arrival of daughter Megan's and her husband Luke's baby, my first grandchild, for whom I'll be the caretaker. My other daughter, Erica, lives in Baltimore.



The multiple careers I've had include customer representative for a roofing company, running reactors for Dow Chemical and school food-service worker, to name a few. I've been widowed for 11 years now after 30 great years of marriage. I'm also a lifetime Lutheran who enjoys sailing, knitting, reading and walking.

Haeworth Robertson: A passerby told me about Dupont Circle Village last year when I was exhibiting my second novella, *The Siren of Sans Souci*, at the DC Authors Festival. But when you're 84, it takes a few months to get around to doing what's best for you.



I've lived at my present address in a Cosmos Club apartment since 1982. I've been a practicing actuary my entire career, working with pensions, life insurance and social insurance here and abroad. In the mid-1970s, I served as Chief Actuary of the Social Security Administration. I'm a native of Oklahoma and graduated from the Universities of Oklahoma and Michigan. Also—but for shorter periods—I attended the University of Pennsylvania and St. John's College-Annapolis. Although divorced, I have three wonderful children living in North Carolina, Oregon and Alaska, whom I see often. ■

Where Are They Now?



Along with 18 members from her Encore Chorale group, **Abigail Wiebenson** spent 10 fascinating days in January on a People-to-People trip to Cuba run by Grand Circle Travel. The photo represents the way the group bought vegetables and fruits at a local market in Havana to take to a child center run by nuns. "Our conversations with dancers, architects, artists, fishermen, coffee growers, alternative medicine practitioners and street vendors gave us memorable insights into and admiration for our island neighbors, who are thrilled at the prospect of broadening relationships with the US," writes Abigail.



Iris and Irv Molotsky report that they "were not quite to Havana"—Key West, Florida, to be exact. Lovely, but no cigar?



Nancy and Dan Gamber are on their winter break, this time in Clearwater Beach, Florida. The Gammers report that have always gone someplace new since this tradition started after Nancy retired.

It was a Florida kind of month. After spending two days in Charleston, SC, at the inaugural Charleston International Jazz Festival, **Kenlee Ray** headed to South Beach, Naples, the Kennedy Space Center and St. Augustine before coming home. ■ BR with thanks to the travelers



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---Judy duBerrier

FOOD POISONING: Couldn't happen to yours truly, right? Wrong. It did happen to me. And I figure if I could get it, so can anyone. In fact, one in six Americans will have some form of food-borne illness this year. So, this month's column is devoted to safe food practices. I will hit the highlights and provide links for additional information.

Know that there are different kinds of food poisoning, with different symptoms. Because some of my reactions mirrored a heart attack, I spent six hours in the emergency room while they figured it out. Do not assume gastrointestinal problems are the only red flags. (See www.webmd.com/food-recipes/food-poisoning/understanding-food-poisoning-symptoms)

According to the U.S. Department of Agriculture, frozen food will last indefinitely. Only the quality, texture or looks of the item will eventually be affected. It is a good idea, however, to wrap food really well to prevent freezer burn and discoloration. I have found that throwing food in a Ziploc bag is not good enough. Best to use double wrapping with butcher paper or Saran Wrap first, then place in a baggie. Remember:

1) Freeze food -- especially chicken, pork and all ground-meat products -- promptly if it will not be cooked within a few days.

2) Important: only thaw overnight in the fridge, in a bowl of cold water, or the microwave. **Do not thaw on the counter.**

The real challenge comes with leftovers. In my case, I ate five-day-old meatloaf. It looked fine, smelled fine. Besides, I've done this all my life. The latter rationale was refuted in the ER by the doc, who bluntly said, "Even if you once had a cast-iron stomach, it changes with age, and you need to respect that." Trust me, doc, I have new respect! Here are the basic guidelines for unwrapped and/or cooked foods:

- 1) Pay attention to the "sell by" date. Why chance it?
- 2) Make sure your fridge is at 45 degrees. Invest in or borrow a fridge thermometer if you don't know.
- 3) Do not leave cooked food sitting out any longer than 2 hours. In the summer or in an overheated kitchen, shorten to one hour.
- 4) Reheat leftovers to original temperature, and ground meat to 165 degrees. This goes for rotisserie chicken, casseroles and all prepared meats. (See www.mayoclinic.org)
- 5) Throw out or freeze leftovers after three days. The look, smell or even taste is not a true indicator that it's okay to eat. In other words, please use more common sense than I did!

[Click here](#) for a chart of freeze times for individual foods:

[Click here](#) for all questions regarding this subject.

Questions/comments:

judydubrier@verizon.net. 202-328-9123. ■



---Judy Silberman,
Yoga Master

Mindfulness is a concept that is talked about quite a bit these days. It is awareness of yourself in the moment; for example, focusing on yourself as you cross the street rather than thinking about the meeting you are late for or what you might cook for dinner or who is calling you on your cell phone. This is a difficult but important concept for us all. Awareness of your surroundings and your steps may even save your life as you cross that street. Before you start to walk, take a moment to calm yourself with a few deep, conscious breaths. Look at the people near you, at the traffic, at the curb you will be stepping over, at the walk sign as it emerges. Then, allow an inner smile of confidence as you cross that street, using the best posture you can muster. ■

Hold the Date: DCV Spring Fundraising Gala, April 17, 2015

The Dupont Circle Village is a non-profit volunteer organization that connects neighbors to services and educational, cultural/social and health and wellness activities. Please consider a donation now or remember us in your will.



Dupont Circle Village
2121 Decatur Place NW
Washington, DC 20036
www.dupontcirclevillage.org
Email: contact@dupontcirclevillage.org
202-436-5252

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