

*It cracks me up to see these ads for TV – for Depends or for glue for your dentures. The people in them look 55 with a hint of gray. Where are the people who are falling apart? We don't see that.*

**Roz Chast**

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## New Members

*DCV warmly welcomes its newest members:*

**Lisa Duperier**  
**Robert Hirsh**  
**Marie Matthews**

**D U P O N T**  
**C I R C L E**  
**V I L L A G E**

## President's Letter

---Lois Berlin

I can't begin to tell you how proud I am to be the president of Dupont Circle Village. Although I am not a founding member of DCV, I have watched the development of the organization from its inception through **Peg Simpson**, who was in my book club, and **Abigail Wiebenson**, who lives across the street from me. Both made sure I knew all about the Village concept. **Larry Stuebing** and I became members after we realized that we didn't have to feel old or require assistance to be part of the Village because the Village concept is fundamentally about community.

Over the years, DCV has matured from early childhood to adolescence and is well on its way to adulthood. We have grown in many ways, but we still have the challenges that outgrowing adolescence presents. Those include maintaining a close-knit community as we increase our membership and focus on future initiatives. During my tenure as president, I hope to foster a strong collaboration between our executive director/leader and a supportive and policy-focused board of directors.

The first step towards maturity was taken when our board decided it was necessary to hire a full-time executive director and conducted a thorough search, which resulted in hiring **Eva Lucero**. She is organized, insightful and patient, and we have great fun working together. I am confident that Eva will greatly enhance day-to-day Village administration and the work of the board as we refine our vision, mission and goals for DCV. I am also pleased to welcome four new board members: **Ted Bracken**, **Andrés Doernberg**, **Lindsey Hoday** and **Mike Gould**.

I am grateful to have served on the board with departing members **Peg Simpson**, **Nancy Hartsock**, **Don Jones** and **Marty Davis**. Nancy and Peg were founding members of our organization. Although leaving the board, each of them has

agreed to continue to serve DCV in their specialty areas: Nancy on the Finance Committee, and Peg on the Celeb Salon Committee. Don has been a stalwart board member who has been instrumental in our transition process on the Governance and Nomination Committees. He will continue to serve on the Governance Committee. Marty, who stepped up to the presidency at a time when we needed a leader who had the courage to take us through change, certainly did that and more and will continue to serve as the chair of the Public Affairs Committee.

I also want to thank our outgoing executive director, **Bernice Hutchinson**, and outgoing volunteer coordinator, **Garry Hutchinson**, who have been an integral part of our DCV family since the beginning. They have given us their time and their hearts, and I am most grateful. Bernice will help with the transition through the end of this year as Eva settles into her role.

I was encouraged to see so many DCV members at our annual gathering in mid-October. In speaking with many of you, I learned that we need to do a better job of keeping you apprised of our nomination process for officers, our finances and state of the Village. I pledge that we will update you on these topics, as well as about next steps in our volunteer process. To this end, I am happy to report that **Mike Gould** has agreed to take on the volunteer coordinator role; we will provide the details as they unfold.

I hope that you will seek to be an active member of our Village. I paraphrase the words of John F. Kennedy by saying: Ask not only what DCV can do for you, but also what you can do for your Village. ■





## MONTHLY Calendar

### *Knitting and Stitching Group*

**Monday, November 2, 4:00 pm**

2120 S Street, NW

(home of Joyce O'Brien)

You do not have to be proficient to join this cheerful group. Wannabes are encouraged, as are guys and non-member friends. RSVP to Joyce O'Brien at 202/265-1015.

### *Being Mortal by Atul Gawande*

**Thursday, November 5,**

**1:00 – 2:30 pm**

1525 Rhode Island Ave., NW, Apt. 61

(home of Bob and Ann von der Lippe)

Iris Molotsky will lead a discussion of this book, which is a sensitive and intelligent examination of the processes of aging and dying that evokes important questions as we consider what it means to lose our independence. This session is the first of two. The second will be on Thursday, November 19, 1:00 – 2:30 pm. RSVP to kcardille@gmail.com. The limit of 15 has been reached, and a wait list has been started.

### *IONA, Meet the Artists Exhibit and Reception*

**Friday, November 13,**

**5:00 – 7:00 pm**

IONA Center, 4125 Albemarle Street, NW

The artists are Phil Brown, wood sculptor; and Nancy Feve, kaleidoscope quilter. Two RSVPs are needed: First, contact IONA by Nov. 6th at 202/895-9407 or [www.iona.org](http://www.iona.org) online at "Special Events." Second, RSVP to kcardille@gmail.com.

### *Dark Fields of the Republic: Alexander Gardner Photographs 1859-1872*

**Tuesday, November 17, 11:30 am**

National Portrait Gallery

Enter through 8th and G Street, NW

This haunting exhibit of photographs by Alexander Gardner documents the Civil War and westward expansion eras of American history and includes the rare "cracked plate" photograph of Lincoln. Exhibit is handicap accessible. RSVP to sheilablopez@gmail.com.

*continues on page 3*

## Let's Keep Going and Growing!

---Eva M. Lucero, Executive Director

It was the bold Bette Davis who opined "growing older isn't for sissies." I agree. I certainly don't see any sissies in this group. Since becoming the DCV Executive Director in September, I have witnessed a group of people who are plowing through this stage of life full throttle, with energy, determination and enthusiasm that would exhaust many.

I was unaware of the Village until a mentor suggested I apply for the DCV job. I did some research about the movement and was encouraged and inspired by the amount of information available through articles, testimonials, laws and word of mouth. A key element of aging in place is embracing all the opportunities that are interwoven into a community, which I've learned and witnessed firsthand through our members. The first step is to engage with your neighbor and create connections -- the bedrock of a solid Village.

This community-building aspect of the movement was highlighted throughout the recent annual National Village Gathering, which I attended. I spent three days in Seattle with 390 other attendees, the largest turnout ever, representing 296 chapters from 42 states and countries as far away as Australia and Norway. It was an invaluable opportunity to listen, learn and share so that we can expand and improve our own Village.

There were numerous sessions, from building new partnerships to creating a better brand; from using new technology to promoting senior advocacy; and from understanding care options to implementing effective leadership techniques. All the keynote speakers were impressive. We heard from Village leaders such as Janice Blanchard (Aging Better, Together); Edgar Cahn (Time Banking and Time Dollars); Nora Super (White House Conference on Aging); and California State Assembly member David Chiu. Each speaker drew from personal and professional experiences. I'm sure

I wasn't the only one who walked away with a better understanding of all the opportunities and challenges that lie ahead as the movement continues to expand and thrive.

One presenter I particularly enjoyed was Rodney Harrell, a housing expert at AARP's Public Policy Institute who works on innovative, livable communities research, a focus of his talk. Essentially, he suggests, a livable community is safe and secure, has affordable and appropriate housing, transportation options and supportive community services. Once in place, those resources enhance personal independence, allow residents to age in place and foster residents' engagement in the community's civic, economic and social life. His talk completely resonated with everything I see in our Village model.

Harrell also highlighted various cities that are implementing more age-friendly policies, including Washington, DC. He spoke about DC's aspirations to be an age-friendlier city by 2017. Government agencies, businesses, organizations and residents are already working together to accomplish this goal, and we know that the Village movement can contribute to this effort.

It is an exciting time to be involved in improving the experience of aging. I look forward to meeting all of you and hearing how DCV can leverage all of our individual talents, interests and backgrounds to strengthen and further invigorate our community and the Village movement. ■

*Calendar, continued from page 2*

**Info Dinner for Prospective Members**

**Wednesday, November 17,  
6:30 – 8:30 pm**

1916 S Street, NW (home of Abigail Wiebenson)

Please send names of prospective members to [abigailwiebenson@gmail.com](mailto:abigailwiebenson@gmail.com).

**Writers Coffee**

**Monday, November 23,  
3:00 – 4:30**

2121 Decatur Street, NW (DCV Office)

The group welcomes all. Bring a piece of writing to share. Write your own short pieces, or send parts of longer pieces for comments. RSVP and send discussion pieces to [kcardille@gmail.com](mailto:kcardille@gmail.com) by Nov. 20. ■



## It Takes a Village

---Mike Gould, Volunteers Chair and Coordinator

As the new Chairman of the Volunteer Committee and Volunteer Coordinator, I have been learning with the help of **Bernice** and **Garry Hutchinson**, **Lois Berlin** and **Eva Lucero** about the existing volunteer program. I am enormously impressed with the amount and quality of the work of the many volunteers who serve the Village and its committees. But, I have also been struck by the much smaller amount of recorded time that has been put into direct services to members in need of help: about two percent of total recorded volunteer time.

Increasing direct services would not only provide help to more people, but also would greatly assist DCV in its fund-raising and membership efforts. We are already taking two immediate steps to increase the time recorded for direct services to individuals in need:

- Expanding our reporting system by asking members to report each month all of the time that they give to meeting the personal needs of other members, even if this time is not being recorded in the formal Village system for meeting individual requests. We have reason to believe that many of you are doing much to help other members in need, and we want to be sure to capture this time for our records.

- Undertaking a needs assessment. In the next few days, we will be asking all members to provide us, on a confidential basis, their best guess about their needs for personal services in the coming months.

There is also much to be done to increase the capacity of the Village to supply services. This effort will involve cleaning up the backlog of volunteers who have applied but have not been interviewed, had their references checked and received volunteer orientation and training.

Garry has been doing a terrific job of establishing the institutional infrastructure for our volunteer program. Picking up his responsibilities and expanding our understanding of individual needs, as well as building a large corps of vetted and trained volunteers, constitute a very large undertaking. For that reason, we are going to activate the Volunteer Committee by recruiting new members to undertake the work necessary to provide more and better assistance to our members who need help to age in place.

Please let me know if you would like to help out. Meeting the needs of more of our members will indeed take a village, our Village. [mikeagould@gmail.com](mailto:mikeagould@gmail.com) ■

### Happy Thanksgiving: Share the Bounty

Jon Stewart once drolly remarked, "I celebrated Thanksgiving in an old-fashioned way. I invited everyone in my neighborhood to my house, we had an enormous feast, and then I killed them and took their land."

Notwithstanding the sad truth behind this joke, Thanksgiving has become a holiday that unites Americans of all backgrounds in a collective and personal expression of gratitude for the good things that life has bestowed. It is a holiday that sets no boundaries based on religion, ethnicity, recency of immigration to this nation or creed. And in this fractious society and world, isn't that alone worth celebrating?

Whether you're celebrating Thanksgiving with family, friends or alone, we wish you a meaningful day in which gratitude for the good things in life triumph over pain from past or present hardships. And if you think you'll be alone but don't want to be, consider reaching out to the Village. There's bound to be an extra seat at someone's table, and your being there will make the holiday more meaningful for your host, as well as for you. **Contact Kim Kelley at [admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net) if you're interested in receiving or giving a Thanksgiving invitation.**

Eat, drink, be merry and, above all, give thanks.



## Live and Learn: Estate Planning Primer

What is an estate plan? And do you need one? At the September 28 *Live and Learn*, Gina Lynn, co-chair of the Steering Committee of the DC Bar's Estates, Trusts and Probate Section, gave us a "nuts and bolts" summary of the estate planning process. She noted that "even if you do not have a plan, the DC government has one for you."

The government's plan may or may not work for you depending on your specific needs and circumstances. If you die without a will, your assets will transfer to your closest relatives. The law will also determine a default personal representative who will be in charge of distributing your assets. If you become incapacitated and do not have a valid power of attorney, a guardian and/or conservator will be appointed by the court to manage your money and assets and make health-care and placement decisions for you.

In very basic situations, that may be fine, but you have to determine what is right for you. For example, if you have only one child and limited assets, those assets can be easily transferred on death through beneficiary designation or co-ownership. If you have stocks or real estate, however, capital gains taxes may make it more beneficial to transfer assets through a will.

It is important to know exactly what your assets are, who you want as your beneficiaries, who would receive your estate in the absence of a will, and whether or not you will be subject to estate taxes. The federal estate tax exemption is over \$5 million for singles and over \$10 million for couples. In DC

right now, the exemption is only \$1 million. If you are married, certain kinds of trusts can help to reduce your liability. If you are single, there is not much you can do except for gifting. DC is expected to raise its exemption to \$2 million in 2016, but that is not yet a sure thing; Maryland is set to develop parity with the federal government; and there is no estate tax in VA. Remember that retirement assets and life insurance are part of your taxable estate.

Elements of an estate plan:

- **Will/Trust.** A will designates a personal representative and the beneficiaries of your estate. Trusts are more complicated but are advantageous in certain situations. Trusts are highly recommended for beneficiaries who are minors, persons with disabilities, persons receiving Medicaid or spendthrifts. Be aware that including personal property items of minimal value can unnecessarily complicate your will. Items with a value of less than \$1,000 can be effectively handled in a memorandum separate from your will. Similarly, funeral arrangements should be handled in a memorandum given to the person designated as your personal representative. Beneficiary designations can be used for certain assets that do not pass through a will, such as retirement accounts.

Some types of trusts, such as irrevocable life insurance trusts, do avoid taxation. Revocable or living trusts avoid probate but have nothing to do with taxation. At one time, there was big push to use trusts to avoid probate. However, DC probate law has changed, and setting up a trust can now be more costly than having a simple estate go through probate.

- **Financial Power of Attorney/Conservatorship.** These are important,

as lawyers will benefit most in their absence. A financial power of attorney can be effective immediately or upon incapacity. One that is effective immediately is preferable because it can be used whether or not you are incapacitated. Consider executing powers of attorney from every financial institution you use because each bank and brokerage firm has its own form, and many make it difficult to use documents other than their form. There is a special power of attorney form that is required in DC for real estate transactions.

- **Health Care Power of Attorney** and a Living Will are often handled in a single document. These documents should contain contact information for use in emergency situations, and copies should be given to your primary treating physician.

- **A Living Will** addresses whether or not you want to be kept alive artificially. "Five Wishes" is a good booklet that deals with end-of-life issues. It can be downloaded onto your computer, and you can fill it out with your personal wishes. Doctors must write your wishes into your hospital chart. *Do Not Resuscitate* (DNR) and *Do Not Hospitalize* (DNH) cards with emergency information should be carried with you (if these are your wishes). *In Case of Emergency* (ICE) information can be entered into your cell phone. Some smartphones have a health information page that bypasses your security code.

All important documents should be kept in a secure place, such as a safe deposit box or at home in a fireproof box. If you put your documents in a safe deposit box, be sure that your personal representative is a co-owner of the box. ■ SL

Useful resources:

- Legal Hotline (202/434-2120) provides free legal advice to DC residents age 60-plus.
- George Washington University Health Insurance Counseling Project (202/994-6272) provides free information on Medicare, Medicaid and private health insurance.
- There are several online password management services that will store all of your passwords in an encrypted database, including KeePass, Dashlane, IPassword, Last Pass and RoboForm.



L-R: Nancy Hartsock, Gina Lynn, Beth Merricks



## DCV's Annual Meeting

At DCV's annual meeting on October 15th, Villagers welcomed and heard from their new president, **Lois Berlin**, and new executive director, **Eva Lucero**. There hasn't been this much "new" in a long time! Lois pronounced the state of the Village

sound but not complacent, as the information about plans for membership growth and services, as well as changes in governance and in the volunteer program, described elsewhere in this Newsletter, attest.

Villagers also had a chance to say their farewells in person to **Bernice**

**Hutchinson** and **Garry Hutchinson**, who both delivered heart-warming remarks.

And, this being our Village, there was plenty of food and drink to enjoy. May such plenitude be a harbinger of more good things to come for our community. ■ BR



## Health and Wellness Alert

### Our Mission

Health and Wellness is something that deserves everyday attention. It can make the difference in how we journey through life, giving us an edge and, in some cases, a jump on having a good quality of life as we age. The Health and Wellness Committee of Dupont Circle Village is dedicated to working on keeping our members informed and, perhaps as important, hopeful about the challenges that face us as we age and how to deal with them.

We will be suggesting worthy websites, medical newsletters, pertinent publications and books, as well as presenting programs and speakers on topics of interest. And given the amount of junky information out there, we will be cognizant and caring about the source and quality of information that we share.

We will be addressing good nutrition; exercise, with a focus on balance and falls prevention; new medical findings; care giving; and planning for the final stages of our lives. We are also aware of seniors' concerns about dementia, including its potential impact on being

able to remain in our own homes, so that issue will be in our portfolio, too. This list is not exhaustive. As a committee that wants the best for DCV members, we welcome your suggestions and questions.

On a practical level, we will be looking at aiding members with physical needs — helping to assess those needs and sharing necessary resources should care extend beyond what the Village is able to provide. We want you to be aware of viable choices.

Who are we? **Karen Carolan**, **Ann McFarren** and **Sloan Rogers** are on the steering team for the committee, which also includes **Stephanie Chong**, **Lucia Edmonds**, **Helene Scher** and **Faith Williams**. Villager **Brad Edwards** is a consultant to our committee.

A closing thought: Timing can be crucial to many decisions. So when you can, plan ahead in making life choices; it can make a major difference. Decisions made under duress often equate to less desirable outcomes or regrets. ■

## DCV-Georgetown Medical School Mentorship Program Kicks Off

Thirteen DCV members teamed up with first-year Georgetown University medical students to kick off the annual mentorship program. The program aims to promote a better understanding of seniors' needs among prospective doctors.



## Sunday Soup Salon

### *Trends in Aging and How We Cope*

One of the more positive findings of aging research is that disability has decreased even though longevity has increased. But will this trend continue, given that baby boomers appear to be less healthy than the previous generation? The National Health and Aging Trends Study (NHATS), which began collecting data in 2011 from a nationally representative sample of Medicare recipients ages 65 and older, was designed to address not only this question but also how seniors cope with problems they may develop.

It is no small feat to design and execute a large-scale longitudinal study that involves going into the homes of 8,500 participants every year to conduct interviews and cognitive and physical tests that can yield reliable and meaningful data over time. It takes a village, as it were – namely, our own Villager, **Brad Edwards**, a nationally renowned methodologist who, as Vice President and Director of Field Services at Westat, a major contract research firm, is leading the NHATS project.

Methodological talk often causes non-experts' eyes to droop. But Brad riveted Villagers at the October 18th Soup Salon with his plain-English presentation about what goes into NHATS. For example, how do you maximize study participants' comfort level with being interviewed and assessed? The average NHATS interviewer is between 55 and 60 years old, and some are much older. Moreover, to give interviewers a direct feel for the challenges of the physical and cognitive tests they would be administering, they themselves had to perform them as part of their training and demonstrate them to the study participants.

One of the questions in the interview is naming your five favorite activities. Seems simple, but it turns out

that changes in the number and kind of activities participants report over time can be a signal of decline, including depression. Thus far, the study has discovered that, on average, four out of the five activities named by participants up to age 75 are physical. After 75, that number drops to three physical activities out of five.

Among the physical tests NHATS uses is a gait-speed test, which is one of the best predictors of declining health. Almost all of us slow down eventually, and minor declines in gait speed over time are generally not worrisome. But when gait speed drops by 10 percent or more in a year, it's typically a sign of declining health.

Chair stands, which entail getting up from a seated position without using your arms, are another measure of physical health. Evaluators are looking at how many consecutive times and at what speed a participant can perform this task, and tracking that performance over time. Also included in the physical assessment are balance, lung capacity and grip-strength tests.

Cognitive assessments, of course, are also in the mix. One that NHATS uses is the Stroop test, which measures executive functioning (e.g., impulse control, decision making, etc.). The test is tricky because you have to say the color of the words being flashed on cards rather than the word itself. Brad remarked that this wasn't very popular with participants. But after his team implemented a computerized version, the test has become a favorite.

Although NHATS is relatively young, researchers are already mining its rich data set. Highlights of results to date include:

- Problems with sleeping are associated with problems with falling. Problem sleepers also have more trouble doing housework and getting around in general. This finding has prompted researchers to look at the relationship between sleep problems and depression.
- Almost half the study sample has experienced bothersome pain in the last



month, mostly in more than one place. Not surprisingly, pain sufferers are less likely to engage in physical or social activities, a finding that indicates that pain management is critical for more successful aging.

- NHATS has a keen interest in care giving and asks many questions about the strength of social relationships, including whether there are children, other relatives or friends nearby able to give help. While one would have thought that the amount of care given is related to the number of people in your social network, it turns out that the amount of care you get is relatively constant, irrespective of the size of your network. Medicaid recipients are the exception to the finding. Even when their social network is as extensive as that of more advantaged participants, Medicaid recipients' more acute needs result in their having more unmet needs.

Villagers interested in learning more about this study should go to [www.NHATS.org](http://www.NHATS.org) – or collar Brad the next time you see him. As his Soup Salon presentation, as well as service as a consultant to the Health and Wellness Committee, indicate, Brad's stellar contribution to the study of aging is matched by his personal commitment to improving our lives.

Thanks to **Lucia Edmonds** for hosting and moderating and still managing to make delicious soup. Thanks, too, to **Trish Hoban** for her great soup, as well as to **Kathy Cardille** and **Bob Meehan** for their luscious desserts. ■ BR



## Out & About with DCV

**TED Time.** Beth Merricks hosted the third in this series on September 24 at the Woman's National Democratic Club (WNDC). This was the first afternoon TED Time and the first for most of the attendees. Since it was held at the WNDC, Beth decided to show a TED Talk that had a political theme. She selected, "How Common Threats Can Make Common (Political) Ground" by Jonathan Haidt, a social psychologist and Professor of Business Ethics at New York University's Stern School of Business. The topic was



timely, given the Pope's visit to the U.S. and his address to Congress that morning, in which he stressed the

need for legislators to work together to solve significant problems facing the nation and the world. The link to the Talk is:

[http://www.ted.com/talks/jonathan\\_haidt\\_how\\_common\\_threats\\_can\\_make\\_common\\_political\\_ground](http://www.ted.com/talks/jonathan_haidt_how_common_threats_can_make_common_political_ground).

**Kreeger Museum.** On October 7, Villagers were treated to a private tour of the Kreeger, the former home of David and Carmen Kreeger designed by



acclaimed architect Philip Johnson. Our very knowledgeable docent provided insights into the Kreeger's spectacular

collection of 19th and 20th century art and sculpture, as well as into many of the architectural features of the building itself.

**Village-to-Village Annual Gathering.** Villagers (left to right) Peg Simpson, Kathy Cardille, Iris Molotsky, and DVC Executive Director Eva Lucero attended the Village-to-Village Annual Gathering in Seattle



October 5-7. (See Executive Director's column, page 2, for more information.)

### Dining in Dupont.

Villagers gathered at Lauriol Plaza on October 20th for dinner, conversation and camaraderie.



### Information Dinner for Prospective Members.

Carol Galaty and Ken Shuck outdid themselves for a highly enjoyable, delicious and informative Info Dinner. Lois Berlin, Jane Pierson and Eva Lucero added a great deal to the conversation. Our six guests expressed their gratitude for being invited and were definitely interested in the Village.



**TED Time.** Fifteen DCV members and guests assembled at the home of Lex and Alaire Rieffel to watch a set of three TED Talks by Hans Rosling, a Swedish public health expert who popularized "dynamic graphing." In the first talk, he summarized, in four minutes, global demographic, health and income trends over the past



200 years. In the last one, he described Asia's rise relative to the US and Europe. Participants had lots of laughs and an animated discussion about how China and India will influence the world in the decades ahead.

■ SL, with thanks to Beth Merricks, Lex Rieffel and Abigail Wiebenson.

## Where Are They Now?



**Kenlee Ray** was in Ann Arbor for the University of Michigan's Homecoming, where she watched the Wolverines beat Northwestern 38-0 on October 10th. The next day, she walked the Victors for Michigan 5k. With her in the photo is her childhood friend, Sue Quackenbush.

Here's **Abigail Wiebenson** with Mt. Etna in the background. "Experiencing Sicily," she writes, "gives new appreciation for its swath of history, the stout-heartedness of its people, gorgeous land and, of course, idyllic food. I highly recommend Grand Circle trips."

■ BR with thanks to the travelers



### Membership Committee Report

—Abigail Wiebenson, Chair

24 to go to reach 200 members!

A hearty shout-out to those of you who recently suggested candidates for membership.

We received more names in October than in any month, ever, which resulted in a full table at last month's Information Dinner hosted by **Carol Galaty** and **Ken Shuck**, with our thanks.

Our next Information Dinner is on Tuesday, November 17th, from 6:30-8:30 pm at my home (1916 S St., NW). Please send the names and contact information of prospective members to [abigailwiebenson@gmail.com](mailto:abigailwiebenson@gmail.com) as soon as you can, preferably today. We can only succeed with your help.

### Web Wise

---Joanetta Bolden, DCV Web Administrator

Here are a few updates and things you need to know.

- **Download a Membership Directory:** You can now print a copy of the DCV directory with current contact information for all members. Log onto the website, go to Members Only, and click on "How Do I..." You will find the Print a Membership Directory link, along with other helpful online access information. The directory link is updated often so that you always have a current list of DCV members.
- **Provide Emergency Contacts:** We are neighbors helping neighbors and want to make sure DCV can connect with your designated contacts if necessary. Add or update your emergency contact information online. Log onto the website, and at the top right corner hover over your name to select the Profile option. On your Profile page, select Additional Member Data, and scroll down to enter one or two emergency contacts. While on the page, please answer the other important questions listed. Remember to **save** your entry.
- **Check Your Spam:** You might be missing important communications from DCV. We are now using a new email system for some messages to members and volunteers. Depending on your spam filter, you might need to allow DCV messages in order to receive future DCV emails in your In Box. Check it out.
- **Contact [web@dupontcirclevillage.net](mailto:web@dupontcirclevillage.net):** If you need online assistance or have feedback, please let us know.







Here is an easy, satisfying recipe for a traditional Thanksgiving favorite from *Eating Well*, October/November 2005.

### Smashed Spiced Sweet Potatoes (12 servings, ½ cup each)

4 pounds sweet potatoes (4-5 large)  
2 TB butter  
2 TB pure maple syrup  
1 TB chili powder  
2 tsp ground cumin  
1 tsp ground ginger  
2 tsp salt or to taste  
½ tsp freshly ground pepper

Preheat oven to 350 degrees. Pierce each sweet potato in several places with a fork. Place directly on oven rack and roast until soft (45-60 minutes). Transfer to a cutting board; let stand until cool enough to handle. Slip off the skins, and cut the sweet potatoes into 1-inch slices; transfer to a large bowl. Add butter. Smash the sweet potatoes until fluffy, with some lumps remaining. Add maple syrup, chili powder, cumin, ginger, salt and pepper; stir to combine.

*Judy duBerrier*, long-time purveyor of delicious and doable recipes in the Newsletter, has decided to hang up her spoons. Thanks for your contributions to our palate and the Village. ■

**November Is....**

Aviation History Month  
Child Safety Protection Month  
International Drum Month  
National Adoption Awareness Month  
National Epilepsy Month  
National Model Railroad Month  
National Novel Writing Month  
Native American Heritage Month  
Peanut Butter Lovers Month  
Real Jewelry Month  
National Sleep Comfort Month  
National Fun with Fondue Month  
National Stuffing Month

Okay, some of this is silly.  
But as the leaves fall and the days shorten,  
we all need some silly.  
To continue that theme,  
if any Villager emails us  
(bellarosenberg@verizon.net,  
sheilablopez@gmail.com)  
about how he or she celebrated  
National Fun with Fondue Month  
or Peanut Butter Lovers Month,  
we promise to print your tale  
in the next Newsletter.



Let's focus again on increasing energy, this time with Running Plank. Put your hands on a wall. Extend arms without locking elbows, and step back so that your weight is toward the wall; your body will be inclined. Check your posture, and keep chin parallel to the floor; eyes looking at the wall. Focus on your breath: belly out for the inhale, pressing in for the exhale. Then, lift the right heel as you inhale, the left heel as you exhale, alternating and running in place.

Start slowly and speed up. When you feel winded, slow down, recover, then speed up again. Try doing this for one minute. When finished, step back and stretch. As you feel the benefits, you may choose to increase your time doing Running Plank. But any exercise that you speed up will make you exert more and breathe harder. ■

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.



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