



*"You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life."*

- Albert Camus

## WHAT'S INSIDE

President's Letter . . . . .	1
Monthly Calendar . . . . .	2-4
Executive Director . . . . .	2
Meet the New President . . . . .	3
Soup Salon: Roberta Benor . . . .	4
Volunteer Coordinator . . . . .	5
Village-to-Village Network . . . . .	6
Live & Learn: Continuing Care . .	7
Live & Learn: Aging Knee & Hip .	8
Anne Stephansky's 90th . . . . .	9
Out & About . . . . .	10
Where Are They Now? . . . . .	11-12
DCV Cooks . . . . .	13
Yoga Tips . . . . .	13

## New Members

*DCV warmly welcomes its newest members:*

**Richard Arndt**  
**Sarah and Ed Burger**  
**Greg R. DuRoss**  
**Charlotte Holloman**  
**Ellen Walsh**  
**Ron Wilson**

# President's Letter

---Lois Berlin

I am writing you my last letter as president of DCV. At our September 12th Board of Directors meeting, **Steve Kittrell** became the president of DCV.

I share that news with a number of emotions: relief that my responsibilities will be reduced and that a person as capable and talented as Steve will step into the role of president; urgency to get a number of things done before my term is up; and pride at having served you in the best way that I know this past year. Of course, I had great role models in previous presidents like **Peg Simpson, Iris Molotsky** and **Marty Davis**, and I have been privileged and pleased to work with our first full-time executive director, Eva Lucero.

September also brings a number of membership changes on the Board. I want to extend a hearty thank you to outgoing board members **Ted Bracken, Curtis Farrar** and **Joan Ludlow**. While they will continue to contribute to DCV through their involvement with, respectively, Development, Finance and Health and Wellness, they will be missed on the Board and are appreciated for all they have done as DCV leaders.

Their Board shoes will be filled by Zainab Khan, Mike Kain and **Ann McFarren**. Zainab and Mike's service represents the first time in DCV's history that we've recruited from our local business community, as allowed by our bylaws. Doing so allows us to tap talents that are critical to our success as a governing body.

Zainab is assistant manager of the TD Bank branch located at Connecticut Avenue and S Street, and Mike, an attorney and developer, is CEO of Kain and Associates and a longtime supporter of DCV. Together, they bring us expertise in finance, banking and development. Ann has a long history of leadership in health education through

her work with Planned Parenthood and the AIDS Action Foundation and will be invaluable in helping us examine how we support our members during times of need.



The Board will have a retreat on September 17 for team building and to focus on issues critical to our organization: volunteer services and support for members in times of critical health needs; financial sustainability; and our identity as an organization that now extends beyond the bounds of Dupont Circle. Stay tuned for information on what our gathering yields.

Like many others, Larry and I were immersed in the summer Olympics. It was thrilling to watch athletes compete at such high levels and to witness the joy and satisfaction of the winners. Whether competing individually or as a team, they showed a remarkable sense of purpose and focus. It made me think about how our organization works to support our members.

The care circles that have been formed this year around members with acute needs are truly remarkable in their organization, services and caring. While these volunteers don't look for medals, they are truly champions, as are our members who chair committees and working groups and do the important work of our organization.

Thank you all for your service, and thank you for the privilege of having served you as president this past year. ■



## MONTHLY Calendar

### **Congressional Cemetery**

**Friday, September 16, 11:00 am**

1801 E Street, SE

Take a private walking tour of historic Congressional Cemetery on Capitol Hill, and learn the amazing stories of noteworthy citizens who left their mark on the city and the nation. The terrain is uneven, so wear comfortable shoes. Carpooling arrangements will be made as the date approaches. RSVP to Sheila Lopez at [sheilablopez@gmail.com](mailto:sheilablopez@gmail.com).

### **Tech Tuesday**

**Tuesday, September 20, 11:00 am**

LaTomate Caffe, 1701 Connecticut Ave., NW

Join fellow Villagers for help with your technology concerns, including computers, phones, cable, WiFi and TV. Place your order for food or coffee, and join the group upstairs. Limit of 12 because of small space. RSVP to Lucy Cooney at [lucy1030@starpower.net](mailto:lucy1030@starpower.net).

### **The Art of Romaine Brooks**

**Wednesday, September 21, 2:00 pm**

Smithsonian American Art Museum  
8th and G Streets, NW

Romaine Brooks was a leading figure in the artistic counterculture of upper-class Europeans and American expatriates in Paris in the first half of the 19th century. Her provocative work challenged conventional ideas of how women should look and behave. This exhibit includes 18 paintings and 32 drawings from the museum's permanent collection, many of which have not been seen in decades. RSVP to Sheila Lopez at [sheilablopez@gmail.com](mailto:sheilablopez@gmail.com).

### **Dining in Dupont: The Fourth Estate at the National Press Club**

**Thursday, September 22, 12:00 – 2:00 pm**

529 14th Street, NW

Chef Susan Delbert invites Villagers to

## Staying Connected, Aging Together

--Eva M. Lucero, Executive Director

*"Loneliness is personal, and it is also political. Loneliness is collective.... We are in this together, this accumulation of scars.... What matters is kindness; what matters is solidarity."* Louise Bourgeois (1911-2010)

A handful of recent articles ([Washington Post](#), [New York Times](#)) and [research](#) has renewed interest in the debate over whether loneliness, social isolation or some combination of the two has serious effects on health and mortality. These conditions can affect people at any stage in life but are particularly acute for older people. An estimated 28 percent of older Americans live alone, 36 percent of them women and 19 percent men.

Loneliness and social isolation are often interchangeably used terms, but they are distinct conditions. Loneliness is the distress people feel when reality fails to meet their ideal of social relationships. Loneliness is not synonymous with being alone; many people live solitary lives but are not lonely. In contrast, social isolation is an objective state referring to one's number of social contacts or interactions.

As many Villagers can attest, a large number of social connections occur in the workplace, so retirement can contribute to social isolation. Also, we now live in an age when technology has both positive and negative impacts on our daily lives. Many people opt for electronic communications over personal contact, thus limiting opportunities for face-to-face conversations that can include human touch and active listening.

The AARP Foundation lists additional reasons why people are isolated, including: mobility or sensory impairment; major life transitions; low socioeconomic status; being a caregiver for someone with severe impairment; psychological or cognitive vulnerabilities; being located in

a rural, unsafe or inaccessible neighborhood/community; small social network and/or inadequate social support; language (non-English speaking); and membership in a vulnerable group.

Engagement is an intrinsic part of Village life, and there is a plethora of opportunities for members to break out of loneliness and unwanted social isolation. This summer, DCV's Membership Committee reviewed our activity response and participation rates and developed strategies for improving services for members who may be isolated, lonely or afraid to ask for help.

The Committee examined the structure of many of our events, which have limits on numbers of participants. Also, events are typically initially offered online through the DCV eBlast. Therefore, members who are more socially networked via smart phones or computers are the early responders and get the worm.

In an effort to broaden participation in DCV events, especially to those who are not as digitally connected as the early responders, the Village plans to institute a waiting period for registrations. Instead of our previous "first come, first served" approach, all of the responses before the deadline will go into a lottery and be randomly picked for the events that have attendee limits. We also will offer a couple of social events that are exclusively designed for members to be together in a relaxed social setting. Good examples are the Mad Hatter Tea held this summer and the upcoming ice cream social.

It is DCV's hope to bridge the gap between active and non-active members and to improve Villagers' access to services and programs and to feeling socially connected. ■

continued on page 3

continued from page 2

this elegant public dining room with small tables seating 4-6 each. Diners will order from the menu, which includes lobster grilled cheese sandwiches, jumbo lump crab cake, fried chicken sliders, soups, salads and many more delights. Payment by separate check. RSVP to Lucy Cooney at Lucy.1030@starpower.net.

### **Opera in the Outfield**

**Saturday, September 24, 7:00 pm**

Nationals Park, 1500 South Capitol Street, SE  
Enjoy Mozart's *The Marriage of Figaro*, FREE, no tickets required. Contact Carol Galaty at carolgalaty@gmail.com to get a reserved seat with the Village. Family and friends are welcome. The opera runs 3 hours and 15 minutes. Gates open at 5:00 pm. By Metro: Red line to Gallery Place, then change to the Green line to Navy Yard-Ballpark station, which is ½ block from Nationals Park. Parking is available in Lots B and C for \$10.

### **Live and Learn: Avoiding Scams, Identity Theft and Fraud**

**Monday, September 26, 3:30 – 5:00 pm**

St. Thomas Church, 1772 Church Street, NW.  
Philip Ziperman, Director of the DC Office of Consumer Protection, will discuss how to protect yourself from different types of fraud and what you can do if you become a victim. RSVP to Linda Harsh at 202/234-2567 or lindajkh@mac.com.

### **The Greeks: Agamemnon to Alexander the Great**

**Tuesday, September 27, 11:00 am – 12:15 pm**

National Geographic Museum (handicapped accessible), 1145 17th Street (nearby parking available from \$13) Take a 75-minute docent-led tour of 5,000 years of Greek culture and an incredible collection of artifacts never before seen outside of Greece. Tickets are \$11.50, payable at the

continued on page 4

### **Meet DCV's New President: Steve Kittrell**

As the incoming President, I am looking forward to working with all of the great people who make up the Village. I hope to continue the Village's growth and strengthen both its services to members and its financial footing.

I have been a DC resident since 1976, when I started law school at GWU. My wife, Susan Hattan, and I have lived in the Dupont Circle area since the 1980s. We enjoy traveling, including to the Amalfi Coast this year, and are big Nats fans. For over 30 years, I have studied *taekwondo* and teach classes at the Bowen YMCA and a charter school.



My Village activities include heading the handyman volunteer group, making use of some skills I learned growing up in Kansas. I also participate in the technology group.

Prior to retiring in 2016, I was a tax partner at the international law firm of McGuireWoods LLP for 25 years. At the firm, I also served as the managing partner for the DC office and on the firm's board of partners.

### **DCV Website Awaits You**

Keep abreast of the latest information, updates and useful links by visiting the DCV Website

**[www.dupontcirclevillage.net](http://www.dupontcirclevillage.net)**

Just added:  
Photos of DCV events under the Library tab

continued from page 3

door. Join fellow Villagers for lunch at the museum's cafe after the tour if you wish. RSVP to Beth Merricks at [bmerricks@msn.com](mailto:bmerricks@msn.com).

### **Fall Gathering for All Villagers**

**Wednesday, September 28, 6:30 pm**

Sumner School

More info to follow.

### **Wine Tasting with DCV**

**Thursday, September 29, 7:30 pm**

Cork and Fork, 14th Street at Church St  
Join Villagers for a second wine tasting event of Barbera and Barolo wines from the Viberti Winery in Northern Italy. The cost of \$30 covers seven wine tastings, paired with cheese plates. Sign up online directly with Cork and Fork using the following link: <https://www.eventbrite.com/e/barbera-barolo-featuring-giovanni-viberti-with-damien-lehoux-tickets-27334907444?ref=ecal>.

Also RSVP to Marie Matthews ([mariemattmarie@gmail.com](mailto:mariemattmarie@gmail.com)).

### **Barnes Museum in Philadelphia**

**Wednesday, October 26,  
9:30 am – 8:30 pm**

Day trip to the Barnes Museum includes round-trip on a deluxe, 55-passenger motor coach with rest room, box lunch and snacks; 30-minute introduction to the Museum collection; a tour with audio devices; and all gratuities. Cost is \$155. Depart Washington at 9:30 am. Please RSVP to Benita Lubic at 202/362-6100 or [blubic@aol.com](mailto:blubic@aol.com). ■

## **Roberta Benor: Let Us Remember Soup Salon, July 17th**

"Memoirs are what put the flesh on the bone of genealogy," declared Roberta Benor, the guest at this summer's Soup Salon. Yet, while many people are into genealogy, few dare writing a memoir, fearful of butchering it or clueless about how even to start. Not after listening to Benor!

Benor claims a "genetic" passion for stories. She has worked as an English teacher, parent educator and head of a senior citizen residence, all the while carrying cassettes and recording stories. When she had a child, it occurred to her that seniors' stories might interest the next generation, so she proposed a project to help people pass on their stories. That successful proposal eventually became her main business.

In helping people record their memoirs, Benor starts with the basics, like name and address. She then moves on to the family, asking very specific questions, like "how tall was your father?" From the person's parents, she then moves backwards in time, if possible, and then asks about the subject's first memory. All this jogs more associations and memories.

A memoir is not the same thing as a life story, Benor observed. A memoir contains fewer incidents and focuses on how they made you what you are. She has a threefold approach to recording memoirs: chronological; psychological;

and philosophical, that is, what's important to you? At the end, she likes to ask "what has this process meant to you? How do you want to be remembered?" Not surprisingly, the memoirs she helps people to produce are often used at their funerals.

Writing a memoir is hard, Benor acknowledged. "You're the writer and editor. What to put in, what not, especially considering that some things could be hurtful to others?" To help with the latter potential problem, she advised writing a preface that makes it clear you understand that, while these are your true memories, they are not necessarily "the truth."

Benor also advised erring on the side of more rather than less information. Try to verify dates and places; label, digitalize and backup photos. Remember that in 50 years, no one will be able to figure out things without your identifiers.

The last step, she said, is to put your draft away for a while and then return to it for editing. And when you feel it's ready, distribute your memoir on a website, through a blog or, in printed and bound form, at family gatherings.

To demonstrate her approach, Benor led Soup Salon attendees through some memory-jogging questions. It worked! But surely **Peg Simpson's** hospitality, the delicious soups provided by **Jeanette Barker** and **Linda Harsh** and **Caroline Mindel's** yummy cookies helped. ■ BR

For further information, see [www.robertabenor.com](http://www.robertabenor.com)



Benor 2nd from left



## Update on Volunteer Services

---Mike Gould, Volunteers Chair and Coordinator

June was our most productive month ever in terms of volunteer support for DCV members. Volunteer hours in the Support for Members category rose to 155 compared to an average of 100 hours for each of the previous five months. The most frequent support provided to members was in the form of friendly visits that help allay concerns about isolation, followed by errands, light home maintenance and technical support.

Even more striking, 139 of the 155 hours were support for the Open Village Fund (previously, M+), with heavy assistance going to a few members in serious need. Our Care Groups, which were established to help our members most in need, have been increasingly active and well organized to the benefit of our clients. Although we started with seven such groups, we now have five because two of

the members of these groups have needed more formal institutionalized support.

We have been working closely with Iona Senior Services to get professional support in handling one of our most difficult cases. We have also initiated a working relationship with Terrific Inc., the DC government's designated care-giving agency for Ward I. Terrific Inc. can provide pro bono services to our low-income members.

Once again, much credit and thanks to the Village Volunteers, who give so generously of their time and talents. ■

[volunteer@dupontcirclevillage.net](mailto:volunteer@dupontcirclevillage.net)

### Celebrating Our Volunteers

Our Village loves to party. And what better reason to do so than celebrating our volunteers, the backbone of our mission?

Thanks to the initiative of Volunteers Chair and Coordinator **Mike Gould**, a large crowd of volunteers and Villagers, many of them also volunteers, gathered on June 22nd to give thanks and be thanked for their contributions this past year. **Abigail Wiebenson** opened up her lovely home and backyard, and the libations, food and fun were seemingly endless.

In DCV's version of the Oscars, **Lois Berlin** and Mike presided over a special awards ceremony to recognize volunteers whose contributions were especially stellar this past year. And the "winners" are:

- **Lolita Ellis:** active member of one of our Care Groups
- **Chris Hoban:** head of the Technology Group
- **Steve Kittrell:** head of the Handyman Services Group
- **Sheila Lopez:** co-editor of our Newsletter
- **David Messing:** coordinator of one of our Care Groups
- **Marilyn Newton:** coordinator of one of our Care Groups
- **Kirk Perrow:** active member of one of the Care Groups and part of our delegation to the Mt. Pleasant Village to advise them on their new volunteer program
- **Bella Rosenberg:** co-editor of our Newsletter
- **Sandra Yarrington:** very active member of the Membership Committee

The biggest winner of all? Mike, whose vision, cheerleading and tireless work on behalf of our volunteer efforts have made a huge difference in the amount and quality of help DCV now provides. Kudos! BR



Left to right: Chris Hoban; Steve Kittrell; Marilyn Newton; David Messing; Kirk Perrow; Sandra Yarrington; Mike Gould; Sheila Lopez. Not pictured: Lolita Ellis; Bella Rosenberg

# Village-to-Village Network

---Peg Simpson, Secretary, Village-to-Village Network Board

Did you know you are part of a national Village movement? You are! And you're in good company, with 40,000 people in 44 states and four foreign countries.

The movement is only 15 years old but is fast moving forward. The DC Metro area is a hotbed of Village activity, with more than 55 Villages in place or in formation. Nationally, as of mid-August, more than 205 Villages were operating, and another 130 were in development.

The engine at the center of all these vital parts is the Village-to-Village Network (VtVN). It helps nurture, educate and empower individual Villages. It has been an invaluable resource as the movement has mushroomed, from about 50 in 2010, when the Network was launched, to almost seven times that today.

The movement began in 2001 with the founding of Beacon Hill Village in Boston. A 2007 *New York Times* story about this new model for "aging well" brought an avalanche of appeals from people around the country for help in launching a Village.

That led to the creation of VtVN, with Villages signing on as dues-paying members. Network staffers scrambled to keep pace with the questions: how to recruit members; find and vet volunteers; decide what to charge in dues; deal with legal and financial hurdles. These startup Q&As became part of the Network's Village Toolkit 101.

The Network hosted webinars, found mentors for Villages and shaped a robust listserv that is used by dozens of Villagers each week. "We're a peer-to-peer Network for villages to learn from one another about how to create and sustain their organizations," says VtVN executive director Natalie Galucia.

The Network gives Villages a platform for discussion forums, keeps a document library, puts on an annual conference and keeps a list of providers giving Villages discounts. The staff also gives direct technical help to Villagers.

Three years ago, the Network faced a crisis. From the outset, Village dues (now \$400 a year) covered only half of Network expenses. The MetLife Foundation became a founding Network funder. That worked for four years. But then MetLife got out of the long-term-care insurance business and pulled its financial support of VtVN.

Finding \$250,000 a year to replace MetLife funding seemed impossible. But Village founders on the Network board decided to try by asking supporters for donations. It worked! By late 2015, the board had raised over \$90,000. It was a clear recognition of the value of the Network.

By 2015, the board had cut costs, moved the office from Boston to St. Louis and had a staff of two. This year, it invested in an interactive website, due to launch this fall, which should expand the Network's reach.

Board members are also looking for partners who could be assets for Villages. Andrew Scharlach of the University of California at Berkeley is an invaluable example. He got foundation funding to study California Villages and is now working nationally to test ways to quantify the "value" of a Village.

Donors who helped save the Network before will be asked to help again. But Susan McWhinne-Morse, VtVN's development chair and the founding president of Beacon Hill Village, wants to do more.

She says most Villagers don't even know there is a movement, let alone realize they're part of it. She's hoping to change that with an ATM campaign—Aging Together Matters—that asks Villagers to donate \$20 to the Network the next time they use an ATM. Raising money is less important, she says, than getting Villagers to engage in forging the movement's future. Stay tuned for news of an ATM event near you. ■

## "Hill People" Block Party

As the Dupont Circle Village expands, we have growing numbers in some neighborhoods. On July 6th, 24 DCV "Hill People," living in the area around Columbia Road, got together for a Summer Block Party to get to know one another a bit better. There was lots of shared food and cool drinks on a hot (but not the hottest) summer evening, and Lois Berlin and Larry Stuebing joined to represent our wider Village community.

Special thanks to our great hosts, Chris and Tricia Hoban, who also came up with the idea.



## Continuing Care Decisions

*Live and Learn, June 27*

About a century ago, diabetes and other illnesses were not considered chronic diseases because death would likely have occurred within a year. Now, thanks to medical advances, we have a roster of chronic diseases – so we can live long enough to get illnesses, like dementia, not typically seen before. What we have failed to do along the way, said Howard Gleckman, a Senior Fellow at the Urban Institute, is create a social system to deal with the new realities of aging. How to manage anyway – and press for change – was the subject of his Live and Learn talk.

There's a 75 percent chance we'll need some long-term care before we die, and a 50-50 chance we'll need help with activities of daily living. About 80-85 percent of people will get care at home, primarily from daughters, followed by other family and friends. But there will be fewer and fewer family members available to take care of aging relatives. What's the alternative?

Among the most interesting are:

- Villages.
- Technology (e.g., car services; monitoring services). "Silicon Valley folks are fascinated by aging and working on it," Gleckman observed. "But they don't quite get it. It's a business opportunity."
- Naturally occurring retirement communities (e.g., delivering services directly in an apartment building; shared health aides).
- Housing with services, typically in subsidized housing.
- Intentional communities in which people, often with affinities (e.g., academics, actors), move in together to help one another.
- Arrangements whereby younger residents in a building help elders, sometimes in return for a service (e.g., baby sitting).
- Commercial residential care, which includes independent living; as-

sisted living; skilled nursing care; and continuing care. Each of these is financed differently (e.g., rent or entry fee with monthly fee). Gleckman advised that these financing arrangements can be complex and confusing, so it's best to consult a lawyer.

- Small group homes.
- Assisted living at home where you pay a fee and get a package of home services. Goodwin House in Alexandria, VA, is a good example.

Some of these arrangements are costly. A DC nursing home costs about \$300/day; assisted living about \$5,000-7,000/month; while home health aides get about \$20/hour, with around half of that going to their agency. Paying typically involves using savings; annuities; home equity; and Medicaid, if eligible. (See the March 2016 Newsletter, Live and Learn, for a fuller discussion of cost issues.)

Gleckman said that whether to age at home or elsewhere is one of the most difficult decisions anyone will face – and it should be faced well before a crisis hits. If you're thinking about it now, it's a sign that some changes are in order. This could range from doing some renovations for accessibility at home to evaluating your support system to thinking about moving to someplace that offers more help.

Gleckman offered some tips for those considering a move: Investigate the culture of the place. Are the kinds of people who live there compatible with your interests and values? Does it really offer sufficient assistance, not only now but for your future needs? Above all, consider the staff: talk to them, and ask residents about them. In other words, look beyond the lobby, and don't rely on marketing people.

Gleckman reminded us that government funding for the aged is flat or shrinking, despite the hefty size of the demographic we represent. Elected representatives are simply not hearing from us about the value of senior programs and funding. It's time to raise our voices. ■ BR



Left: Janet Brown, Howard Gleckman

### DC Elder Care Resources

**Guide to Retirement Living**  
[www.retirement-living.com](http://www.retirement-living.com)  
 (resource guide)

**Iona Senior Services**  
[www.iona.org](http://www.iona.org)  
 202-895-9448 (adult day, counseling, care coordination, transportation)

**Seabury Resources for Aging**  
[www.seaburyresources.org/](http://www.seaburyresources.org/)  
 (transportation, aging in place and information services)

**Caring from a Distance**  
[www.cfad.org](http://www.cfad.org)  
 (help for long-distance caregivers, local resource guide)

**DC Office on Aging 202-724-5626**

**Senior Beacon**  
[www.thebeaconnewspapers.com](http://www.thebeaconnewspapers.com)  
 (resource guide)

**Caring for our Parents**  
 Howard Gleckman  
[HowardGleckman.com](http://HowardGleckman.com)



## The Aging Knee and Hip

### *Live and Learn, July 25*

"If your physical therapist hasn't put his or her hands on you, get a new therapist," declared Dr. Jason B. Dring. And he ought to know. Not only is he a physical therapist, he's also a rare breed: a Board Certified Geriatric Clinical Specialist. Villagers who came to the July 25th Live and Learn to learn about preventing and managing knee and hip pain couldn't have been in better hands.

Osteoarthritis (OA), sometimes called degenerative joint disease (and not to be confused with rheumatoid arthritis), is the leading cause of lower-limb-related disability in the elderly and the second leading cause of their general functional decline. Fifty percent of people 65+ are affected by it, and virtually everyone over 75 has it. The knee is the most common joint afflicted with OA, followed by the hip.

Some conservative approaches to the management of knee OA, Dring reported, include non-steroidal anti-inflammatory drugs (NSAIDs). Instead of just taking them when in pain and stopping, he advised, use them regularly for a period of time to eradicate inflammation. Weight loss is also critical. Every pound of excess weight increases the load, and therefore stress, on the joint by a factor of three to six. Other conservative approaches include progressive resistance exercises; unloading the joint with a shoe wedge or by using braces; aquatics; and physical therapy.

If these don't work, more invasive techniques may be necessary. Viscosupplementation involves injecting hyaluronic acid gel into the knee. Steroid injections may help, but Dring revealed that they provide only short-term relief and can cause long-term tissue damage. Joint arthroscopy may produce good and long-lasting outcomes. If all else fails, knee replacement (arthroplasty) may be the only option. None of these, however, substitutes for physical therapy or exercise and lifestyle changes.

Conservative approaches to managing hip OA are mostly similar to those for knee OA: reducing inflammation and pain; working toward pain-free range of motion; encouraging movement; increasing muscle strength at the joint; correcting misalignment and/or accommodating to permanent changes in the joint.

Manual therapy, which involves a physical therapist passively moving the joint's articular surfaces, is another conservative approach to hip and knee issues. Research has found it dramatically more effective than conventional exercise therapy, but it is not a substitute for staying active. If nothing else works, replacing the hip or knee may be necessary.

Although knowing your body is crucial for preventing injuries, Dring stated, most people consult a physical therapist only when in distress. Our health-care system, which is not geared to prevention, encourages that behavior, and insurers exacerbate it by often refusing to pay for proactive physical therapy.

But Dring believes that an annual or biannual fitness physical with a physical therapist can help seniors address existing problems and prevent future injuries. A fitness check-up establishes baseline measures of strength; flexibility; postural habits; balance/gait; cardiopulmonary fitness; and risk for injury. The physical therapist then develops an individual fitness plan to address the findings.

Even so-called small asymmetries or other weaknesses that may emerge from the assessment can have large consequences, even if you don't feel them now. For example, certain ankle weaknesses put great stress on the knee(s), so dealing with them now can save your knees later. And if your knees or hips are already damaged, a fitness physical can reveal the appropriate therapy and/or accommodations.

By the time Villagers left Dring's research-laden presentation, they knew just what to do. Find out about your body. Follow up on the advice. And always stay as active as you can. Just do it! ■ BR

Further information is available at <http://www.dringpt.com> or by calling 202-459-4594.





## Anne Stephansky:

### *A Shepherdess and Her Followers*

---Sawon Hong

*Eds. Note: The following is an abridged and edited version of Sawon Hong's July 21st tribute to Anne on her 90th birthday. Happy birthday, Anne!*

Books may teach you. Historical figures may guide you. When, however, you have a concrete role model who inspires you -- one who demands nothing, who never judges -- you are truly lucky.... We and other Villagers who are members of a thrice weekly "Living Gracefully" group at the Washington Sports Club, led by trainer Macavoy Tyree, are fortunate in having just such a role model. Her name is Anne.

She smiles all the time. She is affectionate. She loves the attention she gets from each one of us. Everyone looks after her.... She is our inspiration, our motivator. She still reads a lot, has very strong views on domestic and world politics, is indignant about disparities of any kind and loves music and art.... She exudes gentleness, determination, intelligence, independence and presence. We count on having her at her regular spot every week.

We just celebrated her 90th birthday. It was an easy party to organize since everyone was so eager to be part of the celebration. And Anne was a more than willing participant.... She immediately suggested we have it at her house and include all 40+ gym members! She seemed sure it would be enough to provide the crowd with just her green salad, bread and cheese, with ice-tea to drink.

But our group made a back-channel agreement to bring more food -- a lot more food.... We also thought that we were adult enough to add some Prosecco and sherry—even though the party started before 11:00 a.m.!... Anne enjoyed every minute of it -- and was quietly in charge throughout.

I would like to give our gym group some credit for this wonderful occasion. While having a great trainer and group was a matter of luck, we are not just lucky. After all, we chose to join and pay; we voluntarily come to the group regularly; and we exercise hard....



But what may be the most important benefit of our group is the feeling of unusual camaraderie that so many of us have found there. In a sense, the physical benefits are almost secondary. And we have fun....

We want to be like Anne when we become 90. I hope she will be there to tell us how pleased she is to see her well-turned-out followers. The way she is, she just might. ■



## Out & About

**TED Time.** Marilyn Newton hosted an inspiring session around *Dancing with the Stars* on June 28. Paralympic snowboarder finalist Amy Purdy talked about how losing her legs at age 19 enabled her to achieve more than she had ever dreamed. And on August 25, Carol Galaty and Ken Shuck hosted a discussion of Susan Cain's TED Talk, *The Power of Introverts*. It was an interesting and fun evening for both the introverts and extroverts in the group.



**Nats Game.** Although the Nationals lost to the San Diego Padres on July 22, Villagers at the game had a blast! Harriet Sobel (Georgette's 93-year-old mom) is pictured watching Werth in left field.



**Bridge Anyone?** Several Villagers took a one-day course at the Marriot Wardman Park on July 24. The course was given by the President of the American Bridge Teachers Association, who presented the basics of the game, along with the newest rules.

**Phillips Gallery.** On July 26, Villagers enjoyed a docent-led tour of a William Merritt Chase retrospective exhibit on the centennial year of the artist's death. The exhibit featured more than 70 paintings covering the entire spectrum of his work, from portraits and still lifes to urban park scenes, landscapes and interiors. One gallery was devoted to the work of several of Chase's students, including Georgia O'Keeffe, Marsden Hartley, Edward Hopper and Joseph Stella.



**Wine Tasting.** On the evening of August 4, six Villagers and one guest attended a tasting of "Summer Wine Flights: Sangiovese and Syrah" at Cork and Fork Wine Merchants on 14th Street. Six wines were paired with a cheese plate and French bread. In addition, two bonus wines were offered at the tasting. It was a congenial group and an interesting and informative presentation. More wine tastings are planned for the fall!

**17th Street Festival.** Held on August 27, this annual event organized by Historic Dupont Circle Main Street featured entertainment all day, including a flamenco dancer, mariachi band, a Chinese dragon dancer and a New Orleans jazz band, and included the works of more than 50 artists and artisans. DCV's booth and bake sale were a great success. ■ SL







## Where Are They Now?

**Lois Berlin** and **Larry Stuebing** (the photographer) spent two weeks escaping the DC heat by sailing their kayaks on Cupsuptic Lake near Rangely, ME, and on Fourth Lake in the Adirondacks of NY.



In June, **Ted Bracken** and his Dartmouth classmates went to the battlefields of Normandy to lay roses on the graves of the five Dartmouth boys who lost their lives there in 1944. Ted delivered a eulogy at the grave of Fletcher Burton, Jr., (class of



1945), just 21 when he died. "It was a very moving experience," said Ted, who researched Burton as part of a military history class he had audited. The trip also included time in England visiting Bletchley Park, where the Enigma code was broken, and other World War II sites. Then it was off to Normandy, as the troops had done, via ship across the Channel. Ted also visited "the magnificent and improbable Mont Saint Michel abbey, followed by a journey to the Channel Islands of Guernsey and Jersey via ferry from St. Malo."

**Jane Cave** and **Eugene Versluysen** beat the August heat with their annual retreat to Stonington, Maine, "where the daytime high never got above 80 degrees, and we consumed an entire year's supply of lobster rolls, haddock sandwiches and chowder in three weeks." Taken in between bites is their photo of a stately schooner on Penobscot Bay.



**Sheila Lopez** spent three weeks in Tanzania visiting her daughter, who is posted there by the Foreign Service. Notwithstanding being booted due to a spiral fracture, she managed to go hiking, visit Zanzibar and explore the Serengeti on safari.



**Pender M. McCarter** and his longtime friend, Robert Feiertag, enjoyed several visits to Shenandoah National Park in the Blue Ridge Mountains this summer, including as guests of **Alaire** and **Lex Rieffel** at their country home in Woodville, VA. On two additional trips, Pender and Robert joined the Adventuring Outdoors LGBT Club for a day hike in the Red River Loop and a Saturday night viewing of the Perseids meteor shower at the Park Service's Big Meadows Campground.



**Caroline Mindel** reports that she made a new "friend" while in the wilderness of Denali, Alaska. "There he was, just sitting in the road," apparently waiting for her to photograph him. Or her. Prudently, Caroline didn't further check out the bear.



**Iris** and **Irv Molotsky** were invited to the commemoration of the 1944 Liberation of Castres, in southwestern France, by their friends Robin Ellis and Meredith Wheeler, who was chosen to carry the American flag. Iris writes that, "Meredith researched the liberation of the area from the occupying German army and the role played in it by Americans who parachuted in behind enemy lines. It is quite a story.... After the ceremony, we spoke with two elderly men who were in the Maquis (aged 17 and 18 at the time). It was very moving."





continued from page 11



**Marilyn Newton** enjoyed her family and family history this summer. "With two of my four sons, David and Bill, I went to Moline, Illinois, to see the factory where my grandfather manufactured cars from about 1904 to 1924. In this photo, we are standing on the test track where his cars were driven while being tested."

On July 27, **Kenlee Ray** was sandwiched between her fellow University of Michigan alums in front of the Johns Hopkins Glacier in Glacier Bay, Alaska, probably contemplating a football match between the two schools.



**Peg Simpson** and her sister Lynn Gramzow took a Road Scholar trip on the Inland Passage, from Anchorage to Vancouver. Cool!



**Carmela Vetri** jumped on the opportunity to go to Cuba. "It is more unbelievable than I could have imagined! Great people, great architecture, great art, peaceful, genuine, eclectic. And hot as h\*ll." Looks like "selfies" are the rage there, too.

■ BR with thanks to the travelers



Mid July found **Lex Rieffel** off to Myanmar/Burma for a month to lecture and lead discussions about economic development under the State Department's Fulbright Specialist Program. Here he is seen with students at Chindwin College in Mandalay.

## Summer Celeb Salons

The Celeb Salons continued their run through the summer, offering an intellectual and social oasis during the heat. Pictured are celeb Steve Clemons and a scene from the Connie Morella (in back) Salon.





— Sheila Lopez

This is a great salad or side dish for the waning days of summer.

#### Couscous Salad (4-6 servings)

1 cup couscous  
2 or 3 celery sticks, diced  
1 green pepper, diced  
¼ cup scallions, diced  
½ cup kalamata olives, sliced  
1 Tbs capers  
2 or 3 cucumbers, diced  
1 cup cherry tomatoes, halved  
crumbled feta cheese (to taste)  
¼ cup lemon juice  
¾ cup olive oil

Couscous: Add one cup of boiling water to couscous. Cover, and let sit for about 10 minutes or until all the water is absorbed. You do not need to cook the couscous. Add remaining ingredients. Fold in dressing to your taste.  
Dressing: Beat together lemon juice, olive oil, salt, black pepper. ■



—Judy Silberman,  
Yoga Master

Facial massage can help to relieve sinus pressure. To begin, use fingertips to firmly tap your cheekbones and up and around your eye sockets. Use the middle knuckle of your index fingers to tap a bit harder, and then begin to use them to massage the muscles close to your nostrils, breathing through the nostrils all the while. Then, press and hold.

You may feel tenderness, especially if you are experiencing some stuffiness. Try holding for three full breaths. Put your hands on your lap, close your eyes, and focus on the air going in and out of your nostrils. ■

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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