



# DUPONT CIRCLE VILLAGE

## SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“No one tells the oceans or the trees or the mountains that they’re too old. They talk of how powerful, how grounded, how awesome they are. Imagine if we thought the same way about ourselves as we got older. Maybe we’d realize how spectacular we are.”

— Becky Hemsley

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### Welcome New Members!

James Bedore  
Stacie Marinelli  
William Riley  
Harlan and Martha Rosacker  
Wendy Schumacher  
Maria Pilar Vela

## Growing Older Together: Rebuilding Social Connections in the Age of Isolation



Putnam is speaking out again\* with a focus on the importance of community-based initiatives. Putnam's insights suggest that revitalizing community bonds and fostering more meaningful social connections are crucial steps toward addressing this issue.

**What he describes is everything the Village movement provides:**

In the 1950s-60s, bowling was a popular social activity, with leagues and teams fostering camaraderie and community bonding. However, by the 1990s, bowling had become an individualized activity, with people “bowling alone” rather than in social groups. In 2000, Robert Putnam, author of, *Bowling Alone: The Collapse and Revival of American Community* used bowling as a metaphor to illustrate the decline in social engagement in the U.S., which has led to increased social isolation and the weakening of the democratic fabric. Putnam sounded the alarm on social isolation a quarter century ago, and the threat has only intensified.

By Eva M. Lucero,  
Executive Director

- **Community Networks:** Strong social connections help older adults access resources, services, and support, enabling them to remain in their homes.
- **Informal Caregiving:** Neighbors, friends, and family provide emotional support, practical help, and caregiving, reducing reliance on formal services.
- **Volunteerism:** Volunteers assist with tasks like grocery shopping, transportation, and home maintenance.

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# President's Notes



David Schwarz

In the movie "Thelma" (which I highly recommend), the action starts with a frantic phone call to the 90-year-old Thelma, supposedly from her 24-year-old grandson, who tearfully tells her he's in jail and needs \$10,000 to be released. A separate caller provides a mailing address and stipulates that the money is to be sent in cash. She rushes to gather together the money and mail it before discovering that the caller was not her grandson, and that she has fallen for an all-too-common scam. And when she and her family go to the police, they tell her there's nothing they can do. But Thelma decides that there is something she can do, and—in a charmingly presented adventure—she engages the (somewhat reluctant) help of her friend Ben, acquires a gun, and successfully goes after the scammers herself. It does help that the address to which she sent the cash is relatively local (within scootering range), that the bad guys are not physically threatening, and that Thelma has a remarkable facility with a firearm for a first-time user. This is Hollywood, after all.

Still, we have to admire Thelma's determination and courage in standing up for herself, even as we might question the wisdom of her

quest, which could easily have gone south catastrophically. But while she may fail to weigh risks against potential benefits, she is considerably more intentional about the help she will—and will not—accept to see her plans through. In particular, she avoids involving her family, even though they could drive her to where she sent her \$10,000 and support her in confronting the scammers. The trouble is that her family primarily wants to keep her (and themselves) out of harm's way, which—for better or worse—is not where Thelma wants to be.

So, Thelma gathers the tools she needs to move forward on her own. For transportation, she borrows her friend Ben's mobility scooter. And she "borrows" the gun from another friend who is too demented to know or care. The only complication is that she must borrow Ben along with his scooter, since he makes clear it's not going anywhere without him. Thelma is initially wary of Ben—especially given his skepticism of her plans. But their relationship grows into a true partnership, despite (or maybe because of) the shared tribulations of getting lost and then wrecking Ben's beloved scooter. At the low point in the story—when they argue (over the wrecked scooter) and Thelma then

falls after storming off on her own—it is Ben who finds her, helps her up, and then accompanies her to the showdown with the bad guys.

Thelma comes to accept Ben's help because she recognizes that Ben respects her decisions about what she needs to do—despite his misgivings about the dangers and the possibility of failure. So, when Ben helps her up from her fall, it is not to use the mishap against her—to tell her to turn back and go home—but to help her carry on with the recovery of her money. Of course, once that goal is achieved, Thelma is happy enough to return to the protective embrace of her family. As soon as she finishes with the scammers, she summons her grandson to pick her and Ben up and drive them back to the safety of their homes.

The film does not suggest, then, that the safety Thelma initially shuns is inherently unwelcome, just that it is inconsistent with the risk-taking that certain of her goals requires. This is a version of a familiar dilemma: how to balance our needs for security against the potential risks in doing what is important and meaningful for us. But—given Thelma's age-related vulnerabilities—this is a dilemma not only for her, but for those on whom she depends. And so more generally for the helpers of the old and infirm: there can be an unhappy choice between protection and empowerment. At least sometimes, there is no way to provide both.

## Growing Older Together: Rebuilding Social Connections in the Age of Isolation

*Continued from page 1*

- **Collective Knowledge:** Shared experiences and expertise help older adults navigate aging-related challenges.
- **Sense of Belonging:** Social connections foster a sense of belonging, reducing feelings of loneliness and isolation.

Dupont Circle Village (DCV) provides a vibrant selection of activities and events designed to keep you connected with the community. Reach out to us, and we'll pair you with a dedicated mentor who will accompany you to events and help you make the most of your membership experience.

\* [Link](#) to Putnam's NY Times Interview



## September Birthdays

### Happy Birthday to Villagers celebrating September birthdays!

Helen Walsh, Irene Price, Lynn Lewis, David Stevens, Sarah Burger, Raquel Sussler, Joe Auslander, Suman Sorg, Nancy LaVerda, Peter Bloom, Karen StJohn, Jon Parein, Dorothy Marschak, Dianne Laughlin, Barbara Bocker, Sara Steinmetz, Claire Wagner, John Long, Pender McCarter, Shirley Campbell and Fred Michaud

## 15-Minute Meal

# Salmon with Roasted Red Pepper Quinoa Salad

### Ingredients

3 tablespoons extra-virgin olive oil, divided  
1 ¼ pounds skin-on salmon, preferably wild, cut into 4 portions  
½ teaspoon salt, divided  
½ teaspoon ground pepper, divided  
2 tablespoons red-wine vinegar  
1 clove garlic, grated  
2 cups cooked quinoa  
1 cup chopped roasted red bell peppers (from a 12-ounce jar), rinsed  
¼ cup chopped fresh cilantro  
¼ cup chopped toasted pistachios

### Directions

1. Heat 1 tablespoon oil in a large nonstick or cast-iron skillet over medium-high heat. Pat salmon dry and sprinkle the flesh with ¼ teaspoon each salt and pepper. Add to the pan, skin-side up, and cook until lightly browned, 3 to 4 minutes. Turn and cook until it's just cooked through and flakes easily with a fork, 1 to 2 minutes more. Transfer to a plate.
2. Meanwhile, whisk the remaining 2 tablespoons oil, ¼ teaspoon each salt and pepper, vinegar and garlic in a medium bowl. Add quinoa, peppers, cilantro and pistachios; toss to combine. Serve the salmon with the salad.





# September Calendar

Visit the DCV website [calendar](#) to find further information for each event listed below.  
**REGISTER** online, or at [admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net), or contact DCV Office at (202) 436-5252

## Home Social Hour—Rob Finkel

Tuesday, September 3, 2024, 6:00 pm— 7:30 pm  
Location: Bob Finkel's home  
Limit: 6 guests  
Register by August 31 online or  
Contact DCV Office at (202) 436-5252

## Tour—Forest Hills of DC and Lunch

Tuesday, September 10, 2024, 10:30 am—1:00 pm  
Location: Forest Hills of DC  
4901 Connecticut Avenue, NW  
Limit: 8  
Register by September 9 online or  
Contact DCV Office at (202) 436-5252

## Tour—Tregaron Conservancy

Wednesday, September 11, 2024, 10:00 am— 12:30 pm  
Location: Tregaron Conservancy  
3100 Macomb St NW  
Limit: 15  
Register by September 10 online or  
Contact DCV Office at (202) 436-5252

## LGBTQ+ Friends Group

Wednesday, September 11 Luncheon  
11:45 am—1 pm  
Location: Annie's, 1609 17th St. NW  
Guests purchase their own lunch  
Attendance limit: 25  
Open to all  
Register by September 10 online or  
Contact DCV Office at (202) 436-5252

## DCV Annual Ice Cream Social

Thursday, September 12, 2024, 2:00—4:00 pm  
Location: The Wyoming/Atrium Lobby  
2022 Columbia Road, NW  
Limit: 65  
Register by September 6 online or  
Contact DCV Office at (202) 436-5252

## Film Noir Movie Screening and Discussion

Saturday, September 14th, 2:00—4:00 pm  
Location: DCV Office  
Register online by September 13th or  
Contact DCV Office at (202) 436-5252 or  
[admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)



## Fall Vaccination Clinic

Wednesday September 18, 2024, 1—5 pm  
DCV office  
Calendly invite will be sent or  
Call the office (202) 436.5252

## Tour—Brilliant Exiles— National Portrait Gallery

Thursday, September 19, 2024, 2:00 pm—3:30 pm  
Location: National Portrait Gallery  
8th and G Streets, NW  
Limit: 15  
Register by September 18 online or  
Contact DCV Office at (202) 436-5252

## Fall Vaccination Clinic

Friday September 20, 2024, 1—5 pm  
DCV office  
Calendly invite will be sent or  
Call the office (202) 436.5252

## Tech with Teens

Saturday, September 21, 10 am—12 pm  
Location: DCV Office  
A Calendly invite will be sent to members  
For more information  
Contact the DCV Office at (202) 436-5252 or  
[volunteer@dupontcirclevillage.net](mailto:volunteer@dupontcirclevillage.net)

## Home Social Hour—Treichel

Thursday, September 19, 2024, 5:00—6:30 pm  
Location: Joan Treichel's Home  
Limit: 4  
Register by September 18 online or  
Contact DCV Office at (202) 436-5252

## Sunday Soup Salon—Mindel and Lewis

Sunday, September 22, 2024, 5:30—7:00 pm  
Location: Home of Caroline Mindel and Lynn Lewis  
Limit: 14  
Register by September 19 online or  
Contact DCV Office at (202) 436-5252

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# September Calendar

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## Home Social Hour—Galaty and Shuck

Friday, September 27, 2024, 4:30–6:00 pm

Location: Home of Carol Galaty and Ken Shuck

Limit: 16

Register by September 24 online or

Contact DCV Office at (202) 436-5252

## MONTHLY EVENTS

### Navigating the Path Ahead

Tuesday, September 10, 2024, 3:30–4:30 pm

Location: Virtual

No Limit

Register online or contact DCV Office at (202) 436-5252

### Men's Book Group

Monday, September 23, 11:00 am

Location: 2121 Decatur Place NW

Limit: 10

Register online or contact DCV Office at (202) 436-5252

### Mystery Book Group

Friday, September 27, 3:30 pm–5:00 pm

Location: Virtual

No Limit

Register online or contact DCV Office at (202) 436-5252

### Chevy Chase House Tour

Monday, September 30, 11:00 am–2:00 pm

Location: Meet at the DCV Office by 10:30

Limit: 15

Register online or contact Beth at [bmerricks@msn.com](mailto:bmerricks@msn.com)

### Live and Learn: Medicare

Monday, September 30, 2024, 3:30–5:00 pm

Location: Hybrid

DCV Office—2111 Decatur Pl NW

Limit: 12 guests in person

Register by June 23 online

Contact DCV Office at (202) 436-5252

## RECURRING EVENTS

### Tai Chi for Arthritis and Fall Prevention

Tuesday, September 10 thru 24, 2:00 pm and 3:30 pm

Location: DCV Office

Limit: 8

RSVP: Register online or contact DCV Office

### Online Meditation

Mondays and Thursdays, 9:00–9:30 am

Location: Virtual

RSVP: Register online or contact DCV Office



### Chair Yoga

Tuesdays, 10:30 am–12:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

### Accessible Mat Yoga

Mondays, 3:30–4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

### Coffee and Conversation

Thursdays, 10:00–11:00 am

Location: Annie's Paramount Steak House

1609 17th Street, NW

RSVP: Register online or contact DCV Office

### Bridge Group

Thursdays, 1:30–3:30 pm

Location: DCV Office—enter at 2111 Decatur Pl NW

RSVP: Register online or contact DCV Office

### Mahjongg

Thursdays, 2:00–4:00 pm

Location: Hosted in Bobbi Milman's home

RSVP: Bobbi Milman, [rmilman@comcast.net](mailto:rmilman@comcast.net)

or (202) 667-0245

### Knitting Group

Every Thursday, 4:00 pm

Location: Hybrid

RSVP: Sheila Lopez at [sheilablopez@gmail.com](mailto:sheilablopez@gmail.com)

Dupont Circle Walking Group

Every Monday, Wednesday, Friday at 8:00 am

(Summer/Fall hours)

Location: Meet at the fountain in Dupont Circle

### Adams Morgan Walking Group

Every Tuesday, Thursday at 8:00 am

Meet at northwest corner of Kalorama and Columbia

that borders Kalorama Park

# Liz Halloran



## Volunteer of the Month

Liz Halloran was born in Jackson, Minnesota, a small town in southwestern

Minnesota, about an hour's drive from Mankato, where Tim and Gwen Walz taught school! She has four brothers and two sisters, most of whom live in the Twin Cities area.

She spent her college years at the University of Minnesota, studying journalism, and concluded her degree at a university in Illinois, where she had secured her first

newspaper job. Liz went on to spend many years working at various newspapers before transitioning to a role as a senior correspondent at U.S. News. She then made history as NPR's first national digital politics reporter. After more than five years leading the communications team at the Human Rights Campaign, Liz joined a public affairs firm in 2020.

She moved here from Connecticut in 2000 to cover politics and media for the Hartford Courant, which at the time had a robust Washington bureau. Her first assignment was to head out on the campaign trail with Connecticut Sen. Joseph Lieberman, the then vice-presidential candidate.

Liz initially lived in Glover Park, which she loved, but moved to Dupont in 2022. She and her partner (now husband) lived on the 1700 block of T Street, dreamed of living on the 1700 block of Swann Street. They made that dream come true in 2005.

She learned about the Dupont Circle Village from her Swann Street neighbor, **Peg Simpson**. She has long wanted to pitch in with Village efforts, given that she

and her husband want to stay put in their house for as long as possible. Her work and travel have made volunteering difficult. Her semi-retirement last year made volunteering for the Village possible and Liz says "I'm loving it!"

Liz is currently a senior public affairs advisor with Cornerstone, a government relations and public affairs firm in DC. She assists with writing, media training and mentoring younger members of the public affairs team.

Her beloved dog, Scamp, well known in her neighborhood, passed last year and they will soon be looking for a new pup to love. Her hobbies include traveling, hiking, biking, reading, Pilates, entertaining and keeping up with her large extended family.

She and her husband, Alan go to Andalusia, Spain every year with a group of friends. It is one of their favorite places to bike, hike, surf and enjoy all the wonderful things Andalusia has to offer. They love to visit national parks in the U.S., and are partial to cities in Europe, particularly Amsterdam, Paris, and Berlin.

## Views from my kayak

By Mike Gould

The one time that I am fully aware of my surroundings is when I am in my kayak: the feeling of the ebb and flow of the water beneath me, the ever-changing horizon of sea and sky, the breeze on my skin, the seaweed and rocky shoreline and movement and chatter of the birds.

So, I have started a project entitled "Views from my Kayak". I have begun with the birds, which is no mean feat. I have only my old cell phone, so I have to get quite close. And, taking a picture involves taking off my sunglasses, getting out my phone and adjusting the settings, trying to manage the paddle so it doesn't go overboard, drying my hands so I can aim and fine tune without destroying my phone, feeling the kayak flow in the wrong direction and watching the damn birds take off before I get close enough. So, these may not be of Audubon quality, but rest assured, they are hard won.





# Out and About

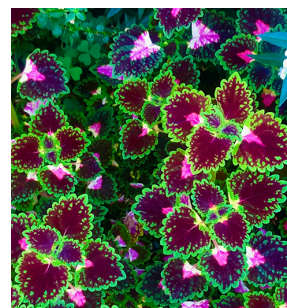
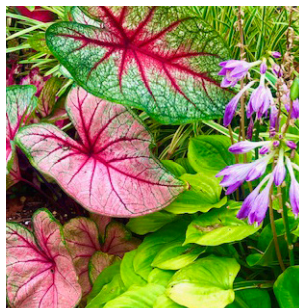
▶ **Jeanette Barker** and her friend, Robin, visited Yellowstone National Park to see Old Faithful blow three times from different places. Such an ancient primordial place. Hot springs boil and display vibrant colors. A must see.



▲ Villagers enjoy a tour of the Perry Belmont House in Dupont Circle. The house may be the finest, intact example of a Beaux Arts style mansion.



▲ This summer was beastly hot and even in the normally cool Adirondacks, all you could do was plop down and sleep – **Michaela Buhler**.



▶ **Jim Chamberlin** taking snaps of our colorful neighborhood.



# Out and About



▲ **Lucia Edmonds** with her niece, June, and then a trip to Montreal which included a happy 94th birthday visit from **Peg Simpson** and her friend, Sheila.



▲ **Carol Galaty** and **Ken Shuck** took their granddaughter to Eastern Europe for her grandparent trip. They visited Warsaw, Krakow, Budapest, Vienna and Prague.



▲ **Kathy Price** spent July in Carloforte, Sardinia, at her son Jason's wedding. Enjoying this charming island with her daughter in law Melanie and their son Attilio, at their summer home with our whole family and friends out and about.



# Out and About



▲ Villagers, **Mary Jean Collins**, **Beth Merricks**, **Ceceile Richter**, and Mary Wheeler, are shown with author Clara Bingham at Politics & Prose bookstore on August 8. Bingham was interviewed by local author Elisabeth Griffith on the topic of her recently released book, *The Movement: How Women's Liberation Transformed America 1963-1973*. The book contains excerpts from interviews with **Mary Jean Collins** who was president of the Chicago Chapter of NOW and NOW's Midwest regional director for the Women's Strike for Equality.



▲ DCV has been scheduling a series of tours to local Assisted Living facilities for interested DCV members. This is a photo of Villagers visiting Sunrise on Connecticut Avenue, NW.



▲ **Frank Walter** and **Micheal Uttecht** hosted a lovely 'peachy keen' social hour in July. ▶





# Out and About



▲ DC Village member and SAAM docent, **Joele Michaud**, led Villagers on a tour of William H. Johnson (1901–1970) last body of work, the *Fighters for Freedom* series at the Smithsonian American Art Museum (SAAM).



▲ **Michael Speer** and **Mark Goldstein** in Stockholm on their way to Iceland via Latvia.



▲ Villagers enjoying happy hour on the Dovetail patio at the Viceroy Hotel.



▲ **Mary Wheeler**, **Barbara Sloan** and **Karen St John** enjoy an outing to Cambridge MD to visit the Harriet Tubman museum.



## August Birthdays



There was a very large turnout for the August birthday celebration hosted by **David Schwarz**. Left to right: **Jeanne Downing**, **Susan Doolittle**, **Bobbi Milman**, **Rob Nevitt**, **Steve Kittrell**, **Sheila Lopez**, **Joyce Liberto**, **Carolyn Harlow**, **Monica Heppel**, **Sam Liberto**, **Charlie Bien** and **Mel Goldstein**.



# Out and About



▲ **Anita Gottlieb** visited South Dakota in August.



▲ Villagers enjoyed the Hirshhorn exhibit, inaugurating the museum's 50th-anniversary season, "Revolutions: Art from the Hirshhorn Collection, 1860-1960".



▲ Villagers **Lynn Lewis** and **Caroline Mindel** explore Newfoundland's Avalon Peninsula, where the sun first rises in North America, full of seabirds, puffins, fishing villages, history, and the friendliest folk on the planet.



▲ **Annie Groer** hosted a lovely gathering on her rooftop in July. Attendees include: **Anita Gottlieb**, **Bryna Brennan**, **Patty Zweibel**, **Michaela Buhler**, **Lois Berlin**, **Dan Leathers** and **Larry Stuebing**.



▲ Go Nat's! With Villagers, **Peggy Siegel** and **Charolotte Holloman**



# Out and About



▲ **Bob McDonald** and **David Insinga** on their Alaska cruise on the Queen Elizabeth with stops at Glacier Bay in Alaska and Lake Louise Alberta, Canada



▲ From July 21-26, DCV Member **Pender M. McCarter** and Robert J. Feiertag celebrated their 35th anniversary as longtime Washington friends in Provincetown, Mass., the historic site of the Mayflower's landing in 1620. Pender and Robert's arrival at MacMillan Pier coincided with President Biden's announcement on July 21st to step down at the end of his first term and Vice President Harris' and Transportation Secretary Buttigieg's visit to P'town the day before to raise campaign funds. P'town, the longtime haven for artists, lesbians and gay men, celebrated this defining moment in the 2024 presidential campaign.



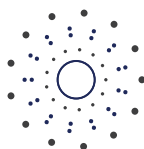
# Out and About



◀ In July, DCV hosted its annual volunteer celebration, where attendees had the opportunity to share their volunteer experiences and activities. It was heartwarming to hear about the many ways DCV volunteers contribute to the Village and make a positive impact.



**DCV Commitment to Diversity, Equity, and Inclusion:** Dupont Circle Village (DCV) is committed to being a diverse, equitable and inclusive organization. We condemn all forms of discrimination in our society. We aim to make our organization one that is open and welcoming to all. We recognize that the human experience comes in all colors, shapes, abilities, economic circumstances, ages, backgrounds, gender expressions and identities, and sexual orientations. We strive to celebrate these differences and recognize how they benefit our community. To this end, we will do what is necessary for us to grow as a community and as individuals who respect and care for one another.



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**Dupont Circle Village**  
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#### **Board of Directors**

David Schwarz, *president*  
Jeanne Downing, *vice president*  
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Charletta Cowling  
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James Hambuechen  
Charlotte Holloman  
Bob McDonald  
Meaghan McMahon  
Bill O'Brien  
Michael Speer

Eva M. Lucero  
*executive director*

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Sherri Monson, *copy editor*

#### **Design**

Kelly Sullivan