

SPECIAL INTEREST ARTICLES:

Silent Auction Raises \$17,000

Live And Learn Series—
Peace of Mind with PERS

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Village Membership
Benefit: Connectedness

Increased Exercise
at Reduced Cost =
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Village Welcomes Bob McDonald As Volunteer Program Coordinator

by Peggy Simpson

Bob McDonald is a man of multiple talents. We hope to draw on many of them in his new job as volunteer program coordinator for the Dupont Circle Village, working closely with ED **Bernice Hutchinson**.

He is spending the month of April talking with board members and other key players as he reviews the processes of how volunteers provide services to members, as well as how that volunteer work is evaluated and reported. He'll analyze the forms we use and the matrices used by other villages. And he'll play a big role in future training sessions for volunteers.

He'll also look at the administrative infrastructure of the village, including potential roles for member-volunteers in the administration of the village once we occupy an office at the Quaker House.

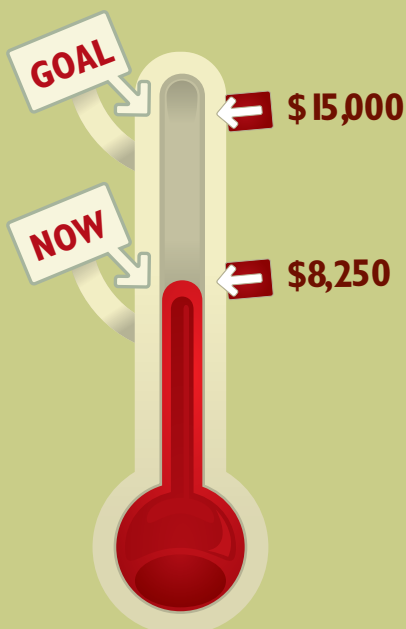
He's lived in the Dupont neighborhood since 1991 and doesn't expect to leave. "I've seen a lot of changes in the neighborhood and it's just become more lively, more diverse. There's a real kind of interest in what happens here."



For the past eight years, McDonald served as a top administrator with Foundry Methodist Church as director of membership services. He directed fundraising campaigns, updated membership databases of more than 10,000 records, tracked procedures for getting

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HELP US REACH OUR GOAL BY MAY 31



Rising to the Challenge

What's the challenge? Raising enough money to cover the first year's rent and associated costs like furniture and office supplies.

What can you do? Help us meet the challenges given by Villagers **Kenlee Ray** and **Burke Dillon**, who have each pledged a \$1,000 matching grant.

How are we doing? We're slightly more than half-way there in less than a month, which is good news. But there's still a way to go and we need your continuing support.

How can I help? You can contribute online by going to the DCV website: www.dupontcirclevillage.org. Or you can send a check to Dupont Circle Village, Village Office Fund, 9 Dupont Circle, Washington, DC 20036. Many thanks for our friends and donors **Comfort One Shoes**, **Abigail Wiebenson**, **Mike**

Feldstein and **Joan and Nick Ludlow** who have helped us meet the challenge.

We greatly appreciate and thank the many members who have already responded to the challenge. This is a giant step for the Village and represents a new stage for our organization.

Bob McDonald is now onboard and working with **Bernice Hutchinson**. His main responsibility will be administering our volunteer program and the office is a key component in our plans.

Although the date for getting into the office has been pushed back slightly because the renovations are taking longer than expected, we still hope to be in place by June.

This is a giant step forward and with your help, it will be the first of many for the Village in the coming year. ■

MONTHLY Calendar

THURSDAY, APRIL 19 - 6:3 PM.

Ward 2 FY 2013 Budget Town Hall Meeting.
Councilmember Jack Evans, Charles Sumner School, 1201 17th Street, NW

MONDAY, APRIL 23: 3:30-5:00 PM.

Live and Learn Series: Keeping Yourself Safe on the Streets. John McDonald, Police Officer.
How to avoid being a victim of incidents on the city streets. YMCA, 1711 Rhode Island Avenue, NW. For reservations, contact Bernice Hutchinson, bernice@dupontcirclevillage.org. The talk is free for Village members and \$10 for others.

TUESDAY, APRIL 24: 10:30-11:45 AM.

Historic tour of the National Building Museum followed by lunch and a tour of the "Unbuilt Washington" exhibit. 401 F Street NW. Wheelchair access is at the G Street entrance. Tour will be no more than \$5, with lunch on your own tab. RSVP by April 9, to Judith Neibrief at jneibrief@aol.com. Please put "BUILDING MUSEUM" in the subject line of your e-mail. Limit-20

WEDNESDAY, APRIL 25: 7-9 PM.

Village Spring Fling Mixer. *Alaire and Lex Rieffel's home*, 1709 Q Street NW, Pot Luck. Bring friends who might like to join DCV. RSVP Bernice Hutchinson, bernice@dupontcirclevillage.org. Please put 'Spring Fling' in the subject line of your e-mail.

THURSDAY, APRIL 26: 6:30-9:30 PM.

DC Preservation League Annual Fundraiser. Equitable Co-Operative Building, 915 F Street, NW. The organization promotes preservation and protection of the DC historic and built environment through education and advocacy. Cocktails and hors d'oeuvres will be served. There is a general admission charge of \$100. For more information, contact www.dcpreservation.org.

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Silent Auction Raises \$17,000

Declared A Great Success

This year's Silent Auction was a great success, by any measure. We raised \$17,000 and had a grand time doing it. The auction is our major fundraiser of the year and a winner like this helps provide economic sustainability necessary for a growing organization like DCV.

Thank you to everyone involved in this effort – the committees and executive director who put it together and all of our friends and donors who contributed items for the auction. And, equally as important, a big thank you



to the supporters who came and purchased the items. What an effort and what a result! Congratulations to everyone who helped us reach this joyful conclusion. ■

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new members, supervised the church's communications vehicles and developed an outreach care ministry team.

I really buy into the idea of people who live in a city like this and who really don't want to lose their neighborhood as they get older," he says. "I certainly intend to stay here – maybe going somewhere else in winter or summer but this is such a great community.

In other words, he's a multi-tasking expert with a wealth of experience in areas we value. And he's user-friendly, too – as you can see from his big smile.

Village members who attend Foundry helped educate him about the DCV. He applauded the snappy new brochure and especially the design and content of the 2011 yearend report.

After leaving Foundry at the end of 2011 and spending weeks filling out retirement forms, he asked about what we might need at the Village. What piqued his interest, he said, is the role villages can play at a time when traditional social

services are curtailed and family members often are not around to pick up the slack. Relatives "are not necessarily available because of the mobility of our society. So you need to draw on resources of our neighbors. And a lot of times, we don't know each other as neighbors. Even in a building like I live in, I don't know neighbors."

That's where a Village comes in. In his first two weeks, "I've seen a real desire on the part of people who are members and also volunteers to make those connections with other people."

Bob is a native of Chicago. He has a BA in philosophy from Loyola University in Chicago and a master's in theology. He served as a Catholic priest for 16 years before moving from the ministry into behavioral health care and later into health care management. Bob married his partner of 19 years, architect David Insinga, a year ago in Washington.

For now, Bob will work about 12 hours a week. He can be reached at bob.mcdonald.dcv@gmail.com.

He's pleased to be in on the ground floor of the national Village movement. He looks forward to using his analytical and management skills to help strengthen the DCV organizational structure and to expand outreach, to "make this an even more vibrant Village." ■



MONTHLY Calendar

SUNDAY, APRIL 29:

3:00-5:00 pm. *A musical from the book Working by Studs Terkel.* The Keegan Theater is holding twelve tickets for DCV members through Tuesday, April 24 (\$25 each). Individuals purchase their own tickets from the DCV block either by logging onto the website <http://keegantheater.com/2011/11/16/working-opens-april-14-2012/>, selecting "adult" and then entering "VILLAGE" or by calling the box office at 703-892-0202.

TUESDAY, MAY 1:

6-8 pm. *DCV Dinner at El Tamarindo,* 1786 Florida Avenue, NW. Three-course prix fixe meal; \$25/person, includes tax and gratuity but not drinks. RSVP by April 28 to Judith Neibrief, jneibrief@aol.com

SUNDAY, MAY 20: 6-8PM.

Soup Salon.

MONDAY, MAY 21: 3:30 – 5:00PM.

Live and Learn - Nutrition for Senior Health. Metropolitan YMCA, Corner of Rhode Island Avenue and 17th Street, NW. Speaker TBA.

**DID YOU KNOW?**

Villagers get a free membership to the on-line version of Washington Consumers Checkbook, including ratings of products and services. For more information contact Executive Director Bernice Hutchinson

Live And Learn Series

Peace of Mind with PERS

DCV's March Live and Learn session, held in the Great Room of the International Student House, was on Personal Emergency Response Systems (PERS) presented by **Avner Skolnik**, CEO of ResponseTECH. Mr. Skolnik, who has had past experience with such systems, but is no longer is involved in their sale, provided an overall view of what is available and what to look for in subscribing to a PERS.

According to Mr Skolnik, "Everyone can make use of this system. It is not age-limited, although in the aging process our gait, balance and reaction time change. We want to stay in our homes and the system provides peace of mind." **Burke Dillon**, who subscribed to PERS before she had her hip operation, recommends subscribing before anything happens. "I fell on my basement floor shortly after my hip operation and was grateful I didn't have to lie on the floor for hours before being rescued."

The PERS system consists of a wireless push button necklace or bracelet, a console that receives the alarm and sends it to the company's monitoring center over a phone line. The signal operates within a 2,500 foot area. In some cases, the center does not hear the client's voice, but the connection was sufficient for a center staff member to swing into action.

The staff member immediately calls those physically close contacts you designated; it could be a next-door neighbor, relation, or friend who has the key to your home and can get to you almost immediately. If you live in an apartment you might be able to leave an admit slip for the desk staff to enter and check up on you. Once they make contact, they ask the person to check that the alarm was not inadvertently set off. If none of your contacts is available, the center will call an ambulance. If one of your contacts finds you in trouble, they are responsible for calling the ambulance.

There are many types of systems available, but it is important to find a company with a good reputation that will install and test the system in your home. Have them make sure the button works everywhere in your home with no dead

spots. Test it weekly. Verify that their monitoring center has a good response record – no more than thirty seconds or a minute.

There is usually a set-up fee of about \$100 and a monthly contract of about \$25-40. There is no need to purchase a system or sign a long-term contract. If the company you subscribe to is national, you might be able to take the PERS with you if you go out of town for a month or more. You still pay the fee but have use of the system.

Burke has two systems. She was concerned about falling while outside walking so she has a GPS locator through ATT. It fits into a pocket or handbag, with speaker-to-speaker capability. The locator provides the call center with your GPS coordinates and immediately sends help to that location. Currently Burke uses both systems, providing her with a great sense of security and confidence.

As a preventative measure to minimize your falling, make sure you have no loose rugs, cables or clutter in those areas of your home that you pass through. Also, bathroom railings and grab bars help in maintaining your balance. Four-five percent (45%) of falls occur in the bathroom, including the shower.

At the close of the session, the group asked Mr Skolnik for a recommendation of someone who deals with PERS in this area. He offered to do so, but said, "Once again, I want to make it clear – Nelson LeRoy is indeed a friend of mine, but the only reason I'm endorsing his company is that nobody else comes close to his dedication to seniors in general, and to his customers. In addition, the devices and the services he provides are the best in the PERS market. Only LifeLine can present some competition to what he has to offer. Nelson LeRoy's address is: www.pushbuttonemergencyhelp.com and his telephone number is (301-216-2112)."

The April Live And Learn session, "Keeping Yourself Safe on the Streets," will be held at the YMCA, 1711 Rhode Island Avenue. The speaker will be **John McDonald** from the DC Metropolitan Police Department. ■

Why Stretch?

It's important to stretch – an admonition one hears repeatedly. But is it true and, if it is, why is it important? DCV's yoga master Judy Silberman believes it is and provides reasons below from an article published in The New York Times, on December 23, 2009.

A provocative [new] study published in the journal *Heart and Circulatory Physiology* suggests that there may be a novel way to test at least one element of your heart's health right in your own living room. Sit on the floor with your legs stretched straight out in front of you, toes pointing up. Reach forward from the hips. Are you flexible enough to touch your toes? If so, then your cardiac arteries probably are also flexible.

In the study's experiment, scientists from the University of North Texas and several Japanese universities recruited 526 healthy adults between the ages of 20 and 83 and had them perform the basic sit-and-reach test described above, although their extensions were measured precisely with digital devices. Taking into account age and gender, researchers then sorted the subjects into either the high-flexibility group or the poor-flexibility group.

Next, using blood-pressure cuffs at each person's ankles and arms, researchers estimated how flexible their arteries were. Cardiac artery flexibility is one of the less familiar elements of heart health. Supple arterial walls allow the blood to move freely through the body. Stiff arteries require the heart to work much harder to force blood through the unyielding vessels and over time could, according to **Kenta Yamamoto**, a researcher at North Texas and lead author of the study, contribute to a greater risk for heart attack and stroke.

What the researchers found was a clear correlation between inflexible bodies and inflexible arteries in subjects older than 40. Adults with poor results on the sit-and-reach test also tended to have relatively high readings of arterial stiffness. In short, the study concluded that "a less flexible body indicates arterial stiffening, especially in middle-aged and older adults." ■

Guest Chef: Lucia Edmonds

From time to time, we will be featuring Villager recipes. In fact, I am actively soliciting your submissions, especially if they are healthy and easy to prepare.

LUCIA'S ONE DISH SALMON MEAL

½ onion, chopped
3 cloves garlic, minced
½ red bell pepper, sliced
pkg mushrooms, stemmed, halved
bunch cherry tomatoes, cut in half
broccoli florets
1 lb salmon (serves 4)
can drained Goya black beans, seasoning optional
Worcestershire sauce

Saute onions, garlic, bell pepper and mushrooms (in that order.) Set aside. Saute broccoli; add to veggies. Then quickly sauté tomatoes and add to veggies. Important to "quick sear" veggies and not let them stew in juice. Keep all warm. Quickly pan fry salmon (do not overcook!) sprinkle Worcestershire sauce over fish. Place salmon on warmed platter. Cover with sautéed veggies. Drizzle black beans down the center. Add a few (optional) capers. Serve over rice for a complete meal. Note: Lucia is an "intuitive" cook and amounts are approximate. Use more or less ingredients for vegetarian taste.

For the next few months, we're going to focus on the pelvic area, trying to keep the hips flexible and not locked, to give your torso greater stability against falling.

The Pelvic Clock: Lie flat on your back with your knees bent and feet flat on the floor (or bed). Relax and feel your whole back as it touches the floor. Imagine your hips as a clock and slowly rotate clockwise, pressing onto the floor as flat as possible. Start at 12:00 with an inhale. Exhale, slowly rotate the hips, and when you get to 3:00, hold, inhale, and then move to 6:00. Draw your belly into a pelvic tilt, with

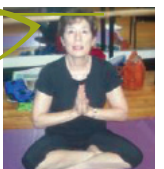


LUCIA'S TACO SOUP

1 lb ground turkey
1 large onion, chopped
1 can tomato soup
2 - 15 oz cans undrained corn
2 cans Rotel tomatoes
2 cans kidney beans, drained & rinsed
1 can petite diced tomatoes
1-2 envelopes taco seasoning

Brown turkey and onions in skillet. Stir in taco seasoning (to taste.) Transfer to soup pot. Add additional ingredients. Simmer until hot.

Questions/Comments: judydubierrier@verizon.net. 202-328-9123.



belly button veering toward the floor. Continue, stopping and inhaling at 9:00 and then rest at 12:00. Repeat, even slower. Rest for a few breaths. Then, move your hips counterclockwise for 2 sets.

Always rise gently and safely by first lying on one side in a fetal position, resting, and then pushing yourself to a sitting position with your hands. ■

Where Are They?



Treasurer, **Linda Harsh**, is enjoying a well-deserved 10-day river trip in the Netherlands, sailing from Bruges to Ghent and attending a flower show extravaganza that is held only once every ten years. She will be returning April 22.

Iris and Irv Molotsky are in Norfolk, Virginia with their two grandsons for a week beginning March 11 while their two daughters and son-in-law will be in France, running in the Paris Marathon. They will be joined by 8 members of Michele's running club and the 40,000 other registered participants.

Our intrepid newsletter editor **Joan Ludlow** and her chief copyeditor, writer and husband **John** are in Italy visiting Naples and the Amalfi Coast. They will be returning April 26.

President **Peg Simpson** is looking forward to her custom-designed trip to China with a small group of friends. They will spend a few days in Hong Kong on the way home and she has been soliciting ideas from old Hong Kong hands, **Abigail Wiebenson** and **Iris Molotsky**, about the best places to go in a limited amount of time. She leaves May 13 and will be returning June 1.

Contact editor Joan Ludlow at joanL@crosslink.net and let us know where you're going next. ■

Village Membership Benefit: Connectedness

by *Iris Molotsky*

Each month we feature a benefit of being a member of the Dupont Circle Village. Featured membership benefits in the past have included Washington Consumers' Checkbook, George Washington University's Senior Advantage Program and HouseWorks "On Call" Program.

This month we decided to feature an intangible, but essential, benefit of Village membership: **connectedness**. Connectedness is manifested in a variety of ways. It's a rare day when I don't see another Villager when I am running neighborhood errands. Frequently, these are people I didn't know before joining the Village. We greet each other and sometimes chat and I find myself smiling as I continue on. Several members have told me that they met residents of their own building through the Village. Acquaintances have deepened into lasting friendships and promoted group activities like the walking clubs and the yoga group.

There is another important aspect to the connectedness engendered through the Village and that is the way in which it promotes basic well-being. In the past two months we have had two members who are temporarily in nursing homes. The Village, working with family members, has rallied to provide support through personal visits, cards and phone calls. Teams, under Executive Director **Bernice Hutchinson**, have worked to ease concerns, sort through

issues and problems that arose as a result of hospitalization and rehabilitation, and ensure that our Villagers were not isolated or overlooked. Both the patients and Village volunteers have benefited from these personal exchanges.

It's not possible to statistically measure the benefits derived from knowing you are part of a caring, concerned community but it definitely is possible to realize the importance of having friends, knowing support is available when needed, and the value of being part of a community that considers your well-being essential to its mission. So next time you see a Villager in a shop or at a community event, think about how fortunate we are to be connected to each other in so many meaningful ways. ■

NEED TECH SUPPORT...

Saturday mornings are an opportunity for you to obtain one-on-one support for using your portable electronic gadgets (smart phones, hand-held readers, laptop software applications and other items of interest to you). To match you up with the right person, please provide your wish list for the kinds of help you need. **Please Note:** This is not a sign up for computer repairs! Send your wish list to Bernice@dupontcirclevillage.org.



Kudos

Hat's off to **Jane Pierson** and **Burke Dillon** for pushing forward the interests of villagers in personal trainers and getting us a concrete offer from the Washington Sports Clubs. The

outpouring of interest in personal trainers, sparked by a simple question from **Faith Williams**, was one of the more remarkable exchanges we've had since creating the DCV Googlegroups listserv more than two years ago.

While board members were digesting all of this and how it would fit into our already-existing agenda of increasing our "healthy living" events, Jane and Burke took immediate action. They lined up an offer from **Nicole Alcamo** for a month's free use of the Washington Sports Clubs plus a session with a personal trainer for all members of the DCV. Nicole set aside April for the DCV at the clubs and we hope lots of you are taking her up on that offer.

Fred Kellogg donated one of his evocative cityscape paintings to the DCV Silent Auction. Several weeks later, he opened a show of his own at a new gallery in the booming strip of cafes and stores on 14th Street, just short of U Streets.

Kellogg and his wife Molly spend more than a third of the year in Maine where the light for painters is spectacular. We would like to entice them to become DCV members – they are long-timers in the neighborhood on Que Street near the Phillips and Fred was a top appointee at the National Endowment for the Arts. Most of his art shows have been in Maine, not in Washington, so we were grateful to snare one of his paintings for the Silent Auction. ■



From left: Susan Meehan, Mary Braden, Judith Neibrief (in front), Judy duBerrier, Abigail Wiebenson, Peggy Simpson. The group meets at 8:30 am at the Dupont Circle Fountain and then decides where to walk for the next hour. Anyone is welcome to join the group. They keep up a medium-fast pace and there are between four and eight walkers each time.

Increased Exercise at Reduced Cost = Villagers Gain

An animated discussion about personal trainers on the Village googlegroup listserv proves once again what an involved and exciting group we are—and led to a valuable result. Villagers now have the opportunity to work out at the Washington Sports Club for the month of April at no cost and the possibility of joining the WSC at a discounted rate.

The Washington Sports Clubs (WSC) hosted a very special open house on Wednesday, April 18th for all Dupont Circle Village members, volunteers and relatives to stop by for special demonstrations, workouts, and to meet the fitness team. A special DCV workout/fitness class was held so that Villagers could have the opportunity to experience unlimited access to WSC through the end of April. WSC's goal is to sign on new members to the sports club at the end of the month. The more Villagers who join, the greater the group discount.

Many thanks to Villagers **Burke Dillon** and **Jane Pierson** who connected DCV and WSC. Both Jane and Burke, who exercise regularly at the Dupont Circle WSC, believe in the importance of regular exercise and urged WSC to offer a special program designed for seniors similar to other programs offered in our area.

Jane opened discussions with **Nicole Alcamo**, membership consultant for the Dupont Circle Washington Sports Clubs, which led to development of a senior health package for Villagers at the Washington Sports Clubs. At the end of April, WSC will start those interested with a full membership at a discounted rate. With your guest pass and with your membership, you will be able to utilize any of the 18 clubs around the area.

Each membership includes a one hour Fitness Evaluation with one of the nationally Certified Personal Trainers, and full access to all group exercise classes, and exercise equipment. The Club has multiple low-impact machines that are perfectly paired with all age groups. Guests and members are supplied with complete towel service, full amenities including showers with shampoo, conditioner, body wash and a Hamman Spa. The Hamman Spa, inspired by and adapted from Mideast hammams, has a co-ed Sauna, Steam Room, and heated Marble slab. Ideal for relaxation and recovery after a workout!

For more information, please contact Nicole Alcamo at Nicole.alcamo@town-sports.com, or call 202-332-0100 or Executive Director Bernice Hutchinson: Bernice@dupontcirclevillage.org. ■

DONATE TO THE VILLAGE

You can support DCV in many ways, including contributing to our matching grant office program or by serving on a committee. Contact Iris Molotsky for further information.

The Dupont Circle Village is a **NON-PROFIT** neighborhood organization that **CONNECTS RESIDENTS** to services and cultural/social activities. Membership enables Villagers to **MAINTAIN** their **HEALTH** and home as they **EMBRACE** the **BENEFITS** and **CHALLENGES** of aging.



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