

*We grow not older with years,
but newer everyday.*

Emily Dickinson (1830 –1886)

SPECIAL INTEREST ARTICLES:

Lunch at Next Door
to Ben's Chili Bowl4

A Survey is in the Works ..5

New Year Rings In
Our New DCV Office!5

Our Inauguration!5

John Dos Passos.6

A Wedding Celebration. ...7

Sunday Soup Salon8

All Ears! Live and
Learn Session9

We're Here and
Ready to Help10

In Memoriam10

Art and Bagels11

COLUMNS

Monthly Calendar 2-3

DCV Cooks2

Letter from the President3

Yoga Tips6

Kudos7

Where Are They?11

NEW MEMBERS

We give a warm welcome to new
members of Dupont Circle Village:

Gretchen Ellsworth
Dorothy Marschak

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

Introducing Anne Stephansky — And Psychotherapy on Steroids

"I think my upbringing was unusual in that my father worked for the labor movement as an organizer and lobbyist. He created a workers' victim witness program, going into poor company towns, encouraging and supporting the workers to testify in Congress about their working and living conditions, e.g., sewage running down the center of the streets and having no running water in their homes. This was the basis of my upbringing and I related to the world in a unique way," according to **Anne Stephansky**, a new member of the Dupont Circle Village.

Anne saw her father as an educator — workers learned about their rights and the Federal Government learned about their duties to the workers.

It is not surprising that Anne's father introduced her to her future husband, a man who also spent a majority of his life working for the rights of labor. The two men met at the Department of Labor where her father had frequent business and Ben Stephansky was writing a history of the War Labor Board. When Ben was offered a job at Sarah Lawrence College where Anne was finishing her senior year, her father introduced them. As Ben was also connected with Columbia University, it was convenient. "I took his course in labor history and it turned into a most satisfactory courtship," according to Anne.

After her marriage, Anne was fortunate to spend time traveling with her husband to his postings in Latin America. He was never interested in traveling abroad, but a friend convinced him to attend a conference in Cuba and he returned a convert, realizing he could promote and support workers' rights in Latin America. After WWII Ben joined the Foreign Service and was in Mexico for 5 years as America's Labor Attaché while also



Anne Stephansky

building relationships with other Latin American countries' labor leaders.

While there, Anne ran a cooperative nursery. During this time she was fortunate to meet and collaborate with Eric Fromm, who helped her set up her analytic training and also included her in his seminars. When she returned to DC from Mexico, she earned a degree in Social Work and Psychotherapy.

When Ben was posted as Ambassador to Bolivia, Ann was running a kindergarten at the American School in La Paz. Being an Ambassador's wife was not a challenging position for Anne, and after attending one of many social functions, she became ill with hepatitis and ultimately they had to return to the US. They settled in Washington, DC purchased a house in Chevy Chase, lived there for some time and moved into her current home on Bancroft Place about 25 years ago. As she said, "I was tired of not being able to attend interesting activities in the city because Ben would come home tired and didn't wish to travel back down into the city."

Anne was working at the Washington School of Psychiatry (WSP), when she was introduced to a new type of therapy—intense short term dynamic therapy. It is

continued on the next page



MONTHLY Calendar

SUNDAY, DECEMBER 16:

6:00 – 8:00 pm Sunday Soup Salon

Guests will be Kay Eckles and Susan Meehan speaking about the decades-ago life in Dupont Circle. Peg Simpson, 1719 Swann Street, NW

TUESDAY, DECEMBER 18:

11:30 — 12:30 pm. The Civil War and

American Art exhibit examines how America's artists represented the impact of the Civil War and its aftermath. It includes 58 paintings as well as 18 vintage photographs. The artworks were chosen for their aesthetic power in conveying the emotions of the period. RSVP no later than December 13 to jneibrief@aol.com Put "Civil War" in the subject line of your e-mail. There is a limit of 20. **American Art Museum, G and 8th Streets, NW (north entrance to the Museum).** **Note:** museum does not open until 11:30 a.m.

MONDAY, DECEMBER 31 NEW YEAR'S EVE

8:30pm—12:15am A VILLAGE NEW

YEAR'S EVE DRESS-UP PARTY You and a special friend are invited to join other Villagers and their guests to celebrate New Year's Eve at Carol's house, bringing in 2013 in a low key way. By Thursday, December 20, 2012, e-mail carolgalaty@gmail.com providing names and e-mail addresses of **everyone** who is coming—including special friends. Put "New Year's Eve" in the subject line of your e-mail. Let Carol know what you would like to bring as soon as possible. Please bring enough for at least 15 people so that there will be enough of each dish for everyone who wants to have a taste. Carol Galaty's house—1910 S Street, NW

continued on next page



— Judy duBerrier

By popular request, especially from those who attend the **Soup Salons**, we will focus on winter soup favorites from Villagers. First up is **Lucia Edmonds** (via Kuhn Orchards) tasty entry. Lucia says it is a foolproof recipe!

BUTTERNUT SQUASH & APPLE SOUP

2 Tablespoons butter
1 large onion (or shallots) chopped
1/2 teaspoon ground nutmeg
4 1/4 lbs butternut squash,
peeled and cubed
4 1/4 cups chicken broth
1 apple, peeled, cored and diced
1/2 cup apple juice or cider
Light sour cream or yogurt
Chopped fresh chives

Melt butter in large pot over medium high heat. Add onion and nutmeg; saute until onion begins to brown, about 5 minutes. Add squash, broth, apple and cider. Bring to a boil; reduce heat and simmer uncovered until squash and apple are tender; about 30 to 45 minutes. Working in batches, puree soup in blender or food processor until smooth. Return soup to pot. Season to taste with salt and pepper. Bring soup to a simmer; thinning with more broth if desired. Ladle soup into bowls. Garnish with a dollop of sour cream and chives.

Villager **Ann von der Lippe** says her soup (adapted from the "Good Food" book) is very versatile. She sometimes adds kale or turkey sausages... or whatever is in the fridge at the moment. It also freezes beautifully.

continued from page 1

psychotherapy on steroids. What used to take 5-6 years of treatment was accomplished in a much shorter time. Observing the practice of this therapy was the most exciting experience she ever had. Anne was successful in introducing this therapy training program at WSP — "I feel this is my claim to fame."

LENTIL AND BROWN RICE SOUP

5 cups chicken broth, or more
3 cups water, or more
1 1/2 cups lentils, picked over and rinsed
1 cup long grain brown rice
1 35 oz can tomatoes, drained and chopped, juice reserved
3 carrots, halved and cut crosswise into 1/4" pieces
1 large onion (1 cup) onion, chopped
1 large celery stalk (1/2 cup) chopped
3 large garlic cloves (1 Tb) minced
1/2 teaspoon each: crumbled oregano and thyme
1 bay leaf
1/2 cup chopped fresh parsley
2 Tablespoons cider vinegar, or to taste
Salt and pepper to taste

In a large, heavy saucepan or Dutch oven, combine the broth, water, lentils, rice, tomatoes, veggies and spices. Bring the soup to a boil, reduce the heat, cover and simmer. Stir occasionally, for 45 to 55 minutes, or until both lentils and rice are tender. Remove the bay leaf. Stir in parsley, vinegar, salt and pepper. Thin soup with water or broth if necessary.

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

Anne is a gardener, although not currently active. She is a member of a book club, often goes to the theater and movies and enjoys attending lunches at the Women's National Democratic Club. She periodically visits family members in New York City. ■



MONTHLY Calendar

TUESDAY, JANUARY 8

11:15 am — 12:15 pm

The Sultan's Garden: The Blossoming of Ottoman Art chronicles how stylized tulips, carnations, hyacinths, honeysuckles, roses, and rosebuds came to embellish nearly all media produced by the Ottoman court beginning in the mid-16th century. There is no charge for the tour. The Textile Museum's suggested donation for those who are not members of the Textile Museum is \$8. RSVP no later than December 13 to jneibrief@aol.com. Put "Sultan's Garden" in the e-mail subject line. Textile Museum, 2320 S Street, NW (on the south side of S Street, two blocks off Connecticut Avenue, NW, just north of Florida Avenue, NW). Access: There are seven stairs to the entrance level. Please indicate if this presents an accessibility concern. Also, the museum can put a ramp outside the front entrance and it can make a wheelchair available.

TUESDAY, JANUARY 15

6—8pm Save the Date: Group Dinner at Heritage India. Three course dinner served by a long favored Dupont Circle restaurant. It has recently moved to 1633 P Street NW, next to the CVS. RSVP by Saturday, January 11 to jneibrief@aol.com. Put "HERITAGE INDIA" in the subject line of e-mail. We will meet at the restaurant. Note: The restaurant is on the second floor; up a short flight of outside stairs. Limit of 30 people.

TUESDAY, JANUARY 29

10:30—11:30am Inaugural Balls at the National Building Museum. Villagers are invited to cap off the election season with a nonpartisan look at how presidential inaugurations have been celebrated on special tour about inaugural balls held at the Pension Building, now the home of the National Building Museum. \$5 admission charge. 401 F Street NW. Metro Red line to Judiciary Square.

Many Reasons to Celebrate the New Year

—Iris Molotsky

It's the holiday season and the Village is celebrating. Tables decked with holly greeted members, volunteers and friends as we held our first open house in the office. More than 50 people showed up to see and admire the space and remark on the opportunities now open to us. Many thanks to the Friends Meeting of Washington, which made the large open area in the entry to the building available to us to greet guests and serve cookies and cider.

Carol Galaty is once again inviting members and their guests to celebrate New Year's Eve at her house to bring in 2013 in a low key way that will involve little or no driving. The last two e-blasts from **Judith Neibrief** contain detailed information about the event. Please note that RSVP's must be made no later than December 20, so if you are interested, please check the calendar page 2

It's also the season to contribute—give now and receive a tax deduction for 2012.

Achieving financial sustainability for the Village is my priority as president and we've made some important advances toward

FROM THE President

reaching this goal. The silent auction netted \$18,000 and donations from individual and business/corporate contributions amounted to \$27,000, which includes matches for the first MetLife Sustainability Grant and the Office Fund. In October we were awarded a second \$5,000 MetLife Sustainability Grant, which will be effective in 2013. We're hard at work on the 2013 silent auction, scheduled for **April 12—mark that date on your calendar.**

By the time you read this newsletter, you should have received our annual contribution appeal in the mail. Elsewhere, I've written we are a group with diverse opinions and mutual interests. Today, I want to emphasize one particular mutual interest — securing a firm financial foundation for the Village.

We know these are tough economic times. Our membership is growing and we are anticipating an increased need for volunteer services as baby boomers have begun to enter the 60+ age group. Villages exist to fill the gap between need and delivery, but it's

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Members and guests at the Open House refreshment table

getting harder as requests increase and the money flow stagnates. We've made significant progress, but we still have far to go before we can feel secure:

- In this year's appeal we are seeking support for two special projects: creation of a fund for subsidized scholarships, which will enable us to continue to offer reduced cost memberships for lower income members;
- And we will strengthen our training program for volunteers to equip them with increased skills and enhanced understanding of special needs;
- Finally, we need contributions to the general fund. We know the demand for increased services is real and imminent.

We ask you to consider making our Village a priority as you make your charitable giving decisions. Members of the Village Board of Directors have made significant pledges to this year's campaign. Your contributions and involvement are the essential keys to a successful Village.

I want to thank all of you, members, volunteers and friends, who have contributed so much to the Village in 2012. This has been a year of many accomplishments and I know that we will be equally as productive and successful in 2013.

I wish everyone a joyful holiday season and great health and happiness in the coming year. ■

IN CASE OF SNOW...

Red Alert Team is again ready to help just in case our winter spring ends and snow arrives. We will be calling upon our membership and volunteers to shovel steps and walkways, make hot meals, run errands and provide transportation. Please also let us know whether you have a four wheel drive vehicle and spare equipment to move the snow. Please contact Bernice@dupontcirclevillage.org.

Lunch at Next Door to Ben's Chili Bowl

Located right next door to the Ali family's neighborhood restaurant, Ben's Chili Bowl, a national institution, **Next Door** has the same warm feel but with a different flair. Events manager, Shavonne Harding (seen in picture) provided members a lovely lunch in a more refined atmosphere than Ben's. ■



From left, top: Ali, son of founder of Ben's, Mrs. Ali, co-founder and Abigail Wiebenson: bottom, Iris Molotsky, Gillian Lindt

Kudos

Villager **Marilyn Lutter** moved this month to a new home at The Residences at Thomas Circle. Although leaving a place with many cherished memories is always difficult, Marilyn had lots of support and help from Village volunteers and members **Maureen Lynch, Marilyn Newton, Eric Neumann, Kirk Perrow, Ingrid Peterson** and **Ed Wood**.

When Marilyn arrived at her new apartment she was warmly greeted by Villager **Edith Chase**, who is the floor resident for Marilyn's new digs. That evening, a small group of residents invited Marilyn to join them for dinner. In addition to Edith, Villagers **Jewel and Guido Fenzi**, are also Thomas Circle residents, so Marilyn already has friends in her new home. Kudos to the villagers and volunteers who worked so hard to make Marilyn's move a smooth and relatively painless experience. ■

A Survey is in the Works

—Bernice Hutchinson

Many Villagers came to last Friday evening's Open House for the new office. Indeed, the new office is an amazing milestone for our Village. It was a great evening filled with lots of lively conversation and the energy that makes our group special. I see that energy and community chemistry in the swift stride of the Village walkers as they pass by the office. I hear it in the voices of callers eager to share ideas. I feel it through the stories volunteers tell about lessons learned, not hours spent. Indeed, the Village's true magic and strength rests within its members.

As your Executive Director, I am constantly thinking about the importance of membership. No doubt about it, membership growth is critical to the success of this Village. But, perhaps more important is the experience each member has once they join. Dupont Circle Village is currently crafting, and will soon launch a survey to learn more about our members. We want to know why you join and why you stay. And, above all, we want you tell us about your experience.

Part of this survey will be a journey to uncover special talents and how you might contribute them to the continued growth of our Village. And, we'd like to know how we can continue to create educational, social and volunteer supports that meet your needs. Our goal is satisfied members.

So, look for our membership survey soon. We promise — we'll make it simple, quick, and painless. There will be a range of options for completing the survey, including online, postal mail and telephone. Your responses will give us the first data on membership experiences. The results of the survey will be used to inform prospective members, potential funders and community partners about the great group that we have here. ■

New Year Rings In Our New DCV Office!

—Bob McDonald

It was great to see so many of our members and supporters at the Office Open House held on Friday, November 30! We are grateful for the positive feed back we received on the reality, the attractiveness and the efficient use of the space in our new office.

Now furniture is in, computers and phones set up, office supplies stocked, and the coffee maker and microwave work, we're set to move to our next stage...

Starting fresh in the New Year, as of Wednesday, January 2, our office will have regular hours as follows: **Monday, Wednesday, and Friday - 10:00 am till 2:00 pm.**

Three member/volunteers have generously agreed to work in the office as office assistants, providing reception, telephone answering, and other administrative tasks.

Each one will take one of the three days the office will be open each week. Our "anticipatory thanks" go to **Bettina Del Sesto, Pete Klempay** and **Frances Oakley** for volunteering these services.

Among their tasks in the coming months will be updating contact information on

members and volunteers. So, expect to get a call at some point in the future from one of these three as they verify the contact information we have for you.

We also encourage members and volunteers to call the office during these times if you have any questions about upcoming events, services and supports.

The office is located at 2121 Decatur Street, behind the Florida Avenue Friends-Meeting House, just moments from Connecticut Avenue. Our telephone number is 202 436-5252

The space, located on the easily accessible ground floor; includes a large room where volunteers can meet and work, a separate private office where executive director Bernice Hutchinson and Volunteer Coordinator, Bob McDonald, work with members and volunteers individually and confidentially, and a handicapped-accessible restroom which is under construction and is expected to be ready in January.

The Dupont Circle Village office is looking forward to serving you in expanded ways in the New Year! ■

Our Inauguration! The DCV has Open House to begin a New Era



Bernice Hutchinson
and Bob McDonald
listening to a member



Helene Sher speaking with guests



Office volunteers Frances Oakley, Bettina Del Sesto
and Pete Klempay

JOHN DOS PASSOS AT DUPONT CIRCLE & BEYOND

—Nicholas Ludlow

Jean-Paul Sartre regarded John Dos Passos as “the greatest writer of our time.” Norman Mailer said of the 1500-page **USA** Trilogy by Dos Passos “Hemingway, Faulkner, Dreiser. And Henry James were the great American writers of [the twentieth] century. But **USA** may be the single greatest novel any of us have written in the last one hundred years.” More recently, Hugh Mahoney, an American literary critic, writes that Dos Passos, born January 14, 1896, was the “most daring literary writer of his day. In situation and in language, he far outshocked even Sinclair Lewis.”

A nearsighted beanpole of a youth, with long arms and legs, prodigious Dos Passos lived with his mother Lucy two blocks south of Dupont Circle at 1201 19th St on-and-off for fifteen years, from 1901 to 1916. Dupont Circle was the departure point for his success. Before leaving Harvard and DC in June 1916, Dos Passos arranged to publish his first volume, **Eight Harvard Poets**, which his father financed.

When staying on 19th St with his mother, a southern belle whose family originated from Skipton, Yorkshire, the two of them used to visit the estate of his father, John R. Dos Passos, at Sandy Point in rural Virginia on the southern shore of the Potomac, sailing from Washington on his father's hundred-foot yacht, the **Gaivota**.

His father, John R. Dos Passos, was an eminent, wealthy New York lawyer; a renaissance man, speaking 4 languages, descended from a Portuguese immigrant cobbler. John R's practice took him frequently to DC where he enjoyed life with Lucy, his mistress of many years, whom he finally married in 1910.

Dos Passos, their illegitimate son, was not acknowledged publically until much later but his education was well provided for by his father. His mother died of a stroke in May 1915; his father died of pneumonia in January 1917.

Because of John R's lavish spending, speculations and heavy expenses, he left little for his children and, for two decades, Dos Passos had to exist principally and impecuniously on what he earned from his writing.

After leaving DC, globe-trekker Dos Passos would publish forty one books including fifteen novels, which he called ‘contemporary chronicles’, three of which were stand-alone parts of the **USA Trilogy** (**The 42nd Parallel**, 1919, and **The Big Money**), published 1929, 1931 and 1936. In this Trilogy, Dos Passos used a sensational, documentary style of presenting ideas in a form of literary impressionism, easy to absorb, using revolutionary techniques he called montages.

In 1924 Dos Passos became close friends with Ernest Hemingway; in 1933, after visiting Madrid with Hemingway to write about the Spanish Republic, their arguments about the Civil War led to a falling out that was never mended. Mahoney notes that “Hemingway remained a vocal supporter of the left while Dos Passos had already begun his steady drift to the right...”

Later, the **District of Columbia Trilogy**, mostly written in Provincetown on Cape Cod, began with **Adventures of a Young Man**, published June 1939, about an idealistic young man's disillusionment with communists in the Spanish Civil War; followed by **Number One**, March 1943, about the rise of a small-town lawyer (who the **New York Times** noted “closely

resembles Huey Long”) to the US Senate, promising voters that every man in the US will be a millionaire.

The Grand Design, published January 1949, is a story about the New Deal, but wrote

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John Dos Passos



1201 19th St NW, two blocks from Dupont Circle, where Dos Passos lived with his mother, on and off for fifteen years.

continued from previous page

Maxwell Geismar of the *Times*, "The FDR ...is merely a voice on the phone, a tilted chin, a smile. In this sense, the novel is actually not a picture of the New Deal, but of New Deal Washington at its worst. It shows us all the dreadful machinery of official power but never the results. It is a morality play without a moral."

And, continued Geismar: The reader, as he goes more deeply into this novel, becomes "sharply aware of the author's essential remoteness from all the forms of common life... Dos Passos... has always to some degree lacked the real base of a novelist's craft: an interest in people as such ... One can only regret... that this bright star in the great literary constellation of the Nineteen Twenties should now sparkle so dimly."

In his novels, Dos Passos told the *Paris Review* in 1968, he went "from big money to big government to big labor... I think that's what motivates [my work]. It's a fact that I have tried to look at it from the point of view of the ordinary man, the ordinary woman, struggling to maintain some dignity and to make a decent life in these vast organizations."

In his later years, Dos Passos retired to Spence's Point, a remaining part of Dos Passos' father's farm on the Northern Neck of Virginia where Dos Passos' died on September 28, 1970 at the age of 74. ■

Selected references: *The Paris Review*, *The Art of Fiction* #44 1969; *John Dos Passos – USA, a View from Left Field*, Hugh Mahoney, *Whistling Shade*, Winter 2010; *The Fourteenth Chronicle: Letters and Diaries of John Dos Passos*, edited by Townsend Ludington, 1973; *John Dos Passos: A Twentieth Century Odyssey* by Townsend Ludington, 1980; *Dos Passos, A Life*, by Virginia Spencer Carr, 1984; *The Big Money* by John Dos Passos, 1933; *Manhattan Transfer* by John Dos Passos, 1925. Jill Bogard. *New York Times* June 4, 1939, March 7, 1943, January 2, 1949, and September 29, 1970.

A Wedding Celebration

On Wednesday, November 14, Peg Simpson hosted a very special DCV Fall Pot Luck Mixer at her home. Over thirty five members of the Village gathered to honor DCV members Kirk Perrow and Dean Pugh on their recent marriage. Dean and Kirk are longstanding members of the Village and very active with our volunteer program. They have been partners for many decades and were thrilled to share the joy of their marriage with the Village. We wish them the very best! ■



Dean and Kirk
cutting the cake.



Lucia Edmonds and Iris Molotsky
enjoying the celebration



Relaxation

Legs up the Wall is a pose that opens the chest and can be very relaxing.

Sit sideways with your left hip against an empty wall (or a chair). Start lying down on the floor with your left thigh moving to the wall and right leg following, so that when your back is on the floor, your buttocks

will be against the wall and your legs will be able to straighten up on the wall.

Open arms in a T, with shoulders back and down, chin close to the chest. Try to relax in the pose, which can also be done with legs on a chair. Let gravity open your legs in a V, if you wish, for additional stretching. Stay for 5 minutes or more.

To come out of the pose, bring knees to chest, turn onto your right side, in fetal position. Rest. Then, use your left hand and right elbow to push up a few inches, keeping chin close to your right shoulder. Trying not to move legs or feet, walk hands slowly toward torso, keeping chin on shoulder until the shoulders can move back and down, and you come into a seated position. ■

Sunday Soup Salon – Los Alamos and the Atomic Bomb

November's Sunday Soup Salon was a great success, with 23 members enjoying **Lucia Edmonds'** and **Judith Krueger's** homemade soups, fresh bread and **Iris Molotsky's** wonderful shortbread squares. DCV member **Norman Brown** was guest speaker, talking about his time on the Manhattan Project at Los Alamos during World War II.

Norm was called up in 1943 while a college student at Brown. He was assigned to a technical project at Los Alamos. Many of Norm's and his colleagues' experiences were part of an oral history developed by the Atomic Heritage Foundation to commemorate the 60th anniversary of the Manhattan Project.

Norm told many amusing stories of his experiences during his time in wartime military service, including the assignment he had recording plutonium deliveries. The records for these deliveries were then processed and stamped 'secret.' But then Norm could no longer read his own records – why? To receive a secret clearance, you had to have a college degree, which he did not have! **Dan Gamber** commented that he had a colleague in the European theater who had the same experience. Bureaucratic rules always defy logic!

He related many stories of his years and experiences in Los Alamos and Alamogordo. Whatever the issues, he and his colleagues were grateful that their work kept them in the U.S. and contributed to the shortening the war. The high estimate of deaths if the war continued (over one million would have been killed) helped to justify the use of the atomic bomb. The moral discussion regarding the use of the atomic bomb is still alive today. **Judith Neibrief** raised the question about whether the question of morality would have a different perspective if discussion revolved around the use of one bomb versus the two that were dropped.

Norm fielded many questions about his experiences, the science behind the use



Members having dinner, listening to Norm's presentation



Speaker Norm Brown with his wife Janet holding fused sand that had been under the tower at the Alamogordo bomb test site

of plutonium, radiation damage, how his experiences affected his future and was there any job that matched those he had while in the service? He responded, "I am more passionate about providing energy to poor people."

Today Norm's grandson is working in Los

Alamos and he invited his grandparents to visit the museum during their visit in New Mexico, which they both found very interesting.

The evening was summed up by member Dan Gamber: "What a wonderful soup salon! What great members we have!" ■

All Ears!

Dealing with Hearing Loss Featured at Live and Learn Session

A lively and participatory group attended the Live and Learn session to listen to **Lisa Sargent**, Doctor of Audiology, Fellow of the American Academy of Audiology and staff member at the Feldman Hearing Studio.

Hearing loss can be due to something as simple as wax buildup in the ear, normal aging and/or inherited genes, explained Dr Sargent. Hearing loss does not necessarily mean you need a hearing aid. Dr Sargent suggested you have a hearing examination and, depending on the result, wait six months, then have another test to see if there is a change in your hearing. At that time, if the results warrant it, discuss purchasing a hearing aid with an audiologist.

Signs of hearing loss include misunderstanding or not understanding what people say, having the volume of your TV, radio and electronic devices on too high and often asking people to repeat themselves. **Judith Krueger** noted that she now has difficulty understanding friends with foreign accents.

After her introductory remarks, Dr Sargent opened the floor to questions and comments. A few of the attendees already using hearing aids commented on the pros and cons of using a hearing aid, the cost (including batteries, which usually last only 1-2 weeks), and the different types of hearing aids.

Dan Gamber commented that the hearing aid he uses is still not perfect for picking up voices in a noisy environment and ambient sounds are sometimes louder. This is usually the case in most public spaces, especially restaurants.

The discussion addressed suggested solutions to noisy restaurants: ask for a table in a quieter section of the restaurant (corners and gardens), don't frequent a restaurant at their busiest time and either

face the wall or not, depending on the hearing aid! Also, some hearing aids have a microphone that streams the speaker directly into the hearing aid. **Peggy Simpson** suggested that we all encourage restaurant reviewers to note the noise level as part of their review.

In response to questions about hearing aids, Dr. Sargent offered a brief description of the different types, including those worn outside the ear (open fit hearing aid), those that are molded to the ear and the Lyric, that is inserted in the interior of the ear by a doctor), the pros and cons of older technology versus new technology and the benefits of each.

As DCV members you are automatically a member of George Washington University Senior Advantage Benefits Program and are eligible for a free hearing examination. The Audiology department is at 2021 K Street NW, Suite 312 and is open Monday –Friday 8am—5pm. Call 202 741-3275 to make an appointment. ■



Dr Sargent speaking to Gillian Lindt



Seated, Bob Von der Lippe, Dan and Nancy Gamber

We're Here and Ready to Help...Give Us the Chance

—*Iris Molotsky*

Several Village members recently have experienced medical emergencies, some relatively minor, others quite serious. We waited by the phone but the call never came.

The Village is prepared and willing to step in and help if you need us. We can assist you to get help in an emergency, and can visit you in the hospital, nursing home or rehab center. We can help once you return home—make visits, bring meals, run errands or provide other needed non-medical services. We work with relatives and friends to ease your transitions and bureaucratic snafus. Our volunteers derive pleasure from knowing they are making things a little easier for you during a stressful period.

You may not have called because you didn't want to bother us or didn't know we were prepared to help. Or you simply may prefer not to have us involved, which is certainly your choice to make. However, we want you to know that we are ready to step in and we have resources and knowledge to alleviate some of the difficulties you may encounter.

You can enhance our ability to respond effectively if you have filled out a Village Medical Emergency form, which provides us with contact information and alerts us to possible medical issues. If you have not already done so, please go to the village website, www.dupontcirclevillage.org, download an emergency form and return it to the DCV Office, 2121 Decatur Place, NW, Washington, DC 20008.

Next time you have an emergency, give us a call: We're waiting to hear from you. ■

In Memoriam

—*Iris Molotsky*

Yolanda Horan, a long-time Village member, died on November 25. Yolanda was a big fan of Live and Learn programs, which she attended regularly. Villager Mary Latka, her good friend for more than 30 years, recalls the enjoyment Yolanda derived from being a member. Mary, who visited Yolanda for the last time in mid-November, said they "talked about the Dupont Circle Village and Bernice, Iris and Peg, of whom she was so fond," Mary said.

"She was a very generous, lovable, friendly woman who had amazing stamina," Mary said. She recalls that they would go to embassy parties and "I couldn't keep up with her." Yolanda was a great collector of books and loved shopping for them. Mary remembers that they would go on an annual religious retreat that always included a visit to the bookstore, which was near the Basilica of the Shrine of the Immaculate Conception.

Yolanda was born in Munkacs, which is in Ukraine today. She studied in Budapest and Prague and later, with difficulty, escaped from Eastern Europe and ended up in Paris as a student in the Sorbonne. She moved to Washington in 1949, where she lived a lively, productive life as a research analyst at the Library of Congress and as a language teacher at the Foreign Service Institute. She was fluent in at least three languages.



Yolanda Horan

She was active in several organizations associated with foreign service: the International Center for Language Studies, the Organization of Foreign Affairs Professionals and the Associates of the American Foreign Service Worldwide. Yolanda also belonged to the Hungarian American Federation of the Washington Metropolitan Area where she lobbied in Congress for the rights of Hungarians living in Transylvania.

Her husband, John N. Horan, who died earlier, was a Navy commander. Yolanda's niece Natalie Yambrusic and her husband Dr. Ed Yambrusic of Washington, were close to Yolanda and were a great support during her illness. ■

Our Thanks to Elizabeth

On behalf of DCV members, Joan and Nick Ludlow, co-editors of this newsletter, give our warm thanks to our designer, Elizabeth Kaney, for her ongoing creative and eye-catching work in formatting the newsletter each month.

The innovative outcomes of her designs have been much liked and often commented upon by our DCV readers.

We have particularly appreciated Elizabeth's involvement in choice of best

pictures, clear design and sometime last minute changes allowing us to provide a most timely publication.

We wish Elizabeth continued success in her growing business and appreciate the time and effort she has voluntarily given to the DCV during this last year.

We want to thank her for the delight of viewing the DCV newsletter each month.

—*Joan and Nicholas Ludlow*

Where Are They?

Marilyn Newton is off to Durango, Colorado, for the Christmas holidays with her son and his family. They will be riding the historic Durango-Silverton RR train that goes through fantastic mountain scenery. Because she doesn't like the cold, Marilyn bought long underwear for her upcoming trip!

Linda Harsh is leaving to go to Southern California to visit her sister and brother and sister-in-law on December 20 to spend the holidays. She will be gone for about 10 days and is looking forward to the complete change of scenery!

Burke Dillon will be leaving in mid-January for her annual six-week visit to South Beach, FL to enjoy the sun and sea and escape from the possibility of snow and ice during the DC winter. ■



Durango-Silverton RR train; Photo: Leland Holiday.com

Starting the Holiday Season with Art and Bagels

—Abigail Wiebenson

Marcy's Sunday Salon was delicious in all ways. Guests were greeted by a bell-ringing announcer which set the welcoming tone for the morning.

We were treated to mounds of local bagels with all the trimmings complemented with fruit and savory coffee provided as a tasting for the new market that will replace the Townhouse Safeway on 20th Street in April.

More than 30 Villagers and guests talked and also explored Marcy's galley-house, feasting on her imaginative sense of design and the range of appealing paintings and sculptures. This was, happily, a hard act to follow. Many thanks go to Marcy and her elegant generosity. ■



Abigail Wiebenson, Marcy Logan
and Joan Ludlow



Guests enjoying the comfort
of a fire and the art works
during brunch

DONATE TO THE VILLAGE

Please respond today to DCV's annual contribution mailing. Your support makes a difference. Act before December 31 and get a tax-deduction this year.

The Dupont Circle Village is a **NONPROFIT** 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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