



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“Children have never been very good at listening to their elders, but they have never failed to imitate them.”

—James Baldwin

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Welcome New Members!

Rebecca Martin
Alaire Rieffel
Bill and Courtney Rogers
Deborah Wilson

The Newly Minted Quarters Featuring Maya Angelou and Other Notable Women

Next time you receive some change, take a look at the palm of your hand—there's a chance you'll see Maya Angelou, the famous author and noted civil rights leader, staring back at you. She is now being featured on a select batch of quarters.

By Eva M. Lucero,
Executive Director

The coin is one of five new designs that will be rolled out this year as part of the American Women Quarters (AWQ) program. The AWQ series was signed into law last year to recognize notable women throughout U.S. history. It's part of an effort to commemorate the centennial of the 19th amendment, which ratified women's right to vote. The other women to be honored on future coins include Sally Ride, Wilma Mankiller, Nina Otero-Warren and Anna May Wong. Angelou's likeness marks the first time that a Black woman has been represented on the U.S. quarter.

Angelou's design depicts her with her arms uplifted in front of a bird in flight and the rising sun, images inspired by her work and life. Angelou rose to prominence with the publication

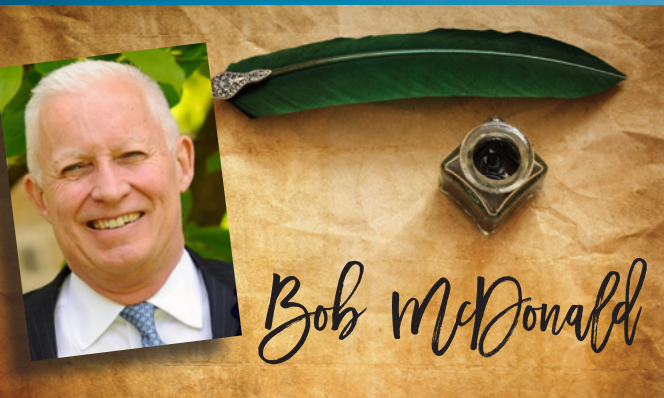
of her autobiography *I Know Why the Caged Bird Sings*; she published over 30 bestselling titles during her lifetime. What a fitting tribute for a phenomenal woman.

A U.S. Mint official noted, "Each time we redesign our currency, we have the chance to say something about our country—what we value, and how we've progressed as a society. I'm very proud that these coins celebrate the contributions of some of America's most remarkable women, including Maya Angelou."

You can check with your local bank in early February to see when quarters will be introduced into circulation in your area or check out the U.S. Mint website on the American Women Quarters Program™. (<https://www.usmint.gov/learn/coin-and-medal-programs/american-women-quarters>).



President's Notes



Ten years ago this month, I retired from my position as Director of Member Services at Foundry Methodist Church, having served there since 2004. During my time there, I got to know Peg Simpson who was very involved in the parish, including singing in the choir. When Peg learned that I was retiring, she came to me and said, "I have the perfect retirement activity for you! We need you at Dupont Circle Village."

Peg, who was the second Village President, had been telling me about the Village for months. The more I learned, the more I became convinced of the value of the Village's mission. By April I was working about 15 hours a week as a volunteer Volunteer Coordinator for DCV.

My position involved recruiting, vetting, and training volunteers. I received all volunteer requests from members and developed a system to match the request with a trained volunteer. I tracked the data and followed up with both the member and the volunteer.

At that time, there was no office for the Village, so I worked out of my home as well as in an "interim office" provided by **Caroline Mindel** in her home. There were plans to open an office in the Friends' Meeting House. So, in addition to collaborating with volunteers, I began working on setting up the new office and the administrative infrastructure we needed.

I spent the next fifteen months working as the Volunteer Coordinator. Then, in the summer of 2013, the newly formed Foggy Bottom West

End Village recruited me to apply for the position of their Executive Director. Subsequently, I was hired as the Executive Director in September, a month before the Village officially opened. I gave up retirement to once again be employed. And it turned out to be one of the best positions

of my career. It was gratifying to work with so many wonderful people in creating a community of neighbors who care for each other. In the fall of 2016, having seen the Village built on a firm foundation, I decided to "retire" again.

My husband, David Insinga, and I have lived in the Dupont Circle neighborhood since the 1980's. We have lived in our condo on O Street since 1999, after a brief interlude in Boston for work. In 2018 David and I became members of the Village. **Ann McFarren** recruited me for the DCV Board in early 2020. It is a pleasure to work with my fellow Board members and with **Eva M. Lucero**, who was once my "fellow Executive Director."

I want to take this opportunity to express my thanks to Ann McFarren

for the two years that she has served as the Village President. Her first Board meeting as President was held in-person, at a time when we really weren't sure if we should do so! No one knew what was in store for us.

Ann led us through these two years of uncertainty with insight and determination. Through her leadership, we became more flexible and caring. Ann has spent countless hours bringing her nursing skills to assist multiple members in dealing with the complexities of the health care system. She has cared for members as though they were members of her own family. Together with Eva, she has developed an information system to assist our staff and volunteers working in Care Teams for our members. Ann led us in the complicated task last year of getting COVID vaccines administered to all of our members. Even now, she is making sure that all of our members have N95 masks to protect themselves and others.

Ann has taught me so much over these two years. As I assume the presidency of the Village, I am grateful to her for her leadership, her guidance, her vision, and most of all for her caring.

Art Archive



Untitled, 2017, watercolor on rice paper, Sam Gilliam (1933–, American)

Monthly Calendar

Currently, most activities are being offered online, by way of Zoom, although some are now being held face-to-face. Anyone attending an indoor event must be masked, whether or not they are fully vaccinated.

We do ask you to register online at www.dupontcirclevillage.net and select "Calendar," find the event, and register. If you can't join an online event or figure out how to register, please email or call Ann Talty at admin@dupontcirclevillage.net or (202) 436-5252.

Seated Feldenkrais: An Introduction to Easier Sitting

Wednesday, February 2, 10:00–11:00 am

Location: Virtual

RSVP: Register online or contact DCV Office

Join the Feldenkrais class on the first Wednesday every month for a chair lesson to learn the dynamics of easy and healthy sitting. In these lessons for all, we will explore improving the function of sitting in a dynamic way, through non-habitual movement explorations, reminding your brain of sensory-motor connections, and creating neurological balance and ease. Over the course of these lessons your spine can begin to regain its natural capacity for comfort, self-organization and ease of movement. Lessons done in sitting on a chair can help you discover your spine's full potential, from finding the sits bones up to freeing the spine, chest, and head, thereby reducing discomforts and facilitating the development of new postural habits that you can take into standing and creating more ease in all your daily activities.

Village Storytelling: Warm Weather Travel Experiences

Thursday, February 3, 6:00–7:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Part of a series involving Storytelling and discussion—this week is about warm weather travels. Moderated by Mary Stevens, Kathy Cardille will talk about finding family in the mountains of Italy, and Bobbi and Greg Milman will talk about their adventures in Indonesia. They will speak (and show pictures if available) for 10 minutes. Then following each speaker, participants will be able to share their own experiences and ask questions.

Navigating the Path Ahead

Tuesday, February 8, 3:30–4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Our lives are a journey. As we make our way on our path, we find others to walk with us. As they share our journey, they support and challenge us. At times, some leave us.



And then, others join us. We learn from them and share our experiences. Over time, this new monthly Village discussion group will be covering topics such as: living alone; receiving a new diagnosis; wondering what's next; do I need to make accommodations in my home; dealing with loss; where can I find new experiences; what can bring me joy; how can I reignite the passion in my life.

CELEBSALON:

Fiona Hill, Author, Foreign Policy Expert

Wednesday, February 9, 6:00–7:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office



Join us for a conversation with Dr. Fiona Hill, celebrated foreign policy expert and former director at the National Security Council. Dr. Hill startled the nation during her testimony as a key witness in the impeachment trial of President Donald Trump about Russia's interference in the 2016 election.

She has also served President George W. Bush and President Obama at the National Intelligence Council.

Men's Book Group

Monday, February 14, 11:00 am

RSVP: Bob Hirsch, (202) 483-7981 or

rmhirsch49@yahoo.com

The book is *The Dutch House* by Anne Patchett. New participants are always welcome.

Art Introspection with Intern Laura Mahon: Picasso

Friday, February 18, 2:00–3:00 pm

Location: Virtual

RSVP: Register Online or contact DCV Office at (202) 436-5252 or admin@dupontcirclevillage.net

As a painter, sculptor, ceramicist, stage designer and lithographer, Pablo Ruiz Picasso is considered to be one of the greatest artists of the 20th century, if not of all time. With his career spanning almost 80 years, Picasso used art as an outlet to explore and heal from many of life's obstacles put in his way. Facing the loss of friends,

Continued on page 4

Monthly Calendar

Continued from page 3

heartbreak, financial difficulties and mental illness, Picasso channeled his emotions and feelings through his art.

In this online program, we will take a deep dive into the life of Picasso, using the different stages of his art as markers of major life events. Join us for an inter-village discussion on the power of art in healing through the perspective of Picasso's life.

If you have any questions, please contact Laura, art therapy intern at lauramahon@gwmail.gwu.edu

Sunday Soup Salon: t/b/a

Sunday, February 20, 5:00–6:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

This activity meets on the 3rd Sunday of the month and discusses an assortment of TED Talks. Watch for details in the Friday e-blasts.

DCV Movie Group: t/b/a

Wednesday, February 23, 3:55–5:15 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Watch for details in the Friday e-blasts.

CELEBSALON:

Bill McLeod, Dupont Main Streets

Wednesday, February 23, 6:00–7:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office



Join Bill McLeod, executive director of Historic Dupont Circle Main Streets, in a discussion on the current situation and the plan to maintain the cultural and economic future of Dupont Circle's business district.

Mystery Book Group

Friday, February 25, 3:00–4:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

The book to be discussed in February is *The Bernini Bust* by Iain Pears.

Online Meditation with Christina

Mondays & Thursdays, 9:00–9:30 am

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

Chair Yoga

Tuesdays, 1:00–2:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Online Feldenkrais Method Awareness Through Movement

Wednesdays, 10:00–11:00 am

Location: Virtual

RSVP: Register online or contact DCV Office

Coffee and Conversation

Thursdays, 10:00–11:00

RSVP: Register online or contact DCV Office

Mahjongg

Thursdays, 2:00–4:00 pm

Location: hosted live by Margot Polivy

RSVP: Bobbi Milman, rmilman@comcast.net or (202) 667-0245

Knitting Group

Thursdays, 4:00 pm

RSVP: Sheila Lopez at sheilablopez@gmail.com

My Internet and Me



Ask Ann

Since we are still holding events by Zoom, I thought it would be helpful to give you tips and tricks regarding issues many of us have. This is particularly important on Zoom, but it all applies to anything internet. Nothing replaces having a tech person, but everyone needs to have a basic understanding, without using all technical terms.

By Ann Talty

If you have older equipment, it will have some challenges, but there are things you can do to help it. Newer equipment is designed to process faster.

Memory: There are two kinds of memory, but for this purpose, you need to know only one. Think of it as playing with a deck of cards. The full deck would exist permanently. Once you start dealing, every card that shows or is in your hand would represent files and apps that are open. How many cards can you hold in

your hand at one time? Once you get past 5–7 cards, it gets tricky. If you have large hands (memory), you can hold more. If you have small hands, you are limited as to how many cards can fit. If you go overboard with how many you try to hold, you will get a cascade effect and drop everything (computer seizes up). **Solution:** close programs and files you are not using. Or upgrade, but that's a more expensive fix.

Bandwidth: you hear about bandwidth—it is the volume of information that can be sent over a connection in a measured amount of time. The more you clog it, the less stable it becomes. **Solution:** consider upgrading your internet connection. Your bill will tell you what plan you have. You can also run an internet speed test (google it) to see your download rate. 25 mbps is bare minimum. I have 100 mbps, and would like more, but I'm not paying

for the few times I want it.

Router: Older routers can only process so much at a time. This is the black box that connects you with the internet. **Solution:** There is always the old re-start solution, which can work. Or a new router. When we went into lockdown, I was having a lot of trouble with internet, and the solution was to have a new router (if you are renting it from the provider, you can have them replace it and return the old one).

Distance from the Router: The farther away you are from the router, the less efficient it becomes. Thick walls and heavy furniture will interfere with the signal. If you have a large apartment or a house, you may need a **Wifi extender/booster** to augment the signal to other rooms or floors. More on that another time.

Number of simultaneous devices: The more devices you have connected to the internet at one time, the more it will affect your internet speed and stability. **Solution:** When on Zoom, turn off any equipment you are not actively using. The more people (and their pictures) on the Zoom, the more active space/memory is used.

Living in an apartment/condominium building: Although you will have your own wifi network, there are only so many bandwidths. If it is a time of day when a lot of people in the building are on their computers, their wifi may be using the same channels (NOT connected to your wifi), and the more those bands are being used at any one time, the less efficient your internet. **Solution:** Other than move, of course, follow the solutions listed to see if it helps. There are things one can do on the equipment, but that's beyond my expertise.



February Birthdays



Happy Birthday to members born in February!

Kathy Price,
Bill Chadbourne,
Gretchen Ellsworth,
Donna Batcho,
Mimi Feinstein
John VerSteeg,
Dan Gamber,
Mary Wheeler,
Barbara Sloan,
Bill Roberts,
Valentine Wilber,
Arlene Lutenecker,
Eileen Tanner,
Mike Gould,
Katharine Gresham
and Kathy Cardille

Meet Mary Jean Collins

Mary became acquainted with Dupont Circle Village when she was assisting another Village member with a problem. Barbara Scott the Case Manager provided critical assistance to her friend. Observing her work, Mary decided she needed to investigate becoming a member as well. She read about the history of the Village movement

DCV Member Profile

and was pleased that such a movement and organizations existed. Mary's life has been spent working in organizations helping people to achieve collectively what they might not be able to accomplish alone, so the Village model appealed to her.

She was born in Superior Wisconsin and grew up in Milwaukee. Her parents were active Democrats and supported progressive causes. Mary was educated in Catholic Schools including

Alverno College, a women's college in Milwaukee. She was active in the civil rights movement for open housing in Milwaukee in the 60's.

Raised in a political family, she also became aware of the women's rights movement from Catholic sisters, including founders and early supporters of the National Organization for Women. Her education and Wisconsin activism shaped her work and volunteer life.

Mary's involvement intensified when she moved to Chicago and led the NOW chapter there, was elected Regional Director and organized in 13 states. Mary co-directed the ERA ratification campaign in 1980 and in 1982 was elected Vice-President of NOW and moved to Washington DC to serve in that position. Following NOW, she became Assistant Director of Catholics for Choice and then served 15 years with People for the American Way as Field and Political Director.



Mary retired and is serving as co-director of the Pioneer History Project of Veteran Feminists of America. The project is

conducting and producing oral histories of second wave feminists. Over 300 feminists are represented in the collection at veteranfeministsofamerica.org.

Mary's best times are spent with friends sharing meals and time. She reads quite a bit, especially keeping up with political developments and history. Mary supports organizations and candidates working to increase justice in our community and the world. Mary has traveled in the US and sometimes to Europe, traveling many times to Ireland where she has relatives.

Mary said, "The best thing about the village is the excellent staff and generous and supportive members. The sense of community especially in the pandemic has been very important."

It's a New Year! Be Inspired in 2022

Editor's note: A few words contributed by DCV's Meditation Teacher, Christina Mangino who comes to us as an ambassador of Adhyatmik Foundation. 'Adhyatmik' means all enhancement and advancement of body, mind and self; opening in all directions, universal.

Pertinent questions to inspire self-alignment, reassess your own values and have a fresh start for a beautiful 2022:
by Dr L.S. Spedding

- What aspects of my life am I most passionate about?
- What are my unique talents and my strengths?
- Have I recognized what motivates me?
- What does success mean to me?
- What purpose would I like to give my life?
- How can I prioritize my time more effectively?
- How can I improve my life every day?
- Do I live by the values I believe in?
- Do I listen to my intuition when I make a decision?
- Are my actions in tune with my values?
- Do I show respect to myself and others?

- How important is my family life?
- Am I willing and able to take responsibility for myself?
- Can I laugh at myself?
- Have my values and priorities remained the same or are they changing?
- Do I regularly read inspirational books?
- Who can give me valuable feedback or be a mentor?
- What is balance to me?

Then please remember some of the stated effects of an unbalanced life:

- Finding life a struggle, feeling of general fatigue;
- Signs of physical wear and tear;
- Neglecting basic health needs, sleep, nutrition, fitness;
- Signs of unhealthy or excessive stress; and
- Strain on personal relationships

BALANCE:

Smile and begin to "Be Always Loving And Naturally Calm Everywhere".

Overcoming Isolation Through a Tech Partnership with DC's Department of Aging and Community Living (DACL)

Older adults face increased risk of social isolation and loneliness, and the COVID-19 pandemic has put many older adults at even greater risk. It is not a stretch

to say that technology can be a lifeline; however, many older adults lack access to technology that can keep them connected virtually with loved ones.

To ensure that older adults could expand and enhance social contacts while social distancing, one of the DC Villages funding partners, DC's Department of Aging and Community Living (DACL), collaborated with Wild Tech Alliance, a technology non-profit, to implement a new tech connection program. This collaboration brought 500 iPads to low-income seniors to combat social isolation, promote connectedness to family and community, improve health through telehealth services, and enhance or develop digital literacy. The program prioritized members of DC Villages, the LGBTQ community, and VIDA. The program also provides internet access through 2022 when the program will be reevaluated.

The impact this program has had on the eight DCV members who qualified has been "life changing," as one member noted. Wild Tech volunteers set up Apple accounts, provide ongoing technical assistance, 1:1 specialized training, help navigate various social media platforms, and manage a help desk to assist troubleshooting ad hoc issues.

One DCV member shared her wonderful experience with me:

"Because of the iPad, I was able to attend high holiday religious services from home, which I have not been able to do in years. It was beyond lovely! Also, I was able to



register for a covid test and have the results emailed back to me within a couple days. I participated in a family Zoom birthday party for a 90-year-old and I love the health education sessions, in particular the diabetes prevention and reversal series, the well-being during aging, and most especially yesterday's nutrition and today's Alzheimer's sessions. I would not have been able to do any of this without the iPad and the internet service." Many of the education training sessions can be accessed on the Wild Tech Alliance YouTube channel.

This public private partnership between the DC Villages and DACL is a model collaboration of respect and caring. It is my hope that this partnership grows stronger, bolder, and more connected.



The year 2022 marks 20 years since the launch of Beacon Hill Village, the nation's first Village, in 2002.

Since then, the Village Movement has grown to become a vibrant network of over 300 Villages, each serving older adults so they may remain at home and connected to their communities. In recognition of the tremendous, positive impact Villages are having on the experience of aging, **Tuesday, February 15**, will be celebrated as National Village Day!



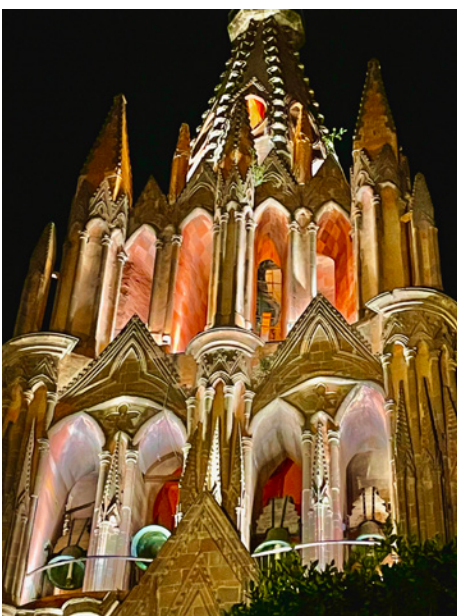
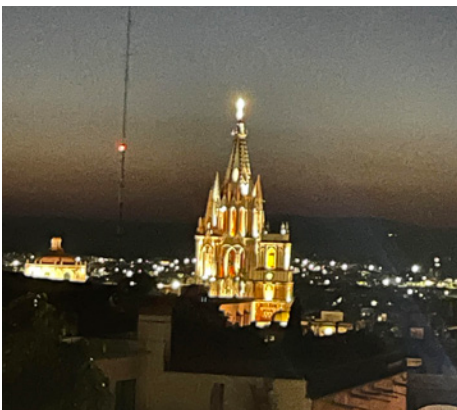
Out and About



▲ **Jim Chamberlain** snapped Washington's first snowfall for the season and shared this beautiful shot of the Martin Luther King, Jr. Memorial In West Potomac Park by **Kathy Cardille**.



▲ **Nancy LaVerda** and her friend Suzanne trudging through the snow on the National Mall during the snowstorm we had on January 16th.



▲ **Geri McCann** visited San Miguel de Allende, Mexico in January. This is the beautiful church in the center of town.



▲ During her Christmas visit in Germany, Villager **Joan Treichel** snuck down into her brother-in-law's wine cellar to try out a 40-year-old French wine. (Just kidding! However, the wine cellar does contain some French wines that are 40 years old.)

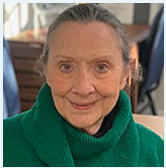
WELCOME NEW BOARD MEMBERS!

In December, we said good-bye to three Board members, **Andres Doernberg**, **Mike Gould** and **Steve Kittrell**. We are very grateful for their numerous contributions, and we look forward to our continuing relationship with each of them.

Three DCV Members are now members of our Board:



Charletta Cowling. Charletta has been a member since 2016. Charletta is a native Washingtonian. She is a member of the Jubilee Housing Board. She worked as a resource person for low-income families prior to her retirement.



Katharine Gresham. Katharine has been a member since 2019. Originally from South Carolina, Katharine has been in Washington DC since 1975. Upon graduating from law school in 1978, she worked briefly and miserably at a corporate law firm before joining the Appellate

Division of the General Counsel's Office of the Securities and Exchange Commission, where she became an Assistant General Counsel for Appellate Litigation and received the Distinguished Service Award. She retired in 2005.



Michael Speer. Michael has been a member since 2019. Originally from Mississippi, Michael earned his BA in history from Sewanee University in Tennessee then his Ph.D. from Ohio State in 1972. He moved to Washington to work at the Government Accountability Office until he retired, as

Director of Training, in 2003.

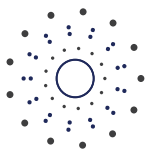
Poetry Corner

Fifth Grade Autobiography

I was four in this photograph fishing
with my grandparents at a lake in Michigan.
My brother squats in poison ivy.
His Davy Crockett cap
sits squared on his head so the raccoon tail
flounces down the back of his sailor suit.
My grandfather sits to the far right
in a folding chair,
and I know his left hand is on
the tobacco in his pants pocket
because I used to wrap it for him
every Christmas. Grandmother's hips
bulge from the brush, she's leaning
into the ice chest, sun through the trees
printing her dress with soft
luminous paws.
I am staring jealously at my brother;
the day before he rode his first horse, alone.
I was strapped in a basket
behind my grandfather.
He smelled of lemons. He's died—
but I remember his hands.

By Rita Dove
(1952—American)

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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Sherri Monson, *copy editor*
Helene Scher, *copy editor*

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