



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“Evil doesn’t have the last word. Joy and laughter, caring and compassion; those are what prevail in the end.”

—Desmond Tutu
(1931–2021)

What’s Inside

- 1 DCV’s Afghan Project
- 2 President’s Notes
20 Years Village Movement
- 3 Monthly Calendar
- 5 Thank You to Our Donors
- 6 Ask Ann—How Many More Months of Zoom?
- January Birthdays
- 7 Member Profile—Peter Bloom
- 9 Village Case Manager
- 10 Out and About
- 12 Art Archive
Poetry Corner

Welcome New Members!

Jane Hauser

DCV’s Afghan Project

When the U.S. military conducted an emergency relocation of Afghan refugees this past fall, many settled in the DC metropolitan area to open arms. A number of Villagers stepped up to volunteer and donate items to the numerous nonprofits supporting resettlement efforts only to be politely turned away because of the overwhelming support of others and a limited capacity to distribute the donations. Villagers then turned to the DCV office to have us consider how we might engage and provide direct support. After discussions with the Member/Activities Committee and the synchronicity of a personal connection, DCV reached out to an Afghan family who welcomed our support.

The DCV office established the Afghan Project and sent out a member email about the Wazir family who was relocated to Dale City, Virginia and their needs. Within a two-week period, Villagers responded with donations of gift cards, electronics, clothing, furniture, kitchen and bathroom items, and monetary donations totaling \$7,360 from 39 contributors.

On Sunday, December 5, **Eva M. Lucero, Mike Silverstein** and **Peter Bloom** visited with the Wazir family at their home and the family welcomed us with warmth, hospitality, and gratitude. Sayed Wazir, the elder of the family, greeted us at the door



with Galley Saleh, the DCV contact and interpreter. We were led to the living room and invited to sit on Persian carpets and pillows. With Covid precautions and masking in place, the rest of the family joined us for a visit. Two young boys, five and three years old, came into the room masked and gave each of us a fist bump to say hello and thank you. The family also included Fatima, Sayed’s wife, and their four daughters and four sons.

After introductions, Mike gave a beautiful, heartfelt speech about the joy and honor of being in the Wazir home and he welcomed them to our country. To signify the spirit of friendship, Mike brought Challah and shared that it is a longtime tradition to gift this bread to newcomers as a welcome of friendship. Sayed gave thanks and immediately tore off a piece and ate it. We then gave the children Dr. Seuss and educational picture books, a basket of goodies that included sweets, fruits and

Continued on page 4

President's Notes



This is my last Presidents letter. My vision for my term was very different than what came to pass. Yet, when we headed into uncharted COVID-19 waters we adapted, and Dupont Circle Village accomplished amazing things due to our dedicated board, committees, volunteers, members and staff.

Happily, we have been joined by many new members who are lending their time and skills to strengthen and enjoy our Village.

Two years ago our "ordinary year" locked down in mid-March we were worried about a virus we knew little about. By April, we had pivoted to all virtual programming, and we were offering guidance on how to get things done via email, express scripts, Instacart, and many health and wellness and activity programs online. Our outreach programs offered suggestions and programs to decrease loneliness, help us connect and care for ourselves and each other. This was possible because so many of you stepped up to help, for example 34 members regularly called 82 other members to 'check in.'

When the new COVID-19 vaccines were approved, we worked to help our members find vaccines so essentially all of our members were vaccinated as soon as they were eligible, and then we helped other DC Villages obtain vaccinations for almost 250 of their members and then extended our efforts to the broader community.

Our vaccination clinics continued and expanded to offer COVID-19

boosters as soon as they became available, our Volunteer Program started up as soon as they safely could provide services, and our Care Group program expanded even though more help was offered by phone than we would have preferred.

Program highlights included various free CelebSalons, cultural programs exploring the challenges of racism and racial inequality, Thanksgiving meals for 55 members in 2020 and 36 in 2021. DCV hosted a fabulous Holiday Celebration that brought happiness to many of us in 2020 and 34 members received Holiday bags in 2021. Meal Mavens offering soup and other goodies to members needing some extra help. And then there was Pi Day—a treat for all of us!

We completed a project restructuring our Membership dues, making them more equitable and instituting a loyalty program—DCV now waives dues for long term members over age 85. We also upgraded and revised our personnel policies,

actively kept abreast of local advocacy opportunities, and worked with a consultant to develop an online Care Group reporting system.

On the money side, what a successful time we had with our 2021 virtual Gala and Silent Auction! The generous gifts from you, have pushed us over our goals each year. As I write this, our 2021 year-end fundraising exceeded our \$50,000 goal by almost 10%! With the bequests and grants we received, we are financially sound.

All of the work above was accomplished by dedicated DCV board members, various committees, members and volunteers with the able work and support from **Eva M. Lucero** and **Ann Talty**.

Sadly, this year we lost some of our long-time and active members. They enriched our lives and their Village friendships and support enriched theirs. The memories of their laughter, contributions, perseverance and determination live in our hearts.

My best wishes for the New Year. I am grateful for Dupont Circle Village and to have all of you in my life.



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!

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.

CELEBSALON:

Brooke Pinto, Ward 2 Councilmember

Wednesday, January 5, 6:00–7:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office



Do you have questions for the Ward 2 Councilmember, Brooke Pinto? This is your chance to ask questions on any topic: pandemic recovery? affordable housing? health & aging in DC? small business protection? hate crimes?

Brooke is focused on ensuring that the law—both as written and as enforced—is fair for everyone and is committed to helping our city

recover from COVID-19 and taking up the call for greater justice and fairness among our city's residents.

Men's Book Group

Monday, January 10, 11:00 am

RSVP: Bob Hirsch, (202) 483-7981 or rmhirsch49@yahoo.com

The book is **Red Roulette** by Desmond Shum.

ART INTROSPECTION

Edward Hopper's Nighthawks

Thursday, January 13th, 2–3pm

Where: Virtual

Filled with mystery and contrasts, this painting raises many questions. How did the customers come to be at the diner late at night? What are their stories?

Join art therapy intern Laura to share your thoughts and, if you have access to art materials, join in some collective art making in response to our discussion. The painting can be viewed at the following link along with further information about the artist: <https://www.edwardhopper.net/images/paintings/nighthawks.jpg>

Contact Laura at lauramahon@gwmail.gwu.edu or your DC Village with questions.



Sunday Soup Salon: t/b/a

Sunday, January 16, 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, January 26, 3:55–5:15 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Watch for details in the Friday e-blasts.

Mystery Book Group

Friday, January 28, 3:00–4:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

The book being discussed is **Big Little Lies** by Liane Moriarty.

CELEBSALON:

Fiona Hill, Author, Foreign Policy Expert, former National Security Council

Wednesday, February 2, 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.

In her extraordinary new book, **There is Nothing for You Here: Finding Opportunity in the 21st Century**, Fiona Hill reveals how declining opportunity has set America on the grim path of modern Russia, and draws on her personal journey out of poverty, and offers her unique perspectives as an historian and policy-maker.

Continued on page 4

Monthly Calendar

Continued from page 3

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

Afghan Project

Continued from page 1

nuts and a check. They were very appreciative and continually insisted that they would one day love to have us all over so they could cook for us and “treat our guests as kings” as Sayyed explained is the custom in Afghanistan.

The rest of our visit was spent talking about the Wazir family’s situation and the ups and downs of their transition. One of the biggest challenges is that nobody speaks English (yet!) and they currently rely on Galley for translation. The younger children in school are quickly learning to speak English and nine-year old Zaira recited the English alphabet for us. The older daughters are working in a food distribution plant and Sayed is desperately looking for work as he was recently given a work authorization card from the US government.

The next planned gathering is an



outdoor picnic in the spring where more DCV members can come along and meet the family. Additionally, a generous member has agreed to pay for the Wazir’s internet service that will allow DCV members to be in touch with the family via Zoom and help them learn English.

Clearly, the Villagers’ kindness and



generosity was well received by the Wazir family, and we were all deeply touched by their journey, warmth, and hospitality. Thanks to all Villagers who supported the Afghan Project with generous donations and well wishes. May we carry this generosity of spirit forward and break some bread in the new year.

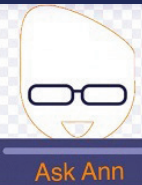
Thank You!

We are very grateful for all the support we received this past year from these wonderful and generous donors.

January 1–December 31, 2021

Matt Abrams, Frederick and Eileen Ahearn, Angela Aldrete, Marc Allen, Dick Arndt, Patricia Baranek, Jocelyn Barbour, Nancy Barnum, James Bedore, Lois Berlin and Larry Steubing, Charles and Susan Bien, Gordon Binder and Michael Rawson, Peter Bloom, Monica Borkowski, Sue Bremner, Sarah Burger, Laurie Calhoun, Karen Carolan, Leslie Carothers, Nicholas Cavarocchi, Jane Cave, Elizabeth Clifford, Bruce A. Cohen, Sondra Cohen, Mary Jean Collins, James Covey, Kathleen Davin, Alice Day, Morris and Nancy Deutsch, DC Administration on Aging and Community Living (DACL), Helene Diener, Burke Dillon, Mae Dixon, Andrés Doernberg, Jeanne Downing, Bené Durant, Lucia Edmonds, Pamela Edwards and Gerald Czeiner, Gretchen Gayle Ellsworth, Dianna Eshman, Craig and Robin Filkouski, Elisabeth French, Carol Galaty and Ken Shuck, Dan and Nancy Gamber, Alan Gambrell, Barbara and Bill Geffen, Tim Getek, Karyn Gill, Carol Glazer, Devon Gosnell, Mike Gould, Freya Grand, Lorna Grenadier, Katharine Gresham, Annie Groer, Robert Haas, John Hammer and Peter Klempay, Christina Hannah, Nancy Hartsock, Kristi Hathaway, Jennifer Heppel, Monica Heppel, Judith Kirvan and Mike Higgins, Patricia Hoban, Charlotte Holloman, Olive Hopkins, Joseph and Lynne Horning, Judith Howard-Jones, Olga Hudecek, Ruth Jansson, Ralph Johanson, Naomi Johnson, Robert Johnson, Jr., Mike and Marlana Kain, Alden Kamikawa, Julie H. Kaspar, Sheldon Katz, Donald Keller, Kevin Keller and Keith Brengle, Suede Kelly, Ellen M. Kirsh, Steve Kittrell and Susan Hattan, Don and Gail Kohn, Natasha Kolchevskaya, Richard F. Kuisel, Judith Lambart, Katherine LaVelle, Dan Leathers and Patty Zweibel, Jane and Howard Leavitt, Lynn Lewis, Chun Mei Liu, Sheila Lopez, Marie Lovenheim, Nick and Joan Ludlow, Dorothy Marschak, James Martin, Marie Matthews, Pender McCarter, Bob McDonald and David Insinga, Ann McFarren and Bill Roberts, Ruth and Joe McNerny, Barbara Meeker and Joe Auslander, Beth Merricks, Bobbi and Greg Milman, Elizabeth Mohr, Richard Molliniaux, Irv and Iris Molotsky, Ann Marie Morris and Robert Bomgardner, Jean Mudrick, Jim and Minna Nathanson, Judith Neibrief, Marty Nemirow, Joyce and Bill O'Brien, Akiki Okuma, Deirdre O'Neill, Roanoke Chapter NRHS, David Pereles, Kirk Perrow, Creighton H. Phelps, Jane Pierson and John VerSteeg, Margot Polivy, Greta Powers and William Chadbourne, Kathy Z. Price, Anne Purcell, Kenlee Ray, Ellen Hall Rea, Elaine Reuben, Jane Rich, Ceceile Richter, Lex Rieffel, Marilou and Massimo Righini, Joy Rodman, Sloan Rogers, Barbara Rohde, Bella Rosenberg, Suzanne and Irving Rosenthal, Holly Royce, Marian Sabety, Ed Sambuco, Thomas Arif Sams, Leslie Sawin, Miriam Schottland, Janet Schumann, David Schwarz, Sue Shea, Peggy Siegel, Peg Simpson, Kathryn J. Smith, Michael Speer and Mark Goldstein, Barbara Spitzer, Elizabeth Stageman, Karen St. John, Alice Tetelman, Carmel Clay Thompson, Agate Tilmanis, Charles Timbrell, Darrell Totman, Gloria Valle, Holly H. Van Fleet, Carmela Vetri, Julia Wagner, Washington Home Foundation, David Weisz, Val and John Wheeler, Abigail Wiebenson, Sandra Yarrington, Sharon Zamore, Lori and WBA Leadership Team, Anonymous.

How Many More Months of Zoom?



To be honest, we have no idea. Trying to stay COVID-free and yet live your life is a tricky balancing act. I know—I struggle with it, too. It helps that I’m an introvert, but I still crave in-person companionship.

By Ann Talty You have heard of Zoom Fatigue. It’s really not so much about Zoom, but about frustrations because you can’t be in person. Here are a few, and a couple of tricks I have used:

I want to be able to “read” a person the way I can when I’m in person. You do have to work harder at reading body language on a small screen and take your best guess.

I want to have those after meeting conversations. That can be important for processing what just happened, as well as a chance to catch up with a friend. Something I do is ask someone to stay on afterwards (if I’m the host) or send a private chat message to the person to make arrangements for talking afterwards. It’s not the same dynamic, but it’s close.

I’m always tired after meetings (remember, I’m an introvert). With Zoom meetings, I tend to get headaches. I bet you do, too. It’s because



I’m trying to watch everyone, and like with any screen activity, I know I don’t blink enough, which is really affecting my eyesight. Watching everyone gives you definite mental fatigue—you don’t do that in an in-person meeting. You tend to watch whoever is speaking and block out the rest. Also, even though I keep water on hand, I find I go through entire Zoom meetings without hydrating. So, what with lack of

hydration, eyestrain, and reading too many people intensely for too long, it’s no wonder I end up with headaches. See if any of this applies and adjust accordingly.

I don’t want to look at myself this much. You can, of course, turn off your video, which means no one can see you. I recently found that there are ways to hide your own picture from yourself, even while others can see it. It’s called “Self View.” **To hide your video from your own display:**

(1) Start or join a Zoom meeting. The meeting automatically begins in Speaker View, and you can see your own video; (2) Hover over your video and click the ellipses button in your video to display the menu, then choose Hide Self View. You no longer see the video of yourself, even though others in the meeting can see the video of you. **To restore the video of yourself:** (1) Click the View button in the top-right corner of the video window; (2) Click Show Self View. The video of yourself is displayed on your screen.

Of course, there is always the presence of IT issues. Let me know if you have anything I might be able to help you with, particularly with Zoom.



January Birthdays



Happy Birthday to all members born in January! **Burke Dillon, Susan Elmendorf, Annie Groer, Christina Hannah, Susan Hattan, Michael P. Hoffman, Dennis Houlihan, David Insinga, Marcy Logan, Bob McDonald, Frances Oakley, Linda Rosch, Bella Rosenberg, Kathy Spiegel, Bob von der Lippe, Michael Whelan, and Penelope Williams**

Meet new member, Peter Bloom

(In his own words)

As a relatively new member, I want to express my appreciation for all that Dupont Circle Village (DCV) does, supports and has to offer. Great community and I look forward to meeting more Villagers and partake in more activities. I joined the Village at the urging of Lex

DCV Member Profile

Rieffel, a long-time friend and squash, tennis and sailing buddy. I had known about DCV for a number of years but only back in DC more permanently in 2015 when I became ready to join a couple of years ago for all the positive aspects of what DCV has to offer.

I grew up in Providence, RI, our smallest state and I think the most idiosyncratic. I love Little Rhody, and despite living and working around the world, it's "home" to me and where and why I spend my summers in Newport, the sailing capital of the US., with the rest of the year in DC. I have lived in and out of DC a number of times as my career and life warranted. But the first and maybe the most meaningful experience was in 1963 when I was living here for the summer researching articles for a book my law school professor was writing about the freest period in history for the "Negro" between 1865 and 1896, when the Supreme Court ruled in Plessy Ferguson that "separate but equal" was constitutional. Why it was so compelling to be here then is because I attended the huge rally for Martin Luther King when he gave the "I Have a Dream" speech. The experience never left me.

It all started with my friend, Steve, from law school who got into The Agency for International Development (USAID), the US Government agency that supports programs and projects in developing countries. I

was working at the NLRB in DC when Steve convinced me to do something else in life. He had a friend visiting from USAID Nigeria and they were looking for young people to fill newly created small offices outside of Lagos. I knew nothing about development, USAID or Nigeria. I met with his colleague who looked at my background and said "you were a history major (Harvard) a labor lawyer (Columbia) but this isn't rocket science. Do you want to come?" With no idea why I said yes, but there I was at 27 in Kaduna, Nigeria. A young Foreign Service Officer (FSO) in a small dusty capitol of then Northern Nigeria. There were minimal paved roads, no idea of what I was supposed to do and no women. I've often said I was the least qualified person USAID ever hired. After about in the North, I was assigned to Lagos to assist in the massive effort to supply relief and rehabilitation for Biafra war victims, resulting from the first time in Africa a part of a country tried to secede and what lead to a brutal civil war. It was also the first time the world saw starving children with swollen bellies and kwashiorkor (a form of malnutrition). The pressure to respond was great. It was a very heady business for me to work on such issues as a young FSO with such limited experience and it was very rewarding to contribute.

Fast forward a year later when I left Nigeria and decided I wanted to go back to the US and get married. I went home by way of Bangkok to see Steve and his new wife. His wife said she was teaching with a woman who had been in Africa and she wanted to introduce us. Her name was Gretchen. She was in Bangkok after two years in Togo as a Peace Corp Volunteer. I think we were the only two people in Bangkok who could dance the African highlife. She became my wife and the rest is history. That was how my career started and I never felt I had a job or was working after leaving the law and joining USAID,



which turned out to be a wonderful career and life, for me and my family. Steve, the one person in my life who determined by career and my wife. We remain very good friends to this day.

After a year back in DC, and then married, I was assigned to a regional office for West Africa based in Abidjan, then the Paris of West Africa with 60,000 French providing all food and services. Not really a hardship post. Covered many countries in the region working on capital projects, including roads, bridges, buildings and even a railroad project.

For vacation, we took a trip with our VW beetle through the Sahel counties on red laterite dusty roads and while in Mopti in Mali had the opportunity to fly to Timbuktu, with no guaranty we could get a flight back and knowing there was no real places to stay there if no return flight, sometimes for nine days. Watched the camel trains go out to bring back salt from the Sahel, and marveled at this ancient town. We lucked out and did get a plane back the same day. Having spent six hours, I think it cost us ten dollars a postcard. Many more adventures during this tour and plenty of opportunities to learn the highlife and dance to West African music.

Next venture after five years of working in USAID/Washington, where we had our two kids, we headed off to India for my next overseas post in 1978, not the India of today. Less crowded and polluted and, happily, less modern. We brought our three month old daughter and three month old son and everyone thought we were crazy to take the kids there. They survived very well. Loved India, great culture and history and made wonderful friends. Travelled throughout working in number of Indian States which had the sector responsibility for all sectors. Worked on irrigation, health, forestry agriculture development and research. At this point I should describe my role as a project development officer, responsible for pulling the projects together and always working with our technical staff and experts on the sectors just mentioned. They were great and I learned a lot. Stayed in the ministry guest houses, ate only Indian food and chewed paan, a mild narcotic from tree bark. Had to go local which was great. In terms of hardships, from day one, we had seven in help because no Indian does more than one thing. Full time cook, nanny, gardener, ironer three days a week a chowkidar (guards the house at night) and an "untouchable" to sweep the driveway because the gardener doesn't. Gretchen asked what

she was going to do. In fact, she went to Nehru University and got two master's degrees, one in sociology and the other in community health, all for twenty five dollars a semester. Not bad with two infant kids.

Subsequently, I had posts in Kenya and Sri Lanka with DC assignments in between. Experiences there were those like in the other posts described above. Kenya was a regional post covering East and Southern African countries. Together with my West African assignment, I have been to forty African countries.

Moving on to the nineties, we both were now working for USAID, when an opportunity came up for my wife, a senior gender advisor (to assure assistance gets to women), to get a position with The World Food Program based in Rome. How can one resist an assignment like that? It was to be for two years, then five and she finished up her last fifteen months in Kabul, Afghanistan in 2003. I found USAID work there and spent three months developing a food security program. Kabul was fine then with several good restaurants, and little concern for security. We drove up to Bamiyan, where the Taliban had blown up the two ancient buddhas statues, with no security. I went back in 2009 and drove across the north where the Taliban was present in three armored cars with seven shooters, including two ex-marines. Fascinating and exciting but not a great idea as vehicles were being blown up by IEDs. Because of these experiences in Afghanistan, I'm pleased that DCV is supporting an Afghan refugee family and glad to be part of that effort. It resonates well with me.

I had stayed in Rome when Gretchen was assigned to Kabul and spent time at the International Development Law Organization, a program to teach lawyers and Judges in developing countries, both in English and French. When Gretchen finished her tour and returned to Rome, both not working, we just stayed for 12 more years because it was a great

place to be and we had a great apartment (96 steps and no elevator) in the middle of Rome with a great terrace overlooking old Rome. We became part of the neighborhood. Besides eating well and drinking great wine, with our Italian neighbors in the same building, we helped renovate an old decaying farmhouse north of Rome that was too big (8000 square feet) to undertake and we didn't know what we were doing. But we did, It has been a wonderful journey over the ten years to finish it. Called a casale, and beautiful, it now can sleep 22, has seven bedrooms, seven bathrooms and four kitchens. Not sure where we go from here. But it is in our family, everybody loves each other, our kids like going there as do I. Been going back twice a year to spend time in this beautiful casale and started to make wine there with a terrific young winemaker friend. So after the 17 years in Rome, we came back to DC in 2015 We always wanted to live in Dupont Circle and found an incredible condo in an old building on Q St.

Throughout this life's journey, because of work and pleasure trips, I have now been to 123 countries and not looking for more.

Since Newport has become a big part of my life and Rhode Island heritage, I want to mention a few things. As I wrote, it is the sailing capital of America and we have been sailors with small boats in Nigeria, the Ivory Coast, DC and Sri Lanka and a 31 foot sailboat in the Chesapeake, which gave us great pleasure for nine years. Newport is beautiful, historic (founded in 1639) with much to do including the terrific and well-known Newport Jazz Festival. I spend four months every summer, enjoying the beautiful Atlantic breezes, beaches, tennis, sailing, golf and many other pleasures, including not being in DC in the summer. Though having been in 123 countries, I ended up feeling strongly about being a Rhode Islander. But I also look forward to coming back to DC in the fall and am now pleased to find a community in DCV.

Don't Forget! A Member Benefit is Access to the Village Case Manager

As the case manager for Dupont Circle Village, my role is to provide members with expertise and resources in navigating unanticipated events that can befall us as we age. Remaining in our homes as we age can be an important and wonderful experience, but we also must be prepared so that our home remains a safe and comfortable environment. In addition, sometimes life throws us a few unanticipated curveballs, and one of my roles for Village members is to help you navigate difficult times whether a hospital stay, the need for rehab, or the loss of a loved one.

There are several ways in which I can help you. One of the most

effective is by arranging a home visit (which I have done with some of you) where I can learn about your current living situation, your general health, and the types of services that you may require ranging from meal delivery, transportation, home health aides, support groups to identifying resources for legal and financial help. I may first meet you when you have had a significant life-altering experience that ends up with hospitalization. During these times of crisis, I can be an effective resource in helping you navigate the relationship with your health care providers, the hospital social worker, and anticipating and arranging for your needs once you are discharged. Post-discharge can often result in the need

to spend time in a rehab facility before returning to your home, and I can help with those arrangements. I can also work closely with you, your family, and/or friends to make sure that your home environment will be safe upon your return. Should you need additional nursing care, meals, transportation, etc. I can work with you to identify those resources as well.

As your case manager, I am here to make aging in place a positive experience, whether navigating routine day-to-day activities or being a valuable resource in the event of a potentially life-altering event. If you would like my assistance, please call the office 202.436.5252 or send Eva an email, execdir@dupontcirclevillage.net.

Out and About



Jim Chamberlin took these two pictures of decorated Christmas trees in the neighborhood. The colorful one is in front of the Floriana Restaurant on 17th Street decorated with photos of President Biden & Vice President Harris.

Out and About



▲ **Carol Galaty** and **Ken Shuck** spent Christmas at their daughter Elise and son-in-law Joachim's house in the UNESCO Heritage designated walled Medieval town of Visby on the Swedish island of Gotland in the Baltic Sea.

Visby had been the richest city in Northern Europe because it had the exclusive right to trade with Russia and was the main "resupplying" stop of Hanseatic League trading ships on their way from Scandinavia and Europe with items to trade with Russia. However, in the early 1300's the Hanseatic League broke Gotland's monopoly on trading with Russia, ships got more powerful with greater carrying capacity for supplies and trading ships bypassed Gotland. Visby fell into disuse and hard times, leaving the walled city semi-deserted, occupied first by Danes, pirates and then religious orders, but intact for centuries.

Carol and Ken stayed in our children's guest house within the city walls on the brink of a cliff. As you can see in the attached photo, their back yard and the window of the guest house overlooked the town below, the remains of one of Visby's 12th century churches and the Baltic Sea.

It was a perfect, snowy, Christmas. First, they had a Swedish celebration on the night of the 24 with a feast beginning with caviar and vodka chasers, moving on to herring in multiple forms, Swedish meat balls, sausages and many more Swedish delicacies. On the 25th they celebrated an American Christmas, sitting around the Christmas tree, eating breakfast and opening gifts! On the 26th, again in Swedish tradition, they took down the Christmas tree. The 27th saw them headed back to the family home in Stockholm.

Out and About



▲ **Carol Galaty** hosted the DCV French Challenge and Friends for their holiday party in early December and it was far better attended than expected. A lot of time eating and drinking (as you can see from the table goodies, wine herbal tea and champagne) as well as chatting.

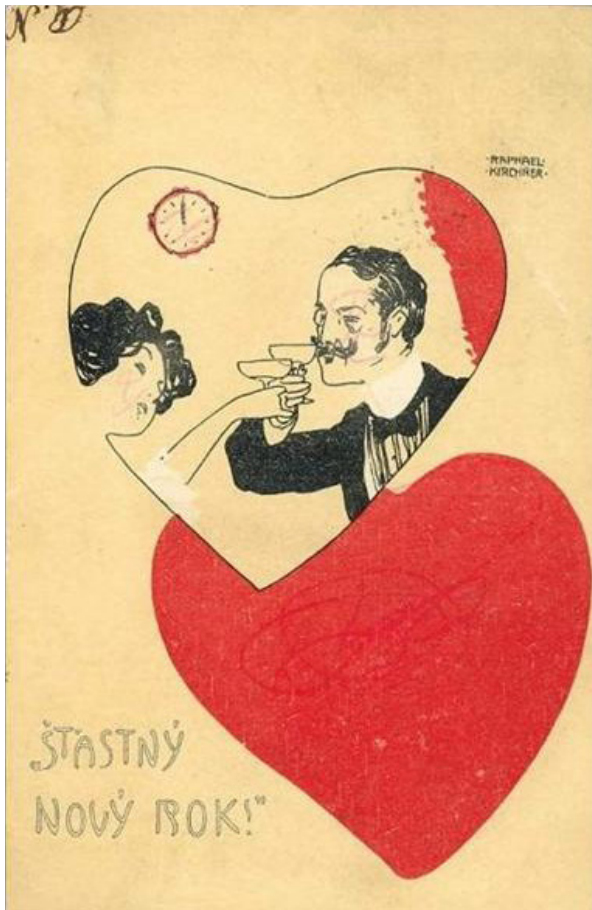


BOTTOM ROW: Victor Wexler, Leslie Carothers, Olga Hudecek, Ali Rebatchi, Carol Galaty, John Wiecking, Michael Lemmon, Claire Wagner, Pierre Wagner
SECOND ROW: Kenlee Ray, Michaela Buehler, Marie Marcoux
THIRD ROW: Michele Lemmon, Astrid Klick, Yannick Chevalier, Don Symmes



▲ **Lynn Lewis** visited her son in Berkeley, CA over Thanksgiving. Quite a welcome and enjoyable change of scenery.

Art Archive



Happy New Year (1899), Raphael Kirchner (1876–1917, Austrian)

Poetry Corner

Today

Today I'm flying low and I'm
not saying a word
I'm letting all the voodoo of ambition sleep.

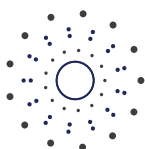
The world goes on as it must,
the bees in the garden rumbling a little,
the fish leaping, the gnats getting eaten.
And so forth.

But I'm taking the day off.
Quiet as a feather.
I hardly move though really I'm traveling
a terrific distance.

Stillness. One of the doors
into the temple.

Mary Oliver

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.



DUPONT CIRCLE VILLAGE
SHATTERING THE STEREOTYPE
ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

Dupont Circle Village
2121 Decatur Place NW
Washington, DC 20008

www.dupontcirclevillage.net
admin@dupontcirclevillage.net

202-436-5252

Board of Directors

Ann McFarren, president
Bob McDonald, vice president
Steve Kittrell, treasurer
Abigail Wiebensohn, secretary
Patricia Baranek
Sarah Burger
Andrés Doernberg
Gretchen Ellsworth
Mike Gould
Mike Higgins
Charlotte Holloman
Michael Kain
David Schwarz

Eva M. Lucero
executive director

Mike Gould
volunteers chair and coordinator

Newsletter co-editors

Eva M. Lucero, editor
Sherri Monson, copy editor
Helene Scher, copy editor

Design

Saiz Design