

They [older adults] know they don't have too much longer on this earth and that informs the way they act, the choices they take. And yet, the more entrenched one is in life, the greater the bravery required to change.

Ol Parker, Screenwriter, *The Best Exotic Marigold Hotel*. Quoted in the *Washington Post*

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NEW MEMBERS

We are pleased to welcome two new members to the Dupont Circle Village

James P. Ostryniec
Theodore Bracken



New DCV Board Member Intends to Have a Positive Impact

Jane Pierson, newly elected member of the Dupont Circle Village Board of Directors, is looking forward to participating on the Board. "As I reduce my own workload," she says, "I'm looking forward to spending more time meeting DCV members and contributing to the growth and positive impact on the Dupont Circle community."

Jane grew up on the New Jersey shore, attended college in New York City and went on to become a journalist for a short time, political strategist and, in 1971, one of the Founders and Executive Director of the National Women's Political Caucus. Other founding members included **Gloria Steinem, Bella Abzug, Shirley Chisholm, Betty Friedan, Myrlie Evers**, several congresswomen, heads of national organizations, and others who shared the vision of nonpartisan American political organization to identify, recruit, train, endorse, and support women seeking public office.

It was an exciting, but a demanding and stressful job, so a few years later, when an "I couldn't refuse" offer came from the American Federation of Government Employees (part of the AFL-CIO) to be their Director of Legislative and Political Affairs, Jane took the position.

In 1985, Jane became a founding partner of the firm Cavanaugh Hagan Pierson and Mintz and has been very busy ever since. She works with many types of organizations to help them craft strategy and manage their complex, changing and growing organizations. She provides organizational assessments, leads retreats and meeting facilitation and helps with governance restructuring and change.

"I have been very lucky having an exciting and challenging career; but now want to reduce my workload. It requires a great deal of travel and I am helping to care for my still-active 98 year old mother. She has been a role model in helping me to decide that now as I begin reducing my workload, I can devote more time to being an active member in, and having a positive

impact on, my community. When 60, my mother founded a food pantry, and 30+ years later the organization feeds over 15,000 people and has 30-40 volunteers. She recently won an award from the Rotary Club of Central Jersey for her service to the community."



Jane Pierson

Jane loves to travel, early on having the opportunity to travel on behalf of the USAID to promote democracy to women of all nations. Over a 6-8 week period she met with many women's groups in India, Nepal, Bangladesh and Egypt. In Egypt she first had to meet and be interviewed and then approved by the men before she could be allowed to speak with the women! The famous ad "You've come a long way, baby" comes to mind when hearing Jane's experience of 40 years ago!

Today she and her husband (**John VerSteeg**, also a DCV member) enjoy hiking trips, first having seen many of the national parks of the USA, and now spending more time in yearly European tour-guided hiking trips to such places as Sicily, England and France. The trips have a fair number of non-Americans, which provides an opportunity for interesting conversations and exchange of opinions while having all daily travel details handled by the tour group. A great way to see the world!

Jane and her husband are currently completing a long overdue renovation to their apartment. She also enjoys local physical activities including her weekly visits to the Washington Sports Clubs where she shares a trainer (Tyree) with DCV member **Burke Dillon**. Over the next few years she'll continue to keep her hand in the consulting world with limited assignments for long-time clients around the country, leaving time here for community activities. ■

Summer Pot Luck On The Roof

Storms didn't deter villagers from attending

On Wednesday evening, July 18, **Carol Galaty** hosted DCV Villagers at a delightful summer pot luck gathering at her home at 1910 S Street.

During a lull in our tempestuous summer, over a score of DCV friends at Carol's caught up with each other and also became acquainted with new Villagers, mingling on

several floors and Carol's breezy covered roof deck (accessible by elevator).

The storms had abated and the weather cooperated to the fullest!

The visitors enjoyed a diverse, international spread of wonderful foods and drinks till late into the evening.

Among the hits on the tables laden with food was the gluten free double chocolate cake prepared by **Cecile Richter** who was happy to provide the recipe to those who asked.

"The evening was so pleasant and so relaxing," one villager commented. "It was like meeting and catching up with all the members of my family." ■



Adelaide, a guest of Cecile Richter and Nick Ludlow enjoying the roof deck



Marilyn Newton, Joan Ludlow, Lois Berlin



Ted Bracken, Peg Simpson on the road to recovery (see president's column, page 3) and Susan Meehan



MONTHLY Calendar

Monday, August 20

Registration for Fall, 2012 George Washington (GWU) courses for DCV Members As many of you know, GWU and DCV have a lifelong learning partnership offering standard GW courses (audits) for members of the Village at the reasonable rate of \$60 per credit. **Classes starting August 27.** Details to follow. In the meantime, please forward your questions to bernice@dupontcirclevillage.org.

Tuesday, August 21 6 – 8 pm.

James Hoban's Irish Restaurant & Bar offers its guests the flavor of today's Ireland, displaying modern Ireland's strong European culinary influences. \$25 per member (includes tax and gratuity). All beverages (plus tax and gratuity) are additional. Happy hour (\$1 off drafts, \$4 rail liquors, and \$4 house wine) extends until 7 p.m. PLEASE RSVP no later than Saturday, **August 18**, to Judith Neibrief at jneibrief@aol.com. Please put "HOBAN'S" in the e-mail subject line. 1 Dupont Circle, NW (just southwest of the Circle on New Hampshire Avenue, NW).

Monday, August 27 3:30 – 5:00 pm.

Live and Learn Session. Insight into Estate Planning. Elderlaw lawyer Myrna L. Fawcett will cover ways to make sure your estate planning meets your needs. Scion Restaurant, 2100 P Street NW (back room). For reservations, contact Linda Harsh, 202-234-2567, or lindajkh@mac.com. The talk is free for Village members and \$10 for others. The facility is wheelchair accessible.

Tuesday, September 4 10:00 – 11:00 am.

Jasper Johns: Variations on a Theme and Antony Gormley: Drawing Space. The exhibit celebrates the legacy of Johns' prints, featuring about 90 iconic examples of his work.

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Cherish Each Day!

—Peggy Simpson

I didn't set out to be the poster child for what not to do in the Village's Falls Prevention campaign.

But, as luck would have it, on June 24, I fell headfirst down a flight of 15 stairs on vacation in the Canadian Rockies. A week later, Executive Director Bernice Hutchinson shared the gory photos with six DCV members getting training from master coaches in falls prevention techniques.

Here's what happened. After a dinner at the Jasper National Park lodge, my two companions in a lodge cottage went to bed while I stayed up longer on my computer, in the living room. At 11:05 p.m., I turned off the computer and the tabletop light and headed for the hallway leading to the bedrooms.

Unfortunately, I stumbled first into open air – down stairs leading to a basement pool table. Apparently I fell forward, landing with my head lodged against the bottom landing.

I was lucky to have been with others; my fall awakened them and the lodge called an ambulance, which took me first to a Jasper clinic, then to the University of Alberta Hospital in Edmonton.

I came away with a very bad concussion but no broken bones. Gave a whole new meaning to "headstrong."

Back home July 1, I had a hard time finding a neurologist, with my own internist on vacation. Finally did.

And rather than writing about our Village volunteers – I called on them and they came through, big-time.

They drove me to doctors, came with me to medical exams, brought over food, moved boxes blocking hallways, replaced

FROM THE President



ceiling lights, helped get Medicare forms and worked with me to clarify Canadian medical bills. And Lucia Edmonds and Alaire Reiffel washed my hair in the kitchen sink to fulfill an EEG test requirement to show up with newly shampooed hair!

I wasn't setting foot in my shower until I got grab bars installed. One of my first calls was to Steve Hage of Strategies for Independent Living who got that done.

I hired occupational therapist Tori Goldhammer to do an at-home safety inspection. She rearranged one rug, ordered up skid protectors for another, suggested putting a light in a dark stairwell and recommended a remote device that turns on all lights.

Both Hage and Goldhammer had been speakers at our Live&Learn seminars. I took to heart advice from a third Live&Learn speaker, Roberta Milman, who spelled out the importance of writing out questions before a doctor's visit.

I went prepared to the neurologist, my longtime internist and, eventually, a plastic surgeon who drained 60 cc of blood from my forehead three weeks after I came home.

Lessons learned? Keep lights on in unfamiliar settings. Familiarize yourself with all potential hazards such as unmarked staircases. Keep next-of-kin and medical information with you for access by strangers. And ask for help!

Follow the doctors' orders when they say to do less while your brain recovers from the blow. Delegate, out-source and rest – and then repeat.

And I'd add to that to cherish each day. ■



MONTHLY Calendar

Antony Gormley's works on paper including figure and abstract drawings and watercolors. The Phillips Collection, 1600 21st Street, NW. We will meet Lisa Leinberger at the front admission desk. RSVP no later than **Sunday August 19** to jneibrief@aol.com. Please put "PHILLIPS" in the e-mail subject line. Limited to 20. **Please note:** this is the day after Labor Day.

Sunday, September 9 6-8 pm.

Donald T. Bliss will speak about his new book "The Politics of Mark Twain" which revisits Twain's wry observations and commentary on American politics, government and foreign policy. Peg Simpson, 1719 Swann St NW, for members only. RSVP to Linda Harsh, lindajkh@mac.com.

Tuesday, September 11 12 – 2pm.

Anticipated dining out lunch event, restaurant to be announced. PLEASE RSVP Judith Neibrief at jneibrief@aol.com.

2pm – 4pm.

Taking a Stand with Community: Advocacy in Action. This workshop is the culmination of a five month advocacy training series. Experienced community advocates will help attendees fine tune skills, communication styles, research processes, data collection and community involvement to develop a effective change agent. Tenleytown Library 4450 Wisconsin Ave. NW. Free. Please RSVP to: Lylie Fisher, Director of Community Engagement: lfisher@iona.org. Phone: 202.895.9425

Wednesday September 19 5:30 – 7:00 pm.

A Matter of Balance (see article on page 8). Brad Edwards is in charge of a program that will explain what he and five other Villagers learned from the master trainers in the Matter of Balance training program aimed at preventing falls. He'll also talk about next steps, including a training program for other villagers. YMCA 1711 Rhode Island Ave, NW. Please contact Bernice Hutchinson at BHutchinson@dupontcirclevillage.org to register.

We are indeed fortunate to have as our guest columnist this month the incomparable **Nora Pouillon** of Restaurant Nora. Nora emphasizes the importance of using the freshest (seasonal) ingredients for maximum results.

ARUGULA & MELON SALAD WITH LIME DRESSING

Serves 4

LIME DRESSING

2 tablespoon lime juice
1 tablespoon water
¼ teaspoon sea salt
¼ teaspoon freshly ground black pepper
3 tablespoon sunflower oil
1 tablespoon minced mint
1 teaspoon kaffir lime leaf or lemongrass, finely minced (optional)

Mix the lime juice, water, salt and pepper, sunflower oil, mint & optional lime leaf or lemongrass in a small bowl. Taste for seasoning.

SALAD

½ medium cantaloupe, seeds removed
½ medium honeydew, seeds removed
1 medium wedge watermelon
¾ pound baby lettuces, washed and spun dry

Use a melon baller to make balls from each kind of melon, or cut into small cubes.

Assembly: Toss the lettuces with the lime dressing and divide among four large salad plates. Garnish each salad with an assortment of melon balls.



ROASTED CHICKEN LEGS AND LATE SUMMER VEGETABLES

Serves 4

8 Chicken drumsticks or 4 chicken (whole) legs, halved
2 Red Bell Peppers, seeded and quartered
2 Zucchini, cut-into 1 inch chunks
4 Medium tomatoes, halved
4 Potatoes, cut into 1/2 inch slices or cubes
1 Head of garlic, cut in half crosswise
1 Medium onion, peeled and cut into 6 wedges

1 Tablespoon Olive oil
1 Tablespoon Large sprig of fresh rosemary, needles removed and chopped OR
2 Tablespoon Fresh thyme, chopped
1/2 Teaspoon salt
1/2 Teaspoon pepper

Preheat oven to 350° F. In a large bowl mix the olive oil, herbs, salt and pepper. Add all of the above ingredients and toss to coat evenly. Put into oven proof pan and roast for 20 minutes. When cooked, place the vegetables in the middle of a serving platter and surround with the drumsticks. Garnish with more fresh herbs. ■

Reminder:

DON'T FORGET YOUR SMARTTRIP CARD!

If you forget your Senior SmartTrip card a \$.50 surcharge will be charged to each trip taken using a paper farecard.

Rail to bus transfers are discounted .50 cents when you use your smartcard. There is no discount for cash. ■



Lifting Spirits, Lapses Of Memory

Questions And Discussion On Depression And Alzheimers

Research on both Depression and Alzheimer's Disease continues to help us understand and address the illnesses. In June's Live and Learn session we were given a clearer picture of Depression, with it being referred to as "the common cold of mental health practice." In July's Live and Learn session the discussion revolved around the question of when do memory lapses represent a problem and are they a symptom of Alzheimer's Disease?

WHEN SPIRITS NEED LIFTING

In June two dozen DCV members attended the **Live and Learn** session on Depression presented by **Tybe Diamond**, a faculty member at the Washington School of Psychiatry, and Director of the Center for the Study of Aging.

Ms Diamond made it clear that most of her discussion addresses clinical depression, not the sometime depression or blues we all experience. Symptoms of clinical depression include being sustained ability to sleep or eat, work, study and enjoy once-pleasurable activities.

A majority of the session was given over to Ms Diamond answering questions about Depression and attendees sharing comments about their experiences with family members and friends.

How can you tell when you, a friend or relation is depressed rather than just having a bad day or the blues? How long does depression last, what are the symptoms, what can be done to help someone 'get better'? What about antidepressants – are they any good (do they work) and what are their side effects? Is depression age-related? The answers to these questions often were qualified (each individual is different, some drugs work better than others for some people).

According to Ms Diamond, "originally young people came for treatment of Depression, but more recently the patient population has changed and many more elderly people are coming for treatment." She addressed many issues related to depression in the elderly, including various types of Depression, possible signs and symptoms and other illnesses that may occur in conjunction with Depression such as dementia, heart disease stroke and cancer.

Ms Diamond then went on to describe the types of treatments including medications, psychotherapy and counseling and how one or a combination thereof might help. "Anyone suffering from Depression should visit a psychiatrist or pharma-psychologist because medication is very individual and often needs to be fine-tuned; these professionals are best suited to do that." Sometimes, a warm, trusting relationship is most important and having the proper match with a therapist or counselor can be more important than drugs.

If you have a friend or relation who you think is suffering from Depression the most important thing to do is convince them to seek treatment. The earlier the treatment, the more effective it is.

For more information consult the NIMH website, The Washington School of Psychiatry, www.wspdc.org and/or Tybe Diamond, 202.966.1381 for a private referral.

WHEN ARE MEMORY LAPSES A PROBLEM?

At the July Live and Learn session a sometimes-related illness to Depression was discussed – Alzheimer's Disease. **Kathleen Johnson**, Adult Nurse Practitioner, Georgetown University Memory Disorder Program, was the presenter.

Again, there were many questions; the first being, are there preventative steps that can be taken against this disease? The answer is that there are many clinical studies soon to be released that address this question. Three recent studies released in July show that a variety of physical activities provide some protection from memory loss and Alzheimer's disease and are associated with healthier brains in adults (NIH Medline Plus). There is a website that specifically addresses Alzheimer's prevention study results and discussion www.alzrisk.org.

Forgetfulness doesn't impact your daily life functions; you can still learn, but it just takes longer. People with dementia (Alzheimers) can't function on a daily basis. Sometimes medications taken for other illnesses can affect memory and an individual's ability to carry out everyday functions.

There are some simple tests that can provide information about a person's state of mind; MRI's can also help a diagnosis. There is a 3-hour test that can be administered by a neuro-psychologist that provides more detailed information and diagnosis. Once a diagnosis of Alzheimer's is made, there is not a great deal that can be done. The trajectory of the disease is, on the average, ten years with the early years reflecting mild cognitive impairment and a steeper curve toward the end of the 10 year period.

The GU Medical Center publishes a Memory Disorders Newsletter that can be seen on their website www.memory.georgetown.edu. They also recommend other sites for information and help for caregivers such as the Alzheimer's Association www.Alz.org, Clinical Trials www.clinicaltrials.gov. and www.caregiver.org. ■

A Place to Call Home

—Lois Berlin

As this issue of the DCV newsletter goes to print, we are happy to report that our organization now has a place to call home. During the past month and a half, we have watched with great anticipation as our office space at 2121 Decatur Place, NW, within the Friends Meeting of Washington complex, has been transformed from a dreary space to a bright and welcoming place for our work.

The space we occupy is part of the building the Friends Meeting refer to as “Quaker House.” In 1923 Quaker House was constructed as a single-family residence for Oliver G. Ricketson, designed by Frederick Brooke, a well-known Washington architect.

It continued as a private residence until 1975 when the Friends Meeting of Washington acquired it. Quaker House is now the home of several non-profit organizations including the Peace Tax Fund. The second floor also houses the Quaker House Living Room and a small kitchen, which DCV can use on a space-available basis. Our offices are located on the first floor. Our hope is to offer a program with the Friends Meeting for DCV members in late September to learn more about the mission and activities of our new partners with whom we are sharing space.

Through the generosity of our members, we have been able to furnish our space with bright and useful desks and chairs and we have purchased training tables that will allow us the flexibility to set up various configurations such as training sessions, meetings, conferences and general tabletop use.

Burke Dillon has provided us with desks, chairs and computer equipment and the manpower to move the furnishings from her new condo to an interim home in Lois and Larry's living room. **Karen Grubenau** has donated chairs, a filing cabinet and various office supplies from her offices' inventory of soon to be replaced



Quaker House on Decatur Place

furnishings. **Linda Harsh** has donated a printer and **Curtis Farrar** has donated an office chair. We have had generous offers of furnishings from **Suzanne Legault** and **Georgette Sobel** as well as an offer of binders from **Kenlee Ray** and a coffee brewer from **Abigail Wiebenson**. Bernice, Abigail, Iris and Peg are all pleased that our new home means some recovered space in their homes as files and materials shift to a central space. We will be working diligently to scan and digitize some materials and to cull out unneeded bulk since our space is small (335 square feet) and our storage at a real premium!

Many, many thanks go to **Bernice Hutchison, Bob McDonald, David Insinga, and Melissa Kay** (Iris Molotsky's niece) for their help to **Larry Stuebing** and me as we have planned the space and acquired the furnishings and equipment to make it a productive space for future DCV work. We are also grateful to **Robert Magill** for his truck and his help moving the furnishings to our new space. Other volunteers who worked hard in the process

include **Garry Hutchison** (license agreement reviewer extraordinaire) and **Michael Haveneraas**, Lois and Larry's nephew and furniture mover!

It is fair to say that this process continues to be a work in progress, so there are still a few items needed for our space. If you are able to provide any of the items listed below, please contact Bernice Hutchison at Bernice@dupontcirclevillage.org or Lois Berlin at lois.berlin@gmail.com. ■

ITEMS STILL NEEDED

One new or nearly new laptop computer
Small “dormitory” size refrigerator
12-15 coffee mugs
Power Point projector
Keurig coffee maker with coffee pods
8x10 copy/printer paper (plain white)
Post-it Notes
Scissors
Scotch tape
Cleaning supplies (mop, bucket, broom, cleaning potions!)

Hidden Secrets!

DCV Visits Outdoor Sculpture Exhibit

On a beautiful, sunny, June day some DCV members met up with their tour director, **Mary Kay Shaw**, co-director and one of the original founders of the Foggy Bottom Outdoor Sculpture Exhibit held biannually. The exhibit is within the picturesque, Foggy Bottom Historic District of 19th century row houses, originally home to brewery and power plant workers.

This year's exhibit features 13 regional sculptors, exhibiting 15 sculptures in a wide diversity of media, from aluminum, to cedar to repurposed plastic to two video projections and two interactive artworks. There is an element of surprise, "hidden secrets", with the viewer being challenged to spot the art! It can be within a front garden, above a doorway, or cascading down a building wall. The exhibit is designed to "shake up expectations of what outdoor sculpture can be," according to this year's curator, **Laura Roulet**.

The sculpture *Trust and Doubt* by **Linda Hesh**, is two benches, each one having a word on it, in a garden (pictured below). This sculpture includes a video segment.

Viewers choose one of the two benches, sit down, then are videotaped and explain why they chose that bench and what the word means to them.

The three Foggy Bottom co-founders and current directors of the Exhibit decided to take on such a project after seeing a similar exhibit mounted on Capitol Hill in 2005. The founders obtained a grant from the Foggy Bottom Association Defense and Improvement Fund, hired a curator, and in 2008 presented the first outdoor exhibit.

It takes about 18 months to develop and stage the exhibit. A curator is hired and chooses the final sculptures to be included in the exhibit, from hundreds submitted. According to Mary, "the fun part of doing this work is knocking on neighbors' doors and asking owners if they would be interested in having a sculpture placed on their property for 6 months." The artist picks the site to exhibit their sculpture; owners do not get to choose which art work is placed on their property; they get right of refusal only.

Mary indicated that, initially, "some residents of the Foggy Bottom historic area didn't know one another nor did they really invest money or time in their property. The first Foggy Bottom Association meetings held to discuss the exhibit brought many neighbors together for the first time. Over the following years, many residents spruced up their homes and gardens and gained a strong sense of pride in their neighborhood. Some even purchased sculptures that were temporarily exhibited on their property. Slowly, the neighborhood is taking on a distinct character."

The co-directors encourage all neighborhoods to consider taking on this type of project! ■

Please Note: The self-guided tour begins at New Hampshire and I, where you will find a box with a tour map. There is an artist-guided tour (at 11:00 a.m. on the third Saturday of each month through October). The exhibit will be running until October 20, 2012. **See the web site page for the exhibit--www.foggybottomassociation.org**



Curve by Foon Sham, in front of the River Inn



Above: A garden with two sculptures: benches Trust and Doubt by Linda Hesh

Left: Cone Tower #3 by Pat McGowan

The Quiet Giant Just Blocks From Dupont Circle

The DCV visits the World Bank

—Nick Ludlow

On July 20th, Brazilian – national **Angelica Silvero**, Head of the World Bank's Speakers Bureau, provided two-dozen DCV members with a wonderfully informative two-hour briefing on how the Bank has worked since its establishment at Bretton Woods in 1944 – over sixty years ago, to overcome poverty and improve standards of living throughout the developing world. Ms Silvero, who's been with the Bank for 22 years, trains over twenty thousand students and professionals each year. The program was followed by lunch in the Bank's global cornucopian food court.

DCV's visit to the Bank, located at H and 18th Street, was particularly timely, as the Bank's 2012 fiscal year had ended three weeks earlier and its new President, Dr Jim Yong Kim, a health specialist and institutional reformer previously President of Dartmouth College, had, as of July 1, just taken office.

The briefing, introduced by the DCV's **Nick Ludlow**, included two break-out sessions tasking smaller groups to determine the keys to alleviating poverty and why Africa remains so poor. There

was also a presentation by a retired Bank Project Manager, Jamil Sopher, on how specific projects operate, including how the Bank deals with three kinds of corruption on those projects. He also pointed out that "as a project manager you soon come to find that while working on a funded project you can see the need for other projects that will improve the life of the people. These suggestions are brought back to the Bank for funding consideration. This is why we work for the Bank – over time we feel we make a positive impact on achieving the Bank's goal."

In his introduction, Nick said he thinks the Bank's critical role in transforming the World for the better is as relevant now as it was when it was founded at the end of WW II. He felt the Bank has always been a "Quiet Giant behind the scenes." For instance, he said, few people in the DCV probably knew that the first country to 'graduate' from the Bank was France – over sixty years ago.

And even fewer in the DCV group probably knew that, even as war rages on there, the Bank has played a major



Angelica Silvero, Head of the World Bank's Speakers Bureau (R) and Nicholas Ludlow (L).



DCV members in worksession: Judith Neibrief, Carol Galaty, Ann von der Lippe, Laurie Cappa, Bob McDonald. Back row: San San Tin, Ceceile Richter, Patricia Capdevielle

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Falls And Balance

—Bernice Hutchinson and Lucia Edwards

Have you ever turned down a chance to go out with family and friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? These and many other questions were posed during the *A Matter of Balance: Managing Concerns About Falls Coach Training* hosted for Dupont Circle Village this summer at Trinity University.

Brad Edwards, Chair of the DCV Health and Wellness Committee pulled together a group of willing coach

trainees, including **Marilyn Newton, Lucia Edmonds, Judith Krueger, Bob McDonald and Bernice Hutchinson**, who all participated in the two-day award winning certificate program, **Falls Prevention Coaching**. During the two days, the group learned a lot about the fear of falling and how that fear can be just as dangerous as falling itself. The training was designed to heighten awareness of the role that fear plays in falling and the importance of increasing activity levels and good nutrition to achieve greater confidence and balance.

The greatest benefit for the Village is that the group learned how to coach others toward setting realistic goals for increasing activity, changing the environment to reduce fall risk factors, and performing simple exercises to increase strength and balance. Want to learn more about it?

DCV coach trainees will host a meeting on September 19 at the YMCA 1711 Rhode Island Avenue, NW from 5:30—7:00pm to provide a brief overview of the training and opportunities for all Villagers to get support with falls prevention. Come join us! ■

Where Have They Been?

This past spring and summer some of our members had the good fortune to travel outside hot, steamy Washington, DC. **Judith Neibrief** had a wonderful trip to Egypt, **Iris and Irv Molotsky** spent most of June in Tuscany, Peggy Simpson found China fascinating and **Marilyn Newton and Joan and Nick Ludlow** stayed closer to home, visiting with family and friends. ■



A brief photo op before a camel ride at the Giza Pyramids near Cairo. This picture erases my memories of the horrendous traffic in Cairo. Judith Neibrief



My family of 14 had a fun week in a seven bedroom house in Orlando. Here I am with a Fourth of July cake – blueberries, strawberries and white icing. Marilyn Newton



We were visiting Arezzo, where this Etruscan bronze chimera, thought to date from 400 BC, guards an entrance to the city. Iris Molotsky



I'm with my friends Susan Puska and Carol Yee in front of the sculpture of a well known Chinese Leader. Peg Simpson



The idyllic scenery of Vermont including the swimming hole steps from our friend's home. Joan and Nick Ludlow

Quiet Giant
continued from page 8

The magnitude of World Bank operations is amazing, with the largest proportion (by sector) going to projects for public administration, law and justice (22 %), followed by transportation, health and human services, energy and mining, and water and sanitation. Since 1947, the Bank has funded over 11,000 projects in over 160 countries. In its fiscal 2011, the Bank lent a huge \$43 billion, with details available in the Bank's *Annual Report*, copies of which were provided to everyone in the group.

in Afghanistan, only one million Afghani children attended school, with all girls excluded. Now, due to World Bank operations, over seven million Afghani children attend school, of which a third are girls. Almost 140,000 Afghani teachers have been trained with Bank support including almost 40,000 females.

Angelica began by reviewing *how the Bank finances projects*. While the IMF deals with financial crises, with any country able to borrow short term, World Bank projects

are financed for the much longer term – 30-45 years at extremely low interest rates, with some countries paying no interest at all. Bank loans for middle income country projects are raised through selling AAA bonds to central banks at low interest rates that are 0.17% above LIBOR for 30 or more years. Credits for 'super poor' countries are at zero interest for 45 years with a 10 year grace period for payback. For projects in the poorest cases, such as Haiti, grants are provided.

Angelica then told of how the Bank – and its issues – has **responded to changing circumstances of the developing world**. Since the '60's each president has focused on a specific goal: The '60's saw a focus on rural development, while the '70's focused on health and education. Then the '80's saw the development of financial skills.

In the '90's, under President Wolfenson, the Bank opened up and became much more transparent, posting comprehensive data on its website, creating partnerships among and between NGO's, academic faculty, and foundations. Borrowing countries were encouraged to also become more transparent – the Bank's Institutional Integrity Office (IIC) was established to help address fraud and corruption within the countries. Since 2007, the Bank has

focused on building governance as well as training media personnel to help in creating integrity and objectivity within the country's governance through their reporting. In the last decade, the World Bank has become much more decentralized, employing over 10,000 people in 124 offices around the world; with over ninety percent of the Bank's country directors and managers now based in the field.

As a consequence, many of the goals have been achieved; overall the world is less poor; a larger middle class has developed, more girls are in school and life expectancy has greatly lengthened.

One example of the progress made was given by Angelica herself. "My grandmother emigrated from Portugal to rural Brazil, had ten children and couldn't read or write. My mother received an education, moved to the city, married and I grew up in a middle class home, am well-educated, work for the Bank and have the best of everything." This is just one instance of what happened within three generations of one family in a country funded by the World Bank.

"The future is not someplace we are going to but one we create." The World Bank is helping to create that better future. ■



Kudos to **Robert Magill** and his gardener's truck, plus the strong backs of **Garry Hutchinson** and **Larry Steubing** for getting the bulk of the furniture moved into the Village's Quaker House office suite on Thursday Aug. 2.

Kudos to **Burke Dillon** who donated much of the furniture as she downsized from her three-story Victorian into a large one-floor condo.

Kudos to **Lois Berlin** for her steady hand at the helm of the Office Task Force for the past several months, juggling the many logistical jobs involved in getting the Village into its first bricks-and-mortar office. Lois and Larry went well beyond the call, both in the design and the heavy lifting aspects of equipping the office.

Special kudos to **Covington&Burling**, our pro-bono legal team whose attorneys reviewed the space agreement in record time, with conference calls to Lois and Bernice when there were questions.

Bernice Hutchinson was at the nerve center of all of this, starting with persuading Lois to take on the short-term managerial job when she was about to begin several challenging educational consulting gigs. ■



—Judy Silberman, DCV Yoga Master



Warming Up Muscles

One way to warm up muscles is by thumping or tapping with a cupped hand. To observe for yourself how your muscles respond, try this:

Sit tall in a chair, with shoulders directly over hips. Look over your right shoulder. Memorize a spot on the wall at your natural stopping point. Return head to neutral.

Bring left arm across body and with a cupped hand tap your right shoulder about 30 times.
Rest for 2 full breaths.

Then, retest by again looking over your right shoulder. Are you surprised at how your range of motion has improved?
Now, repeat on the left shoulder. ■

Calling All Volunteers!

— Bob McDonald

This month Dupont Circle Village is taking a momentous step ahead in the life of our organization as we set up our new office located at the Quaker House on Decatur Street and Florida Avenue. The office will enable us to locate our administrative services, provide us the space for consultations and small group meetings and facilitate our volunteer training efforts in one place.

As the Village's Volunteer Program Coordinator, I have been impressed with the rapid response and the generous service of our volunteers in meeting the needs of our members. The challenge I want to put before us is how we are going to expand our understanding of volunteer services to include not only services to members but also to the organization of the Village itself.

With the opening of our office, we are looking for volunteers to provide administrative staffing that will include:

- **Reception services** – including answering the office phone and welcoming members and visitors to the office.
- **Database entry and update services** – assisting in entering member, volunteer and donor contact information to ensure that our data is accurate.
- **Hosting services** – sending out invite and reminder emails, checking to ensure

that supplies are on-hand, preparing name tags, welcoming participants, organizing beverages and snacks and any other needs we have when small group meetings or trainings are held.

- **Membership services** – following up with members regarding services they receive from volunteers, taking RSVPs for Village events, making regular contact with members and recruiting members for various needs.
- **Communication services** – preparing and addressing DCV postal mailings, sending emails on behalf of the Village and assisting in outreach to community donors and prospects.
- **Hours of Operation** At the beginning, we are planning to have our office open Mondays through Thursdays from 10:00 a.m. until 2:00 p.m. We are looking immediately for volunteers to fill **the reception services** during this time period. You could offer one or more days in either a two hour or four hour shift. As we continue to grow, we expect that the opportunities to volunteer for the Village will expand.

If you are interested in volunteering in any of these capacities or would like more information, please contact Bob McDonald at bob.mcdonald.dcv@gmail.com. or Iris Molotsky (iris.molotsky@gmail.com). ■

DONATE TO THE VILLAGE

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

The Dupont Circle Village is a **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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