

*In the future, Illiteracy will not be defined by those who cannot read and write, but by those who cannot learn and relearn.*

Alvin Toffler (1928 – present)

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#### NEW MEMBERS

A warm welcome to newest members:

**Lucille (Lucy) Cooney**  
**Robert Hardgrove**  
**Christopher J. Hoban (Chris)**  
**Patricia L. Hoban (Tricia)**  
**Susie O. Jones**  
**Robert Romero**

## DUPONT CIRCLE VILLAGE

### Renee Poussaint

#### *A Woman with an Open Mind Seizing Opportunities As They Came Along*



At a fully subscribed Sunday Soup Salon on a lovely Sunday evening in May, new member **Renee Poussaint** spoke to the group about her experiences in the world of TV news media. She presented a woman with an open mind to her own future, constantly recalibrating her life, seizing opportunities as they came along.

As **Dan Gamber** commented, "New member Renee Poussaint has had a fascinating life, taking and making luck to get all sorts of places. And despite her protestations, she is a skilled raconteur."

Renee described her early years—growing up in New York City, experiencing a mixed-background religious upbringing, moving from Catholic School to city public schools and eventually attending and graduating from Sarah Lawrence College on a full scholarship.

Her circuitous route to becoming a three-time Emmy award-winning reporter began at Yale Law School where, after a year and a half, she decided she was not temperamentally suited for the legal profession. She flew off to Malawi to be with her fiancé and ended up at Malawi Radio as a receptionist. After a year she returned to the US and attended UCLA to earn a graduate degree in African Studies.

But "Los Angeles certainly was LaLa land for me. I tried fighting it, but decided one day that it was no use, and became a beach bum! It was the best few years of my life!" She then continued her studies towards a doctorate at Indiana University, where she discovered many African American students in the classes she taught were not reading newspapers and

magazines, but were obtaining almost all of their information from TV. Renee commented, "This discovery changed my viewpoint and made me determined to learn something about the medium they paid attention to. So I transferred to Columbia University School of Journalism to study broadcast journalism."

"Here is where all that education and training get in the way of doing a job", according to her boss at the CBS local Chicago TV station where she got her first job as a TV writer. Like many news directors, he felt that people with journalism degrees had to get rid of false expectations about the reality of the newsroom. For her first assignment she had to research a story on the Middle East, reading all that was available in the newspapers and write a concise, 45-second story for the TV commentator. Not an exercise taught in school!

Her next assignment was to cover a mansion fire that turned into a front page story (all the family had been shot by the son, who committed suicide), and with no TV commentator available on such short notice, she was told she was the on-camera reporter. She did a good job and was offered more stories, "learning my profession in the 'trial-by-fire' method."

Poussaint went on to describe the atmosphere and attitude towards women in the media during the 70s, some of the anecdotes being funny and sad at the same time. As an example, Mayor Daly was especially rude and vulgar to Jane

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Pauley, first not acknowledging her and, when finally doing so, making a vulgar suggestion. Despite that, Pauley returned to subsequent press conferences and eventually won his grudging respect.

Poussaint confirmed, "Finally, the Chicago weather did me in and an offer from CBS on the network level was made that was very tempting. I realized however, I was not yet ready for reporting on the national level. There were only a handful of blacks and women network correspondents, so my work would be under special scrutiny. As a result I continued reporting on the local level for a year. Eventually a new offer was made by CBS Network and I ended up on the Mid-West beat, covering fourteen states, and getting more of my stories aired on the Cronkite show because there were only five reporters and we covered a great deal of territory."

By the '80s, she and her fiancé were ready to settle down, but in Washington, DC, not New York City where CBS wanted her to go. "CBS decided they wanted me in New York City, but I won the contest, moved to DC and was, for a while, the third person covering the White House for CBS, supporting reporters like Sam Donaldson. I learned a lot, but there was not much original reporting involved. One day, I received a call from the news director at the local ABC station, asking if I'd be interested in co-anchoring the evening news. He made it clear that he needed someone to be a "cheerful" counterpoint to the somewhat somber existing anchor, but that person had to come with major network credentials". She made no promises about the cheerful part.

According to Poussaint this is where she came into her own: "I had the freedom of an anchor; I could finally do the stories I enjoyed covering. I influenced what and how the news was covered, made many challenging decisions, and thus helped frame the mission of the news program. I was able to report not only locally, but internationally, traveling, for instance to South Africa before the revolution, as an 'honorary white person'

and a guest of Bishop Tutu for his installation as archbishop. Despite official sanctions, I was able to go undercover and report on the horrid conditions in the segregated townships."

But with every up side, there often comes a down side: "I found that after more than a decade in the job, in some ways it became too easy. I had become a very public figure in many ways, which interfered with my ability to do reporting as a low profile journalist. I never got used to those parts of the job that involved things like signing autographs. Eventually I decided it was time for me to leave."



*Renee with Pender McCarter (rear) and Dan Gamber*

So she became a network correspondent on ABC's weekly magazine program *Prime Time Live*. She stayed for three years, earning three national Emmy Awards. But by this time certain things about television news had changed. The turning point was the scandal involving President Clinton and Monica Lewinsky, "many serious traditional reporters found themselves covering the same stories as the tabloid reporters. There was no longer a clear delineation between them; the primary goal became getting high ratings for the network. It was difficult to get certain kinds of stories on the air; stories about women, blacks and poor people, stories that interested me. When one of my highest rated and most praised stories ended up being a report on how to get bacteria out of your kitchen sponge, I knew it was time to go."

In the 90s Renee started her own documentary production company. She

filmed a documentary with Archbishop Desmond Tutu, renowned American historian Dr. John Hope Franklin and 21 high school students, all participating in discussions about race and reconciliation. They filmed on the island of Goree, Senegal, an infamous slave port. "I found it a very rewarding and wonderful experience."

A few years later, Renee started a not-for-profit organization which taught college students how to do lengthy videotaped interviews with elders in their own communities. She and her colleague, Camille Cosby did a number of interviews with nationally known legendary African-American elders, like Sidney Poitier and Maya Angelou. Those interviews are housed in the Library of Congress, and are the basis for a book, *A Wealth of Wisdom, Legendary African American Elders Speak*.

Renee is now "where I had originally aimed to be those many years ago upon returning from Malawi and beginning my studies at UCLA—teaching on the college level." She is now at the University of Maryland. "The students are wonderful. However, I find that sometimes some of them are too ready to accept what they see and read. I see my role as working with the rest of the faculty to encourage them to be truly critical thinkers and excellent reporters. They are so needed. Teaching at Maryland is a joy and a privilege."

The remainder of the evening was spent with members asking many questions about her documentary with Tutu, Clinton, and the high school students, her views on the future of the news media, the current news media and its larger influence on democracy in our country, and finally, what needs to be done to change listeners and the media so the nation has a more educated and critical thinking population. ■



## MONTHLY Calendar

### SATURDAY AND SUNDAY MATINEES, JUNE 22, 23 ONLY

*Woolly Mammoth Theater Company's production of **Stupid F...g Bird***, is offering DCV members a purchase price of \$40 for matinee tickets with no additional fees. Call 202-393-3939 or go on line [www.woollymammoth.net](http://www.woollymammoth.net) to book your tickets (see separate e-mail for promotion code). We thank member Nancy Hartsock for arranging this special offer.

### THURSDAY, JUNE 20 6:30 – 8:00PM

*Care giver support group* for adult children of a senior with a chronic or acute illness, including dementia, will benefit from the chance to share their experiences, gain support for themselves and connect with appropriate resources, programs and services at Iona, 4125 Albemarle Street, N.W., Washington, DC 20016 Pre-registration is required \$10 fee per session. (202) 895-9448

### MONDAY, JUNE 24 3:30 – 5:00PM

*The Live and Learn seminar* will help you review your current finances and explore the common money problems facing seniors. Nancy Hartsock, CRPC, Vice President and Senior Financial Advisor at the Hasenberg Hartsock Group, will outline a common sense approach to financial planning. Merrill Lynch, Suite 6000, 1152 15th Street NW. Contact Linda Harsh, 202-234-2567, or [lindajkh@mac.com](mailto:lindajkh@mac.com). Free for Villagers and \$10 for others. Wheelchair accessible.

### MONDAY, JUNE 24 6:30 – 8:30PM

*DCV members are invited to a Potluck Summer Dinner* at the home of Iris and Irv Molotsky, 1735 T Street, NW. Come for the conversation and fun of it! This is the perfect time to meet some

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## FROM THE President



## President's Letter

### *Who are We and What Do We Like? Survey Will Find Out...*

—Iris Molotsky

While Washingtonians may not look forward to summertime temperatures, it's still nice to recognize seasonal changes. With this in mind, the Village is celebrating the arrival of summer with a potluck dinner at our house on June 24. Details are in this month's calendar (page 3), but mark the date your calendar, and Irv and I look forward to seeing you then.

And while you're working on your calendar, please save another date: The Village's Annual Meeting is set for September 18 at the Sumner School. New and continuing board members will be introduced and you will have a chance to tell the board some of your ideas for future directions.

The Village was awarded a grant by Historic Dupont Circle Main Streets to work with local merchants to promote age-friendly marketing practices. We know that the 60 and older population in Dupont Circle (and nationally) is the fastest-growing demographic segment and we also know that Villagers like to shop locally, so working together to enhance consumer satisfaction and increase local sales is a winning effort for everyone. This also complements and builds on Mayor Gray's efforts to make Washington an age-friendly city.

Villager **Pender McCarter** has agreed to serve as project director and will work with Executive Director **Bernice Hutchinson** and me this summer as we get the project underway. We will be surveying a representative sample of

Dupont Circle merchants and business owners about customer preferences, business practices, demographic information and spending patterns.

We also plan to survey Villagers about the types of local businesses you support and why. Your participation in the survey is very important and we will be providing more information in coming weeks. The final report will include recommendations that will help businesses build a stronger customer base and make shopping locally more attractive to older residents.

The first computer tutorial session program that partnered Villagers with students from Schools Without Walls and George Washington University has ended with much praise from participants. Several Villagers commented on the students' enthusiasm and willingness to work on any problem they were asked to tackle. "Everyone over 50 needs a computer-savvy teenager, especially if you get a new computer with Windows 8, as I did recently," **Irv Molotsky** says. Many thanks to **Jackson Carnes**, the GWU student who headed the program and recruited the student participants.

I conclude this month's column on a sad note. Long-time member **Dave Burns** died in May and he is greatly missed. Dave and his wife **Sandy** were hosts for Live and Learn sessions, our cooking classes were held in their kitchen and, until Dave's illness curtailed it, they were enthusiastic participants at Village events. Our thoughts and good wishes go to Sandy and her family. ■





## MONTHLY Calendar

of our newest members and connect with longtime friends. Plan to prepare and bring your favorite dish. However, a potluck offering is not required to attend. Contact Bernice Hutchinson at [bernice@dupontcirclevillage.org](mailto:bernice@dupontcirclevillage.org) to share details of what you wish to contribute. Remember, we'll also need contributions of drinks, desserts, and paper products.

### TUESDAY, JUNE 25 12:30 – 2:00PM

*Support Group for Caregivers of Spouses/ Partners with Dementia* meets to share concerns, achievements, frustrations and losses involved in caring for partners who are coping with dementia. Iona, 4125 Albemarle Street, N.W. Washington, DC 20016. Pre-Registration is required.

### THURSDAY, JUNE 27 12:15PM LUNCH; 1:00 – 2:00PM PRESENTATION

*Dr. Rona Fields discusses her book, Against Violence Against Women: The Case for Gender as a Protected Class*, a journey through time and across the globe to bring to light the roots of sanctioned violence against women. Woman's National Democratic Club, 1526 New Hampshire Ave, NW \$30 Non-members (includes lunch); \$10 Lecture only.

### TUESDAY, JULY 9 6:00 – 8:00PM

*BBQ Party!* Event is open to prospective members and those who just want to learn about the WNDC! Enjoy barbecued ribs, chicken, and hamburgers with a selection of traditional sides and beers, wines, and Sangria. Please reserve and bring a guest! \$30 non-members. Woman's National Democratic Club, 1526 New Hampshire Ave, NW.

### TUESDAY, JULY 16 6:00 – 8:00PM

*Save the date*, DCV members dining out evening. ■

## Ray Kim: A Good Neighbor

—Irv Molotsky

When villager **Lex Rieffel** told **Ray Kim**, the owner of Prego Again, what the Dupont Circle Village does and asked him to contribute something for the silent auction, Ray agreed immediately. He has parents back home in South Korea and understands that people's needs change as they age. So Ray contributed three very nice wine and food baskets which led to vigorous, high bidding at the auction.

And Ray decided to do more. He will give a discount of 10 percent to all villagers who show their DCV membership cards when they buy things at his store, which is at 17th and Corcoran Streets NW.

While he was being interviewed in the middle of the afternoon, a time that Ray said would be quiet, there was a steady stream of customers. One wanted a case of beer. Do you have Sam Adams? the customer asked. Sure, Ray answered. Sam Adams is just one of 150 kinds of beers that Ray stocks. He also has more than 1,000 wines, so many that he had to expand the wine display area from a side room to the front of the store.

Another customer bought a humdigger at the sandwich counter: "It is really a *humdinger*, but the sign was misspelled," Ray said. So it's a humdigger. So what's that? It is **Iris Molotsky's** favorite sandwich at Prego Again, hummus and veggies on pita.

When asked how long he had owned the store, Ray said, "Today is exactly one year. It passed like an arrow."

Ray and his wife, **Jasmin**, who works at the store one and a half days a week, live in Centreville, Va., and getting back and forth is getting to be a drag. He has posted a note on his bulletin board asking

if anyone in Dupont Circle has a room he can rent. Little wonder: One day a traffic jam on Interstate 66 led to a two-hour commute to Dupont Circle from Centreville. Anyone with an available room can call Ray at 571-338-0318.

Born in Seoul, Ray graduated from Yonsei University and then went to Northern Illinois University, where he earned two master's degrees, one in computers and one in finance. Then he went home to South Korea, returning to the United States in 2003, working in a grocery store and as an insurance agent, which he didn't like, until he bought his store, which he does like. "I needed a change," he said.



His and Jasmin's daughters—**Melody**, who is 24, **Natalie**, 22, and **April**, 20—are all students at Virginia Tech and work in the store on holidays.

At some point, Ray said, he will move back to Korea and stay with his parents in their last days.

He doesn't know if he will return, but his daughters probably will settle in the United States and raise their families here. Then, it was suggested to him, he may find himself drawn to his children and grandchildren. Yes, he may, he agreed. ■

## A Fascinating DC Botanical Garden Tour

—Carol Galaty

What better way to spend some hours, especially on a rainy, dreary day, than taking a trip around the world at the Botanical Gardens with ten friends from the Village and a knowledgeable guide!



*Members in the jungle*

The plants were beautiful, interesting, and a number of them smelled wonderful. But the highlight for many of the Villagers was learning about all of the ways the plants we saw, many of which grow in our own gardens, provide us with medicinal remedies and how they survive in their different climates.

The trip started and ended in the "Economic Room" with a focus on chocolate. Villagers proceeded through a jungle/ rain forest, a desert, Hawaii, and a primeval forest enjoying the plants and learning esoteric facts about many of them

Did you know that the beautiful camellia bushes we all know are a source of green and black tea? We all know orchids, like most plants, are pollinated by insects and attract the insects by their smell and

color, but did you know that some orchids attract insects by looking like an insect?

In the Orchid Room, full of exquisite flowers, we learned that vanilla beans come from an orchid vine and is one of three spices that come from America. However, when growers in the Philippines decided to produce it, it wouldn't grow. They discovered that only a certain bee from Mexico could pollinate the orchids. By importing the bees, most of the vanilla we use is produced in the Philippines.

Did you know that vanilla is also a relaxant and often piped into MRI scanners to relax patients; or that some research has shown that cinnamon may help diabetics lower their blood sugar by decreasing insulin resistance; or that members of the Vinca, Periwinkle and Impatiens Family and Impatiens, which grow in many DC gardens, are famous for being cancer fighters?

Villagers were introduced to plants that have developed unusual ways to protect themselves from other animals, climate variations and lack of specific nutrients they need to grow. Some plants have become carnivorous to obtain needed food supplements missing in the soil. Some of

the most primitive plants have developed spores and seeds that can live for centuries before germinating, if there is a draught and the climate is not conducive to their promulgation. Some produce "babies", so that when they flower and die their babies take over. Yet others have developed chlorophyll in their tree trunks so that they can absorb sunlight for photosynthesis even when their leaves fall off.



*Producing chocolate*



*Yellow orchid that imitates an insect*

You knew that Hawaii was formed by volcanic eruptions; but did you know that when plants first started growing on its scant soil there were no mammals against which they needed to defend themselves? Consequently, the plants developed no survival skills and are becoming extinct, with some of the insects that pollinated



*Villagers in 'Hawaii'*

certain species following in their footsteps. Attempts are being made to artificially pollinate and protect some of these endangered plants and the Botanical Gardens now has an Endangered Species Room where it has rescued and is propagating some of the plants.

The Botanical Gardens is a national treasure to which all villagers should treat themselves, their friends and guests; a relaxing, cool, place to luxuriate in beauty and smells year round and enjoy large special seasonal displays. ■

## THOSE WHO MADE THE CELEB SALONS A SUCCESS

*A great big thank you  
to all who made the  
Celeb Salons a success!*

### 2013 Celebs:

**Jennie Chin Hansen** (the only out-of-towner, from New York), president of the American Geriatrics Society; **Susan Stamberg**, founding mother of National Public Radio; **Donald Kohn**, former vice chairman of the Federal Reserve Board; NPR film critic **Bob Mondello**; author **James Srodes**; venerable food critic **Phyllis Richman**; **Bradley Graham**, new owner (with his wife **Lissa Muscatine**) of independent bookstore Politics & Prose; **Andrea Powell**, founder and CEO of the anti-sex trafficking nonprofit, FAIR Girls; and **Patricia O'Brien** and **Frank Mankiewicz**, a Washington power couple.

### Celeb Salon hosts:

Iris and Irv Molotsky  
Peg Simpson  
Anne Stephansky and Marilyn Newton  
Abigail Wiebenson  
Alaire and Lex Reiffel  
Nancy Hartsock and Wendy Hagen  
Jane McMichael Pierson and John VerSteeg  
Bev Losch and Georgette Sobel  
Nicholas Kittrie

### Celeb Salon volunteers:

Lucia Edmonds  
Caroline Mindel  
Gillian Lindt  
Larry Turner  
Michele Molotsky  
Susan and Bob Meehan  
Robert Magill  
Pender McCarter  
Margaret Flood ■

## Celeb Salons Make a Big Splash!

—Peg Simpson

Celeb Salon dinners came about as a new and dynamic way to raise money for Dupont Circle Village. And as part of the silent auction it worked!

The nine Celeb Salon dinners brought in nearly \$8,000.

Celebs donated their time and talent and the hosts absorbed the cost of the dinners, sometimes getting donations of appetizers, deserts and wines from volunteers.

**Georgette Sobel** and I spearheaded the Celeb Salons after seeing how they worked as part of Capitol Hill Village's (CHV's) annual gala. Once we got the go-ahead from the DCV Board to add fundraising dinners to our April 12 Silent Auction, we went into high gear.

We got invaluable wordsmith help from **Brad Edwards** and **Jane Cave** in brainstorming on a snappy name—Celeb Salons. Key players in the Village helped recruit stellar speakers.

The concept was straightforward: we recruited Celebs who could draw a crowd, we set the per-seat price at \$75 with \$50 of that deductible, and we lined up hosts who were willing and able to host a fundraising dinner. These varied from full sit-down meals to stand-up buffets, with guests sitting for Q & As with the Celebs.

We sold the bulk of the Celeb Salons tickets at the Silent Auction itself, with about 40 percent of the seats sold to non-members. The dinners varied in size, from six to 26 guests, and were scheduled during the two months after the Auction.

If we continue the Celeb Salons next year, we'll know what we're doing! We'll start much earlier and recruit more people to line up Celebs, hosts and venues—and to publicize what we're doing.

We think we can build on this first very successful year to make Celeb Salon dinners an exciting part of the Village's fundraising future. ■

## Forum Reinforces Village Priorities

—Bernice Hutchinson

A Generations Forum was recently convened by *The Atlantic* here in Washington, where leading scholars, demographers, health professionals, and urban planners focused on top political, social, and economic issues that are facing our nation as an unprecedented demographic shift takes hold.

In the coming years, 77 million aging baby boomers will contribute to a need for new infrastructure and services in communities across the nation. As lifespans continue to increase, speakers appealed for both common sense and innovative solutions in healthcare, housing, transportation and employment to address the demands that a growing, diverse, and aging population will present.

Living longer will find many Americans concerned about the challenges associated with remaining at home (scale of space, loss of spouse, maintenance expense, energy efficiency, personal safety, and more), isolation (how to remain engaged in the community), and effective financial plans for the future (what constitutes financial solvency in the future?).

Discussions addressed how break-through technology, urban transit trends, social mores, and new approaches to land development and architecture are creating more livable communities. Experts assessed the changing labor force for

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families that may lack the financial security of the previous generation.

In a series of panel discussions and keynote interviews, participants analyzed how individuals, communities, and policy-makers can seize opportunities to adapt to this new societal structure and embrace the demographic realities of America's future. Increasing population diversity, a changing job market and a larger aging population will change the face of communities as we have come to know them.

The meeting had clear implications for Dupont Circle Village. First, it will be important to continue to invest in partnerships with Georgetown University, George Washington University, Main Streets, and other groups to promote "livable community" innovation in our own neighborhood.

Second, as telecommunications, media, universities, and medical centers become the basis of the new urban society, we must seek opportunities to educate them about Villages and create an understanding of the presence, buying power and stability that aging populations bring to communities.

And finally, we must find ways to shape a broad range of innovations that support a growing presence of mature adults in the Village neighborhood. ■



—Judy Silberman, Yoga Master

Here is an easy way to check your body's hydration. Curl your top lip onto the gum above your top teeth. If it sticks there on its own, you might be slightly dehydrated.

Have a tall glass of cool water. Many people don't like the taste of plain water or don't have the habit of drinking water.



## How to Stay Healthy – Keep Moving!

### Targeted Exercises for Older Adults

"Walking addresses all afflictions," according to **Dr. Loretta Dipietro**, Chair of the Department of Exercise Science of George Washington University. The doctor provided the most recent data at the April DCV Live and Learn seminar.

"Sitting has become the #1 health challenge to all ages today. Breaking up sitting time is as important as longer walks. Get up every hour and start moving, whether you watch TV and walk in place, or get up and sit down on your chair ten times during TV commercials," according to Dr. Dipietro. She was adamant about us challenging ourselves to moving as well as increasing our balancing exercises and weight lifting twice a week.

An exercise that helps to reduce osteoporosis is to stand on your toes, drop down on your heels, holding onto the sink or any surface and doing this exercise 100 times a day. Another body exercise for strengthening your bones is wearing a back pack or fanny pack with cans of soup or any item in your home that provides weight on your back. Weight-bearing exercises slow bone loss and help generate new bone.

Another factor in maximizing your exercise is to do it when the body needs it most. After meals, wait 30 minutes and then take a 15 minute walk. This is beneficial for glycemic control when one's blood sugar is highest. Walking takes it down.

Attending members, after about 30 minutes in the seminar, stood up and started moving around the room. No time like the present to practice what is preached!

**Peg Simpson** asked the doctor to speak about incontinence because it is a topic that is not often addressed in any forum. The doctor explained that "the loss of muscular control of the bladder in the pelvic floor affects both women and men.

You can strengthen these muscles by doing Kegel exercises. They can help you prevent or control urinary incontinence. Over time, by doing these exercises, your control will improve. Caffeine and alcohol do not cause incontinence; if you cut back on fluids you might suffer dehydration." For more detailed information on the Kegel exercises, visit the Mayo Clinic's website which provides a step-by-step guide to doing the exercises correctly.

Web sites:

[www.mayoclinic.com/health/kegel-exercises](http://www.mayoclinic.com/health/kegel-exercises).

[www.mayoclinic.com/health/kegel-exercises-for-men](http://www.mayoclinic.com/health/kegel-exercises-for-men). ■

I suggest counting your swallows as you drink. Sometimes I count to 8, sometimes 10 or 12. The counting makes it like a game, and I don't really taste the water. I get way more down that way.

Also, if you can drink a glass or two when you first get up, maybe with morning pills, your digestion may improve. Constipation is often a result of inner dryness.

Another way to check your hydration is to gently squeeze your nostrils together. If the inside walls stick to each other, you are probably slightly dehydrated. Drink your water. And, even though most of us get up to urinate during the night, sipping some water before bed is good for your kidneys. However, life is full of choices.... ■

### PART OF OUR OCCASIONAL SERIES:

#### Fall Prevention Helpful Hint

Use color coding or high contrast colors for easy identification and differentiation of items, e.g., stair treads on steps, place mats for dishes, and carpets on floors. J.K.

## DCV MEMBERSHIP DISCOUNTS

Show your DCV membership card at these restaurants and businesses and get valuable discounts. Check our website for additional information.

### FOOD AND RESTAURANTS

#### Crios Modern Mexican

**Restaurant:** 25% off meals Monday through Friday, noon – 6:00pm

**Dolcezza Gelato:** 10% discount off all products. Winter hours are 1:00 – 9:00pm

**Java House:** 10% off food and drinks, anytime

**Prego Again:** 10% discount on all products

**Mandu:** 15% discount on meals from 11:30am – 6:00pm

#### Martin's Wine and Spirits:

20% off six (6) bottles of wine. Free delivery Monday through Thursday, 9:00am – 10:00pm

**Rosemary's Thyme:** 20% off food (possible limits during busy spring and summer times)

**Scion Restaurant:** 25% off meals Monday through Friday, noon – 6:00pm. \$10 off bottles of wine on Sundays, Mondays, or Tuesdays

**Steam Café:** 15% off food and drinks, anytime

### SERVICE PROVIDERS

**Compassion & Choices:** a national organization dealing with end-of-life issues. \$10 discount to Villagers seeking consultations about end-of-life choices.

#### George Washington University Hospital Senior Advantage

**Program:** for members 65 and older <http://www.gwhospital.com/community-information/senior-advantage-program>. (all Village members 65 years of age or older are automatically enrolled in this program)

#### Washington Consumers

**Checkbook:** free online access. (all Village members are automatically enrolled in this program) ■

## Connecting with Our Members

—Bob McDonald

One of the goals of our Village is to improve communication, and to design new "connection avenues", with our members. We realize how important the Village's outreach can be, particularly when members have experienced a fall, a hospitalization, or some other significant event in their lives. There are other times when we might not see a villager at one of our events for some time and we want to check in with them. There are also members who might appreciate getting a call from the Village for a friendly chat on the phone or an in-person visit. All of these situations provide the Village with opportunities for outreach to our members.

One way to expand this outreach is now underway through the volunteering of Robert Hardgrove, a new volunteer and a new member of DCV. Robert has begun to make some "connection" phone calls and even an occasional visit to some of our members.



Robert Hardgrove

A native Ohioan and resident of Washington for over five decades, Robert has lived in the Kalorama Triangle for almost two decades. Robert previously spent 18 years on Capitol Hill as the communications director for a member of Congress. After leaving the Hill, Robert opened his own consulting business as an interior designer, which he ran for the past 33 years before retiring earlier this year.

In speaking about this volunteer work, Robert recently said:

*"I suddenly found myself with too much time on my hands and the need to engage in a volunteer activity that was both stimulating and gratifying. At 75, I knew that I wanted to focus on seniors and help to sustain the quality of their daily lives. Dupont Circle Village offers that challenging opportunity in so many diverse areas and I enthusiastically look forward to being a volunteer for many years to come."*

In addition to connecting with other members, Robert is also working on expanding our list of neighborhood restaurants, shops and services that offer discounts to our members.

If you are interested in receiving a "connection" call or visit from Robert or one of our other volunteers, please contact Bob McDonald, Volunteer Services Coordinator, at [bob.mcdonald.dcv@gmail.com](mailto:bob.mcdonald.dcv@gmail.com) or at the office: 202-436-5252. ■

### NEWS FOR VOLUNTEERS

Here's a "heads-up" for our volunteers who provide transportation: in the near future, DCV will be requesting copies of your driver's license and your automobile insurance coverage sheet. We will need to have these documents in order to comply with the best practices for Villages in providing member services. More details will be forthcoming.





by Judy duBerrier

## LUCKY VILLAGERS!

Two of our best cooks have shared company-worthy fish recipes with us. Susan Meehan served her Ceviche to rave reviews at the recent Celeb Dinner. Abigail Wiebenson served the salmon at a prospective new members' dinner (probably not a coincidence we now have more new members!) I made both of these dishes and can tell you they are not only easy to prepare and good for you, they are also delicious. Bon appétit.

### Ceviche

2 lbs shrimp, cooked for 1 minute and peeled  
1 lb scallops

1 cup (about 6) fresh lime juice (heat quickly in microwave for more juice)  
6 Tablespoons finely chopped red onion  
4 Tablespoons chopped parsley  
4 Tablespoons red pepper slices (1/4" x 2")  
1/2 cup olive oil  
1 Tablespoon sherry vinegar  
1/2 teaspoon oregano  
Dash Tabasco  
1 Teaspoon salt, freshly ground pepper  
2 avocados, peeled and sliced

Cut up the shrimp and scallops, if large, and mix together with lime juice in a large bowl. Let stand at room temperature for at least an hour. Stir occasionally. Drain and discard juice. Add all remaining ingredients except avocados. Toss lightly then chill for an hour. Arrange on plates and add avocado slices just before serving.

### Salmon & Melting Cherry Tomatoes

Good olive oil  
1 cup chopped sweet onion, such as Vidalia  
2 Teaspoons minced garlic (2 cloves)  
1 pint cherry or grape tomatoes, halved through the stem

Kosher salt and freshly ground pepper  
1 1/2 Tablespoon balsamic vinegar  
1 1/2 Tablespoon finely sliced basil leaves  
2 lbs salmon filet, cut crosswise into 4 pieces

Heat 3 Tablespoons olive oil in medium sauté pan. Add onion and sauté until tender, but not browned. Add garlic and cook for 1 minute. Stir in tomatoes. Add 1 teaspoon salt, 1/2 teaspoon pepper. Cook, stirring occasionally, until liquid evaporates and sauce thickens slightly, about 10 minutes. Off heat, add vinegar and basil. Heat oven to 425. Place salmon in cast iron skillet or a cookie sheet and season with salt and pepper. Sprinkle filets with olive oil. Bake 10-15 minutes, or just until internal redness is gone. Serve, topped with tomato mixture.

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



June is bustin' out all over—especially for students of all ages who look forward to the freedom the end of school brings. This month we honor three of our young volunteers: **Teo Collin, Alexandra Hutchinson, and Jackson Carnes.**

**Teo**, a student at Edmond Burke School, has completed 36.5 hours of service for DCV since January 1, 2013. Volunteer coordinator Bob McDonald notes that he has received only superlative feedback about Teo.

**Alexandra**, Allie to most of us, graduated from Georgetown Visitation Preparatory School on June 4. A talented ballet dancer, Allie heads off to New York shortly to study again with Alvin Ailey and in the fall she heads to Indiana University and its renowned dance program. Allie most recently was one of our superb volunteers at the silent auction, but she has been on call to help DCV whenever needed. We appreciate her many contributions and wish her great success as she begins a new stage in her life.

**Jackson** believes in community service and social involvement. A rising senior at George Washington University, Jackson headed the DCV-GWU computer tutorial program, serving as administrator and recruiter to ensure our partnership ran

smoothly. He was recently elected as a commissioner on the Foggy Bottom ANC and is spending the summer as an independent contractor for Historic Dupont Circle Main Streets, where he will work with us on the DCV grant to work with local merchants.

And one final tip of the hat to the young at heart: **Peggy Simpson and Georgette Sobel**, who organized the fabulous Celeb Salons in conjunction with the silent auction. A new Village initiative, the salons demanded hard labor and many sleepless nights. The last celeb salon was held June 7, and with that we ended a successful series that combined entertainment, knowledge and good food for participants, while adding to the Village's coffers. ■

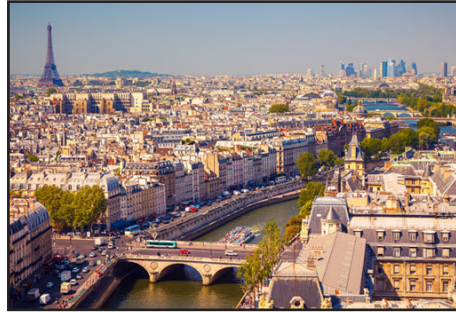
# Where Are They?

**Gillian Lindt and Bridgette** have left Washington to spend the summer in their home in Southern France. Although a hot climate, Gillian's home is surrounded by shade trees and provides a cool surround for their summer holidays. They will return after Labor Day.



**Iris and Irv Molotsky** head to Paris at the end of June for a two-month stay.

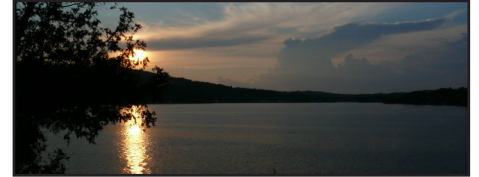
Iris is a bit sad that they will have missed the annual sales this year (the French government determines the sale day periods twice each year) but Irv seems to be less glum about it. They will spend two weeks in Tuscany at the end of June.



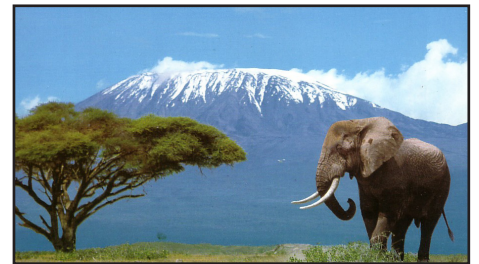
New members **Ann and Dick Leahy** are leaving to spend the summer months on Cape Cod. They will be returning in October.



**Nick and Joan Ludlow** will be in Vermont for the July 4<sup>th</sup> holiday week, looking forward to visiting with their friends, swimming in the pond and reading on the front porch. Ah, the lazy days of summer!



**Caroline Mindel** is off on a fabulous trip to Kenya and Tanzania, sponsored by OAT (Overseas Travel Adventure). This 18-day tour is visiting Kenya and Tanzania, including a 4-5 day photographic safari. Caroline gives fair warning that she will be showing all those photos of lions, tigers, elephants and other beautiful animals she encounters with her camera this month! ■



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.



Dupont Circle Village  
2121 Decatur Place NW  
Washington, DC 20036  
www.dupontcirclevillage.org  
Email: [contact@dupontcirclevillage.org](mailto:contact@dupontcirclevillage.org)  
202-436-5252

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