



# DUPONT CIRCLE VILLAGE

## SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“Almost everything will work again if you unplug it for a few minutes. Including you.”

—Anne Lamott

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Welcome  
New Members!

Claudette Ducran

## Pickleball—The Latest Paddle and Ball Craze

**H**ave you or someone you know joined the pickleball craze yet? It may just be a matter of time. This paddle sport is all the rage. It features a plastic ball with holes and is played on a badminton-sized court, combining elements of tennis, badminton, and ping-pong. When the pandemic started spreading across the U.S., pickleball did too.

By Eva M. Lucero,  
Executive Director

Pickleball is growing at a rate that is almost unprecedented in the history of American sports. There were 4.2 million players in the U.S. last year, according to the Sports & Fitness Industry Association, a 21 percent increase from 2019. While the sport appeals to players across age groups, nearly 30 percent of “core” players are under the age of 35.

The sport hails from the state of Washington, which will someday be known as the birthplace of Boeing, Microsoft, Starbucks, and Pickleball. In a backyard on Bainbridge Island, three friends (Joel Pritchard, Bill Bell, and Barney McCallum) invented pickleball during the summer of 1965, after their kids got bored during summer vacation. Using a Wiffle ball, ping-pong paddles, and an old badminton net, the group made up rules and introduced the game to neighbors. Before the close of summer, pickleball games were being played around the Puget Sound and



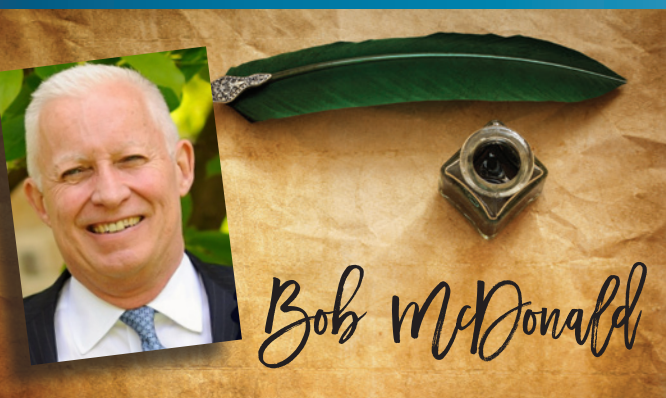
Seattle. From there, it spread south to Tacoma and east to Spokane.

For a long while, pickleball was mostly an obscure game in the Pacific Northwest, until it eventually made its way to the Sunbelt, where it became popular with retirees. Snowbirds then took it to Arizona and Southern California.

Pickleball is easy to learn and far less physically demanding than tennis. If you're reasonably coordinated, you should be playing a competitive game after an hour of instruction. The small size court brings everyone into close quarters and can be quite social. And the small footprint means you can set up a net and play just about anywhere, from driveways,

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# President's Notes



## June is Alzheimer's and Brain Awareness Month

**T**his month we observe Alzheimer's and Brain Awareness Month. This observation gives us the opportunity to become aware of and discuss Alzheimer's disease and other types of dementia. Dementia is an umbrella term that describes a group of symptoms and diseases. Alzheimer's is a degenerative brain disease and the most common form of dementia.

The Alzheimer's Association calls upon us in June to raise awareness of this disease and other forms of dementia. The more we know about Alzheimer's, the more action we can take and the more we can inspire others to follow. The Association uses the color purple this month to help build awareness of the disease. So, you may see purple on many Facebook pages and in the clothing people wear this month.

More than 55 million people are living with Alzheimer's or other forms of dementia worldwide. The number in the United States is over 6.5 million and is estimated to grow to 13 million by 2050. One in three seniors now dies with Alzheimer's or other forms of dementia. In 2020, COVID-19 contributed to a 17% increase in Alzheimer's and other dementia deaths. Between 2000 and 2019 deaths from heart disease decreased 7.3%; deaths

from Alzheimer's have increased 145%.

Occurrences of dementia have been noted throughout history, going back as far as ancient Egyptians as well as classical Greek and Roman philosophers and physicians.

In the middle ages, dementia was often perceived as a punishment from God for one's sins. Patients were thought to be possessed by demons. By the 15th century, people suffering from dementia were the objects of witch hunts and trials. Cruelty rather than care and treatment was the norm.

It was not until 1906 that the German psychiatrist Alois Alzheimer described the case of Auguste Deter, a 50-year-old woman with profound memory loss, language problems, and unpredictable behavior. After she died, he noticed changes in her brain tissue, including many abnormal clumps and tangled bundles of fibers. This was the first recorded case of Alzheimer's, although it was not so named at that time.

Unfortunately, I have had personal history dealing with Alzheimer's. My brother was diagnosed about 5 years ago. His mental capacities declined consistently until he needed to enter a memory care facility in April of last year. His struggle continued until his death last December. Concurrently, my father-in-law was diagnosed with Alzheimer's last year. In December, David and I moved both his parents from their Delaware home to D.C. to live at the Residences at Thomas Circle.

More than 11 million Americans provide unpaid care for people living with these diseases. This care is estimated to amount to 16 billion hours and valued at \$272 billion. In caring for family members with dementia, one of the greatest challenges is learning how to effectively

communicate. It is so important that loved ones and caregivers come to realize that the person is doing the best they can to communicate. The goal is learning to listen when it is difficult and to respond sincerely, recognizing the struggling person's efforts and humanity.

For caregivers, I would like to recommend a virtual conference for Alzheimer's Family Care Partners sponsored by the Sibley Senior Association on Saturday, June 25. You can contact Sibley or me for more information. Other resources can be found at the Georgetown University Memory Disorders Program, Iona Senior Services, and at the Residences at Thomas Circle. These are just a few of the many resources in our area.

Many programs are looking for subjects to participate in clinical trials and other research studies. The participants in these studies can be older adults who are cognitively normal as well as those who have concerns about their memory.

This month a group from our own Village is participating in the StrongerMemory program developed by the Goodwin House Foundation. Fifteen of our members begin the 12-week program of daily exercises to support their own brain health.

A great resource for learning more about brain disease, getting resources, and finding support is the Alzheimer's Organization. Check out their website at [www.alz.org](http://www.alz.org).

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## Pickleball

*Continued from page 1*

parking lots, and schoolyards.

Pickleball is on DCV's radar too. The Membership and Activities Committee is exploring a pickleball program that could potentially be held in Mitchell Park, near the DCV office. Mark your calendars—National Pickleball Day is August 14!

# 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](http://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](mailto:admin@dupontcirclevillage.net) or (202) 436-5252.

## DCV Happy Hour

Friday, June 3, 4:00–6:00 pm

Location: Darcy Hotel, Gerrard St Kitchen,  
1515 Rhode Island Ave NW

RSVP: Register online or contact Lucia Edmonds

Happy hours are here again! Join Lucia Edmonds, our host, to enjoy food, drink, and conversation in the comfortable and gracious inside or the spacious outside of this boutique hotel. Most of all, it will be good to be together again.

## Capital PRIDE 2022

Saturday June 11

3:00–7:00 pm

The Capital Pride Parade

Logan and Dupont Circle Neighborhoods  
Starts at 14th & T Streets NW

## Capital Pride Festival

Sunday June 12

12:00–10:00 pm

Pennsylvania Avenue

## Men's Book Group

Monday, June 13, 11:00am

Location: DCV Office

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

The book for June is *Dark Voyage* by Alan Furst. New members are always welcome, and members of the group often have lunch together afterwards.

## DC Villages 2022 Pride Celebration

Thursday, June 16, 6:00–8:00 pm

Location: St. Matthew's Church, 222 M St SW

RSVP: <https://forms.gle/JeJWW3XBRwEFMHDNA>

All are invited to join us as we celebrate LGBT+ older adults and the entire LGBT+ community with us. This event will take place on June 16th from 6:00pm to 8:00pm, and will include food and drink, socializing, trivia, and more. We will be at St Matthew's Church (222 M St SW, 20024). 20 on-site parking spaces will be available, carpooling is encouraged. Our venue is located two blocks from the Waterfront Metro Station.

## Sunday Soup Salon: t/b/a

Sunday, June 19, 5:00–6:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

## Navigating the Path Ahead

Tuesday, June 21, 3:30–4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Our lives are a journey. As we make our way on our path, we find others to walk with us. As they share our journey, they support and challenge us. At times, some leave us. And then, others join us. We learn from them and share our experiences. Over time, this new monthly Village discussion group will be covering topics such as: living alone; receiving a new diagnosis; wondering what's next; do I need to make accommodations in my home; dealing with loss; where can I find new experiences; what can bring me joy; how can I reignite the passion in my life.

## Mystery Book Group

Friday, June 24, 3:00–4:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

The book for discussion is *The Maid* by Nita Prose

## DCV Volunteer Training (The Essentials of Volunteering)

Saturday, June 25, 10:00–noon

Location: DCV Office, enter at 2111 Decatur Pl NW

RSVP: Register online or contact DCV Office

This training will cover many things you will need to know to volunteer effectively at Dupont Circle Village and to help build our community, including the types of volunteer opportunities available, how to establish effective relationships and create boundaries with DCV members, confidentiality and red flags to look out for. We ask that volunteers please make every effort to attend. Lunch will be provided.

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# Monthly Calendar

*Continued from page 3*

## LIVE AND LEARN:

### Hospital Discharge Planning

Monday, June 27, 3:30–5:00 pm

Location: Hybrid—in person at DCV Office, enter at 2111 Decatur Pl NW

RSVP: Register online or contact DCV Office

This Live and Learn session will include a presentation by Registered Nurse and Dupont Circle Village member Ann McFarren on Hospital Discharge Planning.

The goal of discharge planning is to arrange for the help, equipment and resources you need when you get home so you are safe and can focus on recovery. Studies have shown that effective discharge planning decreases the likelihood of hospital readmission. A well-tailored discharge plan with appropriate follow up can help in recovery, such as ensuring treatments and medications are prescribed and given correctly.

You may want to invite members of your family including adult children and others who care for you to join in this session. There will be time for Q and A and discussion after the presentation.

### DCV Movie Group

Wednesday, June 29, 3:55–5:15 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Watch for details in the Friday e-blasts.



### 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, 10:30–11:30 am

Location: Virtual

RSVP: Register online or contact DCV Office

### Coffee and Conversation

Thursdays, 10:00–11:00

Location: Emissary Café, 2032 P St NW

RSVP: Register online or contact DCV Office

### Mahjongg

Thursdays, 2:00–4:00 pm

Location: hosted live by Margot Polivy

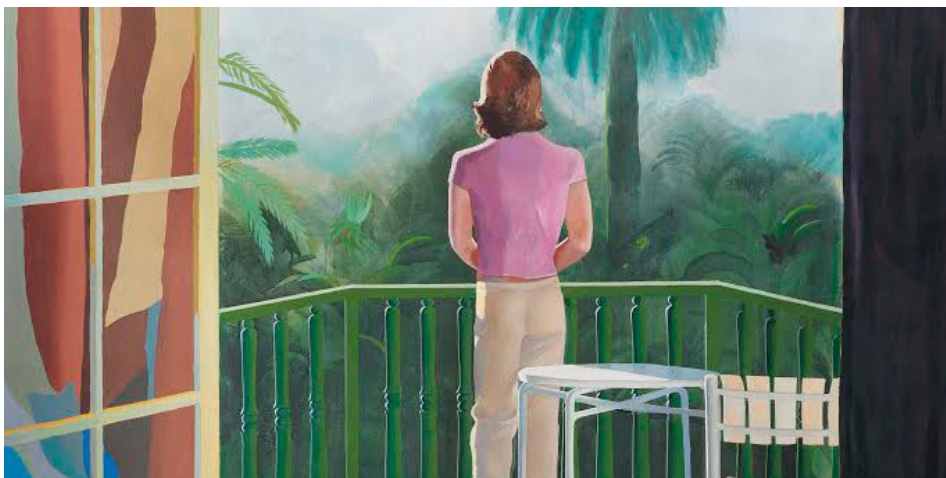
RSVP: Bobbi Milman, [rmilman@comcast.net](mailto:rmilman@comcast.net) or (202) 667-0245

### Knitting Group

Thursdays, 4:00 pm

RSVP: Sheila Lopez at [sheilablopez@gmail.com](mailto:sheilablopez@gmail.com)

## Art Archive



*Sur la Terrasse* (1971), David Hockney (British—1937)

# A Transformative Experience



Ask Ann

**V**ery recently, I have had cataract surgery in each eye. Added to my already extremely bad vision, my world had shrunk because of my vision, and for the most part, I didn't realize how much, since it took place over a couple of decades.

By Ann Talty

I first wore glasses when I was ten, and bifocals at thirty-two. That means that judging distances and usable peripheral vision went out the window early on in my life. Over time, I made some adjustments to my activities, eliminating many things I used to enjoy.

**Music:** I had to give up playing the piano once I got bi-focals. It was hard to manage with either my computer glasses or my regular bifocals, so I just stopped. For singing, it has been difficult for me, and I always needed bright light. A few months ago, I stopped singing because I couldn't make out the notes other than with a time-delay or guess-work, which really got my attention, and inspired me to try the cataract

surgery. I'm testing out the "new eyes" on Sunday, and I believe it will show me I can keep singing as long as I have a voice!

**Walking:** I love going for walks in nature, or even just along a street that has a lot of green. For the most part, I stopped doing that a few years ago because I had several bad falls—falling on my face, as I put it. To look down, I had to move my head down, which would make me lose my balance, and still not work well. I find it astonishing now, post-surgery, that when I approach a curb or uneven ground, I can glance down and see exactly what I'm walking on and where I'm stepping. I am gaining confidence and will be putting it all to the test in a few weeks when I'm in the Canadian Rockies and Glacier Park.

**Art Galleries and Museums:** I started going to galleries and museums when I was five. I really miss it. I don't always read the signs that go with the individual items, but I do like to be able to glance at them. I tried using my computer glasses, alternating



with my regular bifocals, but that just made me dizzy. I can't wait to see some of the newer museums in town and to visit old favorites!

**Driving:** I had never experienced driving other than needing to move my head to see beyond the vision afforded me by glasses. I haven't been able to read signs in a long time, and I started missing more and more visual clues. I have tried some driving now with my "new eyes," and I find that I need to learn how to use my mirrors again. The first time I checked my side mirror to see if I could merge, I didn't even have to move my head, but scared the day-lights out of myself because my brain didn't know how to process what it saw. Now I'm getting more used to it, and I see how I can become a much safer driver. My next challenge is to try driving at night.

**Cooking:** Other than the obvious issue of reading recipes again, I find that I do not need new lighting in my kitchen—it is magically so much brighter!

The world is opening again for me, and I intend to take full advantage of it!

## June Birthdays



A very happy birthday to Villagers born in June!

**Robyn Lipton, Erik Neumann, Bob Hirsch, Lindsey Holaday, Marie Lovenheim, Judith Neibrief, Mary Stevens, Susan Meehan, Marilou Righini, Patricia Daniels, Michael Freedman, Robert Weiss, Marie Matthews, Rick Busch, Elaine Reuben, Laurie Calhoun, Leslie Jadin, Patty Zweibel, and Bryna Brennan**



# Meet Jim Hambuechen



**J**im Hambuechen is originally from St. Louis, Missouri. He lived in Manhattan after college, and in 1981, moved to D.C. to attend the George Washington School of Law. After graduating from law school, he got a job and has been here ever since. His only job in DC has been

## DCV Member Profile

an attorney, both in private practice and for the government. He particularly enjoyed working as an attorney for the Drug Enforcement Administration (DEA), representing the federal government at administrative hearings attempting to revoke the controlled substance registrations of medical practitioners who were operating "pill mills."

In his free time he enjoys theater, movies, restaurants, hiking, biking, reading, good conversation and often travels to New York City for theater, concerts, and the opera. His favorite places in DC are the fountains at Meridian Hill Park, if they ever are restored, the Lincoln Monument, the National Gallery, the Phillips, and the National Symphony. Of all the places he has traveled, his favorite places are Tuscany, Brittany, London, Japan and Glacier National Park.

He likes being a member of the Village because it offers opportunities to engage in both volunteer and social activities and getting to know his neighbors while doing so.

## 15-Minute Meal

### Yummy Baked Salmon!

**O**ne of the many bargains at Trader Joe's is the package of 3 fresh salmon fillets for under \$9.00. Pair that with a bag of spinach and cooked Harvest Grains Blend, and you have a delicious

*By Abigail Wiebenson* and nutritious easy meal. You can slather your fillets with anything but I prefer a salmon rub ("Rub with Love") available on Amazon and lasts for more than a year. Cook all three fillets at once and use the others for a salad graced with cold salmon or mixed with scrambled eggs.

Have your oven heated to 425, set your timer and here goes...

- Start the Harvest Grains according to the directions on the package. They take 10 minutes, after the water boils.
- Into a flat pan (glass, earthenware, or cast iron frying pan), lay the salmon fillets skin side down and a bit apart from one another. Cover each with about a teaspoon of rub. If you don't have any rub, just use salt and pepper and squeeze lemon juice on them. Salmon is very forgiving; get creative. You can slather with a bit of mayo or even, mustard. Or, a splash of white wine with salt (or garlic salt) and pepper. Slide the pan in the oven. 10 minutes at 425 does it but if you are worried, let it cook for a couple of more minutes.
- While the salmon is cooking, heat a frying pan with a couple of tablespoons of water or olive oil. Put in a half bag of spinach if you are cooking for one, set the dial for medium heat, cover and let it do its thing. Stir every once

in a while until it's wilted, just a few minutes. You can use frozen spinach but fresh is easy and looks a lot prettier.

- When all is cooked, make a bed of the spinach and lay a salmon fillet on top. Put the grains to the side. If you have a lemon handy, put a slice next to the salmon. Enjoy!

*Look forward to next month when Villagers weigh in with their recipes. Keep ideas coming!*  
*Abigail*



# Meet Volunteer Vitold Chrzanowski

**A**t some time around the turn of the century, **Vitold Chrzanowski**, one of Dupont Circle Village's newest volunteers, was traveling in Europe when a friend of his gave him a challenge.

*By Mike Persley* On a typical day, Chrzanowski drank as many as four, five, or even six cups of espresso and he added lots of sugar to each of them. His friend asked him to stop adding the sugar and drink each cup black for the next 30 days. Vitold hesitantly obliged.

The first two weeks were rough, he says, as he didn't like the bitterness of unsweetened coffee. Little by little his body and his taste buds began to adjust. He met his friend again on the end of the 30 days, who then asked him to try his coffee with sugar again. He did, and he immediately spit it out.

"It was terrible," Vitold says. "You could taste the manufacturedness of it all. It was like my body was poisoned, and I was now a little purer."

Vitold says that this era in his life was one of transformation, both physically and spiritually, and one that has now led him to Dupont Circle Village. He went from binge drinking to barely drinking at all. He began attending church regularly, and he now follows a strict diet of dairy and gluten free foods and intermittent fasting. He drinks only coffee and water, and he's seemingly relentless about serving people.

Vitold currently leads a group through Celebrate Recovery—a Christian twelve-step program designed to facilitate recovery from a wide variety of behaviors, including alcohol and substance abuse, maintaining sexual integrity, etc. He volunteers once a week at the local non-profit Food and Friends. He's now happy to add Dupont Circle Village to his list.

"People have been good to me here. It's important for me to give back," he says. "A friend of mine always says, 'Humility before God brings blessings from God', I think that's right."

Vitold initially made contact with DCV about two years ago, he says. Both of his parents are passed, and the only other family he had was his brother. He was looking for a sense of community but he never followed through and became involved.

Late last year his brother died and his desire for community reemerged.

"First I needed someone to check in periodically to make sure I'm still alive," he says. "Then I wanted to give similar help to others."

Vitold is considering joining one of DCV's committees, as well as making Friendly Calls and doing whatever else is needed.

He's more and more beginning to identify with the issues of the aging community, he says. Growing up, he participated in almost every sport imaginable, from gymnastics, to football, baseball, track and field, rugby, snowboarding, waterboarding, weight training, and more. The accumulated wear on his body is



finally taking its toll. Over the last few years he's had three surgeries on his back, along with other procedures. His doctor is recommending him to have shoulder replacement surgery, and he previously blew his ACL's in both of his knees.

He is still active, but it's getting harder, he says. His increasing physical struggles have given him a sense of empathy for people who are going through similar issues, or issues he may end up facing as he continues to age. He's glad to be a part of a community where he can go through it with others.

## HAPPY PRIDE MONTH— *May Love Always Win!*





# Out and About



▲ **Abigail Wiebenson, Jane Masri, Beth Merricks** and Beth's friend Susan biked to Sycamore Island as soon as the weather turned warm. Along the way they encountered numerous turtle families.



▲ **Carol Galaty** and **Deborah Mendelsohn** participated in an experiment to see if it would be helpful to Villagers and the Village to set up a DCV table at the Sunday Dupont Little Flea Market, an extension of the Sunday Dupont Farmers Market. The idea was to help villagers who want to downsize and sell items, as well as exposure and fund raising for the Village. Two other Villagers will test the program and then a decision will be made as to the value of continuing the program. The jury is still out. The financial gain was minimal as heavy storms had been predicted, but it was fun, 3 new volunteers and three member prospects were recruited and Carol and Deb between them earned about \$400 with 10% going to the village.



▲ **Jim Chamberlin** out and about in Dupont Circle.



# Out and About



◀ **Carol Galaty and Eva M. Lucero** showed their support of the Georgetown Village summer celebration. The celebration honored the founding members of Georgetown Village on their 10th Anniversary.



▲ **Kenlee Ray** is happy to report that Betty the Flamingo is excited to let the DCV Knitters know that she has relocated to Ann Arbor. During her first trip to campus, she was very confused and a bit hurt when everyone greeted her with a shout "Go Blue!" as she loves her bright pink feathers. But her new companions explained that U of Michigan's colors are maize and blue and "Go Blue" is the friendly way to greet fellow Wolverines. They gave her a big maize and blue scarf to wear, and now she's settled into campus life. Her housemate has promised to take Betty to Florida in late October where she can spend the winter watching pelicans and alligators. Betty plans to take a couple of summer classes in the School of Natural Resources to bone up on Southern flora and fauna to prepare for her trip. She is also thinking about enrolling in an introductory aeronautic engineering course in case the car breaks down and she ends up flying to Florida.



▲ **Mandi Lisbona** manning the jewelry table and wants to thank all who came out. "A big thank you to all of you who came out on Sunday, May 15 to enjoy the large selection of handmade authentic jewelry and crafts made by strong women of the Maasai Tribe in Kenya in an effort to sustain their families and provide education for their children. I was surprised to learn just how many if you had been to Kenya and enjoyed hearing your travel stories. We raised close to \$300 with your support and will be wiring funds to them. This will have a very positive effect on their lives. Thank you again."



# Out and About



▲ On Mother's day, **Ken Shuck** and **Carol Galaty** rented a little cottage in Colonial Beach, VA on the Potomac. Ken could work and Carol could relax, receive emails and calls from her kids, and read (a major treat for her).

The winds were blowing at 19 miles an hour and it was mostly rainy and stormy. But the sun peaked out at moments giving me a breathtaking view of the blowing sea oats and white capped water from the window in front of where Carol sat curled up on the couch and read. Between storms they went out to dinner and the next morning, although still cold and windy, it was clear enough for a walk along the slightly flooded water front and enjoy the colonial couple who stood as a monument to bygone days.



▲ **Ceceile Richter** and **Carol Galaty** at the Jewish Women for Choice rally on the National Mall in April.



▲ **Abigail Wiebenson** hosted villagers on Sycamore Island in April. Upper left to right: **Pender McCarter**, **Kathy Spiegel**, **Richard Fitz**, **Mary Wheeler**, **Marie Marcoux** and **Michaela Buehler**.



# Out and About



▲ DCV continued its community partnership with Giant Pharmacy for its vaccination clinics. Juan Medrano, pharmacist from the Columbia Heights Giant, was on hand to provide Covid 19 boosters for Villagers. After their shot, many rested in the garden outside the DCV office.

The Dupont Circle Village is a non-profit volunteer organization that connects neighbors to services and educational, cultural/social and health and wellness activities. Please consider a donation now or remember us in your will.



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