



# DUPONT CIRCLE VILLAGE

## SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“An early-morning walk is a blessing for the whole day.”

—Henry David Thoreau

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### Welcome New Members!

Gregory Bolton  
and Dwaine Rieves  
Brooksley Born  
and Alexander Bennett  
Linda Churma-Sumner  
and David Sumner

## Harvard's Happiness Study— The Power of Investing in Social Relationships

In 1938, Harvard researchers embarked on a decades-long study to find out: What makes us happy in life? The researchers gathered health records from 724 participants from all over the world and asked detailed questions about their lives at two-year intervals.

By Eva M. Lucero,  
Executive Director

What began as a study of 268 Harvard sophomores has grown to include their spouses, their children, further generations, as well as hundreds of inner-city Boston residents, with the number of participants now reaching into the thousands. (Fun fact: two of the study's original participants were President of the United States, John F. Kennedy and longtime Washington Post editor Ben Bradlee.)

Over the years, researchers have studied the participants' health trajectories and their broader lives, including their triumphs and failures in careers and marriage, and the findings have produced startling lessons, and not only for the researchers.

"The surprising finding is that our relationships and how happy we are in our relationships has a powerful influence on our health," said Robert Waldinger, director of the study, a psychiatrist at Massachusetts General Hospital and a professor of psychiatry at Harvard Medical School. "Taking



care of your body is important, but tending to your relationships is a form of self-care too. That, I think, is the revelation."

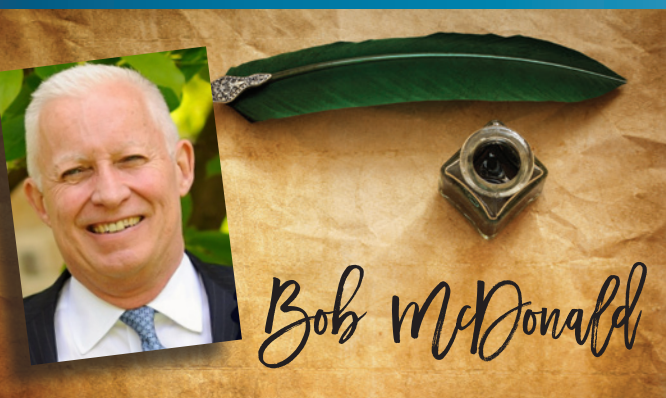
What have been the main takeaways?

The research suggests that tending to your relationships is an important form of self-care, just as vital as taking care of your body. These are some of the most interesting highlights of the study:

- Close ties help delay mental and physical decline, and contribute more to happiness than money, fame, social class, IQ, and genetics.
- Relationship satisfaction is a better indicator of how people will grow old than their middle-age cholesterol level.
- People with a strong sense of community benefit from better memory function. Empathy and attachment are key to healthy aging.

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# President's Notes



## Building Connections

In a recent article in *KFF Health News*, journalist Judith Graham wrote about the challenges of growing your social network as you age. She described a 78-year-old woman who faced tremendous odds in doing so. Carole, who was unmarried and lived alone, was pretty much a loner throughout her life. But then she found a group of five women who shared lunch, stories, experiences, feelings, and holidays with one another. Then, just before the pandemic, life made a turnabout. Over the course of two years, each of her five friends, her group of tight-knit companions, died. Carole, alone again and facing the pandemic, exclaimed: "The loss, the isolation; it was horrible."

Connections and healthy relationships are vital to our health and well-being, especially for us as older adults. What can we do when those relationships end? How do we contemplate a future without those who have shared our life journeys for so long?

The article goes on to report research conducted by the Harvard Study of Adult Development, whose director Robert Waldinger, says that "it's never too late to develop meaningful relationships," and that people with strong connections to family, friends, and their community are "happier, physically healthier, and live

longer than people who are less well connected." Such connections are not only about emotional closeness. They also provide support, information, practical assistance, and social engagement.

During COVID, we stayed in touch often through virtual connections like Zoom. While necessary and greatly beneficial, virtual connections, in the long run, are not enough. When face-to-face contacts are diminished, seniors in particular become lonely and depressed.

A few weeks ago, Dr. Vivek Murthy, the U.S. Surgeon General, released an Advisory on the epidemic of loneliness and isolation facing our country. The research shows that loneliness and isolation are associated with a greater risk of heart disease, dementia, stroke, depression, anxiety, and premature death. Dr. Murthy calls upon us to focus on building social connections by doing simple things: answer a phone call from a friend, invite someone over to share a meal, listen and be present in a conversation, and seek out opportunities to serve others. By building connections, we can:

- Improve heart and brain health;
  - Decrease the risk of diabetes and high blood pressure;
  - Boost our immune system; and
  - Decrease the risk of depression.
- (*Learn more at [SurgeonGeneral.gov/Connection](https://www.surgeongeneral.gov/connection)*)

In concluding her article in *KFF Health News*, Judith Graham spoke of a woman named Liz who struggled with the death of her husband and a particularly good friend. Two other close friends had moved away to different parts of the country. She decided to start a group for "elder

orphans" (people without spouses or children to depend on). She was building connections. The group faltered during the pandemic, but was resurrected. Eight of them were getting together again. Liz said: "Looking in the mirror, I can see the relief on my face. These are people who care about me and are concerned about me. We're all in the same situation of being alone at this stage in life – and we can help each other."

On another subject, I want to take this opportunity to extend my gratitude to **Ann Talty** who has been our Office Manager for many years. Ann is retiring this month and we wish her all the best. She has been the amazing force behind the scenes to make the Village run smoothly—from our website to our database, from activities to membership renewals, from answering phones to supporting our committees. We will miss you, Ann!

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### Harvard Happiness Study *Continued from page 1*

Science is clear: emphasizing warm relationships is one of the best things you can do to ensure a long and healthy life. Community in its various forms is the number one determining factor for happiness—and pursuing happiness, it turns out, is an important act of self-care.

Don't be afraid to reach out to the people in your life. Whether it's a thoughtful question or a moment of devoted attention, it's never too late to deepen the connections that matter to you. A link to Robert Waldinger's, director of the Harvard Study of Adult Development, TED Talk on the study is found [Here](#).

# Monthly Calendar

Currently, some activities are offered online by way of Zoom, and some are now being held face-to-face.

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 [admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net) or (202) 436-5252.

## Genealogy Group

Thursday, June 1, 2:00–3:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Have you researched your ancestors but ran into a stone wall or just wondered who they might be but did not know where to start to identify them? If so, join Ken Shuck, with over 30 years of genealogical research experience and others, at 2:00–3:30 pm on June 1, 2023, for a Zoom meeting to learn about family tree research tools, techniques, and databases of information. The focus initially will be on those that are free. Time will also be allocated to discuss individual-specific family tree research needs as time allows. If interested, contact Ken ([kenneth19442000@yahoo.com](mailto:kenneth19442000@yahoo.com)) to let him know about your family tree research experience and why and what you are interested in learning about your ancestors. This will help Ken structure the meeting to meet your interests. Registration is required through the DCV website.

## Retirement Party for Ann Talty

Tuesday, June 6, 2:00–4:00 pm

Location: Friends Meeting, Assembly Room, 2111 Decatur PI NW

RSVP: Register online or contact DCV Office

Please join us in bidding a fond farewell to Ann as she embarks on new adventures! Her last day in the office will be Friday, June 9.

## Visit to Hillwood Museum and Gardens

Location: 4155 Linnean Ave NW

Limit: 12 DCV members

RSVP: register online or contact DCV Office

Join a group of Dupont Circle Villagers for a visit to Hillwood on June 7 at 10 am. Hillwood, the former home of Marjorie Merriweather Post, is tucked into an upper Northwest DC neighborhood that borders on Rock Creek Park. It includes a mansion filled with priceless pieces, formal gardens, a gift shop, and a cafe. The basic admission fee includes one guided tour and will be paid by DCV unless you are a Hillwood member.



After checking in with the Dupont Circle Village and Hillwood, plan to watch the informative orientation film in the Visitor's Center. The film provides an introduction to Hillwood and Marjorie Post. It plays on the quarter-hour. There will be a group tour of the gardens, followed by optional lunch. Check our website calendar for more details.

## DCV Happy Hour

Thursday, June 8, 4:30–6:30 pm

Location: Alfresco Tap & Grill (18th & California), 2009 18th St NW

RSVP: Register online or contact DCV Office

Join other Villagers for a special happy hour at a new restaurant—Alfresco Tap & Grill. Alfresco is owned by the same folks that created Lauriol Plaza. On the menu: \$6 wines and draft beer by the glass, as well as \$6 for most HH foods. Alfresco is at the southeastern corner of 18th and California with outdoor space on three sides of the restaurant. We reserved space in the covered courtyard (under the retractable roof).

## Tour of Interior Department Art Murals

Tuesday, June 13, 2:00–4:30 pm

Location: 1849 C St NW (on C St between 18th & 19th St)

Limit: 15 Members

RSVP: Register online or contact DCV Office

Join other Villagers on a tour of the Interior Department and its murals. The escorted walking tour, led by a staff member of the Interior Department, lasts approximately one hour and focuses on the history of the building and the Department via a selection of more than 40 New Deal-era painted murals, plus several photographic murals done in 1941 and 1942 by Ansel Adams. The distance of the tour measures approximately 1 mile or 2000 steps, since the building is extremely large. See our website for more details. **NOTE: a government-issued ID will be needed to get through security.**

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# Monthly Calendar

*Continued from page 3*

## Navigating the Path Forward

Tuesday, Tuesday, June 13, 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.

## DC Chamber Musician: Concert, Reception, and Dinner Option

Saturday, June 17, 3:00–6:30 pm

Location: St. Thomas' Episcopal Church,  
1517 18th St NW (18th & Church St)

Fees: DCV will pay for the concert ticket;  
those dining pay own charges

Limit: 30 Members

RSVP: Register online or contact DCV Office  
by noon on June 2

Join fellow Villagers for a delightful evening of music and dinner. In celebration of Juneteenth weekend, The DC Chamber Musicians (DCCM) will perform a repertoire focused on Black composers and will also include a Beethoven piece. A reception at the church will follow with music outdoors (weather permitting) and light refreshments. Those who would like to get together for dinner afterwards may choose from one of three restaurants, selected as you register.

The concert program: William Grant—Still Suite for Violin and Piano; Samuel Coleridge—Taylor Piano Quintet in G minor, Op. 1; Valerie Coleman—Umoja; William Grant—Still Miniatures; Nancy Galbraith—Dos Danzas Latinas; Ludwig van Beethoven—Rondino in E-flat major, WoO 25

## Highlights Tour of the Smithsonian American Art Museum

Tuesday, June 20, 1:30–2:30 pm

Location: Smithsonian American Art Museum—  
meet at F St entrance

Limit: 15

RSVP: Register online or contact DCV Office  
by Sunday, June 18

Join other Villagers for a tour of the highlights at the Smithsonian American Art Museum led by DCV member and SAAM gallery docent, Joele Michaud. Joele, who



has led gallery and video tours at SAAM for 6 years, has a special interest in women, self-taught, and artists of color. Join her to view the 'Artist to Artist' and 'Experience America' exhibits, as well as other treasures from SAAM's collection. Visitors will meet at 1:30pm at the F Street entrance for this one-hour tour. SAAM's location is directly above the Gallery Place/Chinatown Metro stop on F Street between 7th and 9th Street, NW. If interested afterwards you can join Joele in conversation in the museum's atrium where refreshments are available for purchase.

**NOTE:** Barrier-free access to SAAM's main building is available—ramps are located on both sides of the 8th and G Streets NW entrance. If you are using MetroAccess Paratransit, please use 800 G Street NW as the address for our building. Wheelchairs are also available and subject to enhanced cleaning regulations.

## Home Social Hour

Thursday, June 22, 5:00–6:30 pm

Location: Co-hosted by Mirella Shannon &  
Joan Rogliano at Joan's home,  
1811 Wyoming Ave NW #31

Limit: 12

RSVP: Register online or contact DCV Office

Join fellow Villagers for a social hour at a member's home. This is an inside event. **NOTE:** There is no elevator, and guests will need to climb two flights of stairs inside, and half a flight outside.

## Men's Book Group

Monday, June 26, 11:00 am

Location: DCV Office—enter at 2111 Decatur Pl NW

RSVP: Contact Bob Hirsch at (703) 994-5205 or  
[rmhirsch49@yahoo.com](mailto:rmhirsch49@yahoo.com)

Book for Discussion: **Sapiens** by Yuval Noah Harari (non-fiction). New members are always welcome, and members of the group often have lunch together afterwards.

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# Monthly Calendar

*Continued from page 4*

## LIVE AND LEARN

### Social Security—Should I Worry?

Monday, June 26, 3:30–5:00 pm

Location: DCV Office—enter at 2111 Decatur Pl NW

RSVP: Register online or contact DCV Office

In his presentation, Mark Nadel will talk about the importance of Social Security, the financial and other challenges facing the system, and the various proposals being offered to meet those challenges. Join us to find out how you might be affected by these changes.

Mark Nadel was the Associate Commissioner for the Office of Disability and Income Assistance Policy at the Social Security Administration. He was responsible for providing broad policy analysis and development for the Disability Insurance and Supplemental Security Income (SSI) programs.

### Mystery Book Group

Friday, June 30, 3:30–4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Book for discussion: **A World of Curiosities** by Louise Penny

### Online Meditation

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, 11:00–noon

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



### Bridge Group

Thursdays, 1:30–3:30 pm

Location: DCV Office—enter at 2111 Decatur Pl NW

RSVP: Register online or contact DCV Office

Join other Villagers who like to play bridge

### 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

Every Thursday, 4:00 pm

Location: Usually DCV Office

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

### Dupont Circle Walking Group

Every Monday, Wednesday, Friday at 8:00 am

Location: meet at the fountain in Dupont Circle

### Adams Morgan Walking Group

Every Tuesday, Thursday at 8:00 am

Meet at northwest corner of Kalorama & Columbia that borders Kalorama Park

# Reflections and Plans

## PART 2



Ask Ann

As I start my last “Ask Ann” column, I realize I will need to find a way to do some writing in my retirement. Completing a writing project gives me a wonderful sense of completion. Maybe that’s related to my term in college during which I

wrote 26 papers!

By Ann Talty

So, what next?

Plenty! During my six years with you, I have observed and learned many different models of how to live your life in retirement. Thank you all for that. What I have learned from you and others would be four guiding principles: take care of your body, take care of your mind, have some structure in place, and be sure you have social relationships, not just over the internet.

First, I will sleep and nap, and except for Sunday mornings, I will not have to wake up to the jolt of an alarm going off. Waking up naturally really does provide a better start to the day. My other initial priority was to visit my older brother in Minnesota—that is set now for mid-July.

**For the Body:** see sleep above. Build up my walking; swim every day; do actual cooking; go on Weight-Watchers again; maybe even take a cooking class for healthy eating.

**For the Mind:** I subscribe to Wondrium (formerly Great Courses), so actually watch some of the fascinating classes; check out some OLLI classes; Smithsonian classes online or during the day. Explore museums and art galleries again. There is so much out there!

**Structure:** Right off the bat—every day (almost) walk in the morning, swim in the afternoon; Sunday morning choir; Monday meditation; Wednesday Feldenkrais; Thursday meditation. That already gives me some structure.

**Social Relationships:** my existing friendships; church and choir; my Sticks in Stitches group (knitting,



crocheting, other forms of needle-craft); try for more in-person classes to develop more friends.

I already volunteer by running said Sticks in Stitches program; my church choir director really needs a music librarian and a database of what music we have & number of copies—sound like anyone you know? The knitting is once a month, and come fall, I figure I can work on the music library in bite-size pieces one day a week.

Of course, there’s always a ka-zillion projects at home to work



on. I need a big clear-out and deep cleaning. Again, in bite-size pieces. I just haven’t had the energy in the past several years.

**DCV:** As soon as I leave the job, I will become an Associate Member—that way I can continue my current activities, and have more time for Village friendships. I absolutely intend to stay out of the way of my successor (unless she calls on me). She will have her hands full this summer learning what she needs to know. Get to know her, and I know she will do a great job.

## June Birthdays



A very Happy Birthday to members celebrating birthdays in June!

**Steve Benzek, Bryna Brennan, Rick Busch, Laurie Calhoun, Patricia Daniels, Chris Frantz, Michael Freedman, Bob Hirsch, Lindsey Holaday, Leslie Jadin, Lisa Lider, Robyn Lipton, Marie Lovenheim, Marie Matthews, Susan Meehan, Judith Neibrief, Erik Neumann, Elaine Reuben, Marilou Righini, Joan Rogliano, Mary Stevens, and Patty Zweibel**



# Longtime Volunteer Nancy Turnbull

**N**ancy grew up in the Finger Lakes region of upstate New York.

Her family owned a farm near Seneca Lake and had a summer cottage on Cayuga Lake. She attended college at Lake Erie College in Ohio, which included taking advantage of their Study Abroad program in Madrid, Spain. After college, she travelled west to Denver. It was not yet the Metropolis of today, and she had to wait a few months before she could get telephone service. In Denver, she worked for Hamilton Management which is now Oppenheimer Funds. After two years in Colorado, she decided it was time to return to the East Coast. She did not want to move to the city in New York, she loved Boston, ruled out Philadelphia and Pittsburgh and decided it was either Atlanta or Washington, DC. Afraid that Atlanta was too southern for her, she opted for DC and managed to find a job and an apartment the same week. Nancy moved into an apartment off Thomas Circle and her first houseguest asked her "Do your parents know where you are living?"

Nancy has lived in West End Foggy Bottom, Dupont North and currently resides in Adams Morgan. She fell in love with her current house in the 90s. Of all the different neighborhoods she has lived in, she believes her neighborhood on Seaton Street NW has the best community spirit. Neighbors are friendly and look out for one another. Her home had been renovated and a skylight was installed in the 80s prior to her purchase. Since then, she has installed a privacy fence and built a garden patio.

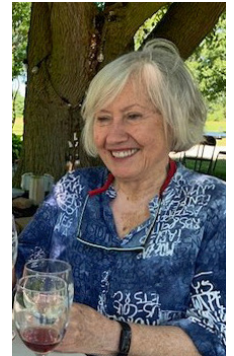
In 2003, Nancy served in the Peace Corps in Ukraine for two years. She wanted to participate in a philanthropic endeavor and was delighted when FEMA asked the Peace Corps if they had any volunteers who would be interested in going to New Orleans immediately following Hurricane Katrina. She volunteered

there for two months and was then offered a permanent position on the FEMA staff. Her background working with Trade Associations prepared her to identify community leaders and advise them on what the federal and state organizations could do for their constituents. Nancy retired in 2016.

Having lost her mom, just prior to retirement, Nancy decided to travel around the US to visit her living relatives. She took two international trips every year before COVID. When she was in Morocco, this March, she caught COVID and had to isolate. She also decided to start volunteering. Nancy is not sure how she discovered the Village. Her first Village activity was the walking group. Most of her friends were still working or living in Virginia, so her walking group quickly evolved into her social circle. Since COVID, the walking group expanded, and she is able to walk with a different person each

day. She also takes advantage of the heritage walks offered by the city. Hobbies include walking, hiking in Rock Creek Park, and gardening, she finds it therapeutic getting her nails dirty. She is

a friendly caller and is a part of two informal care groups. Nancy has organized a few social hours, is a tour guide at the Kennedy Center, has seen many Kennedy Center productions (which has provided her an entrée into opera appreciation) and she is an usher at the Shakespeare Theatre. She travels to the Finger Lakes annually to remain connected to her family. The family farm she grew up on is currently inhabited by her brother's daughter.



## Meet Member Leslie Carothers

**L**eslie Carothers grew up in a small town near Cincinnati, Ohio. She came to DC in 1967 after graduating from law school to work at the Department of Justice



### DCV Member Profile

Congressman, Gilbert Gude, a big environmentalist, and then she joined

the Environmental Protection Agency shortly after it was formed in 1971.

Leslie worked for the EPA in Washington for four years. She was the lawyer representing the EPA in the development and legal defense of the first regulations to cut the use of lead additives in gasoline. Barely 30 years old at the time, she still cites that early rule as her most important career accomplishment in the protection of public health, especially for children. She then moved to Boston to serve as an EPA regional executive in New England in 1976. She was appointed Commissioner of Environment for Connecticut, a very interesting and demanding job implementing environmental programs. In 1991, Leslie joined United Technologies, the big aerospace and building

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systems company based in Hartford, CT as Vice President of Environment, Health, and Safety. She worked with the CEO and other senior staff to set and oversee policy and performance standards for over 100 factories in the U.S. and around the world.

Leslie returned to Washington in 2003 to head the Environmental Law Institute (ELI), an independent, non-partisan environmental law and policy think tank. She is now a Visiting Scholar at ELI. She was generally one of the first women to occupy the executive environmental positions she held. There are plenty of women in leadership positions now!

As a Visiting Scholar, she helps on special projects as needed. Her favorite pre-pandemic project was joining ELI's training program for Chinese environmental advocates and prosecutors on how to bring public interest cases against polluters

and governments failing to act. She lectured on the U.S. experience on two great visits to China with Zhuoshi Liu, then ELI's Chinese lawyer, now an American citizen. Leslie is also a longtime member of the Board of the Center for Climate and Energy Solutions. Nat Keohane, the terrific President, recently did a DCV CelebSalon.

Her interests other than the environment are visual arts, politics, and traveling to places with interesting history, good museums, and natural beauty. She just returned from a visit with family to Madrid and a wonderful cruise on the Douro River in Portugal. She likes to see her brothers and their families in Chicago and Atlanta at least twice a year. She has eight amazing great nephews and two great nieces. The little ladies have red hair!

As for politics, I waved "I Like Ike" banners at age ten, but am no longer a Republican! Most of my Republican

friends are now independents. The current political scene here and abroad is deeply discouraging, but good people need to stay engaged. I support candidates and progressive grass roots organizing groups, write postcards to voters, and sometimes participate in campaign canvassing.

Leslie sold her second home in Connecticut in 2018 deciding that DC was a more "elder friendly" place to retire! She lives north of Dupont Circle and loves the neighborhood.

DCV programs have been very valuable in many ways. She has enjoyed the French conversation group in the past and a number of social events. She recommends Mayu's online yoga class. A terrific member repaired an antique quilt for her. A DCV email on available vaccines in 2021 enabled me to get a vaccine needed to schedule some surgery. The staff does a great job keeping a complex organization of volunteers running smoothly.

## Out and About

▶  
**Abigail Wiebenson** leading the pack at her 60th reunion at Smith College in Northampton, Massachusetts. It is the oldest reunion class and Abigail has high hopes for the future after speaking with the current students.



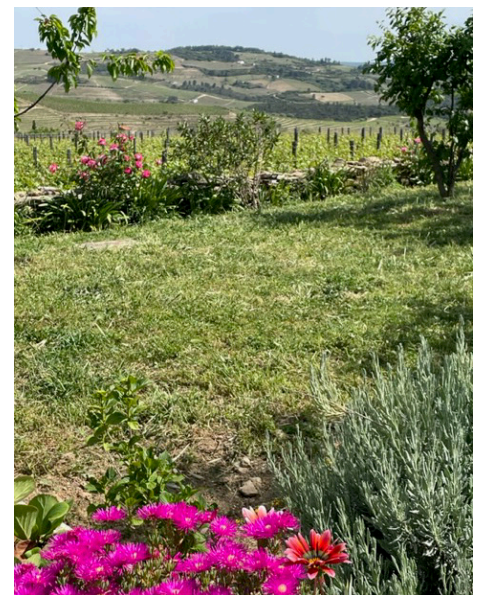
▲  
"You may be Charles III, but we're busy playing pickle ball."  
Barbie Pond, 15th & Q, sent in by member **Jim Chamberlin**.



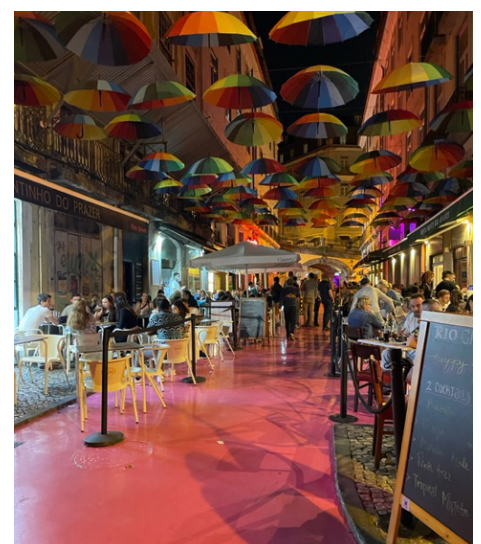
# Out and About



▲ **Craig Howell** led a group of Villagers on an informative tour of Congressional Cemetery. **Peggy Long, Marie Matthews, Beth Merricks, Ceceile Richter, Barbara Sloan, Val Wheeler, John Wheeler, Judi Lambart, Craig Howell, Margaret Dunkle** and **Mary Jean Collins**.



**Sarah Burger** hosted a lovely celebration for Villagers born in May. The three-tiered chocolate cake that master baker **Monica Heppell** made, was heavenly. **Barbara Meeker, Louise Krumm, Kenlee Ray, Leslie Sawin, Mike Higgins, Beth Merricks, Joan Treichel, Joy Rodman** and **Don Krumm**



▲ **Donna Batcho** traveled to Portugal in May. She was able to visit the Douro River in Porto, the Douro Valley and Pink Street, Lisbon.



# Out and About



▲ Villagers taking advantage of the lovely weather and enjoying a happy hour on the patio of Dawson's in Dupont. **Ken Shuck, Bella Rosenberg, Sheila Lopez, Sasha Mabry, Monica Heppell, Judith Neibrief, Jerry Sandridge, Joyce Liberto and Sam Liberto.**



▲ **Iris and Michele Molotsky** receiving their meal from the DCV Meal Mavens. Michele remarked "now we don't have to argue about what we'll have for dinner". Volunteer **Teddy Mann** made them lamb curry.



▲ The membership and activities committee (MAC) had a delicious but bittersweet farewell lunch for longtime chair, **Abigail Wiebenson.**



# Out and About



▲ A group of seven Villagers (see attached photos) and two caretakers has a wonderful hour and a half with the new DCV Health Care Navigator, Lee Reed. Conversation began learning more about Lee and her impressive background, skills, and ideas for helping the Village. But conversation ranged from Villagers' views on what we all felt a Health navigator could do for all of us and confidentiality to racing car driving, accidents and holding a "Gray Party." There were serious moments but also lots of laughter. **Miriam Schottland, Lee Reed, Sarah Burger, Carol Galaty, Abigail Wiebenson, Nancy Turnbull, Chris Hannah and Gretchen Ellsworth.**



▲ **Kathy Price** visited her sister in Costa Rica, then had a very late family Christmas with her children and grandsons in St Martin.



▲ DCV partnered with Giant Pharmacy, once again, to host another vaccination clinic for our members to receive the latest Covid booster. Pharmacist Laura Parker with **Ellen Brody** in our office 'clinic'.



Kennedy Center docent, **Nancy Turnbull**, delighted Villagers with a Kennedy Center Campus Highlights tour covering a portion of the original building, a portion of the REACH campus, and the Gallery's new JFK exhibit. **Joan Rogliano, Beth Merricks, Mary Wheeler, Marie Matthews, Peggy Siegel, Nancy Turnbull, Margaret Dunkle, and Jeanne Downing.**



Patricia Black is recuperating well after a fall on St. Paddy's day.



The DCV In-home Social Hour at Leslie Sawin's beautiful apartment was thoroughly enjoyed by ten Villagers! The group gathered in Leslie's sunken living room surround by her impressive collection of Japanese, Māori and Northwest American artwork. But quickly migrated to sit around her dining room table with a delicious selection of fruit, veggies, savories, and cookies, augmented by wine, tea and sparkling water. Conversation tended to move between one-on-ones and large groups.

In the photo from left to right **Anita Gottlieb, Marie Marcoux, Anna Greenberg, Ginny Finch, Yvonne Mishler, Olga Hudecek, Ken Shuck, and Leslie Sawin.** Missing from the photo but present at the Social Hour were **Carol Galaty and Joan Rogliano**



# Out and About



▲ **Shubh Schiesser** and her daughter, **Era**, sending warm regards from Paris.



▲ Villagers enjoying an outing to the Tregaron Conservancy with docent, **Jeffrey Catts**. **Chris Hannah, Peggy Long, Judi Lambart, Dennis Houlihan, Jeffrey Catts, Ceceile Richter, Marie Matthews, Monica Heppel, Nancy Turnbull** and **Mary Wheeler**.



▲ **Geri McCann** was out for a summer stroll and captured The National Museum of African American History and Culture, and the Washington Monument.



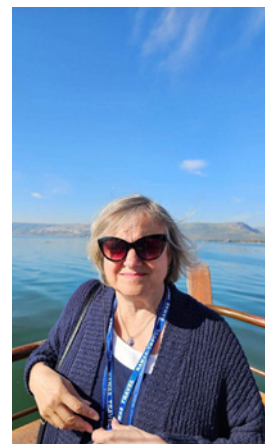
▲ **Lucia Edmonds** hosted one of the DCV social hours. Attendees From left rear: **Nancy Turnbull, Suman Sorg, Karen St. John, Sam Liberto, Lucia Edmonds, Joele Michaud, Michael Speer,** and **Dianne Laughlin**. Seated: **Mark Goldstein** and **Joyce Liberto**



# Out and About



▲ 35 members enjoyed the annual DCV picnic at the Heurich Mansion courtyard. It was one of the nicest days in May.



▲ **Nancy LaVerda** recently visited Israel and Jordan. Adventures included floating in the Dead Sea, sailing on the Sea of Galilee, and riding a camel in the Wadi Rum desert in Jordan.



## 15-Minute Meal



### Baked Cherry Tomatoes and Feta

By Lynn Lewis

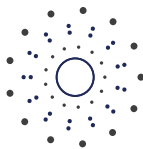
#### Ingredients:

- 1 pound of Feta cheese
- 2 cups cherry or grape tomatoes
- 1/4–1/3 cup olive oil
- 1–2 tablespoon of capers
- 1 teaspoon of dried oregano
- Pinch salt & pepper
- 1/4 teaspoon crushed red pepper flakes

#### Instructions:

- Preheat oven to 400.
- Place feta in center of 9–10-inch baking pan
- Arrange tomatoes around feta, season with salt and pepper
- Drizzle olive oil over tomatoes & feta. Add capers, season with crushed red pepper & oregano.
- Bake for 20 min; run under broiler for 2–3
- Serve with sliced bread, veggies or pasta.

**DCV Commitment to Diversity, Equity, and Inclusion:** Dupont Circle Village (DCV) is committed to being a diverse, equitable and inclusive organization. We condemn all forms of discrimination in our society. We aim to make our organization one that is open and welcoming to all. We recognize that the human experience comes in all colors, shapes, abilities, economic circumstances, ages, backgrounds, gender expressions and identities, and sexual orientations. We strive to celebrate these differences and recognize how they benefit our community. To this end, we will do what is necessary for us to grow as a community and as individuals who respect and care for one another.



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

**Dupont Circle Village**  
2121 Decatur Place NW  
Washington, DC 20008  
[www.dupontcirclevillage.net](http://www.dupontcirclevillage.net)  
[admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)  
202-436-5252

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