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## NEW MEMBERS

We give a hearty welcome to six new members of Dupont Circle Village:

**Georgette Sobel and Nicholas  
Kittrie  
Lynette Long  
Pender McCarter  
Carol and Tod Ragsdale**

## Securing the Prominence Women Deserve

### *Women's Issues are My Passion!*

Lynette Long, Ph.D., one of the newest members of Dupont Circle Village, came upon one of her current passions serendipitously during a tour of the U.S. Capitol Building. Although she has long believed in, and worked on behalf of women's issues, she was shocked when during a tour of the United States Capitol she discovered that only nine of the one hundred statues (two per state) in the National Statuary Hall Collection were of women. In the middle of the tour she made a commitment to herself to increase the number of women in The Collection.

Coincidentally, within a week Lynette read a *New York Times* article that reported on Ohio's request to Congress to replace one of its two statues with a statue of a more current personage. Looking at the list of nominees, Lynette saw no women: "This was not an acceptable situation; so I decided to see what I could do to include women on the list." Moving quickly, she contacted friends and other women's groups, and succeeded in having numerous women nominated for consideration including Harriet Beecher Stowe, Annie Oakley and Judith Resnik.

However, despite her best efforts, Ohio eventually selected Thomas Edison to represent them in National Statuary Hall.

That did not deter Lynette: she decided to recommend Maryland replace one of their statues in the Capitol with one of a woman. Clara Barton, Rachel Carson and Harriet Tubman were all strong potential candidates. She solicited the help of Maryland National Organization for Women, and they chose to campaign for Harriet Tubman to replace John Hanson. The head of the Women's Caucus, Delegate Susan Lee, introduced



Lynette Long

the legislation. Although the bill passed successfully in the House of Delegates, they could not get the bill through the Maryland Senate. However, Governor Martin O'Malley allocated \$8.5 million dollars for a Harriet Tubman Museum in Dorchester County.

But each time Lynette gets closer to her goal of adding a nationally distinguished woman to the National Statuary Hall Collection in the United States Capitol. She has gotten approval to replace a statue of John Ingalls with one of Amelia Earhart in The National Statuary Hall Collection representing the state of Kansas. Currently she is working in conjunction with the Atchison Chamber of Congress in developing the Amelia Earhart Statue Selection Committee which will select the artist via an open national competition and raise money to fund the statue of Amelia Earhart.

The statue of Earhart will be eleven feet tall and will be made of bronze.

Closer to home, in DC, Lynette has approached the DC Council, lobbied for, and received verbal support for honorary street signs recognizing distinguished women who resided on streets in various

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## MONTHLY Calendar

### SUNDAY, NOVEMBER 18 6—8PM

**Sunday Soup Salon.** Guest speaker, Villager Norman Brown, speaking about his time working on the Manhattan Project at Los Alamos during the 1940s. Norman will do a limited show-and-tell, including showing some of the fused sand that had been under the tower at the Alamogordo bomb test and artifacts showing the construction of the plutonium bomb core. For reservations contact Lucia Edmonds, [lucia.edmonds@gmail.com](mailto:lucia.edmonds@gmail.com). This event is for Village members only. Home of Carol Galaty. Wheelchair accessible.

### MONDAY, NOVEMBER 19 6—7:30PM

**Living with Alzheimers.** Iona and the Alzheimer's Association of the National Capital Area are partnering to provide a new educational series, one for people caring for someone who has been diagnosed with early stage Alzheimer's and one for people who have been diagnosed with Alzheimer's. These sessions meet simultaneously and are free. Iona, 4125 Albemarle Street, NW. Nearest Metro is Tenleytown. Space is limited. Register early. For information and to register email [info@iona.org](mailto:info@iona.org) or call (202) 895-9448 [option 4].

### MONDAY, NOVEMBER 26 6 - 7:30PM

**Living with Alzheimers.** See above

### FRIDAY, NOVEMBER 30 4 - 7PM

**Open House.** You are cordially invited to visit Dupont Circle Village's new office at 2121 Decatur Place NW. Come see the new office, check out our operations and toast this incredible milestone for the Village! RSVP to [bernice@dupontcirclevillage.org](mailto:bernice@dupontcirclevillage.org).

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—Iris Molotsky

Choice and options — two words we have heard quite often during campaign season. (This is being written before November 7). But as I listen to the election rhetoric, and it's impossible not to, it occurred to me that these two concepts are the embodiment of our Village.

We have chosen to live in Dupont Circle for so many reasons: neighborhood ties, financial security, close friends and relatives, great restaurants and nearby shopping opportunities. We joined the Village because of the options it offers: volunteer support, social events, educational seminars, exercise and walking groups, new friends—and individual benefits tailored to your unique requirements.

The Village concept provides all of us with opportunities to make choices and allows us the means to turn our decisions into reality. No wonder it's caught on throughout the country. And not just nationally.

In October Executive Director **Bernice Hutchinson**, Volunteer Coordinator **Bob McDonald**, Grant Administrator **Jim Whaley** and I attended the national Village-to-Village Network Conference in Atlanta. There was much information and a valuable exchange of ideas over the three days, but I really connected with two particular presenters: **Irene Hoskins**, who spoke about the World Health Organization's International Federation on Ageing and Professor **Jacques Allegro**, who has started Stadsdorp Zuid, a village in Amsterdam.

## FROM THE President



Earlier this month we reported on our two government taskforce visitors from France who were eager to learn more about the village concept. Two weeks ago, Mayor Vincent Gray announced that the District of Columbia was an age-friendly city, one of seven cities taking the lead in creating programs designed to encourage active and healthy aging. DC's Office on Ageing's strategic plan for **New Community Living** is available on our website: [www.dupontcirclevillage.org](http://www.dupontcirclevillage.org).

Nationally and globally, governments are trying to figure out how to meet the demands of the fastest growing population segment, which is us and the baby boomers who are beginning to join us in the over 60 age group. China, with its "one child" policy is facing a particularly difficult situation, but almost all countries must address the question of increased geriatric needs. The concept of "age friendly" and "liveable cities" is catching on.

Most of us have seen signs posted when you enter a new city that say "City X is a twin town with City Y. Wouldn't it be terrific if, in the near future we were driving and saw a sign saying "Dupont Circle Village twinned with West End, MO Village" or "Dupont Circle Village, Washington DC" twinned with "Stadsdorp Zuid Village, Amsterdam, Netherlands?" ■

**Linda Harsh** will be attending a family reunion in New York City for a week during November.

**Lucia Edmonds** will be visiting friends and family in Los Angeles and Monterey CA. during Christmas and New Year's holiday season. Lucia fully expects to be hiking by the seaside and in the mountain state parks with her nephew during her time in Monterey.

**Peg Simpson** took a quick trip to New York City to attend the 40th anniversary celebration of MS Magazine. She was the DC editor during its heyday.





## MONTHLY Calendar

### MONDAY, DECEMBER 3 3:30—5:00PM

**Live and Learn Seminar.** Lisa Sargent, Doctor of Audiology, will focus on the problems of hearing loss and will explain how hearing is tested. She is a member of the American Speech-Language and Hearing Association and Fellow of the American Academy of Audiology. St. Matthew Cathedral, 1745 Rhode Island Avenue, NW. Meeting room. For reservations, contact Linda Harsh, 202-234-2567, or lindajkh@mac.com. The talk is free for Village members and \$10 for others. The building is wheelchair accessible.

### TUESDAY, DECEMBER 4 12—2PM

**Lunch at Ben's Next Door.** Located right next door to Ben's Chili Bowl, Next Door has the same warm feel but with more of a flair. Cost for the meal is \$20 per member (includes tax and gratuity). All beverages (plus tax and gratuity) additional. RSVP no later than Saturday, December 1 to: jneibrief@aol.com. Please put "NEXT DOOR" in the subject line. 1211 U Street, NW (on the north side of U Street just after Ben's Chili Bowl). Limit 20.

### SUNDAY, DECEMBER 9, 10AM—

**Bagels and coffee with Marcy Logan** at 1767 Swann Street, NW.  
RSVP logan.marcy@gmail.com

### TUESDAY, DECEMBER 18 11:30—12:30PM

**The Civil War and American Art exhibit** will examine how America's artists represented the impact of the Civil War and its aftermath. The exhibition will include 59 paintings as well as 18 vintage photographs. RSVP no later than Thursday, December 13 to: jneibrief@aol.com with "CIVIL WAR" in the subject line of your e-mail. Limit of 20. Smithsonian American Art Museum, between 8th and 9th and F and G Streets, NW Gallery Place-Chinatown Metro exit at 9th & G Streets NOTE: the museum does not open until 11:30 a.m.

By popular demand, we will be exploring **gluten free** recipes from time to time. This month, pancakes for breakfast (or any time.) Please submit your recipes for other gluten free meals.

### PEANUT BUTTER PANCAKES (FROM VILLAGER JUDY KRIEGER)

1 very ripe banana, mashed  
2 tablespoons salted peanut butter  
3 eggs  
Ghee (skimmed butter) or other cooking fat, as needed

Blend first three ingredients together. Pour onto greased pan heated to medium. Brown both sides. Serve with blend of honey, butter and lemon juice. Also, fresh or frozen fruit heated with honey makes a wonderful syrup.

### LAZY MAN'S PANCAKES

Buy a box of Bob's Red Mill gluten free pancake mix (available at Giant, Whole Foods or online.) Add 1/2 teaspoon vanilla to mix. Then add (optional) raisins, nuts or orange zest. Delish!

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neighborhoods. If you go to her web site ([www.equalvisibilityeverywhere.org](http://www.equalvisibilityeverywhere.org)) you can find the addresses of over 100 famous women who have lived in DC and specifically those who have lived in the Dupont Circle area.

She has also approached the Postal Service about having more women honored on stamps—only 25% of the current stamps that honor people, honor women. Lynette has contacted Google to see if more women of distinction can be included in the international Google doodles they periodically post. Between 1998 and 2010, only one woman had a Doodle created and circulated worldwide to honor her work—Mary Cassatt.

All the above activities are handled by the non-profit organization Equal Visibility Everywhere (EVE), founded to support Lynette's passion of getting more recognition for women who have made great contributions to our culture.



—Judy duBerrier

### APPLE OATMEAL PANCAKES (4 - 6)

6 egg whites (or two whole eggs plus 2 whites)  
1/2 cup dry oatmeal  
1 tablespoon unsweetened applesauce  
pinch cinnamon  
pinch stevia (or sugar)  
1 small apple, finely diced  
1/4 tsp baking soda

Combine all ingredients except apple. Heat pan to medium. Spray with Pam. Drop batter by spoonfuls onto pan. When bubbles appear, drop diced apple onto cakes. Cook 30 seconds, then flip.

Comments/recipe submissions to: judyduberrier@verizon.net. 202-328-9123.

All members who wish to work with Lynette on any one of the above projects, in any capacity, can e-mail her at Drlynnettelong@aol.com.

Meanwhile this whirlwind of energy is a full-time practicing licensed psychologist, a prolific author who has written twenty books including many in the field of psychology and published many articles in trade and professional journals, as well as popular magazines. Oh, yes, she has also written three plays, two of which have been staged.

In what time is left during the year, Lynette is "a passionate traveler, having already visited 60 countries, and adding India to the list this coming December. The more adventuresome the trip, the happier I am. During my travels, I get to practice my other hobbies including photography and snorkeling. I have a daughter in London, so I often visit with her and my grandson while on the way to another adventure!" ■

## Calling All Volunteers: The Winter Red Alert Team

— Bob McDonald

When Hurricane Sandy recently threatened our area, we reached out to our volunteers for those who would be able to assist our members as the storm hit and in the aftermath. Because the storm did not affect our area severely, the needs of our members for volunteer services were minor. As we have come to learn with such events, preparation is vitally important.

As we look forward to the coming winter months, we can hope for a mild winter season like the one we had last year. However, we also remember what it was like in 2010 when we were hit by one blizzard after another.

Over the past two years, the Village has mobilized a **Red Alert Team** to respond to the needs of our members in inclement weather. We are now re-activating this team and are gathering data on those volunteers who are able to respond quickly and who have specialized "winter skills and equipment."

Here are some of the ways this team can respond: shoveling and de-icing steps and walkways, making hot meals, running errands, and providing transportation. If people are confined to their homes for a period of time because of the weather, members might benefit from friendly visits from those who can manage the elements. We are also updating our records on anyone with four wheel drive vehicles, spare shovels, and other "winter equipment."

We are recruiting from both the volunteer and membership rosters for this team. To volunteer for this Winter Red Alert Team, please contact me at bob.mcdonald.dcv@gmail.com. ■

## An Inside Story on a Gold Standard *Soup Salon Features the New York Times*

—Iris Molotsky

October's Sunday Soup Salon speaker, **Irv Molotsky**, has a journalism career that spans from his first job in 1956 at the *Philadelphia Inquirer* as a copyboy to 34 years as an editor and reporter with the *New York Times*, first in New York and then in the Washington bureau prior to his retirement in 2001. Since retiring, he was worked summers in Paris at *The International Herald Tribune*.

He began by asking, "Who knows anyone under 30 who reads the print version of a newspaper?" No one did. He then went on to lay out the dire state of print journalism today. There has been a drastic decline in advertising, he said, and while circulation has held up at papers like the *Times*, it cannot compensate for lost ad revenue. "It is possible that income from the Internet version of the paper will, at some point, replace the declining revenue from the print version," he added.

He thinks the immediate future does not look good because for every \$8 lost from ads in the print version only \$1 is earned online. He sadly noted continuing staff cuts at the *Times* and other papers, leading to increased workloads for remaining employees. Although he believes the *New York Times* remains the gold standard for quality journalism, mid-size and smaller newspapers are really suffering.

"American democracy is built on freedom of the press and accurate reporting," he says, "and if the *New York Times* is unable to



Irv Molotsky

produce the quality journalism it has been known for in the past 100 years, we will have lost an essential part of our heritage."

He also shared some of his experiences as a reporter. His first front-page story was about a couple arrested for eating a cookie on the sidewalk on Ocean Beach, a Fire Island community. The story reverberated around the world—appearing in the *Jerusalem Post*, where the judge's cousin read it. His last front-page story was about a Baptist missionary plane shot down over Peru because it was mistakenly identified as a carrier of contraband drugs. As was noted at his farewell party, his career went from cookies to coke.

A record 35 people attended October's soup salon. ■

## Reminder:

### DON'T FORGET YOUR SMARTTRIP CARD!

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

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





## Unique, Diverse, Eclectic Homes — The DCCA House Tour

—Iris Molotsky

The Annual Dupont Circle House Tour, held on a glorious October Sunday, was once again a “resounding success,” Dupont Circle Citizens Association President **Charlie Ellis** reported. Ellis, who recently assumed the presidency of this venerable Dupont Circle civic association, attributed the successful day to the “DCCA Board, our members and our volunteers, who all pitched in vigorously and cooperatively to make things work.” House Tour co-chairs **Robin Diener** and **Ruth Horn’s** hard work was rewarded by the large numbers of people who took part in this year’s event.

The tour included an amazingly eclectic collection of private homes, art galleries, the Embassy of the Republic of Congo, where the tea was held, the Kurdistan Regional Government U.S. Headquarters and the House of the Temple, the headquarters of the Scottish Rite of Freemasonry in the Southern Jurisdiction of the United States. House selection committee members, Charlie Ellis, Ruth Horn, **Nelson Marban**, **Tony Politt** and **Stephanie Sheridan** deserve great credit for coming up with a winning selection of unique, diverse houses.

Villagers **Marcy Logan** and **Victor Wexler’s** homes were on this year’s tour. Marcy’s house, part home, part art gallery, is a superb example of multiple restorations—supervised by Marcy, who personally gathered some of the vintage materials

used. The latest renovation was designed around the art collection of artist **Robert E. Kuhn**, whom Marcy represents. Visitors were treated to fascinating examples of his art throughout the house. Marcy says she has undertaken so many reservations because she can’t leave Washington. Many of us agree and are delighted she has chosen to remain here and continues to contribute to the Village and our neighborhood.

Victor’s condo was listed as a “jewel,” which is an apt description. The rooms are filled with light throughout the day, which creates an impression of airiness and space, despite its relatively small dimensions. Victor’s use of distinctive wall colors combined with art and sculpture lovingly collected over the years makes this home truly reflective of Victor’s personality: creative, inquisitive and a world class bibliophile.

Visitors to **Monika** and **John Relman’s** home on Church Street were greeted at the door with a request to remove their shoes or put on booties, which was the first indication that this house was different. Porcelain tile floors throughout the house are used to diffuse geothermal heat from below. The “green” house is a collection of sophisticated, sustainable technologies that use a variety of energy-saving water and heating strategies.



From left: House captain Peggy Simpson, Iris Molotsky and Jim Ostryniec on the porch of the Relman House.

From the outside, the S Street house owned by **Travis Hatch** and **Scott Segal** appears to be just another elegant, superb example of late 19th century Victorian architecture. But what a surprise awaited visitors who stepped into this unusual house! The first thing noted by this visitor was the original border design in the parquet floors. There are innovative touches throughout the house that integrate modern design with a Victorian love of color and over-the-top kitsch. By removing walls and creating multiple areas flooded with light, the owners have created a most museum-quality livable home.

Eight Villagers served as monitors this year: **Lucia Edmonds**, **Nancy** and **Dan Gamber**, **Carol Galaty**, **Judith Neibrief**, **Gerry Schwinn**, **Peg Simpson** and **Abigail Wiebenson** and an unknown number of Villagers participating in the tour. DCV, a strong supporter of DCCA, is pleased we can be part of such a valuable tradition in our neighborhood. ■



Kudos to the Metlife grant team: **Bernice Hutchinson**, **Jim Whaley** and **Iris Molotsky**. Bernice did the writing, Jim fleshed out the arguments and Iris put the demographic data together to build an extraordinarily convincing narrative in a

very short time. On November 1, the sad news of Hurricane Sandy was pushed into the background by the good news that DCV has again been awarding a second sustainability matching grant.

Washington was fortunate to escape the worst of Hurricane Sandy but there were still storm-related complications. Bob and David went to the office the night before the storm hit to “batten down the hatches” and make sure everything was secured.

The day of the storm, Bernice and **Bob McDonald** responded to phone calls and provided reassurance when needed. Bob sent out requests for volunteer assistance and received responses from volunteers willing to help. So kudos to our hard working office guardians, to the volunteers who were willing to help out in the midst of a hurricane — and to all of us, who showed how a village can come together in an emergency.

# Retaining Independence, Enhancing Our Social Fabric

## *The Village-to-Village Network Atlanta National Conference*

—Peggy Simpson

A decade into the national Village movement, the most salient selling point of Villages is helping in retaining independence, followed closely by enhancing the social fabric between individuals.

And not to be sneezed at is the village's ability to give its members something akin to a roadmap to this "getting older" process.

More than 100 villages are off the ground, that many or more are in the works. At the national Village-to-Village Network convention in Atlanta this fall, pioneers shared their strategies with newcomers – and with each other.

Some of the key topics:

- Fundraising
- Cutting-edge programs
- Building trust and credibility

This year, it wasn't so much a question of how much to charge for dues but what other ways can be devised to bring in money so that dues can be kept in check.

Some villages had offered "associate memberships," for instance, aimed at neighbors who said they were "not ready yet." They could become associates for half the price of regular dues, participate in activities but not request services. When dues-paying members downgraded their membership to get the lower dues, however, this raised fears that the associate dues would cannibalize rather than bolster the village's finances.

Capitol Hill Village recently unveiled a different strategy. Starting this fall, they offered a "social membership" that costs the same as their regular dues (\$550 for an individual, \$800 for a household) but is fully tax deductible. They can attend events but not request

services. Former executive director Gail Kohn, who now is a fundraiser for the CHV board, said the "social members" could donate for a tax break but this way they are more intimately involved with the village. Other villages appear likely to copy this.

Few villages get any federal money; some get money from health-related foundations and a few have persuaded insurance companies to give them grants to subsidize transportation to doctors or for programs aimed at smoking or nutrition issues or dealing with chronic diseases.

One village has begun a "conversation and coffee" sit-down with members to look at recent bumps in the road and to discuss what had happened and how the villager had identified ways to handle events differently.

Several villages are developing flash drives for their members that contain pertinent health information that can be given to a first responder or an ER doctor. These also contain key contacts for the villager.

Three-fourths of all villages are the stand-alone type, such as our own.

Some West Coast villages are attaching themselves to long-existing senior centers, however. Most boomers had stayed away from those centers – too old-school, too "top-down" in attitudes or programs. These centers often have an abundance of resources, however, including meeting and office spaces. New cooperation is occurring with the village, where decisions on dues and programs are made by the members rather than the managers, are co-sponsoring programs with the center and, often, getting free rent in the bargain.

Another change concerns nursing homes or CCMCs, continuing care medical centers. An increasing number of villages are partnering with them on a limited but valuable number of issues, including using their handymen-repair sources or drawing upon their professionals in falls-prevention and nutrition.

A few villages, including Mt. Vernon at Home, have members who move into nearby retirement homes but continue to pay full dues so they can still request volunteers to drive them to their own activities – such as to a party or to a book club.

University of California researcher Andrew Scharlach, who began studying aging-in-place villages three years ago, gave this snapshot of 71 of them today:

- The average village has 100 members; the largest has 550
- There is a huge range in dues, ranging from \$50 to \$1285 per person a year.
- Half of all villagers live alone.
- 67 percent of villages offer discounted dues for lower income members.
- 80 percent have at least one paid staffer.
- Budgets range from \$82,643 to \$674,000.
- On average, 50 percent of the budget comes from dues, 24 percent from donations, 12 percent from foundations or corporations, 12 percent from nonprofit organizations – and only 2 percent from government grants.
- Only 7 percent of village members are minorities.
- 60 percent of villages are working to make their overall city and community safer.

Villages, he said, are proving "uniquely able to translate" principles of civic and social engagement into reality. ■

## It Takes a Village — *Developing a Strategy for Membership+*

—James Whaley

We've all heard "it takes a village to raise a child." It also takes a village to ensure all older individuals can live in their own homes for as long as possible. From its founding, Dupont Circle Village made a commitment to be an inclusive village inviting all neighbors to join regardless of income. The DCV instituted a Membership+ Program with reduced fees to permit those unable to afford the full fee to be Village members. In looking toward the future, the board determined a strategy needed to be developed to make Membership+ financially sustainable.

One year ago, DCV received funding from the MetLife through the Village-to-Village Network to research sustainability options for this program. In this research, a selected number of Villages across the country were interviewed about the operation of their Membership+ Programs. The research revealed:

- The full membership fee does not cover the expenses required to serve a member. Every member is subsidized.
- Some Villages are programs within much larger organizations. The larger organization may absorb part of the costs.
- Villages find it's difficult to raise sufficient funds during their general fundraising efforts to support Membership+ programs.
- Some Villages have received designated grants to support Membership+. These grants come with specific eligibility requirements that may not conform to the Villages' standard practices. There is no guarantee the grants will continue in future years.

The most successful villages have created a dedicated fund with a separate name such as the "Jane Jones Fund." With the fund, donors know the money they contribute goes specifically to support those who cannot afford the full membership fee. This fundraising is conducted at a different time from the general Village fundraising and is most easily done. This finding will be included in the recommendations to the DCV board. ■

## Combined Federal Campaign: DCV Seeks Donations

Dupont Circle Village is proud to be among the 4400 charitable organizations included in the 2012 Combined Federal Campaign of the National Capital Area.

From now until **December 15th**, active and retired Federal employees who reside in the District of Columbia, the Maryland counties of Calvert, Charles, Montgomery, and Prince Georges, and the Virginia counties of Arlington, Fairfax, Loudon, and Prince William can choose us as the charity of their choice and make a donation that comes to DCV.

How Can DCV Members and Volunteers Help Our Cause?

1. If you are an active or retired federal employee, then consider making a contribution to DCV through the CFC. Click on this link, [Charity Search](#) to make an online pledge or to search and find DCV's brief description. DCV's unique CFC Number is 69799.
2. If you are an active federal employee, then find out how DCV can come out and address your agency. We would love to bring brochures, flyers and a brief message about our Village to you and your colleagues.
3. If you are not a federal employee but have access to federal agencies and their employees, then make a special effort to promote the Village with them. Ask about opportunities to visit their agencies to promote DCV as a charity worth choosing.
4. Volunteer your time to make phone calls to federal agencies and promote DCV as a 2012 CFC charity.
5. We would also like your ideas for getting more visibility with federal agencies. So share your ideas with us. ■

## Welcome to the DCV Open House

You are cordially invited to visit Dupont Circle Village's new office at 2121 Decatur Place NW on Friday November 30 from 4—7PM. Come see the new office, check out our operations and toast this incredible milestone for the Village! Iris Molotsky says, "So many of us have waited for the day when the Village would have a permanent home. I hope everyone can join us for a joyful celebration." She adds that once members and volunteers see our new office, they will realize how beneficial it will be for all of us. ■



Art surrounds and surprises at every turn — including the kitchen.

## A Wonderful Way to Begin the Holiday Season

Member Marcy Logan is extending a warm invitation to fellow DCV members to join her for a bagels and coffee, newspapers and a fireplace on Sunday, December 9 at 10am.

Abigail Wiebenson, a recent house monitor on the DCCA House Tour, commented that "Marcy's house is truly magical, it's an art gallery surrounded by colorful, interesting objects and comfortable, inviting furniture and wonderful light. There are drawings on the walls with quotes -- all unique and original... It's a perfect Sunday salon for conversation." All art work is available for purchase. 1767 Swann Street, NW. RSVP [HYPERLINK "mailto:logan.marcy@gmail.com"](mailto:HYPERLINKmailto:logan.marcy@gmail.com) [marcy@gmail.com](mailto:marcy@gmail.com) ■



## Lively Information Dinners for Potential Members and Volunteers Continue...

—Abigail Wiebenson

Nine friends and neighbors came to our October bi-monthly dinner. These evenings are always a testament to the interesting individuals who have chosen to live in Dupont Circle. We invite those “of a certain age” who have come to our attention because they have expressed an interest in the Village and/or have been referred by members. Villagers who recommend guests are also invited to the dinner. In addition to the host, **Bernice Hutchinson** and **Iris Molotsky**, DCV president, are also invited along with **Bob McDonald**, our Volunteer Services Coordinator. These evenings generate a sense of community and often yield new members and volunteers, much to our delight.

During the evening, we invite guests to talk about themselves and how they came to live in our neighborhood. They are always fascinating stories. Subsequently, Iris and I talk for a few minutes about the Village and invite attendees to ask questions about membership and/or being a volunteer.

One of the recent attendees captured the feel of the dinners when she wrote, “Here is a heartfelt thanks. What a lovely event. Yummy food, interesting new people, a very warm reception and an entirely authentic pitch for the program - the best kind. A quality evening.”

Please consider inviting your friends and neighbors who might be interesting in joining the Village to learn more about the Village. The next information dinner is Wednesday, December 12th from 6:30-8:30. Please contact me anytime with names and contact information. Thank you very much. Word of mouth continues to be our most effective selling point for potential members and volunteers. [abigailwiebenson@gmail.com](mailto:abigailwiebenson@gmail.com) ■

## Honoring Ancestors

### *DCV Visits the American Indian Museum*

—Abigail Wiebenson

While we know the American Indian Museum by its distinctive architecture and prominent site, the DCV tour last month greatly deepened our understanding of this iconic landmark. Everything about the museum — inside and out — attests to enormous attention to detail and respect for the indigenous peoples whom it honors and the ground on which it rises.

The tour started outside where we learned that the museum sits atop the former Tiber River. For this reason running water abounds around the building, honoring the “roots” of the land on which it was built. It’s also the reason the designers recreated a wetland which also existed in a prior era.

As we toured the outside, we further learned about the special meaning behind each aspect of the landscape and building. Everything honors the ancestors. For instance, special rocks were brought from each of the four regions representing the

outermost boundaries of the native peoples represented inside. The entrance faces the rising sun and has a symbolic connection to the Capitol, our country.

Inside was equally fascinating and loaded with meaning and symbolism. None of the 880,000 objects is labeled out of regard for the spirits who dwell within; all signage is general and placed away from objects. Everything attests to the culture, history and who the native peoples are today, embracing the fact that they are constantly evolving.

All in all, the time we spent with the Assistant Director — a close friend and colleague of DCV member **Larry Steubing** — was spellbinding and enlightening in a beautiful, peaceful and sacred space. Many stayed on for lunch in the restaurant known for its distinctive and delicious food. Thanks once again go to **Judith Neibrief** for organizing this very interesting event. ■



Lois Berlin, asst director, Larry Steubing, Ann and Bob von der Lippe, Judy Krueger, Nancy Gamber



## How to Get Assistance and Advice on Medicare

In October **Chris DeYoung**, the Co-Director of the Health Insurance Counseling Project (HICP) of George Washington University (GWU) Law School's Community Legal Clinics participated in an open discussion about Medicare and the newly passed Health Care Bill's impact on Medicare at the elegant meeting rooms of the American Geophysical Union on Florida Avenue.

The Counseling Project is funded by a variety of sources to provide assistance and advice for DC residents on Medicare. They charge no fees for their services. The office has a telephone help line, offers legal representation and community education programs.

The HICP helps residents understand their options and rights, resolve unpaid medical bills, obtain denied medical services or insurance coverage. They have brochures that explain the several different parts of Medi-

care (A-D) and Supplemental Medicare insurance otherwise known as Medigap.

The staff also has expertise in Medicaid, a program that offers full coverage for health care costs for those with low incomes. For those with moderate incomes who meet the requirements, there is a Qualified Medicare Beneficiary Program (QMB) that pays Medicare premiums, deductibles and co-payments.

If you have any questions or issues you wish to discuss, Chris strongly recommended you call him at 202 739-0668 or email him at [cdeyoung@law.gwu.edu](mailto:cdeyoung@law.gwu.edu) during this Open Enrollment Period (October 15—December 7). You can also visit their website <http://www.law.gwu.edu/Academics/EL/clinics/insurance/Pages/About.aspx>.

Of course, you can call or e-mail Chris any time if there are Medicare issues you wish to discuss.

### UPDATE ON MEDICARE BENEFITS

The settlement of a landmark class-action law suit at the end of October, allows Medicare to begin paying more often for physical, occupational and other therapies for people with certain disabilities and chronic conditions like Alzheimer's, multiple sclerosis and Parkinson's disease. Prior to the lawsuit, contractors who processed claims used an 'improvement standard' which seemed to call for a cut in therapies and inpatient skilled nursing for those who showed lack of improvement. "The idea you would have to show improvement when you have a degenerative disease is blatantly absurd," said Amy Comstock Rick, of the Parkinson's Action Network. *New York Times*, 10/27/12. ■

## Smart911

This program is an enhancement of the city's 911 system, providing a 'safety profile' to the 911 first responders who receive your call.

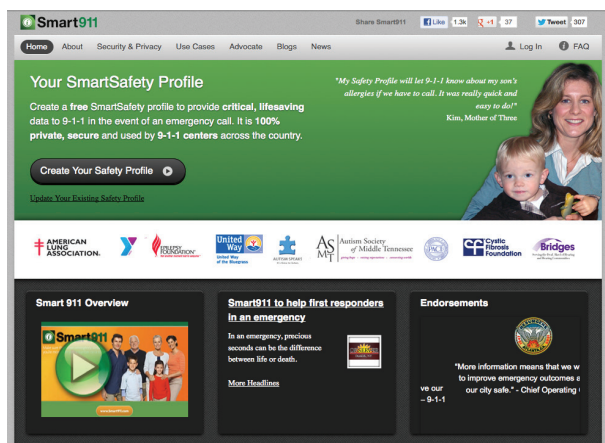
During a 911 call your safety profile is immediately displayed on their computers and information such as existing medical conditions and disabilities,

locations of bedrooms, special needs and whether pets are in the home, offer emergency medical technicians and firefighters background when answering your emergency call; information that ultimately might save your life.

This new system is a public/private partnership that integrates personal information with the 911 system.

The data is secure and will be used for emergency purposes and made available only during an emergency call. "This is an excellent example of how technology can improve a critical public safety system..." said Mayor Vincent Grey.

Go to [www.smart911.com](http://www.smart911.com) to register. There is no charge. ■



### More on Headaches

Studies have shown that 75% of all headaches are due to problems in posture. Rounded shoulders, a curved upper back, and a head pitched slightly forward can cause muscle tension in the back of the neck, resulting in head pain.

At the first sign of a headache, start stretching and releasing neck and back muscles. Learning yoga poses that open the chest can treat, and may even prevent, future headaches.

## For DCV Drivers — DC Speeding Fines Reduced

The *Washington Post* reported that Mayor Grey has announced that as of Monday, November 5, fines for speeding will be reduced. The Mayor is lowering the fines by emergency rulemaking, which requires no public hearings or revenue analysis by the Chief Financial Officer of the District.

- A \$75 ticket for going 10 mph over the speed limit will be reduced to \$50.
- A \$125 ticket for going over 11-15 mph over the speed limit will be reduced to \$100.
- A \$150 ticket for going over 16-25 mph will remain between \$150-\$200.
- A \$300 ticket will be issued for anyone going over 25 mph over the speed limit.

The readjustment of fines reflects the growing perception that they are a revenue generator, rather than a public safety initiative. Engineers and police will be examining the speed limits around the city; the results might lead to adjustments in posted speeds according to transportation director, Terry Bellamy. ■

## Thinking Ahead for Next Year's Tree Planting

### *How to Request Tree Services*

The Urban Forestry Administration (UFA) has started its tree-planting season in DC. One thousand trees have already been planted with a total of 5,400 trees already requested to go in by late spring of 2013.

To request street tree service, including reporting emergencies, pruning and planting, call 311 or go to 311 Online. According to the UFA, our requests will be fulfilled based on the following schedule:

- Emergency Requests — within 72 hours
- Routine Maintenance Requests — Inspection within 30 days
- Planting: November to May, annually (submit requests by June 15)
- Pruning and Removal: Up to 9 months to complete

UFA plants between 3,000 and 4,000 street trees each year. Residents may request a tree for an existing, empty tree box or continuous planting strip (grass strip) in front of their residence or trees for an entire block by calling 311. All planting

requests must be submitted before June 15th to be processed for the following fall/winter planting season.

UFA also prunes the District's street trees to maintain the trees' overall health, form, and safety for the area around the tree. UFA prunes to give clearance over sidewalks and roadways, followed by minor roadways, alleys (to allow passage for sanitation and emergency vehicles), and pedestrian walkways. UFA inspects any street trees that may have fallen on homes or vehicles and will clear them in a timely manner.

UFA removes trees that are dead, dying/diseased, or unsafe (those that have structural and/or dangerous root defects that cannot be corrected).

It's never too early to think about your front tree box and putting in your, or your block's request for next year's planting.

For more information visit: [ddot.dc.gov/trees](http://ddot.dc.gov/trees). ■

### DONATE TO THE VILLAGE

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

The Dupont Circle Village is a **NONPROFIT** neighborhood organization that **CONNECTS RESIDENTS** to services and cultural/social activities. Membership enables Villagers to **MAINTAIN** their **HEALTH** and home as they **EMBRACE** the **BENEFITS** and **CHALLENGES** of aging.



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