

DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“Peace is the only battle worth fighting.”

— Albert Camus

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Welcome New Members!

Tom Carmody
Sandy Desautels
Tom Spinelli
Terry Walz
Holly Salamido

The Blue Zones Project

The Washington Area Village Exchange (WAVE) and the Village-to-Village Network jointly held an in-person conference in October. One of the keynote speakers

By Eva M. Lucero, Executive Director

was Amtul Malik, MD, a physician, geriatrician and

Hospice and Palliative Medicine Fellow from George Washington University. Dr. Malik spoke about Blue Zones and provided insights into ways in which villages can help create healthier environments and contribute to a culture of well-being.

Blue Zones are regions around the world where people have been found to live longer, healthier lives, often well into their 90s and later. These areas have garnered attention from researchers and health enthusiasts because of their high concentration of centenarians and low rates of age-related diseases.

Fun Fact, the only identified Blue Zone in the United States is in Loma Linda, California and is the home of a Seventh-day Adventist community of over 9,000 people. Adventists in Loma Linda tend to live up to 10 years longer than the average American.

Several characteristics and common lifestyle factors have been observed in Blue Zones:

Diet: Blue Zone residents typically consume a plant-based diet with a focus on whole foods. Their diets are rich in fruits, vegetables, legumes, nuts, and whole grains. They often



eat smaller portions and practice moderation in their food choices.

Physical Activity: These communities engage in regular, low-intensity physical activity. Walking, gardening, and other forms of daily movement are integrated into their lifestyles.

Social Engagement: Strong social connections and a sense of community play a vital role in Blue Zones. Residents often have close-knit families and social circles, and they maintain lifelong friendships.

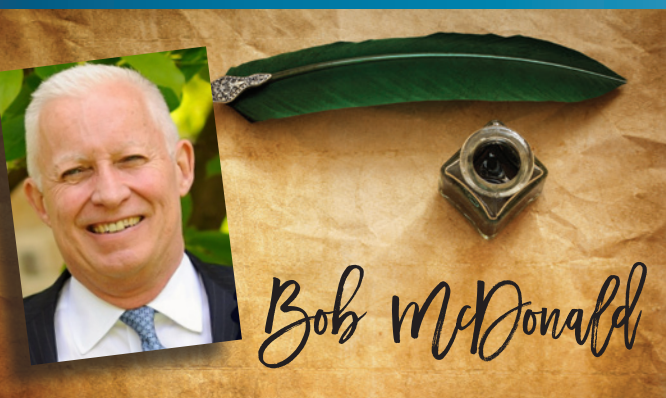
Stress Reduction: Blue Zone inhabitants tend to have lower levels of chronic stress. They incorporate relaxation techniques like meditation, prayer, or napping into their daily routines.

Purpose in Life: A sense of purpose and meaning in daily life is common in Blue Zones. People often have clear goals and a reason to get up in the morning.

Moderate Alcohol Consumption: Some Blue Zones include moderate

Continued on page 4

President's Notes



Caring for Our Members—and What You Can Do

Since its inception, Dupont Circle Village has always sought to bring support and care to members experiencing health issues or crises. At the September **Live and Learn** session, a panel of Village members and professional staff described the types of care we can provide for our members. The session was called “How to Stay Well So You Can Age at Home.” I participated on the panel along with the following:

- Sarah Burger, RN, Chair of the Health and Wellness Committee
- Barbara Scott, LICSW, Village Case Manager and Social Worker
- Lee Reed, RN, BSN, MS, Village Health Care Navigator
- Tim Rogers, Facilitator for Navigating the Path Forward sessions
- Ann McFarren, RN, former Village Health Care Navigator, Care Group Facilitator
- Eva M. Lucero, Executive Director and Point Person for Coordinating Care

You can find a link to the video of this session on the **DCV Public Programming Videos** page in the Library section of our website.

One of the goals of this session was to communicate how we work as a team to provide coordinated care services to our members. A group of us meet bi-weekly to review and follow-up on the services we are

providing. This **Members of Concern Group** has the following objectives:

- To identify members who are experiencing a health issue, whether it be physical, psychological, or social. The issue could be acute or chronic.
- To review information gained from the member and/or the member's family and friends about their condition.
- To identify the needs the member has that can be appropriately addressed by Village services.
- To clarify and assign responsibility to members of the group for actions and follow-up.
- To hold each other accountable for fulfilling those assigned tasks.
- To track the progress of the member as well as the services that we provide to the member and their family.

Our goal is to coordinate the skills and resources of the Village to aid the member in need.

I want to address **what you can do** to assist the Village in case you

need our coordinated care. There are times when something unexpected happens to a Village member such as an emergency hospitalization. In many situations like this the Village is contacted, or we find out through the member's friends.

If you are willing, we ask you to share your emergency contact information with us. It can also be extremely helpful for us to know additional information, for example: who has keys to your apartment/home, who is your Power of Attorney, whether you have an Advanced Directives document, who has your Health Care Power of Attorney. Having such information has proven to be invaluable in many instances. As time goes on and circumstances change, it may be necessary to update this information for the Village.

You will receive communications from us about providing this information. Of course, this is voluntary, but it can be very important to the care and the services you receive from the Village.

November Birthdays



A big Happy Birthday to members born in November! **Kathleen Davin, Anthony Clifford, Sandra Desautels, Darrell Totman, Nancy Barnum, Carmela Vetri, Miriam Schottland, Michaela Buhler, Brad Edwards, Mandi Lisbona, Shaul Epelbaum, Richard Marquart, Jim Chamberlin, Victor Wexler, Greg Milman, Judith Kirvan, Paul Argabright and James Hambuechen**

November Calendar

Full descriptions of each event can be found on the DCV website www.dupontcirclevillage.net Calendar page

Register online or contact DCV Office
at (202) 436-5252 or
admin@dupontcirclevillage.net

Home Social Hour

Thursday, November 2, 4:30 pm–6:00 pm
Location: The Chastleton, 1701 16th St NW #844
Limit: 8

Tour of Meridian Hill/Malcolm X Park and Lunch

Thursday, November 9, 10:30 am–12:00 pm
Location: Meet at park entrance at 16th & Euclid NW
Limit: 10

DCV Happy Hour

Thursday, November 16, 4:00 pm–5:30 pm
Across the Pond Restaurant and Pub
Location: 1734 Connecticut Ave NW

Sunday Soup Salon

Sunday, November 19, 5:30 pm–7:00 pm
Location: 1760 Swann Street, NW
Limit: 13

Home Social Hour—49.5 Shades of Grey

Monday, November 20, 4:30 pm–6:00 pm
Location: 2311 Connecticut Ave NW

Navigating the Path Ahead

Tuesday, November 14, 3:30 pm until 4:30 pm
No Limit
Location: Virtual

Men's Book Group

Monday, November 20, 11:00 am–12 pm
Location: DCV Office—2111 Decatur Pl NW
RSVP: [Robert M. Hirsch](mailto:Robert.M.Hirsch)

Mystery Book Group (Nov & Dec)

Friday, December 15, 3:30–4:30
Location: Virtual
No Limit

RECURRING EVENTS

Tai Chi for Arthritis and Fall Prevention

Tuesdays, 2:00 pm
Location: DCV Office, enter at 2111 Decatur Place NW
Limit: 6



Tai Chi for Arthritis and Fall Prevention (Second Class)

Tuesdays, 3:30 pm
Location: DCV Office, enter at 2111 Decatur Place NW
Limit: 6

Meditation

Mondays and Thursdays, 9:00–9:30 am
Location: Virtual

Chair Yoga

Tuesdays, 10:30–11:30
Location: Virtual

Accessible Mat Yoga

Mondays, 3:30–4:30 pm
Location: Virtual

Coffee and Conversation

Thursdays, 10:00–11:00
Location: Kramer's
1517 Connecticut Ave NW

Bridge Group

Thursdays, 1:30–3:30 pm
Location: DCV Office, enter at 2111 Decatur Pl NW

Mahjongg

Thursdays, 2:00–4:00 pm
Location: Riggs Place NW
RSVP: Bobbi Milman, rmilman@comcast.net
or (202) 667-0245

Knitting Group

Every Thursday, 4:00 pm
Location: DCV Office Enter at 2111 Decatur Place NW
RSVP: Sheila Lopez at sheilablopez@gmail.com

Dupont Circle Walking Group

Every Monday, Wednesday, Friday at 8:30 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 Road
bordering Kalorama Park

Charting the Path Forward

DCV Board members recently attended a retreat to work on a Strategic Plan that will map out the next four years of service to our members. I am fortunate and grateful to be surrounded and guided

*By Eva M. Lucero,
Executive Director*

by this inspiring group. They each bring a wealth of experience, knowledge, perspective, passion and wisdom to our Village. I cannot thank them enough for the

by this inspiring group. They each bring a wealth of

countless ways they contribute to our exciting Village community. The final version of the 2024–2028 Strategic Plan will be on the DCV website (Library tab) in January.



L-R by column:
Bob McDonald,
Abigail Wiebenson,
Jim Hambuechen,
Jeanne Downing,
Steve Kittrell,
Michael Speer,
Pat Baranek,
David Schwarz,
Sarah Burger, Bill
O'Brien, Charlotte
Holloman,
Katharine
Gresham, and
Gretchen
Ellsworth

Meet Members Audrey and Rob Nevitt

The 1930's, and 40's, Audrey and Rob's first decades, were spent very differently. Audrey was born in Annapolis while her father taught at Annapolis, but left soon after as her naval officer father led the family on assignments from California to France and Portugal. Rob was born in Harrisburg, PA and stayed there until WWII took his Father away and he went to a Quaker boarding school in Philadelphia.

DCV Member Profile

After travels of their own, Audrey studying in Spain, Rob assigned to Japan with the U.S. Army, they both ended up in graduate programs at the University of Pennsylvania. 1960 was a banner year; Rob was accepted into the U.S.

Foreign Service with the U.S. Information Agency, they married at Duke Chapel and were posted to Burma.

The sixties took them to remote service where their son Christopher was born along the Mekong River and daughter Dorothy, in Bangkok. Following that, they came to Washington to live for the first of several times between overseas assignments. Foreign Service was all highlights, but the standout was the assignment to the President's staff to handle public affairs for President Reagan's trips to Japan, China and Korea.

During retirement, they continue to travel in the U.S. for events like the Shakespeare Festival in Washington State and the Humana Festival of American Playwrights in Kentucky, but also abroad, to Vietnam, China, Tibet, "the 'stans", Morocco, India,



Cuba and elsewhere. Before retiring in 1996, the Nevitt's bought a house on Capitol Hill and later the condo at the St. Nicholas in Kalorama where they live now. In those years they both were active in DC politics and civic affairs. In Sheridan Kalorama they both have worked as Friends of Mitchell Park and on fire and police call box restoration.

It is all good and over too soon.

15-Minute Meal

New Mexico Calabacitas Recipe

The perfect Thanksgiving side dish.

Ingredients

- 1 tsp oil
- 1 small onion chopped
- 1 zucchini chopped into quarters
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 1/4 tsp garlic powder
- pinch 1/8 tsp red pepper flakes (optional)
- 1 can of corn drained
- green chile, about 4 ounces diced, peeled, drained
- 1/4 cup shredded cheese cheddar, Colby/Jack, Swiss, etc.

Directions

- Heat oil in a medium skillet on medium heat.
- Add onions; sauté until fragrant.
- Add zucchini; mix with onions.
- When zucchini starts to get soft, add salt, pepper, garlic powder. Cook until veggies are caramelized (about 3–5 minutes).
- Stir in green chile; once chile is heated through, mix in corn.
- Cook, stirring occasionally; sprinkle cheese over veggies; stir to combine.
- Turn off heat; move to serving dish and sprinkle remaining cheese over the top. Serve and enjoy!



Meet Volunteer Phyllis Kimmel

Phyllis Kimmel was born in Ohio, where her parents—both from the Bronx, NY—were graduate students at Ohio State University. Her family moved back and forth between Ohio, Maryland and New York state, and she lived in Poughkeepsie, NY since the third grade.

Phyllis attended college at Wesleyan University in Connecticut, where she majored in psychology. Interested in public policy, she moved to the DC area after finishing. Her first job out of college was at a non-profit located in DC, and she lived in Arlington, VA.

A few years later, Phyllis returned to New York to attend law school at NYU. After returning to DC and living in Dupont Circle for a number of years, Phyllis moved to Adams Morgan, where she's been since 2005. She enjoys the neighborhood because she likes being able to walk everywhere.

Right out of law school, Phyllis began working for the National Consumer Law Center, which addresses energy costs for low-income populations. She then worked four years at the DC Office of People's Counsel "which represents utility consumers in cases before the Public Service Commission of the District of Columbia involving gas, electric, and telephone companies. It also provides individual assistance to D.C. consumers with utility complaints." Her work included dealing with complaints from customers unsatisfied with PEPCO, Washington Gas and Verizon.

She later worked at a small law firm representing Rural Electric Cooperatives, state agencies and non-profits, whose goal is to keep electric rates low and support wider use of clean energy. Phyllis decided she wanted more flexibility in her schedule, so in January 2020, she started her own firm doing the same type of work. In the past, she's volunteered with Community Tax Aid



helping low-income residents with their tax returns. This year, she began looking for other volunteer opportunities, and a friend referred her to Dupont Circle Village.

Her hobbies, in addition to walking, are hiking and photography. She combines the two and is devoted to nature photography and flowers. Phyllis has been experimenting with black and white photography for the last few years and has enjoyed what she can create by converting digital photos to black and white on the computer. Over the past six years, she's also volunteered with Community of Hope as a photographer at special events.

Phyllis primarily uses a digital camera and her phone for her hobby. She recently purchased a new digital camera and is amazed at how light it is compared to her older camera. She is surprised at the high quality of cell phone cameras and posts some of her photos on Instagram.

She has two cats, whom she refers to as her "monster furballs." Rescued from the Humane Rescue Alliance, they have lived with her for the past six years. The shelter named this particular litter of cats after Grammy award winning singers, and her cats' names are Elton and Legend. As Phyllis works from home, they provide her with wonderful and entertaining companionship.

Volunteer Accolades

David, Thank you so very much for helping with the packing yesterday! I don't know how I could manage without the help of you and the other DCV volunteers. What a blessing! *LC*

Thank you for checking on me. Right now, I am all set. Mike and a few close friends are helping as I need something. I am good for meals too. Got two already from the Village. A real blessing. *FW*

Thanks so much Bill for driving me to my doctor in Kensington! *CH*

Kristin is just wonderful and very kind. She drove me to my local market for grocery shopping. *AH*

Many thanks for your kindness in arranging for Esme to walk with me. She is like a granddaughter to me! *SS*

I want to thank you so very, very much for the kind gift of delivered meals. May I say, during my academic and business careers, I have received various awards of recognition. None of these quite compares, however, to your sharing that my "clients" (people I volunteer for) had shared with you accolades regarding my service to them. That's special and just confirms how much volunteer work really is a win-win proposition. That warmed my soul while your meals warmed my appetite. Thank you again. *MS*

Wes arranged replacement of one of my pieces of equipment. Wes was VERY helpful & supportive today. *SC*

DCV volunteers are doing a terrific job. All of us must be grateful also to you for your willingness to take on the burden of coordination and contacts! *EE*

Out and About



▲ **Kenlee Ray** was at Deep Creek Lake where summer has officially ended now that the docks are pulled and all the boats are stored for the winter.

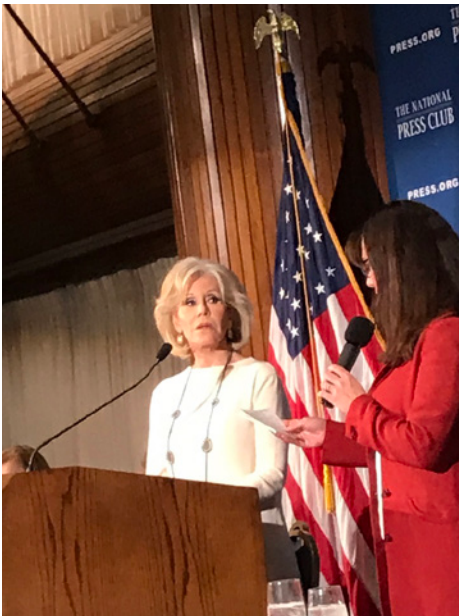


Carol Galaty and **Ken Shuck** hosted the October birthday party. Left to right **Geri Nielsen**, **Wes Rivel**, **Shub Schiesser**, **Terry Walz**, **Judi Lambart** and **Lex Rieffel**.



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

Out and About



▲ DCV Volunteer Coordinator, **Ellen Brody** and her cousin are glowing because of their great seats to see Billy Joel at Madison Square Garden in New York City

▲ Longtime DCV Member **Pender M. McCarter** was one of 54 National Press Club members who submitted a total of 210 photos and images included in the 24th Annual National Press Club 2023 Members' Photography Exhibit. Pender is a "Silver Owl," an almost 35-year member, in the Press Club, arguably "the world's leading professional organization for journalists." One of his four online photos, "R-E-L-I-E-F," is highlighted in the [introduction to the exhibit catalog](#). Captions for these four photos are in Gallery B when you click on the link above.



▲ **Lucia Edmonds** shared a picture of her at the Presidio, a transformed former military site, in San Francisco, CA.

Out and About



▲ DCV held a second vaccination clinic in October. Over 45 people got various vaccinations. DCV is grateful to our partner Giant Food Inc. pharmacy and the National Council on Aging (NCOA), who provided funds for the clinic.



▲ **Peg Simpson** has had a whirlwind month of press engagements since being part of the National Geographic film series, *JFK One Day in America*. Pictured here at the National Press Club with DCV executive director, **Eva M. Lucero** and the interview with NBC news senior correspondent Kelly O'Donnell. She was also interviewed in Dallas, New York City, and at the Sixth & I Historic Synagogue in Washington, DC.

Out and About



Sooper Soup

By Lynn Lewis

"Clever, ingenious, imaginative, super, very talented, enlightening...in short, spectacular!" In their own words, Villagers at our inaugural in-person Soup Salon (10/15/23) shared their enthusiasm about the main attraction: a graphic presentation by mesmerizing Adam Jaroszynski, founder of Art of Gold antiques and art restoration and conservation studio (Chevy Chase Village MD).

Using techniques handed down through the centuries from Europe and America, Adam explained that he and his expert staff preserve the character and integrity of the original masterpiece...whether an oil painting on canvas or wood, gilded antique frame, polychrome sculpture, gilded brass or iron, architectural gold leafing and more.

An engaging storyteller and teacher, Adam used slides to illustrate both his process and several noteworthy projects, among them the entrance iron gates to Dumbarton Oaks, recreation of an 18th C. Robert Adams frame, and an oil portrait restoration of Georgetown University's Archbishop John Carroll. An extra personal touch: Adam gave each guest a tiny square of paper-thin gold leaf.

As one Villager remarked, we "were rapt...no one noticed even as the presentation went an hour over time. Each project kept our curiosity about what could be next."



▲ Jeffrey Catts led a tour of Walter Pierce park in Adams Morgan in October. Members who attended included **Gretchen Ellsworth, Daisy Dixon, Anita Gottlieb, Monica Heppel, Susan Hillenbrand, Judi Lambart, Lisa Lider, Peggy Long, Arlene Lutenegeger, Marie Matthews, Beth Merricks, Judith Neibrief, Ceceile Richter, Courtney Rogers, Bill Rogers, Kathy Spiegel, Nancy Turnbull and Mary Wheeler**



▲ **Jeanette Barker** and her grade school friends Elaine and Robin in Seattle. They visited old haunts in August waiting for roads to clear from fire so they could continue on to Montana.

alcohol consumption as part of their culture. This typically means consuming wine, in small amounts, with meals.

Strong Family Bonds: Multi-generational households are common in Blue Zones, and older adults are often respected and integrated into family life.

Community Engagement: Participation in religious or spiritual communities is significant in some Blue Zones, providing a sense of belonging and support.

Limited Smoking: Smoking rates are typically low or nonexistent in Blue Zones.

Natural Movement: Daily physical activities often involve natural movements like walking, biking, or manual labor, helping to keep the residents active.

From my perspective, I observe that many Villagers already adhere to many of these daily rituals and can fairly easily implement other aspects for a long, healthy and purposeful life.

Poetry Corner

All Hallows

Even now this landscape is assembling.
The hills darken. The oxen
sleep in their blue yoke,
the fields having been
picked clean, the sheaves
bound evenly and piled at the roadside
among cinquefoil, as the toothed moon rises:

This is the barrenness
of harvest or pestilence.
And the wife leaning out the window
with her hand extended, as in payment,
and the seeds
distinct, gold, calling

*Come here
Come here, little one*

And the soul creeps out of the tree.

By Louise Glück (1943–2023)

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.



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