

*We don't stop playing
because we grow old;
we grow old because
we stop playing.*

George Bernard Shaw (1856 -1950)

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FROM THE President

Devoted to Independence, Vitality and Community...

We've Arrived!

—Iris Molotsky

How fortunate I am to become president of a vigorous, enthusiastic, growing Village. Under Peggy's creative guidance we have established new programs, expanded existing projects and been publicly deemed "successful" in *The Dupont Current*. It's going to be hard to match these accomplishments. But challenges are motivators and fueled by determination and grit (sometimes referred to in our house as stubbornness), I am eager to get started.

- The Village movement is partly a response to the "silver tsunami," the demographic surge of people over 65 that is occurring nationally and internationally. Today diminished resources on the federal, local and individual level are colliding with increased need for services. In many ways, we – Villages – are stepping in and meeting some of these needs. But, of course, we do so much more than provide vital services. We are family, we are friends, we are information providers, we are a support system and, most of all, we are members of a community who care about each other and willingly give time, energy and assistance. The great reward is that both recipients and

DUPONT
CIRCLE
VILLAGE



Iris Molotsky

providers (members and volunteers) benefit and share from these exchanges.

So, what lies ahead? Lots of challenges.

- Our biggest challenge is growing the Village. We successfully laid the foundation during our initial start-up period, but the financial hurdles ahead are high. In August, the Board approved a fundraising plan for 2013 with a goal of raising \$75,000 by the end of the year. Strategies include building alliances with local businesses, setting up planned giving programs and continuing our fundraising activities, particularly the annual silent auction. You'll be hearing more about these efforts (much more, I promise) in coming months.
- DCV made the decision very soon after we started that we wanted to be an inclusive, diverse organization. Income, gender, sexual orientation, race – none of these would be barriers to participating. We remain committed to this, but in order to continue our reduced-income memberships we need to build an endowment or fund to sustain the

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MONTHLY Calendar

**TUESDAY, OCTOBER 16:
10:00AM – 12:00PM**

National Museum of the American Indian.

Villager Larry Stuebing, arranged a special tour of the NMAI. The first part of the tour focuses on the museum's architecture and landscaping, the second part will be inside with an overview of the public program including a focus on a special exhibit. The tour concludes with a multimedia experience, *Who We Are*. Tour concludes with lunch in the café that serves indigenous foods of the Americas. Please RSVP by October 13 to jneibrief@aol.com. Put 'Indian museum' in the subject line and indicate whether staying for lunch. Limit 25. Meet at museum's main entrance, 3rd Street SW. Closest Metro stop: L'Enfant Plaza.

**SUNDAY, OCTOBER 21:
12—5PM.**

Dupont Circle Citizens Association 2012 House Tour and Tea. See www.Dupont-Circle.org for more detailed information

**MONDAY, OCTOBER 22
3:30 TO 5:00PM**

Live and Learn Seminar will cover Current Medicare Issues, including who is covered, possible changes during the open enrollment period and Medigap choices. Presenter, Chris DeYoung is the co-director of the Health Insurance Counseling Project, part of GWU Law School's Community Legal Clinics. American Geophysical Union, 2000 Florida Avenue NW from. 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.

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program. This is a top priority. Jim Whaley, who is administering our MetLife grant that provides funding for exploring the question of reduced-income memberships, will be giving a report of our findings at the Village-to-Village Conference in Atlanta in mid-October. The results will be used to inform us about future program strategies in this area.

- As befits an organization devoted to enabling independence, vitality and community, the Health and Wellness Committee is an essential program link. Currently, falls prevention training is a major committee activity and our first meeting in September ignited this effort. We will continue to train coaches who will share tips and strategies for combating this problem associated with aging. In the coming year we intend to intensify our efforts in this area and also will be tackling issues like medical preparedness, depression and nutrition.
- Finally, we are moving ahead in systematic data collection, particularly in the areas of volunteer participation and membership. Informed guesses and some data have taken us far in determining budgets, developing programs and planning for the future, but we are at the stage when quantitative statistical information must guide future decisions. We have begun the process under Bob McDonald's steady guidance, and we will use this information to plan future initiatives and determine financial priorities. This will also enhance our grant application capabilities.

The challenges are great, but so are the means we have to meet them.

- Our greatest assets are us. Our superb executive director, Bernice Hutchinson, has used her considerable knowledge, past experience and ability to connect and emphasize with members and volunteers to great advantage for DCV. Our volunteer program is now in Bob McDonald's capable hands and he is introducing new management programs. Peggy's leadership ushered in an amazing

period of creativity and innovation. The board and executive committee are diligent, supportive and united.

- This past week there's been lots of political talk about "inside" efforts. I won't comment on how Washington works, but I do know how DCV works and it is both inside and outside. We have an effective leadership team and we have involved members, volunteers and supporters. Our combined efforts have sustained us in the past and will advance us in the future. I'm counting on your support and I know I will have it. I will be calling on you in the coming months and I am confident you will respond.
- Our new office is a wonderful asset. It says "we've arrived" and we're here to stay. Having an office will enable us to make you active participants in running the organization. It makes it easier for members to meet and help in the administration of the Village and the volunteer program and it makes recordkeeping easier. Several members have already offered to help staff the office and work on projects – we can use more. Please get in touch with me or Bernice.
- Our membership is increasing and we are attracting a lot of positive attention locally; we must use this to increase membership. This is not solely the responsibility of the membership committee – and we are fortunate because you all seem to understand this. Many of our newest members are friends you recruited. You are doing your share and it is appreciated. If we continue along these lines, we will thrive.

In conclusion, I want to say how excited I am to head such an energetic, smart, effective group of people. The Village experience for me has been one of making new friends, building alliances with other community groups and learning about previously unknown resources. I'm congenitally optimistic and I believe the future is bright for us because we are pulling together for a decidedly worthy purpose. I'm confident this will be the motivation that spurs us to grow and succeed. ■



MONTHLY Calendar

TUESDAY, OCTOBER 23:

6—8PM

Crisos Modern Mexican restaurant will host DCV members. The 3 course meal will cost \$25 each (including tax and gratuity). All beverages are additional. 5-7pm happy hour cocktails. RSVP no later than October 20 to jneibrief@aol.com Put "CRIOS" in the subject line. 2120 P Street, NW (next door to Scion). For more information see www.crisosmodmex.com

TUESDAY, NOVEMBER 13:

11:30AM—12:30PM

Tour of 1812: A Nation Emerges.

To President Madison, the war of 1812 was seen as the completion of what began in 1776. The war is seen in an international context and highlights influential players including Andrew Jackson, Dolley Madison and Tecumseh. RSVP no later than November 8th to jneibrief@aol.com. Put "1812" in the subject line. National Portrait Gallery, 8th and G Streets NW. Limit of 20. Metro: Gallery Place-Chinatown exit.

WEDNESDAY, NOVEMBER 14: 6 TO 8 PM.

Peg Simpson will host a potluck mixer, 1719 Swann Street, NW.

FRIDAY, NOVEMBER 16:

12—1:30PM.

Woody SEZ: The Life & Music of Woody Guthrie blends musical numbers, scenes from Guthrie's life, and excerpts from his progressive newspaper column into an infectious and moving piece about a musical legend. If you are committed to attending, please RSVP no later than NOVEMBER 1, 2012 to Judith Neibrief at jneibrief@aol.com Put "WOODY SEZ" in the subject line of your e-mail. A block of 10 tickets is reserved. If more than 10 DCV members sign up, Judith will try to secure additional tickets. RSVP'ing well before the deadline is advisable. ■

This month Judy duBerrier is traveling through the wilds of Alaska and the Canadian Rockies – we have chosen a Salmon recipe in her honor!

POACHED SALMON WITH HERB AND CAPER VINAIGRETTE

INGREDIENTS

2 lemons
2 tablespoons chopped fresh parsley leaves, stems reserved
2 tablespoons chopped fresh tarragon leaves, stems reserved
2 small shallots, minced (about 4 tablespoons)
½ cup dry white wine
½ cup water
1 skinless salmon fillet (1.75 – 2 pounds) remove white membrane and cut fillet into 4 equal parts
2 tablespoons capers, rinsed and chopped
1 tablespoon honey
2 tablespoons extra-virgin olive oil
Salt and freshly ground pepper to taste

DIRECTIONS

Cut the bottom and top off of one lemon, and cut the lemon into 8-10, ¼ inch slices. Cut the remaining lemon into wedges and set aside. Arrange the lemon slices in a single layer across the bottom of a 12" skillet. Scatter the herb stems and 2 tablespoons of minced shallots evenly over the lemon slices, and add the water and wine.



— Judy duBerrier

Place the salmon fillets in the skillet, skinned side down and on top of lemon slices. Set the pan over high heat and bring liquid to a simmer. Reduce the heat to low, cover, and cook until the sides of the salmon are opaque but the center of the thickest part is still translucent. 11-16 minutes. Remove pan from heat and carefully remove salmon and lemon slices to a paper towel-lined plate, covering loosely with aluminum foil.

Return pan to high heat and simmer the cooking liquid until slightly thickened and reduced to 2 tablespoons, about 4-5 minutes. Meanwhile combine the remaining 2 tablespoons minced shallots, chopped herbs, capers, honey and olive oil in a medium bowl. Strain the cooking liquid through a fine mesh strainer into the bowl with the herb mixture. Press the solids to extract all of the liquid. Whisk to combine and season with salt and pepper. Lightly salt and pepper the salmon, remove the lemon slices. Place the salmon on a serving platter or individual plates and spoon the vinaigrette over the top.

Serves 4

Recipe from *Have Recipes, Will Cook* ■

Dupont Circle Citizens Association 45th Annual Dupont Circle House Tour and Tea

On Sunday, October 21, join your neighbors in viewing the variety of homes, from Victorian to ultra modern, found in the Historic Dupont Circle District. This year there is an emphasis on the environmentally sustainable, including a grey water system in an early 20th century home. The tour will also include The Scottish Rite Masonic Temple and a luscious afternoon tea.

The House Tour is DCCA's major fund-raising event. Proceeds go to

neighborhood activities and charitable institutions benefiting the entire Dupont Circle community, including: Charlie's Place, Dupont Circle Village, Dupont Festival, Historic Dupont Circle Main Streets (Clean Teams), Stead Park, the Whitman Walker Clinic, and the 17th Street Festival.

Tickets can be purchased on-line until Friday, October 19 at 5pm or on-site Sunday October 21 from 12—5PM. Visit dupont-circle.org for more information. ■

The Gilded Age in Washington DC –Then or Now?

Mark Twain and his Politics

Donald T. Bliss, author of the recently published book *Mark Twain's Tale of Today: Halley's Comet Returns--The Celebrated Author Critiques American Politics*, (available on Amazon.com) had all the attendees laughing much of the evening at a recent Sunday Soup Salon by quoting a number of Twain's comments on politics, many of which still ring true today.

Professionally, Bliss spent 13 years in public service and thirty years as a Washington lawyer; but now that he is retired, he has concentrated on writing and serving on nonprofit boards. His recently published book sets forth Mark Twain's evolving views on politics. "Twain's caustic commentary on the corrupting influence of money in politics remains as relevant today as any cable TV talking head," according to Bliss. Twain served briefly as a Senate aide to a Nevada Senator, William Stewart in 1867-68. Stewart later constructed his mansion on DuPont Circle, which is the site of the PNC Bank today. Over time, Twain shed his southern roots and became a nineteenth century eastern liberal, a strong advocate of racial justice, women's rights, the separation of church and state, and civil service reform. However, he remained a strong critic of government bureaucracy, political partisanship, and an imperialist foreign policy

At one point during a dinner party when the men were criticizing the books their wives were reading, Twain was challenged by their wives to write a better one. The result of that challenge was the publication of *The Gilded Age*, a book that satirized Washington, DC and many of its habitués.

Twain was a friend of President Ulysses S. Grant and through this connection and the scandals that occurred during Grant's tenure, Twain began to see how Congress, politicians, and the business community, operated, with bribery being a common occurrence.

A very interesting discussion ensued with attendees asking whether today we are again in a gilded age: an era of rampant greed, financial speculation, and corruption in national politics. No definitive answer was reached.

Twain was a moralist at heart. At one point he suggested that we bring home the missionaries in China and have them go down south to eradicate lynching and other forms of racial discrimination. Twain warned against politicians who put loyalty to party above loyalty to country, who engaged in partisan trench warfare rather than seeking common ground, and who made pledges that restricted their ability to think and act independently. Twain judged politicians on their character; was very much for improving government for the good of society and today he very well might agree with certain platforms of the Occupy Wall Street group and the Tea Party, according to Bliss.

Bliss' intuition leads him to feel that Mrs. Twain probably censored some of what her husband wrote so his reputation would not be tarnished. In fact, his autobiography was not to be published until 100 years after his death.

It was a lively discussion, with much laughter; and everyone having a better understanding of how Mark Twain's cynical view of politics developed. ■



From left: Carol Galaty, Dean Pugh, Donald T. Bliss, Kenlee Ray, and Kirk Perrow



Burke Dillion, Steve Williams, Dan Gamber and other attending members.

It's A New Office and a New Day for the Village

—Bernice Hutchinson

As I sit here at 2121 Decatur Place, NW, the new headquarters of the Dupont Circle Village, I am reminded of all the hard work and good fortune that got us here. First there was the news that a space would become available at the Friends Meeting and that DCV should make a pitch. Next, came the Board's vision for its use. I still have the lengthy laundry list I crafted to move the Board's vision to reality. Finding the right leadership for implementing the vision was crucial. Lois Berlin and Larry Stuebing, without seeing the space, accepted the job to head up the ad hoc office new office committee and we are eternally grateful for their leadership and hard work. Donations were generous.

Now, with our list less than a few bullet points, it is nice to share with you what's actually going on behind those walls and our plans for a grand opening.

Members will play an integral part of the new office. The Board and I envision a vibrant hub where members will be excited to come, learn more about the work of the Village, and take part in projects to help us continue to grow and develop. The space is primarily set up for administration and management of the Village. And, there will be a number of both administrative and creative community projects for those would want to schedule time, come in, and give us a hand. We are seeking volunteers to answer phones, sort mail, and greet visitors. We actually have a doorbell!

Volunteers will help with the new administrative infrastructure that we are building, that will include a filing system and historical archives. There will also be a chance to prepare educational mailings for our members. Just take a look at Bob McDonald's article in this month's newsletter for a glimpse of some of the administrative jobs that we hope you will fill.

If you are not quite ready yet for a new administrative project, then we hope you will find time to enjoy the gardens, a place of solitude and strength. When the weather permits, it is a place to meet members, share a brown bag lunch, and enjoy great conversation.

Our actual office space is small but flexible. Moveable seating and tables have been designed to morph from a boardroom style that seats 10 to 12 to a classroom setting that seats 12 to 18. And, with a little help from Friends Meeting and the use of their folding chairs, we can seat larger audiences in a round or row format. We look forward to hosting educational events and training here. Members can still expect a robust e-mail exchange. That will not change. However, the new space offers us the chance to get synergy on our ideas for sharing great information both electronically and by mail.

Over time and as our volunteer staff builds, we'll challenge you to be creative. Love old movies? Then, why not have A Vintage Reel Movie Night. If you are interested in a book club, then think about starting

one and hosting it at the office. It will be our pleasure to hear your suggestions and do our very best to accommodate your creative ideas once the staffing of the office and administrative foundation are in place.

I am proud to report that the DCV Board hosted its first meeting at the new office this month and we plan to accommodate DCV Committees who choose to schedule their meetings at the office. Over the next couple of weeks, a new telephone system will be wired in and we will have computers stationed and networked for administrative projects.

We will announce office hours very soon. First, starting with short days and expanding to a more traditional full day operation as we get the volunteers lined up to staff the operations. Hours will be posted on the website for your convenience. On off hours, our new phone system will route your calls to a voice activated system so that you will be able channel your requests more directly and get calls answered in a reasonable fashion. Requesting an appointment with the Executive Director or Volunteer Coordinator can be done by calling the office and speaking with an office assistant or leaving a message.

So much more detail to come. Look for the exciting grand opening shortly. The office will create opportunities to get out, get engaged, and grow the Village. We look forward to seeing you all real soon! ■



HouseWorks staff members, Elana and Marie stopped by after a full day of work to support and participate in the Village's Freedom from Fear of Falls seminar on September 19. We really appreciate their participation.

Applause and grateful thanks to **Seth Art**, DCV's creator of our Website and our first webmaster. He has moved to Maryland and will no longer be a Village volunteer. His technical wizardry and expertise have served the Village well. We wish Seth and his family well in the future.

Kudos to **Dan Gamber** and the many volunteers and members he recruited who have provided team support to **Helene Scher** during a recent illness.

Thanks also to Dan, the creation of DCV's Google group. It is a valuable and reliable source of information for villagers.

Kudos to **Frances Oakley** who voluntarily drafted detailed instructions to ensure that one of the Village's oldest members who lives in the same building would have a Village network of care and an emergency support plan in place if needed while Frances was travelling abroad. ■

Volunteer Services...

for Members and for the DCV Organization

—Bob McDonald

As the weather changes into a beautiful autumn, our thoughts can turn to fall projects that we might want to undertake and that the summer heat and humidity gave us a temporary excuse to avoid! Raking leaves and doing other yard work, getting our homes prepared for the colder months, going through our closets, preparing for the holidays – any of these projects might be on our agenda. Perhaps we could use the help of a DCV volunteer.

As we begin a new “program year” and our new office becomes functional, this is also a time when we might be able to offer our own volunteer services for the DCV organization.

The following is a new chart of our Volunteer Services – those provided for members and those provided for the DCV organization. Take a look and see where you might use some assistance or where you might volunteer yourself. For more information, to place a request, or to offer your help, please contact Bob McDonald, Volunteer Services Coordinator; at bob.mcdonald.dcv@gmail.com ■

NEED TECH SUPPORT...

Saturday mornings are an opportunity for you to obtain one-on-one support for using your portable electronic gadgets (smart phones, hand-held readers, laptop software applications and other items of interest to you). To match you up with the right person, please provide your wish list for the kinds of help you need. **Please Note:** This is not a sign up for computer repairs! Send your wish list to Bernice@dupontcirclevillage.org.

DUPONT CIRCLE VILLAGE – VOLUNTEER SERVICES

FOR MEMBERS

Administrative Tasks	organizing paperwork, completing medical and dental forms, sorting and reviewing mail, drafting correspondence, notarizing documents
Downsizing and Donations	organize, store, sell, donate, and display collections; organize, pick up, and deliver donations to area centers
Electronic Support	set up, tutorial, troubleshooting and minor repair of television, radio, kitchen and bath appliances, yard tools and medical equipment
Escort, Companion, and Special Assistance	escort for grocery shopping, errands, medical appointments; companion for coffee, regular visits, social outings, hobbies, reading, telephone reassurance
Gardening and Yard Work	indoor plant maintenance; outdoor landscaping, raking/leaf removal
Home Maintenance (heavy)	moving furniture and rugs, flipping mattresses, hauling collections and boxes, weather-proofing, paper recycling, electronic and hazardous waste disposal
Home Maintenance (light)	changing light bulbs, minor fixture repairs, seasonal packing and storage, brief absence services (water plants, pet care, mail pick up)
Home Safety Awareness	pre-assessment for falls prevention, home safety, personal medical alert systems, and occupational therapy readiness
Inclement Weather Support	advance sidewalk prep, snow shoveling and removal, digging out the car, ice removal
Meals	food delivery, transition support from hospital to home
Neighborhood Errands	grocery shopping, pharmacy, dry cleaning, post office, pet walking
Technology Support	set up, programming, tutorial, troubleshooting and minor repair for software, printer, copier, fax, scanner, smartphone and iProducts; tutorial for social media interface
Transportation	one-way/round-trip for errands, appointments, or events

FOR THE DCV ORGANIZATION

Committee Support	research, database, public relations, report writing, event planning, support for DCV Committees (Live and Learn, Membership, Sunday Soup, etc.)
Food Support	maintain lists of members and volunteers to make food deliveries, organize food committees for special events, research food delivery services
Marketing and Communications	provide committee support to promote the mission and goals of the organization; media relations; newsletter stories; marketing strategies; promoting the DCV brand; support community outreach initiatives
Member and Volunteer Relations	periodic telephone calls to members and volunteers; update emergency contact forms; send correspondence to individual members
Newsletter Assistance	research, writing articles; edit and proofread newsletter copy
Office Assistance	database entry, email lists and distribution, mass postal mailings, financial records, meetings/events support, maintain vendor lists
Office Receptionist	greet guests, answer phones, record messages, distribute mail, prepare mailings
Outreach	liaison with DCV partners and community organizations; e.g. businesses, hospitals, universities, schools, ANCs; intergenerational initiatives
Program Coordinator	member requests management; volunteer recruitment, vetting, training and recognition; data collection and recording; administrative organization
Project Manager	grant monitoring, data collection, report writing, ad hoc project oversight
Resource Management	historical updates, publicity, events, awards, speakers, and other archives
Training	provide training for volunteers and members on various issues and topics
Website and Social Media	develop and update website copy; research, develop and maintain social media outlets

Good To Go - Imperatives in Controlling Your Last Days

Compassion and Choices at Live and Learn

Mickey MacIntyre, as Chief Program Officer, ex-officio, of Compassion and Choices (CC), is an advocate for securing your right to make end-of-life decisions based on your values and views. In our latest Live and Learn series he led a discussion on options we have if we want to have control over our final days.



Mickey MacIntyre, presenter, with members Peg Simpson and Nancy Hartsock

Many patients today want the autonomy to determine how they will die, and although they may no longer have a decision-making capacity, they want their written decisions to be honored. This session supported and strengthened the argument made in the September Live and Learn Seminar that stressed the importance of us having an Advanced Directive and a Power of Attorney.

If you, your loved ones and friends want to be in control of your last days, you must have an Advanced Directive BUT you also need a doctor, a health care surrogate and family members who are in agreement and respect your wishes. This is the most important fact we have to keep in mind when moving forward with our planning.

Over time our original choice for a surrogate may change his/her views and no longer support our directive. It is imperative that we keep in contact and have a continuing dialogue with our surrogate and our relations, monitoring whether they have had a change of heart and no longer agree with our written directive. You want always to be sure that there is unified support from all parties when your Advanced Directive needs to be carried out. MacIntyre mentioned a few cases where the surrogate and/or relations did not honor the wishes of the patient and the law and doctors quickly become involved and were not always successful in carrying out the wishes of the patient.

Throughout the conversation there were many questions from attendees: how prescriptions for appropriate drugs can be obtained; whether the drugs are accessible when doctors have no protection from the law; whether the DC Council has taken a stand on end-of-life directives; whether those with Alzheimer's and dementia fit into end-of-life options, and, if the law and the drugs are not available, what actions are available to help those who expressed a desire to die with dignity.

To get answers to these questions and many more, go to Compassion and Choices website, www.compassionandchoices.org. These very helpful documents, forms for advanced directives by state, including DC, and the *Good To Go Toolkit* are available at no charge. ■



– Judy Silberman, DCV Yoga Master

Here are 3 methods, using pressure point, which may ease headaches:

- 1) Squeeze the webbing between the thumb and index finger of the left hand. Hold firmly for 3 full belly breaths.
- 2) With the pads of the index fingers, massage the bridge of the nose, then squeeze it firmly. Hold for 3 full breaths.
- 3) Place the index fingers at the base of the cheekbones, about 1/2 inch from the nostrils. Massage, then press firmly, as you breathe deeply and slowly for 3 full breaths. ■

Don't Forget

A benefit of DCV Membership

As members of the DCV you are automatically a member of the George Washington University Senior Advantage Benefits Program.

Some of the benefits DCV members are entitled to:

- Free hearing screening: GWU Health Insurance Counseling (Medicare and Medicaid)
- Notary Services: Discounted services (prescriptions, cafeteria, gift shop)
- Medical Support Groups: Billing Counseling

You also should be receiving their *Health News* and *Senior Advantage News* Magazines. If you have any questions, call 202-715-4263 ■

A Crisp and Cool Pie and Cider Night

They came, ate apple and pumpkin pie, sipped cider and enjoyed a crisp and cool evening in the backyard of Iris and Irv Molotsky. Villagers, volunteers, and friends all gathered around and shared great stories. This is the first of many small fundraisers aimed at increasing visibility, membership, and resources to support the growth of the Village. Look for more spontaneous great gatherings in the future! ■



Lucia Edmonds and Mary Braden enjoying a laugh



Judith Neibrief, guest and Mary Braden



Guest, new member Anne Stephansky and Peggy Simpson



Peggy Simpson and Bernice Hutchinson in the garden

Livable Communities: The Fall Guys *Managing Concerns about Falls* A Global Concept

During the week of October 3, Dupont Circle Village (DCV) hosted a delegation from France eager to learn about Villages. The delegation is part of a French government task force visiting the US. to study the livable community concept as a way to respond to the growing aging population in France. DCV provided the briefing.

During their two-day tour, the delegation met at the Dirksen Senate Office Building with the U.S. Senate Select Committee on Aging.

A series of meetings were also scheduled with national, federal, and state aging experts. Dupont Circle Village is proud to have been selected by the Village to Village Network as a host site. ■



Left, the three French delegation representatives facing Brad Edwards, Mary Braden (hidden), Iris Molotsky and Bernice Hutchinson.

—Brad Edwards

Twenty people sat in a circle in the Wellness Room at the Rhode Island YMCA on September 19 to learn about a new program called *A Matter of Balance: Managing Concerns about Falls*. The evening featured a preview of a video and a panel discussion with five villagers who were recently trained as coaches in the program (**Marilyn Newton, Lucia Edmonds, Judith Krueger, Bob McDonald and Bernice Hutchinson**). They call themselves the “Fall Guys.”

A Matter of Balance is based on research about behaviors that have been proven to reduce the likelihood of falling. It includes discussion, exercise, and videos in a 16 hour award-winning course designed by Boston University for the National Council on Aging (NCOA.org). The Village received a grant from the Dupont Circle Citizens Association so that master trainers could teach DCV volunteers to become coaches and offer the course to our members and others in the community. DCV is a founding member of the DC Fall Free Coalition, part of a network of coalitions across the country that are dedicated to preventing falls.

After much lively sharing of experiences with falls and ways to prevent them, the group was treated to home-baked cookies and store-



Left to right, class attendees included Judy Krueger, Lucia Edmonds, Bob McDonald, Marilyn Newton, Bernice Hutchinson, Brad Edwards

bought lemonade. Eight people signed up to take the first course. The tentative start date is Thursday, October 11, from 2 till 4 in the Y's Wellness Room (on the 7th floor). The class will meet for 8 sessions, ending the last Thursday in December. If you missed the introduction on the 19th but would like to enroll in this first course, email or call Brad Edwards at brad1723swann@yahoo.com or 202-255-4316. Other information sessions are planned for Thomas House and the DCCA in October and November; and the Fall Guys hope to start another course later in the fall. The program is a project of DCV's Health and Wellness Committee. ■

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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