



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“All at once,
summer collapsed
into fall.”

—Oscar Wilde

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Welcome New Members!

Virginia Finch
William Kloss
Irving & Suzanne Rosenthal
Charles Timbrell

Brain Health and Stress Management at the Olympics

The 2021 Summer Olympic Games have come to an end, prompting reflections and conversations around an important lesson: prioritizing brain health and stress management.

By Eva M. Lucero,
Executive Director

Simone Biles, the elite American gymnast who has earned a total of 32 Olympic and World Championship medals abruptly withdrew from the team competition because she

experienced the “twisties”. This term is typically applied to gymnasts and can happen when an athlete’s brain and body suddenly are not able to integrate information as they spin in the air. Not only is that feeling disorienting, but the consequences can be catastrophic. It can lead to traumatic brain injuries, spinal cord injuries, broken bones, concussions, and even death. Biles publicly shared that the combination of mental stress and pressure leading up to the Olympics



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President's Notes



A few weeks ago, **Gretchen Ellsworth** told a friend of ours that she was looking for joy in all of the things she was doing. This was a wake-up call for me. I realized how often I rush to do what has to be done, starting on a new project quickly after I finish an old one, and I don't stop to smell the roses.

The last year and a half have had an impact on all of us. It has presented challenges we hadn't imagined and reminded us of the value of

friendships and caring for one another. This may be the time to sit back, take stock and consider new ways to approach our day to day lives. Looking for joy—and taking time “take it in” when we find it could bring positive results to our lives.

I can relate all this to Dupont Circle Village. We have members who need—and receive help from volunteers. I hear from them regularly and they are very grateful for the help. It provides joy to the person receiving the help knowing that someone actually CARED enough to take a detour in their day to offer help and support.

Volunteering to help people who need a hand is a great service to the member and the Village, it certainly enhances our program. There is a

lot of joy in helping a DCV member, knowing that you helped make someone's day just a bit better.

Did you know that we have volunteers who are former recipients of help? In some cases, people are recipients and volunteers at the same time. For example, we have members who receive help getting to medical appointments as well as serving on our volunteer friendly call team keeping Villagers connected.

This fall I plan to look for ways to bring more joy into my life and take time to acknowledge the joy in the things that happen daily. That includes Village activities and volunteering when I'm needed. There are so many wonderful people within the Village to get to know and activities we can do together even if we are on Zoom—I think finding joy will be easy. I hope you will join me. I think it's a win-win.

Brain Health and Stress Management at the Olympics

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affected her confidence and she felt a disconnect between her mind and body.

Elite gymnasts work intensely to gain muscle memory, a deep knowing in the body of every step of their routine. “Balance during complex motions, such as gymnastics, requires a real-time comparison between the brain's expectation of sensory input and the actual input—in order to maintain balance,” says Johns Hopkins University School of Medicine's Dr. Kathleen Cullen. (A fascinating and detailed article on the topic from a sport psychology and motor learning perspective can be found here [What's Happening Inside Simone Biles' Brain When the Twists Set In?](#))

Biles' second reason for withdrawing was to prioritize her mental health. This is something unheard of until recently among elite athletes. Tennis player Naomi Osaka, and swimmer Michael Phelps both came forward about their respective experiences with anxiety and struggle with depression. And this year, for the first time at the Tokyo Olympics, the U.S. Olympic and Paralympic Committee (USOPC) sent a group of mental health professionals to accompany the team. Biles, the greatest gymnast of all time prioritizing her mental health on the biggest stage in sports—the Olympic Games—could mark a new era of mental health awareness and care among athletes with ripples beyond.



Monthly Calendar

Currently, most activities are being offered online, by way of Zoom, although some are now being held face-to-face. Anyone attending an indoor event must be masked, whether or not they are fully vaccinated.

We do ask you to register online at www.dupontcirclevillage.net and select "Calendar," find the event, and register. If you can't join an online event or figure out how to register, please email or call Ann Talty at admin@dupontcirclevillage.net or (202) 436-5252.

Historic Oak Hill Cemetery— Special Guided Tour for DCV

Sunday, September 12, 2:00–4:00 pm

Location: Oak Hill Cemetery, Georgetown

RSVP: Register online or contact DCV Office—tour is full, but register for wait list in case we can get a second guide.

How many in our Village enjoying walking in Georgetown in the Oak Hill DC Cemetery? It is a wonderful historic and beautiful place to explore. We're excited to offer our first DCV walking tour of the cemetery in partnership with DC by Foot for a specialized exploration of the grounds.

Oak Hill Cemetery in Georgetown is where elite Washingtonians have come to rest for generations. Both Abraham Lincoln and Jefferson Davis walked Oak Hill in mourning for their lost loved ones. You will walk through those same windy pathways to visit the Gothic Oak Hill Chapel, designed by renowned architect James Renwick. You'll see where Lincoln's son was temporarily interred and the graves of other notable people. You will also learn about the design and history of this unique and special place. Details for where to meet will be sent before the tour. Please note that we will be walking at a brisk pace, climbing steps, walking on inclines and broken pavement sometimes without handrails.

Over 80 Group

Tuesday, September 14, 2:30–3:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

This monthly program addresses various topics identified by the members. It is moderated by Phyllis Kramer, MSW. Phyllis has over 30 years in private practice, and has counseled scores of clients working through isolation and illness and depression and dysfunction.



Sunday Soup Salon: t/b/a

Sunday, September 19, 5:00–6:30 pm

Location: Virtual

This program meets monthly. Details will be announced in upcoming Friday e-blasts

Men's Book Group: t/b/a

Monday, September 20, 11:00 am

Location: Virtual

This group meets monthly. Details will be announced in upcoming Friday e-blasts.

Coping with Incontinence

Wednesday, September 22, noon–1:00 pm

Location: Virtual

RSVP: <https://nwnv.helpfulvillage.com/events/2612>

Village Social Worker Barbara Scott will lead the group with a special guest today. This session is for DC Villages members and volunteers only.

Dr. Carter-Brooks will discuss incontinence and treatment options. Dr. Carter-Brooks is a urogynecologist at GW. For those who might feel more comfortable, you can send Barbara questions in advance. She will ask the questions at the end of the presentation. Of course, attendees can also ask questions live if you prefer.

To submit confidential questions or RSVP, please contact: Barbara Scott, Case Manager, casemanager@dupontcirclevillage.net, or (202) 441-7290

LGBTQ Intergenerational Symposium

Thursday, September 23–25

Location: Virtual

RSVP: <https://forms.gle/hh6hrgcS3DxV1hMs8>

or Sophia Ross at (202) 543-1778 x204 or

sross@capitolhillvillage.org

This Symposium is an opportunity to have fun, connect with LGBTQ folks and allies, hear from speakers, and engage in meaningful discussions. This is a fully virtual event, featuring two panels, four wellness sessions, and two breakout sessions. This year's theme is building community. Which is reflected in the different panels and discussion sessions. This year we will explore topics such as:

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Monthly Calendar

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community building, activism, allyship, ageism, and more!

The Symposium will take place on Zoom on September 24th from 12pm to 5pm and September 25th from 10am to 2pm. There will also be a virtual kick off on September 23rd at 6pm. The kickoff will include fun activities, a raffle, and more! All are welcome to attend. The Symposium is sponsored by the DC Department of Aging and Community Living, Capitol Hill Village, and the DC Villages. This event is open to LGBTQ individuals and allies of all ages.

Mystery Book Group

Friday, September 24, 3:00–4:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

The book for the September discussion is **Only to Sleep: A Philip Marlowe Novel** by Lawrence Osborne.

Live & Learn: t/b/a

Monday, September 27, 3:30–5:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

This group meets semi-monthly. Details will be announced in upcoming Friday e-blasts.

French Challenge

Tuesday, September 28, 4:30–6:00 pm

Location: Hosted by Carol Galaty on covered deck:

1910 S St NW

RSVP: contact Carol at (202) 232-7259 or carolgalaty@gmail.com—by September 26th

All vaccinated, masked members are invited to meet for wine (or non-alcoholic drinks) and French snacks. This invitation is not only for regular members of the French Challenge, but for any new DCV members (and their friends) who would like to join us, whether you are a native speaker or have studied/spoken French but feel it is rather rusty!

The conversations can be free flowing in French, but we will be sending those attending, as a basis to begin discussions, a moving French article. The article is from the school Carol attended in Geneva about one of their refugee students and her French family's escape from the Nazi controlling Lyon and seeking refuge in Switzerland.

DCV Movie Group: t/b/a

Wednesday, September 29, 3:55–5:15 pm

This group meets monthly. Details will be announced in upcoming Friday e-blasts.



Online Meditation with Christina

Mondays & Thursdays, 9:00–9:30 am

Location: Virtual

RSVP: Register online or contact DCV Office

Accessible Mat Yoga

Mondays, 3:30–4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Chair Yoga

Tuesdays, 10:30–11:30 am

Location: Virtual

RSVP: Register online or contact DCV Office

Online Feldenkrais Method Awareness Through Movement

Wednesdays, 10:00–11:00 am

Location: Virtual

RSVP: Register online or contact DCV Office

Coffee and Conversation

Thursdays, 10:00–11:00

Location: LIVE—upper terrace at Friends Meeting, entrance on Decatur a few doors up from Florida Ave.

RSVP: Register online or contact DCV Office

Mahjongg

Thursdays, 2:00–4:00 pm

Location: hosted live by Margot Polivy

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

Knitting Group

Thursdays, 4:00 pm

RSVP: Sheila Lopez at sheilablopez@gmail.com

Dealing with the Heat



Ask Ann

My body does just fine with the cold. Heat, however, is a totally different matter. It has always been this way.

When my family lived in Somalia (2 degrees above the equator), I was one of those people under the age of 2 who did not thrive. Then, I had an African tick fever, which kept recurring, and I cycled down fast. The doctor asked my mother where she was from in the States—that would be Minnesota. So, his prescription was to take me there for the winter and it would put roses in my cheeks. I was told that my grandmother just cried when I arrived—I weighed the same at age 2 that I had at 3 months when she last saw me. The prescription worked.

It is quite dangerous not be able to regulate your body heat. My mother was like that—she wouldn't sweat, and her face would flush pink, then red, then purple. Purple was the danger zone. I'm not quite as bad, but a close second. I feel yucky when the thermometer goes above 72 degrees.



When it gets to the 80s, I feel quite sick, listless, and get nasty headaches. In the 90s, I start to pass out, can't eat, want to just die, and it takes me many hours in air-conditioning and tons of cold liquids to remotely feel okay again. Even so, it will take me several days to get over it.

I have been told by more than one person that I have a complete

personality change. A former boss bought a window air conditioner for me because my work product always suffered in the Washington summers.

Why don't I exercise as much as I should? Swimming is the only form of exercise that keeps my core temperature down—I don't know if I sweat in the pool, but I know I don't feel sick. Masks? Well, I overheat immediately if I exert myself. Now that I'm getting older, it seems to be getting worse—yup, that's why being out in the heat is so dangerous for babies and old people since either category has trouble with regulating body temperature.

Now Eva grew up in New Mexico and her body perks right up from the heat, and she shivers greatly when exposed to what she thinks of as cold. This is why when you come to the DCV Office, we are both grateful that we have our own space with individual thermostats. It reminds me of a theatre buddy I once had—I would sit there in a T-shirt, while she had on a turtleneck, sweater, and winter coat! Isn't it amazing how different we all are?!

My parting message is to really take care of yourselves in the heat and in the cold—it is important.



June/July Birthdays



DCV hosted a small birthday celebration for Villagers born in June and July. Left to right is **Marie Marcoux, Marie Lovenheim, Helene Diener, Bene Durant, Ceceile Richter** and **Elaine Reuben**.

Your Aging Brain: You Have More Control Than You Realize

Not long ago, a new drug for the treatment of Alzheimer's disease was provisionally approved by the Food and Drug

Administration. It is called Aducanumab.

This action was far more unusual and potentially far-reaching than most Americans realize. For many years, scientists have been feverishly searching for a medication that would not only temper Alzheimer's symptoms, but actually keep Alzheimer's from wreaking havoc in the brain. Limited scientific data suggest that this new drug can actually do that. The FDA has only provisionally approved its use, pending more evidence that bolsters the case that it can actually slow progression of the disease.

At a Village Live and Learn talk on July 26th, entitled "Maintaining a Healthy Brain," a memory expert from George Washington University, Louisa Whitesides, MD, reported: "No memory clinic I know of is offering this drug at this juncture." Medicare is also not paying for it, she said. In her opinion, however, this does not mean that memory clinics won't be offering it eventually, nor that Medicare won't eventually be picking up the tab.

Meanwhile, Whitesides noted, three medications that have been proven to ease Alzheimer's symptoms—Aricept, Namenda, and Rivastigmine—are already on the market and paid for by Medicare. She then emphasized that it is at least as crucial that there are things all of us seniors can do to keep our brains serving us well.

First of all, we need to be aware of what are normal and abnormal memory changes as we age, Whitesides said. Forgetting the name of someone you haven't seen for a

while is normal; forgetting the names of people you see everyday is not. Having trouble forming sentences is abnormal. Moreover, having difficulty performing daily tasks such as fixing food, putting on clothes, or dealing with finances may be signs of Alzheimer's.

Whitesides stressed that, If you think you might be experiencing abnormal memory changes, you should get evaluated. Such testing may not only relieve your concern about getting Alzheimer's but disclose that something else is causing your memory problems—something that can be successfully treated or corrected. For instance, high blood pressure, diabetes, a vitamin D deficiency, a vitamin B12 deficiency, and hyper- or hypo thyroidism are reversible causes of memory loss. Hearing impairment can negatively impact memory because affected people put so much energy into trying to hear that it saps energy for other brain functions such as memory. Hearing aids can help correct the problem.

Whereas diets high in saturated fats have been shown to impact the brain adversely, the opposite is the case for diets rich in fruits and vegetables. Research suggests that the latter can slow cognitive decline.

How about exercise's impact on our brains? Aerobic exercise has been well documented to increase brain volume, boost the number of blood vessels and nerve synapses in the brain, and decrease age-related brain atrophy. Yoga has been found to mitigate age-related decline in numerous brain regions known to atrophy with age. Brain-training programs have been shown to enhance specific brain tasks, such as attention; whether they can improve cognitive performance in general is unclear at this point.

"Sleep is incredibly important as we



age," Whitesides continued. "Sleep is the time when your brain regenerates and rests." If you have trouble sleeping, sleep aids can help, but they may make you feel drowsy in the morning, she cautioned. In some studies, but not in others, magnesium has been found to be a good sleep aid. Sleep apnea, which impairs breathing and wakes people up, often without their realizing it, can also take its toll on sleep. Sleep apnea can be treated with sleep breathing machines (CPAPs) and weight loss.

Mindfulness meditation can reduce stress, anxiety, and depression, "none of which are helpful to an aging brain," Whitesides commented. Spirituality, engagement, and having a purpose in life can counter cognitive decline, she added.

The take-home message: While you may not have total control over your brain health as you age, a lot is in your control, Whitesides stressed. "You need to weigh what is important to you."

Dr. Whitesides can be reached at lwhitesides@mfa.gwu.edu

Meet Member Elaine Reuben

I grew up in Indianapolis, went to college at Brandeis University (Massachusetts) and graduate school at Stanford (California). My first academic job was at the University of Wisconsin, Madison, during the politically exciting late 60's early 70's. I taught English and Dramatic Literature and was involved in the early days of Women's Studies

DCV Member Profile

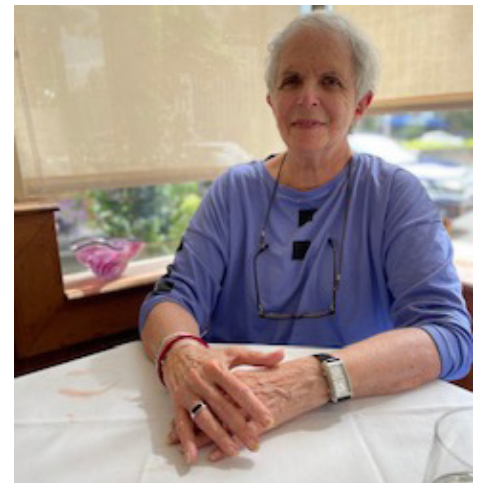
and the Modern Language Association (MLA), where I had a term as co-chair of its Commission on the Status of Women in the Profession. I came to DC in 1975, invited to direct the George Washington University (GWU) Women's Studies M.A. Program, and have essentially been here since.

My career was not a classical one. I was among those who established the National Women's Studies Association (NWSA), and I became its first full-time National Coordinator at its office at University of Maryland, College Park, where I also taught. After NWSA I was a Policy Fellow in the US Department of Education for a year, then the Interim Executive Director of the Network of East-West Women and, until it closed, Associate Director of Executive Search Service at the Academy for Educational Development. Along the way and after I did consulting, training and editing with and for academic and non-profit programs.

I'm not very good at retirement. I have continued to be engaged active in various organizations and philanthropic or advocacy projects, mostly with Jewish, arts and feminist connections—in DC, nationally, and some at Brandeis University. Lately, I'm trying to become more strategic and perhaps legacy-oriented with my time, mental focus and resources—but so far that goal remains a challenge.

B.C. (Before Covid), I went to the theater a lot, dined out a lot, travelled a bit and went to many political fundraiser receptions and other conferences and meetings. I now spend too much time staring at screens. Although I enjoy some of what I find online along with the meetings and webinars—lots of jazz and Chautauqua sessions, as well as Sabbath and holiday services. I'm glad to have a view of trees and sky from my back porch and find I am remembering trips from a while ago. Favorites include rail across Canada, a cruise through the Maritimes, Japan with the Phillips Collection, Morocco with Brandeis alumni, three different times to Cuba, and many New Israel Fund or J Street meetings and missions in Israel. I'm long used to living alone, and know I'm fortunate, but this version lacks a lot!

As a member of DCV, I'm grateful to know "it's there" for help of many sorts, and appreciate all the



information available from members online and all the work of committees and staff who develop and manage mechanics of great programs. I think I'd like to see how we might be somehow more engaged with issues in the community, to which we could bring some of all this elder wisdom, but that may be a topic for another time.

Village Leadership Recognition



Ward 2 council member Brooke Pinto recognized the Ward 2 Villages for their extraordinary leadership helping older adults during the pandemic. Recognition was during a Nats/Phillies game in August. Dupont Circle Village executive director, **Eva M. Lucero**, was recognized on the baseball field along with her colleagues, Denise Snyder, Foggy Bottom Westend Village, and Lynn Golub-Rofrano, Georgetown Village.



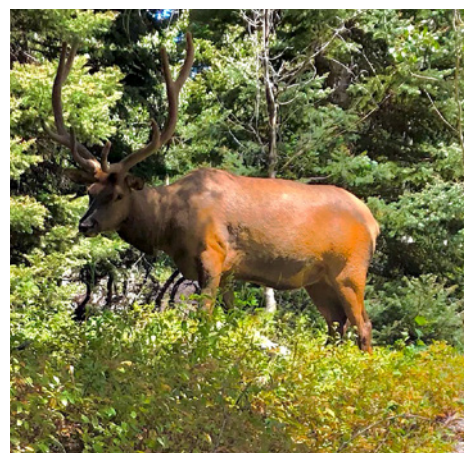
Annual Ice Cream Social

Despite the oppressive Washington heat, 50 members showed up at the annual Ice Cream Social to catch up with old friends and have a scoop or two. This year it was held on the terrace and garden of the Friends Meeting House.

Out and About



▲ **Sarah Burger** hosted a lovely gathering to celebrate the success of the Gala Committee's 2021 Gala. Left to right is **Eva M. Lucero, Sarah Burger, Leslie Sawin, Lois Berlin, Michaela Buhler** and **Gretchen Ellsworth**. Missing were **Barbara Friday, Ann Talty** and **Marilu Righini**.



▲ **Joyce and Bill O'Brien** were recently in Wyoming hiking in the Grand Teton National Park when they spied a majestic Bull Elk, 20 feet away!

Out and About



▲ Villagers enjoy a night of jazz! Villagers **Chris Hannah** (far left), **Karen St John** (mid left), **Nancy Turnbull** (mid right) and friend Peggy Long enjoy jazz at JoJo's on U Street.



▲ **Ceceile Richter** during her volunteer shift in the garden at Francis Stevens School Without Walls in August.



▲ **Ken Shuck** and **Carol Galaty** did a four day get away, staying with friends in Bronxville, New York. Their friends took them to the Bronx Botanical Gardens where there was a special exhibit of the fanciful artist, Yayoi Kusama's sculptures hidden among the trees and flowers. Their friends also took them on long walks in two hidden gems: one, Untermyer Park and Garden, covering 43 acres with spectacular, romantic statues, ruins, waterfalls and floral arrangements (see photo) secreted in Yonkers along the Hudson River; the other the Storm King Art Center, a 500 acre out door museum of giant modern sculptures (see the photo) scattered among the open fields and trees in the rolling hills of the Hudson Highlands.

Out and About



▲ **Ted Bracken** attended the wedding of his son, Todd, in Hilton Head, NC in July.



▲ **Karen St. John** hosted a Happy Hour in July as part of the DCV small gatherings as we return to in person meetings. First pic is The Ladies in Red: **Karen St. John, Deidre O'Neill and Kathy Spiegel** and pic 2 is the whole group: **David Schwarz, Richard Fitz, Marie Marcoux, Helene Scher, Donna Batcho, Lucia Edmonds, Kathy Spiegel, and Karen St. John**



▲ **Charlotte Holloman** got away this summer for some health and wellness pampering at the Nemacolin Luxury Resort and Spa in Farmington, PA.



▲ July Tea Party at **Joe Auslander and Barbara Meeker's** house. It was really fun. We hope to do something like this again. **Mary Wheeler, Marie Marcoux, Alice Tetelman and Joe Auslander.** (Barbara took the picture).

Art Archive



Plums, 2008, Oil on Canvas, Sherrie Wolf (American, 1952–)

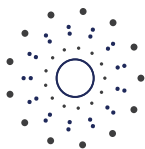
Poetry Corner

Tired

I am so tired of waiting,
Aren't you
For the world to become good
And beautiful and kind?
Let us take a knife
And cut the world in two
And see what worms are eating
At the rind.

*by Langston Hughes
(1902–1967, American)*

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



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