

# DUPONT CIRCLE VILLAGE

## SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“Dost thou love life?  
Then do not squander  
Time; for that’s the Stuff  
Life is made of.”

Benjamin Franklin—*Poor Richard’s Almanack*, 1746

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### Welcome New Members!

Margaret Dunkle  
Anthony (Tony) Harvey  
Jacqueline Meers  
Joan Rogliano  
Shubh Schiesser

## Be Aware! Medical Gaslighting Does Happen

**D**o you ever feel ignored, put off, lied to, or downright dismissed by your doctor? You may be a victim of medical gaslighting, a deliberate or unconscious attempt to convince you that the symptoms or pain that you are experiencing are not real. A medical professional may assert that it is “all in your head,” or that you are exaggerating about a “normal” or “common” situation, e.g., pain that is a natural part of the aging process.

By Eva M. Lucero,  
Executive Director

Medical gaslighting can result from the implicit bias of the physician and while it may not be deliberate, it nevertheless affects judgements, decisions, and behaviors. Research has shown that implicit bias does impact medical care and health outcomes. Furthermore, the medical industry has a long history of gaslighting, especially towards women and people of color.

In the past, women’s health concerns were frequently minimized or trivialized as “complaining” and “female hysteria.” Until quite recently, hysteria was a common medical diagnosis for women considered to be “too emotional.” This diagnosis included a wide array of symptoms, such as anxiety, nervousness, insomnia, and irritability. Today, women’s legitimate health concerns are often still blamed on stress, hormones, and their imaginations.

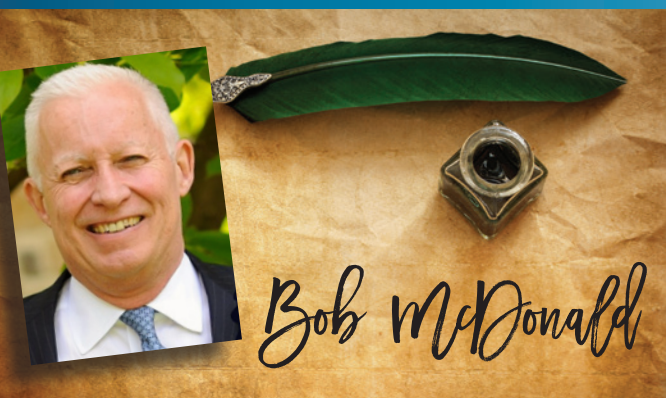


The *New York Times* health section recently provided some information about medical gaslighting. Below is a list of signs of medical gaslighting and steps to take to better advocate for yourself:

- Your provider continually interrupts you, will not let you elaborate and does not seem to be an engaged listener
- The provider minimizes or downplays symptoms, like questioning whether you have pain, or refused to discuss your symptoms
- The provider will not order imaging or lab work or confirm a diagnosis
- You feel that the provider is rude, condescending or belittling
- Your symptoms are blamed on

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# President's Notes



For years, David and I have had growing concern about his parents' need for assistance in daily living. Getting to doctors' appointments, grocery shopping, participating in activities they loved, and seeing friends became more problematic, especially with the onset of COVID. Our suggestions

for getting assistance were resisted.

Amid all the stress we have experienced over these past nine months, I have had many opportunities for reflection on aging, caregiving, family dynamics, our healthcare system, and the value of the village.

With both David's parents and my brother, we knew that they could greatly benefit from the services and the life of a village. But none was available in their neighborhoods. When my brother's condition worsened, he needed to move into a memory care facility. David's parents' situation got to the point where a life-changing move needed to be made.

What have we faced as a family? The complexity of our healthcare system. The need to clean out a house with 62 years of belongings. Selling that house. Finding and adjusting to new doctors. Organizing and understanding complex financial records. The stress and the challenges of caregiving with all its complex emotions. Understanding family dynamics. Letting go of patterns of behavior that no longer work in those family relationships. Dealing with legal documents. Letting go.

Those are the issues that a village like ours addresses. Personally, I have benefitted from Meditation with Christina. I have found support for my caregiving in the "Navigating the Path Ahead" sessions. I have experienced help and support in my Village relationships and resources. We even called upon Village members to help in witnessing my in-laws' legal documents. Villagers at Thomas Circle have shown both concern and care.

I know many of us deal with these issues. What has become so crystal clear to me is the value of the Village. I am so grateful for what we have.

## The Value of the Village

I am writing this article on the eve of my mother-in-law Esther's memorial service in Wilmington, Delaware. This is a time for me to reflect on what my husband David and I have experienced in the past nine months.

At the beginning of December last year, my brother Bill died from Alzheimer's disease in northern Virginia. At the same time, we were planning to move David's parents from Wilmington, Delaware to the Residences at Thomas Circle here in DC. David's father had been diagnosed with Alzheimer's and his mother knew that she could no longer provide the care he needed in their Wilmington home. We wanted them near us so we could care for them and so we moved them to DC in mid-December.

Their adjustment to living in the urban center of DC was challenging to say the least. They had lived in their home in suburban Wilmington for 62 years, had both grown up on farms, and David's father had worked on farms much of his life. As challenging as it was, David's mother often told us that she knew the move was the right decision.

Then, quite unexpectedly, Esther was diagnosed with pancreatic cancer in April. The disease had significantly progressed and, at the age of 89, she decided not to pursue any treatment other than pain relief. The cancer took her life on July 28.

## July Birthdays



Carol Galaty hosted the July birthday celebrants. Helene Diener, Ann McFarren, Sandra Yarrington, Ceceile Richter and Marie Marcoux

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

## Ice Cream Social

Thursday, September 1, 2:00–4:00 pm

Location: Friends Meeting House, 2111 Decatur Pl NW

RSVP: Register online or contact DCV Office

It's been a long hot summer! Join us on September 1 for DCV's Annual Ice Cream Social. There will be many Ice Cream flavors to choose and, new this year, we will also have a variety of popsicles! It is highly suggested that masks be worn when socializing inside and not eating.

## Social Hour—Live!

Thursday, September 1, 5:30–7:00 pm

Location: 1916 S St NW (inside)

RSVP: Register online or contact DCV Office

## Navigating the Path Ahead

Tuesday, September 13, 3:30–4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Our lives are a journey. As we make our way on our path, we find others to walk with us. As they share our journey, they support and challenge us. At times, some leave us. And then, others join us. We learn from them and share our experiences. Over time, this new monthly Village discussion group will be covering topics such as: living alone; receiving a new diagnosis; wondering what's next; do I need to make accommodations in my home; dealing with loss; where can I find new experiences; what can bring me joy; how can I reignite the passion in my life.

## Sunday Soup Salon

Sunday, September 18, 5:00–6:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Have you had your daily dose of fun? That's what scientist-journalist Catherine Price asks in her TedTalk, "Why having fun is the secret to a healthier life." Besides being enjoyable, she says, fun is essential for our health and happiness. Price proposes a new definition of fun, bolstering that with evidence-based ways to weave playfulness, flow and connection into our lives.

Next, we hear from editor and author Kevin Kelly, who believes we have a moral obligation to be optimistic. "Every great and difficult thing has required a strong sense of optimism," he says in his TedTalk, "The future will be shaped by optimists." Kelly shares three reasons for optimism during challenging times. He explains how it can help us become better ancestors and create the world we want for ourselves and future generations.

## Pickleball Instruction and Volleying!

Monday, September 19 and October 3, 10:00–11:00 am

Location: Mitchell Park Courts, 1801 23rd St NW

RSVP: Register online or contact DCV Office

Join us as Ed Reardon takes us through the basics of this popular sport. DCV has a couple of rackets, but bring your own if you have one.

## Men's Book Group

Monday, September 19, 11:00 am

Location: DCV Office

RSVP: Bob Hirsch, (202) 483-7981 or [rmhirsch49@yahoo.com](mailto:rmhirsch49@yahoo.com)

The book for September is *River of the Gods* by Candice Millard. Members of the group often have lunch together afterwards.

## Live and Learn: Medicare and Medicaid

Thursday, September 29, 3:30–5:00 pm

Location: Hybrid—in person at DCV Office (limit 20 people), enter at 2111 Decatur Pl NW or by Zoom (unlimited). Choose at time of registration

RSVP: Register online or contact DCV Office

What is covered by Medicare? What is Medicaid and how do you qualify for it? What is the difference between a Medicare Advantage Plan and a Supplemental Plan? What is Part D? What changes are there to Medicare and Medicaid for 2023? What changes can you make during Medicare Open Enrollment from October 15 to December 7? At Dupont Circle Village's September Live & Learn Program, Chris DeYoung, from the D.C. Department of Aging and Community Living, will answer your Medicare and Medicaid questions.

# Monthly Calendar



## Movie Group

Wednesday, September 28, 3:55–5:15 pm

Location: By Zoom

RSVP: Register online or contact DCV Office

The movie being discussed: t/b/a

## Mystery Book Group

Friday, September 30, 3:00–4:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

The book for discussion: t/b/a

## 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 pm

Location: Virtual

RSVP: Register online or contact DCV Office

## Coffee and Conversation

Thursdays, 10:00–11:00

Location: Emissary Café, 2032 P St NW

RSVP: Register online or contact DCV Office

## Mahjongg

Thursdays, 2:00–4:00 pm

Location: hosted live by Margot Polivy

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

## Knitting Group

Every other Thursday, 4:00 pm

Location: Virtual

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

## Meet Jane Martyn Masri and Bill Collins

Jane Martyn Masri and Bill Collins joined the Dupont Circle Village community in early 2022. They learned about it from another member on Ashmead PL NW, where Jane has lived since 2018. The couple splits time between NJ and DC. Jane

has a summer house on Long Beach Island and Bill has a home in Summit, NJ, where his youngest daughter attends high school.

her two daughters while working full time as principal of a communications company, serving international organizations working in the region. Her daughters are grown and live in London and Brooklyn. Bill hails from Rye, NY. He has worked in sales and financial services for his entire career, starting in NYC as a new graduate, and then spending time in Chicago before settling in northern New Jersey. He has worked with Merrill Lynch, Alliance Bernstein, and Pershing through the years. Bill currently works for Kingsview Partners out of its NY office.

Bill is an avid athlete and enjoys fly fishing, hiking, climbing and all things outdoors. He is an excellent paddle tennis player. Jane also enjoys the outdoors, but also spends a great



deal of her free time volunteering as a puppy raiser for Guiding Eyes for the Blind. She has successfully raised three Labrador Retrievers (Aussie, Ode, and Olana) and is currently raising 5-month-old Gait to be a future guide.

They look forward to making new friends through their connection with DCV and hope to be active DCV volunteers.

### DCV Member Profile

ter attends high school.

Jane is from the Philadelphia suburbs and has lived in the DC area since 1985, coming here for work after graduating from college. Marriage and career took her to the Middle East for almost 2 decades. She raised

# Ideal vs. Reality



Ask Ann

Over the last several years, I have had many illusions shattered. Apparently, I keep remembering what I was taught in school, at church and at home, and somehow expect reality to match those ideals. Yet, I refuse to become jaded.

By Ann Talty

**Serving the common good.** I try to live this way. I obey traffic rules, laws, etc. I get it that there is a direct negative impact on others if I don't do this. As many past supervisors know about me, it does help if I can understand the why of it, though.

I was not happy in my first job—it was all about power and money. When I left that job, I have only worked for non-profits. Not that they can't be about power and money, but most (including DCV) are about a particular common good. Helping others is who I am.

**How legislation occurs.** How wonderful it would be if more legislators were about serving the common good. I knew that there were untold numbers of deals and compromises made. I had assumed



that legislators actually personally read and understood bills they voted on. I also thought that they wrote them. I have to admit, I was totally ignorant about the power of lobbyists. I really thought that all they did was try to persuade people to vote their way. What, they actually draft legislation? They donate big bucks to someone's campaign, etc.? How is this not considered bribery/extortion? Wow!

**Driving.** I really had it drilled into me to drive defensively, not aggressively. The fact that so many drivers in the DC area do the latter, it does not convince me to follow their lead. I have been injured in 2 accidents, and I really don't want a repeat of that, or be responsible for doing that to someone else. Will the world really collapse if I'm a few minutes late? Should others pay the penalty for the fact that I started late? Is it worth it to get angry at how someone else is driving? Nope. Life is too short, and I don't need any more anxiety in my life. Still, I would like to convince everyone that right turn on read means after you stop, but you still don't have the right of way.

**My observations about people.** It is too easy to focus on people not even trying to achieve the ideals. There are actually many who do match, or at least try to match that. So, I try to focus on improving myself, and being pleasantly surprised when people do the right thing.

When we were kids, my grandparents sent us a Yogi Bear record. I can still remember the song that was about the Golden Rule—a different take on it that works for me. The words were simply, "don't do unto others what you don't want done to you."

## Medical Gaslighting

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mental illness, but you are neither given a mental health referral nor screened for such illness

If you encounter any of the above during your medical visits here are a few tips on how to address it:

- Be vocal and persistent with your health concerns
- Keep detailed notes and have a copy of your whole medical record
- Prepare a list of questions to ask the provider in advance of your appointment
- Consider asking someone you trust to accompany you for support
- Prioritize the most pressing issues

- Prepare bullet points beforehand to quickly summarize your concerns
- Confirm and record next steps with your provider before you leave the appointment

Remember these tips if you encounter medical gaslighting. If you feel your doctor is not taking you seriously, find another provider. Always seek a second (or third) opinion or ask to be referred to a specialist. Ultimately, you know your own body and experience. Empower yourself to push back against any medical gaslighting and advocate for the quality health care and respect you deserve.

# A Dupont Circle Village Rescue Mission

**W**e Villagers regard being in the Village as a win-win proposition: we enjoy helping others, and the ones who are helped are grateful. It's an ongoing narrative, and I want to add my own little chapter to it.

By Brian Doyle



While I was vacationing in the Lakes Region of New Hampshire this June I fell sideways and backwards down an 8-foot flight of stairs. I broke five ribs, damaged three vertebrae, and badly bruised my lung, but it could have been far worse; I could have sustained brain damage or broken my neck. I had expert medical treatment in Huggins Hospital, a few miles away in Wolfeboro. My daughter Cavan, who flew from Chicago, provided superb, loving care for a week. So did my brother Niall, who came up from the Boston area for the following week. My son Colin texted or called me every day from Chicago.

Back in DC I had no appetite. I lost weight, ultimately 20 pounds, and I did not have much weight to lose in the first place. My doctors prescribed antibiotics because they were

concerned I had pneumonia, but the medications had side effects. As a result, my gut was in an uproar, and I was confused about what I should or should not be eating. Although I needed to eat, I didn't have the energy to buy food, much less prepare it.

Food delivered by DCV's **Meal Mavens** was a crucial part of my recovery. When I first started meeting them at my building's front door, I was a pathetic creature, bent over my walker. I'd slowly wheel their care package to my unit to enjoy what they brought: a main dish, some fruit, and little treats. Who can resist little treats? The Mavens were wonderful: **Abigail Wiebenson, Sandra Yarrington, Frank Walter, Monica Heppel, and Kathy Price**. When I tried to stammer my thanks, they were appreciative, but they made it very clear they enjoyed bringing me food.

My clinical course has been bumpy but I'm doing better. I still tire easily, and I still have to obey my body when it says, "Go to bed. Now." I have to regain 10 more pounds, although no one sympathizes with me about having that problem! It'll take another couple of months, say my doctors, before I'm fully back and moving at my usual express-train speed.

I've moved beyond using a walker, and I rarely rely on a crutch. When I'm outside, I still carry my crutch in

case I need it, despite quizzical stares from passers-by: "What is that guy doing carrying his cane...?"

Much as I would like the Village food-delivery service to stay in place for the indefinite future, my conscience (and my waistline) will not let me do it. I have to stop being the beneficiary of thoughtful and generous people, some of whom I have never met before.

This summer will linger in my memory as one marked by pain, struggles to breathe, loss of appetite, exhaustion, and, as we physicians say, "generalized malaise."

However, my experiences have made me deeply grateful. To my dear and loving family. To the capable medical personnel who treated me in ambulances, Radiology services, Urgent Visit clinics, Emergency Departments, and hospital in-patient units. Grateful to my supportive friends.

And grateful to the wonderful Village members who so cheerfully fed me. Their food was delicious, and the calories were welcome, but more important by far is the loving-kindness they showed me.

Abigail, Sandra, Frank, Monica, and Kathy: I can't thank you enough.

*Brian Doyle, DCV member, a part-time psychiatrist, has been in the Dupont Circle area for 40 years.*

## DCV VOLUNTEERS

### Meet Volunteer Frank Walter

**E**very morning Frank Walter wakes up without an alarm at 5:30 a.m., he cooks breakfast, reads the Washington Post or The New York Times, and heads out the door for an early walk through Rock Creek Park. He walks 6 miles a day, he says, and he looks for new routes that will keep things interesting to

him. He watches for foxes, beavers, deer, different types of birds, and other unique animals along the way.

His walks are a kind of meditation, a quiet escape from the political "rat race" of Washington, D.C., he says.

Walter, who retired in January from a consulting position at the World Resources Institute, has made



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## Volunteer Frank Walter

*Continued from page 6*

it his goal in retirement to relax, and to do many of the things that he did while he was working but more

often, and more fully. Whereas he has always liked to cook but only had the time to do so for the occasional dinner party, he now cooks unique recipes every day, everything from Indian, to Thai, to Korean, and

Moroccan food, and he develops full menus for his dinner parties.

He has always tried to stay in shape, but he now does weight training three times a week. He has always tried to give back to his community, he says, and he now runs the **Friendly Calls and Visits Program**, participates in **Meal Mavens**, and more for Dupont Circle Village.

"The people here are so inspiring," he says. "They're just so full of wisdom and stories, and to see some people who are older than me live so well makes me feel great about what I can do when I get to their age."

Walter, who is 61 but looks fresh out of college, is intrigued by the idea of aging well. His mother is 101 years old and is still active, scrubbing the floors at her home, socializing regularly, and more. His goal is to be as active as her when he's her age.

Walter first discovered Dupont Circle Village when a DCV member who was living in his condo building was in failing health. The last six months of that person's life Walter watched other DCV members take him to medical appointments, buy him groceries, check in on him at home, and more, and he was inspired by the sense of community.

"After he (the member) died, I knew I wanted to get involved. I'll be in his position myself one day, so I wanted to contribute to the type of thing that helped him so much."

Through the Friendly Calls and Visits program Walter connects as many as 20 DCV members with volunteers who either regularly call or make home visits to check on them. He also uses his love of cooking to cook meals and deliver them to members.

He's a lifetime fan of Cleveland sports teams (he grew up in nearby Akron, Ohio), which he calls, "distressing".

## Remembering Bené Durant

**H**ello, Birthday Guests, Village Hosts, and Volunteers I have been offered a moment to say a few words about the Village's birthday gatherings and to remember someone who is not here today.

One of the first Village events that I attended after joining the DCV was a gathering for those born in July and it still stands out in my mind as a wonderful event. I think that those of you who are coming for the first time or have been to a birthday gathering in the past will agree with me that this is one of the best things the Village does to help us get to know one another better, which, after all, is a main purpose of a senior village.

The birthday event that I am particularly recollecting was nine or ten years ago. It was in the home of **Marcy Logan** and she and **Abigail Wiebenson** were the hosts. We had mingled and eaten, and we were now sitting on the furniture and on the floor and Abigail was moderating a discussion. It was about housing or another concern about daily life and I remember how articulate Bené Durant, one of the birthday people, was. We were all listening to her intently and I remember being very impressed at what she had to say. She seemed successful in a way that I was not in navigating life in DC.

Bené had already made an

impression on me at this gathering. Here she was, this tiny woman with such great posture that she looked taller than she was. She was beautifully dressed with a distinctive head scarf that I came to know as her trademark. She was soft-spoken but with a lovely voice. I don't know how she did it, but even though I was taller, I knew to not to mess with her and I think everybody else did too. When she spoke, I and we knew that she would have something worthwhile to say. She truly owned that room.

Later, Bené and I were in the same exercise class. Despite being in exercise clothes, she was wearing a beautiful head scarf. She had her space in the back of the room, not far from the door, and we all knew that she owned that space. I always tried to say hello to her and was pleased to be recognized by her. The last time that I remember seeing her in person was at what I think was a July-August birthday gathering, perhaps it was last year, in a room at the Friends Meeting House. We sat around in a circle with appropriate social distancing, and I felt fortunate in being able to take a seat next to her and to exchange a few words and asides with her.

Unfortunately, Bené is not with us today. She died suddenly in November 2021. Accordingly, I hope that you will raise your glass and join me in a toast to Bené's life and after-life: To Bené!

## Solo on the Road

**T**wo weeks by myself. Two weeks of “soft” adventure on (mostly) rural Vancouver Island, BC, near the small town of Sooke. Family and friends were skeptical: No outfitter? No group? No plan? My mantra: go for it solo...embrace serendipity...empowerment at 81!

By Lynn Lewis

From the window of my inn, nestled among Douglas fir, Pacific yew and Sika spruce, the waters of Juan de Fuca Strait glisten against a backdrop of the distant Olympia mountain range. Overhead, two young eagles practice fishing skills, their nest in a nearby old-growth pine.

It is still early, but the first day’s adventure has begun: meeting a local guide at the Cold Shoulder Cafe for a challenging scramble through moss-covered trees to rocky, wind-swept Sombrio Beach, with panoramic views of the rugged coastline and hidden waterfalls.

Two weeks’ worth of exploration followed.

Sombrio was only one of many awesome beaches accessed from the Juan de Fuca Marine Trail, most reached by well-marked but steep trails through towering trees and lush fern, past seals basking on rocks while flocks of geese and ducks parade on the foam. Another was Botanical Beach, whose tidal pools brim with hundreds of species of sea life, colorful sea stars and urchins among them.

Besides wandering barefoot in the sand, I hopped on a Zodiac for a morning of whale watching, siting orcas and grey whales. Kayaking was another day’s soft adventure. Shepherded by a landscaper-turned-adventure guide, a lone judge from Toronto and a curious, resident swan, we navigated along Sooke Harbor, startling seals and sea lions sprawled on weathered wharfs.

Along with the lure of the outdoors, the island draws hundreds of artisans. One studio-workshop

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▲ It’s hard to beat spending a day on the driftwood strewn, rocky shores of Mesachie Lake, whose name comes from Chinook Jargon, the trade language of the Northwest Coast. Look closely, there’s a waterfall spewing from the cliffs in the background.



▲ Nature’s chef, who relocated to Vancouver Island from the family’s Czech deli in Toronto, is a third-generation professional cook. While retaining his roots in traditional dishes, he focuses on health and longevity, offering clients natural and wholesome foods from the island’s wild, west coast.



▲ A judge, a curious resident swan and I, led by a landscaper-turned-adventure guide, paddled along Sooke Harbor, startling seals and sea lions sprawled on weathered wharfs by the shore.

# Out and About

Continued from page 8



▲ Victoria's Chinatown (Canada's oldest) is a maze of narrow, winding streets, alleyways and courtyards. Rooted in the 1850s Fraser River gold rush and once home to thousands of Chinese, it represents an important chapter in the history and heritage of Chinese Canadians.

features award-winning pottery and treasures fashioned from salvaged Canadian Maple. Others offer diverse crafts from jewelry to clothing, from acrylic to oil to watercolor and photography, from collage to mixed media, metal art, sculpture and more.

Island farmers markets, held day and evening, attract locals and visitors alike. An intrepid foodie, I was among those music-filled events, where folks lined up for organic produce, crafts, baked goods, even home-made gelato sold from the retrofitted bike of a retired accountant. One of my favorites was the Shirley Sunday Market, founded by the Shirley Community Association's local elders to foster friendship and support their neighbors.

A different take on Farm-to-Table food was a local, iconic wilderness chef, who I engaged for an afternoon of forest foraging, cooking and eating... fried bannock made with acorn flour, pine needles, dandelion and other savories plucked from Mother Earth.

Hard to beat but equally

interesting was the ALM Organic Farm, located on a random back-road. There, a spunky farmerette grows, harvests, and sells veggies, fruit, jam, and Full Circle organic heritage seeds from her 15-acre plot.

Another serendipitous find was a truck vendor from the tiny T'Sou-ke First Nation band, offering fresh-caught and preserved salmon. Notably, the T'Sou-ke people, namesake of the town of Sooke and its surrounding harbor and basin, receive special recognition from the Canadian government.

My only foray from this rural area was to the small, charming city of Victoria, British Columbia's capital since 1871. Its colonial past shows in its Victorian architecture. That said, I opted for a food and history tour of Canada's oldest Chinatown, skipping the city's major tourist draws, Butchart Gardens and Craigdarroch Castle.

In short: if you are a novice solo elder traveler, accept the SNAFUs as part of the adventure. Be prepared... but stay open to the wonders of serendipity.



▲ Ken Shuck and Carol Galaty had a delightful evening in Paris visiting with Iris and Irv Molotsky and their incredibly, sweet daughter Michele and a friend of theirs from London!



▲ On August 5, Bob and Susan Meehan celebrated their 55th wedding anniversary. This picture was taken at this year's Memorial Day parade along Constitution Avenue.

# Out and About



▲ DCV welcomed members who joined in Winter/Spring 2022 to a small gathering at the Friends of Washington. The member mentors were also in attendance.

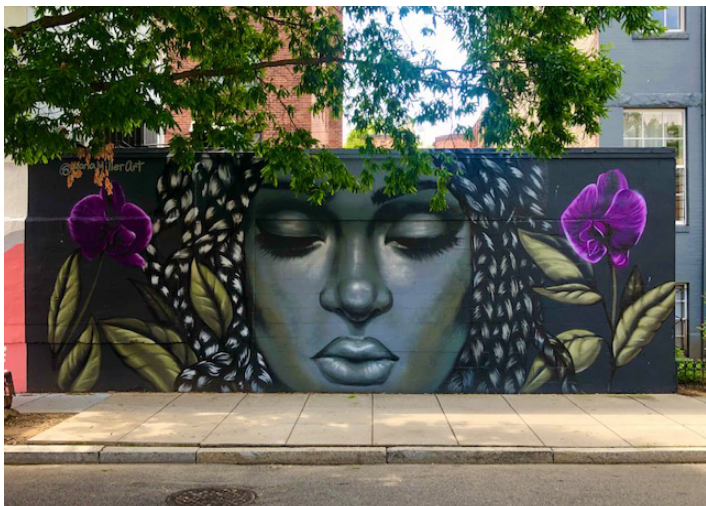


◀ **Geri McCann** snapped a pic of a storm brewing over N Street. Ominous.



▶ **Caroline Mindel and Lynn Lewis** took **Lucia Edmonds** out for a very special birthday celebration at the incomparable Gypsy kitchen on 14th Street.

# Out and About



▶ **Jim Chamberlin**  
pics from being  
out and about in  
the Dupont Circle  
neighborhood.

▶ **Abigail Wiebenson**  
enjoying family  
week in North  
Carolina. Eight  
grandchildren  
and three sets of  
parents made for  
a rambunctious  
gathering!



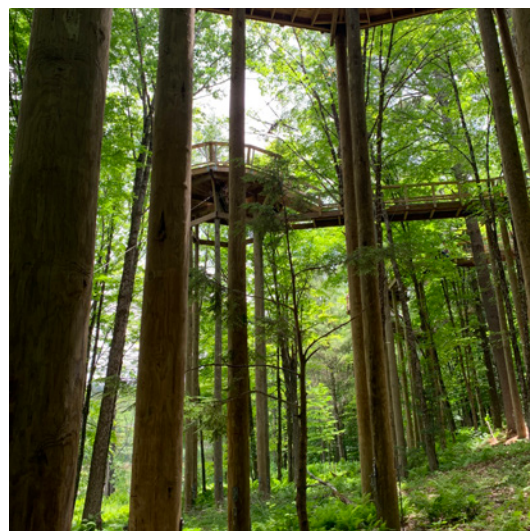
# Out and About



◀ **Lois Berlin and Larry Stuebing** (back) have been traveling through Greece and Italy with friends. They are onto the Dalmatian Coast on a clipper ship and will stop for a visit with family in the UK before heading home.



▶ **Carol Galaty and Ken Shuck** enjoyed the luxurious cool green of Vermont this summer.



▶ **Judith Neibrief** spent three weeks in Spain and Portugal, mostly hiking along the Camino de Santiago and then in the Douro Valley.



# Out and About



▲ **Nancy LaVerda** had a great view of Penobscot Bay, Maine, from the top of Mount Battie and also visited the Portland Headlight on her recent trip.



▲ Villagers vacationing in the NY Finger Lakes region. The Gorge in Watkins Glen State Park (NY). **Judi Lambart, Deirdre O'Neill, Karen St John, Peggy Long, Nancy Turnbull, Chris Hannah** enjoying life at Seneca Lake (NY) and dinner at Stone Cat with **Monica Heppel** and **Jeanne Downing**.



## August Birthdays



August Birthday Celebrants  
Back: **Charles Bien, Monica Heppel, Lorna Doubet, Sheila Lopez, Sam Liberto, Bill O'Brien**.  
Front: **Lucia Edmonds, Olga Hudacek, Jeanne Downing, and Joyce Liberto**.

## 15-Minute Meal

### Cannellini Bean and Tuna Salad

This month's provider is **Dennis Houlihan** who swears by this tasty recipe. Don't hesitate to let us know how you've enjoyed the recipes. Contributions are always welcome; send recipes to [abigailwiebenson@gmail.com](mailto:abigailwiebenson@gmail.com).

4–6 servings; T=tablespoon; t=teaspoon

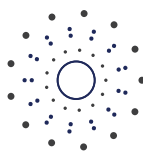
- Mix gently 2 cans of well drained **cannellini beans** (any white beans will do) with **vinaigrette** (6T oil, 1 ½–2 T wine vinegar, ½ t salt, ½ t ground pepper, ½ t dried basil or some chopped fresh basil; shake mixture in a jar or swirl in a small bowl before you pour on the beans. Arrange mixture in a serving dish and let it sit while you prepare the rest.
- Top the mixture with ½ cup of finely chopped **onion** and 2 7-oz cans of **flaked white meat tuna**.
- Top with additional chopped fresh or dried **basil** and a generous serving of chopped **parsley**. The salad can be made ahead of time and let sit covered in the fridge for hours.
- Before eating, pour 3 T **olive oil** and 2 t. **vinegar** over the salad.



While this works as a whole meal, if you wish, serve with a paté or slices of ham or chicken, or a green salad.

French bread goes well with this salad as do brioche toasts (available in boxes at Trader Joe's).

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.



**DUPONT CIRCLE VILLAGE**  
SHATTERING THE STEREOTYPE  
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