



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“It is spring again.
The earth is like a
child that knows
poems by heart.”

—Rainer Maria Rilke

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Welcome New Members!

Alice T. Day
Doll C Gordon
Sharon Wildstein

Climate change and an aging population

In the spring of 1970, Senator Gaylord Nelson (D-WI) created Earth Day, which launched a new wave of environmental activism. Earth Day is now an annual event in April that brings together citizens and activists from around the world to raise awareness and call for action regarding environmental concerns including climate change.

By Eva M. Lucero,
Executive Director

After coming off the hottest year in history, climate change is at the forefront of many people's minds, especially acclaimed author, activist and founder of **Third Act**, Bill McKibben. McKibben is the author of 12 environmental books including *The End of Nature*—the first book about climate change written for a general audience. “It turns out that the two groups in our society that care about climate change the most are actually young people and old people,” McKibben stated.

Third Act, founded in 2021, wants to tap into the experience, skills, and resources of older adults to build a better tomorrow. The organization relies on local chapters in more than 20 states across the country, to initiate collective action campaigns that can help to reverse course on global warming, a major symptom of the much larger problem of climate change.



Climate change impacts, including extreme temperatures and weather events, land degradation, rising sea levels, increases in air and water pollution, etc. threaten our well-being and access to a safe livable world with clean air, water, food, and adequate housing. Older adults, as a “vulnerable population,” are particularly prone to climate change impacts. Many older adults may find it more difficult to prepare for, respond to, or survive a climate change event. Other factors that could place older adults at risk during climate change events include:

- Complex medical conditions impacting physical, sensory, and cognitive abilities to care for oneself and respond to climate disasters.

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President's Notes



David Schwarz

Like many of you, I suspect, I joined the Village for the programs. I loved the Celeb Salons—especially when they included dinner at someone's house. What festive events they were! And then there were the holiday parties, the ice cream socials, the Galas (of course!), the happy hours, and those informative Live and Learn sessions. Then Covid hit, and the programs—although now on zoom—became a lifeline to the outside world. For at least a year, I counted on Coffee and Conversation (virtual coffee), the online Celeb Salons, book groups, and the friendly calls to help keep me connected. And then, what a pleasure it has been to gradually move back from virtual programming to gathering again in person—especially the in-home socials, the happy hours, the theater evenings, and the cultural tours and outings across our fascinating city.

What has taken me longer to appreciate is the hard work and creativity this programming represents. Behind this wealth of events are the 50 or so Villagers who comprise the Membership and Activities, Health and Wellness, Celeb Salon, and Gala committees. These are the people who come up with the ideas for those fun get-togethers, memorable evenings, and interesting outings, who do the research and make the phone calls, who coordinate schedules and arrange venues, and who recruit hosts and speakers. They are sometimes also the people who create the event,

like **Monica Heppel**, who gives us Pi(e) Day and also monthly birthday celebrations by baking those delicious cakes and then loading them and other goodies into her red wagon and bringing them to the party.

Of course, we hope these committees carry on their great work forever. However, we cannot expect their individual members to—much as we might wish it. So, we are always looking for new people to bring fresh energy and talents to Village programming. This committee work can involve many different things. Some members mainly contribute their ideas. Others may have specialized knowledge—for example, of DC's art or theater scene—or expertise, say, in areas of health or nutrition. Sometimes the contribution is organizational skills, or the ability to create spreadsheets or work-flow diagrams. It can also be a talent for making cold calls or

for selling—for example, for enlisting the collaboration of local businesses. And then there are the members who know people—for example, the people we might build a Celeb Salon around or a Live and Learn series. There's also just the ability to get things done—to have a room set up for a meeting, coordinate schedules or make sure the refreshments arrive.

Our programming committees need all of these different skill sets and knowledge bases. So, if you see yourself playing any of these roles, please consider joining and bringing your special talents to Village programming. The first step is simply to contact **Eva M. Lucero** or me, or the chair of the committee that most interests you. For the Membership and Activities, the chairs are **Mary Stevens** and **Beth Merricks**. For Health and Wellness, the chair is **Sarah Burger**; for Celeb Salon, **Peg Simpson**; and for the Gala Committee, **Lois Berlin**. We look forward to hearing from you!

Climate change and an aging population

Continued from page 1

- Dependence on caregivers and medical delivery systems, which can be fragmented during climate disasters.
- Normal aging processes that create less muscle and body tone, which can limit agility and mobility.
- Cognitive impairments ranging from minimal to severe dementias impairing the ability to assess risks, plan responses, and execute protective behaviors.
- Dependence on medications and life-sustaining equipment that may be unavailable or require

intact power supplies that may not be readily available at temporary shelters.

- "Social determinants of health" like economic security or substandard housing can exacerbate the impact of climate induced disasters and are considered "threat multipliers."

Clearly, the impact of climate change on older adults is an enormous public health concern. If you're interested in taking action to help address climate change, **Third Act** is one organization to consider. They host community-wide calls, workshops, trainings and thematic, facilitated conversations that build skills, deepen interest, and gets everyone working together on this pressing problem of our time. Information can be found [here](#).

April Calendar

Visit the DCV website [calendar](#) to find further information for each event listed below.
REGISTER online, or at admin@dupontcirclevillage.net, or contact DCV Office at (202) 436-5252

Home Social Hour—McMahon

Monday, April 1, 2024, 4:30 pm–6:00 pm
Location: Meghan McMahon's Home
Limit: 10 guests
Register by April 9 online or
Contact DCV Office at 202.436.5252

DCV Vaccination Clinics

Wednesday, April 3, 2024, 1 pm–5:00 pm
Thursday April 4, 2024, 1 pm–5:00 pm
Location: DCV Office
Register via Calendly or
Contact DCV Office 202.436.5252

Tour of New Deal Murals inside the Wilbur J. Cohen Federal Building

Friday, April 12, 2024, 12:00 pm–2:30 pm
Location: 330 Independence Avenue SW
Limit: 10 guests
Register by April 9 online or
Contact DCV Office at 202.436.5252

DCV Happy Hour—Vagabond Bar and Kitchen

Wednesday, April 17, 2024, 4:00 pm–6:30 pm
Location: 1836 18th St NW
Limit: 16 guests
Register by April 15 online or
Contact DCV Office at 202.436.5252

LGBTQ+ Gathering—McDonald

Tuesday, April 23, 11:30 am–1:30 pm
Location: St. Thomas Parish, 1517 18th Street, NW
Limit: 20
RSVP by April 20 to bobmcddc@gmail.com or text to 202.957.1859

Home Social Hour—Carmody

Friday, April 26, 2024, 6:00 pm–7:30 pm
Location: Thomas Carmody's Home
Limit: 8 guests
Register by April 23 online or
Contact DCV Office at 202.436.5252

DCV Spring Picnic

Thursday, May 9, 11:30 am–1:00 pm
Location: Heurich House Garden at 20th Street and New Hampshire
Register online or
Contact DCV Office at 202.436.5252



Navigating the Path Ahead

Tuesday, April 9, 2024, 3:30 pm–4:30 pm
Register by April 9 online or
Contact DCV Office at 202.436.5252

Men's Book Group

Monday, April 22, 11:00 am–12:00 pm
Location: DCV Office—2111 Decatur Pl NW
RSVP: Robert M. Hirsch at rmhirsch49@yahoo.com

Mystery Book Group

Friday, April 26
Location: Virtual
No Limit
Register online or contact DCV Office at 202.436.5252

Live and Learn: Scams Directed at Senior Citizens

April 29, 2024
Location: Hybrid
DCV Office—2111 Decatur Pl NW
Limit: 12 guests in person
Register by March 24 online
Contact DCV Office at 202.436.5252

RECURRING EVENTS

Tai Chi for Arthritis and Fall Prevention

Tuesdays, 2:00 pm and 3:30 pm
Location: DCV Office
Limit: 6

Online Meditation

Mondays and Thursdays, 9:00–9:30 am
Location: Virtual
RSVP: Register online or contact DCV Office

Chair Yoga

Tuesdays, 10:30–12:30
Location: Virtual
RSVP: Register online or contact DCV Office

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April Calendar

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Accessible Mat Yoga

Mondays, 3:30–4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Coffee and Conversation

Thursdays, 10:00–11:00

Location: Kramerbooks

1517 Connecticut Ave NW

RSVP: Register online or contact DCV Office

Bridge Group

Thursdays, 1:30–3:30 pm

Location: DCV Office—2111 Decatur Pl NW

RSVP: Register online or contact DCV Office

Join other Villagers who like to play bridge.

Mahjongg

Thursdays, 2:00–4:00 pm

Location: hosted live by Bobbi Milman

RSVP: Bobbi Milman, rmilman@comcast.net

or 202.667.0245



Knitting Group

Every Thursday, 4:00 pm

Location: Virtual until further notice

RSVP: Sheila Lopez at sheilablopez@gmail.com

Dupont Circle Walking Group

Every Monday, Wednesday, Friday at 8:00 am

Location: meet at the fountain in Dupont Circle

Adams Morgan Walking Group

Every Tuesday, Thursday at 8:00 am

Meet at northwest corner of Kalorama and Columbia that borders Kalorama Park

15-Minute Meal

Roasted Asparagus

Quite possibly the easiest and most delicious way to eat any vegetable is to roast it! Throw it in the oven and about 15 minutes later you've got a crispy, crunchy, and flavorful side dish. Asparagus is in its prime during late spring and early summer.

Ingredients

3 lbs asparagus, trimmed.

1/2 tbsp extra-virgin olive oil

Less than 1/4 tsp salt & freshly ground pepper

Directions

1. Preheat oven to 450 degrees.
2. Toss asparagus with oil on a baking sheet with sides or in a large roasting pan.
3. Spread in a single layer and season with salt and pepper.
4. Roast asparagus, uncovered, for 15-25 minutes, or until tender. Serve hot or at room temperature.

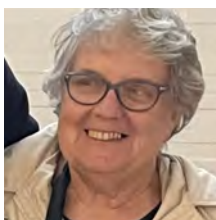


Yield: Serves 8

**Per serving: 51 calories, 1g fat,
40mg sodium 4g fiber, 4g protein**

Supreme Baker and Volunteer: Monica Heppel

Monica was born in Arlington, Virginia, where she grew up with two brothers and an older sister. She attended college at the University of Rochester, where she received her baccalaureate in Cultural Anthropology and a bonus internship in surviving winter and whiteouts in upstate New York.



Volunteer of the Month

Monica was still in high school when she met her husband, who is from Bethesda, at a college mixer her older sister invited her to, at Vassar College in Poughkeepsie, NY. He worked in Public Health and the NIH

relocated him to Tucson, Arizona, where Monica pursued her Master's in Cultural Anthropology.

After she received her degree, an NIH position in DC provided the impetus for a move to the DC area and Monica's family (which then included her daughter), moved into a home in Reston. She and her husband divorced in 1995 and she purchased

her condominium in Dupont Circle. Monica later took a job in New Jersey and was able to rent her condo for the ten years she was there. When she returned to her DC condo in 2010, she spent a great deal of her time with her older sister, who was also her best friend. Monica enjoyed visiting her sister on Hatteras Island in North Carolina. She would help her during the Hurricane Season, preparing for the deluge from the Atlantic and assisting her sister and her neighbors clean up after the storm.

Her brothers had already passed away, when her sister died, leaving Monica "the last one standing." That Christmas, her daughter's gift to her was a membership to the Dupont Circle Village. She joined the walking group. During her second year as a member, while attending the Annual Meeting, she learned about numerous opportunities DCV provides its members. She became a member of the Membership and Activities Committee. Her first volunteer experience was assisting Sandra Yarrington and Francis Oakley on the monthly birthday committee. Her contribution was baking cakes. After a few months, they asked her to take over the committee and

she embraced her new leadership position with enthusiasm (and the provision of great cakes). During COVID, she started baking cookies, which she had delivered to all the monthly birthday celebrants. Since the group was no longer able to meet for a monthly party, her walking companions delivered the cookies to the birthday celebrants. The gifting of cookie goodie bags continued after COVID, because as Monica says, "Everyone should receive a present on their birthday."

Chris Hannah now bakes the cookies, and this month **Barbara Sloan** will lend a hand. Monica is shifting the birthday group into a team effort.

Pi Day has been a DCV event for the past three years. Monica read an article about mathematicians creating Pi Day and as a baker, it was her inspiration for providing our membership with another of her homemade delicious treats. The first year, members were offered a choice of three locations to pick up their slices of pie, which were staffed by MAC members **Andres Doernberg**, **Abigail Wiebenson**, and **Carmela Vetri**. The second year, members could pick up their pies at the homes of **Kathy Spiegel** and **Richard Fitz**. This past year, everyone came to the office, and slices were delivered by MAC members to those who could not. The incredible lemon chess pie we experienced this year was due to the assistance of **Jeanne Downing**, who zested and juiced 14 lemons for 7 pies.

In addition to baking, Monica's hobbies include knitting and needlepoint. She likes to keep her hands busy while watching TV. She is a member of the Mystery Book group. She reads several hours every day, mostly fiction and spy novels. She is currently reading titles by Barbara King.

PIE Day Accolades: THANK YOU to Monica Heppel

Dear Monica, To hell with Weight Watchers!
I will eat EVERYTHING you bake. *Ellen B. 3/14/24*

The lemon pie was DIVINE! The best I have ever had. I am selfishly hoping we havemany no shows for pie pick-ups so I can have another slice tomorrow. You are the best! Keep on Baking!
Ellen B. 3/15/24

We O'Briens are also Monica Groupies! *Joyce O. 3/15/24*

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PIE Day Accolades

Continued from page 5

I second that, Monica! I thought I'd take a bite but then couldn't stop myself from eating all of it right then! Many thanks!

Peg S. 3/15/24

I agree with Ellen. The lemon pie was irresistibly delectable!

Courtney R. 3/15/24

Pie was great!!! Thanks

Mary Jean 3/15/24

Exactly. The spirit and the deliciousness of the pie effort are all thanks to Monica's skill and generosity. Many, many thanks!

Abigail W. 3/15/24

I totally agree with Abigail. Monica rocks on all baked goodies and we are so fortunate that she shares her talent so generously!!

Lois B. 3/15/24

I'm adding my cheers to others who had a piece of scrumptious pie. Thanks to whoever put mine in the refrigerator. Really, that was the best!

Barbara S. 3/16/24

Add me to the chorus. The way to my heart is....well, we all know the rest. Monica, you are the best!

Mike S. 3/15/24

I saved my pie for today's lunch dessert. Wow, it was delicious! The strong lemon flavor was yummy. Thanks again for your outstanding baking!

Olga H. 3/16/24

Lemon pi very pretty and the lemon custard's sweet, but the taste of the sour lemon made it such a special treat!

Carol G. 3/16/24

DCV's Planned Giving Committee Revives



Did you know that 80% of DCV's financial support comes from members, but only a quarter of that is your annual dues? Another major part of the support is legacy bequests from members. These bequests have allowed DCV to offer services to you that no other Village in the area does, like care groups and our health care navigator. With the Planned Giving Committee's revival, you will be hearing more from about the importance to DCV of bequests from members in future Newsletters.

If you want to know more about providing a lasting gift to DCV, you can contact any member of the Planned Giving Committee: **Steve Kittrell** (Chair), **Donna Batcho**, **Kari Cunningham**, **Eva M. Lucero** or **Bill O'Brien**.

April Birthdays



A Happy Birthday to members born in April! **Robert Spiegel, Angela Elkins, Janet McMahon, Audrey Nevitt David Schwarz, Jane Pierson, Suzanne Charlick, Alice Tetelman, Nancy Duff Campbell, Joele Michaud, Charlotte Holloman, Anita Gottlieb, Jan Vandevanter, Barbara Friday, Roy Wyscarver, Rose Darby, Dan Leathers, Mike Silverstein, Rebecca Higgins, Mirella Shannon, and Jeanette Barker**

Tech Link Between Generations

Maya Angelou has a great saying, “When you learn, teach, when you get, give.” One Saturday in March, a group of Washington International School (WIS) students, **Alienor Campbell, Nadia Clinton, Rebecca Matuschek, Dexter Illing, Grayson Houston-Henderson, Martin Alvarez, Lucas Selassie, Anton Jordan, Teo Katz, Mateo Levy and Riccardo Valente** volunteered their time to Dupont Circle Village to

*By Eva M. Lucero,
Executive Director*

teach tech skills to our members. The group, high school juniors, was led by Ali Campbell, whose grandmother, **Shirley Campbell** is a DCV member.

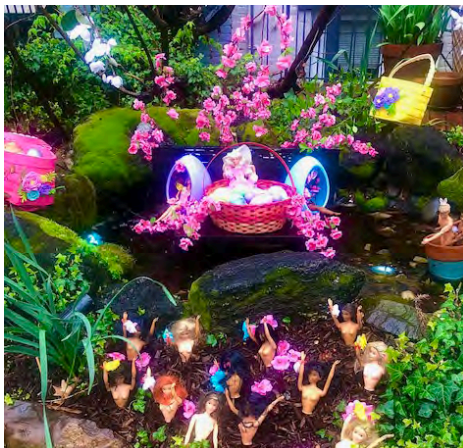
These tech savvy students were excellent teachers who displayed kindness, patience, and skill. It was wonderful to see tech as a link between generations! I’m sure more than a few DCV members texted about the fun and learning that was had that day.



Out and About



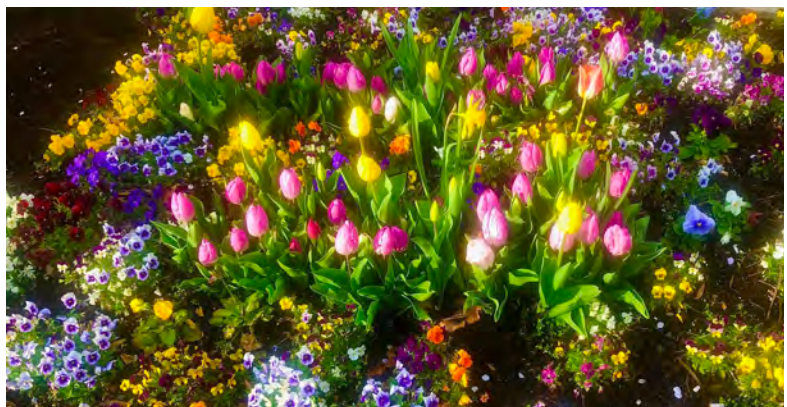
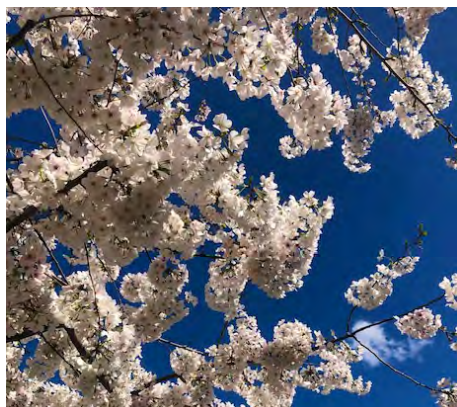
▲ DC councilmember, **Brooke Pinto** (Ward 2), was the guest speaker at DCV's *State of the Village* annual meeting in February. She spoke about her Secure DC bill, one that will promote a safer and more secure DC. Additionally, DCV committee chairs updated the membership on their activities, accomplishments and plans for the new year.



▲ **Jim Chamberlin** visited the Barbie Pond on Avenue Q and shared Barbie's Easter festivities. He also snapped beautiful signs of Spring in the neighborhood pictured below.



◀ **Holly Salamido** got the word out to the DCV walking group that the cherry blossoms were peak blooming earlier than predicted. The Monday March 18 outing was around the Tidal Basin. Pictured **Holly, Judith Neibrief, Judi Lambart Peggy Long, Nancy Turnbull, and Sharon Wildstein.**



Out and About



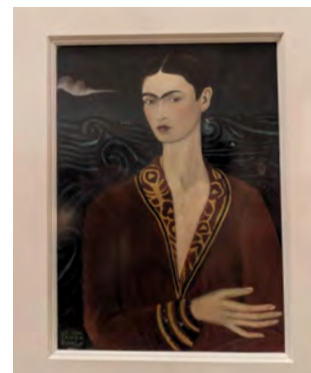
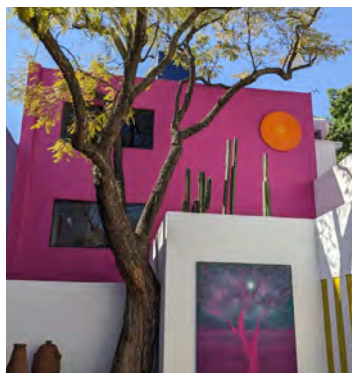
▲ **Joe Auslander** and **Barbara Meeker** crossed the Andes from Chile to Argentina by boat March 6, 2024.



▲ **Monica Heppel** once again provided homemade lemon pie to over 40 members in celebration of Pi Day. The accolades for the pie and for Monica's baking skills were endless!



▲ **Judith Neibrief** enjoyed Art Week Mexico City, on a National Trust tour with a longtime Capitol Hill Village friend, attending the 20th anniversary of the Zona Maco art fair and other contemporary art fair, gallery, and museum venues. The trip also included visits to gems like the Casa Azul—now with even more Frida Kahlo artifacts than when I was there 20+ years ago—and the Rivera & Kahlo Casa-Estudio.



▲ **Karen St. John** was in Antarctica in February.

Out and About



▲ Some 20 members attended the event, which included a discussion on how to improve the lives of older LGBTQ individuals, and was hosted by **Pender McCarter** at The Chastleton. Shown in the foreground above are (clockwise) **Darrel Totman, Bob Macdonald, David Insignia, Frank Walter, Victor Wexler and Eric Neumann**. Past Waterfront Village Executive Director **Len Bechtel** attended as a guest speaker and encouraged joint LGBTQ activities with other DC Villages. The group was launched in January by **Frank Walter**.



March Birthdays



David Schwarz hosted the March birthday celebrants in his beautiful home. **Rebecca Martin, Caroline Mendel, Abigail Wiebenson, Lois Berlin, Craig Howell, Frank Walters, and Charlie Ellis**.



▲ **Judi Lambart and Nancy Turnbull** were recently in San Miguel de Allende, Mexico. They are posing at the Toy Museum in San Miguel.

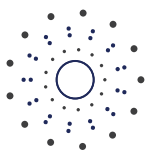
Out and About



▲ Our Soup Salon guest speaker, Georgetown film and media studies professor **Dr. Caetlin Benson-Allott**, shared back stories about renowned director Alfred Hitchcock with an attentive crowd of Villagers. Benson-Allott explained how the “Master of Suspense,” developed his brand as an auteur (in short, an artist with a distinctive approach, usually a film director), influencing succeeding generations. In their own words, Villagers found her “informative, entertaining and well-versed, an interesting woman and great lecturer.” Others called the evening “great fun...and a wonderful opportunity to learn something new as well as socialize with other Villagers” plus, “as always, a great soup selection and welcoming atmosphere.”



DCV Commitment to Diversity, Equity, and Inclusion: Dupont Circle Village (DCV) is committed to being a diverse, equitable and inclusive organization. We condemn all forms of discrimination in our society. We aim to make our organization one that is open and welcoming to all. We recognize that the human experience comes in all colors, shapes, abilities, economic circumstances, ages, backgrounds, gender expressions and identities, and sexual orientations. We strive to celebrate these differences and recognize how they benefit our community. To this end, we will do what is necessary for us to grow as a community and as individuals who respect and care for one another.



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