



# DUPONT CIRCLE VILLAGE

## SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“Kindness is like snow—it beautifies everything it covers.”

— Kahlil Gibran

### What's Inside

- 1 Discover Glimmers and Embrace the Joys of Everyday Life
- 2 President's Notes
- 3 Get More Out of Your Village
- 3 15-Minute Meal
- 4 December Calendar
- 6 To Make Resolutions or Not: A New Year's Challenge
- 7 Meet New Volunteer — Scott Foster
- 8 Out and About

### Welcome New Members!

Arthur Fornari  
Sue Heineman  
Carol Morgan  
Oshara Waago

## Discover Glimmers and Embrace the Joys of Everyday Life

**G**limmers are those fleeting micro-moments that spark feelings of joy, gratitude, calm, safety, or connection. These small yet meaningful

By Eva M. Lucero,  
Executive Director

instances remind us of the beauty hidden within our daily routines.

Mavens when a member returns home after rehab or the hospital, the joy expressed, “*I can’t believe someone remembered my 86th birthday!*” when a member receives a birthday card. I also see generosity in the thoughtful answers and suggestions shared on our members-only listserv.



These moments may seem small, but they highlight what truly matters: the warmth, kindness, and light that enrich our lives. Life isn’t only about sweeping transformations or grand milestones. It’s also about these quiet, everyday joys that, together, create meaning and depth.

As the executive director of our Village, I’m fortunate to witness these glimmers often. It is heartwarming to see Villagers exchange cheerful greetings before a tai chi class, men heading out to lunch together after their book discussion, laughter filling the room during MAC meetings as plans and ideas come to life. In these moments, I see outpourings of generosity—like the blankets and socks donated for our friends at Jubilee Housing, the incredible homemade meals from our Meal

As we move into another year, practicing awareness and appreciation of glimmers can help your nervous system relax and boost your well-being. Let’s invite more glimmers into our lives! Let’s see beyond the surface and tap into the sparks that lie just beneath. Spend time in environments that nurture you, reduce screen time, cultivate mindfulness, and connect with people you value. And remember, it takes a Village!

# President's Notes



David Schwarz

Over the past month, we have had an election with the outcome most of us have dreaded; we have also had the start of what should be a joyous holiday season. To console myself about the former, I have tried—in the spirit of Thanksgiving—to take joy in what I am still grateful for. There are many things, but among them is surely the fact that sixteen years ago a group of my neighbors had the vision and put in the work to create the Dupont Circle Village. For our membership—which is now grown past 300—the result has been a connected neighborhood community, a wealth of social opportunities, and all kinds of help with the difficulties of aging, especially for those of us living on our own. Of course, we may face a new set of challenges with another Trump administration looming, but as members of the Village, we need not face these alone.

Over the next four years, much of what we rely on from our federal government could be undercut, if not simply taken away. The fact that our most important health care agencies seem likely to be headed by individuals who have little use for science is nothing short of alarming. These are the institutions responsible for national vaccination programs, for health care standards, and for public health information.

They would also manage national health emergencies, such as—God forbid!—another pandemic. To make matters worse, the promised war on immigrants may also drastically cut the availability of the caregivers who at least some of us will need, and at a time when staffing shortages already restrict access to assisted living facilities and home health care. And the list goes on—with prospective cuts to Medicaid, nutrition assistance, consumer protection and even, possibly, public transportation.

We may, then, have to do even more for ourselves and for each other than in the past. Fortunately, member care—especially for health and wellness—is at the heart of our mission as a Village. We have a robust volunteer program. We can offer care groups to members with either short-term health crises or long-term illnesses. We offer access to professional case management and health-care navigation services; we also provide vaccination clinics. In addition, our strategic plan calls for robust new informational and healthy-living initiatives—among other things, revitalizing our “Live and Learn” programming and helping with end-of-life planning. To make sure these important initiatives get implemented, our Village Board is proposing to hire a new staff member whose responsibility will be health

and wellness programming. The Board is also proposing to increase our support for our less financially secure “Open Village” members—to address food-insecurity in the Village, and to ensure that all members have the wherewithal to participate fully in all of the Village’s programming.

These new commitments will take financial resources. This year especially, the Board feels that these new health and wellness and Open Village initiatives warrant drawing on the Village’s reserve funds. We are fortunate that our financial position allows us this option. But, of course, we cannot draw down our reserves indefinitely. In addition, we have to anticipate that support from the District of Columbia—which currently funds more than 15% of our budget—could be reduced in the coming years, particularly given the current political climate. Therefore, as we make our end-of-year appeal for donations, I hope you will be as generous as you are able. I also hope that you will also consider making at least a modest legacy for the Village a part of your estate plan. The reserves that we currently enjoy—that allow us to rise to this occasion of need—are the legacies of very generous members who did make provisions for the Village in their final planning.

In any case, I wish you a beautiful holiday season in whatever way you celebrate it, and health and joy and prosperity as we wind down 2024 and get ready for the challenges of the year to come.

# Get More Out of Your Village

By Monica Heppel

Spending time with others isn't just good for you, it can also be fun! Here's how the Village can help you connect and enjoy shared experiences:

## Ways to Meet and Connect

### 1. Join Village Activities

- Explore our activity calendar on the website or in Friday's E-Blast.
- Sign up for events like a Village tour or Tai Chi.
- Remember to log in before registering!

### 2. Participate in an Affinity Group

- **Bridge or Mahjongg Groups:** Meet weekly to play games.
- **Mystery Book Group:** Read and discuss a novel monthly.
- **Knitting Group:** Join online to knit and chat.

### 3. Start Your Own Group

- Got a passion or hobby? Create a group to share it! Ideas include:
  - Wine tasting
  - Trying new recipes
  - Practicing Spanish
  - Playing Scrabble
- Post on the Listserv with your idea, include your name and email, and invite others to join.

### 4. Organize a Meet-Up

- Use the Listserv to arrange casual outings. For example:

"MEET-UP: I'm heading to the Avalon Theatre on Monday, June 6, for the 4:00 PM matinee of *Back to the Future*. Let me know if you'd like to join, and we can meet in the lobby."

### 5. Volunteer with DCV

- Join our Volunteer Program to support fellow Villagers with:
  - Grocery shopping
  - Pet care

Gardening  
Decluttering  
Transportation to appointments  
Minor household repairs

- For more information, contact Ellen Brody a volunteer@dupontcirclevillage.net.

## Stay Connected.

### Join the DCV members only

**Listserv:** It's an essential way to share and find opportunities! Contact Francine Bennett- Beasley at [admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)

## 15-Minute Meal

# Lentil Tomato Soup

## Ingredients

2 Tbsp olive oil  
1 yellow onion  
3 carrots  
2 cloves garlic  
1 russet potato  
2 Tbsp tomato paste  
2 15oz. cans stewed tomatoes  
1 cup brown lentils  
½ tsp paprika  
½ tsp dried basil  
½ tsp dried oregano  
¼ tsp freshly cracked black pepper  
4 cups of vegetable broth  
2 Tbsp soy sauce

## Directions

1. Dice the onion, mince the garlic, and slice the carrots (I like smaller pieces for this recipe, so I do a quarter round slice). Add the onion, garlic, carrots, and olive oil to a large soup pot and sauté over medium heat until the onions are soft. While the vegetables are cooking, peel and dice the potato into ½-inch cubes.

2. Add the tomato paste and continue to sauté for 2-3 minutes, or until the tomato paste begins to coat the bottom of the pot.
3. Add the cubed potato, stewed tomatoes (with juices), lentils, paprika, basil, oregano, pepper, and vegetable broth to the pot. Stir to combine.
4. Place a lid on top and allow the soup to come up to a boil. Once boiling, turn the heat down to low and let the soup simmer for about 40 minutes or until the lentils are super tender and have begun to break down slightly (this helps thicken the soup).
5. Add the soy sauce to the soup, then give it a taste and adjust the salt if needed (the total amount will depend on the salt content of your vegetable broth). Serve hot with crusty bread for dipping.





# December Calendar

Visit the DCV website [calendar](#) to find further information for each event listed below.

**REGISTER** online, or at [admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net), or contact DCV Office at (202) 436-5252

## Home Social Hour — Pierson and Versteeg

Tuesday, December 03, 2024, 4:30 pm — 6:00 pm

Location: Home of Jane Pierson and John VerSteeg

Limit: 10 guests

Register online by November 29 or

Contact DCV Office at (202) 436-5252 or

[admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)

## Tour — House of the Temple, Scottish Rite of Freemasonry

Thursday, December 5, 2024, 11:00 am — 12:30 pm

Location: 1733 16th Street NW

Limit: 15 guests

Register online by December 4 or

Contact DCV Office at (202) 436-5252 or

[admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)

## CelebSalon: Marvin Kalb — Author: A Different Russia: Khrushchev and Kennedy on a Collision Course

Wednesday, December 11, 2024, 4:00 pm

Location: Virtual

Register online by December 10 or

Contact DCV Office at (202) 436-5252 or

[admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)

## DCV Holiday Party

Friday, December 13, 2024, 5:00 pm — 6:30 pm

Location: The Chastleton, 1701 16th St. NW

Limit: 75 guests

Register online by December 4 or

Contact DCV Office at (202) 436-5252 or

[admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)

## Washington Stage Guild: Shaw's Shorts

Saturday, December 14, 2024, 2:30 pm — 4:30 pm

Location: 900 Massachusetts Avenue, NW

Minimum: 10 guests for discount

Register online by Noon, Tuesday, December 9th or

Contact [patricia.baranek@yahoo.com](mailto:patricia.baranek@yahoo.com) or (202) 812-4854

## Home Social Hour — Wiebenson

Monday, December 16, 2024, 5:00 pm — 6:30 pm

Location: Home of Abigail Wiebenson

Limit: 10

Register online by December 13 or

Contact DCV Office at (202) 436-5252 or

[admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)



## DCV's Holiday Cookie Exchange

Monday December 16, 2024 2:00 pm

Location: 1870 Wyoming NW (Ann McFarren's apt)

Limit: 15 Guests

Register online or contact the DCV Office

[admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)

## Home Social Hour — Berlin & Stuebing

Friday, December 27, 2024, 6:00 pm — 7:30 pm

Location: Home of Lois Berlin and Larry Steubing

Limit: 12

Register online by December 24 or

Contact DCV Office at (202) 436-5252 or

[admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)

## MONTHLY EVENTS

### Live and Learn: Creating New Holiday Traditions

Monday, December 2, 2024, 3:30 pm — 5:00 pm

Location: Hybrid

DCV Office - 2111 Decatur Pl NW

Limit: 12 guests in person

Register by December 1 online

Contact DCV Office at (202) 436-5252 or or

[admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)

### Mystery Book Group

Friday, December 6, 2024, 3:30 pm until 4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office at

(202) 436-5252 or [admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)

### Navigating the Path Ahead

Tuesday, December 10, 2024, 3:30 pm — 4:30 pm

Location: Virtual

No Limit

Register online or contact DCV Office at (202) 436-5252

*Continued on page 5*

# December Calendar

*Continued from page 4*

## Men's Book Group

Monday, December 23, 11:00 am

Location: 2121 Decatur Place NW

Limit: 10

Register online or 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: 8

RSVP: Register online or contact DCV Office

### Online Meditation

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

Location: Virtual

RSVP: Register online or contact DCV Office

### Chair Yoga

Tuesdays, 10:30 am – 11:30 am

Location: Virtual

RSVP: Register online or contact DCV Office

### Accessible Mat Yoga

Mondays, 3:30 pm – 4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

### Coffee and Conversation

Thursdays, 10:00 am – 11:00 am

Location: Annie's Paramount Steak House

1609 17th Street, NW

RSVP: Register online or contact DCV Office

### Bridge Group

Thursdays, 1:30 pm – 3:30 pm

Location: DCV Office—enter at 2111 Decatur Pl NW

RSVP: Register online or contact DCV Office

### Mahjongg

Thursdays, 2:00 pm – 4:00 pm

Location: hosted live by Roberta Milman

RSVP: Bobbi Milman, [rmilman@comcast.net](mailto:rmilman@comcast.net)

or (202) 667-0245

### Knitting Group

Every Thursday, 4:00 pm

Location: Hybrid or in the DCV office

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



### Dupont Circle Walking Group

Every Monday, Wednesday, Friday at 8:00 am  
(Summer/Fall hours)

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

# To Make Resolutions or Not: A New Year's Challenge

By Bob McDonald

**E**ach year, we're inevitably asked: *What are your New Year's resolutions, or do you even make them?* The question might come from a friend, family member, a Villager, or even ourselves.

For most of our lives, we have had to deal with the question. And it's always a mixed experience: of hope and gloom, of motivation and guilt, of promise and frustration. We set resolutions and never stick to them. So, what's the point? Some of us may have surrendered the whole concept long ago, realizing that we only set up resolutions that established unrealistic goals that placed self-defeating pressure on us. Who needs that?

But perhaps there is a different way of looking at this. Take a step back. Be more realistic. Take some baby steps. Be challenging and gentle with yourself at the same time.

Staying active and engaged as we age is essential. The Village Movement has traditionally emphasized "aging in place," but someone recently suggested we think in terms of "aging in motion." Many of us remember President Kennedy's call to prioritize physical fitness. Inspired by that, perhaps it's time for us, as members of the Village, to challenge one another to keep moving.

We have the power to prioritize our health and wellness on our own terms and can decide what actions are right for us. Here are some initial suggestions:

## Count your steps

- Walk 20,000 steps this week.

Sounds impressive, but quite easy to achieve. (*Adjust the number considering your history and your progress.*)

- Helpful tools: pedometer, fitness tracker, the Health App on an iPhone, the StepsApp, an Apple watch

## Sign up for the Village's Yoga programs

- Perhaps start off with Chair Yoga
- Try out the Zoom Accessible Mat Yoga to build your physical strength by improving posture, balance, breathing, flexibility

## Attend a Tai Chi class

- DCV offers two (in person) on Tuesday afternoons at 2 and 3:30 in the DCV office
- It's an ideal activity to improve balance and reduces fall risk

## Listen to and move to some music

- Try dancing on your own
- Or just move to the music for five minutes a day

## Exercise a particular part of your body

- Exercise your arms three times

this week

- Circle your arms ten times in front of you, then out to the side, then over your head, then repeat these moving in the opposite direction

## Join in the Village's online Meditation Group

- The group meets on Zoom twice a week on Mondays and Thursdays
- Newcomers are always welcome
- You need not attend every session – participate when you're available

## Try out one of the Village's Walking Groups

- Three times a week in Dupont Circle and Adams Morgan
- Once a week at the National Arboretum

In addition to participating in the activities currently offered by the Village, we could form a group who would gather to check in on their activities, get support and motivate one another. Stay tuned for more ideas next month.





# Meet New Volunteer — Scott Foster



**Scott Foster** lived in Fort Lauderdale until he went college at Harvard University and received his BA in Psychology and Social Relations. Following graduation, he embarked on a two-year real estate development project in North Cambridge. Thereafter, Scott moved to DC to work at the law firm of Swidler and Berlin in its real estate, intellectual property, and legislative affairs practices, and receive his JD from George Washington Law School in the process.

In his last law school semester, Scott volunteered in a mainstream and gay civil rights effort to assist then-President Clinton in his “stated desire” to lift the ban on gays and lesbians. Because of the high caliber efforts, Scott was offered a teaching fellowship at Georgetown Law to assist in launching a Federal Legislation Clinic, where law students would learn the science of working with legislators and client-lobbyists to craft proposed laws. Subsequently, the Georgetown Law Dean tapped Scott to be the Law Center’s Registrar and Assistant Dean. Eventually, Scott was seconded to London for seven years to establish and direct Georgetown Law’s Center for Transnational Legal Studies.

Soon after returning to the States, Scott decided to take time off and determine his next mission. After having spent time taking care of his grandmother with dementia and his grandfather, who had suffered a series of debilitating strokes, he found his passion in providing TLC and a range of services to adults as they age and become more vulnerable... and figure out ways to improve and scale those services up.

Scott has now received a Master of Science in Aging and Health at Georgetown’s Graduate School, with practical training from two top notch Northern Virginia Life Plan communities: Goodwin Living and the Virginian. With his gerontological studies, top-flight internships, and a VA license to administer nursing homes and assisted living facilities in hand, Scott is a perfect fit for a range of volunteer and professional activities.

Scott wholeheartedly has enjoyed and looks forward to meeting members of the Dupont Circle Village and helping out as needed. Scott is

also providing volunteer service to the Virginia Assisted Living Association, where he joined the Education and Events committee, which produces two educational and networking conferences a year. He is also a member of the VALA Workforce Development Committee, whose goal is to provide effective strategies for retaining and recruiting workers.

Scott enjoys tennis, exercise, dancing, theatre, reading, and long walks.



## December Birthdays



### Happy Birthday to Villagers celebrating December birthdays!

Amelia Shachoy, Susan Lindahl, Ron Wilson, Barbara Worth, Bob Harlow, Deirdre O’Neill, Vicky Boehm, Matt Abrams, Mary Jean Collins, Greg Bolton, Marianne Thomas, Ann Talty, Mary Conway, Geraldine McCann, Bill Kloss, Helene Scher, Peg Simpson, Leslie Carothers, Iris Molotsky, Richard Saunders, Davey Gould, Nancy Turnbull and D Wilson.



## November Birthdays



November birthday celebrants hosted by **Carol Galaty** and **Ken Shuck**. Harlan Rosacker, Jim Chamberlin, Sandy Desautels and Miriam Schottland.



# Out and About



▲ Villagers enjoying a private tour of the National Gallery of Art's Impressionist/Post-Impressionist permanent galleries in November.



▲ Villagers, **Judi Lambart, Patty Zweibel, Kathy Cardille, Dan Leathers, Larry Steubing and Lois Berlin**, all traveled to Egypt recently. **Lois** camel riding in Giza.



▲ **Judith Neibrief** had a fine time in Iceland in late October, exploring the countryside-- including many waterfalls and the tectonic divide between North America (right food) and Eurasia (left foot)



▲ Members of the LGBTQ+ group enjoyed a tour of the Dutch Masters at the National Gallery of Art by DCV member **Bill Kloss**, first person on the left, an independent art historian and scholar who lectures and writes about a wide range of European and American art.



# Out and About



▲ **Abigail Wiebenson, Rebecca Martin** and friends were recently in Vietnam. Exploring all the sites, eating good food and as Abigail says about touring via a Vespa, *"This 2-hour Vespa tour defies description in unimaginable traffic and through multiple Saigon neighborhoods"*.



▲ **Pender McCarter** recently took an eight-day Seine River cruise to Normandy in November. Some photos shared include Pender at a dock in the old harbor of Honfleur, France, where the Seine River meets the English Channel in Northern Normandy, with a jumble of styles including 19th-century slate-roofed townhouses, 15th-century fishermen's cottages, and tall and elegant mansions, a recognizable American icon in Honfleur art gallery window and a 12th century cathedral in Rouen that Claude Monet painted dozens of times in different lights, shown here on a cold, moonlit night in November



▲ The LGBTQ+ group hosted a lovely Friendsgiving luncheon at Annies in November. Thanks to **Frank Walter** and **Bob Spiegel** for organizing this fun event.



▲ **Carmela Vetri** hosted Villagers for a social hour at the Residences at Thomas Circle in November.



# Out and About



October marked the 70th anniversary of the final human trials of the then-experimental Salk Polio Vaccine. More than 7,000 elementary school students in the Pittsburgh area took part. Before opening the tests to the public,

Dr Salk vaccinated himself, his wife, and his sons Peter, Jonathan, and Darrell. Salk was certain the vaccine was safe, but he could not ask other parents to have their kids vaccinated without vaccinating his boys first. That was good enough for my parents, and I became a "polio pioneer."

**Mike Silverstein** attended a symposium marking the anniversary, met with Dr Peter Salk, who, at age 80, is a professor at Pitt, and sat at Dr Salk's work desk.



The DCV Mystery Book Group wraps up another year of suspenseful reading.



**Jim Chamberlin** showing that the holiday season is in full swing in the neighborhood!



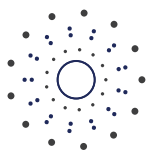
# Out and About



◀ DCV Thanksgiving outreach. 35 meal deliveries to members. Thanks to the organizers, the chefs, the drivers and the runners. Well done! It takes a Village!



**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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