



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“Your time on Earth is limited. Don’t try to ‘age with grace’. Age with mischief, audacity, and a good story to tell.”
— Unknown

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Welcome New Members!

Naomi Ayala
T. Allan Comp & Selma Thomas
Louise Levathes

Navigating Election Anxiety

Whether labeled as election stress, campaign fatigue, or political anxiety, these emotions are increasingly acknowledged as significant contributors to

By Eva M. Lucero,
Executive Director

anxiety is tied specifically to political events, policies, and social justice issues. It is rooted in the fear of social upheaval, economic instability, and the potential erosion of civil rights. This unique aspect of political anxiety can create a sense of isolation, as

individuals may feel that their concerns are not shared or understood by those around them, further exacerbating feelings of distress.

While both political anxiety and general anxiety share some common symptoms—such as worry, restlessness, and



chronic stress, which can trigger a range of mental and physical health problems.

Reports indicate that individuals exposed to ongoing political turmoil experience higher levels of anxiety, depression, and even physical ailments such as headaches and gastrointestinal problems. This chronic stress often stems from a perceived lack of control over societal outcomes, leading to feelings of helplessness and frustration. Unlike general anxiety disorders, which can be characterized by pervasive worry about various aspects of life, political

difficulty concentrating — they differ significantly in their origins and manifestations. General anxiety can arise from a wide range of factors, including personal, social, and environmental stressors, and may require therapeutic interventions. In contrast, political anxiety is specifically influenced by external political dynamics and can lead to a collective sense of distress that impacts communities at large. The societal implications of political anxiety are profound. When individuals feel overwhelmed

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President's Notes



David Schwarz

The concept of a hospice — where the terminally ill may receive palliative care to ease their process of dying — is probably familiar to most of us. What may not be as familiar is home hospice care, where the palliative services are provided at the home of the patient with the expectation that s/he will remain there until death. For those not wishing to end their days in a “facility” of some sort, this can be an attractive option, since the service is generally covered by Medicare and offers many of the resources available in hospice facilities. These include such equipment as transport and geriatric chairs, hospital beds, and so on, and, in addition, at least weekly visits by a hospice nurse and monthly home visits by a doctor. Given these advantages, I enrolled my partner, Stephen, in home hospice care to help manage the final stages of his Huntington’s Disease (HD).

One begins hospice care only when no further treatment to cure or slow the progress of a fatal illness is possible or desired. In addition, the presumption is that the patient is no more than 6 months from death. With Stephen’s HD, however, we had to apply these criteria somewhat subjectively. Curing the HD, or slowing its progress, was never a possibility; and, as a

neuro-degenerative disease, its trajectory was difficult to estimate. As it happened, Stephen was in hospice care for almost 18 months.

In any case, the endpoint — in some sense the “goal” — of hospice care is death. However, there may be considerable uncertainty as to when and how this endpoint will be reached — especially with a disease like HD. So, the hospice care providers could offer me no guarantee that I would not have to minister to Stephen on my own when he began to actually die. Should the need arise, then, I was provided with a supply of morphine, which I was instructed to begin administering orally after calling the care provider so they could send out a nurse. This turned out to be a fatal weakness of the home hospice model.

As events unfolded, the hospice nurse stopped by for her weekly visit late one afternoon, and she determined that Stephen was doing OK. But by early evening, I noticed that he seemed feverish, and I called the hospice provider for help; I was told that no one would be available for several hours. His condition continued to worsen, and he began to have trouble breathing — finally fighting for each breath. At that point he was clearly terrified, and so was I. For a few seconds, I

remembered the morphine in the refrigerator and considered that this might be the time to use it. Then I called 911. I guess my thought was that this was not necessarily the end, and that, anyway, I was not going to do what seemed like “putting him down”.

The EMTs came very quickly, and they bundled him into the ambulance and off we went to GW Hospital. Fortunately, he was also seen very quickly in the emergency room, where I was told that he had double-pneumonia and that only a ventilator would keep him from dying within the hour. His Huntington’s doctor had warned me that it is very difficult to successfully remove the ventilator from an HD patient — and, of course, it would also violate the hospice protocol. So, I resisted...for a while. But ultimately I caved, since his recovery from pneumonia was presented as a real possibility, and I wasn’t ready to see him die then and there.

Stephen was treated in the ICU for 5 days, and apparently they did cure his pneumonia. The trouble is that he had been so weakened in the process that, as I was told, he had at most a day or two to live. So, we agreed to take him off the ventilator and let him die under sedation, which he did over a period of about 12 hours.

I was later criticized by the home hospice staff for violating their protocol. Perhaps it would have been better if I had not. Certainly, it could be argued that the 5 days in the ICU were a waste of resources. But the hospice staff weren’t there for us when we really needed them, and — as I watched Stephen die — I remember thinking that the hospital was so much better equipped to keep him calm and comfortable than we would have been at home.

Navigating Election Anxiety

Continued from page 1

by political developments, it can lead to disengagement from civic life, reduced participation in democratic processes, and a breakdown in social cohesion. This alienation can create a vicious cycle, where increasing political stress leads to further disconnection and, ultimately, a weakened democracy.

Recognizing the unique challenges posed by political anxiety is crucial for developing effective coping strategies. Here are some approaches that can help individuals navigate this turbulent landscape:

- 1. Set Boundaries with News:** Limit exposure to constant updates, especially on social media.
- 2. Take Breaks:** Engage in non-political activities you enjoy to disconnect.
- 3. Talk It Out:** Share your feelings with supportive friends or family.
- 4. Stay Active:** Physical exercise helps reduce stress and improve mood.
- 5. Focus on What You Can Control:** Vote, volunteer, or engage in civic activities to channel your energy positively.
- 6. Practice Relaxation Techniques:** Deep breathing, meditation, or journaling can ease anxiety.

The DC Villages Collaborative (DCVC) recently held a session on managing election stress. Here is the [link](#) to the program.

15-Minute Meal

Longevity Minestrone Soup



Ingredients

- | | |
|--|---|
| 6 tablespoons olive oil, divided | 1 15 oz. can cannellini or fava beans, drained and rinsed |
| 1 yellow onion, chopped | 1 15 oz. can pinto beans, drained and rinsed |
| 2 large carrots, peeled and chopped | 1/2 15 oz. can chickpeas, drained and rinsed |
| 2 large celery stalks, chopped | 4 cups vegetable stock |
| 3 tbsp. Tomato paste | 4-6 cups water |
| 4 cloves garlic, minced | 1 cup Sardinian fregola, acini di pepe, or pastina |
| 1 28 oz. can crushed tomatoes | 1 1/2 tsp. Salt plus more to taste |
| 1 large yukon gold potato, peeled and diced small | 1/2 tsp. Freshly ground black pepper plus more to taste |
| 2 cups fennel (bulb, stalks, and fronds), chopped | 1 cup pecorino cheese, freshly grated for garnish |
| 1/4 cup italian flat leaf parsley, chopped plus more for garnish | 4-5 lemons, halved for garnish |
| 1/4 cup fresh basil, chopped | |

Directions

1. Using a food processor, quickly chop the onions, fresh herbs, and pecorino romano; to mince the garlic, to slice the celery, carrots, and fennel.
2. In a large heavy bottomed pot, heat 3 tbsp. of olive oil over medium-high heat.
3. Add onions, carrots, celery, and tomato paste. Sauté for approximately 5-7 minutes or until the veggies are tender and the tomato paste has become more brick-colored.
4. Then add the fennel and garlic and cook for 2 minutes or until fragrant, being careful not to burn.
5. Add in the crushed tomatoes, potatoes, fresh parsley, fresh basil, beans and chickpeas. Add vegetable broth and 4 cups of water, increase the heat to high and bring to a boil.
6. Once boiling, reduce the heat to a medium-low simmer for approximately 15-20 minutes.
7. Add in the pasta and season with salt and pepper. If the soup is too thick, add 1-2 cups of water. Allow the soup to simmer for another 12 minutes or until the pasta is tender.
8. Serve and garnish with a squeeze of lemon, a drizzle of olive oil, a handful of freshly grated pecorino cheese, and fresh parsley.

November 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 — Price

Monday, November 6, 2024, 5:00 pm — 6:30 pm

Location: Irene Price Home

Limit: 14 guests

Register by November 3 online or

Contact DCV Office at (202) 436-5252 or

admin@dupontcirclevillage.net

Tour — National Gallery Impressionists

Thursday, November 7, 2024, 3:00 pm — 4:00 pm

Limit: 20 guests

Register online by November 6 or

Contact DCV Office at (202) 436-5252 or

admin@dupontcirclevillage.net

Film Noir Movie Screening and Discussion

Saturday, November 16, 2024, 2:00 pm — 4:00 pm

Location: DCV Office

Limit: 15 guests

Register by November 8 online or

Contact DCV Office at (202) 436-5252 or

admin@dupontcirclevillage.net

Tour — Grand Oaks Assisted Living Community at Sibley Hospital

Wednesday, November 13, 2024, 10:20 am — 2:00 pm

Limit: 12 guests

Register online by November 11th or

Contact DCV Office at (202) 436-5252 or

admin@dupontcirclevillage.net

Happy Hour — The Grill from Ipanema

Wednesday, November 13, 2024, 4:00 pm — 6:00 pm

Limit: 18 guests

Register online by November 10 or

Contact DCV Office at (202) 436-5252 or

admin@dupontcirclevillage.net

Tour — WAMU 88.5 Station

Friday, November 15, 2024, 11:20 am — 12:30 pm

Limit: 15 guests

Register online by November 14 or

Contact DCV Office at (202) 436-5252 or

admin@dupontcirclevillage.net



Home Social Hour — Mindel and Lewis

Friday, November 15, 2024, 5:00 pm — 6:30 pm

Limit: 16 guests

Register online by November 12 or

Contact DCV Office at (202) 436-5252 or

admin@dupontcirclevillage.net

Mosaic Theatre: The Art of Care

1333 H. Street, NE

Minimum: 10+ for discount

Sunday, November 17, 2024, 3:00 pm — 5:00 pm

Register online by November 11 or

Contact patricia.baranek@yahoo.com or 202-812-4854

Sunday Soup Salon — Mindel and Lewis

Sunday, November 17, 2024, 5:30 pm — 7:00 pm

Limit: 16 guests

Register online by November 14 or

Contact DCV Office at (202) 436-5252 or

admin@dupontcirclevillage.net

Home Social Hour — Rob Finkel

Thursday, November 21, 2024, 5:30 pm — 7:00 pm

Limit: 6 guests

Register online by November 18 or

Contact DCV Office at (202) 436-5252 or

admin@dupontcirclevillage.net

Contact DCV Office at (202) 436-5252

DCV's LGBTQ Friends Group

Friendsgiving Dinner

Thursday, November 21

2 pm

Annie's (1609 17th Street)

Sign up online

RSVP no later than November 18.

Capacity: 40

Questions:

Bob Spiegel at spiegoogelokay4now@gmail.com

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November Calendar

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MONTHLY EVENTS

Navigating the Path Ahead

Tuesday, November 12, 2024, 3:30 pm — 4:30 pm

Location: Virtual

No Limit

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

Men's Book Group

Monday, November 25, 11:00 AM

Location: 2121 Decatur Place NW

Limit: 10

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

Mystery Book Group

Friday, November 29, 3:30 pm — 5:00 pm

Location: Virtual

No Limit

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

RECURRING EVENTS

Tai Chi for Arthritis and Fall Prevention

Tuesdays 2:00 pm — 3:30 pm

Location: DCV Office

Limit: 8

RSVP: Register online or contact DCV Office

Online Meditation

Mondays and Thursdays, 9:00 — 9:30 am

Location: Virtual

RSVP: Register online or contact DCV Office

Chair Yoga

Tuesdays, 10:30 am — 12:30 pm

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

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 — 4:00 pm

Location: hosted live by Roberta Milman

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

Knitting Group

Every Thursday, 4:00 pm

Location: Hybrid

RSVP: Sheila Lopez at 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



DCV and the Ross School Project: A Chance to Contribute!

This is information about the creation of the DCV-Ross School Project. DCV is responding to a request from the Ross School PTA to assist it in helping the school and its students. This is a great opportunity for Village members to contribute to our community!

The Ross Elementary School at 1730 R Street NW serves 162 Pre-K - 5th grade students and is among the top DC schools in academic performance. It serves a substantial percentage of minority and international students.

The Ross School PTA has informed us about the activities planned by the PTA and that it has a great need for volunteers to help with a broad range of activities. DCV volunteers for Ross activities can contact the PTA for any activity they want to work on through the form attached to this link: <https://tinyurl.com/2uwz424m>

The PTA is currently seeking volunteers to join the following committees:

- **DEI** (includes organizing Ross participation in the Capital Pride Parade)
- **Garden** (improving the Ross outside garden)
- **Library** (helping our librarian manage, organize and build our library)
- **Merchandise** (creating and coordinating the sale of Ross merchandise)
- **Mother's and Father's Day book drive** (organizing and running the annual library fundraiser)

- **Open house** (organizing and running Ross open houses for new and prospective students)
- **Safe transportation** (organizing two walk/bike to school events and celebrating our crossing guards, among other activities)
- **School-wide events** (organizing school-wide events at Stead Park)
- **Spooktacular** (planning and running annual Halloween carnival at school)
- **Auction** (raising critical funds to support Ross; biggest fundraiser of the year)
- **Story of our Schools** (coordinating school history project and installation)
- **Teacher appreciation** (organizing activities to appreciate teachers)
- **Tree and bake sale** (organizing and running holiday tree and bake sale).

We will continue to regularly inform DCV members of volunteer opportunities through our newsletter, eblasts and the DCV list serv. Most of these volunteer activities do not require volunteer clearance from the Department of Public Schools. The PTA will inform us monthly about the number of DCV volunteers participating so that we can use this information to inform our members and solicit grants. DCV members may want to suggest other volunteer activities and can do so by contacting Mike Gould mikeagould@gmail.com.

We hope that many of you will join in this DCV public service project to assist a neighborhood school and its students.



November Birthdays

Happy Birthday to Villagers celebrating November birthdays!

Harlan Rosacker, Anthony Clifford, Kathy Davin, Sandra Desautels, Darrell Totman, Nancy Barnum, Carmela Vetri, Miriam Schottland, Michaela Buhler, Brad Edwards, James Bedore, Mandi Lisbona, Shaul Epelbaum, Richard Marquart, Jim Chamberlin, Victor Wexler, Gregory Milman, Judith Kirvan, Paul Argabright and Jim Hambuechen

Meet New Member Naomi Ayala

Naomi Ayala was born in New Haven, Connecticut and returned back home to Puerto Rico with her family just one year and a half later. She remained on the island until, at age 15, she migrated to the United States. An autodidact, she has no undergraduate degree but earned a Master's Degree in Creative Writing and Literature from Bennington College in 2006.

Naomi has published three books — *Wild Animals on the Moon*; *This Side of Early*; and *Calling Home: Praise Songs and Incantations* — as well as one chapbook of poems in Spanish, *Molinos: Primeros Poemas*. She is the translator of *La sombra de la muerte/Death's Shadow*, a novel by His Excellency José Tomás Pérez, the Dominican Republic's Ambassador to the United States. She is also the award-winning translator of *La arqueología del viento/The Wind's Archeology*, a collection of poems by Luis Alberto Ambroggio.

Naomi moved to D.C. in 1997 to accept a job in the education department at the then National Council of La Raza (now UnidosUS) where she worked on producing community education curriculum programs. Throughout her career, Naomi's served as an arts administrator, community outreach specialist, high school teacher, master teaching artist, and a freelance writer/editor.



In her free time Naomi loves to enjoy the natural world. She likes to hike and paint and draw. Her favorite places in D.C. are the Duke Ellington Bridge and Malcolm X Park (she taps Joan of Arc's horse's foot for good luck).

Photo by Sheba Amante

October Birthdays



David Schwarz hosted the October birthday celebrants. Left to right: **Terry Walz, Maria Pilar, Geri Nielsen, Joyce O'brien, Dianna Eshman, Kat Miller, Wes Rivel** and in back **Phillip Solano**.

Out and About



▲ **Ken Shuck and Carol Galaty** hosted 14 members at their September social hour. Some members were thrilled to find several people like them who came from the Midwest not just the East Coast, and terrific stories were shared with the group by three members who had worked in intelligence. Afterwards, stimulated by the discussions, new friends were found, new groups were formed, and in-depth discussions started.



▲ **Abigail Wiebenson and Burke Dillon** bask in the fresh air and sunshine by the water at Haines Point, topped off with a classic hot dog from the restaurant at the nearby golf course.



▲ **Don and Louise Krumm** canvassing for Democrats in their native state Montana.



▲ DCV continues to offer its members tours of local assisted living places. This tour was at the Residences at Thomas Circle.

Out and About



▲ DCV board of directors at the annual Board Retreat. I am thankful for their leadership and unwavering commitment to our mission and to our members. Clockwise from midback: **Michael Speer, David Schwarz, Bob McDonald, Meaghan McMahon, Monica Heppel (guest), Jeanne Downing, Steve Kittrell, Patricia Baranek, Charlotte Holloman, Gretchen Ellsworth, Charleeta Cowling, Bill O'Brien, Kari Cunningham, Sarah Burger and Ann McFarren (guest).**



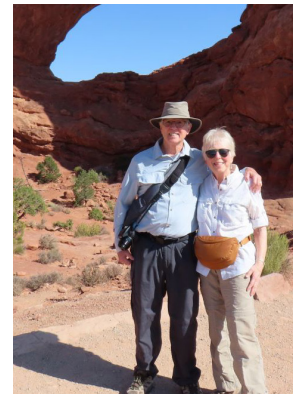
▲ Villagers toured the historic Anderson house in October. Members climbing the stairs from the ballroom to the second-floor dining room.



▲ LGBTQ Friends Group eating at Ella's Wood Fired Pizza following a National Portrait Gallery Tour in October. Clockwise: **Bob McDonald, Tom Spinelli, Bob Spiegel, Pender McCarter, and David Insinga.**



▲ Villagers enjoying a happy hour at The Darcy, an elegant hotel near Dupont Circle.



▲ **Carol Galaty and Ken Shuck** spent two weeks exploring National Parks in Utah and Colorado, on a home exchange.



▲ Villagers touring Chevy Chase House Senior Living.

Out and About



▲ **Bob McDonald** and **David Insinga** recently traveled to Spain and Portugal. During their trip, David fulfilled a bucket list dream by visiting the Guggenheim Museum in Bilbao. They also explored other remarkable sites, including Botin in Madrid, the world's oldest continuously operating restaurant, and the Alhambra in Granada.



▲ **Mary Stevens** hosted a delightful social hour filled with engaging conversations. The topics ranged widely, from sharing funny stories about dating to amusing (and slightly unconventional) discussions about cadavers — even exploring the curious idea of “cadaver dates.” It was a fun and memorable time for everyone involved!



▲ Villager co-hosts **Caroline Mindel** and **Lynn Lewis** celebrated Rosh Hashanah with some Village members and wish all a happy, healthy, and sweet new year.



▲ **Ann Talty** recently spent time in Deep Creek, Maryland in a room with a view.

Out and About



Boo

▲ **Jim Chamberlin** masterfully captures the eerie October essence of the DCV neighborhood!

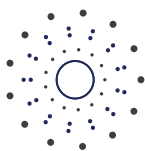
Out and About



Once again, Villagers enjoyed a glorious day in the Heurich House garden for the DCV fall picnic.



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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