

*"You grow up the day you have
your first real laugh – at yourself."*

Edith Barrymore (1879 – 1959)

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Dear DCV Newsletter Readers:

With this issue, we've hung up our green eyeshade editorial hats, and are passing the baton to the next person to take on the challenging and creative task of producing the monthly DCV Newsletter!

We hope we've served you well and that you've enjoyed reading the newsletter over the past two years. Indeed we hope you've gained from doing so. We've tried to cover the wonderful gamut of DCV activities, as well as highlight the lives and activities of individual members. From the start, the goal has been to provide DCV members with sparkling and interesting features that will keep our growing community in touch with our aims, identity, activities, plans and each other.

Comments one reader: "I had so much fun reading the DCV newsletters... Even picked up a recipe... They are wonderful – providing a glimpse into the people and comings and goings in such a vibrant place."

Besides profiling today's DCV members, we've tried to capture the identity of the Village by profiling some of the past residents of note who made our neighborhood their home, including writers **Sinclair Lewis** (who wrote *Elmer Gantry* here) and **John Dos Passos**; poet **Langston Hughes**; artist **Caresse Crosby**, inventor of the bra and friend of **Albert Camus**, **Salvador Dali**, **Max Ernst** and **Henry Miller**.

Many issues featured the local and global travels of members to many amazing and fun places; yoga tips by **Judy Silverman**, DCV Yoga Master; recipes from DCV Chef **Judith du Berrier**; and information on the volunteer services (over 900 hours), among other things.

We always feature president's letters from **Peg Simpson**, President emerita, and **Iris Molotsky**, President, as well as interesting notes from our Executive Director, **Bernice Hutchinson**.

We are grateful to **Kathleen Cardille**, **Carol Galaty**, **Peg Simpson**, **Abigail Wiebenson**, and our contributing editors, for adding to the lively nature of the newsletter.

We are pleased to have represented the activities and mission of the DCV and wish our successors well. We hope they find as much pleasure working with all the members of the Village as we have!

Joan and Nick Ludlow, Co-Editors



Nick and Joan at the beach between newsletters

Thank You Joan and Nick Ludlow

--Iris Molotsky

Always leave at the top, according to an old adage, and **Joan and Nick Ludlow** are doing just that in stepping down as editors of the newsletter. In the two years since they took over as co-editors, the Ludlows have taken the DCV Newsletter to new heights and won the admiration of readers for the quality and range of its articles.

"We needed to get our weekends back," Joan said, when asked why they were stepping down. She was only partly joking, as she referred to how much work they put into producing the monthly publication that is the voice of our Village.

For Joan, the delight and fun part was participating in the many field trips, including members' dinners, Sunday Soup Salons, and visits to cultural sites. In addition she enjoyed reading the submitted articles and preparing picture essays around celebrations like birthdays, potluck dinners and special events. She particularly liked selecting the photos from exotic locations in the "Where Are They" newsletter feature that she created.

Nick, who wrote a series of delightful articles about famous Dupont Circle residents, including **Sinclair Lewis**, found great pleasure in stories defining our neighborhood. His piece on the Chinese Embassy remodeling was an absorbing profile of history, architecture and politics. He is looking forward to continuing his fictional writing, nine completed stories of which are available on available on Amazon's Kindle.

We express our appreciation and gratitude to the Ludlows for their creativity and dedication. The DCV Newsletter has flourished under their editorship and has informed and delighted our readers.

Thank you, Joan and Nick, for a job well done. ■

A Thriving Village Entering 2014

--Iris Molotsky

Thanksgiving is behind us and already the little drummer boy is beating away. It's a hectic time but it's also a reflective time. We think of what's been accomplished but also of what will be left undone at year's end. Being a congenital optimist, I'm remembering the many successes of the past year.

First, I want to thank all of you who responded so generously to our annual general fund appeal. We appreciate the many donations to the subsidized membership fund. With your enthusiastic support we are building the diverse and representative Village we envisioned.

You also can help by forwarding our letter to friends and neighbors who might want to support the Village. It's very easy. Just send them an email and direct them to the Village website: www.dupontcirclevillage.com. Ask them to click on "Donate Now" under Annual Campaign in Full Spring. This will take the visitor to the annual fund letter and online giving.

When you speak, we listen. The Village listserv serves many purposes. Most recently, it sent an electronic call to DCV's leadership and the message was "we want to learn how to tweet." Responding to your requests, Executive Director **Bernice Hutchinson** worked with the Village-to-Village Networks staff to develop a social media seminar for DCV members, which was scheduled for December 10. Unfortunately, the session, which was designed as an introduction to some of the hottest trends in social networking, including Twitter and Facebook, had to be cancelled because of predicted snow. It will be rescheduled as soon as possible.

I've found that luncheon speakers' messages frequently get lost in the clatter of food being brought to the tables. But **Dr. Andrew Scharlach**, the luncheon speaker at last month's Village-to-Village

FROM
THE
President



Annual Meeting, was greeted with great attention. Dr. Scharlach, the Eugene and Rose Kleiner Professor of Aging at the University of California, Berkeley, and the director of the university's Center for the Advanced Study of Aging Services, is the foremost expert of the village movement. He has conducted extensive research and evaluation of community aging initiatives, particularly the Village model.

In 2012 Dr. Scharlach conducted the first major study of villages. The study of 69 villages looked at organizational characteristics, finances, membership characteristics, services and governance structures. Since conducting this first study, Scharlach has shifted his focus to determining the financial value of villages and the impact of villages on quality of life issues. He believes that programs like DCV's Falls Prevention Training and Village services that include post-hospitalization care (transportation to follow-up medical visits, filling prescriptions at pharmacies, meals and household chores) can reduce re-hospitalization, which is one of his current research interests. Scharlach estimates the average village provides approximately \$146,000 worth of services per year. He is convinced that villages have an important role to play in the transformation of health care taking place in the United States.

Finally, as we finish this year, I want to thank all of our members and volunteers for your commitment and hard work throughout the year. The Village is flourishing and it is because you've made it happen.

Merry Christmas and a happy, healthy New Year! ■



MONTHLY Calendar

Friday, December 20

By appointment

AARP Legal Counsel for Elderly Self Help.

Every Friday by appointment. Free to DC residents 60+. Call 202- 895-9448, option 4. Iona House, 4125 Albemarle Street, NW.

Tuesday, January 14

12:30-2:00PM

Support for caregivers of spouses/partners with dementia. Share concerns, frustrations and achievements involved in caring for a loved one. No fee. Sponsored by

Iona House, 4125 Albemarle Street NW. This session meets every 2nd and 4th Tuesday of the month.

Wednesday, January 15

10:00-11:00AM

A docent-guided tour of Van Gogh:

Repetitions with docent Lisa Leinberger.

The Phillips exhibit takes a look at the artistic process of Vincent van Gogh (1853–1890). While recognized for the intensity and speed with which he painted, the artist could also work with careful deliberation, creating numerous versions of some of his most famous subjects. The \$25 docent-led cost is being waived but a donation is requested by the museum. RSVP by Friday, January 8 to Kathy Cardille at kcardille@gmail.com. Put "PHILLIPS" in the e-mail subject line. 1600 21st Street, NW

Sunday, January 19

6:00-8:00PM

The Soup Salon will have DCV member, President emerita, and professional journalist, Peggy Simpson, speaking about her coverage of the Kennedy assassination as a Dallas reporter. Also, she will discuss issues that impact her as a journalist. 1719 Swann Street, NW. Please contact Linda Harsh at lindajkh@mac.com.

Silent Auction 2014: Friday, March 28

*A Bigger and Better
Silent Auction!*

--Iris Molotsky

Can this year's silent auction possibly be bigger and better than last year's? Absolutely!

Mark Friday, March 28 in red on your calendar. That's the date of the 2014 Dupont Circle Village's 4th Annual Silent Auction. We're returning to the Woman's National Democratic Club for an even more wonderful evening of superb objects, great food and terrific music.

Now's the time to start thinking about the crystal that Aunt Alice gave you that's stowed in the attic or the beautiful necklace you wore every day for a year but can't stand now as well as items you have

that would benefit from a new home. We'll begin collecting in January.

And the Celeb Salons will be back too. New to the auction last year, the salons were extremely popular and great fundraisers. The Celeb Salon co-chairs, **Peg Simpson, Georgette Sobel and Jane Pierson**, seek your help. We're looking for Celebs who could be a draw for villagers and their friends—who would gladly pay \$75 a seat to come to the Celeb fundraiser. If you can help us find them, please do! We're also looking for apartments or houses large enough to accommodate up to 30 people for a heavy-appetizer Celeb fundraiser. If you have one, let us know! Please contact one of the co-chairs with your suggestions.

We've assembled a great silent auction committee, but can still use more hands. If you're interested in helping to make this year's the best ever auction, please contact a member of the steering committee: **Marilyn Newton** at marilynsnewton@comcast.net, **Kathy Cardille** at kcardille@gmail.com or **Iris Molotsky** at iris.molotsky@gmail.com. ■

NEW MEMBERS

A warm welcome to newest members:

Michael Lee Brown (Mike)
Martis (Marty) Davis and Sloan Rogers
Donald Symmes

We have reached our 2013 goal of 150 DCV members!

NEW CO-EDITORS APPOINTED

We are pleased to announce that **Bella Rosenberg** and **Sheila Lopez** have agreed to serve as the new co-editors for the Dupont Circle Village newsletter beginning in January. Their enthusiasm and the previous experience that they bring to the task ensure a smooth transition. We will give them a proper introduction to Villagers in January, but for now we extend a warm hello and much appreciation for taking on this important assignment.

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**Monday, January 27
3:30-5:00PM**

This month's Live and Learn will be addressing Home Health Care. It will feature Maura Barillaro, RN and will be held at Scion Restaurant, 2100 P Street NW. Please contact Marilyn Newton at Marilynsnewton@comcast.net if you will be attending. Members are free; others are \$10.

**Tuesday, January 28
12:00-2:00PM**

Lunch at Taqueria Nacional. Dine at Chef Ann Cashion's newest little casual hotspot on 14th! Three-course meal including Mexican soft drinks and tea \$20. Alcoholic beverages extra. 1409 T Street NW. RSVP Deadline January 24. Contact kcardille@gmail.com ■

IN CASE OF SNOW...

Red Alert Team is again ready to help when snow arrives. We will be calling upon our membership and volunteers to shovel steps and walkways, make hot meals, run errands and provide transportation. Please also let us know whether you have a four wheel drive vehicle and spare equipment to move the snow. Please contact Bernice@dupontcirclevillage.org

Symbiosis— Keeping Our Recorders On!

--Garry Hutchinson

In December, a potluck dinner celebrated the value of our volunteers whose contributions are an integral part of the elixir that is the life of DCV. Yet, our volunteers receive as much value from the experience of filling requests as the Village receives from their services. We are getting as great an opportunity as we could expect to observe and appreciate this reciprocity in action.

One villager, **Julia Cuniberti**, has lived a life spanning four score and ten years across the end of segregation in America and apartheid in South Africa; victories over tyranny in a world war and Korean Conflict; the Cuban Missile Crisis; the war in Viet Nam; the rise of feminism; the end of the Cold War; the evolution of globalism; the internet; and smart phones; Americans walking on the moon and photographing Mars; the Berlin Wall torn down and Europe forming an economic/political union; China embracing capitalism; a Pope from Argentina; three women as US Secretaries of State; and an African-American as president.

Julia tells stories about a life that has traversed Europe and America, over decades, from the early 20th to the early 21st century. America and the world have navigated swirling channels over the course of her immense journey and every volunteer, from teenager to septuagenarian, benefits from her meanderings. Her stories are filled with charm and whimsy, and speak of her achievements; yet, we have only a glimpse of the brobdingnagian changes she has seen in the shape and scope of the world.

In friendly visits with Julia, the intergenerational engine of the Village is in action, younger volunteers benefitting from short dips into the well of Julia's life. In these friendly visits, you see the strength of the Village bringing together volunteers who may share with her the fact that they too have lived across many of the same years and had similar experiences. The volunteer component of DCV is an incubator that nurtures us all in a variety of ways.

Julia is stretching the boundaries of our Village, traveling to New York to be with family, for some physical rehab, and gathering up more memories and stories to share. During this time, we can contemplate how much opportunity the Village offers each of us, members and volunteers. DCV brings together people of merit and moment, diverse individuals with breadth and depth that enrich us all ... especially when we fill a request and keep our internal recorders on. ■



Kudos to **Marilyn Newton** for an amazing achievement on behalf of the Village. As we all know, Marilyn has been hobbled by an accident that required her to stay at home off her feet. Most of us would have used this as a reason to slack off a bit, but not her. Instead she helped to paste labels with our Decatur Place address on Village brochures to cover our old address. Meanwhile, **Carol Galaty** was in the DCV office doing the same thing. Between them, they pasted 500 labels with our Decatur Place address on Village brochures. Brava, Marilyn and Carol. ■

A WARM MULTI-CULTURAL VILLAGE THANKSGIVING-HANUKAH

--Carol Galaty

You never know what wonderful things the Village will have to offer its members: Thanksgiving at our house (**Carol Galaty** and **Ken Shuck**) was one of those unusual Village happenings.

Focused on those of us whose families are far away, ten Villagers plus two Canadian visitors, one Ghanaian and three non-village members found themselves in a warm, fire-lit setting, gathered around a Hanukah menorah saying prayers in Hebrew and English, led by **Roberta Wasserman** and **Cecele Richter**, as the candles were lit. As they turned to begin Thanksgiving festivities, each was given a gold foil covered chocolate "Hanukah Gelt."

The newly-formed family then settled into a sumptuous meal at a beautifully decorated, food-laden table. There was a multitude of Thanksgiving classics, from turkey, stuffing and three types of cranberry sauce to creamed onions, sweet potatoes and corn pudding.

As each guest had contributed to the meal, the food looked beautiful and was delicious with one exception: a curdled...but tasty... gravy (note: the perpetrator is looking for a

gravy making instructor before next year!). There were also special added, wonderful homemade touches such as the roasted cauliflower and wild rice cranberry salad with, of course, pumpkin, apple and pecan pies to be sure our stomachs were more than full.

The wine, chatter and good spirits flowed as new friends were made, jokes and stories were exchanged and amazing coincidences uncovered, such as **Carol Galaty** and I discovering that **Dorothy Marschak** had worked closely with my uncle and a distant cousin when teaching and researching at the University of California in Berkeley.

As each guest departed into the dark night they took with them the glow of good food, warm friendships and feelings of real thanksgiving! ■

Iris Wins for All of Us!

"Richly deserved, Iris! And thanks for all you have done!"

Ann von der Lippe

"YIPPEEEEEEE for our Iris and our Village!" **Abigail Wiebenson**

"Congratulations! You are an inspiration and a joy to us all!" **Laurie Coburn**

Our very own **Iris Molotsky**, President, of the Dupont Circle Village, with the nomination by, and help of **Kathleen Cardille**, has won the 2013 Mayor's Community Service Award (MCSA). It is given to District residents who demonstrate exceptional commitment to District communities through service and volunteerism in any one of six categories.

The awardees will be honored Tuesday, December 17, at the John A. Wilson Building.

For anyone interested in attending, attendance is free, but you must RSVP online. **Michele Molotsky** will be representing Iris, who will have already left for Paris. ■



Guests gathered around the beautifully decorated table of Carol Galaty and Ken Shuck

Our Alpaca Adventure

--Iris Molotsky

How can you tell an alpaca from a llama? If it has a long neck, it's not an alpaca. This is just one of the unusual facts Villagers acquired during our trip to the Villa de Alpacas Farm in November.

We went in a convoy of three cars to Aquasco, Maryland, which is east of Waldorf. We drove up the winding driveway looking at the herd of alpacas and llamas grazing in the fields. When we arrived at the farm compound, we were warmly greeted by our host, **Angel Forbes Simmons**. Angel took us on a tour of her 1871 Victorian home, which was built by her great-great-grandfather. The entry hall is still covered with the original wallpaper. The house is one of only four Bicentennial Farms remaining in Maryland and has been owned, maintained and run as a farm by the same family for over 200 years.

After touring the house, which has been lovingly restored by Angel's husband, **Tom Moore**, we browsed in the salesrooms of the house where the sweaters, jackets, scarves, socks and other products made from alpaca wool are displayed. Shopping always serves to work up an appetite, so we then went into the dining room for a splendid buffet lunch prepared by Angel.

After lunch we tramped out to the enclosed field where the alpacas and llamas were kept. Some of us were surprised at the variety of colors: black, brown, white and spotted. Of course, we're city kids, so what do we know? The animals were obviously used to being gawked at and came over to inspect us as well.

After checking out the animals, we went to the workshop where we were shown the looms Angel uses to weave the magnificent rugs, scarves and other products for sale. The softness of the alpaca wool combined with its vibrant colors illustrated why alpaca wool is so valued and sought-after.

Feeling a little sad about having to leave this beautiful farm and its wonderful owners after what seemed to be such a short time, we climbed into our cars and headed back to uninteresting highways and diminishing numbers of trees. But it was a wonderful day and all of us who were there warmly thanked **Bob and Susan Meehan** for arranging this superb adventure. ■

21st Century Travel

Most of us can remember what it was like when you had to follow a lead car to an unknown destination. You had to be careful that no one cut in front of you causing you to lose the lead car. And if the car(s) behind didn't make it through the green light you had to pull over and wait until you saw the trailing car. Those days are gone forever.

When we prepared to leave for the Alpaca farm, each car selected a designated cellphone person. Contacts were entered and we went to our cars.

As we got into the car, Susan Meehan, our lead car's designated contact, called the other two cars and gave them initial instructions about where to go. She would periodically call and update the drivers, directing them into the proper lane, telling which traffic lights were short so don't dawdle, checking to make sure all cars made it through the lights, and giving the next set of directions.

As we got closer, Bob Meehan, our driver, was not sure which exit to take. One of us whipped out a smartphone, looked it up on the map app and quickly found the exit. It was so easy and all was going perfectly until... Susan's cellphone battery died. The tip for 21st century travel is "never leave home without a fully charged phone."



Tom Murray and Bev Losch with either an llama or alpaca - what do you think?

Catching Up with Harvey

How Harvey Submitted on Time

A few years ago when **Harvey Friedman** was profiled in the DCV Newsletter (January 2011), he shared his personal story of how he dealt with a lifetime of fighting depression, including taking a medication, Lithium. But in 2011 he began to have Parkinson-like symptoms and again became very depressed.

After much discussion with his various doctors, he decided to stop taking Lithium. He had the long-term support of good friends, members of the DCV, and began four years of treatment with a private social worker. The combination helped him to overcome his depression. He again began practicing law, with most of his cases dealing with the federal government. He relished his work!

His experience left him with two lessons that he passed on to readers: one, participate in your medical care by questioning the diagnosis when you think it is wrong. And, two, friends are an important component in a patient's life. In 2011 he commented, "Now I see myself not as a depressed person, but as someone who can handle difficulties when they arise. I can now act effectively and approach challenges with confidence."

Recently we caught up with Harvey. He said, "Things have changed a great deal for me since then. I have developed a memory disorder. Now, instead of being an active participant in the DCV and providing volunteer help to other members, I have help from DCV volunteer **Kathy Cardille**. This might be of real interest to the Village."

Harvey continued, "Her help has allowed me to do something very important to me: to continue on a case pro bono, in which my client has been falsely accused of fraud. If I win, it will change my client's life."

In another turn, Harvey again became a DCV volunteer and was able to help Kathy to use her Mac and publish a book of hundreds of letters between her family members. This is something she very much wanted to do. Kathy has just picked up --figuratively, since they are very heavy books! -- the finished product.

Harvey continued, "When we talk about how DCV volunteers can help our members, we focus on things like they will come by and "change a light bulb" or drive you to a medical appointment or sit in on the medical visit so that there are two sets of ears hearing what the doctor tells you. These are metaphors, for saying that our volunteers will help you with even the most menial tasks. But now I see through personal experience, the very sophisticated help that a DCV member can get from our volunteers. Kathy made it possible for me to practice law in this particular case."

"Membership in DCV may at some point afford you help that you never dreamed you would need. If per chance you did dream that you might need help, certainly you never dreamed you could get such help simply by being a member of DCV", according to Harvey.

"What Kathy did for me as a DCV volunteer perfectly illustrates the point."

"She spent six hours one afternoon into the evening, to make sure that a submission I had to make to win that case, was done in the format required by the Judge and transmitted to the Judge and the government attorney, through the most user-unfriendly encrypted website. Talk unfriendly, it seems to have been developed more to thwart you from transmitting your case, then helping you to do so."

"There were all sorts of problems in using the website and both of us knew beans about things like that. But, Kathy was determined this submission would be made on time.

"She patiently and gently pushed and prodded me to focus on that task. One of the problems I have is going off on a

tangent and not focusing. When you do that nothing gets done. But Kathy had an insight as to how to use that mean and rotten website. By the time she left, after working with me for six hours, I had learned from her insight and was able to send lots more documents and complete the submission on time."

"Had she been in my class in my law professor days, trust me, she would have earned an A. And you can quote me on that." ■

Kathy's Response: How we Saved My Family's Lives!

"Talk about giving A's! I would give my experience of working as a volunteer with Harvey an A+, and I don't think it's grade inflation!

"As a first time volunteer, I expected to file and sort when I said I'd help a member to organize some papers, but I never expected what I got. Harvey Friedman is so tech-savvy that he and his knowledge of scanning documents (and his loan of his Scansnap machine) allowed me to scan 984 pages of family letters into my computer in a few hours.

"With the documents in hand and many excellent suggestions from the DCV listserv about how to best publish them, I ultimately took Village member **Ceceile Richter's** suggestion (thanks, Ceceile) to use the books-on-demand Opus machine at Politics and Prose Book Store. Ultimately we printed those 984 pages into a two-volume set of books. Now we actually have my family's lives for the last 33 years saved and treasured!

"Without volunteering with the Village this might have happened, but it would have been much harder and not nearly as painless. That's what the Village does: it makes things easier because the members have so many varied experiences and so many great ideas, and they willingly share them.

"Best of all, we have a chance for fun along the way! I'd give the whole experience an A+!" ■

Coping With the Blues and Depression

Bill Amt, LICSW, of Iona Senior Services, the featured speaker at the December 2 Live and Learn, focused the discussion on the outward behaviors and causes of the blues and strategies of dealing with them. He also covered the differences between the blues and depression, what you can do to overcome the blues, and how you might treat depression. It was very much a personal, interactive session, with the twenty attendees sharing their thoughts and feelings.

There are many reasons for feeling blue. **Helene Scher** mentioned being lonely during holiday periods because of unmet expectations and family conflicts and becoming more invisible as one got older. **Judith Werdel** and **Alaire Rieffel** commented on weather-related reasons for not only feeling blue, but also not wanting to leave the house, and even sometimes, not wanting to leave one's bed. Also, missing friends and relations who have left the area and died, as well as retirement from work that used to provide a sense of purpose, camaraderie and self-esteem, can have the same effect. All of the above sometimes leads to social isolation. There are also the physical reasons for not feeling up to speed—con-

stant pain, less mobility, and dependency on others, also play into one's view.

Peg Simpson pointed out that some individuals have an upbeat view on life whatever their personal situation. The values we hold, those things we consider most meaningful can help us get through these periods.

Peg's comments segued the group into the question: How can you overcome the blues?

There are many more days in the year than just holidays. Restart activities you usually do the rest of the year. Socialize throughout the year. Try new things such as hobbies, classes, travel, exercise and, finally, think positively! Find a sense of purpose through volunteering, participating in activities that make you feel useful and helpful. Keep up your physical wellbeing by eating right, exercising, getting sufficient rest and knowing your own limitations.

Also, take prescriptions as prescribed. Don't overdo alcohol. And enjoy yourself with whatever entertainment provides you with a positive view – music, theater, exercise, spiritual practices and your favorite TV shows. If weather has a strong effect on you, see your doctor about light therapy and taking vitamin D.

Although the conversation focused on the blues, there was some discussion on the difference between the blues and clinical depression. The blues are usually temporary, are a normal part of life and your mood improves without professional help. Depression is not a normal part of life. Feeling worthless, fatigue, loss of concentration, recurrent thoughts about suicide and death, are long-lasting. Sleeping, weight, and nonfunctioning relationships are strong indicators of a depressive state. Then it's time to get professional help. Visit your doctor; speak to a counselor (Iona has counseling services) and see about taking medications that can be an effective treatment.

The DCV can be an effective antidote to the blues. It can, and does, provide many of the supports needed for good health, positive views and ways of overcoming the

blues. As **Lucia Edmonds** commented, "being part of the Village has made a tremendous difference to me."

Bill Amt mentioned that IONA House offers counseling services from licensed clinical social workers for those wanting to discuss dealing with what they think is clinical depression. Contact them at 202.895.9448, option 4, for more information and an appointment. Amt's final suggestion was that you can train your brain to be more positive. ■



Frances Oakley and Gabriella Zaboli along with other friends celebrate Gabriella's 90th birthday at a luncheon hosted by Abigail Wiebenson

Ninety years of life is a big deal!

The Friday before Thanksgiving, a group of Villagers feted **Gabriella Zaboli**, quietly animated and stylish as ever (befitting her decades of handiwork at Rizik's), at a crab cake luncheon at the home of **Abigail Wiebenson**. Organized by Gabriella's neighbor and friend, **Frances Oakley**, other guests included **Bob Hardgrove**, **Judy duBerrier**, and **Betina del Sesto**. Gifts included dark chocolates and a jigsaw puzzle, as she is an inveterate puzzle master. A sweet time was had by all.



Bill Amt, LICSW, of IONA House speaking at the DCV Live and Learn

The Hunger for Deeper Connections

--Peg Simpson

The national Village movement keeps rolling on and the recent national convention in St. Louis offered a venue to share strategies on handling the growth and analyzing common problems.

The convention, sponsored by the national Village-to-Village Network, drew several hundred village leaders.

There is the always-present issue of how to attract the "not ready yet" people.

Some have seen the Village develop in their midst but still think it is for "others." There are newcomers who are good candidates, especially the many empty nesters who sold houses in the suburbs to move back into the city. "But it's a huge turnoff if a Village is seen as mostly caring for 'old folks,'" said one West Coast village leader.

What is clearer than ever is that the Village succeeds if it creates a community that enables villagers to find new "interdependencies." One West Coast executive director said "there is a hunger for deeper connection -- and a real interest in giving and to find meaningful ways to do that."

Here are some other nuggets from the Village-to-Village convention:

** Peer sharing: villagers who have had hip or knee operations or cataract procedures have volunteered to talk to members about to undergo similar operations. It is not medical advice but more about "expectations vs. the reality."

** Small groups: as villages grow in size, many members say they want more small groups. One village has more than three dozen special-interest groups, run by members, ranging from opera and theatre groups to a group talking about insomnia.

** Keeping the intellect alive: that actually was the title of one seminar by jointly presented by Dupont Circle Village and Tierrasanta Village in San Diego. Tierrasanta Village helps villagers form writers' retreats, memoir writing, poetry writing and readings and a talent show that includes a "memory lane" songfest.

There also were true confessions from some veterans in the Village movement. They had been so successful that many rank-and-file villagers had not felt free to say they'd like to be part of the leadership. "We hadn't realized that," one former president said.

And then there are new partnerships between villages and hospitals. In some cases, hospital staffers provide several months of post-hospitalization home checkups to Village members with diseases that are hard to monitor and often lead to repeat hospitalizations. If these pilot programs work, they would also help hospitals reduce the recidivism rate as required by the new health care rules. ■

Now's the Time: Contribute Tax-free \$\$ to DCV

The "charitable IRA rollover" of the Pension Protection Act has been extended to December 31, 2013.

You can use your assets held in a traditional IRA account for a contribution to the Dupont Circle Village, and are 70 and a half or older – take note.

If you make a charitable contribution from your traditional IRA account(s) directly to the Dupont Circle Village and exclude that from your gross income calculation for the tax year 2013, you will not pay taxes on the amount you give. The benefit comes from not including the amount in your gross income.

If you don't need the income from your required minimum distribution (RMD), if you want to avoid the taxes on that amount and if you want to support the DCV during your lifetime rather than through an estate gift, this is the time to act!

The limitations are:

- No more than \$100,000 can be distributed through a "qualified charitable distribution";
- The contribution must be made directly to the DCV and must be made by the trustee of your IRAs. You cannot take possession of the funds during this transaction, otherwise it becomes a taxable event;
- The contribution must be only from traditional IRA accounts.

For more information, consult with your personal tax advisor. ■



by *Judy duBerrier*

By popular demand, we will be exploring soups/stews much more frequently. They are usually easy to make, good for you and economical. What's not to like? So, do send me your favorite recipes, even if they are offbeat and especially if they are simple and healthy. It's hard to mess up soup, so it's okay if it's just an approximation of ingredients.

First up is **Escarole & White Bean Soup**, compliments of beloved Villager **Linda Posell**, who left this earth, but gave us this great and easy recipe to remember her.

Cook 1/4 pound crumbled sausage or diced bacon in a saucepan about 5 minutes. Drain and discard fat. Add one pound chopped escarole and 2 minced garlic cloves. Cook about 3 minutes or until escarole wilts. Add 4 cups chicken broth, bring to a boil, reduce heat and simmer 5 minutes. Using a fork, mash half or all of a rinsed and drained 15 oz. can of cannellini beans. Add beans, along with salt, pepper and red pepper flakes to taste. Bring to a boil, reduce heat and simmer 5 to 7 minutes. Serves 4-6. Pass grated parmesan cheese.

For **Apple Butternut Squash Soup**, many thanks to our Fearless Leader, **Iris Molotsky**. She first shared this recipe with the Soup Salon, and now with the rest of us.

In a large pot, combine the following: 1 medium sized peeled, seeded and cubed butternut squash. 3 medium apples, cored and coarsely chopped. 1 medium onion, coarsely chopped. 2 1/2 cups chicken or vegetable broth. 1/2 tsp. each rosemary and marjoram. Salt and pepper to taste. Bring to a boil, then

reduce heat and simmer uncovered for about 45 minutes. Let cool, then place in food processor or blender. Pulse until smooth. Add 1 cup plain yogurt and pulse until combined. Carefully reheat soup, without boiling. Correct seasoning. Serves 8 with a dollop of yogurt.

Finally, Villager **Judith Neibrief** reminds us not to risk bad luck in 2014 by ignoring the southern tradition of consuming black eyed peas on New Year's Day. This version of **Hoppin' John** serves 4.

3 Tablespoons cooking oil
4 scallions, white bulbs sliced and green area cut into 1/2" pieces
1 lb. collard greens, tough ribs removed, leaves washed well and shredded
1 3/4 teaspoon salt/1 teaspoon pepper
1 teaspoon cayenne
1 lb kielbasa (or similar) halved lengthwise, then cut into 1" slices
1 package frozen black-eyed peas
1 1/2 cups long grain rice
3 cups chicken broth

Heat the oil in a large saucepan or Dutch oven. Cook onion and scallion bulbs over moderately low heat until translucent. Add greens and seasonings, cooking and stirring, until greens wilt. Increase heat to moderately high. Mix in sausage, peas and rice. Stir in broth and bring to a simmer. Reduce heat to low and cook, covered, until liquid is absorbed and rice is tender, about 20 minutes. Stir in scallion greens and serve. ■

Questions/Comments: judydubерrier@verizon.net





Facebook, Twitter, and Blog, Oh My!

--Bernice Hutchinson

You know them as Facebook, Twitter, Blog, and YouTube. Our world is totally captivated as we spiral through these ever-changing phenomena of social media. Move over millennials, social media and social networking know no age boundaries. Today, it is estimated that over eighty percent of all adults use the Internet. According to the Pew Research Center, 72% of online adults use social media. And, over one-third of the adult Internet users who are older than 50 indicated using at least one type of social media to locate or share health information in the last 12 months.

Social media has the power and intrigue of keeping people with similar interests and concerns connected and informed. Just log onto your e-mail any day of the week, and you will find the Dupont Circle Village listserv in full swing. There is regular "buzz" about social, consumer, arts, entertainment, and health information. If you have not joined in the conversation, consider giving it a try. About 98 percent of DCV members have an active e-mail address. One member recently told me, "I love it because it brings a whole new appreciation to connectedness from my chair in my living room."

Neighbors have the perfect group exchange while sharing recommendations on trusted repairmen and service providers, reminiscing about life experiences, offering sage advice, giving commentary on personal downsizing, and so much more. Recently, when the DCV listserv discussion turned to the use of Twitter, the Village set out to find a way to support the interest in this new mode of communication.

A perfect storm provided the opportunity to partner, for the third year, with the National Village-to-Village Network for their annual NCB Capital Volunteer Day. This year, in lieu of visiting the homes of DCV members to volunteer with odd jobs, NCB Capital Impact will share ten staff eager to impart their knowledge. The afternoon of December 10 was to have been devoted to all things social media. Beginning with a formal presentation, small affinity break-out groups followed, giving our members a chance to get to know their favorite social media platforms better. Unfortunately the session was cancelled because of predicted bad weather, but it will be rescheduled as soon as possible. lol. ■

YOUR VILLAGE IN THE PAST TWO YEARS

The Village aims to connect residents to services and cultural/social activities and maintain health and home as they embrace aging in our stimulating city. To this end, in the past two years we've covered five core activities in the Great Agenda of the DCV - Live and Learn Sessions, Sunday Soup Salons, Organized Visits, including restaurants, and almost 900 hours of Volunteer Assistance.

Live and Learn Sessions covered a range of personal issues including the Personal Emergency Response System (PERS); Clinical and Psychological Benefits of Exercise; How to Stay Safe in the City; Memory Lapses, Depression and Alzheimers; Fall Prevention Coaching; When Medication Hurts; Senior Care Options; Wishes Worth Writing Down: Three Key Documents; How to Stay Healthy: Walking Addresses all Afflictions; Creating a Safer Home Environment; Future Health and Wellness Technologies; New Health Care Law Explained; and Changes in Medicare 2014.

The Sunday Soup Salons we've covered in the past two years introduced a gamut of fascinating speakers and topics including Nora of Restaurant Nora, the nation's first certified organic restaurant; Mark Twain and his politics; challenges facing Burma/Myanmar as the veil lifts; the Manhattan Project at Los Alamos during World War II; How an African-American turned, late in the Civil War; working in the Peace Corps in China; and Nan Aron of the Alliance for Justice: Preserving the integrity of the courts.

DCV-organized Visits we've covered in the past two years included the American Art Museum, US Botanic Gardens Conservatory, Dumbarton Oaks, Freer/Sackler Gallery, Gallaudet University, Library of Congress, National Building Museum, National Gallery of Art, National Geographic Museum, Phillips Gallery, Textile Museum, World Bank, and the Mt Zion Cemetery.

Great Restaurant Visits for DCV members we've written about in the past two years included El Tamarindo, Thaiphon, Distrikt Bistro, James Hoban's Irish Restaurant and Bar, Crisos Modern Mexican Restaurant, Ben's Next Door, Heritage India, Eatonville, Matchbox 14th Street, Trio Restaurant, Lauriol Plaza, Banana Leaves, El Centro D.F., Scion Restaurant, Mourayo, Annie's Paramount Steakhouse, and Levante's.

Volunteer Services In the year ending mid-2013, there were over 400 requests for volunteers by DCV members, volunteers providing almost 900 hours of services, with the most requests and hours in the Escort, Companion category, followed by Transportation, Home maintenance (light), Downsizing and donations, Administrative tasks, Technology support, Meals assistance, Home maintenance (heavy), and Electronic support. ■



—Judy Silberman, Yoga Master

Rear Leg Lifts

Another exercise to improve flexibility, balance and concentration.

Stand behind a chair and hold onto the back of the chair with both hands. Step back and lean forward slightly, with head looking forward and shoulders relaxed.

Breathe out then inhale as you slowly lift your right leg in back, keeping both knees straight but not locked. Hold breath for 3 counts, then exhale, lower leg, and stand up straight. Rest for one full breath.

Repeat with left leg, then twice more on each side.

Happy and Merry Wishes for 2014. ■

Where Are They?



Iris and Irv Molotsky are off to Paris for the holidays and will return early in the new year.

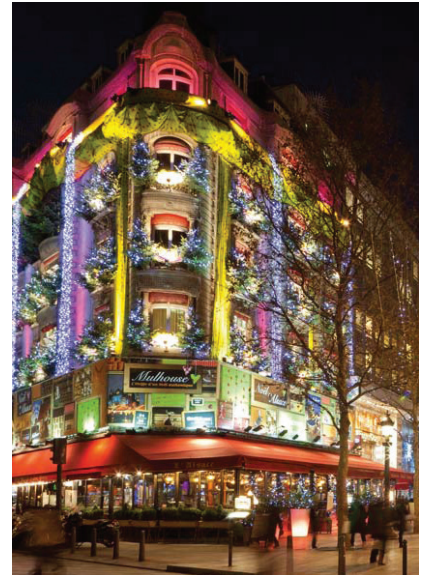
Joan and Nick Ludlow are off to Vermont for the holidays and also will return in the new year.

Kathy Cardille is off to spend a few days with her son and his family in Montreal to celebrate Christmas. This will be their first Christmas without their extended family.

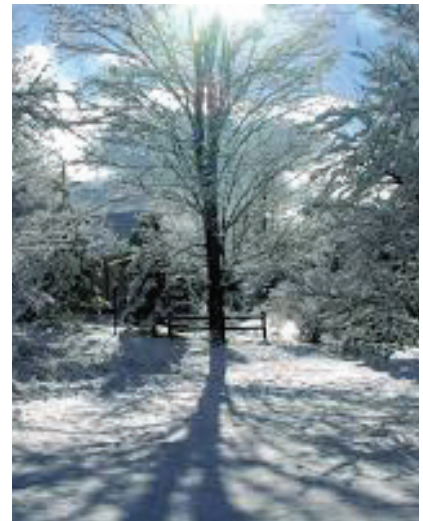


Winter in Montreal

We hope wherever you are you have a lovely holiday season!!



Paris in December



Winter in Vermont

The Dupont Circle Village is a **NONPROFIT** neighborhood organization that **CONNECTS RESIDENTS** to services and cultural/social activities. Membership enables Villagers to **MAINTAIN** their **HEALTH** and home as they **EMBRACE** the **BENEFITS** and **CHALLENGES** of aging.



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