

*"I think it is just as important for a filmmaker to show people of intelligence, character, tolerance and good will, hard at work, as it is to make movies about the failures, insensitivities and cruelties of others."*

Fred Wiseman, Moviemaker  
New York Times, 11/8/13

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# Power Up to Give Better Care

---Bernice Hutchinson

There are more than 90 million family caregivers across the country. And it is estimated that two out of every five adults are caregivers. Former First Lady **Rosalynn Carter** once said, "There are four kinds of people in this world, those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers." How often have you found yourself in one of these roles? Whether you are caring for a spouse, partner, parent, child or friend, indeed, caregiving is all around us and a natural part of a Village.

November is National Family Caregiver Support Month. I hope you will find this an opportune time to think carefully about what it takes to give good care.

*First, take care of yourself.* It's important to engage in activities, such as walking, to reinforce great balance, confidence, and strength. Second, eat regular nutritious meals. This important but often neglected routine positions you to be your very best you – limber, positive, and energetic.

*Next, have a good handle on your role and responsibilities as a caregiver.* You may be responsible for thinking through some aspects of health care, emotional care, household care, personal care, and everyday care for someone outside of yourself. Every situation is different, and circumstances may change over time for caregivers and care receivers. So, it helps to have a handle on the expectations of the person you are caring for as well as a realistic sense of your ability to meet those expectations. Don't see it as failure if you need to call out for reinforcements – take out, skilled experts, volunteers, etc. Often it helps to develop a written plan for getting it all done.

## DUPONT CIRCLE VILLAGE

And finally, connecting with others who are facing similar challenges. This can be beneficial. If you are providing a significant amount of care to someone else, joining a support group gives you a forum for sharing experiences as well as getting advice.

November is the time of year we pause to place a spotlight on caregiving. However, many of you see this month as no different from the one before or the ones that will follow. It is a continuation of time and your commitment to one of the most powerful gifts you will ever give someone else in your life time, and that is the gift of caring. This Village is full of caregivers. It is what you do and why you felt so passionate about creating a Village. My call to action this month is that you take pause and power up to give your very best care to others. ■

## REMINDER: POTENTIAL MEMBERS' DINNERS

--Abigail Wiebenson

*DCV Information Dinners are usually held every other month.* They are a great way to spread the word to those who are not aware of the Dupont Circle Village or who have heard and want to know more about both our membership and need for volunteers. These dinners are very interesting as we learn about many fascinating aspects of our neighbors' lives.

*Word of mouth is the single best way we gain members.* Please send me names of those who live in our new expanded neighborhood (Kalorama and Adams Morgan) who might be interested. If one of your suggested neighbors comes to dinner, you are also welcome to join us. Put on your thinking caps and provide me a name or two with contact information: email, phone, address -- whatever you have on hand -- at [Abigailwiebenson@gmail.com](mailto:Abigailwiebenson@gmail.com) or 202-332-6857.

The next information dinner will be Wednesday, January 8th, from 6:30-8:30, and every other month thereafter.

Thanks so much for your suggestions!



## MONTHLY Calendar

### Sunday November 17

6:00—8:00PM

**DCV Soup Salon.** Speaking at the Soup Salon will be DCV member Stephanie Ortoleva. She is an experienced civil rights lawyer and has worked on international human rights at the U.S. Department of State. In 2010, she founded Women Enabled, Inc., a not-for-profit organization which advocates for the rights of women and persons with disabilities worldwide. The Sunday Soup Salon is for DCV members only. Please RSVP to Kathy Cardille at kcardille@gmail.com. This event will be held at the home of Abigail Wiebenson, 1916 S Street, NW.

### Monday, December 2

3:30 – 5:00PM

At this month's *Live and Learn*, Bill Amt, from IONA Senior Services will speak on coping with the emotional challenges of aging. Many of us go through periods of feeling the 'blues'. What strategies can be used to overcome these depressed feelings and guide us to a more positive outlook? Mr. Amt also leads support groups for caregivers taking care of people with dementia. St. Thomas Episcopal Church, 1772 Church Street NW. Contact Linda Harsh, 202-234-2567, or lindajkh@mac.com. The talk is free for Village members and \$10 for others. **Please note the date.** Because of the holiday season, this is a November-December meeting.

### Tuesday, December 3

1:00—2:00PM

**Tour of Our America: The Latino Presence in American Art** with docent and fellow Villager Mary Braden. The exhibition features nearly 100 works showing how Latino artists tackled classic American themes and actively participated in the artistic movements of their day.

*continued on next page*

## President's Letter

### Gearing Up for 2014

---Iris Molotsky

The colder weather and beautiful trees, resplendent in red, orange and russet leaves, send the happy message -- it's holiday season. The Village is ready!

Start now by marking December 12 on your calendars for our potluck holiday dinner at our house. This year's celebration includes a special recognition event for our fantastic volunteers who have sustained the Village and bring so much pleasure and assistance to members. You will be hearing more soon, but save the December 12 date now.

As **Abigail Wiebenson**, our membership chair, frequently reminds us, word-of-mouth is the best way to grow membership. When you are talking to friends and acquaintances, please keep in mind two attractive changes made recently:

- our boundaries have been enlarged to include parts of Kalorama and Adams-Morgan
- our new membership category, **Sustaining Memberships**. Dues are tax deductible and members can enjoy all cultural, educational and social events of the Village. Sustaining membership does not include volunteer services.
- Dues remain the same as existing membership categories.
- Existing membership categories can be switched upon request.

You can get additional information from our website: [www.dupontcirclevillage.org](http://www.dupontcirclevillage.org)

**Peggy Simpson, Bernice and Garry Hutchinson** and I attended the national annual meeting of the Village-to-Village in St. Louis. It's a wonderful opportunity to find out what other villages are doing and explore new approaches to common concerns. Bernice and I were presenters at a panel entitled "Keeping Our Intellect

## FROM THE President



Alive and Well!"

Thanks to all of you who gave us such wonderful examples to draw upon for our presentation. Next month, I'll tell you more about what we learned.

Many of you may remember that we partnered with **HouseWorks**, a home care organization, for weekend services in case of unexpected health needs. I'm sorry to report that that service is no longer available. HouseWorks, a Boston-based organization, has decided to return to its roots and is no longer independently providing Washington area services. We are exploring alternatives and hope to have a new program in place in the coming year.

By the time this newsletter is distributed, you will have received our annual fundraising appeal letter. You have contributed to us so generously in the past and I hope you will continue to think our work merits your financial support. I interpret our expanding membership as a sign of effectiveness and recognition of the value of our mission. Of course, it didn't just happen: it's the result of your hard work and commitment to the DCV. The board and leadership thank you for all your hard work and ask for your continued support.

Looking beyond the holidays, we are gearing up for our 2014 silent auction, which will be in March. Those of you who have attended in the past agree it's the social event of the year in the neighborhood. We've put together a splendid core group already, but we still need loads of help. Each year we feature more items, attract bigger crowds and raise vitally-needed money for the Village. We need more volunteers to help with planning, sponsorships, communications and publicity and many other areas. Please contact me at [iris.molotsky@gmail.com](mailto:iris.molotsky@gmail.com), if you can help. ■

*continued from page 2*

RSVP by Friday, November 29, 2013 to Kathy Cardille at kcardille@gmail.com. Put "LATINO PRESENCE" in the e-mail subject line. Smithsonian American Art Museum at G and 8th Streets, NW  
Note: The museum does not open until 11:30 a.m.

### **Thursday, December 12 6:30—8:30PM**

**POTLUCK** celebration for DCV volunteers and members at the home of Irv and Iris Molotsky, 1735 S Street NW. Please bring something that you love to prepare or eat, even if it is not in a pot! But it is not required. Deadline for registering is December 6th. RSVP to Kathy Cardille at kcardille@gmail.com with your name and the food you will share.

### **Tuesday, December 17 12:00-2:00PM**

**Join other DCV members for lunch at Levante's:** A Mediterranean Restaurant. The cost of the three-course meal plus desert will be \$20 including tax and gratuity. Please have cash. Drinks are not included. Contact Kathy Cardille at Kcardille@gmail.com for reservations. RSVP by December 13. Include LEVANTE in the e-mail subject line.

### **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 ■

## **Planned Acts of Kindness**

### *Recognizing Our Volunteers*

---Garry Hutchinson

On Thursday, December 12th, in the home of a most dedicated member, we will hold our seasonal potluck and show our appreciation for our volunteers.

Our volunteers devote hours and hours to the success of the Village. In the first ten months of 2013, we've had one volunteer with over 200 hours of service to our members, another with over 80, a third with over 50, and another with nearly 40. However, in a time of real need, a volunteer may contribute a most crucial two hours, and there are many in that category. Each of us is aware of such small joys, and it is fortunate that we have the heart and opportunity to acknowledge these planned acts of kindness.

Day in and day out, there are planned acts of kindness that resonate throughout the fabric of the Village. There is no Wizard intoning, "Pay no attention to that [person] behind the curtain!" Yet, there are fellow Villagers and non-members who make our Village work, in many ways, great and small. And, while I know personally, through my own experiences as a Village volunteer, that every member is gracious and appreciative of the service that they receive, our volunteers generally go about their daily rounds of goodness without fanfare.

They brave the traffic of Wisconsin Avenue, navigate the labyrinth of hospital hallways and lobbies, deliver meals, share conversation, weed gardens and eaves, decipher computer gremlins, carry boxes, packages and bags, grocery shop, or simply make a phone call. They do this during the day, in the evening, and on weekends. They do this on a moment's notice or on a recurring basis. They do not take the lead, but are always willing to follow direction and provide support.

They look like you, because of our 63 volunteers, 31 are members. But, then, there are also volunteers who are the age of our grandkids or come from as far beyond Dupont Circle as the North Cleveland Park community of Reno Road. Sometimes their interests and backgrounds mirror our own, and then there are the times when they have a very particular set of skills that help us through the dazzling technological maze of our modern times.

The value of our volunteers is not reflected in the number of their contributions, but in the timeliness and quality of their contributions. Of course a taxicab can get you to a doctor's appointment, but for a fare and without the good conversation that many of our volunteers provide. For a routine medical checkup or an exploratory examination, it is often far better going with an escort who is familiar; and cares. There is no expectation of a tip, or reimbursement for gasoline or parking fees. ■

### **Jean Miller – Writer, Artist, Dancer**

---Iris Molotsky

**Jean Miller**, a former Village member and long-time resident of Dupont Circle, died on October 29, 2013, at the age of 83, of complications from pneumonia. In the past year, Jean returned to Winchester Virginia, where she was born and raised. A graduate of American University, Jean joined the staff of the Folger Shakespeare Library in 1952 where she rose to the position of Art Reference Librarian—a position she retained until her retirement after nearly 50 years of service. She conducted research and contributed to many exhibits and scholarly publications.

*Jean led a full life that included being an artist, dance performer and traveler. Friends recall her as a vital person who reveled in exploring new projects and cultivating a wide circle of friends.*

## REQUESTS FOR WINTER CLOTHING

### Charlie's Place

Charlie's Place, at St. Margaret's Church, 1830 Connecticut Ave NW, is actively involved in feeding/clothing the homeless and unemployed. With winter around the corner, there is a great need for warm clothing for men. If any of you have some things to donate, you can bring them to **Judy duBerrier**, 1907 S Street (please call before coming, 202-328-9123), or take them directly to the church.

### Martha's Table

Also, Martha's Table has extended their request for winter clothing (both male and female) until November 22. You can leave your contributions at the front desk of The Westchester Building A211, 3900 Cathedral Ave NW during this time period. Please NOTE: Bring something (not only coats) in wearable condition with buttons, sleeves and hoods in tip-top shape; no holes, tears, or missing parts, please. All contributions will benefit Martha's Table.  
R.S.V.P. [Miraccorenato@gmail.com](mailto:Miraccorenato@gmail.com)  
Renato's phone 917-825 4369.  
Thank You!

## REDUCED HAND STRENGTH

To provide greater stability and add support for holding a glass or cup, put your pinky finger out under the drinking vessel. Also, decant the large half-gallon or gallon containers into 2-cup containers. You will have much more control with the smaller container. JK

# A Sunday Visit to Dupont Circle Homes, Gardens and Apartments

---*Kathleen Cardille*

No one can deny that we live in a beautiful place -- Dupont Circle's homes, gardens and apartments are among the prettiest in the country. And on Sunday, October 20, a day of wonderful fall breezes and brilliant sunshine, the beauty of our neighborhood was showcased for the city to see.

Doors were thrown open and visitors streamed through many parts of Dupont Circle. Classic and modern homes, including large residences, smaller rentals, a rooftop patio and an art deco hotel, were featured on the Dupont Circle Citizens Association's (DCCA) 46th Annual Home Tour and Tea. Dupont Circle Village was well represented. Many Villagers were involved, both as diligent volunteers and pleased visitors.

Not all volunteers, however, were Villagers. Many groups responded for the call by the DCCA for support. **Miel Hendrickson**, a member of the Dupont Circle

Rotary Club, was a volunteer with a large Rotary contingent. Miel said that volunteering for this annual event is, "a great way to get involved" in the community. She recommended touring the Cairo House rooftop patio, an apartment building that had pioneered an attention to height restrictions to allow DC residents to keep their gorgeous views. Miel also recommended volunteering as a wonderful way to contribute to the Dupont Circle Citizens Association. She had been on 5-6 tours of the area herself before answering a call of Rotary to volunteer this year. In her work life, Miel is involved in international development of new programs in Africa, in particular, for the International Medical Corps.

Attendees, as well as volunteers, were happy to be out that afternoon. One attendee, **Margaret Schutrumpf**, was thrilled to be seeing all the beautiful homes, especially since she said that she "just moved back to Georgetown part-time after being away 20 years." She is staying in Washington in the "shoulder seasons" and loved being back in Dupont Circle, taking inspiration from every home that she visited.

The proceeds of the event fund major donations for Charlie's Place, Historic Dupont Circle Main Streets, and the 17th Street Festival, as well as many other organizations. DCCA has long been a good friend to the Village and we are proud of our longstanding relationship with this group. ■



Kudos to **Carol Galaty** and **Ken Shuck** for inviting Villagers to join them for a "sort-of-potluck" Thanksgiving dinner. The dinner was open to 11 Villagers on a first come basis. This is not the first time Carol and Ken have opened their home for a holiday dinner and anyone who has joined them previously knows the warmth, good cheer and great food that comes from being together with friends for a joyous celebration. This really is what the Village is about: neighbors being connected.



## Dedicated to Core Constitutional Values

### *Preserving the Integrity of the Courts*

At our October Soup Salon, **Nan Aron**, founder and President of the **Alliance for Justice** joined us for a lively and interesting presentation and discussion on justice issues as well as the politics of government. **Peg Simpson** introduced Aron as a leader of a powerful and respected organization that is a Dupont Circle neighbor.

After DCV members introduced themselves, Aron went on to provide background on herself and the reason she founded Alliance for Justice over 30 years ago. As an activist during the 60's at Ohio's Oberlin College, she decided to go to Cleveland to work with prisoners (often men and women who were homeless) and found her experience eye-opening. She decided "to go to law school and concentrate in public interest law so I could help them get out of prison and better their lives." Part of her training was with the Cleveland Legal Aid Society and the ACLU's National Prison Project, where she learned Spanish.

Aron's view of the '70's court was that "the judges were objective and had no political agendas, but saw their role as trying to improve society and people's lives." But, by the '80's the Republicans under Ronald Reagan did have an agenda – to dismantle government, do away with legal services and the voting rights bill, and, in the process, politicizing the courts. Reagan ultimately began appointing judges that would support his agenda. At the time, the Alliance for Justice created the Judicial Selection Project to spotlight the Republican court-packing program and to organize the civil rights bar, academic, and progressive lawyers to fight back.

By the 1980's, after the Alliance did a full review of the more recently appointed judges, it found the judges' records reflected their political bias.

Aron realized it was time to mobilize and raise the consciousness of the Senate. Today there are over one hundred organizations

that work with the Alliance. They represent a broad array of groups committed to progressive values. The Alliance works to ensure that the federal judiciary system advances core constitutional values and promotes administration of justice for all citizens. The organization provides information, resources, and technical assistance to member organizations so they can be active participants in the process of nonprofit advocacy efforts.

The fifty staffers at the Alliance research all issues affecting federal courts. They also advise nonprofits and foundations on how to navigate IRS rules so they will be more effective.

Throughout the evening, members asked questions about the most current political issues on which they wanted to hear Aron's opinion. It was a fascinating evening that provoked lively discussion and laughter at various events and experiences Aron described. ■

*The Alliance statement, in part, reflects the following principles:*

*"When radical right-wing judicial nominations have posed a threat to core constitutional values, AFJ has fought to preserve the integrity of the courts. When conservatives threatened to undermine the advocacy rights of nonprofit organizations, AFJ embarked on a long-term, multi-faceted program to empower nonprofits to exert a progressive influence on public policy. When critical issues of justice have arisen AFJ has sprung into immediate and ongoing action."*

*Continuing its work of over 30 years, AFJ will lead the nation on the long road back to respect for the Constitution and protection for everyday people."*

*For more information go to Alliance for Justice ([www.afj.org](http://www.afj.org)).*



*From Left: Dorothy Marshak, Nan Aron and Anne Stephansky*

# An Immersion in Music

## Pianist Robert Feiertag Takes Villagers on an Improvisational Journey through Life

---Pender M. McCarter

At **Bev Losch's** home on October 27, pianist **Robert Feiertag** told a packed Village audience of some 40 attendees that as early as he could remember, he immersed himself in music that took him to "personal places" under the ocean and even into outer space. His one-hour improvisational-based concert, was one of the auction items Robert and I put together for the Village's April fundraiser. Bev provided food and refreshments.

Robert described how at age three he began playing the piano by ear through self-taught improvisation. He later learned to read music through childhood piano lessons but much preferred improvising over practicing. Robert's parents said he was singing in his crib before he could talk! By the time he was five and could reach the pedals, Robert "invented" his own scales and chords – and even arpeggios – recreating "oceans" and "winds." At age six, he played "a baby version" of the main themes to Chopin's Polonaise – all by ear, all improvised. He had attained perfect pitch.

His parents allowed him to explore his musical talents naturally, describing his relationship to music improvisation as "love affairs." He dedicated the concert to his parents, **Sylvia and Hyman Feiertag**; and to his family's close friends, **Sandy and Ira Cavrell**.

Robert based his DCV program on **Thomas Cole's** painting, "The Voyage of Life." In the first half, he presented "Childhood and Youth" in Dvorak's New World Symphony – in Robert's words, "romantic"; Wagner's Lohengrin, Prelude to Act I – "mystical"; and Beethoven's Pastoral Symphony #6 – "majestic nature."



*Bev Losch and Iris Molotsky join Robert Feiertag after the concert.*

In the second half of the program, he touched on Cole's themes of "Manhood" and "Old Age" in Barber's Adagio for Strings – evoking the challenges and sadness of adulthood; and Wagner's Tristan and Isolde – suggesting intense struggles and hope of life everlasting.

According to Villager **Robert Meehan**, who helped coordinate the event, "Many of us already knew the music in its traditional format. This was new. For example, Robert's right-hand fluttering, during the Pastoral, changed the piece." Added attendee Tom Bell: "Robert is a remarkable pianist, capturing the essence of familiar orchestral works but introducing his own ideas about the harmonies."

Another concertgoer, **Patricia Murphy**, said she "found the Barber adagio for strings or voice to be remarkably and naturally translated for the piano. By intermission, I had truly been transported to another place and time, from which I did not wish to return."

According to DCV Membership Chair **Abigail Wiebenson**: "Robert's concert was totally absorbing. Hearing him describe how he came to be a pianist was a riveting story that flowed into his playing. It was an intimate, unique experience."

Added Village President **Iris Molotsky**: "Robert's interpretation of the music was so powerful and moving. What made it unique for me was his poignant introduction when he explained the way he approaches music. I didn't just hear the

sounds; I was able to visualize the stages of life the music represented."

In his introduction, Robert described how growing up he loved science fiction and was influenced by his father's appreciation of science and math, as well as his mother's love of nature. He evoked "sci-fi" and nature's sounds in his improvisations.

After a short time working in his father's business in Manhattan in 1973, and influenced by friends in the city, he provided improvisational accompaniment for dance companies and schools. Robert also worked as an usher in Carnegie Hall, and was even allowed to play the grand pianos on the Carnegie Hall stage after concerts let out – performing for "ghosts" in an



*Robert with concert attendees Martha Taylor, Ann Von der Lippe, and Antonia Avery.*

empty house. Robert also lived in Europe, where he hopscotched across the continent from Stockholm to Tel Aviv to Paris, playing for dance companies and schools.

On his return to the US in 1977, Robert saw *The Turning Point*, and lined up a job with the American Ballet Theatre, where the movie was partially filmed. He joined ABT practice sessions at the Met and provided improvised accompaniment for the dancers, including Baryshnikov and Nureyev. In New York, he also played regularly for the Alvin Ailey and Merce Cunningham dance companies, as well as for the Julliard School's Dance Division.

Later, Robert returned to complete his Masters degree in physics at Hunter College, New York City. He found both music and physics helped him order the universe. Then, after playing piano in

*continued on page 7*





Village Member Susan Meehan and Rob Halligan of Historic Dupont Circle Main Streets relax after concert.

*Music, continued from page 6*

Washington at The Willard Hotel, Old Europe, and the Washington Ballet, he pursued a 25+ year career as a software engineer, providing support for NASA, NOAA, and Intelsat space missions.

After a pause between the "Prelude to Act I" and "Liebestod," and concluding his concert on soft, fading chords, the audience gave Robert a standing ovation. Village President Molotsky said she wished the "Liebestod" would never end. ■

**[Author's Note:** Village Member **Margaret Flood** recorded the music of the concert, which can be viewed on YouTube in its entirety at the links below.]

*Tristan and Isolde* (opera)  
Richard Wagner  
<http://youtu.be/eyeUCatEpEQ>

*Symphony No. 6* (Pastoral Symphony)  
Ludwig van Beethoven  
<http://youtu.be/hBerYSpHgo0>

*Symphony No. 9* (From the New World)  
Antonin Dvořák  
<http://youtu.be/-AsXUP2Fnv4>

*Lohengrin* (opera)  
Richard Wagner  
<http://youtu.be/5bH2nUcOgio>

*Adagio for Strings*  
Samuel Barber  
<http://youtu.be/T5yMUVVavDA>

## DCV Visits "Orchestra" with Pedals

---Dan Gamber

On November 7, about twenty villagers had the privilege of an introduction to the new organ at the First Baptist Church at 16 Street and O Street NW. The presentation was by experienced organist **Lawrence Schreiber**.

I have been a pianist, and understand how most musical instruments work. The piano has 88 keys, which can be played in various combinations.

This organ is of a different order of magnitude with over 6,000 pipes from tiny straw to storm drain in size and 900 potential overlays. It is played on six keyboards, five for hands and one for feet. The footboard has sharps and flats and is played with both the toes and heels. It's nothing like the couple of pedals on a piano!

In effect, playing the organ is like playing the entire orchestra.

And this organ is different from most, such as the new one at the Kennedy Center. Most are in one wall of a hall. This is four organs, one in each corner of the hall. In effect, it's surround sound. In addition, there are two arrays of

"trumpets", and, unlike the Kennedy Center organ, it was designed from the beginning for this space at the church.

While the organ is computerized, the sound is not synthesized. There are five air compressors filling the air chambers



The new organ at The First Baptist Church

used to play (blow air through) the pipes. In a sense, this is a bagpipe multiplied many times over.

Villagers' curiosity prompted many questions, leaving little time for music! Much more can be heard on November 24, when there is an organ concert at 4 PM in the church at 16th Street and O NW.

PS: The First Baptist Church was reportedly the first integrated church in DC. ■

### DON'T FORGET YOUR FRUIT!

Eating a greater variety of certain fruits can reduce the risk of type 2 Diabetes, according to an article in the September 10th *New York Times*. Using data from three health studies covering a twelve-year period and more than 185,000 people, researchers found that eating grapes, apples and grapefruit all significantly reduced the risk. But the big winner was blueberries. Eating one to three servings a month decreased the risk by about 11 percent and having five servings a week reduced it by 26 percent.

Dr Qi Sun, the study's senior author (BMJ on-line), an assistant professor of medicine at Harvard, commented that "I don't wish to leave the impression that fruit is magic. An overall healthy lifestyle is essential, too."

## Two Changes in Medicare 2014

**Chris Young**, co-director of the Health Insurance Counseling Project of GWU Law School's Community Legal Clinics, was back again by popular demand for the Village's now annual popular program about Medicare Open Enrollment.

Young receives grant funding from Medicare and the DC Government to offer free assistance to Medicare patients in DC.

Young described the two changes in the 2014 Medicare Program: preventative maintenance screenings have been added to Medicare procedures covered at no cost, and the Plan D drug 'donut-hole' is slowly being eliminated, so that by 2020 it will no longer exist. Young also pointed out that The Affordable Care Act does not impact those on Medicare.

Young stressed that his office is charged with cutting through red tape you might encounter, if you have problems with your

Medicare billing or request for medical care.

He can be reached at 202 739-0668 or at [cdeyoung@law.gwu.edu](mailto:cdeyoung@law.gwu.edu). He assured us that his office does respond to all requests.

The remainder of the session was given over to answering member questions, including: Is there a comparison chart for supplemental plan comparisons during this open enrollment period, ending December 7th? What are the differences between Medicare Advantage and the Supplemental Insurance carriers offerings? Which insurance companies offer the best drug plan pricing? Does the DCV advocate for senior members regarding better pricing from insurance companies?

If not, perhaps the DCV in conjunction with the five other DC Villages should discuss the possibilities of working together on this issue. ■



*Chris Young and Nancy Hartsock*

The Dupont Circle Village wishes to thank Nancy Hartsock and her organization, Merrill Lynch Wealth Management, for their long term support and office space for the Live and Learn Seminars. It is always a pleasure visiting their office and experiencing their generous hospitality.

**THANK YOU!**

## Rockfish Marseilles for Two



*by Judy duBerrier*

sole, flounder or any white fish. Do any of you have recipes from favorite restaurants? Please share. Bon appetit.

ROCKFISH MARSEILLES / Serves 2

1 tablespoon chopped shallots  
1 tablespoon sweet butter  
1 teaspoon crushed garlic  
1 large or 2 medium tomatoes, peeled, seeded and coarsely chopped  
1 teaspoon saffron  
1/2 cup dry white wine  
1/2 cup fish stock (or fish broth or clam juice)  
Salt and pepper to taste

2 ten-oz. rockfish fillets or fillets of similar fish  
2 tablespoons butter  
1 egg yolk, beaten  
2 tablespoons parsley  
1 tablespoon Pernod or other anise-flavored alcohol (or 1 tablespoon fennel or anise seed)

In large saucepan, cook shallots in butter until transparent, but not browned. Add garlic and tomatoes. Stir in saffron, wine, fish stock and salt and pepper.

Carefully arrange the fillets on top of the vegetables. Cover pan, bring to a boil and simmer 10 – 15 minutes, depending on the thickness of the fillets (10 minutes per inch thickness). Remove fish to a platter, adding a few drops of the cooking juices to keep it moist. Keep it warm.

Boil down the pan juices to make 1/2 – 3/4 cup. Remove from the heat and add butter, beaten egg yolk, parsley and Pernod. Pour sauce over and serve. Delicious!

Questions/Comments: [judydubierrier@verizon.net](mailto:judydubierrier@verizon.net).  
202-328-9123.





—Judy Silberman, Yoga Master

Come into plank, hands on wall, feet back with heels on ground so arms are straight, elbows not locked, chin parallel to floor, eyes looking ahead, shoulders relaxed, tush and belly forward. Feel the stretch in your calves.

Breathe 3 slow, deep breaths, and then begin to "run in place" by coming up on the right toes, lowering, and then coming up on the left toes. Alternate in a steady fashion for 30 seconds the first few times, and then go to one full minute, inhaling on right toes, exhaling on left.

Rest. If you want to feel energized, try increasing your speed and breathing faster. Always slow down as you finish. ■

## Where Are They?



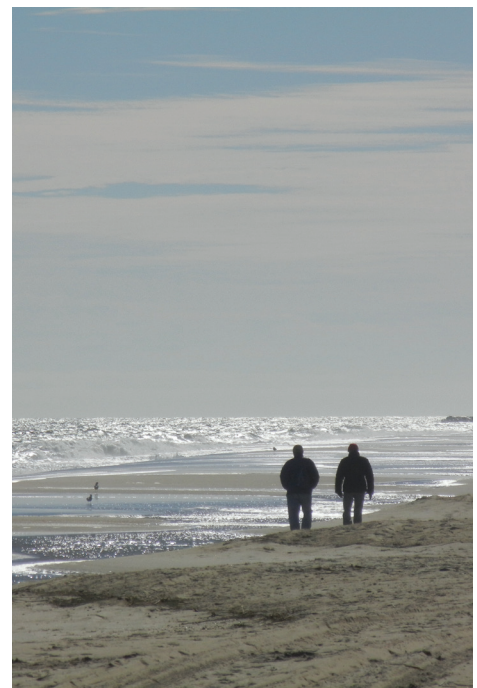
**Ted Bracken** is in India and Nepal for a three-week trip with the Dartmouth Alumni Association.

**Lucia Edmonds, Caroline Mindel and Larry Turner** are in Turkey for eight days, visiting Anatolia and Istanbul, once the heart of Byzantium.

**Linda Harsh** is in the beautiful city of Florence, enjoying the munificence of Renaissance Art!



**Brad Edwards and Alan Lopez** were in Rehoboth Beach attending the 16th Independent Film Festival. **Joan and Nick Ludlow** were also there, enjoying their selection of festival films.



Clockwise from top right: Florence, Rehoboth Beach, Istanbul, Nepal

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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