

*"There is no traffic jam
on the extra mile."*

Anonymous

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NEW MEMBERS

A warm welcome to newest members:

Brian Gill
Jane Lester

Growth, Vitality and Recognition

Annual Meeting outlines Growth and Changes at the DCV

--Iris Molotsky

The Dupont Circle Village's Annual Meeting, held September 17 at Charles Sumner School, had a celebratory air as close to fifty members gathered to hear a yearly account of the state of the village. Guest speakers DCV member **Ron Swanda** and **Courtney Williams**, head of External Affairs and Communications for AOA in the DC Office of Aging added additional flavor to a night that included food for sustenance and the intellect.

President **Iris Molotsky** opened the evening by relating a bit of history involving member **Alaire Reiffel** and the Sumner School. Alaire played a crucial role in the 1970s, taking action that preserved the school from demolition. Walking by one day, she noticed a wrecking crane in front of the school. She immediately contacted a DC judge, who issued a stop order. Later Alaire was involved in the negotiations that resulting in joining of the Magruder School next door to the new office building. The room erupted in applause for her quick action and the joy of being able to sit in the still existing beautiful ballroom.

Molotsky opened the program by stating three words that sum up DCV in the past year: Growth, Vitality, and Recognition. DCV stands out among other organizations, Molotsky said, by having a clear purpose, defined objectives and achievable goals. And it is for these reasons, she said, the community recognizes the Village as an important resource for supporting our aging population.

The good news is that membership is increasing, our boundaries have been

expanded, our finances are sound, and we have just added a new membership category: sustaining members. Volunteers are playing a growing role within the organization. And DCV has obtained a District charitable business license and is exempt from DC as well as federal taxes, which will aid us in raising needed contributions.

Inevitably, growth brings change. Molotsky introduced **Garry Hutchinson**, who has replaced **Bob McDonald** as volunteer coordinator, **Kathy Cardille** who has taken over the activities committee from **Judith Neibrief**, and **John and Debby Taylor** will now be heading the yoga program, succeeding **Judy duBerrier**, the founder of the group.

Growth also brings challenges and, as Molotsky said, we are facing several in the coming year. She cited the need to step up our fundraising efforts and our desire to build a special fund to subsidize lower income memberships. We also need volunteers to work on next year's silent auction and in the areas of communication and publicity.

She concluded by noting our perennial quest: additional members. "We're very close to our goal of 150 members," she said, "and thanks to the tireless work of membership chair **Abigail Wiebenson** and devoted volunteers **Sandra Yarrington** and **Bettina Del Sesto**, we are going to meet





MONTHLY Calendar

Sunday, October 20 6—8PM

This Sunday's *Soup Salon* features Nan Aron, founder and executive director of the Alliance for Justice. The organization has trained thousands of other organizations to become effective public policy advocates. A public interest lawyer who has taught at both Georgetown and George Washington University law schools, Nan has served as the executive producer for films on judges, gun violence, and immigration. 1719 Swann Street NW. RSVP: Linda Harsh, 234-2567; lindajkh@mac.com

Tuesday, October 22 6-8PM

Dinner at Mourayo offers healthy, fresh, innovatively refined Greek cuisine. \$27, inclusive of tax and gratuity. Please have cash. Drinks are not included with dinner price. RSVP no later than Friday, October 18, 2013 to Kathy Cardille at kcardille@gmail.com. with "Mourayo" in the e-mail subject line.

Sunday, October 27 4:00—6:00PM

Piano Recital at the Home of Bev Losch: A block of 14 tickets for a donation of \$25 is available for Robert Feiertag's piano recital. Robert Feiertag, will play music from the "New World Symphony" (first movement); "Lohengrin"; "Pastoral Symphony" (parts of the first and fourth movements); Barber's "Adagio for Strings"; as well as the Overture and Liebestod from "Tristan and Isolde." Food and wine will be served. RSVP to bernice@dupontcirclevillage.org including your check. Tickets will not be sold at the door.

Tuesday, November 5 12—2PM

Election Day luncheon at Annie's Paramount Steakhouse 1609 17th Street NW. It is one of the oldest continually-running and privately-owned and operated restaurants in DC serving high quality food, spirited drinks and a

continued from page 1 **At the Annual Meeting**



from left: Garry Hutchinson, Larry Stuebing, Victor Wexler, Bob McDonald, Lois Berlin.



DCV members
at the Annual Meeting

Images to Remember

- Kathy Cardille

Dupont Circle Village members toured the celebratory *A Democracy of Images: Photographs from the Smithsonian American Art Museum*, an exhibit of photographs acquired as part of the museum's 30 years of collecting.

Villager and docent Mary Braden introduced the group to the 113-photo exhibit beginning with early photographs intended to document life in the 1860s by Brady and others, including Civil War battlefield images.

The exhibit then moved chronologically through every era, including Great

Depression works from WPA artists, industrialization and suburban sprawl subjects in the 1950s, and finished with *Dings and Shadows* by Ellen Carey, a colorful and artistic work from 2012.

Some of the favorites were an Annie Liebowitz piece; a Nevada skyscape with a political message entitled *Untitled (Predators: Indian Springs, NV)* by Trevor Paglen; and the signature photo *Tricycle* by William Eggleston. ■



WPA Art

continued from page 2

welcoming atmosphere for Villagers. \$20, inclusive of tax and gratuity have cash, and correct change is appreciated. Other drinks are not included with dinner. RSVP no later than Friday, November 1 to Kathy Cardille at: kcardille@gmail.com. Please put "Annie's" in the e-mail subject line.

Thursday, November 7 1:00PM

Our Dupont Neighbor, First Baptist Church and Organist Lawrence Schreiber are hosting a special demonstration of their magnificent, new 6000 pipe organ. He will seat DCV members and friends in the choir loft for the absolute best seat in the house! This is an opportunity not to be missed! RSVP to Kathy Cardille at kcardille@gmail.com by Tuesday, November 5, 2013 1628 16th Street NW (corner of O and 16th)

Tuesday, November 12 6:00—8PM

Prospective members' dinner will be hosted by Abigail Wiebenson at 1916 S Street NW. Please call or e-mail if you will be recommending someone to abigailwiebenson@gmail.com or 332-6857; Callers can leave a message if she is not home.

Thursday, November 21 10:15—11:30AM

Yoga: The Art of Transformation. The first exhibition about the discipline's visual history, exploring yoga's goals through 120 works from the 3rd to 20th century masterpieces of Indian sculpture and painting: its Hindu as well as Buddhist, Jain, and Sufi manifestations; its means of transforming body and consciousness; and its philosophical foundations. RSVP no later than Thursday, November 7 to Kathy Cardille at kcardille@gmail.com. Please put "YOGA" in the subject line of your e-mail. Arthur M. Sackler Gallery, 1050 Independence Avenue, SW ■

Fall Season Filled with Activities – and Demands for Action

Demand for action fills the air as I write this column. The Village is not immune—we are getting increasing numbers of calls to act as well. But the reasons are completely different. The reason we are being asked to participate is the growing recognition that villages have become an integral part of community activity. We are a conduit to an aging and vibrant population, the hottest demographic group.

This month two research universities have approached us to participate in new programs. **Dr. Pamela Saunders**, a faculty member at Georgetown University School of Medicine, is conducting a research project on how older people use Food and Drug Administration-regulated products to support aging in place. She is looking for individuals to participate in a two-hour discussion focus group session to explore where people get their information about home-use products and devices as well as the level of trust in the information received from doctors and other sources. There will be a \$30 gift card for participants. If you are interested in joining the focus group, please contact **Bernice Hutchinson**, Bernice@dupontcirclevillage.org or call 202-436-5252. Up to 12 people are needed.

Tori Goldhammer, who many of you know from her work with the DC Falls Prevention Coalition, is working with a group of researchers from Johns Hopkins on a study regarding falls and people with glaucoma. As part of the study, they have developed a home assessment tool that needs to be validated prior to the study and they have asked DCV if we could supply them with several volunteers who would be willing to have them do a free home assessment.

George Washington University School of Medicine also conducts a Senior Mentor

FROM THE President



Program that pairs a villager with a medical intern to discuss individual medical needs on a regular basis.

Currently four villagers participate in the program but the School of Medicine would like to expand participation. The program was started, in part, because the medical school was trying to interest students to enter the field of geriatric medicine. **Peggy Simpson**, one of the villagers participating in the program reports that she is now working with her second student and has found the program, quite valuable.

These are just some examples of the way villagers can help. We have always envisioned ourselves as an essential element in the community. The increased attention directed toward villages as evidenced by requests like these reinforces the increasing role that villages are playing in shaping the concept of aging.

Thank you to all of you who responded to my request for quotes about whether you think DCV activities have stimulated intellectual growth. We've received many insightful observations, which Bernice and I are turning into a slide presentation for the national Village-to-Village annual meeting in St. Louis in November.

We will be offering the computer tutoring classes again this fall. As in the past, classes will be held at the office, but this year we also have a limited ability to offer classes at home as well. We are confirming the final details now, so please watch Top of the Morning for dates and times.

The fall season is filled with Village events. Yoga classes have resumed, we are planning a fall potluck dinner and volunteer recognition night and a new member dinner is scheduled for the end of October. **Kathy Cardille** has a smashing array of activities and group meals in the works so check the newsletter calendar and look for her e-blasts. ■



—Judy Silberman, Yoga Master

Plank is another classic yoga pose. This, too, will help your balance, posture, and concentration.

Stand behind a chair or facing a wall. Hold the back of the chair with both hands or place palms against the wall, finger tips up. Step back as far as you can, while still being able to comfortably lower heels to the floor.

With chin parallel to the floor; lower upper chest, belly, and butt forward and down, so that your back forms a straight line. Imagine a ball rolling smoothly down your back from your shoulders to the floor. Try not to arch or curve the back.

Hold the pose for 3 full breaths. To come out of it, step one foot forward and then the other. ■

BALANCE ASSISTANCE FALL PREVENTION

Think about having grab bars installed in parts of your home that have slick surfaces, especially the bathroom and shower. Also, add banisters on stairways so you have more support going up or down. If you will be hiking or going for a walk, take a walking stick – it will give you more support and help in keeping your balance, especially on uneven surfaces.

JL

Informed Decisions are the Best Decisions

—Bernice Hutchinson

There's no script for living your best life after 50. But, there are a few tasks that come around every year that we have come to count on. The Annual Medicare Open Enrollment period starts October 15th and runs through December 7th this year. And, our Village is gearing up by devoting this month's October 28th **Live and Learn** seminar to this topic. I would like to issue a call to action for all Villagers who are Medicare beneficiaries. It's time to think about your health care needs and contemplate whether you need to make any changes in coverage.

Who knows better than you, if you need to make changes your coverage based on changes in your health care needs? And, be aware that health plans can alter benefits and costs each year, too. This is why it is so important that you evaluate your Medicare choices each and every year and make changes, if necessary.

Here are four tips to help you streamline your work and come prepared with great questions for this month's **Live and Learn** session. Please consider your coverage, cost, convenience, and customer service, as follows:

First, take a look at your coverage. Even if you're pleased with your current plan, coverage can change, so take a close look to see what upcoming changes may mean. Often, there are adjustments to the list of drugs the plan will cover, known as the formulary, and sometimes there will be changes to services previously covered.

Second, look at the cost. Premiums may rise. New formularies can increase your costs. The overall cost of medications can increase. Review your current lists of

medications, consider your current and pending health care needs and compare available plans and pharmacies.

Third, ask yourself how convenient it is to use your benefit. Some plans may be cheaper but require beneficiaries to "jump through hoops" to access their benefits. For example, a great rate on prescription drugs may require ordering the medications three months in advance and having them delivered rather than picking them up at a local pharmacy. Consider your convenience and time compared to potential savings.

And finally, think about the quality of customer service you are getting. Carefully take this into account. Does your current plan have good customer service? Do you get answers and appropriate responses to your questions? Bad customer service can indicate potential struggles to get coverage for certain items or bills paid.

As you take a good look, consider your financial circumstances to be certain you don't find yourself in a challenging situation later in the year. Remember, once you enroll, you won't be able to make changes until next year's enrollment period.

If you think about the four Cs, then you'll be ready for our **Live and Learn** seminar this month. And, you'll be taking proactive steps to a preferred plan for the year ahead. And, what makes my column this month such a promotional pitch for Medicare Open Enrollment? Years of policy work and a passion for every member of the Village to be informed decision makers. ■

New Health Care Law Explained at Live and Learn Session

—Iris Molotsky

September's Live and Learn Session was a timely and informative session on the new health care law. But uncertainty remained. DCV Member **Ron Swanda**, a member of the DC Commission on Aging and the Mayor's Advisory Committee on HIV/AIDS, was on hand to discuss "How the Affordable Care Act Affects Us," and he brought along **James McSpadden**, Associate State Director for Advocacy at AARP, who provided a cogent and clear explanation of how the Act will affect individuals and health care in our age group.

His message was clear: If you already are covered by health insurance, nothing needs to change for you. There were many questions regarding Supplemental Coverage, which everyone in the room that day had in addition to Medicare or another primary health care provider. McSpadden cleared up the confusion between Health Insurance Marketplaces and Exchanges (they are the same) and provided a valuable chart describing the four levels of coverage that will be offered at the marketplaces.

The session was held a week before the Affordable Care Act sign-up was scheduled to begin on October 1. At that point Congress was locked in increasingly acrimonious sessions and, while the October 1 sign-up phase of the Affordable Care Act was never in doubt, there was a great deal of doubt about how Congress would resolve the issue of the continuing resolution and how it could impact the future of health care.

Ron Swanda concluded the session with some facts and figures about HIV/AIDS in the District, beginning with an attention getter: "Seniors have sex," he reported. After we agreed, he went on to say that the HIV virus can be transmitted through four agents:



James McSpadden explaining provisions of the Affordable Care Act

semen, blood, needles and vaginal fluids. (Kissing won't do it). He urged the use of condoms, including female condoms, as the most effective way to prevent the spread of the virus. In DC, white female heterosexuals have the lowest rate of infection. He explained, however, that a 1 percent rate of infection is considered an epidemic; in the District the rate is 2.4 percent. In 2011, there were 718 new diagnosis of HIV in DC, and 251 deaths of HIV-infected residents.

Although treating HIV/AIDS has progressed far, living with HIV drugs is complicated. HIV+ patients often incur medical problems related to aging earlier than others. Annual HIV testing is a must for all DC residents. Village members should ask their doctor for the test. Early detection and treatment of HIV infection improves the efficacy of drug therapy. There are 50,000 new infections a year nationally. Ron urged all of us to be careful and thoughtful, no matter what age we are. He is always ready to answer questions — from you, your friends or relatives.

Mayor Gray recently appointed Ron to his HIV Advisory Committee. Ron can be contacted at rswanda@earthlink.net. ■

PROSPECTIVE MEMBERS DINNER

NEW NAMES WELCOME

--Abigail Wiebenson

The next prospective members' dinner is November 12th. We are within ONE membership of attaining a long-sought after goal of 150 members, not that we will stop there!

We very much welcome names of those interested in knowing more about the Village. They can come by email or phone message: abigail-wiebenson@gmail.com or 332-6857 where callers can leave a message.



This month we salute member **Pender McCarter**, who is director for our project with Historic Dupont Circle Main Streets. The project's goal is to produce recommendations to merchants that will assist them in developing age-friendly merchandising practices. The first part, a membership survey, has been completed and we are proceeding to survey local merchants. Kudos to Pender and kudos to the 67 percent of our members who completed the survey. This is a remarkable return rate and thanks to all for participating. ■

DCV Volunteer Jody Manor Featured on PBS NewsHour

--Irv Molotsky

The PBS NewsHour has been producing a series of reports on the impact of the new healthcare legislation, the so-called Obamacare, and recently included a segment on **Jody Manor**, who is one of our wonderful DCV volunteers.

Jody owns Bittersweet Café, a popular restaurant in Alexandria and, unlike many in the restaurant business, he sees it as natural that he should provide medical insurance for his employees. His views were juxtaposed with those of the owner of many fast-food restaurants who describes healthcare as a burdensome cost.

Jody has helped many in the Village with their computers problems. For anyone wanting to see Jody's appearance on PBS, he appears halfway through the segment.

Click here to access the story!

GEORGETOWN UNIVERSITY SEEKS DCV INPUT FOR FOCUS GROUP

Georgetown University has had a longstanding partnership with Dupont Circle Village to promote education, research and clinical trials. They are currently conducting a research study on how older people use FDA-regulated products to age in place.

We are looking for people to participate in a two-hour focus group session to explore ideas about products that support aging at home. The discussion will explore where people get information about home-use, products and devices as well as the level of trust in the information received from doctors and other sources.

There will be a \$30 gift card for focus groups participants. If you are interested, please send an e-mail to bernice@dupontcirclevillage.org. If there is enough interest, we will set a time for the focus group.



Design for the Planned New Textile Museum

Modern Weavings and Batik Dazzle Textile Museum Visit

--Kathy Cardille

The Textile Museum's show, *Out of Southeast Asia: Art that Sustains* demonstrates how contemporary artists are preserving the traditional arts even as they interpret them in new and innovative ways. The tour was led by Docent **Ethelmary Maddox** on October 8th. We were dazzled by the modern weavings of **Carol Cassidy**, the batiks of **Agus Ismoyo** and **Nia Fliam**, and the tryptich batiks of artist and storyteller, **Vernal Bogren Swift**.

When Cassidy's pieces were laid side by side with traditional pieces from the Museum's collections, the inspiration was quite clear and the beauty of each shown through the other. The works by the husband and wife team surrounded a dynamic tree of life and had as much beauty on the backs as on the fronts. Swift's work seemed to be the consensus popular winner, with her themes of earthquakes, lessons from

childhood ("clean your plate-I have a lot on my plate") and the importance of the moon in legend.

As the final tour of the Textile Museum in its Dupont Circle location, it was a bittersweet experience. Did you know that the museum freezes every donation, acquisition and even selection in the gift shop for one week, and then thaws everything for a day?

According to **Sumra Krody**, Senior Curator, this is a method of pro-active pest management. The staff seems quite excited to be placing everything first in the freezer, then in storage in Loudin County after next week and then finally moving to a much larger facility at George Washington University sometime next year. Since we were apparently the last tour in the Dupont facility, we asked to be the first in the new GW location, which would be great! ■



DCV Members and Guests at Textile Museum

Journeying to Live Your Very Best Lives

- Garry Hutchinson

The idea of villages developed over 12,000 years ago. This event in human history allowed people to remain and flourish in one place, rather than hunting and gathering across a range of challenging terrains. The first use of the term "volunteer" in a non-military sense happened in the 1630s, and many historians believe that the early American colonists formed support systems (volunteers) to survive the rigors of establishing their settlements. After having been DCV Volunteer Coordinator for a little over one month, I have seen how the work and spirit of volunteers supports and highlights the wonderful textures of Dupont Circle Village members.

Like a student who has moved to the front of the classroom to become the teacher; I see so much more than as a volunteer; and what I see is warm and satisfying. With all that has happened in our society -- the movement away from human contact as we evolve from an analog to a digital universe -- it is refreshing to see how we can stay connected and support each other. Much like those early colonists, we rely on each other to survive the rigors of modern life as we all age.

Just for the last month, the numbers are in: six instances of a ride given, four visits to help with downsizing, two times to assist with gardening/yard work, one moment of technology support, and 25 times to escort or provide companionship. That last statistic says it most dramatically. That what we need and appreciate most is to have someone be there with us, whether to go to a doctor's appointment, read to us, or just listen to and share ideas with us.

We have never questioned our need for volunteers--that was one of the central concepts used as a selling point for the Village. What we sometimes miss is the need to keep track of who volunteers, who needs volunteers, and why.

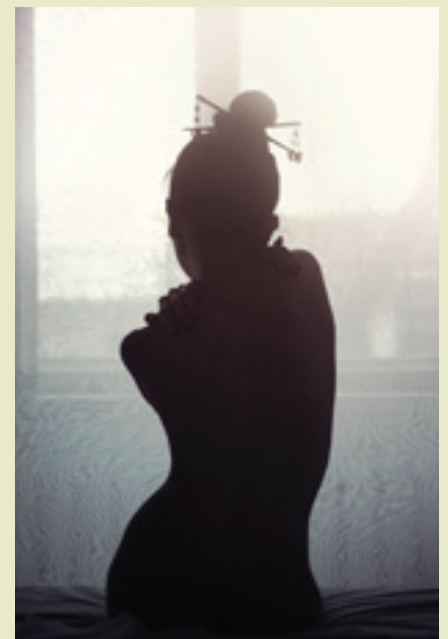
In my short tenure as Volunteer Coordinator, I have received the most amazing gift of seeing you at your best. The responsiveness of member and non-member volunteers to member requests is not only gratifying, but makes my job much simpler. But, what I am beginning to see from keeping track of our volunteer requests is how it has begun to paint in the details of the needs and character of our members. Indeed, this is a subtle request from your Volunteer Coordinator that every member who volunteers report their hours; however, more significantly, I cannot over-emphasize how well the reporting of services rendered lets us know so much more about how well our members are coping with life as you journey to live your very best lives in the Dupont Circle community. ■

An Opportunity for DCV Members to Revisit Thirty Six Views of Mt Fuji

DCV members visited the Sackler in May last year to view the acclaimed print series by Japan's most famous artist **Katsushika Hokusai** (1760-1849). Now DCV members are in for another treat, courtesy of Constellation Theatre Company (at 1835 14th St NW, 202 204 7741), which is performing **36 Views**, written by **Naomi Iizuka** and directed by **Allison Arkell Stockman**, based on Hokusai's woodcuts, which were originally published in 1831. According to Constellation, "Iizuka has

created a carefully textured exploration of the meaning of truth -- not just in the art world but in the human heart as well. The play has several threads, but at its heart is an art dealer and an art historian who discover what they think is an ancient manuscript -- a priceless Japanese pillow book -- and try to learn whether it's authentic. Their search becomes an erotic game of greed, love, and mental hide-and-seek as the play explores the relationships between feelings and words, antiques and perfect copies, heritage and identity." "A shimmering puzzle palace steeped in the arcane lore of medieval Japanese literature" -- Backstage. October 24 - November 24.

At the Sackler, docent **Jane Robinson** said of *Thirty Six Views of Mt Fuji*: "You will never have the opportunity to see this level of quality together in one location again." The series includes some of the best-known images in world art, including "Beneath the Wave Off Kanagawa" or "The Great Wave". NL ■





Villager **Abigail Wiebenson** is our guest columnist this month. After viewing her tutorial on foolproof soup making, you will have a better understanding of why she is known in these parts as an accomplished chef.

– Judy duBerrier

Shortcuts to Tried and True Soups

Winter is coming – the best time for soup-making. There's a lot to like about creating soups. They

- Use leftovers,
- Aren't fussy,
- Respond to a variety of ingredients,
- Freeze well,
- Share well, and, most importantly,
- Are nourishing and satisfying. Soups with crackers and bread and a glass of wine are a delightful, easy meal.

If I am stumped about what kind of soup to make, I take a look at what there is in my refrigerator; put them into a google inquiry and inevitably up comes a soup that I can make straight or fiddle with.

Today I had some tired looking mushrooms, an overabundance of sausages and a pepper, so I typed in "sausage, mushroom and pepper soup". Up came a series of terrific and easy recipes.

Soups are easy to make. I realize that easy is a relative term. To make soup-making easy, I keep on hand several storable ingredients: a big jar of minced garlic in my fridge, vegetable and chicken and beef bouillon cubes, carrots ready to go, tomatoes and tomato sauce on my shelves, and always packages of barley and frozen peas in my freezer. Along with salt and pepper and a few trusty dried herbs (basil, thyme, oregano, bay leaves), you're set.

Also needed is attitude. If a recipe calls for something I don't have, I try to think of a replacement part and have fun with that.

Preparation and cooking are thinking times; I get a lot sorted out. And I always have NPR in the background. Soup-making is a gift I give myself to slow me down in a life of lots of activity. It also peps me up when I am out of sorts.

Probably my most tried and true soup is chicken soup. It's never the same twice. There is no recipe. Periodically I buy a ready-baked chicken and eat from it on- and-off all week: sandwiches, stir fried, salad – it's such a versatile food. Then, at the end of the week, I heft what's left into a large pot, cover it with water and go to town, adding what I have around – carrots, mushrooms, zucchini, leftovers of veggies for instance.

I add to that a generous handful of barley, a generous teaspoon of herbs of my choice especially a bay leaf or two, salt and pepper and a cube or two of chicken bouillon, and let it simmer for the morning or afternoon or both until the bones are free of meat and it begins to have an inviting aroma. (I credit my daughter-in-law Sarah for making me so alert to cooking by sniffing). Stir and taste and fiddle with seasonings.

Cool the soup, then take out the bones and fatty stuff; you've been around long enough to know what you do/don't want to eat. Save and dry the intact wishbone for a good moment. I generally refrigerate the soup overnight so I can skim off most of the fat that rises to the surface. When ready to eat, I add some frozen peas while reheating. If there's not enough because someone just appeared at your door or you want company, dump in a can of tomatoes and heat a little longer. Serve with a green salad, a glass of wine, the local baguette or crackers and you have a meal.

Enjoy playing with soup making. If you like soups, send me an email: I like to share mine. If you want to visit when I am making soup, let me know. If you don't go out, I'll come to you. Turn about is fair play too. I'd love to know your favorites. When spring comes, I'll write again about summer soups. Carry on! abigailwiebenson@gmail.com or 202-332-6857.

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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