

*"You have to have your mind  
made up to grow old with grace."*

Maya Angelou  
(Washington Post, April 7, 2013)

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## Spanning The Pacific

### Dual Country Life Style Suits Them

DCV members Chris and Tricia Hoban lived most of their lives divided between Melbourne, Australia and the Washington, DC area.



Chris and Tricia Hoban

"We first met when Chris came to the USA as an American Field Service (AFS) exchange student in the late 1960's. Although we were in different Pittsburgh high schools, we met at a social fundraiser sponsored by the AFS," remembers Tricia.

Chris, attending high school in Melbourne, Australia, "was tempted to visit the USA by an attractive AFS representative who was visiting his classroom." When he found out he was accepted and going to Pittsburgh, PA, he had to look it up on a map. "Although Chris returned to Australia at the end of his exchange year, his correspondence with Tricia continued via aerograms (this was before the electronic age!) until they met again four years later in the USA, during a short visit, while both were in college.

After college, Tricia had a placement with

VISTA in Tennessee, and, seven years after their first high school meeting, she went off to Melbourne in 1976, where they became engaged, and were married a year later. "I began my teaching career in Victoria's public schools and, after having my first child, did not return to teaching because during that time it was very uncommon for new mothers to return to work", according to Tricia. Chris completed his PhD, and spent ten years as an engineer with the Australian Roads Research Board.

After seven years in Australia and two children later, Tricia had a strong desire to go home. She wanted to see her family and introduce her children to the USA. They came to the Washington, DC area, settled in for a one-year stay with Chris arranging a work exchange with the Federal Highway Administration's Research Center and with the World Bank.

"After our one year exchange and a third

child, we returned to Melbourne," continued Chris, "and five years later we again decided to return to the USA. This time I obtained an open-ended position with the World Bank. I loved my time with the Bank." The first nine years I worked on road and transport projects, and then spent ten years in the field, working on country operations." Tricia was pleased to be back in the USA, and this time had the additional responsibility of caring for her parents, who were in failing health. What was to be a relatively short stay extended into a nine-year visit.

Tricia commented, "At one stage we felt we didn't belong in either country; but at some point in our stay here realized we belonged to both countries, that we were equally at home in either." Chris commented that "sometimes we are confused where home is because we have many great friends and relations in both countries and enjoy both

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## MONTHLY Calendar

### Tuesday, September 17

**6:30—8:30PM**

*DCV Members' Meeting.* Members can share with the DCV Board their ideas for the future directions of the Village. Sumner School, 17th and M Streets NW

### Saturday, September 21

**9:30—11:30AM**

*Age-Friendly DC Senior Forum.*

Participants will have an opportunity to comment on the 10 areas of civic life that shape an Age-Friendly DC, including transportation, housing, and health and wellness. Your comments and ideas will directly feed into the development of age-friendly programs and policies that will benefit your neighborhood. The Howard Theater, 620 T Street, NW. Call 202 724-5622 to RSVP.

### Sunday, September 22

**1-5PM**

*Private Reception* for DCV members at the Aisling Gallery to meet recently arrived artists to the District. They will forego a portion of the price for their works as a donation to the DCV. 1761 R Street NW  
RSVP Bernice@dupontcirclevillage.org

### Monday, September 23

**3:30—5PM**

*This month's Live and Learn* has long time member Ron Swanda speaking about the Affordable Care Act and HIV/AIDS in the District. Swanda has extensive background in federal programs related to aging. He is a member of the DC Commission on Aging and the Mayor's Advisory Committee on HIV/AIDS. Bird Room at the Church of the Pilgrims, 2201 P Street NW. For reservations, contact Linda Harsh, 202-234-2567, or lindajkh@mac.com

## The DCV Receives a Generous Gift

*by Irv Molotsky*

Darrell Totman knew that he was approaching an age when he was going to be required to start withdrawing money from his IRA. He did not have an immediate need for the money in his retirement fund, so he had to decide how to put it to good use.

About the same time, he got a solicitation from the alumni association of his alma mater, the College of William and Mary, noting that people 70½ years old could donate that money directly to qualifying nonprofits like his college and not worry about the taxes on the funds. Darrell's aha! moment came when he decided to use much of his required withdrawal to make a contribution to the Dupont Circle Village.

"I just turned 70½ in May, and that's the magic number," he said.

Darrell is a modest person, so he did not want the amount of his donation to be known, but he agreed that it could be described as a generous gift, in hopes that others will read about it and perhaps devote part of their own required retirement distributions to the DCV.

"The Village is what I decided on," he explained. "It's certainly been a good thing."

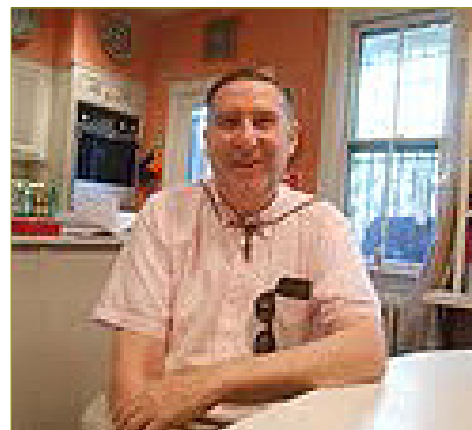
Darrell lives on Church Street and has been a Dupont Circle resident since 1964. He has been involved with the DVC almost since its beginning five years ago, first as a volunteer and now as a member.

"It's nice to meet all these people and do things in the neighborhood," he said, mentioning in particular the organized lunches and dinners, as well as the Soup Salons.

Darrell is concerned that the provision in the tax law that encourages donations like his could expire after this year. It has been extended several times since it was first

approved by Congress in 2006 and, unless extended, it will expire next January 1, 2014. Information on the device, technically a rollover, has been provided by the Council on Foundations by [clicking here](#).

An attractive aspect of the rollover is that individuals are permitted to move up to \$100,000 from an IRA directly to a qualifying charity without listing the transferred assets as income. The amount of the



*Darrell Totman*

rollover also cannot be listed as a charitable deduction. The benefit comes from not including the amount in a person's gross income.

"That law may not be renewed – that's one reason I wanted to get it done," Darrell said. Sounds like good advice.

Darrell's IRA came from his years in the D.C. public schools, where he described his role as "a computer programmer, analyst and general bureaucrat." He took early retirement at the age of 52 and is now starting to deal with his retirement account. He was born on Capitol Hill and raised in nearby Oakton, Va., so he qualifies as a lifetime Washingtonian, not counting his time in the Army.

For now, Darrell has been involved in the Village for its social side, having previously served as a volunteer. He knows that in the years ahead he will be relying on the DCV for the assistance it provides, as many of us are doing already. ■

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**Tuesday, September 24  
6—8PM**

**Dinner at Scion Restaurant.** Dinner at Scion Restaurant. Named one of the top burgers in DC, peach ketchup and all, and "DC's Best New Restaurant" in 2010, Scion has only gotten better! Join us to enjoy their contemporary American cuisine that they call "sophisticated comfort food". RSVP by Friday September 20 to Kathy at kcardille@gmail.com. Put "SCION" in the subject line of your e-mail. The cost will be \$25 inclusive of tax and gratuity.

**Saturday, September 28  
10AM—12PM**

**Falls Prevention Class** begins on this Saturday and continues for each Saturday until November 16, 2013. Class begins with exercises and moves on to discussion of such topics as fear of falling, prevention strategies and recognizing fall hazards in your home and community. Classes will be held at the DCV offices. Contact lucia.edmonds@gmail.com

**Tuesday, October 8  
11:15AM—12:30PM**

**Out of Southeast Asia: Art that Sustains.** Historical textile artworks from The Textile Museum's Southeast Asian collections will be displayed alongside the work of four contemporary textile artists, demonstrating traditional arts as they are interpreted in new and innovative ways. The Textile Museum 2320 S Street NW. Contact KCardille@gmail.com.

**Tuesday, October 22  
12-2PM**

**Hold the date** for lunch with fellow DCV members and guests. Watch for more information via the e-blasts. ■

## President's Letter

### *Times Are A'Changing — Our New Year Begins in the Fall!*

— Iris Molotsky

It's September and the days may be growing shorter but they sure are jam-packed. This is the busiest month the Village has ever had—and it's exciting.

But before we get caught up in the social and cultural whirl of events, I need to ask you to do something—give us 15 minutes of your time and fill out the business survey form sent to you electronically a few weeks ago. Many of you responded within 48 hours, which was gratifying and we thank you. This survey is a vital part of the partnership we have formed with Historic Dupont Circle Main Streets.

We are working with Main Streets and local businesses to promote age-friendly practices and policies. Your input and comments are essential to making Dupont Circle merchants aware of the needs of an aging population. Please take the time to fill out the survey. DCV is the first village to initiate this type of partnership and it has caught the eye of the District's Age-Friendly City Coordinator, **Gail Kohn**. She is so enthusiastic about the project that she is using it as a model to launch similar studies city-wide.

We kicked off the month celebrating our great neighborhood by participating in the 17th Street Festival on September 14. Lured by homemade cookies and cakes, people stopped by, giving us a great opportunity to sell the Village and get them involved.

I hope you are planning to attend our annual General Meeting on Tuesday, September 17 at the Sumner School. The times, they are a'changing in the Village, and this is your chance to meet the new players. We're growing and a new crop of leaders is emerging. Come and meet our super-energetic new activities chair, **Kathy Cardille**, our new yoga team coordinators **John and Debbie Taylor**, and our

## FROM THE President

new Volunteer  
Program  
Coordinator,  
**Garry  
Hutchinson.**



It's also our chance to publicly acknowledge the outstanding contributions of former program leaders **Judith Neibrief, Judy duBerrier and Bob McDonald**. Their generosity of spirit and willingness to share knowledge with their successors has made the transitions seamless. Please join us in letting them know how much we appreciate what they have done for the Village.

In another first, the Village, in collaboration with the Aisling Gallery, will host a private reception for DVC members and their guests. The exhibit will feature Micheal Madigan, a painter and John McDevitt, a sculptor. Meet the artists, talk to them about their work and enjoy a delightful cultural interlude. The event is being underwritten by the Aisling Gallery, and the artists have generously agreed to donate a percentage of sales to the Village. A portion of the purchase price is tax-deductible. So mark the date, bring a friend, and help the Village. Please RSVP to Bernice Hutchinson at Bernice@dupontcirclevillage.org. Aisling Gallery, 1761 R Street, NW, Suite A. Sunday, September 22, 1-5 pm. The event is free of charge for members and their friends.

After the summer hiatus, we're ready to hit the yoga mats again. The classes are so popular, we've added another session on Tuesdays. The slots were quickly filled and we are looking forward to a great opening session.

Quite a line-up as we begin our fall season. I hope to see many of you in the next few weeks as we delve into many new ventures. And don't forget our beloved standbys—the Live and Learn sessions and Sunday Soup Salons. They both have splendid speakers and topics in place for the new season. Check the calendar (pp. 2-3) for dates and topics. ■

## THERE'S NO PLACE LIKE HOME

*There's No Place Like Home: Seniors Hold on to Urban Independence into Old Age*  
PBS NewsHour | August 8, 2013

Peg Simpson has shared with us a great PBS update report by Ray Suarez on Beacon Hill Village. Visit the link below to read the report. It's great to read that there are now 110 Villages throughout the country, and twice that number in development! And, as this conversation with Suarez shows, there's plenty of Village vigor to go round, where mindsets are similar and guiding lights are the villagers themselves.

[Click here to watch the episode](#)

**SAVE THE DATE!**  
**SUNDAY, OCTOBER 20,**  
**12 -5:00 PM**

**Dupont Circle Citizens  
Association  
2013 Dupont Circle  
House Tour and Tea**

Please contact us at  
[info@dupont-circle.org](mailto:info@dupont-circle.org) if you  
would like to serve on the  
House Tour Planning  
Committee or one of the  
following subcommittees:

- Advertisement & Sponsorships
  - House Selection
  - Public Relations
- Volunteer Management

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## Spanning The Pacific

places equally. The problem in our case is the distance between the two. Australia is a long way from anywhere, and too far from our kids."

By this time they felt the children were old enough (their eldest was finishing up high school in the USA) that they could take a foreign country posting offered by the World Bank. The first was a three year stint in Delhi, India, which they both found a fascinating experience. Because their children attended international schools, Tricia had the opportunity to volunteer in their children's schools. After this, they then moved on to the Philippines for another three years. The family enjoyed the cultural and social experiences of both countries, but India still holds a special place in their hearts.

Chris commented that "working in developing countries provides lots of opportunities for interacting with the local culture. We often traveled with local colleagues, and always appreciated the privilege of being invited into private homes, whether of professional colleagues, or in local communities affected by development projects. We learned some of the local languages during each of our stays, although many of our contacts were with people who spoke English

Chris then took a two-year leave from the World Bank to serve in the Australian aid agency, AUSAID, based in Canberra. The family then went to Jakarta, Indonesia, for a further three-year posting. "This visit was most interesting," said Tricia, "because we were living in the largest Moslem country in the world. We found the Indonesian people to be very gentle and kind, and made many friends during our stay there."

She commented that "the Indonesians were excited beyond words when Barack Obama was elected President." Both Tricia and Chris got to visit the school Barack attended in Indonesia and found that the 5th and 6th graders bulletin board had posted short essays on their responses to the question: What would it be like to be President of the USA?

While on these various postings, Chris and Tricia realized that, once they returned to the DC region, they were not eager to return to the suburban life they had been living while raising their children. They sold their house in Falls Church and purchased an apartment in DC. "It was a wonderful decision," according to Chris. "Now we have easy access to the many benefits of city living – restaurants, shops, theaters, and museums and no car!"

Chris indicated that he "decided to take early retirement from the Bank, and enjoyed the break from the development world, and the joys of a quiet life, for 18 months. But lo and behold, here I am just beginning a consultancy with the Bank, again working on development effectiveness issues."

Both Tricia and Chris are fully enjoying both their home countries. While loving DC city life they managed to spend three months last winter in Melbourne (where it was summer!) visiting friends and relations, and enjoying their time in Australia as well. They look forward to returning there sometime soon.

Today's world is truly a global village. And DCV is part of it! ■

## DISCOUNTS FOR VILLAGERS

Take your membership card and patronize participating restaurants and cafes who give valuable discounts to DCV members! Keep up with additions through the website.

## DID YOU KNOW?

Villagers get a free membership to the on-line version of Washington Consumers Checkbook, including ratings of products and services. For more information contact Executive Director Bernice Hutchinson



## Introducing Our New Volunteer Coordinator

--Iris Molotsky

Volunteering is nothing new to Garry Hutchinson; in fact he met his wife, Bernice, DCV's executive director, that way. "I was a junior advisor and it was my job to help incoming freshmen," he says. "I saw Bernice arriving with a lot of luggage," he relates, and I jumped out of my dorm window to help her." (The window was large and close to the ground.) He obviously made an impression because they have been married 34 years.

Garry is DCV's new Volunteer Program Coordinator; replacing Bob McDonald, who has moved on to become Director of Volunteers and Services for the newly launched Foggy Bottom/West End Village. Garry is not new to the program, having worked closely with Bob regularly on Wednesday and Friday mornings for the past six months. Prior to working in the office he filled many transportation requests as a volunteer.

Garry's a Washingtonian who attended schools across the city. After graduating from Williams College he worked briefly as a newspaper reporter before attending the University of Virginia Law School, where he was part of the Law Review. He practiced law for ten years as an environmental, insurance and toxic tort attorney at law firms in the greater Washington area.

Garry is a published poet who has participated in readings in the District, including one at the Library of Congress at the request of his mentor, Pulitzer Prize winner Gwendolyn Brooks.

Asked what he enjoys the most about volunteering for the Village, his response came quickly. "It's the conversation," he says, "Speaking, using language to tell stories, is what fascinates me." Listening to villagers

talk, he is frequently reminded of stories his



parents tell and realizes anew the power and imagery of speech and how it can bring us together. He enjoys filling requests and working one-on-one with members and volunteers.

Garry's writing and editing experience, coupled with his legal training, complements Bernice's expertise in age-related issues and legislation. As a lawyer, he is keenly aware of, and concerned about, issues of liability and boundaries. In fact, when you add in their daughter, Alexandra, who frequently volunteered for the Village before she started at Indiana University this fall, we've got a great trifecta.

In addition to coordinating volunteer requests, Garry will provide monthly reports to the Board of Directors on volunteer activities, interview and supervise the vetting of new volunteers, maintain membership and volunteer lists and contribute to the newsletter. He has already learned a new skill—maintaining and updating our Website. Take a look at it and let him know how you like it. He compares working on the web site to his Law Review days, where he learned about page layout and fonts as well as editing skills. "I'm having lots of fun with it," he says.

Garry also will be involved in two new volunteer programs this fall: managing our program to check driver's license records of volunteers who transport members and initiating volunteer training programs. I asked Garry what he thinks will be his greatest challenge. "Routinization," he

**Garry Hutchinson**

answers. "I'm a poet, and spontaneity and creativity shape the way I think and work," he says. He notes it has been a long time since he has had to be in the workplace on specific days and times. But he adds for the Village he's prepared to do it. For the Village, this is quite a deal. ■



## Kudos

Many of you may have noticed a new name attached to the e-blasts you've received for the past month listing our group meals and cultural events. **Kathy Cardille**, our new chair of the Activities Committee, has hit the ground running, emailing, researching and arranging enticing events. Her energy and enthusiasm are contagious and we are off to a splendid start to the fall season. We're delighted to welcome her and applaud her superb skills.

## How To Request A DCV Volunteer

With the transition from **Bob McDonald** to **Garry Hutchinson** as DCV Coordinator of Volunteer Programs, it is a good opportunity to re-issue the procedures for DCV members requesting volunteer services. The procedures will remain unchanged. However, please note the new contact name and email address for making your requests.

### Requesting a Volunteer:

1. If you have a request (transportation to an appointment, in-home assistance, computer help, meal support, etc.), contact Dupont Circle Village in one of the following two ways:

- a. Call the Village phone line at 202.436.5252
- b. Email Volunteer Coordinator,  
Garry Hutchinson at  
gbh.hutchinson.dcv@gmail.com.

2. Provide as much detail as possible so that your request is clear in our communications with our volunteers. For example:

- a. For transportation to a medical appointment: the pick-up time, the appointment time, destination address, estimated length of appointment, whether you need an escort as well as a driver, whether you are looking for one-way or round-trip transportation, etc.
- b. For in-home assistance: what specific tasks are involved, how much time is anticipated, etc.
- c. For computer help: the brand and type of equipment and software, whether you have a PC or a Mac, what needs to be fixed, what you want to learn, etc.
- d. For meal support: dietary restrictions, best time for delivery, days most beneficial, etc.
- e. The best days of the week and best time of day for you.
- f. Any accommodations you will need due to sight, hearing, mobility.

3. We will post your request in an email to all DCV volunteers, or to a specific group if warranted (e.g. drivers for transportation). In this email, we do not identify the requester by name (this is done anonymously). However, your street name and block will be provided to maximize connections with volunteers that are close by.

4. Volunteers interested and able to fulfill the request contact Garry Hutchinson by email as soon as possible. Garry gathers additional details and vets the match of the volunteer and the member.

5. Once a match is made, Garry alerts the member and provides contact information for the volunteer to contact the member and arrange the logistics of the service being provided.

6. All requests and volunteer responses are recorded by Garry.

7. The service is then provided by the volunteer.

8. The volunteer provides information back to Garry to confirm services were provided and the length of time for the service.

9. Follow-up with the member served is then conducted.

While our Dupont Circle Village Google Group is an excellent and well-used tool for our members to communicate informally with one another, we ask that you do not request services of one another through this instrument. This moves the request out of our system where we are striving for efficiency, clarity, organized response, as well as the guarantee of a vetted DCV volunteer.

At times, we know that a volunteer might provide services to a member on a spontaneous basis. When this happens, we ask that you inform Garry of the service and the amount of time provided as soon as possible. In this way, we can track all of the services that are being provided.

If you have any questions about these procedures, please contact Garry Hutchinson at  
gbh.hutchinson.dcv@gmail.com. ■

## REMINDER:

### Don't Forget Your SmartTrip Card!

If you forget your Senior SmartTrip card a \$.50 surcharge will be charged to each trip taken using a paper farecard.

Rail to bus transfers are discounted .50 cents when you use your smartcard. There is no discount for cash. ■

## FEAR OF FALLING?

*DCV's Matter of Balance Falls Prevention Class Resumes, Spaces Still Available. Sign Up Now!!*

Join us for our second series of classes on falls prevention. People interested in learning how to prevent falls sometimes ask, "Why does your class take so long?" The answer is that after researching several falls prevention courses, we chose this one because it is based in research that shows successful falls prevention must address the psychological as well as the physical and environmental. Each class begins with exercises. These are followed by discussions of such things as fears of falling, assertiveness training, falls prevention strategies, recognizing fall hazards in the home and community. Lively and engaging discussions are central to the success of our program. To sign up, please notify Lucia Edmonds at [lucia.edmonds@gmail.com](mailto:lucia.edmonds@gmail.com). We look forward to seeing you Saturday September 28, 10AM—12PM through to Saturday November 16. All classes take place at the DCV Office.

## My Reflections as I Move On from Dupont Circle Village

—Bob McDonald

As I leave my responsibilities as Volunteer Coordinator at DCV to begin my full-time position at Foggy Bottom West End Village, I want to let all of you know how much I have valued the relationships we have built over the last year and a half.

To begin with, I have consistently been impressed with the outstanding generosity of our DCV volunteers. You have responded so quickly to our members' requests, providing dedicated services from friendly visits to transportation to computer support and so much more. It has always been a pleasure to be with you and to learn of your

commitment to this Village.

You who are members have shared your stories and shown me your vitality, your curiosity, your challenges, and your care for one another. In many ways, you have made Dupont Circle really come alive for me. You have taught me what a village is meant to be — as we say: "connecting neighbors, meeting challenges."

Dupont Circle Village is truly fortunate to have an outstanding Board of Directors who not only oversee the Village but are so involved in giving of their talents, their time, and their resources. You have inspired me to work with you at making DCV a great community. I have learned so much from our Presidents, Iris and Peg, who have always provided a great vision of our mission, and many a laugh as well!

It has really been a joy to work with Bernice as our Executive Director. More than anyone else, Bernice has encouraged me and

mentored me in my growing interest in the village movement. She has always been there to listen, answer questions and concerns, and to share her vast experience.



Bob McDonald

When I started volunteering in April of 2012, I did not think my "village experience" would lead me back to full-time work. But it has! You have all shown me how important and vital this work is to our communities. And as I begin my new responsibilities at Foggy Bottom West End Village, I will be supported in knowing all the good friends I have right next door. ■

## DCV Blazes Trail to Make Way for Age Friendly Communities

—Bernice Hutchinson

When Historic Dupont Circle Main Streets recently announced a new grant opportunity, Dupont Circle Village President Iris Molotsky jumped at the idea. She saw the opportunity to launch a cutting edge project to look at current business practices in the community and their efforts to focus on the unique preferences of a mature clientele. This is something Iris had been thinking about for quite some time.

As far as I know, no other Village has tackled this yet. Knowing the mission of the Village is rooted in remaining in the community for as long as possible, it seemed only natural that we would listen to our heart beat to gauge preferences.

First, form a committee to think through what a survey would look like. With DCV member Pender McCarter heading the committee, GW student and ANC Commissioner Jackson Carnes and new Volunteer Coordinator Garry Hutchinson all working together, we have been well served with thoughtful survey construction, outcome measures and a timeline.

Next, build the engine with software technology that would make asking the questions easy. Thanks to Survey Monkey, a private web survey development cloud formed in 1999 that simplifies the process of creating and administering surveys, DCV is positioned to determine your thoughts about what new merchants should come to the community and how current businesses can position themselves to remain and prosper.

Your voice is powerful. And, timing is everything. The face of our nation and the nation's capital are changing. Soon, across the country, there will be more racial and

ethnic diversity than ever before and the average age of Americans will shift to the 60+ crowd. So, businesses are poised to learn the implications of this transformation in demographics. And, we would be fooling ourselves if we did not realize that DCV members are uniquely positioned to inform this project.

DCV members, volunteers and the business community are needed to respond to our survey and frame the picture of a "preferred future" that includes age-friendly business practices throughout the Dupont Circle community.

Join me and let's set a goal of 100 percent participation for the member and volunteer survey!

Just think, with this project, we could be onto a very effective goal — giving people an opportunity to tell us what they need and desire and creating a platform for change. ■



## The Bionic Woman/Man is Not Far Away – Even for Older Adults

Our Live and Learn session in August was a welcome subject for many of us – technology for older adults as it relates to our health. We were introduced to the current and future health and wellness technologies via a presentation by Dr. Majd Alwan, Senior Vice President and Executive Director at the LeadingAge Center for Aging Services and Technologies (CAST).

Dr. Alwan explained new developments in fall detection and prevention, telehealth and remote patient monitoring, and electronic health records. He described systems capable of automatically detecting falls. For example, there are ascending levels of fall detection: a patch on the thigh sets off an alarm which alerts a nearby caregiver; a sensor worn within a certain radius of your home detects your fall and automatically notifies a call center, including your location. Even more interesting was Dr. Alwan's explanation of motion sensors and how they can monitor data longitudinally, thus inferring probable falls, especially in the bed/bath area.

For remote patient monitoring, there are several access and control and tracking devices above and beyond bracelets and ankle braces, including the GPS Shoe. The sensor is inconspicuous and individuals don't usually try to get rid of it as is the case with bracelets. Motion sensors also offer fire prevention: the time-motion sensor shuts off the stove automatically, if it is left unattended for a long period of time. Sensors in carpets and map pressure and gait.

There is now a computer that analyzes the interaction of medicines, thus alerting the individual and clinician if



the interaction of these drugs would cause a fall. Peg Simpson suggested that we might have a future Live and Learn session offering computer analysis of an individual's drugs and the potential dangers of their interaction.

Telehealth and remote patient monitoring such as two way-video conferencing in real time and non-portable medication reminder systems/organizers/dispensers allow clinicians to monitor vital signs and manage patients' care remotely. They allow access to medications at preprogrammed times. Wellness monitoring systems sometimes allow early detection of health issues. The University of Virginia Hospital has a bed monitor that can detect pulse, breathing rate, and sleep quality as well as vibration sensors in a walker that assesses walking abilities and characteristics.

All these modern technologies should be integrated with a comprehensive patient assessment, including medications, home review and prevention programs, such as exercise and socially stimulating activities including the use of websites such as Skype, PositScience and It's Never 2 Late.

These various technologies, including electronic health records,

*Georges Braque, The Round Table, 1929.*

provide data that can be integrated, turning it into knowledge help health care providers make timely decisions that offer a better quality of life for older adults. In one study the comprehensive data reduced the rate of hospital re-admits from 16 to 5% for congestive heart failure.

And this is just the beginning. Continuing development of technology will bring what was science fiction into our lives on a daily basis – robotic walkers, wheelchairs, house services – the list keeps growing. The Bionic Woman is not that far away, even for older adults!

For those interested in receiving the Power Point Presentation including e-mail addresses for additional resources, please contact the DCV Office at [bernicehutchinson@Dupontcirclevillage.org](mailto:bernicehutchinson@Dupontcirclevillage.org). ■





by Judy duBerrier

## CAULIFLOWER The Super Superfood

I love it! Here's why. This bland looking (cousin of the cabbage) will amaze you with its versatility. It is low-cal and can be used in place of so many carbs.

For instance, I always mix

it, 50/50, with spuds, to make healthy mashed potatoes. You don't even need milk and butter. Use chicken broth and olive oil instead. Also, if you are remembering childhood plates of mushy, gray globs of cauliflower... have you tried it roasted? Suddenly it transforms into crunchy, nutty nuggets of goodness. You won't believe the difference! Oh, and did I mention it is packed with vitamins? Below are just a few ways to use it.

### *Roasted Cauliflower with Garlic/Olive*

**Oil/Lemon Juice:** Separate one medium head into florets. Place them into a large sauté or roasting pan. Drizzle 1/4 cup olive oil over all. Season with 2 tablespoons lemon juice, 1 tablespoon sliced garlic and salt/pepper to taste. Roast about 15 minutes at 500 degrees, stirring occasionally. Remove from the oven and sprinkle 2 TB grated Parmesan cheese over all. Garnish with chopped chives or parsley.

**Cauliflower Cheddar Horseradish Gratin:** Boil or steam 1 1/2 lbs. cauliflower florets (or mixture broccoli/cauliflower) until tender, about 12 minutes. Drain and return to the hot pan. Gently toss with the following cheese sauce:

Melt 1 tablespoon butter in saucepan over medium heat. Stir in 1 Tablespoon flour and cook 1 minute. Add 1 tablespoon Dijon mustard and 1 tablespoon horseradish. Warm 1 cup skim milk in the microwave, add the milk, a tablespoon at a time, to the horseradish mix. Make sure mixture stays

smooth throughout cooking process. Add 1 cup grated cheddar cheese. Stir occasionally and cook until cheese melts. Do not let mixture boil. Add 2 chopped green onions. Taste and adjust seasonings, including horseradish. Top with following:

Melt 1/2 tablespoon butter in microwave. Stir in 1/4 cup Panko or bread crumbs and 1/2 tablespoon horseradish (or to taste).

Transfer cauliflower mixture to lightly greased baking dish. Sprinkle topping over all. Bake at 450 degrees about 10 minutes or until bubbling. This dish is excellent as a side with roast beef, or as a main with salad.

**Linguine with Cauliflower Pesto** Boil 1 package linguine according to directions. Drain and keep warm, reserving 2 cups pasta water. Cut one head cauliflower in chunks. Place into a food processor. Pulse to form couscous-like crumbs. Transfer to a mixing bowl. Toast 3/4 cup unsalted almonds or pine nuts in a dry pan, then transfer to the processor. Add 4 chopped sundried tomatoes, 2 oz. chunk Parmesan or Pecorino-Romano cheese, 2 cloves garlic, 2 tablespoons capers and a handful of parsley leaves. Pulse until the consistency of cauliflower, then transfer to the mixing bowl, along with 1/2 teaspoon red pepper flakes, 5 tablespoons olive oil, 3 tablespoons sherry vinegar and 1 1/2 tablespoons salt. Add the pasta and toss to coat; use as much pasta water (and additional olive oil) as necessary for desired consistency. Taste and adjust seasoning, adding more vinegar if desired. Divide into 6 wide, shallow bowls.



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## DCV Dinner at Scion

**Date: Tuesday, September 24, 2013**

**Time: 6:00 p.m.**

**Location: 2100 P Street NW**

Join fellow Villagers for dinner at Scion. Named "DC's Best New Restaurant" in 2010, Scion has only gotten better! Enjoy their contemporary American cuisine that they call "sophisticated comfort food."

If you will be attending, please RSVP no later than Friday, September 20, 2013 to Kathy Cardille at [kcardille@gmail.com](mailto:kcardille@gmail.com). Please put "SCION" in the subject line of your e-mail. (see the monthly calendar for more information)





—Judy Silberman, Yoga Master

Twelve minutes of meditation can dramatically improve your mental health studies have shown and AARP has this in its magazine.

Try practicing a yogic chant meditation called Kirtan Kryia. Results may be decreased depression and slower cellular aging.

Find a comfortable spot to sit and quiet your mind. Take ten full, deep breaths. Then, start to chant the following syllables: nah, lah, tah, sah. Begin loudly and decrease the volume with each repetition until you are whispering to yourself and then just thinking the syllables.

Try to reserve this 12 minutes every day for a week, and see how you feel. It may be a lovely present you've given yourself. ■

## Where Are They?



**Carol Galaty** is in Sweden using à friendster swedish iPad, as Mine Will not work here! (example of a Swedish-English iPad)! Next I am off to Greece for 17 days including a trip to Athens, Delphi and a number of mythical sites before staying on a small island in a house exchange.

**Nick and Joan Ludlow** are off to Burma for a trip down the Irrawaddy River and a stopover in Tokyo for a few days.



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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