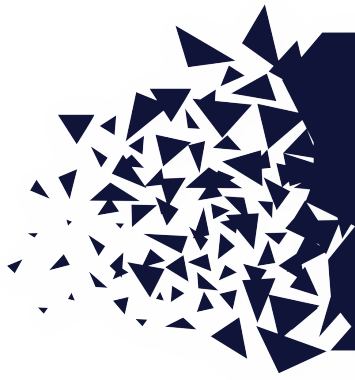




DUPONT CIRCLE

Village

Shattering the Stereotype

“What you do makes a difference, and you have to decide what kind of difference you want to make.”

— Jane Goodall

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Welcome New Members!

Maria Clements
Linda Ingram
Sally Lesser
Serena Lo
Oana Luca

Jane Goodall: A Life of Grace, Grit, and Purpose

It feels right that Jane Goodall left this world doing what she loved—caring for the earth. Even in her later years, she stayed busy in her gentle way, teaching, traveling, and spreading kindness wherever she went. She reminds me of many of our Villagers—living with purpose and always giving back.

By Eva M Lucero

Jane transformed our understanding of animals, especially chimpanzees. In the forests of Gombe, she observed behaviors—tool use, emotion, empathy—that shattered scientific assumptions about the divide between humans and animals. Her discoveries changed not only science but also our moral relationship with the natural world.

The famous footage of Jane in the wild, filmed by cameraman Hugo van Lawick—who later became her husband—captures her incredible connection to the chimps and her deep sense of belonging among them. She seemed as at ease in their company as with any human audience.

In later years, her greatest passion became Roots & Shoots, the



youth organization she founded to nurture an “army of young planetary protectors.” Today, it thrives in more than 140 countries, engaging hundreds of thousands of children in conservation and compassion.

At 91, Jane Goodall remained unstoppable—a tireless ambassador for the Earth. She was, and will remain, one of the world’s brightest lights, reminding us that change begins with curiosity, courage, and kindness.

President's Notes



David Schwarz

I don't know if you have noticed, but Dupont Circle Village has been growing. With some covid-year distortions, we have netted 10-20 additional members each of the last 7 or 8 years—taking us from around 200 members in 2018 to about 330 today. This modest but steady growth is, I think, one measure of our success as an organization. We have not actively recruited new members during this period. Rather, people in our neighborhoods seek us out because of all the good things they hear about us.

A question, then, is whether a growing Village can continue to offer the kind of service and programming that has been the key to our success. About six months ago, our Board began to address this question, by considering whether to cap membership at or near the current level. We decided not to do this, primarily for two reasons. The first is that we have an obligation to make the Village available to the seniors in our catchment area. The second is that new members are the lifeblood of the Village: they bring fresh ideas and energy, new social connections, and opportunities to broaden the scope of what we can do. Provided the growth can be managed, it is what keeps us healthy and prosperous.

So, how to manage this growth? The answer, generally, is to grow capacity along with membership, and we are taking steps in this direction. A

growing membership makes more demands on our office staff, so we are beginning the search for a deputy executive director. This would be someone who could take some of the burden off of Eva and could perform ED functions when she has to be out of the office. This is a position we need in any case to assure continuity of DCV's operations.

We also need more physical space—for classes, programs, meetings and parties. To some extent, we anticipated the need when we moved to a larger office four years ago. But we are already stretching the limits of this new space, so sometimes we have to rent larger meeting rooms—as we did for the recently completed "My Way" program. We are even outgrowing some of our favorite Village party venues. The lovely Chastleton ballroom accommodates only 75 people, which is no longer adequate for a membership of over 300. So, we will undoubtedly spend more on rentals going forward, since public meeting spaces are scarce in our neighborhoods.

Last but not least, we have to grow our programming—especially our social and cultural offerings, which often allow only a limited number of participants. Home socials, happy hours, tours, and cultural events often fill up quickly, and our committees—especially our Membership and Activities Committee (MAC)—are working hard to increase the number

of events so that all who want to enjoy the social and cultural benefits of Village membership can do so. While we offer more social and cultural opportunities than any other village in the DMV, we are challenged now to offer even more. *And this is a challenge that you, our members, can help us meet.*

Virtually all of our social and cultural events—and also many of our health and wellness activities—are initiated and organized by our members. That wonderful "My Way" program was thought up, organized, and run by your fellow Villagers. When you go to a home social, you are being entertained by a fellow Villager. When you take that museum tour, it was a fellow Villager (or a team of them) who arranged that. Those holiday parties are planned and set up by a team of fellow Villagers. So, if you feel that the Village needs more or different activities—and we certainly do—you can help make that happen.

And you don't have to join a committee to do it. Would you like to see some Village potlucks? You can contact the MAC and they can advise you on finding a venue (if you don't want to host it yourself) and getting people signed up. Would like a Village day trip to museums in Baltimore? You could organize that, again, with guidance as you need it from the MAC. Want scrabble evenings, paddle ball tournaments? You could organize those, too. The Village is not only here to provide social and cultural opportunities, but also to empower you to provide those opportunities to the Village.

TO QUOTE FROM THE CAPITOL HILL VILLAGE WEBSITE:

Membership ... is a two-way street. 90% of activities and programs depend on members and volunteers to design and coordinate. The point of being a member is staying involved in your community. So, as you contemplate all the aspects of memberships—remember that contributing to the community is one of the benefits.

November Calendar

Visit the DCV website [calendar](#) to find further information for each event listed below.

REGISTER Online, or at admin@dupontcirclevillage.net, or contact DCV Office at (202) 436-5252

Guest Speaker: War in Ukraine and the New Global Instability

Wednesday, November 5th, 4:00 — 5:30 pm
Location: Friends Meeting House, Assembly Room
2121 Decatur Pl NW
Registration Deadline: November 4th
Contact: mlheppel@gmail.com or (856) 332-0916

Wine Sampling

Friday, November 7th, 4:00 — 6:00 pm
Location: DCV Office
2121 Decatur Place NW #5
Registration Deadline: November 6th
Contact: spydupont@aol.com or (202) 486-6226

Happy Hour — Hank's Oyster Bar (1 of 2)

Wednesday, November 12th, 4:00 — 6:00 pm
Location: 1624 Q. St NW
Registration Deadline: November 11th
Contact: viernesbarb@yahoo.com or (202) 841-0695

Happy Hour — NAMAK Mediterranean Turkish Restaurant (2 of 2)

Wednesday, November 12th, 5:00 — 6:30 pm
Location: 1813a Columbia Rd NW,
Registration Deadline: November 11th
Contact: Sjliberto@gmail.com or (607) 372-2881

Tour of the Textile Museum

Friday, November 14th, 11:00 am — 12:00 pm
Location: George Washington University
701 21st St, NW
Registration Deadline: November 13th
Contact: mvwheeler@verizon.net or (202)744-5006

Salon with Alexandra Hutchinson

Professional Ballerina with Dance Theatre of Harlem
Monday, November 24, 4:00 — 5:30 pm
Location: Friends Meeting House, Living Room
2111 Decatur Pl NW
Registration Deadline: Friday November 21
Contact: execdir@dupontcirclevillage.net or (202) 436-5252

MONTHLY EVENTS

Men's Book Group

Monday, November 10th, 11:00 am
Location: 2121 Decatur Place NW
Register online DCV Office
admin@dupontcirclevillage.net or (202) 436-5252

Navigating the Path Ahead (Date Change)

Tuesday, November 11th, 3:30 — 4:30 pm
Location: Virtual
RSVP: Register Now online DCV Office
admin@dupontcirclevillage.net or (202) 436-5252

Mystery Book Group

Friday, November 28th, 2025, 3:30 — 4:30 pm
Location: Virtual
RSVP: Register Now online DCV Office
admin@dupontcirclevillage.net or (202) 436-5252

RECURRING EVENTS

Tai Chi for Arthritis and Fall Prevention

Tuesdays, 2:00 pm and 3:30 pm
Location: DCV Office
Limit: 8
RSVP: Register online DCV Office
admin@dupontcirclevillage.net or (202) 436-5252



Continued on page 4

November Calendar

Continued from page 3

Online Meditation

Mondays and Thursdays, 9:00 am – 9:30 am

Location: Virtual

RSVP: Register online DCV Office

admin@dupontcirclevillage.net or (202) 436-5252

Chair Yoga

Tuesdays, 10:30 am – 11:30 am

Location: Virtual

RSVP: Register online DCV Office

admin@dupontcirclevillage.net or (202) 436-5252

Accessible Mat Yoga

Mondays, 3:30 pm – 4:30 pm

Location: Virtual

RSVP: Register online DCV Office

admin@dupontcirclevillage.net or (202) 436-5252

Coffee and Conversation

Thursdays, 10:00 am – 11:00 am

Location: Annie's Paramount Steak House
1609 17th Street, NW

RSVP: Register online DCV Office

admin@dupontcirclevillage.net or (202) 436-5252

Bridge Group

Thursdays, 1:30 pm – 3:30 pm

Location: DCV Office – enter at 2111 Decatur Pl NW

RSVP: Register online DCV Office

admin@dupontcirclevillage.net or (202) 436-5252



Mahjong

Thursdays, 2:00 pm – 4:00 pm

Location: hosted live by Roberta Milman

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

Knitting Group

Every Thursday, 4:00 pm

Location: Online and in the DCV Office

RSVP: Sheila Lopez at sheilablopez@gmail.com

Dupont Circle Walking Group

Every Monday, Wednesday, Friday

8:30 am (Winter/Fall) – Starting October 13th

8:00 am (Spring/Summer)

Location: meet at the fountain in Dupont Circle

Adams Morgan Walking Group

Every Tuesday, Thursday at 8:00 am

Meet at northwest corner of Kalorama and Columbia
that borders Kalorama Park

October Birthdays



Leslie Sawin hosted the October birthday celebrants in her beautiful apartment. L-R Geri Nielsen, Mimi Higgins, Wes Rivel, Geri Ferber, Dianna Eshman, Hambda O'Brien, Lex Rieffel, Terry Walsh, Dennis Houlihan, Joyce O'Brien and Sue Heineman.

Scale Model of Dupont Circle

Villager **Jim Chamberlin** shared these pics of a personal art/hobby project that he completed last year, a miniature 1:430 scale model of Dupont Circle and its environs. This was on display at the Heinrich House Mansion on October 3rd as part of First Friday Artwalk.

He started this Dupont Circle piece last Fall as the weather was turning cold, and he was looking for something to do with his hands while listening to NPR. He estimates that it took about 400 hours to complete. This was a totally new medium for him, so there was a lot of trial and error. He started by creating the initial massing for each building using foamboard and then cladding those with styrene sheets to form smooth white cuboids. Windows, columns, and other three-dimensional detailing was meticulously added on in successive layers. Every element was individually fabricated by hand using an ever-expanding toolbox of specialized equipment, including rulers and calipers in various sizes, dozens of razor blades, superglue, hot glue, fine grit sandpaper, and tweezers. Completing some of the larger buildings could take 5-10 hours.

Hope you enjoy.



The above was on Reddit in early October



La Tomate Bistro — “Great Italian Happy Hour!”

Consider Happy Hour on the La Tomate Bistro patio in Dupont Circle if you find yourself craving Italian food on a nice fall afternoon! Located at 1701 Connecticut Avenue NW (corner of Connecticut and R Streets.), La Tomate has been catering to the north Dupont Circle neighborhood since 1987. A great location on a busy corner with great seats indoors and out for people watching. My friend and I conferred with the very helpful waiter for HH highlights and ordered: pomodoro pasta; arancino (risotto rice balls flavored with saffron & stuffed with smoked cheese; and crostini di caprese (crostini bread over cherry tomatoes, mozzarella, tossed in w/ pesto). We also split an insalata mista from the dinner menu. I enjoyed a glass of HH chianti while my friend had a nice chardonnay. Beyond coaching us on some excellent HH food choices, the helpful waiter also found some mosquito spray for us! Check out the menu: <https://www.latomatebistro.com/menu/>. Happy Hour: Daily 3:30-6:30 pm. Yelp gives it 3.4 stars. And, don't forget La Tomate is a sponsor of the Village's fundraising efforts!

— Enjoy, Tom Carmody.

Member Benefit: Nursing and Social Services Support

Lee Reed and Meaghan McMahon

Our healthcare system is complex and even on our best days it can be difficult and frustrating to navigate. The professional services of the DCV can help smooth out this process. If you find yourself in need of nursing or social work guidance, the first step is to contact Eva M. Lucero, DCV's Executive Director. She will then connect you to either Lee Reed, R.N. our Healthcare Navigator or Meaghan McMahon, LGSW, our Social Worker.

Why might you need this service? You may be hospitalized following a surgery and need help transitioning safely back home. You may be wondering, how am I going to manage this new change in my life? Our social services and nursing support team can guide you through this process including:

- Visiting you at the hospital prior to discharge
- Reviewing your discharge paperwork with you
- Arranging for transportation home
- Helping you understand your medications and new prescriptions
- Advocating for you each step of the way

Our team can also help you understand the often-overwhelming world of healthcare acronyms. For example, your surgeon may have a Physician Assistant (P.A.) and a Nurse Practitioner (N.P.) working with her. Which professional to see largely depends on the practice set up. The key person to answer this question is the Practice Manager.

Briefly, a "Nurse Practitioner" is a **Registered Nurse** with a graduate degree in advanced practice nursing" (MedlinePlus).

"A Physician Assistant may come from a variety of backgrounds. The programs are often associated with **Medical Schools**". (MedlinePlus). Generally speaking, the P.A. is more associated with the **Medical aspect** of care.

To obtain a full picture of the role of each, you can go to **MedlinePlus**. In the search bar, simply type in "Nurse Practitioner" and "Physician Assistant Profession".

MONTHLY MEAL

Celebrate Native American Month with Succotash

By Monica Heppel

As part of your Thanksgiving meal, consider celebrating Native American month by including succotash as a side dish. Succotash was first documented by British colonists in New England around 1750. The name itself is derived from the Narragansett word *msickquatash*. Like many Native American dishes, it draws from the "three sisters" of corn, beans, and squash which were traditionally planted together.

The original version of succotash was simply boiled lima beans and corn. Since then, most cooks add onion sauteed in butter or olive oil and either halved cherry tomatoes or chopped sweet red pepper for color. There are many regional variations. In the Midwest a little cream is added before serving, while Southern recipes often include okra and bacon.



Happy Thanksgiving to everyone.



The U.S. POINTER Study: What It Reveals About Protecting Brain Health

By Dr. Doug Elwood, MD, Chief Medical Officer, Sunday Health

Sunday Health reached out to us and asked to be a guest columnist for our newsletter. Sunday Health is a medical practice dedicated to preventive, diagnostic, and ongoing cognitive care (memory and thinking abilities) for older adults. Previously, Dr. Amy Sanders of Sunday Health provided the Village with a Live and Learn session. This article is provided by their Chief Medical Officer.

For decades, we've known that lifestyle choices, such as diet, exercise, and blood pressure management, can dramatically improve heart health. Now, researchers are finding that the same is true for the brain. A landmark clinical trial published in July 2025 showed that daily habits can help protect cognitive function and may even prevent or delay dementia.

The [U.S. POINTER Study](#) (Protect through a Lifestyle Intervention to Reduce Risk) was launched by the Alzheimer's Association to explore whether lifestyle changes could help older adults maintain memory and thinking skills. More than 2,000 participants aged 60 to 79 enrolled, all of whom had risk factors for dementia, such as hypertension or a family history of Alzheimer's, but none had significant memory loss at the start.

Participants were divided into two groups. One received structured lifestyle support, including personalized coaching, group classes, goal setting, and regular check-ins focused on nutrition, physical activity, and social engagement. The other group received health education materials only, such as written guides and recommendations, but no ongoing follow-up or coaching.

Over a two-year period, researchers found that both groups improved, but those in the structured support group improved significantly more. They exercised more regularly, ate healthier foods, and engaged socially at higher rates. Most importantly, they showed more substantial gains in cognitive performance, especially in memory, processing speed, and problem-solving ability.

The finding was clear: information about brain healthy habits alone isn't enough. Having regular encouragement

and accountability can make a significant difference. Just as with heart health or physical exercise, it's not only about knowing what to do, it's about having the right support and encouragement to do it consistently.

The U.S. Pointer study builds on earlier work from Finland known as the [FINGER Study \(2015\)](#), which found that combining nutrition, exercise, cognitive training, and vascular health management could slow cognitive decline. Likewise, the [Lancet Commission on Dementia](#) estimates that addressing **14 modifiable risk factors**, including high cholesterol and untreated vision and hearing loss, could potentially delay or prevent up to **45% of dementia cases**, underscoring the powerful role of lifestyle and prevention.

Together, these studies provide robust evidence that preventing and delaying cognitive decline is not just possible — it's actionable.

While there's still no cure for Alzheimer's disease, the U.S. POINTER Study offers a message of hope: lifestyle changes matter. Regular movement, nutritious food, strong social connections, getting and wearing hearing aids, and mental stimulation can strengthen the brain's resilience, even for people with risk factors.

And perhaps the most important lesson is one of timing. The sooner you start, the greater the potential benefit. Cognitive health, like heart health, depends on habits built over time. Whether you're already leading a brain-healthy lifestyle or just starting to think about it, small steps today can make a measurable difference in the years to come.

The takeaway is simple but powerful: start early, stay consistent,

Meet new member, Ana Vujovic

By Tom Carmody



Ana Vujovic is a very recent addition to Dupont Circle Village, having joined just a couple of months ago. While she has been enjoying living in the Dupont Circle area for about 3 years and all that DC has to offer, she has also been thinking of ways to improve her social life. So, in modern fashion,

she asked ChatGPT for suggestions. And, ChatGPT said, "check out the Dupont Circle Village Association!".

In just a few months of membership, Ana has been active. She enjoys the Happy Hours in the neighborhood, has attended the Village Ice Cream Social as well as the recent picnic. She also comments she found the trip to the senior living facility informative. She finds each activity well organized and all Villagers nice and welcoming.

Before moving to DC, Ana lived in Austin, Texas and New York City. The common denominator in all three locations was her daughter. Ana enjoyed each location, particularly commenting on the enjoyment of walking near water in each place. In Manhattan, she walked around the Reservoir in Central Park. In Austin, around Lady Bird Lake and, in DC, she walks along the Potomac River. Beyond living in NYC, Austin and DC, Ana has taken great trips to Boston, New Orleans, San Diego, Nashville and the Hamptons.

Ana grew up in Subotica, in the former Yugoslavia, close to the Hungarian border. The proximity to Hungary has her speaking Serbo-Croatian and Hungarian as well as English. She has fond childhood memories of traveling around Europe with her family, taking great vacations each year to Hungary, Austria, Italy, Greece and other parts of Yugoslavia in what is now Croatia and Montenegro. A particular favorite was any spot on the Adriatic Coast with its clear blue water.

Ana's working life was as a pediatrician in Belgrade. Having worked for 35 years, she has many fond memories of people for whom she cared for as babies, returning in later years to ask her to take care of their

babies! After her retirement, she moved to the States to live near her daughter.

Ana really enjoys DC and finds it a walkable city full of friendly people from all over the world. While only here for 3 years, she already notes several favorite activities—visiting the Botanical Garden, American University's Katzen Arts Center, touring the various Smithsonian museums, including the National Zoo, and the "First Friday Art Walks" which provide a great chance to visit smaller galleries.

Ana's hobbies include photography and coloring books. She makes it a point to take a walk every day. She comments that a very good walk includes a stop at a local coffee shop such as Tatte or Le Pain Quotidien. And a cup of tea in the Riggs Hotel lobby with her daughter is very much a favorite.

She proudly comments that she became a US citizen on her 70th birthday, saying it was one of the best presents she ever gave to herself.

November Birthdays



A very happy birthday to all Villagers celebrating November birthdays!

A very happy birthday to all Villagers born in November!

Harlan Rosacker, Tommy Sams Kathy Davin Sandra Desautels, Darrell Totman, Carmela Vetri, Miriam Schottland, Michaela Buhler, Louise Levathes, Brad Edwards James Bedore, Mandi Lisbona, Shaul Epelbaum, Richard Marquart, Jim Chamberlin, Victor Wexler, Sandra Bisbey, Greg Milman, Paul Argabright, Judith Kirvan, Selma Thomas and Jim Hambuechen.



Out and About



▲ **Lois Berlin and Larry Steubing** with friends at a festival in Trongsa, Bhutan in traditional dress. Men wear ghos and women wear kiras.



▲ **Pender McCarter, Meaghan McMahon, Lee Reed and Eva M Lucero** were the panelists for the September Live and Learn. They detailed all the health and wellness benefits that DCV members are eligible to receive.



▲ Villagers **Caroline Mindel, Lynn Lewis, and Lucia Edmonds** plus their dogs Stevie Nix, Roxie Heart and friends are blessed on October 4, St. Francis of Assisi Day. The tradition of blessing the animals is ecumenical... Jews, Muslims and others have similar practices.



▲ Villager **Anna Greenberg** participated in the Laura Geller beauty launch dinner in NYC where she was mixing the ingredients for makeup alongside Jackie Goldschneider from "The Real Housewives of New Jersey."



▲ **Over 40 Villagers came out to the DCV Fall Picnic!** There was plenty of delicious food, great camaraderie, and perfect weather in the beautiful Heurich House garden.

Out and About



▲ Villagers enjoyed a delightful outing to the historic Old Pension Building, now home to the National Building Museum, taking in its stunning architecture and grand interior courtyard.



▲ Villager **Lynn Lewis** and sister explore Bordeaux's Cité du Vin, including samples on recent trip to Basque country in France and Spain.

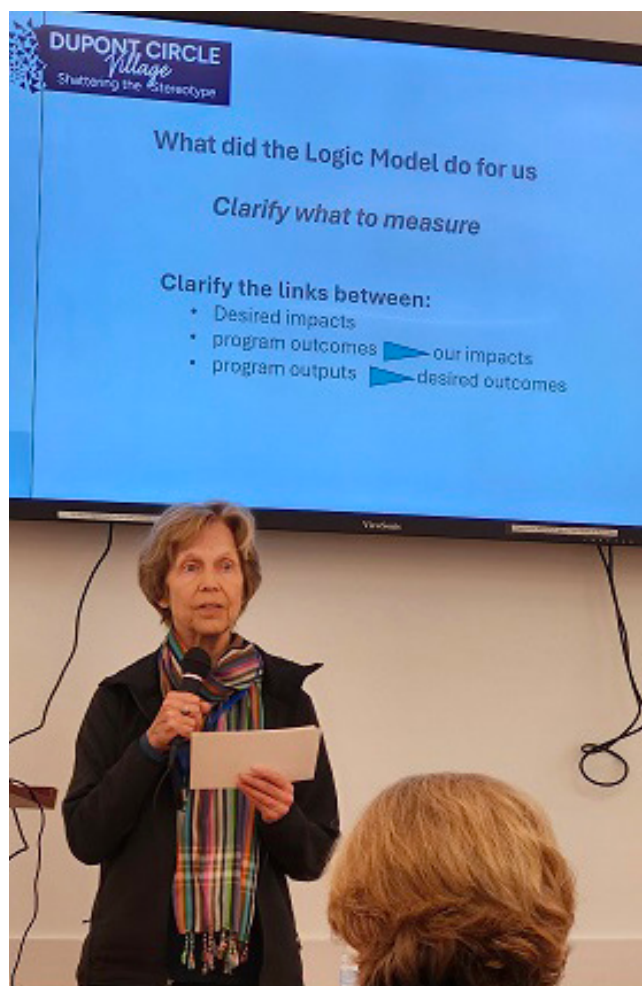


▲ **Lucia Edmonds** spent an afternoon enjoying the gardens of The Cloisters, the medieval branch of the Metropolitan Museum of Art in New York City.

Out and About



▲ Villagers on a walking tour of LeDroit Park and Bloomingdale neighborhoods conducted by DCV Member and Tour Guide, **Craig Howell**.



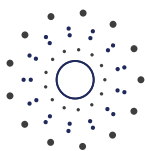
▲ **Jeanne Downing** participated in a panel on the Logic Model for Villages, where she presented Dupont Circle Village's own logic model process at the WAVE Conference in October.

▲ Villagers **Charlotte Holloman** and **Joan Treichel** visited Carol's Creek Cafe in Annapolis, Maryland on September 24. Says Charlotte: "We highly recommend the cafe for its wonderful food, service, and ambiance."



▲ Jim Chamberlin sharing photos from his walk in the neighborhood.

DCV Commitment to Diversity, Equity, and Inclusion: Dupont Circle Village (DCV) is committed to being a diverse, equitable and inclusive organization. We condemn all forms of discrimination in our society. We aim to make our organization one that is open and welcoming to all. We recognize that the human experience comes in all colors, shapes, abilities, economic circumstances, ages, backgrounds, gender expressions and identities, and sexual orientations. We strive to celebrate these differences and recognize how they benefit our community. To this end, we will do what is necessary for us to grow as a community and as individuals who respect and care for one another.



DUPONT CIRCLE VILLAGE
SHATTERING THE STEREOTYPE
ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

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