



DUPONT CIRCLE *Village* Shattering the Stereotype

Adams Morgan • Dupont Circle • Kalorama

“Learn from yesterday,
live for today, hope for
tomorrow.”

— Albert Einstein

What's Inside

- 1 Closing the Year with Grace,
Rhythm and Hope
- 2 President's Notes
- 3 January Calendar
- 5 Welcome the New Year with
Fresh Insights
- 5 Good Eats
- 6 Health & Wellness
My Take on My Way
- 7 December Birthdays
- 8 Out and About
- 8 January Birthdays

Welcome New Members!

William T. Mann

Closing the Year with Grace, Rhythm and Hope

I closed out the year by attending one of the most inspiring and joyful dance performances I have ever seen. I arrived knowing very little about the **Dance Institute of Washington (DIW)*** or about Kwanzaa, but I left uplifted, energized, and genuinely hopeful.

By Eva M Lucero

These young
dancers—
mostly African

American—performed with extraordinary talent, confidence, and unmistakable joy. Their creativity and love of movement were a vivid reminder that when young people are nurtured, celebrated, and given room to shine, the future looks not just promising, but radiant.

In *The Spirit of Kwanzaa*, DIW's performance beautifully wove together art and community. Umoja (Unity) was visible as classmates—some as young as six years old—encouraged one another through demanding dance and drumming combinations. Self-Determination shone through in choreography created by former students, including this production. Ujima (Collective Work and Responsibility) was shown how supporting one another translates to survival and strength, creating a powerful narrative



of shared effort. And Kuumba (Creativity) was unmistakable—the spark you feel the moment the music starts and the stage comes alive.

These dancers are building far more than technical skill. Ballet teaches balance and perseverance; modern and African diasporic forms offer storytelling, freedom, and voice. Watching them perform felt like a gift—and a promise. As the new year begins, their artistry and joy make hope feel not only possible, but inevitable.

*Founded in 1987 by the late Fabian Barnes, the Dance Institute of Washington empowers underserved children in D.C. through the arts — especially aspiring Black and minority dancers. Their training, mentorship, and performance opportunities help young dancers build confidence and pursue careers in ballet and the wider dance world. The Institute has earned major recognition and support, including from philanthropist MacKenzie Scott.

President's Notes



David Schwarz

The beginning of the year is a time of transitions, and for the DCV Board it is when old terms end and new ones begin. This January, three of our Board members are leaving after serving for six years—**Gretchen Ellsworth, Charlotte Holloman, and Bob McDonald**, who was also my predecessor as DCV president. For the past six years, Gretchen, Charlotte, and Bob have given generously their time and talents, not only serving on the Board, but helping to lead our committees, contributing to our newsletter, and generally offering their wisdom and leadership to address challenging issues. They will all be greatly missed.

At the same time, we have four new members joining the Board — **Mirella Shannon, Wes Rivel, Arlene Lutenegger, and Joan Rogliano**. Each comes with an impressive set of skills and experience. Joan has a background in fundraising, marketing and communications. Arlene had a career providing therapeutic services as a licensed psychologist; she is also a trained research librarian and has extensive public speaking experience. Wes has a finance and administration background with extensive project management and strategic planning experience. At DCV, among other things, he has served on the Membership and Activities Committee, has coordinated the Friendly Calls and Visits Program, and has provided frequent computer and phone help to members. Mirella

has extensive experience both as a data and systems manager for large corporations and as a university teacher and administrator. At DCV, she is providing invaluable services as a volunteer systems and management consultant, helping to integrate and streamline our disparate database systems and office functions.

Following the lead of my predecessor, **Bob McDonald**, DCV leadership has tried to make the nomination of new Board members more open and transparent. So, in late September an email went out to the entire Village, inviting members to join a Board Nominating Committee and also to indicate any interest in Board membership. We had three responses to the Nominating Committee invitation—**Monica Heppel, Susan Doolittle, and Bella Rosenberg**—and they joined **Eva, Jeanne Downing** and me on that committee. We also had a couple of responses indicating interest in Board membership.

The process then started by developing a list of 20 potential candidates—those indicating interest, candidates from past years, and others we thought might be interested. The Committee also developed criteria to assess the candidates, based on DCV's current needs; these included skills/experience in health and wellness, fundraising, marketing/outreach, technology/data management, and finance. We emailed each person on the list, inviting them to respond

with a statement of interest. We ended up with 8 respondents, and we interviewed each of them using a scripted set of questions based on our criteria. All of the respondents were very well-qualified—a very “deep bench” for the Village. So, to winnow these 8 down to 4 nominees took literally 5 hours of deliberation; our decisions were based ultimately on our criteria reflecting the Village's current needs. I want to thank **Monica, Susan and Bella** for their patience, wisdom and stamina as we worked through these very difficult discussions. I also want to thank all 8 of the respondents, who stepped forward to offer their services to the Village.

Another transition—and more personal one—is that with the January 12 Board meeting, I will complete my two-year term as DCV president. It has been an honor to serve. For whatever successes we have had over the past two years, there are so many people to thank, I couldn't even begin to name them. It truly has taken a Village. I am especially grateful to **Eva**, our executive director, to **Jeanne Downing**, our vice president, and to **Steve Kittrell**, our treasurer. They have always been there for the Village, and it has been a pleasure and a privilege to work with them.

Jeanne, as most of you may know, will be the new president (with the approval of the Board at the January 12 meeting). Given her intelligence, energy and creativity—as well as her deep commitment to the Village—we will be very lucky to have her leading DCV. I will continue on the Board for one more year, and—at Jeanne's request—I will continue on the leadership committee for a few months longer as “president emeritus”. Beyond that, I will do whatever I can to support the Village as we continue to learn from each other, keep each other company, and look out for each other.

January 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

Tour—Library of Congress (Jefferson Building)

Thursday, January 8th, 10:30 am — 2:30 pm

Location: 1st St & Independence Ave. SE

(One block from Capitol South Metro)

Registration Deadline: January 7th

Contact: bmerricks@msn.com or (202) 328-0746

Home Social Hour — Sams and Luciano

Thursday, January 8th, 5:00 — 6:30 pm

Location: Home of Sams and Luciano

Registration Deadline: January 5th

Co-Hosts: TommyASams@gmail.com or

PeterJAL2112@gmail.com Phone: (202) 986-5220

Know Your Neighbor through their Art Series (Fornari)

Monday, January 12th, 2:00 — 4:00 pm

Location: Home of Art Fornari

Registration Deadline: January 9th

Host: fornari.art@gmail.com or (917) 886-4445

Home Social Hour — Lopez

Monday, January 12th, 5:30 — 7:00 pm

Location: Home of Sheila Lopez

Registration Deadline: January 9th

Host: sheilablopez@gmail.com or (202) 841-8567

Achieving a Good Death: A Practical Guide to the End of Life Conversation with Chris Palmer

Wednesday, January 14th, 3:00 — 4:30 PM

Location: Friends Meeting of Washington

First Floor Assembly Room

2111 Decatur PI NW

Registration Deadline: January 13th

Contacts:

sdoolittle.dc@gmail.com (202) 669-8272

lsawin@verizon.net (202) 265-9802

Happy Hour — Chef Geoff's West End (1 of 2)

Wednesday, January 14th, 3:30 — 5:00 pm

Location: 2201 M St NW

Registration Deadline: December 13th

Contact: Sjliberto@gmail.com or (607) 372-2881

Happy Hour — Code Red (2 of 2)

Wednesday, January 14th, 5:00 — 6:30 pm

Location: 2440 18th Street, NW

Registration Deadline: December 13th

Contact: viernesbarb@yahoo.com or (202) 841-0695



Village Winter Party: Light up the Night

Friday, January 16th, 4:30 — 6:30 pm

Location: Inspir Embassy Row

2100 Massachusetts Ave NW

Registration Deadline: January 12th

Contact: execdir@dupontcirclevillage.net

or (202) 436-5252

Sunday Soup Salon — Mindel & Lewis

Sunday, January 18th, 5:30 — 7:00 pm

Location: 1760 Swann Street., NW

Registration Deadline: January 15th

Co-Hosts: lynnlewis940@gmail.com or (202) 365-7055

carolinejmindel@gmail.com or (202) 271-1760

Home Social Hour — Burger

Monday, January 19th, 5:30 — 7:00 pm

Location: 2301 Connecticut Ave NW # 7-A

Registration Deadline: January 16th

Host: sgburger@rcn.com or (202) 319-2611

Tour — Joy in Art at the National Gallery of Art

Tuesday, January 20th, 12:30 — 1:30 pm

Location: West Building,

6th Street & Constitution Ave NW

Registration Deadline: January 19th

Contact: bmerricks@msn.com or

(202) 328-0746

Film Noir (Film title to be determined)

Saturday, January 24th, 2:00 — 4:00 pm

Registration Deadline: January 23rd

Location: DCV Office, 2121 Decatur PI NW

Contact: patricia.baranek@yahoo.com

(202) 812-4854

Live and Learn: Cybersecurity Basics Protecting Yourself Online

Wednesday, January 26th, 3:30 — 5:00 pm

Location: DCV Office, 2121 Decatur PI NW

Registration Deadline: January 25th

Contact: volunteer@dupontcirclevillage.net

(202) 436-5252

Continued on page 4

January Calendar



Continued from page 3

A Paranormal Social Hour: "Whispers from the Other Side"

Thursday, January 29th, 5:00— 6:30 pm

Location: Home of Joan Treichel

Registration Deadline: January 26th

Host: joanatreichel@gmail.com or (202) 531-7666

Film Screening and Discussion (Film title to be determined)

Saturday, January 31st, 2:00 — 4:00 pm

Registration Deadline: January 30th

Location: DCV Office, 2121 Decatur Pl NW

Contact: Email: mlheppel@gmail.com or

(856) 332-0916

MONTHLY EVENTS

Men's Book Group

Monday, January 12th, 11:00 am

Location: 2121 Decatur Place NW

RSVP to Bob Hirsch: (703) 994-5205 or

rmhirsch49@yahoo.com

Navigating the Path Ahead

Tuesday, January 13th, 3:30 — 4:30 pm

Location: Hybrid

RSVP: Register online DCV Office

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

Mystery Book Group

Friday, January 30th 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

Online Meditation

Mondays and Thursdays, 9:00 — 9:30 am

Location: Virtual

RSVP: Register online DCV Office

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

Chair Yoga

Tuesdays, 10:30 — 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 — 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 — 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 — 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

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

Welcome the New Year with Fresh Insights

By Lee Reed and Meaghan McMahon

A new year brings new opportunities to learn and grow! It is a great time to explore the multitude of resources that are available on topics like caregiving and how to age in place safely while also remaining meaningfully connected to your community. The trouble is sifting through all this information and selecting the most helpful and high-quality options. Our nursing and social services support team, Lee Reed, R.N. and Meaghan McMahon, LGSW, have compiled a small list of their own favorite resources to help you get started.

Lee's Picks:

- *Age in Place or Find a New Space*, by Carol Chiang (written by an occupational therapist to provide a roadmap for remaining in your home)
- *Aging in the Right Place*, by Stephen Golant (explores how where you live can impact how healthy you are as you age)
- *Aging in Place: Evolution of a Research Topic Whose Time Has Come*: <https://pubmed.ncbi.nlm.nih.gov/22175020/> (an academic and historical perspective on the topic for those interested)

Meaghan's Picks:

- *With a Little Help from Our Friends: Creating Community as We Grow Older*, by Beth Baker (a collection of creative ideas for aging in community that remains relevant today)
- *Validation Techniques for Dementia Care: The Family Guide to Improving Communication*, by Naomi Feil and Vicki de Klerk-Rubin (learn how to communicate effectively with a loved one living with dementia)
- The Family Caregiver Toolbox from the Caregiver Action Network, website resource at: <https://www.caregiveraction.org/toolbox/> (review this comprehensive list of tools to support your caregiving journey)

If any of these resources seem particularly relevant to you, please reach out to Eva to schedule a time to meet with Lee and Meaghan to discuss them further.



Lapis — "Great Afghani Food!"

When looking for excellent Afghani food in the Adams Morgan area, please start with Lapis at 1847 Columbia Road NW, just off the intersection of 18th, Columbia Road and Adams Mill Road NW.

There are many good things on the menu! While the menu has a decided slant to meat, my friends and I found several great vegetarian options. We started with bolani — afghani flatbread with onion, potato and pumpkin and a kale salad with apple, fennel, red cabbage, pecan, dates, parmesan and a balsamic vinaigrette dressing. (My favorite!)

We followed with a yellow dal (lentils) with onions and garlic, gulpee—cauliflower, cilantro and tomato sauce, and kofta—beef meatballs, carrot, potato, tomato sauce with a side of basmati rice. We added a side of naan bread to clean our plates. And our waiter surprised us with a free dessert to share—sheer berenj, composed of coconut rice pudding, cardamom and garnished with pistachios.

Check out their www.lapisdc.com to find their dinner, brunch and lunch menus. Lapis is open for lunch on weekdays from 11 am - 3 pm, dinner daily starting at 5 pm, and weekend brunch from 10 am to 3 pm. Please pay attention as you settle your bill as a 20% service charge is added to every check! In 2025, the Washington Post included Lapis in its "[How the Restaurant Class of 2015 Changed DC Dining!](#)" Michelin Guide includes Lapis in its "Best Brunches in DC" list! Google gives it 4.5 stars with nearly 2000 reviews!

— Enjoy, Tom Carmody



My Take on My Way

by Peggy M. Siegel

Last November, DCV Board member **Bob McDonald** invited me to share in the monthly newsletter my experiences, having participated in a seminal Dupont Circle Village initiative. Entitled *My Way*, it aimed to cap off a life well-lived (hopefully, a claim that most of us can make) with a good death by helping us to “prepare for the inevitable by making plans and choices for the end of life.” Bob encouraged me to include: 1) my motivation for participating; 2) things I learned; and 3) how it had changed my perspective.

But first, some context. Each of us, members of an organization founded on the goal of successfully aging in place, can certainly relate. Fortunately, four Villagers—**Jeanne Downing, Monica Heppel, Abigail Wiebenson,** and **Susan Doolittle** moved our collective goal from aspiration to action.

“(We) got together to learn as a squad about end of life,” explains Jeanne when asked how *My Way* came to be. Monica added personal details. “I think the 4 of us came together with different priorities and at different points in thinking about end of life issues. I started at the end point, thinking of a throw away comment ‘just shoot me’ I had made with reference to a friend who had been on life support for a while. A more serious consideration led to the questions of what can one do when the quantity of days your body wants to continue exceeds the quality of life your consider worth living?”

“The questions just kept getting bigger,” she continued. What is a good death for me and how can I make my death good for those I care about? What do I need to do to improve the odds of achieving these? Big questions call for a larger discussion with people who share certain values regarding life and death.”

The four friends met regularly for over a year. They drilled down on articulating priorities, divided the task of collecting information and identifying key resources, and then discussed their findings regarding, as Monica explained, “the pragmatics of getting ready for a good death.”

And here is where the DCV enters the picture. It became the vehicle through which the four pathfinders could share what they had learned. A grant proposal, written by DCV Executive Director **Eva M. Lucero** and Health & Wellness Committee member **Leslie Sawin**, secured a

grant to produce materials and meet over six sessions beginning in March and ending in October. Twenty Villagers, including me, signed up to participate.

Each session followed a similar format. Materials were emailed in advance in order to frame the topic. One or two of the four pathfinders served as facilitators. The presentations often included a guest speaker as well as publications/handouts, followed by table discussions of the key issues and brief evaluations.

Space considerations preclude offering details of each session. Fortunately, DCV provided participants with a bounty of written materials, resources, and additional contacts. Leslie captured session highlights in previous editions of the *Dupont Circle Village News*. *My Way* also has its own tab under the Health & Wellness section of the DCV website, which provides information on each of the six sessions—as well as the capacity to add new information so that members can benefit in perpetuity. DCV executive staff often attended the *My Way* sessions and are providing critical support to Villagers who are addressing the issues. The Live & Learn and Health & Wellness Committees are expanding on the topics as well. An upcoming event, “Achieving a Good Death: A Practical Guide to the End of Life Conversation with **Chris Palmer**,” is scheduled for January 14th.

1. My motivation for participating. In March, *My Way* had sent participants a preliminary survey asking what had drawn us to the program, our goals for working together, and to identify any particular issues that were important to us. In part, I responded that my goal was to live independently as long as possible, “reducing uncertainty” by coming up with a plan NOW—particularly given my situation of living solo with no close family in DC. The opportunity to be guided by “a small group of trusted friends who have explored such issues in-depth and are willing to share what they had learned” was especially appealing.

2. Things I learned. Probably, the greatest thing I learned was that achieving a good death is even more complicated and complex than I had thought. The challenge, then, is not to be overwhelmed into a state of passivity or denial by the enormity of the task. Fortunately, *My Way* has provided an indispensable starting point to forge ahead.

Continued on page 7

My Take on My Way

Continued from page 6

My plan is to delve into all of the materials and produce a huge check list of things done, things to do, additional issues, a way to connect the dots, and a timeline. Overwhelming, perhaps, but manageable by putting one proverbial foot in front of the other. The good news: Strength in numbers. There's an incredible support base of individuals who are confronting similar circumstances with an entire Village available to support them.

The My Way approach also offers a useful format for the Village to address future priority issues in a similar fashion, where a small group of like-minded members act as catalysts and facilitators for future organizational action.

3. How My Way changed my perspective For me, the best response is to revisit the original source. Imagine the immortal image of Frank Sinatra belting out one of his signature tunes, which begins like this:

*And now the end is near
And so I face the final curtain
My friend, I'll make it clear
I'll state my case, of which I am certain*

*I've lived a life that's full
I've traveled each and every highway
And more, much more
I did it, I did it my way...*

Just a tune no longer. Because of My Way—the DCV version—the lyrics resonate differently, profoundly. They represent the path forward.



December Birthdays



Abigail Wiebenson hosted the December birthday celebrants at her new apartment on New Hampshire Avenue. **Nancy Turnbull, Evelyn Deustachio, Matt Abrams, Leslie Carothers, Barbara Nielsen, Peg Simpson, Ann Talty and Dierdre O'Neil.**

Out and About



▲ Villagers touring the Arts Club of Washington in December.



▲ This autumn **Jock Covey** and **Kathy Price** were in The Hague where he testified in a War Crimes Tribunal related to Jock's time with the UN in the Balkans. They also visited several museums including the Escher and enjoyed the stunning beaches of this area, then onto fabulous Amsterdam: canals, windmills, cheese, tulips.



▲ **Carol Galaty** flew, two consecutive over-night flights, to Fremantle, West Australia joining her daughter Elise from Denmark, to greet, Elise's husband, Joachim. He had just arrived, from Cape Town, South Africa, after seeing no land for 23 days, to win a leg of a 10 ship, round the world international clipper-ship race sailing through some of the roughest winds and waves in the world with excruciating cold. Then the three of them took a little time to travel and enjoy Western Australia's culture, scenery, flowers, fauna and hot summer weather!

January Birthdays



A very happy birthday to all Villagers born in January!

Walter Albano, Patricia Black, Allan Comp, Burke Dillon, Harriet Fields, Katherine Flaherty, Anne Groer, Christina Hannah, Susan Hattan, Michael Hoffman, David Insinga, James Klick Marcy Logan, Bob McDonald, Kathleen McDonald, Carol Morgan, Rod Myers, Frances Oakley, Creighton Phelps, Ali Rebatchi, Bill Riley, Martha Rosacker, Bella Rosenberg, Anna Simon, Kathy Spiegel, Tom Spinelli, Linda Suggs, and Penelope Williams.

DUPONT CIRCLE
Village
Shattering the Stereotype

Out and About



DCV Meditation leader **Patricia Ullman** attracted a sell-out crowd of Villagers at the December Soup Salon, co-hosted by **Caroline Mindel** and **Lynn Lewis**. Some 22 of us reviewed the basics and sat silently together in community.



Once again, DCV is partnering with the Washington International School for our *Teens Teach Tech* series. These students bring not only excellent tech skills but also kindness, patience, and plenty of charm.



Abigail Wiebenson, her son **Derek** and granddaughter **Kate**, had lunch with **Frank Walter** and **Michael Uttecht** at their new home in Boulder Colorado.



DCV Villagers along with Villagers from Foggy Bottom West End Village (FBWE) participate in GW's Walk with Docs Saturday Program.

Out and About



▲ Villagers enjoying a Christmas dinner together. **Frances Oakley, Peggy Long, Sasha Mabry, Judith Neibrief, Mary Wheeler, Sarah Burger and Nancy Turnbull.**



▲ Several Villagers and friends gathered to celebrate Chanukah at the home of **Caroline Mindel and Lynn Lewis.** Latkes, applesauce, and chocolate-covered "gelt", as well as comrade and good cheer, were on the menu.

▲ The 2025 line-up for the DCV Mystery Book Group.



▲ Villagers came together to prepare 21 festive holiday bags for fellow members, each filled with soup, treats, drinks, holiday cookies, and a small gift, all wrapped in good cheer. Huge thanks to the volunteers who made this possible. Their kindness, time, and care truly show the heart (and holiday spirit) of our Village. Proof once again that in our community, generosity is always in season.



▲ Our wine-loving Villagers gathered once again to sip and celebrate a festive lineup of sparkling wines for the holidays. Bubbles flowed, spirits soared—and a fantastic time was had by all!





▲ Members of the DCV's LGBTQ group enjoy a tour of the newly located LGBTQ+ Community Center on 1828 Wiltberger St, NW.

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
2121 Decatur Place NW
Washington, DC 20008
www.dupontcirclevillage.net
admin@dupontcirclevillage.net
202-436-5252

Board of Directors

David Schwarz, *president*
Jeanne Downing, *vice president*
Steve Kittrell, *treasurer*
Kari Cunningham, *secretary*
Patricia Baranek
Sarah Burger
Charletta Cowling
Gretchen Ellsworth
James Hambuechen
Charlotte Holloman
Bob McDonald
Meaghan McMahon
Bill O'Brien
Michael Speer

Eva M. Lucero
executive director

Newsletter co-editors

Eva M. Lucero, *editor*
Sherri Monson, *copy editor*

Design

Kelly Sullivan