



DUPONT CIRCLE

Village

Shattering the Stereotype

Adams Morgan • Dupont Circle • Kalorama

“Do not let the behavior of others destroy your inner peace.”
— Dalai Lama

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Welcome New Members!

Nancy Diamond
Judy duBerrier
Karen Franklin
Ted Mann

Japan's 72 Microseasons: A perception of time in harmony with nature

Most calendars tell us what day it is. Japan's traditional calendar tells us what is happening.

Rather than dividing the year into four seasons, Japan recognizes 72 microseasons (*shichijūni kō*), each lasting about five days. Rooted in an ancient Chinese solar calendar and refined for Japan's climate, the system breaks the year into 24 solar terms, then further into three microseasons each. The result is a calendar that tracks not dates, but delicate shifts in the natural world.

Each microseason is named for a specific, observable event: *plum blossoms open, frogs begin to sing, sparrows build nests, dew glistens white*. These are not poetic abstractions; they are cues to notice what is changing right now, often quietly and gradually. For last month's snowstorm it would be easy to create a microseason such as *season of white stillness*.

The genius of the microseasons lies in their worldview. Time is not something to conquer or optimize, but something to witness. Spring does not arrive all at once; it unfolds



through hesitations, risks, and small transformations. Ice cracks, insects stir, buds test the air. The calendar beautifully pays attention to nature.

This sensibility still shapes Japanese culture today, from poetry and seasonal foods to design, mindfulness, and even modern planners that include microseason names. It reinforces an ethic of awareness and respect for impermanence.

In an era obsessed with speed and productivity, the 72 microseasons offer a gentle corrective. They remind us that change is constant, meaning lives in transitions, and nature—unhurried—gets everything done.

And honestly, as Washingtonians, I think we will agree that “*first cherry blossoms bloom*” beats “*Week 13*” every time.

President's Notes



Jeanne Downing

DCV: 2025 Reflections and 2026 Outlook

"2025 Reflections" served as the centerpiece of DCV's first Board meeting of 2026. Each of the eight presenters detailed staff and the DCV committee's 2025 accomplishments, key lessons, and the challenges remaining for the year ahead. As the new Board President, I wanted to share a summary of this rich discussion, which introduced our new Board members to our 2025 activities while providing a strategic agenda for 2026.

The President's Report

DCV's Growth.

Jeanne Downing and **David Schwarz** shared reflections on the Board's 2025 efforts to plan for growth. This initiative was sparked by data from the Membership and Activities Committee, showing a gain of 100 new members over the last five years—bringing our current total today to 330.

After considerable deliberation, the Board determined that turning away those seeking to join our community was fundamentally unacceptable. The Board voted against placing a cap on membership. This decision carries a significant responsibility for our future: to remain inclusive, DCV must now expand our programming and increase our volunteer base to develop and implement new offerings that meet the evolving needs of our growing membership.

Strategic Staffing for Growth. Changing our staff configuration was seen as key to our effort to manage growth. DCV's Executive Director, **Eva M. Lucero**, has recently hired a new Deputy Director, who will partner with her in managing

our expanding programming, while bringing the technical skills necessary to efficiently handle the needs of our members. **We will have an experienced online program coordinator to oversee the calendar in a remote role.**

Financial Health & Operations.

To finance DCV's growth, Treasurer **Steve Kittrell** and the Finance Committee identified key areas to reduce expenses and increase revenue. Strategies include raising dues, intensifying fundraising efforts, and carefully managing deficit spending to ensure long-term stability. Eva—with help from our volunteers—is in the process of growing the size and diversity of our fundraising efforts and partnering with others to attract new donors.

Measuring Growth and Program Performance.

DCV—with the leadership of Board member **Mirella Shannon**—has made significant strides in developing an integrated database system to quantify the performance of our programs and automate reporting to donors and the Board. In 2026, we will expand this system to fully capture membership data, event attendance, and metrics on both the members served and the volunteers contributing to our care services.

Membership and Activities Committee (MAC)

The Membership and Activities Committee (MAC) has been successful in adding one new committee member and several project-specific volunteers. This success stems from creatively designed activities, and the introduction of short-term, time-limited volunteer opportunities. MAC will continue to try to involve more Villagers in planning and implementing new programs.

However, MAC has struggled with diversifying program attendance. While a loyal set of members are repeat attendees, there are many others who rarely attend activities. Interestingly, new events have been more successful

in diversifying who attends. MAC aims to learn from this and build on these successes to create a range of offerings that appeal to an increasing number of members. Additionally, in 2026 MAC will send some event invitations based on geographic areas to help connect neighbors with one another.

Health and Wellness (H&W)

The "My Way" program was a resounding success, proving the value of a multi-pronged approach—combining newsletter articles, website resources, and professional speakers with participatory sessions. The program culminated in a well-attended talk by Chris Palmer on *Achieving a Good Death*. In 2026, H&W aims to build on the lessons learned from *My Way* and to launch new programs, including Iona's award-winning online learning program, called *Solo Aging*.

However, challenges remain. The H&W Committee currently lacks enough members to fully execute its ambitious strategic plan. Gaining insight into which programs are most desired and ensuring consistent participation and evaluation remain ongoing priorities.

DCV's Commitment to Confidentiality

Since formally codifying our confidentiality policy in 2024, DCV has worked diligently throughout 2025 to weave these standards into the daily fabric of our leadership, committees, and volunteer efforts. These measures are more than just policy; they are a fundamental promise to protect the privacy of every DCV Villager. Our volunteers and staff are specifically required to maintain this privacy as part of their service commitment. By upholding these core values, we aim to ensure that every member can access personal care and connection within our community network with confidence.

We Want to Hear From You

Do let us hear from you—what challenges have we missed that you think the Board should be looking at in 2026? Send us your thoughts to bjdowning8@gmail.com.

February 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

Medical Note-Taking Training (In Person Only)

Friday, February 6th, 11:00 am — 12:00 pm
Registration Deadline: February 5th
Location: DCV Office, 2121 Decatur PI NW
Contact: execdir@dupontcirclevillage.net
(202) 436-5252

Tour — Australian Indigenous Art at the National Gallery of Art

Friday, February 6th, 12:00 — 1:00 pm
Location: NGA East Building
4th and Constitution Avenues NW, DC
Registration Deadline: February 5th
Contact: mvwheeler@verizon.net
(202) 744-5006

Wine Sampling

Friday, February 6th, 4:00 — 6:00 pm
Registration Deadline: February 5th
Location: DCV Office, 2121 Decatur PI NW
Contact: spydupont@aol.com
(202) 486-6226 (c)

Tour — State Fairs: Growing American Crafts at the Renwick Museum

Monday, February 9th, 11:00 am — 12:00 pm
Location: Smithsonian Renwick Museum
1700 Penn Ave, NW
Registration Deadline: February 8th
Contact: afgottlieb@gmail.com or (202) 441-1932

Happy Hour — The Grill from Ipanema (1 of 2)

Wednesday, February 11th, 4:30 — 6:00 pm
Location: 1858 Columbia Rd NW
Registration Deadline: February 10
Contact: Sjliberto@gmail.com or (607) 372-2881

Happy Hour — Onggi Korean Cuisine (2 of 2)

Wednesday, February 11th, 4:00 — 6:00 pm
Location: 2100 P Street, NW
Registration Deadline: February 10th
Contact: viernesbarb@yahoo.com or (202) 841-0695

Tour — National Postal Museum

Thursday, February 12th, 11:30 am — 12:30 pm
Location: First St and Mass Ave, NE, Union Station Metro
Registration Deadline: February 11th
Contact: sdkskh@earthlink.net or (202) 234-4944 (c)



Home Social Hour — Walz

Thursday, February 12th, 5:00 — 6:30 pm
Location: Home of Terry Walz
Registration Deadline: February 9th
Contact: terrywalz@yahoo.com or (202) 492-5501

LGBTQ Friends' Valentine's Soirée

Sunday, February 15th, 3:00 — 5:00 pm
Location: Home of David Schwarz
Registration Deadline: February 12th
Contact: Tom Spinelli, tmsndc@gmail.com

Film Noir: Movie TBD

Saturday, 21st, 2:00 — 4:00 pm
Registration Deadline: February 20th
Location: DCV Office, 2121 Decatur PI NW
Contact: patricia.baranek@yahoo.com
(202) 812-4854

Sunday Soup Salon — Mindel & Lewis

Sunday, February 22nd, 5:30 — 7:00 pm
Registration Deadline: February 19th
Location: Home of Caroline Mindel and Lynne Lewis
Contact: lynnlewis940@gmail.com or (202) 365-7055
carolinejmindel@gmail.com or (202) 271-1760

Live and Learn:

Overcoming Obstacles We Encounter during the Aging Process Christine Bitzer — Seabury Resources for Aging

Monday, February 23rd, 3:30 — 5:00 pm
Location: DCV Office, 2121 Decatur PI NW
Registration Deadline: Saturday February 21
Contact: execdir@dupontcirclevillage.net
(202) 436-5252

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February Calendar

Continued from page 3

Saturday Movie Matinee: TBD

Saturday, February 28th , 2:00 — 4:30 pm

Registration Deadline: February 27th

Location: DCV Office, 2121 Decatur Pl NW

Contact: mlheppel@gmail.com or (856) 332-0916

MONTHLY EVENTS

Men's Book Group

Monday, February 9th, 11:00 am

Location: 2121 Decatur Place NW

Register online or contact DCV Office at (202) 436-5252

Navigating the Path Ahead

Tuesday, February 10th, 3:30 — 4:30 pm

Location: Virtual

RSVP: Register online DCV Office

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

Mystery Book Group

Friday, February 27th 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 Bobbi 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



Meet the New Board Members



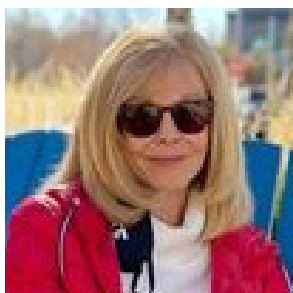
Arlene Lutenecker is a retired psychologist/therapist from Minnesota. She has advanced training in bereavement and focused her practice on clients who were dying and those who were grieving. Arlene also served on a Speakers Bureau for 8 years, offering talks on mental health issues, such as the prevalence of depression in the elderly and ageing. In her 50's, Arlene returned to school and became a librarian.

Personally, Arlene was a caregiver for her husband who struggled with Parkinson's Disease for 28 years, until his death in February 2025. In this role, she led and attended caregiver groups and groups for people with chronic, progressive illnesses. She is now facilitating a widow's group.

Arlene currently works part time at the front desk at Iona Senior Services. She also helps to manage their medical equipment loan closet. So, the next time you call looking for a walker or wheelchair, you may hear her voice at the other end!



A native of Brooklyn, NY, **Wes Rivel** moved to the Washington area in 1965 to attend Saint Albans School as a high school boarder. After graduation from Middlebury College in Vermont, he operated the Rivel & Ryan real estate brokerage in Georgetown during the 1970s. He then had a 40-year career in finance and business strategy, mostly in Brazil, with 15 years each at Chase Manhattan Bank (now JP Morgan) and Mastercard. Wes has three children and seven grandchildren. He retired and returned to Dupont/Logan Circle in 2019 and has been active in local organizations, including DCV, since 2022.



Originally from the New York city area, **Joan Rogliano** recently relocated to DC from CO where she owned a real estate company. Her career also focused on creating small businesses and a non-profit organization. Dupont Circle Village (DCV) played a major role in her transition to DC and she is excited to serve on the DCV board and contribute to this meaningful organization.



Mirella Shannon relocated to Washington, DC from Boulder, Colorado following her retirement and became a member of Dupont Circle Village.

Her career encompassed executive management, public service, and education. After early retirement as Vice President of Technology in New York, Ms. Shannon volunteered with the Peace Corps in Belize—a transformative experience that inspired her transition into the field of education.

She subsequently served as a tenured professor and associate dean, providing university courses in game programming.

Upon her second retirement, Ms. Shannon dedicated herself to volunteerism, contributing her skills to several nonprofit organizations in Chicago, Boulder, and finally to Dupont Circle Village.

2025 Annual Appeal Donors

Anonymous (4)

Matt Abrams

Gordon Binder & Michael Rawson

Patricia Black

Peter Bloom

Sue Bremner

Sarah Burger

Rick Busch

Nancy Duff Campbell

Shirley A. Campbell

Leslie Carothers

Susanne Charlick

Juan Cockburn

Mary Jean Collins

Patrice Coss

Burke Dillon

Susan Doolittle

Jeanne Downing

Tia Duer

Lucia Edmonds

Dianna Eshman

Geri Ferber

Harriet Fields

Carol Galaty & Ken Shuck

Nancy Gamber

Alan Gambrell

Tim Getek

(in memory of Mary Latka)

Anita Gottlieb

Mike & Davye Gould

Katharine B Gresham

Jim Hambuechen

Mary Hanley

Chris Hannah

Jennifer Heppel

Mimi C Higgins

Mike Higgins & Judith Kirvan

Charlotte Holloman

Lynn & Joe Horning Foundation

Olga Hudacek

Gale Hurd

Steve Kaffen

Sheldon T. Katz

Drs. Donald & Katherine Keller

Kevin Keller & Keith Brengle

Suedeene Kelly

Phyllis Kimmel

Steve Kittrell & Susan Hattan

Don & Louise Krumm

Richard Kuisel

Sally Lesser

Lynn L. Lewis

Dr. Kenneth & Jane Lieberthal

Peggy Long

Sheila B. Lopez

James Martin

Pender McCarter

(in memory of Robert Meehan)

Bob McDonald & David Insinga

Janet McMahon

Richard Mollineaux

Robert J Mulligan

Rod Myers & Pat Scobie

Geri Nielsen

Bill & Joyce O'Brien

Janis Oehmann

Deirdre O'Neill

Irene Price

Kenlee Ray

Lex Rieffel

Dwayne Rieves & Greg Bolton

Joy Rodman

Bill & Courtney Rogers

Bella Rosenberg

Barbara Rothkopf

Leslie Sawin

Shubh Schiesser

David Schwarz

Gerald Schwinn

Miriam Schottland

Peg Simpson

Barbara Sloan

Phillip Solano

Michael Speer & Mark Goldstein

Kathy Spiegel

Linda Suggs

Ingrid & Richard Suisman

Ann Talty

Maria Thomas

Nancy Turnbull

Gloria Valle

John VerSteeg & Jane Pierson

Terry Walz

Jeanne Welsh

(in memory of Linda Rosch)

Victor Wexler

Mary Wheeler

(in memory of Janet Kegg)

Abigail Wiebenson

Cynthia P. Williams

Roy Wyscarver & Ann Bryant

Sandra Yarrington

Sharon Zamore

Patty Zweibel & Dan Leathers

DC Department of Aging &

Community Living (DACL)

The Washington Home

**This list does not include the generosity of all who donated to the annual gala.*

January Birthdays



Villagers enjoying a January birthday party hosted by **Leslie Sawin**. L-R **Burke Dillon, Michael Hoffman, Susan Hattan, Chris Hannah, Pat Black, Ali Rebatchi, David Insinga, Bob McDonald, Tom Spinelli, Carol Morgan** and **Martha Rosacher**.



Common Cold? O My—How Do I Choose Among All The “Cold” Drugs on Store Shelves

By Dwaine Rieves

Cough, nasal stuffiness and congestion, mild fever, a few muscle aches—the symptoms of a common cold are all too familiar to most folks once they enter their senior years. And if those symptoms aren’t bothersome enough, many of us seniors will browse the store shelves of “cough and cold” or “cold & flu” medicines in search of a simple and safe drug to help us feel better. And because we know there is no “cure all” for the common cold (if only), we generally will think of our most bothersome symptom or two. And hopefully we can find a drug on the shelves that can safely treat those specific symptoms.

Cough? Nose or sinus congestion? Achiness? The other day I went searching for a drug to help my cough, which is typical for when I catch a cold. But when I started browsing the “cold & flu” shelves at the CVS on Dupont Circle, I felt like I gazing down the Las Vegas strip because there so many choices and so many that seemed to shout their usefulness in treating the “COLD,” or “COLD and COUGH,” or “MULTI-SYMPTOM COLD.” Red and blue bottles, happy faces and green cartoon noses, day and night versions—the choices were overwhelming.

After orienting myself to all these drug options, I found a few that were targeted to “COUGH.” As I stood before the “COUGH” syrups, I got to thinking about my nasal stuffiness, and then I remembered I did ache a little also. So maybe one of those “MULTI-SYMPTOM COLD” medicines would treat my nighttime cough as well as a few other symptoms. Ugh—how to choose?

I walked further down the aisle and saw that some “COLD” medications also had big letters on the label saying they were for “SEVERE SYMPTOMS” or “INTENSE FLU” or “COLD RELIEF.” Several labels also claimed, “MAXIMUM STRENGTH” some saying in big letters “EXTENDED RELEASE,” and others “SAFE FOR USE WITH HIGH BLOOD PRESSURE,” and others “SAFE WITH DIABETES.”

In short, scanning the front labels of all these drugs was mystifying, the spectacle giving me the sense that each and any one of these drugs was sort of a gamble. Why wasn’t there some standardization on all these labeling claims for over-the-counter (OTC) cold medicines?

At this point, I chuckled to myself because I realized my cold had clouded my thinking. Too, I was in a hurry. So, between my impatience and unease, I’d overlooked the obvious. Of course, Food and Drug Administration (FDA) has required standardized labels on these drugs. Indeed, decades back I’d worked as an FDA regulator of drug labeling. Dwaine, didn’t you remember? The FDA does require “factual” labeling on these OTC drugs, but the facts do not have to be on the front of the box or bottle. The front is for making a sale. The front is where the happy face and Las Vegas-neon branding logos typically go.

Drug Facts	
Active ingredient (in each tablet) Chlorpheniramine maleate 2 mg	Purpose Antihistamine
Uses Temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: ■ sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat	
Warnings Ask a doctor before use if you have: ■ glaucoma ■ a breathing problem such as emphysema or chronic bronchitis ■ trouble urinating due to an enlarged prostate gland Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives. When using this product: ■ drowsiness may occur ■ avoid alcoholic drinks ■ alcohol, sedatives, and tranquilizers may increase drowsiness ■ be careful when driving a motor vehicle or operating machinery ■ excitability may occur, especially in children If pregnant or breast-feeding, ask a health professional before use. Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.	
Directions adults and children 12 years and over take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours; children 6 years to under 12 years take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours; children under 6 years ask a doctor	

Drug Facts (continued)	
Other information ■ store at 20-25°C (68-77°F) ■ protect from excessive moisture	
Inactive ingredients D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch	

I then lifted a box of the “MAXIMUM STRENGTH” from the shelf and looked at the back of the box. There it was—“DRUG FACTS” in the format required by FDA. FDA has required all OTC cold drugs to include a “DRUG FACTS” section on their labels. It’s the most important facts about the drug, including:

- name of the chemical in the drug (the “active ingredient”)
- purpose (“use”) of the drug
- directions on how to use the drug (dose and how to take the dose)
- warnings and other important safety information.

The main types of cold drugs are:

- Nasal decongestants - unclog a stuffy nose
- Cough suppressants - quiet a cough
- Expectorants - loosen mucus in your lungs so you can cough it up
- Antihistamines - stop runny noses and sneezing
- Pain relievers - ease fever, headaches, and minor aches and pains.

These are important to know so that you don’t accidentally double up on the same drug.

Below, I include an example of the “DRUG FACTS” the FDA provides to the public and drug companies. But did you know that FDA allows the “DRUG FACTS” to be printed in a font that is known to be too small for many seniors to read?

Yes, when FDA set up the requirement for labeling, the Agency noted that the required font size (6 point) was too small for most seniors to read. They made this decision to allow companies to fit the information on small containers. So, what do you do if you can’t read the “DRUG FACTS”? FDA says to “ask your pharmacist.” Of course, we can adjust our glasses, try a magnifying glass, or look up the

Continued on page 11

Meet DCV's new Deputy Director



Kloe Lloyd grew up on the Mississippi Gulf Coast and moved to Washington, DC with a commitment to creating change that lifts communities. She holds a Bachelor of Arts from the University of Mississippi and a Master of Public Administration from Johns Hopkins University.

During her nearly four years in DC, Kloe has worked in policy

focused on older adults, advancing food security and healthcare access while also addressing isolation, loneliness, abuse, and neglect. Her background includes

congressional outreach, coalition building, and strategic communications, all centered on policies that help older adults thrive.

One of the most rewarding aspects of her work has always been connecting with older adults themselves and hearing their stories. DCV's "neighbors supporting neighbors" approach aligns deeply with her belief that community care isn't just nice to have—it's essential. She is excited to transition from policy work to connecting directly with the Dupont Circle Village community.

In her free time, Kloe enjoys exploring different cultures through museums and DC's food scene, making art, and spending time with her two Scottish Terriers. Her grandparents live in the area, and she loves taking them on outings around the DMV.



El Secreto de Rosita — "Peruvian Secret on U Street!"

Please consider an interesting Peruvian spot in the U Street Corridor, El Secreto de Rosita! Just off 16th Street NW, it is located at 1624 U Street NW.

The highlight and recommended "mandatory" item was the ceviche. Choose your fish and choose your sauce. We went with the recommendation of the kind waitress and ordered Corvinha with Aji Amarillo. Very nice!

For entrees, we combined a few things: Platanos con Crema (sweet plantains with a side of cream) appetizer; Arroz Con Pollo (chicken and rice); and Arroz Chaufa con Camaron (shrimp and rice). Should have ordered a proper Peruvian Pisco Sour! Next time! The waitress very graciously brought Churros con Chocolate as a complementary dessert after we mentioned celebrating my friend's birthday! A couple of guys playing percussion accompanying recorded music added to the ambiance.

Also had an interesting visit to the table from the owner. Originally from Ecuador, he opened El Secreto in 2021. And, as you sit in the dining room, you can look through a doorway to see Nabiha, a Palestinian restaurant, run by his wife! Two restaurants for one. A nice man!

Check out their [website](#) to find their dinner and lunch menus. El Secreto is open for lunch on weekends and dinner daily starting at 5 pm. Wine specials on Wednesdays. Happy Hour every day at the bar from 6-8 pm. Also, check out this [Washington Post](#) review! Google gives it 4.3 stars with over 500 reviews!

— Enjoy, Tom Carmody



DCV Case Management Team

Using a Person-Directed Approach to Prevent Falls

By Meaghan McMahon and Lee Reed (DCV Case Management Team)

Each year, 14 million Americans (1 in 4) age 65+ will fall. Fall injuries can lead to a loss of independence and social isolation (National Council on Aging).

Lee Reed, R.N. our Healthcare Navigator and Meaghan McMahon, LGSW, our Social Worker have created a fictional case study below to demonstrate the issue from a nursing and social services perspective.

Mrs. X is 83 years old and lives alone. One morning, Mrs. X falls in her apartment. Luckily, she has her cell phone on hand. Mrs. X calls Lee and reports she cannot get up on her own and may have hit her head. Lee asks Mrs. X to remain on the phone and stay on the floor. On a separate line, Lee dials 911 and then calls the building concierge to alert them to the impending arrival of the EMTs. Lee then does a phone assessment with Mrs. X and finds she doesn't have bleeding or an increased headache and remains alert and oriented to her name, date, and surroundings. Mrs. X. is then taken to the hospital and admitted for a fracture of her left hip.

Using a person-directed approach, Lee and Meaghan hear from Mrs. X that her preference is to return to her apartment. Meaghan arranges for in-home physical therapy and home health aide services. Lee works closely with Mrs. X to review her medications to address possible side

effects that could lead to falls such as dizziness, unsteady gait, and the need for frequent urination because of the diuretic she is taking. Meaghan helps Mrs. X find resources to assess her future fall risk, build strength to improve balance and check her apartment for safety hazards.

When it comes to preventing falls, you can get started today:

- Take this assessment from the National Council on Aging — <https://www.ncoa.org/tools/falls-free-checkup/>

- Build strength and improve balance with the Fit & Well Seniors Program at the YMCA — <https://www.ymcadc.org/programs/health-fitness/fit-well-seniors/>
- Use this checklist to do a home safety audit: <https://www.aota.org/~media/Corporate/Files/Practice/Aging/rebuilding-together/RT-Aging-in-Place-Safe-at-Home-Checklist.pdf>

If you want to learn more, please contact Eva to be connected to DCV's nursing and social services support.

Save the Date!

DUPONT CIRCLE VILLAGE

Cinco de Mayo Gala!

FRIDAY, MAY 1



The Case of the Missing Villager

By Joan A Treichel

I joined Dupont Circle Village a decade ago. And one of the greatest returns I've received from my investment is the friendship of a fellow Villager named Alex.

Actually Alex and I joined the Village around the same time, and as soon as we became acquainted, it was obvious that we had loads in common. We had both been raised in the South, we both had lived abroad, we both liked hiking and pickleball. We often got together on weekends to pursue various activities — say, trying a new restaurant or exploring a new neighborhood. She was my partner in crime, so to speak. We always had fun.

A few Saturdays ago, however, something unexpected happened. Alex was supposed to meet me in front of my apartment building at 1 pm. But she didn't show.

I called her cell phone number. She didn't answer, so I left her a message. I looked to see whether she had sent me an email or had texted me to let me know she couldn't make it. She had not. Fifteen minutes passed; then half an hour. I walked over to the Imperial House where Alex lived, entered the lobby, and asked the manager whether he could ring Alex's apartment. He did so, but there was no response.

I was growing increasingly alarmed that something had happened to Alex. She was usually so dependable; her not keeping a date was totally out of character. Then my imagination let loose and conjured up all sorts of dreadful scenarios.

For instance, if you lived in the Dupont Circle area a number of years ago, you might remember that a young woman residing on Church Street two doors down from St. Thomas Parish disappeared in broad daylight. As it turned out, someone abducted her, then killed her. Could something like that have happened to Alex?

And then there was the time that a Russian checked into the hotel on Dupont Circle and the next day was found dead on the floor of his room. Curiously, I couldn't find any mention of the slaughter in the local press. Was our federal government perhaps keeping it under wraps to avoid an international incident? Now suppose that something equally nefarious had happened today in the Dupont Circle neighborhood, and Alex had just happened to be in the line of fire?

My thoughts then turned to the possibility that Alex had been hit by a car while crossing Dupont Circle. I googled

to find out whether any such accident had occurred in the District on that particular day. The answer was no. I then emailed **Eva M Lucero**, our Village executive director, and asked her what she thought I should do at this point.

"Call 911!" she said.

So I did. And within a matter of minutes, firemen arrived at the Imperial House and broke into Alex' apartment.

And there, they did indeed find Alex's body. Yet it wasn't dead, but very much alive: Alex was tucked in her bed, fast asleep, and snoring lightly.

The firemen managed to wake her and ask her what in the heck was going on. "I stayed up all last night finishing a project, then went to bed about 6 AM," she explained. "After that, I must have fallen into a deep sleep because I didn't hear my alarm go off, or my cell phone ringing, or you firemen breaking into my apartment. Gee, I am so sorry!"

Finally, one of the firemen called me to report the happy news that Alex was alive and kicking. He also gave me her case number in the event that I wanted to follow up with the 911 staff and learn more about her rescue.

Footnote: This is a true story. Only the name of the perpetrator has been changed in order to protect her privacy.

February Birthdays



A very happy birthday to all Villagers born in February!

Donna Batcho, Kathy Cardille, Juan Cockburn, Tia Duer, Gretchen Ellsworth, Michael Gallagher, Nancy Ghent, Nan Gibson, Michael Gould, Katharine Gresham, Arlene Lutenege, Kathy Price, Pamela Rao, Bill Roberts, Nancy Rocha, Barbara Sloan, Eileen Tanner, John VerSteeg, Mary Wheeler and Valentine Wilber.



Meet New Member Diane Quinn

Diane Quinn is a newcomer to Dupont Circle Village, just joining in the last few months. Prior to joining, she had attended a Village event with a friend and enjoyed herself. With that, her friend partnered with her sister and gave her a present of a Village membership!



Although a relatively new Village member, Diane has enjoyed attending a Soup Salon, a few social events and a lecture at an art museum. She is also interested in joining one of the walking groups but wants to learn more about it. She confesses she is still figuring out the various Village communication systems — group emails, website calendar, solicitation of referrals, how different activities work, etc.

Beyond participating in Village activities, Diane is very engaged in her Dupont Circle community. She is an active member of the Dupont Circle Citizens Association, organizing events and speakers that provide information on city-wide issues via monthly community meetings.

Previously, Diane volunteered with the Southeast DC Samaritan Ministry where she worked helping returning citizens released from prison find housing and work. The program also supported single mothers find work and housing.

Diane is also a member of the leadership team at St. Luke's Episcopal Church, organizing events such as a Juneteenth celebration and "free" concert... "Hidden Gems". Due to her work with returning citizens, Diane initiated the "Being Real" program at St. Luke's that also helped returning citizens transition into current society.

Diane is also a dog lover, having just adopted Eleanor, a

7-year old, Black and Tan Coonhound. Diane loves "hounds", having had others in past lives. She really enjoys how even-tempered hounds and easy-going hounds are, and how they get along well with children and other dogs. (If interested, Diane adopted Eleanor through City Dogs.)

While originally from the south side of Chicago, her DC connections started early in her life with visits beginning as a child as she spent each summer with her DC grandparents. Her grandfather, Dr. Henry Arthur Callis, was a founding member of the Alpha Phi Alpha fraternity at Cornell University, the first college fraternity established for African American men. Dr. Callis practiced medicine on U Street NW and taught at Howard University.

Diane moved to Washington, DC, from Oak Park, Illinois, a suburb of Chicago. Prior to living in Oak Park, she lived in Markham, Illinois, where she raised her two children and purchased her first home at the age of 26. She has fond memories of exploring Chicago with her children, taking them on adventures in various parts of the city, followed by going out for breakfast. Diane says these adventures served as a great way for her kids to get to know Chicago.

Diane's annual summer visits to DC took a turn when she transferred here 40 years ago with AT&T. In addition to her grandparents, her sister lived in DC as well, making her transition relatively easy. In DC. Beyond her extensive volunteer work, Diane enjoys getting outside. Walks along the Potomac, hikes in Rock Creek Park, walks around the Tidal Basin or visits to Meridian Park all serve to keep Diane and Eleanor connected to nature. And she loves the Dupont Italian Kitchen restaurant, all plays by August Wilson, circle apple pies and mint chocolate chip ice cream!

Common Cold? O My—How Do I Choose Among All The "Cold" Drugs on Store Shelves

Continued from page 7

label on the internet. But if there's any doubt about the information (and no young person around to read the "DRUG FACTS" aloud), ask the pharmacist.

At the Dupont CVS pharmacy the other day, I counted myself lucky for still being able to read the "DRUG FACTS" on the blue-colored bottle of cough syrup that hopefully would help my cough tonight. I'm glad I read it because it also contained acetaminophen (Tylenol), and the label warned me that too much Tylenol can damage the liver. I was very aware of the risks associated with high-dose Tylenol, but the label served as a reminder. Of course, the

words were so small they gave the sense of a secret, which in a strange way made the information seem even more important. It's the kind of importance that, in a world of Las Vegas-style drug advertisements, I suspect every suspicious senior can truly appreciate—unless they have a common cold and are in a hurry. Then it takes patience, which is perhaps the best treatment anyone could ask for when it comes to the common cold.

On page 7 is an example of the "DRUG FACTS" label required on all over-the-counter medications, which I have excerpted from the FDA website. And one last point—sometimes the "Drug Facts" are only on the box (e.g., the box that contains a bottle) and not on the bottle itself. So, it's wise to keep the "Drug Facts" part of the box label before you toss the hype out and start with the gamble.

Out and About



▲ **Carol Galaty** and **Ken Shuck** warmly welcomed Villagers into the New Year with a festive celebration on December 31.



▲ **Ann McFarren** and **Bill Roberts** hosted some Villagers for Christmas Eve dinner. L-R **Ann McFarren**, **Sarah Burger**, **Grace Jones**, **Bill Roberts**, **Sheila Lopez**, **Charleeta Cowling** and **Kim Larmee**.



▲ **Marie Matthews** and **Monica Heppel** staffed the DCV information table at the Avalon Theatre. DCV sponsored a film at the Avalon, marking the beginning of our partnership with this community theater.

Judi Lambart, **Abigail Wiebenson**, **Nancy Turnbull** and **Pat Black** enjoy the New Years Eve countdown on the National Mall. ►



Out and About



▲ **Sheila Lopez** hosted one of the January social hours. Lots of food and plenty of discussions.



▲ **Tommy Sams** and **Peter Luciano** hosted a Village social hour in early January. It was the last hurrah before the holiday decorations came down.



▲ **Sue Heineman** visited her second home, New Zealand over the holidays, and despite the wind her desire to retire there has been renewed!



▲ **Michael Speer** and **Mark Goldstein** in Lima — on a South Pacific journey from Peru to Polynesia to Bali.



▲ **Chris Palmer**, author of *Achieving a Good Death*, was DCV's featured guest for the final program in the *My Way* series. This concluding session focused on thoughtful and practical conversations about death and dying, bringing the series to a meaningful close.

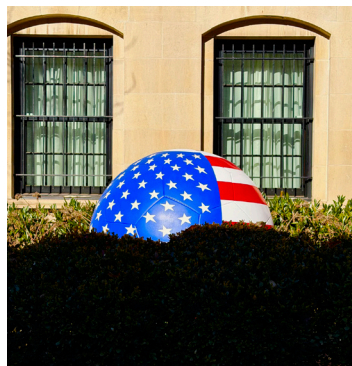
Out and About



▲ **Carol Galaty** and **Ken Shuck** hosted the annual DCV Board Dinner in their lovely apartment in Woodley Park. L- R **Charlotte Holloman, Kari Cunningham, Eva M. Lucero, David Schwarz, Charleeta Cowling, Gretchen Ellsworth, Jeanne Downing, Bob McDonald, Bill O'Brien, Jim Hambuechen** and **Patricia Baranak**.



▲ **Susan Meehan** and **Paul Kuntzler** discuss DC Activism Annie's over the holidays



▲ **Jim Chamberlin** shares some photos from the neighborhood.



▲ DCV's 2026 Soup Salon showcased guest speaker **Lisa Manfull Harper**, who was in the vanguard of the CIA's female hires in the 1960s and served in worldwide venues for some 45 years. Villagers including **Margaret Dunkle** were mesmerized by her stories about the skills and challenges of rising through the agency's ranks, fighting to become operatives and transforming spy craft, chronicled in the best-selling "The Sisterhood: The Secret History of Women at the CIA" (Liza Mundy, Crown 2023). **Caroline Mindel** and **Lynn Lewis** host these monthly at-home gatherings.



▲ Villagers enjoying a Happy Hour at Chef Geoff's in the West End.

Coffee and conversation
host **Joy Rodman**
couldn't resist
getting a photo
with Blago. Blago is
one of the servers
at the famous
Annie's, Paramount
Steakhouse.



Out and About



▲
DCV Board Members **Charletta Cowling** and **Sarah Burger** hosted a Celebration on MLK day. The menu was suggested with the help of **Charlotte Holloman**.

The barbecue came from a restaurant and takeout located on Florida Avenue at 2nd St NW. DCity produces the best barbecue in town. Only Federalist Pig on Columbia Rd. in Adams Morgan is said to have better — and this is a matter of opinion. It's said that both are owned by the same man, award winning DC pit-master Rob Sonderman. Of the many choices on the menu, we asked DCity to cater a sampling of their many popular items to serve at a small social hour for 10 people who would be eating while sitting and/or standing up.

They suggested sliced rib tips rather than spareribs because tips can be stabbed with a fork or toothpick and hands don't get as messy as they would with ribs. The house made BarBQ sauce came as a side so one could use more or less of it to suit individual tastes. Smoked wings, separate drumettes and flats, were suggested because each can be held between two fingers and eaten. The wings were accompanied by a creamy house made cilantro sauce. For sides, they offered us their delicious fried brussel sprouts, and hush puppies, small round fried and seasoned corn cakes. **Abigail Wiebenson** added coleslaw and the hosts provided fruit. For desert chocolate was shared.

The photo includes villagers **Pat Black, Charletta Cowling, Sue Heineman, Mimi Higgins, Charlotte Holloman, Olga Hudececk, Peggy Long, Karen St. John, Charles Timbrell, and Abigail Wiebenson.**

We held a special discussion based on "Five Interesting Facts on the Birthday of Martin Luther King Jr." from the National Constitution Center.

Fact 1. King got a C in public speaking at Seminary School

Fact 2. The President of Howard University introduced King to the teaching of Mohandas Gandhi

Fact 3. King was virtually unknown when he was named spokesperson for the 1955 Montgomery Bus Boycott.

Fact 4. Singer Mahalia Jackson prompted King to speak about the Dream in a speech in Detroit in June 1963.

Fact 5. King was awarded the Nobel Peace Prize in 1964, the youngest at age 35.



Over 90 members attended DCV's *Light Up the Night* Winter Party in January, hosted by Inspir Embassy Row. The event provided a welcoming opportunity to introduce new board members, reconnect with friends, and celebrate the start of the new year together.

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.



Adams Morgan • Dupont Circle • Kalorama

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