



“A lie can travel half way around the world while the truth is putting on its shoes. — Mark Twain”

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Welcome New Members!

Suzanne Legault
Britt Reynolds
Jen Touchette

A Little Help Navigating What Comes Next — DCV's Case Management Benefit

Perhaps you're coming home from the hospital and need some help. You've noticed a change in your health or memory. Your spouse's or partner's needs are increasing. Or you're living alone and beginning to wonder what additional support you might need down the road.

This is exactly when Dupont Circle Village (DCV) can help.

One of the most valuable benefits of belonging to DCV is having people you know and trust to help you sort through the situation, understand your options, and determine the next step. You don't have to navigate it alone—and you don't have to know what kind of help to ask for.

DCV has a professional case management team that includes a social worker and a Health Care Navigator who is a registered nurse specializing in geriatrics.

Whatever the concern, the first step is to contact me. As Executive Director, I listen to what is happening and help determine who is best positioned to assist you. You don't need to know whether you need our nurse, social worker, a volunteer, or

an outside resource—we can help figure that out.

Our case management team meets bi-weekly with me and Deputy Director Kloe Lloyd to review member needs, consider options, coordinate resources, and develop appropriate next steps. Whenever possible, our goal is to address concerns early—before a manageable problem becomes a crisis. And more importantly, this is all done in complete confidence.

Two additional resources Villagers may not know about are the DCV Meal Mavens, who coordinate delivering a home-made meal during an illness, hospitalization, or other short-term need, and DCV Care Groups, which organize Villagers to provide more concentrated support when a fellow member is going through a particularly challenging time.

Professional expertise combined with neighbors helping neighbors is at the heart of the Village model—and one of the most important benefits of DCV membership

If you're not sure where to begin, start with me. Call or email me, tell me what's going on, and we'll determine the next step together.

President's Notes



Aging As Long As Possible Independently at Home

The four Villagers who later created the My Way program explored end-of-life issues together for more than a year. Our research included visits to senior living residences and assisted living facilities. At first, we were looking for places that might suit us. But over time, we came to a shared conclusion: **we did not want to live in a facility.**

We saw the scarcity of staff, experienced the food, and sensed what seemed to be an inevitable institutional quality—even in expensive facilities. I realize that sometimes we may not have a choice, and that some places—particularly in rural areas and small towns—have lovely independent-living cottages and apartments. But I am simply sharing the thinking that emerged from our visits.

We then began considering strategies that might allow us to stay in our own homes longer. Could we, as a Village, do more to make aging at home possible? Could we collectively find home health aides when we need them and share the costs? Could we find a chef or caterer willing to prepare meals for multiple Villagers at a time? Could we develop more cost-effective ways of delivering services by cooperating with one another? Could the Village help create enough demand for a service to make it more affordable for members and more viable for service providers?

In other words, could we take the concept of **"aging together in community"** one step further—to aging collectively in our own homes, using what economists call **economies of scale** to make services more affordable?

From what we heard from our case management staff—our RN Healthcare Navigator and Social Worker—at the September 18 Live & Learn, the Village is already moving in this direction. DCV is using a self-employed RN to assist members. DCV is also helping members who need additional support but want to remain at home find private, non-agency service providers, such as part-time caregivers, providers of light housekeeping, laundry and occasional cooking, and overnight support when needed.

In one case, the member seeking these services was interested in a sharing arrangement. Our case management staff was also looking for recommendations for service providers. As a Village, we may be in a better position to identify reliable providers collectively than to have each member conduct their own search on the internet or through personal networks.

Some Villagers have also shared that, although they are full members of DCV, they have contracts with organizations offering another model:

in-home senior care services. These services can cover non-medical personal care needs, including assistance with Activities of Daily Living (ADLs), housekeeping, transportation, medication reminders, and more. They generally allow families to adjust the amount of care as their needs change.

Other Villagers have enrolled in Goodwin Living at Home (GLAH), which describes itself not as a home care provider but as a Continuing Care at Home (CCaH) program. Its model is designed to help people navigate the changes that come with aging by connecting them with a dedicated team of experts who arrange and oversee in-home care when it is needed.

All of these models involve fees, and I will leave it to Villagers to explore the costs and determine what might work for them.

But perhaps there is another possibility: **Could we create our own Village model—one that helps us remain in our homes longer while making the services that allow us to do so more accessible and affordable?**

That seems like a question worth exploring.

October 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**

Live & Learn: Medicare Open Enrollment

Friday, October 2nd, 2:00 — 3:30 pm

Location: Virtual

Registration Deadline: October 1st

Host: depdir@dupontcirclevillage.net, (202) 436-5252

LGBTQ+ Friends Movie Matinee

Saturday, October 3rd, 2:00 — 4:00 pm

Location: DCV Office, 2121 Decatur PI NW

Registration Deadline: October 3rd

Host: tmsndc@gmail.com, (202) 487-5266

Fall Potluck Picnic — Heurich House Museum

Monday, October 5th, 11:30 am — 1:30 pm

Location: Garden of Heurich House Museum

1307 New Hampshire Ave, NW

Registration Deadline: October 2

Host: mikesilversteinusa@yahoo.com, (202) 746-7455

Tour — Italian American Museum

Friday, October 9th, 10:30 — 11:30 am

Location: 595 3rd St., NW

Registration Dealine: October 8th

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

Wine Sampling

Friday, October 9th, 5:00 — 7:00 pm

Location: DCV Office, 2121 Decatur PI NW

Registration Deadline: October 8th

Contact: spydupont@aol.com, (202) 486-6226 (c)

Know-Your-Neighbor Art Series — Galaty & Shuck

Sunday, October 11th, 5:30 — 7:00 pm

Location: Home Carol Galaty and Ken Shuck

Registration Deadline: October 8th

Contact: carolgalaty@gmail.com, (202) 232-7259

Tour — Italian Renaissance Collection (NGA)

Wednesday, October 14th, 10:00 — 11:00 am

Location: National Gallery of Art (West Bldg)

6th Street & Constitution Ave NW

Registration Deadline: October 15th

Host: tmsndc@gmail.com, (202) 487-5266



Sunday Soup Salon

Sunday, October 18th, 5:30 - 7:00 pm

Location: Home of Caroline Mindel and Lynn Newis

Registration Deadline: October 15th

Contacts: lynnlewis940@gmail.com, (202) 365-7055

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

Pre-Thanksgiving Pumpkin PieTasting

Wednesday, October 21st 3:00 — 4:30 pm

Location: DCV Office, 2121 Decatur PI NW

Registration Deadline: October 20th

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

mlheppel@gmail.com, (856) 332-0916

Film Noir Screening & Discussion

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

Location: DCV Office, 2121 Decatur PI NW

Registration Deadline: October 17th

Contact: patricia.baranek@yahoo.com, (202) 812-4854

Home Social Hour — Friday

Friday, October 30th, 5:30 — 7:00 pm

Location: Home of Barbara Friday

Registration Deadline: October 27th

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

Saturday Movie Matinee

Saturday, October 31st , 2:00 — 4:30 pm

Location: DCV Office, 2121 Decatur PI NW

Registration Deadline: July 17th

Host: mlheppel@gmail.com, (856) 332-0916

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October Calendar

Continued from page 3

MONTHLY EVENTS

Men's Book Group

Monday, October 5th, 11:00 am
Location: 2121 Decatur Place NW
RSVP: Register online DCV Office
admin@dupontcirclevillage.net or (202) 436-5252

Navigating the Path Ahead

Tuesday, October 13th, 4:00 — 5:00 pm
Location: Virtual
RSVP: Register online DCV Office
admin@dupontcirclevillage.net or (202) 436-5252

Mystery Book Group

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

RECURRING EVENTS

Tai Chi for Arthritis and Fall Prevention (Levels 1 & 2)

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 other 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)
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



Flying Solo, Not Alone: Healthcare Concerns (Session IV)

By Phyllis Kimmel

The fourth session of DCV's ***Flying Solo, Not Alone*** program, held on August 31, was jam-packed with information on both Village resources and a primer on legal issues related to healthcare concerns. The program, developed by **Arlene Lutenegger** and **Abigail Wiebenson** with significant input from the Health and Wellness Committee, addresses the growing need of solo agers.

Eva M Lucero, DCV's Executive Director, reminded participants of the robust case management services that the Village provides its members. DCV's case management team includes a social worker, **Meaghan McMahon**, who expertly directs Villagers to needed resources, and a health care navigator, **Lee Reed**, who is a registered nurse. Care Groups are available to Members who need concentrated assistance, for example, while recovering from an injury or upon discharge from the hospital. DCV's Deputy Director, **Kloe Lloyd**, summarized the volunteer services available generally to Villagers. DCV's health care navigator, Lee Reed, spoke to the group about her approach of person-directed care, and shared important tips about communicating with your pharmacist to be on the lookout for potential medication interactions.

Next, **Jeffrey Gordon**, a lawyer with Tobin, O'Connor & Concino, provided clarity around different powers of attorney and the various legal documents related to one's health. He categorized the core legal documents: (1) a living will/advance healthcare directive; (2) HIPPA form (which the patient signs to give permission for doctors to discuss medical information with others); (3) a durable medical power of attorney, which only takes effect if you are incapacitated; (4) a durable financial power of attorney; and (5) a last will and testament. He emphasized that in the worst-case scenario, if you do not have a power of attorney in place, the court will appoint one. In this case, a stranger would be making decisions on your behalf while you are incapacitated. Jeffrey recounted real-life situations where he was called upon by a court to serve in that role. There was a robust question and answer session and some shared difficulties they faced with banks not accepting certain forms. Lee reminded all that DCV Staff cannot be your power of attorney.

The fifth session of *Flying Solo* on end-of-life planning will take place on October 5, and the final wrap-up sessions will be November 2.

September Birthdays



Leslie Sawin hosted the September birthday celebrants in her art-filled home. L-R **Nancy LaVerda, Karen StJohn, Dan Emberly, Lynn Lewis, Sarah Burger, Pender McCarter** and **Jon Parein**.

Meet New Member Peter Biche

By Tom Carmody

Peter Biche is a very new member to the Dupont Circle Village, just joining in July 2026. He started his Village life by joining the Men's Book Club. He enjoys the discussions as well as the lunches that follow.

Peter first learned of the Village from a neighbor, **Abigail Weibenson**. He recalls an impromptu and interesting conversation on the street as the two admired houses in the neighborhood. As they commented on the architecture on the street, Abigail told stories of the Village and its activities. With that, Peter decided to check it out and join.

In addition to joining the Dupont Village, Peter is also adjusting to retirement, having just ended 25 years as the Chief Financial Officer with Monumental Sports and Entertainment, the owners/operators of the Capitals, Wizards and Mystics, Capital One Arena as well as the Monumental Sports Network, which broadcasts the games of the various teams. Peter smiles when he says "retired" as he continues as a part-time senior advisor to Monumental and its ownership group, helping with the transition to the next finance chief.

Peter grew up in Rochester, New York and attended Georgetown University. After Georgetown, he attended graduate school at the University of Pennsylvania's Wharton School, focused on finance. Upon graduating from Wharton, Peter went to New York City and Wall Street and then spent some time in Chicago and Philadelphia.

A project to assist with developing and financing what is now Capital One Arena in downtown DC turned him into a regular in Washington and led him to his role as CFO of Monumental Sports. The move to the DC area was completed as Peter and his wife and family settled in Annapolis. They chose Annapolis as a great place to raise their two boys and close enough for Peter to commute to DC.



The years progressed and Peter's two sons are now grown. One, a doctor, lives in Denver with his wife and Peter's first grandson. The second lives in Brooklyn and works as a psychiatrist there.

Beyond learning more about the various activities offered by the Village, Peter has a very cool collection of 6 cars. In particular, he showed me a photo of his 1967 Alfa Romeo Duetto Spyder and his 1971 BMW 2002. He also gives a nod to Ralph Nader as he drives Corvair station wagon! All of his

cars are from the 60s and 70s in good, drivable condition. But, while Peter regularly attends car shows in Pebble Beach, Manhattan and Paris, he comments that he does not enter his cars in shows, using them instead for his personal pleasure.

Peter also spends time playing golf as a member of the Belle Haven Country Club in Alexandria. He joined at the suggestion of a good friend and, in addition to playing golf, has enjoyed meeting new friends there.

Peter is a frequent traveler, with regular trips to Colorado to visit his son, daughter in law and grandson. He has also joined a local wine club that organizes trips to various wine regions. His latest trip was to the Willamette Valley in Oregon to sample wine with a trip to Italy planned for next year.

Beyond auto shows and wine tasting, Peter's next planned trip is to walk a portion of the Camino de Santiago in northern Spain. He will spend two weeks walking 150 miles with a group led by a University of Chicago professor. Another trip to Scotland with a definite stop in Edinburgh is also in the works.

Please join me in welcoming Peter to the Village! With any luck, we might get a ride in his Alfa Romeo and courtside seats at a Wizards game!



Pizzeria Paradiso — “Joe Biden’s Favorite Dupont Circle Pizzeria!”

Couldn’t resist returning to Pizzeria Paradiso after too long a time to try their pizza again. Hey, after all, Joe Biden loves it! It must be good! Pizzeria Paradiso’s Dupont Circle location can be found at 2003 P Street NW, just off the Circle.

Accompanied by my DC restaurant connoisseur, **Tom Spinelli**, we ordered a few things to split between us and try. We started with an Insalata Paradiso — baby arugula, goat cheese, sweet red peppers, mushrooms, pine nuts, and a citrus vinaigrette dressing — along with Bruschetta — toasted homemade bread, ricotta, cherry tomatoes, basil, and garlic. Both very good choices!

We even split the pizza with one half Siciliana — tomato sauce, zucchini, eggplant, capers, minced garlic, oregano, mozzarella, pecorino, red sweet peppers and red onion — and the other half being Paradiso — tomato sauce and mozzarella. Both sides tasted pretty good!

Despite the nice collection of salads, appetizers, and sandwiches, the name of the Pizzeria Paradiso game is pizza! Essentially an infinite variety as 14 different pizzas offered with additional toppings — herbs/spices, veggies, meats, cheeses and red or white sauce. You can even choose a whole wheat or gluten-free crust.

Ryan, the server, was helpful and friendly, telling us the story of the restaurant since opening in 1991 after taking our order. Pizzeria Paradiso was started by Ruth Gresser, who got her start in San Francisco in the 80s after graduating summa cum laude from French Cooking School.

Pizzeria Paradiso has always been a large supporter of local organizations, including Reel Affirmations, the Washington DC gay film festival, and The Theater Lab, the largest independent, nonprofit school for the dramatic arts in the DC region.

Pizzeria Paradiso and Ruth also support many women’s initiatives and organizations, including the National Network to End Domestic Violence, Ovarian Cancer Research Alliance, the League of Women Voters, and She Should Run. Pizzeria Paradiso also hosts fundraisers supporting Bread for the City, Martha’s Table, Toys for Tots, and PTA fundraisers.

Here is the menu on their [website](#). Open every day for lunch and dinner with a Happy Hour weekdays from 3:00-6:00 pm. Five locations in the DMV area, with 3 in the District — Dupont, Georgetown, and Spring Valley. Yelp gives it 3.9 stars over 1200 reviews. Google gives it 4.4 stars with nearly 2000 reviews.

— Enjoy, Tom Carmody

Planned Giving

Comedy Central award winner and DCV’s emcee for our **Legacy Giving Celebration**, **Robert Mac**, met with committee member **Anna Greenberg** to help bring our October 16th event to life! If you would like to attend the Celebration [Register Here](#)



Out and About



▲ **Mark Goldstein** and **Michael Speer** in Venice after a very enjoyable trip.



▲ Villager **Lynn Lewis** and her sisters at a tiny September wedding, at the lily pond near the Chicago zoo.



▲ 20 friends surprised **Sarah Burger** on her 91st birthday. **Ann McFarren** and **Bill Roberts** hosted the party in their lovely apartment in Adams Morgan.

October Birthdays



A very happy birthday to all Villagers born in October!

Stephan Dix, Geri Ferber, John McCall, Jane Hauser, Nancy Hartsock, Stanley Schwartz, Sondra Cohen, Dan Hicks, Geri Nielsen, Joyce O'Brien, Dianna Eshman, Don Symmes, Wes Rivel, Lee Baker, Courtney Rogers, Lisa Duperier, Shubb Schiesser, Dennis Houlihan, Judi Lambart, Sue Heineman, Judith Meguire, Phillip Solano, Terry Walz, Lex Rieffel, Meredith Margolis, Pilar Vela, Mimi Higgins, Kat Miller, and Carolinda Hales

Out and About



Great turnout for DCV's LGBTQ+ Happy Hour at Protest Pizza! Good friends, good pizza, and a great excuse to support a local business.



Our annual fall vaccine clinic with Giant Pharmacy had a great turnout! Alongside the clinic, we shared resources on flu, COVID-19, RSV, and pneumococcal vaccines from Champions for Vaccine Education, Equity and Progress (CVEEP), which works to make reliable information about vaccines and antiviral treatments accessible to all.

We're pleased to join other aging organizations as a new CVEEP partner and look forward to sharing more resources to help Villagers stay informed.



Bob McDonald and David Insinga at Hands Around the Kennedy Center with friends, Dana and Maya.



Villagers after eating at the restaurant Immigrant Food (925 13th St NW) during DC Restaurant Week.

Out and About



Villagers Touring the National Academy of Sciences in September.



Fifty-five members of the National Press Club participated this year in a photo exhibit on "Life, Liberty and the Pursuit of Happiness" on the 250th anniversary of the Declaration of Independence, including Villagers **Carol Morgan** and **Pender McCarter**. Almost 250 photos were rotated on a large screen in the downtown Press Club lobby through the end of last month. All of these photos can still be viewed online: https://www.press.org/2026-member-photos?trk=feed_main-feed-card_feed-article-content



Patrice Coss with our favorite fashionista at Annie's for the weekly Coffee & Conversation .



At the end of their six-week trip to Iceland, Denmark, and Sweden, **Carol Galaty** and **Ken Shuck** visited their granddaughter who was studying at St Andrews University in Scotland. The University was founded in 1410 in a town established in the 6th century. They stayed in a medieval castle, enjoying cozy breakfasts set out for them in the attached kitchen.

Out and About



▲ Award-winning NPR Supreme Court and Justice Correspondent **Carrie Johnson** spoke to DCV and delivered what can only be described as a master class on the Supreme Court! Drawing on years of covering the Court, Carrie shared her expertise and insights into its recent term, the major decisions shaping our country and political system, and what may come next.



▲ **Karen StJohn** getting in touch with her French-Canadien roots. Vive la Canada!



▲ **Bob McDonald** and **David Insinga** at the top of Eze, France.

Out and About



◀ **Allie Hutchinson**, a Dance Theatre of Harlem company artist, D.C. native, and former Dupont Circle Village intern/volunteer, was in town to dance the title role in *Firebird* at The National Theatre. Villagers recently celebrated her at a small reception hosted by **Lucia Edmonds** in her home.

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

Dupont Circle Village

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