

"Kindness in words creates confidence, kindness in thinking creates profoundness, kindness in giving creates love."

—Lao Tzu

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New Members

DCV warmly welcomes its newest members:

Bonnie and Joseph Garrity

President's Letter

---Steve Kittrell

As the DC Winter continues for at least a few more weeks (Punxsutawney Phil predicted six more weeks) and we all spend more time indoors, DCV has not gone into hibernation. If you want to get out of a Winter slump, I have a few thoughts on how DCV can help get you out and about.

These thoughts were triggered by a significant date for the Village movement. In February, Beacon Hill Village, recognized as the first elder village in the US, is celebrating its 15th anniversary.

In those 15 years, many different village models have developed. Some villages are only a portal for volunteer services with no membership activities. Others, like DCV, offer members a wide variety of services, volunteer opportunities, and social activities.

The eleven Villages in DC display this diversity of development (4 more are under development). For example, one Village has no members and is simply a portal for elder individuals in the community to request services.

There are eight Villages in DC that have a similar mix of services and activities to those provided by DCV. Interestingly, there are significant differences even among this group, in particular, as to the type and frequency of activities. For example, the Live and Learn sessions offered by DCV are not matched by any other Village in DC.

Of these eight Villages, DCV has the lowest membership dues, at about 85% of the average. Despite this, I am glad to report that the Board of Directors has decided to maintain DCV dues for 2017 at the current level. DCV has not had a dues increase since 2011 (Can you think of many other costs you pay that have not gone up since 2011?).

You may wonder, 'How has DCV expanded its operations and kept our dues below other Villages?' The answer is simple: YOU, our members.

DCV can operate on a tight budget because of the number and quality of our members who make it work. There are many ways that you can help to keep DCV as an active part of our community and your life.

An easy way to start is to help with one single event or activity. Here are a couple of ways that you can get more involved in helping DCV for a day. **NO** long-term commitment required!

- Our Spring Gala is right around the corner on April 28. We will need help on the day of the event to set up and clean up. If you are interested, you can contact either **Lois Berlin** or **Eva Lucero**.
- We are holding volunteer training events on March 23 and April 11. You can help with registration, serving lunch or other logistics for these events. If you want to get involved, contact either **Mike Gould** or **Eva Lucero**.

These are only two examples of ways that you can get active in your Village for a day. If you want to help DCV for a day, get on our list of Villagers who are interested in these single events by contacting **Eva Lucero** or calling the DCV office. We will then be in touch with you as opportunities arise during the year.

DCV is committed to providing the best services and activities for our members. If you talk to any fellow Villager who has been involved in helping with events, I know they will encourage you to participate ■





MONTHLY Calendar

February 2017

The Village at the Movies

February 16

1:00 p.m.

Landmark West End Cinema

2301 M Street NW

Watch the five Academy Award

nominated short documenta-

ries, then join host Ted Bracken

at his home (a short stroll away)

for snacks and discussion. Tickets

(\$9.00) may be purchased on

line at [landmarktheatres.com/](http://landmarktheatres.com/washington-d-c/west-end-cinema)

washington-d-c/west-end-cinema

RSVP to Ted at

ted.bracken@yahoo.com and let him

know what sort of dessert/snack/

wine you will bring to share.

Tech Tuesday

February 21

11:00 a.m.

La Tomate Caffee

Connecticut Avenue and R Street

NW

Join us for a bit of breakfast and the

chance to bring news of your latest

discoveries of good software and

hardware. We'll also discuss and

hopefully solve any problems you

may be experiencing with phones,

computers (Apple and others),

tablets, whatever electronic equip-

ment is puzzling you. We have space

for 12 Villagers.

RSVP to Lucy Cooney at

lucy1030@starpower.net.

Tune Out to Tune In

---Eva M. Lucero, Executive Director

Numerous studies show a strong connection between stress, depression, malaise and the media, a finding I have been thinking about a lot lately. The near-constant barrage of disturbing news seems to have accelerated and could be impacting our mental health.

In one study, Dr. Mary McNaughton-Cassill, a psychologist who examines the connection between stress and the media, identifies three types of groups who will be affected. The first group—hyper-vigilant and prone to anxiety—are the most selective about what news they view and generally tune into a message that confirms their opinion. If people in this group are not plugged in, they feel they're missing something, which can enhance anxiety.

The second group may tune out the news entirely and be unaware of what is going on in the world. The third group—the middle-ground category that most people fall into—view news in a random manner and do not consciously think about media exposure.

Along with a description of these categories, Dr. McNaughton-Cassill offers ways to cope.

One suggestion is to tune out and go see a movie! I, for one, enjoy this particular escape. Recently, I went to a movie called *Lion* that made me reflect on the impact of technology on our lives. Does it isolate? Is it a tool to help build community? Is it worth it?

In a nutshell, the movie is about Saroo Brierly, who was a tiny, five-year-old boy from a poor family in rural India when

he fell asleep on a train and woke up 1,000 miles from home. Unable to read or write or recall the name of his hometown or even his own last name, he survived alone for weeks on the rough streets of Calcutta before ultimately being transferred to an orphanage and adopted by a couple in Australia.

Years later, as a young man yearning to reconnect with his past, he used the online program *Google Earth* to find his village and reunite with his birth family. In case you are not familiar with this app, it is a virtual globe, map and geographical information program.

For years, Saroo pored over satellite images for landmarks he might recognize. In the hope of further simplifying the complex map of India, he also used mathematical equations to determine speed and distance along train routes. He miraculously found what he was looking for and set off to find his family of origin. True story.

We use *Google* everyday to search for answers. For Saroo, it changed his life. So, go see *Lion*, or stay at home and watch *I Love Lucy* reruns. Mind your mental health, and be sure to take health breaks from the news. ■



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Celebrate New Orleans

February 23

5:30 happy hour;

6:30 panel discussion

National Geographic

1143 - 17th Street NW

As Mardi Gras approaches come hear National Geographic explorers and photographers, who will share stories and celebrate the resilience, hope, healing and recovery of the uniquely situated Crescent City.

Purchase tickets (\$15.00 regular; \$13.50 member) on line at

nationalgeographic.org/dc/events/nat-geo-nights-neworleans

RSVP to Lucy Cooney at lucy1030@starpower.net.

Live and Learn A Focus on Elder Law

February 27

3:30-5:00 p.m.

North Conference Room at back of parking lot, St. Mathew's Cathedral 1725 Rhode Island Avenue NW Morris Klein, a certified elder law attorney and a Fellow of the National Academy of Elder Law Attorneys will outline legal areas about which seniors should be aware. This will include the legal documents we should all have in place; are your beneficiaries properly noted in those documents; what about long-term care costs, etc. This venue is wheelchair accessible. RSVP to Linda Harsh at lindajkh@mac.com or (202) 234-2567. Free to DCV members; \$10.00 for others. ■

Volunteer Activity Update

---Mike Gould, Volunteers Chair and Coordinator

The volunteer hours for support to members in December and January has fallen to the lowest levels in the last nine months. It is not clear what the cause for this decline are, but I would encourage members who need help to feel free to ask for it. We are here to provide help to those who need it.

We have also received few applicants for new volunteers. If you would like to join our active volunteer team, please let me know!

Volunteer Training

Two volunteer training sessions are scheduled for March 23 and April 11 from 9:30-12:30 including lunch in the large assembly room in the first building on Decatur Place.

Our training team is working to pull together a highly professional, two-part training program, which draws on our Village's best practices, and includes materials from other Villages and IONA. The course will cover all of the major essentials of caring for other members. We hope as many members and volunteers as possible will attend.

Our goal is to create a more qualified volunteer corps to serve our members well and be a model for other Villages. The first session on Thursday, March 23 will cover the Essentials of Volunteering topics that help volunteers establish effective relations with our member clients and provide basic services more effectively.

The second session on Tuesday, April 11 will deal with more complex volunteer activities such as transportation services for frail members, preparing for appointments, medical note-taking, hospital discharge essentials, and participating on a Care Group Team.

Please let Mike Gould know if you would like to participate in the training program at volunteer@dupontcirclevillage.net.

Grant for Care Management and Training
DCV has responded to a request for proposal from the District of Columbia Office on Aging asking for a \$65,000 grant in collaboration with Northwest Neighbors and Palisades Villages to finance the services of a half-time case manager and support for our training programs. We expect to hear about whether we get the grant later this month. ■

The Membership Committee thanked Joannetta Bolden and Kim Kelley with an appreciation farewell lunch. Week after week they unerringly provided the committee with information and know-how which enabled it to do its work.



New Focus for Health and Wellness: Conversations Initiated by and for DCVers. Please Join the Conversation

The Health and Wellness Committee is planning a discussion series called "Conversations", on topics initiated by and of interest to DCVers.

In these Conversations, we are both seekers and experts. Sometimes we are the seeker struggling with an issue of aging and in need of coping strategies. Other times, we are the wise elder who has struggled and persevered with a story to tell. Our Conversations will focus on life lessons. For example, upcoming conversations may include discussion around coping with the loss of a loved one, freeing ourselves from lifetime habits, or practical information on dealing with medical issues and nutrition. Where we need the input of a professional, we will invite one in.

Our first Conversation is scheduled for February 21, at 2-4 PM, in the Friends Living Room, 2121 Decatur Place, NW. The topic will focus on perceptions of aging from members in their 60's, 70's, 80's and 90's. Please contact Joan Ludlow at joan12126@gmail.com to register.

We will start with a panel of four people representing each age group who will briefly discuss the key concerns they face in their decade. Although some issues, if not all, can be met at any age

such as death of a family member, friend or spouse, the 'age' factor may change how each issue is dealt with and its implications for daily life.

After the panel discussion, we will break out into four groups, representing each of the four age categories, and ask each group to share their experiences during their decades. What has changed in your world view? What takes on new meaning and responsibility? What do you want moving forward as you find you have physical and mental issues and/or limits? What are the difficulties and pleasures you have found in your decade? How has your view of life expanded or contracted?

When the round table discussions conclude (note taker needed), each group will present the key points of their discussions. Please come listen and participate in the discussion. Make sure to bring your thoughts, feelings and questions to the table and free your mind to consider new pathways.

At the end of the session, we look forward to your thoughts on how you wish to proceed and build future Conversations.

■ Joan Ludlow

TED Talk: There's No Rest for the Weary Unless You're a Techie

If you think it's stressful now, folks, with all the computer technology demands on you, just wait until artificial intelligence picks up steam.

This was the take-home message that emerged after discussion from the Ted Talk about artificial intelligence that **Chris** and **Tricia Hoban** showed to some 15 fellow Villagers in their home on January 12.

The Ted Talk, entitled "How Artificial Intelligence Can Bring on a Second Industrial Revolution," was given by a man named Kevin Kelly, who is purportedly an expert on the impact of technology on society.

Artificial intelligence (AI) is going to drive us during the next 20 years, Kelly predicted. It is already being used to digest legal

evidence and read X-rays. If you play video games, you are playing against AI. "We are taking this artificial smartness and making it smarter and smarter," he declared. Fossil fuels have driven cars, now AI is being added to the mix. "We are just in the first hour of AI. That means that you are not late!"

Yes, there are even more dazzling AI feats to come, some Villagers indicated in the discussion that followed.

For instance, Chris Hoban, who is an engineer, said that his son is a techie who works for Amazon. His son believes that AI will eventually be able to read human emotions. Someone mentioned that robot companions are already available to help seniors in Japan. **Ted Bracken's** son had given him a book about human genes, where the author predicted that it would eventually be possible to manipulate human intelligence genes.

But what if all these high-tech feats and promises only leave you feeling more

frazzled? You may already struggle to master the apps on your smartphone, or keep hidden the shameful fact that you still use a flip-top cell phone.

"Cut the cable – less technology!" Chris Hoban suggested to this reporter. In other words, don't use any more of it than you want to.

Instead of sending an e-mail or text message, write an old-fashioned letter on a piece of paper, put it in an envelope, put a stamp on the envelope and pop the envelope in a mailbox, if you can find one. You might be setting a retro trend by such an audacious action. Indeed, **Heike Burchett's** grandson asked her recently if she would show him how to write an old-fashioned letter and post it. Until then, he had only communicated by smartphone or computer.

Or you might want to go even further, like TED talker Kevin Kelly, and renounce all material things, except for a bicycle.

■ Joan Treichel

It's Time to Clean out the Closets, Drawers, Apartments, Houses! *Live and Learn - January*

At the Live and Learn session in January, a healthy number of members met to hear Joel Danick discuss "Tips for Decluttering". He presented a variety of ways to deal with this challenging task, whether to prepare for a move to smaller quarters or just reduce your 'stuff' and get better organized.

Joel and his wife, Susan, owners of TAD (formerly Transitional Assistance and Design), founded in 2000, specialize in helping others with their moves and reducing the clutter that has accumulated in their homes over decades.

Today's generation is no longer interested in receiving your stuff. They prefer a simpler life style within smaller spaces and are only interested in what is practical and needed. In fact, there is so much stuff on the market now you'll be surprised that the value of your collections has been greatly reduced.

Joel shared many tips on how to move stuff out. If you are right-brained, you are more likely to have issues getting organized, staying on task and reaching the final finish line of decluttering. He suggested you partner with a person who is very much task-oriented to help you through the process. Also, break down the work into small bites, start early so you have more time and can make better decisions before the movers arrive. Otherwise you will be rushed, procrastinate and never reach your goal of a de-cluttered, minimalist home!

Joel suggested finding an organization that can bulk remove all your items e.g., an auction house (Weschlers or Sloan-Kettering) that will pay you for all items, or charity organizations (Salvation Army, Good Will, Wider Circle), that, with one pick-up, will clear your home.

Other suggestions included using electronic equipment e.g., computer, phone, scanner, to collect your papers and photographs. Disks and CDs can be disposed of and all your music needs accessed through Google Music – for a small monthly fee you can have access to any music; never keep or buy CDs again. DVDs are a thing of the past; again, access through the electronic world frees you from purchasing. Photographs can be scanned in bulk by companies that offer a fee-based service. Mr Danick also provided online resources and written materials that are available from the DCV Office. ■ *Joan Ludlow*



Out & About

Villagers got together for a Happy Hour to toast the New Year at Sette Osteria on Connecticut Avenue.

Member Profiles

Annie Groer is a proud DC native, a longtime journalist specializing in politics, culture, and design and an intrepid traveler whose recent Antarctic adventure marked footfall on her seventh continent.

But it is a commitment to her immediate community that inspired her to join DCV's Next Gen 2.0 as a way to age fiercely in place with a passel of festive new friends, while meeting and helping many other fascinating Villagers.

A presidential debate panelist and co-founder of the Art Deco Society of Washington, Annie twice represented the District of Columbia at the National Chicken Cooking Contest and once danced with Liberace across the Kennedy Center stage. She is (still) at work on a memoir.



Carl Nelson and Abigail Nichols

We have lived in the same 1350 sqft condo for thirty years next to the late night noise of Club Central. Carl has been retired twenty years and Abigail fifteen years, both from federal jobs. We like to travel and play competitive bridge as ACBL Life Masters. We combine both interests across the US and in foreign countries from Norway to New Zealand. We have ranked membership in the English Bridge Union. Among our other UK connections is the US Friends of Gladstone's Library in Hawarden, Wales. We like American driving trips but return yearly to Otsego Lake, Michigan.

Abigail has plunged into civic activities (just ending four years as a Dupont Circle Advisory Neighborhood Commissioner) after we had to take on the increasing noise of Club Central. Carl maintains a one-man consulting company with a daily blog on government and venture capital activity toward startup small companies with high risk, high-impact (if it works) bleeding edge technology. Besides DCV, between us we are members of the Dupont Circle Citizens Association, the Woman's National Democratic Club, the League of Women Voters, and the Church of the Epiphany. We seem to spend a lot of time in front of a computer organizing and coordination all these activities



Heads Up from the Membership Committee

--- Abigail Wiebenson, Membership Committee Chair

The Committee is inaugurating monthly Birthday celebrations. There will be two in February honoring January and February Villagers. Hosted by **Frances Oakley**, they will take place in different member homes in the afternoon. These small gatherings will allow Villagers to get to know one another.

The next Prospective Member "Libation, Light fare and Lowdown" event is February 20th from 5:30-7:30 at the home of **Ken Shuck** and **Carol Galaty**. DCVers who have suggestions for possible members, please phone their contact information (name, phone number, email) into the office. Members who suggest names are cordially invited to attend with their neighbors.

If there are members who would like to consider joining the Membership Committee, please let that be known by emailing abigailwiebenson@gmail.com. The committee meets every Monday at the office from 10:45-noon. ■



Mark your calendars for Friday, April 28 at 6:30 pm for the 2017 DCV Gala and plan to party among friends at All Souls Unitarian Church. You'll enjoy an array of hors d'oeuvres and beverages and a sit down dinner that is sure to please. Our auction of destinations in and out of town will begin with the opportunity to bid on-line days before the Gala. You will also be able to sign up for another round of fabulous Celeb Salons on-line and at the gala.

Ticket sales will begin soon, so please watch for notices and get your tickets early. Last year's gala sold out so you'll want to be sure to buy your tickets early. Tickets are \$125 each and we encourage donation purchases of tickets so we can accommodate members who may find the cost to be prohibitive.

We welcome donations and we will recognize our donors in a number of ways.

- **GROOVY CATEGORY:** A \$100 donation with recognition at the Gala and in the newsletter.
- **DOVE CATEGORY:** A \$250 donation with recognition as described above.
- **PEACE CATEGORY:** A \$500 donation with recognition as above, on the website and a bottle of wine at the Gala.
- **FAR OUT CATEGORY:** A \$1,000 donation with recognition as above plus two tickets to the Gala.
- **LOVE CATEGORY:** A \$5,000 donation with recognition as above plus four tickets to the Gala.
- **FLOWER POWER CATEGORY:** A \$7,500 donation with recognition as above and a table of 8 at the Gala.
- **GURU CATEGORY:** A \$10,000 donation with recognition as above and a table of 10 at the Gala.

We are planning something a little different for this year's auction--**"IN & OUT OF TOWN: Multiple Choices for Diverse Tastes."** We will continue to have our usual array of wonderful getaways near and far – (local, national or international) on offer as silent auction items. We also plan to offer gift cards/certificates in a variety of categories like restaurants, theaters and services. Please contact **Lois Berlin** (lois.berlin@gmail.com) or **Iris Molotsky** (iris.molotsky@gmail.com) if you would like to help or want additional information.



Where Are They Now?



Ryukyu Dancer with Frank Della-Penna at the George Washington University exhibit of the Arts and Music of the Ryukyu Islands January 2017



Longtime member, **Ellen Watkins**, celebrating her 90th birthday with family and friends at her new home Sunrise Brighton Gardens in Bethesda, Maryland



Stephanie Ortoleva, President of Women Enabled International and her 2 staff attorneys conducting an expert group meeting for the UN Population Fund in Cartagena, Colombia. December 2016.



Joe Auslander and Barbara Meeker are spending a month in India where Joe is doing mathematics with a colleague at the Indian Institute of Technology in Delhi. Photo shows us visiting a Sikh place of worship (head covering required).



For many years, the National Press Club has sponsored a trip over the MLK, Jr. weekend. Alas, no more. As luck would have it, the travel agent who had planned these trips arranged for 45 of us to travel to Florence, Italy. Six of us then opted for three nights in Venice. A glorious time was had by all in both places. This photo was taken on MLK, Jr. Day, on the Bridge of Sighs in Venice. I wish I were there right now!

Mimi Higgins



Karen St. John in Cartagena, Colombia enjoying a holiday.



Mango Chutney ---Lois Berlin



I found this recipe in a Martha Stuart magazine years ago and make it about twice a year to keep on hand. It's a great accompaniment to meats, veggies and anything you like to slather with jam!!

Ingredients

1 not quite ripe but firm green mango
(450 -500 g)
1 stick cinnamon (about 2 inch)
2 whole cloves
1 tsp cumin seeds
1 tsp coriander seeds
2 cardamom pods, cracked
1 tsp ginger, grated

2-3 whole dry red chilies
1 clove garlic, crushed
3/4 cup demerara sugar (if you have
access to Indian jaggery use 3/4 cup- 1
cup powdered jaggery depending on the
sweetness)
1/2 cup vinegar
3/4 cup water
1 tsp salt

Cut the mango into one-inch cubes and for chunky chutney, keep some pieces about two-inches. If you are looking for smooth, cut them all in same size.

Using a piece of thin muslin cloth, tie up the spices into a bundle. Cook the mango, spices (in the muslin cloth), water, ginger and garlic until the mango is tender. Some pieces will disintegrate into the water. Takes about 10 minutes.

Add the vinegar, sugar, salt and dry chilies. I like to break one red chille into flakes and keep one whole. If you want and are feeling adventurous you can go up on the chilies. The sugar requirement may also vary depending on the sweetness of your mango and personal preference. Feel free to reduce or add as per your liking.

Cook for about 30 -35 minutes until the chutney is thickened. Squeeze every bit you can from the cloth and discard it. Transfer to sterilized jars while still hot. Don't put the lid, until the chutney cools. It keeps well for 4 weeks in the refrigerator. ■



---Judy Silberman,
Yoga Master



Here are a few refreshers on breathing yogically, i.e. diaphragmatically, to bring in as much oxygen and expel as much carbon dioxide as possible. Place your hands at the waist, thumbs in back, fingers toward each other in front. Inhale deeply and fully into your belly, pushing out the belly muscles. Exhale, pulling in the belly muscles and pushing them back and down with your fingers. Repeat, and this time raise your chin toward the opposite wall. As you exhale, lower chin to chest. Repeat 2 more times, or more, if you like. Try counting to 4 with each inhale and then each exhale. This kind of breathing helps open a locked diaphragm, helps the body heal, and may improve your singing. ■

The Dupont Circle Village is a non-profit volunteer organization that connects neighbors to services and educational, cultural/social and health and wellness activities. Please consider a donation now or remember us in your will.



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