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DUPONT CIRCLE VILLAGE LIVE AND LEARN SEMINARS
INDEX TO SUMMARIES OF PROGRAMS APPEARING IN THE DCV NEWSLETTER

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| CATEGORY/SPEAKER | TOPIC | DATE OF PROGRAM | Summary in DCV NEWSLETTER Issue and page |
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| <u>ESTATE AND FINANCIAL PLANNING</u> | | | |
| Megan M. Wallace J.D., LL.M. (Taxation) Principal - Wallace Law, LLC | <i>Estate Planning</i> | 9/21/20 | October 2020, p. 8 |
| David Hurwitz Private Wealth Advisor Certified Financial Planner Ameriprise Financial Services, Inc. Eric Schultz Certified Public Accountant Doyle & Schultz | <i>Strategies for Tax Savings under the New Federal Tax Law</i> | 11/12/18 | January 2019, p. 8 |
| Rick Gow Certified Senior Advisor and Wealth Management Advisor Lara, May & Associates | <i>Financial Planning for Your Later Years</i> | 2/25/18 | March 2018, p. 7 |
| Morris Klein Attorney at Law | <i>Elder Law</i> | 2/27/17 | March 2017, p. 5 |

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| Gina Lynn Co-chair, Steering Committee of the DC Bar's Estates, Trusts and Probate Section | <i>Estate Planning</i> | 9/28/15 | November 2015, p. 4 |
| Abby Schneiderman Co-Founder & CEO, Everplans Michael Herman Business Development, Everplans | <i>Electronic Records and You: Everplans</i> | 7/28/14 | September 2014, p. 4 |
| Steven Strauss Home Equity Retirement Specialist Security One Lending | <i>Reverse Mortgages</i> | 5/18/15 | June 2015, p. 7 |
| J. Max Barger, JD, Celandra Deane-Bess V.Ps., Senior Wealth Planners, PNC Wealth Management | <i>10 Mistakes Seniors Make in Their Estate Planning</i> | 6/23/14 | August 2014, p. 6 |
| Nancy Hartsock V.P. & Senior Financial Advisor The Hasenberg Hartsock Group Merrill Lynch Wealth Management | <i>Confronting Your Money Worries</i> | 6/24/13 | |
| Myrna Fawcett Elderlaw Specialist | <i>Insight into Estate Planning: How Best to Provide for My Loved Ones</i> | 8/27/12 | September 2012, p. 8 |
| Sam H. Roberson Attorney at Law Curtin Law Roberson Dunigan & Salans | <i>Get Your Legal Ducks (docs) in a Row</i> | 7/25/11 | |

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Myrna L. Fawcett
Fawcett & Fawcett
Attorneys at Law

*The Three Most Important Documents
You Need* **5/24/10**

DAILY MONEY MANAGEMENT

Amanda Gosier Des Barres
Help Unlimited

*How Daily Money Management Can
Save You Grief* **7/23/18** **September 2018, p. 8**

Thomas M. Cooke
Service Representative, Help Unlimited

It's Only Money **4/28/14** **May 2014, p. 7**

Amanda Gosier Des Barres
Co-owner, Help Unlimited
Roberta Gosier
Director of Help Unlimited

*How Daily Money Management Can
Save You Grief* **5/23/11** **June/July 2011, p. 5**

END OF LIFE CHOICES

Brian Ditzler
Dimitrios Rizos
John Rizos
Trustees, Funeral Consumers Alliance
of Maryland and Environs (FCAME)

How to Plan for a Funeral and Burial **5/24/21** **June 2021, p. 5**

Donna Gayles, Patient Advocate
Daniel Rehner, LGSW
Deanna Cho
Rev. Matthew Suggs
Capital Caring Health

Hospice and End-of-Life Issues **6/22/20** **September 2020, p. 7**

Donna Smith
Manager for Compassion and Choices

*D.C. Death with Dignity Law and
End of Life Options* **5/20/19** **July 2019, p. 4**

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| Donna Smith D.C. Access Campaign Manager for Compassion and Choices | <i>D.C. Death with Dignity Law and End of Life Options</i> | 4/23/18 | June 2018, p. 8 |
| Mark Dann Federal Affairs Director Compassion & Choices | <i>End of Life Options</i> | 5/22/17 | June 2017, p.6 |
| Susan Messina, MSS, MLSP, MS, CFRE Director of Development and Communications, Iona Senior Services | <i>Hospice Services</i> | 3/28/16 | May 2016, p. 12 |
| Brandi Alexander Regional Campaign & Outreach Manger, Compassion & Choices | <i>Making Your Wishes Known: End-of-Life Planning</i> | 9/22/14 | October 2014, p. 9 |
| Mickey MacIntyre Chief Program Officer, ex officio Compassion and Choices | <i>End-of-Life Choices</i> | 9/24/12 | October 2012, p. 7 |
| Matthew Nelson Board Member Jared Hughes Major Gifts Officer, East Coast Region Theresa Connor Director of Government Affairs, Compassion and Choices | <i>Good to Go: End-of-Life Choices</i> | 6/27/11 | August 2011, p 6 |

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MEDICARE/INSURANCE

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| Chris DeYoung D.C. Department of Aging and Community Living | <i>All about Medicare and Medicaid 2022</i> | 10/25/21 | |
| Chris DeYoung D.C. Department of Aging and Community Living | <i>All about Medicare and Medicaid</i> | 10/26/20 | December 2020, p. 6 |
| Cheryl Smith D.C. State Health Insurance Assistance Program - D.C. Department of Aging and Community Living | <i>All about Medicare and Medicaid</i> | 10/28/19 | December 2019, p. 6 |
| Cheryl Smith Acting Director, Health Insurance Counseling Project, George Washington University Law School Community Legal Clinics | <i>All about Medicare</i> | 10/22/18 | December 2018, p. 5 |
| Chris DeYoung Co-Director, Health Insurance Counseling Project, George Washington University Law School Community Legal Clinics | <i>Medicare Open Enrollment</i> | 10/23/17 | November 2017, p. 6 |
| Alexis Cole Staff Attorney, Health Insurance Counseling Project, George Washington University | <i>Current Medicare Issues</i> | 10/24/16 | November 2016, p. 5 |

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| Alexis Cole Staff Attorney, Health Insurance Counseling Project, George Washington University | <i>Long Term Care Insurance</i> | 2/22/16 | March 2016, p. 8 |
| Alexis Cole Staff Attorney, Health Insurance Counseling Project, George Washington University | <i>Medicare Open Enrollment</i> | 10/26/15 | December 2015, p. 5 |
| Chris DeYoung Co-Dir., Health Insurance Counseling Project, George Washington U. Law School's Community Legal Clinics | <i>Get Ready for Medicare Open Enrollment</i> | 10/27/14 | November 2014, p. 7 |
| Chris DeYoung Co-Dir., Health Insurance Counseling Project, GWU Law School, Community Legal Clinics | <i>Get Ready for Medicare Open Enrollment</i> | 10/28/13 | November 2013, p. 8 (October 2013, p. 4) |
| Ron Swanda Member, DC Commission on Aging, Mayor's Advisory Committee on HIV/AIDS James McSpadden Associate Dir. Of Advocacy, AARP | <i>How the Affordable Care Act Will Affect Us</i> | 9/23/13 | October 2013, p 5 |
| Chris DeYoung Co-Dir., Health Insurance Counseling Project, George Washington U. Law School's Community Legal Clinics | <i>Medicare Open Enrollment</i> | 10/22/12 | November 2012, p. 9 |

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Chris DeYoung
Co-Director, Health Insurance
Counseling Project
George Washington University
Law School

Medicare – Open Enrollment

10/24/11

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October 2011, p. 5

Kamilah Pickett
Outreach Director, The Health
Insurance Counseling Project,
George Washington University
Law School

Medicare

11/22/10

Brad Funk
Genworth Financial

*How Do I Decide if I Need Long
Term Care Insurance?*

6/28/10

ADAPTING YOUR HOME

**Tori Goldhammer MS, OTR/L, ATP,
ECHM, CAPS, CEAC, LMT**
Clinical Manager, D.C. Department of
Aging and Community Living's Safe at
Home Program and a Continuing Education
instructor

*Modifying Your Home for Comfort
and Safety as You Age*

9/23/19

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Stephen R. Hage
Certified Aging in Place Specialist
Pres, Strategies for Independent Living

How Safe is Your Home?

4/25/16

Stephen R. Hage
Certified Aging in Place Specialist
Pres, Strategies for Independent Living

*Adapting Your Home for Seniors
and People with Disabilities*

3/25/13

April/May 2013, p. 8

ALZHEIMER'S/BRAIN HEALTH

| | | | |
|--|--|----------------|-------------------------------|
| Louisa Whitesides, MD Assistant Professor of Medicine, Division of Geriatrics and Palliative Care George Washington University School of Medicine & Health Sciences | <i>Maintaining Healthy Brains As We Age</i> | 7/26/21 | September 2021, p. 6 |
| Julie Wendt, MS, CNS Nutritionist & Health Coach George Washington University Center for Integrative Medicine | <i>Nutrition and Lifestyle Solutions to Promote Cognitive Health</i> | 1/28/19 | March 2019, p. 8 |
| Dr. David T. George, MD Senior Scientist, National Institute of Alcohol Abuse & Alcoholism; Clinical Professor, George Washington School of Medicine | <i>Approaching Life's Challenges</i> | 3/27/17 | April 2017, p. 5 |
| Carolyn Ward Program Coordinator & Admin. Dir., Memory Disorders Program, Georgetown University | <i>When are Memory Lapses a Problem?</i> | 8/22/16 | October 2016, p. 5 |
| Robin Lawrence Nurse Practitioner, Memory Disorders Program, Georgetown U. | <i>When are Memory Lapses a Problem?</i> | 1/26/15 | February 2013, pp.4-5 |
| Kathleen Johnson Adult Nurse Practitioner, Georgetown University Memory Disorders Program | <i>When Are Memory Lapses a Problem?</i> | 7/23/12 | July/August 2012, p. 5 |

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Carolyn Ward
Program Administrator,
Georgetown University
Memory Disorders Program

*Myth vs. Reality: Everything You
Want to Know About Alzheimer's Disease*

1/24/11

February 2011, p. 5

Ian Kremer
Advocacy and Outreach
Director, Alzheimer's Association,
National Capital Area Chapter

Brain Health

7/26/10

HEALTH ISSUES

Julie Wendt, LDN
Licenced Nutritionist

Blue Zones: Thriving into Old Age

1/25/21

February 2021, p. 6

Barbara Beizer, Co-Founder
Resilience Lab, Leadership &
Transition Coach

*Beyond Coping - What COVID
Confinement is Teaching Us About
Personal Resilience*

12/7/20

January 2021, p. 7

Justine Bernard, PT, DPT
Founder,
Elements Fitness and Wellness Center

Avoiding Broken and Fractured Bones

5/18/20

July 2020, p. 7

Ann McFarren
President, Dupont Circle Village

Hospital Discharge Planning

1/27/20

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Bonnie Friedman, author
*Hospital Warrior: How to Get the Best
Care for Your Loved One*

How to Survive a Hospital Stay

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January 2020, pp. 3-4

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| Dr. May Chin Professor of Anesthesiology and Critical Care Medicine - GWU Medical Center Co-director of the GWU Spine and Pain Center | <i>Pain Management</i> | 4/29/19 | June 2019, p. 5 |
| Helaina Roisman, LICSW Injury Prevention and Outreach Coordinator George Washington University Hospital | <i>Falls Prevention</i> | 12/3/18 | January 2019, p. 7 |
| Sophia Janson Board certified Geriatric Physical Therapist | | | |
| Catherine Pulford Nurse practitioner Institute of Bone and Joint Health Sibley Memorial Hospital | <i>Osteoporosis: An Overview for Prevention, Diagnosis, and Treatment</i> | 9/24/18 | November 2018, pp. 6-7 |
| John Vine Attorney, Covington & Burling LLP (diagnosed in 2004) | <i>Living with <u>Parkinson's Disease</u></i> | 1/22/18 | January 2018, p. 8 |
| Dr. Benjamin Stein Assistant Professor of Orthopedic Surgery, The Johns Hopkins University | <i>All About Aging <u>Feet</u></i> | 8/28/17 | September 2017, p. 5 |
| Dr. Richard E. Waldhorn Clinical Professor George Washington University | <i><u>Sleep as We Grow Older</u></i> | 7/24/17 | September 2017, p. 4 |
| Dr. Jen Wolfe Board Certified Geriatric Pharmacist | <i><u>Medication Safety</u></i> | 6/26/17 | Summer 2017, p. 7 |

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| Dr. Gary G. Kaihara, DDS Jennifer Giannini, RDH Smiles International | <i>Ageing and <u>Dental Care</u></i> | 4/24/17 | April 2017, p. 6 |
| Dr. Jason B. Dring Physical Therapist and Certified Geriatric Clinical Specialist Adjunct Clinical Faculty George Washington University Doctor Of Physical Therapy Program Founder - Dring & Associates Physical Therapy and Wellness | <i>The Aging Hip and Knee</i> | 7/25/16 | September 2016, p. 8 |
| Russell Misheloff Interim Head, DC Chapter Hearing Loss Association of America Lon Rosenman HLAA-DC advocate | <i>What Did You Say? Coping with <u>Hearing Loss</u></i> | 7/27/15 | September 2015, p. 8 |
| Lisa Sargent, AuD., CCC-A Doctor of Audiology The Feldman Hearing Studios | <i><u>Hearing Loss</u>: What Help is Available</i> | 12/3/12 | December 2012 , p. 9 |
| Dr. Marisa Braun Dermatologist | <i>What's Under Your <u>Skin</u>?</i> | 3/23/15 | April 2015, p. 5 |
| Dr. Michael S. Stempel, DPM, FACFAS Director, Division of Podiatry, and Assistant Professor, Department of Medicine & Surgery, George Washington University Medical Center | <i>These <u>Feet</u> Were Made for Walking</i> | 2/24/14 | March 2014, p. 9 |

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| Dr. Rajiv Luthra Adjunct Assistant Professor, Department of Ophthalmology, Georgetown U. School of Medicine | <u>Low Vision</u> | 5/20/13 | |
| Amy Schiffman, MD Stephanie Shepard, Physicians Assistant Capital House Calls | When <u>Medication</u> Hurts | 2/25/13 | March 2013, p. 8 |
| Roberta J. Milman Milman Consultants, LLC Health Care Consulting, Project Management | How to be Your Own Best Medical Advocate | 2/28/11 | February 2011, p. 5 |
| <u>EXERCISE</u> | | | |
| Dr. Mary J. Barron Associate Professor George Washington University, Department of Exercise & Nutrition Sciences, Milken Institute School of Public Health. | Exercise for Seniors | 8/26/19 | October 2019, p. 7 |
| Dr. Loretta DiPietro Chair, Department of Exercise Science George Washington University | Let's Get Going! | 8/25/14 | September 2014, p. 5 |
| Dr. Loretta DiPietro Chair, Department of Exercise Science George Washington University | Targeted Exercises for Older Adults | 4/22/13 | June 2013, p. 7 |

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| Dr. Loretta DiPietro Chair, Department of Exercise Science George Washington University | <i>Physical Activity and Older Adults</i> | 2/27/12 | March 2012, p. 7 |
| Tori Goldhammer, MS, OTR/L, ATP, CAPS Living At Home Consultations LLC | <i>A Matter of Balance</i> | 10/25/10 | |
| Steve Shafarman FlexAware | <i>FlexAware</i> | 8/23/10 | |
| <u>DEPRESSION/ THE 'BLUES'</u> | | | |
| Dr. John C. Parkhurst Adjunct Asst. Professor of Psychology Catholic University; Assocs. Mental Health Services | <i>A New Look at the Winter Holidays</i> | 12/5/16 | December 2016, p. 6 |
| Group Discussion | <i>Re-Imagining the Holidays</i> | 12/7/15 | |
| Alice Faulkner, MSW Clinical Social Worker | <i>Laughter: A Cure for All?</i> | 12/8/14 | December 2014, p. 7 |
| Bill Amt Licensed Clinical Social Worker, Iona Senior Services | <i>Strategies for Dealing with the 'Blues'</i> | 12/5/13 | December 2013, p. 8 |
| Tybe Diamond Faculty, Washington School of Psychiatry, etc. | <i>When Spirits Need Lifting</i> | 6/25/12 | July-August 2012, p. 5 |

NUTRITION AND COOKING

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| Judy duBerrier , moderator DCV Members' Exchange | <i>Cooking for Singles</i> | 5/19/14 | June 2014, p. 7 |
| Katherine Tallmadge, MA, RD, LD Licensed and Registered Dietitian | <i>Nutrition</i> | 3/24/14 | April 2014, p. 10 |
| Katherine Tallmadge Personal Nutrition Consultant | <i>A Way of Eating You Will Love</i> | 5/21/12 | June 2012, p. 6 |

TECHNOLOGY FOR AGING

| | | | |
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| Biljana "B" Milenkovic Multi-media professional DC Public Library | <i>Social Media 101</i> | 3/22/21 | April 2021, p. 8 |
| Victor Rezmovic, PhD IT Consultant and Trainer | <i>Streaming Alternatives to Your Cable TV Package</i> | 4/27/20 | June, 2020, p. 6 |
| Lisa Friedman | <i>Creating and Managing Passwords</i> | 6/24/19 | September 2019, p. 6 |
| Victor Rezmovic IT Consultant and Trainer | <i>Staying Safe Online</i> | 8/27/18 | October 2018, p. 6 |
| Scott W. Code Associate Director, Leading Age Center for Aging Services Technologies (CAST) | <i>Technologies for Aging in Place</i> | 12/4/17 | December 2017, p. 5 |
| Scott W. Code Aging Services Technologies Manager, Leading Age Center for Aging Services Technologies (CAST), | <i>Technologies for Aging in Place</i> | 8/28/15 | October 2015, p. 8 |

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Dr. Majd Alwan, Senior V.P for
Senior V.P. for Technology & Executive
Director, Leading Age Center for Aging
Services Technologies (CAST) *Technology for Older Adults* 8/26/13 September 2013, p. 8

Avner Skolnik
Chief Executive Officer
Response TECH *Personal Emergency Response
Systems* 3/26/12 April 2012, p. 3

CLUTTER

Marjorie Dick Stuart
Real estate and marketing expert *Decluttering: What's Holding
You Back?* 6/25/18 September 2018, pp. 8-9

Joel Danick
TAD Relocation *Tips for Decluttering* 1/23/17 February 2017, p. 5

Leslie Clesner
Chief Executive Organizer
Around Tuit, LLC. *A Cure for Disorganization and
Clutter* 4/27/15 May 2015, p. 4

Flavia Campos
Professional Organizer
Soothing Spaces, Inc. *Rightsizing: How to Deal with the
Clutter In Your Life* 3/28/11 April 2011, p. 5

HELP WHEN YOU NEED IT: HOME CARE, ETC.

Steve Gurney
Founder & Publisher
Positive Aging SourceBook *Perspectives on Senior Living* 9/27/21

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| Mary O'Donoghue Founder & Managing Director | <i>Home Care and Care Management</i> | 7/27/20 | |
| Cady Ugolini Business Development Associate Corewood Care | | | |
| Maura Barillaro, RN Director of Nursing at Home Care Assistance | <i>New Directions in Home Care</i> | 1/27/14 | February 2014, p. 4 |
| Christine Bitzer, LICSW, LCSW Assistant Director, Care Management Program, Seabury Resources for Aging | <i>Should I Stay or Should I Go? Care Options as We Age</i> | 1/28/13 | February 2013, p. 7 |
| Marsha H. Nelson, ACSW, MBA Vice President American Hospice Foundation | <i>Hospice: What You Need to Know</i> | 12/5/11 | November 2011, p. 6 |
| Kelly Salb Director of Client Services, Home Care HouseWorks | <i>In-Home Health Care</i> | 9/26/11 | |
| Marci Schwartz Director of Client Services, Home Care HouseWorks | | | |
| Mary Ann Buckley Director of Client Services | <i>Help, I Need a Care Manager!</i> | 8/29/11 | September 2011, p.5 |
| Stephanie Chong Director of Operations, Seabury Care Management | | | |

MISCELLANEOUS

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| Steve Gurney Founder Positive Aging Sourcebook | <i>Alternative Living Options</i> | 9/27/21 | November 2021, p. 7 |
| Lisa Friedman | <i>Your 21st Century Public Library: E-Books, E-Magazines and Audiobooks</i> | 8/24/20 | October 2020, p. 7 |
| Lisa Friedman | <i>Navigating Your 21st Century Public Library</i> | 2/24/20 | March 2020, p. 7 |
| Jennifer Hammer Silvernest, Inc. | <i>Home Sharing for Older Adults</i> | 3/25/19 | May 2019, p. 5 |
| Juanita Weaver | <i>An Introduction to Mindfulness: What? Why? How?</i> | 2/25/19 | April 2019, p. 6 |
| Matthew Phillips Director of Travel Services American Association of Retired Persons (AARP) | <i>What Do You Need to Know to be a Savvy Senior Traveler?</i> | 5/30/18 | July 2018, pp. 6-7 |
| Lisa Friedman | <i>Navigating Your 21st Century Public Library</i> | 3/26/18 | May 2018, p. 8 |
| Burke Dillon, Dan Gamber, Marilyn Lutter, Helene Scher, and DCV Members' Exchange | <i>What You Need to Know When You Travel</i> | 7/22/13 | August 2013, p. 2 |