

*Politics is the second oldest profession. I have come to realize that it bears a very close resemblance to the first.*

*Ronald Reagan*

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**New Members**

*DCV warmly welcomes its newest members:*

- Barbara Friday**
- Carol and Steve Goldman**
- Annie Groer**
- Kathryn Kailian**
- Patty Zweibel and Dan Leathers**



# President's Letter

---Lois Berlin

As we enter the month of March, I have to wonder if we will truly go out like a lamb at month's end. I certainly hope so. If January's blizzard and February's snow and ice are taken into account, the lion part of that saying holds up. I think we are all pining for spring and the days when we can complain about the heat and humidity! In the meanwhile, I hope you are all staying warm and safe.

As I write this letter, I am looking forward to a retreat with my board colleagues. We will spend February 20th working with a facilitator to examine our organization and how we should focus our efforts. We plan to discuss how large our organization should be and how we, as a board, can work effectively with our executive director to provide great service and benefits to you, our membership.

We will also discuss the eventual rebranding of our Village. We encompass the neighborhoods of Dupont Circle, Kalorama and Adams Morgan, and we think our name and how we characterize ourselves should reflect that.

Beyond our name, we also now include a diverse and dynamic group of people. We range in age from early 50's to the 90's; we have fully retired members and those who work full or part time; we have members who are mature and reflective about the full lives they have led and others who are still trying to decide what they will be when they grow up; and we have an executive director and board who would like to figure out how to take this variety into account within our organizational structure. That is some of the fodder we will chew on as we work together at our retreat. Stay tuned for more information from me on this topic next month.

Some of my time this past month was spent testifying before the DC Council's Committee on Housing and Community Development. The hearing focused primarily on funding for the DC Office on



Aging. I testified on behalf of providing some support for the Villages in our great city.

I explained to the committee chair, Anita Bonds, just how valuable Villages are to the residents who have one in their neighborhood. Our executive director, Eva Lucero, and I spent the better part of a day listening to many of our fellow citizens describe needs and issues that many seniors in our city face. Although there was a good representation of other Villages at the hearing, we were struck by the number of DC neighborhoods without one.

We are fortunate to have the support and services that DCV provides, and we hope that our remarks about the benefits of Villages will help to spur the development of more of them in parts of the city that lack them.

When you read this, DCV's Annual Gala will be a little more than a month away, which is much too soon for the Gala Committee's liking. While our Gala is full of fun, camaraderie and good things to eat, it also takes a tremendous amount of time and work to plan and execute. If you would like to participate in the preparations, please do not hesitate to contact Gala co-chair **Iris Molotsky** or me, the other co-chair. We are happy to have all hands on deck to ensure that our event is one to remember in a great way. ■  
lois.berlin@gmail.com  
iris.molotsky@gmail.com



## MONTHLY Calendar

### *Perry Belmont House*

**Thursday, March 3, 10:30 am**  
(SOLD OUT)

**Tuesday, March 29, 10:30 am**  
(SOLD OUT)

1618 New Hampshire Ave., NW  
Currently the headquarters of the Order of the Eastern Star, this elegant Beaux-Arts mansion was designed by French architect Ernest Sanson and built from 1906 to 1909 for Perry Belmont. The building is still a private residence and contains Louis XIV and XV furnishings that were part of the original mansion. If you want to be put on the waiting list for the tour, send an email to [sheilablopez@gmail.com](mailto:sheilablopez@gmail.com).

### *Power and Pathos: Bronze Sculpture of the Hellenistic World*

**Thursday, March 10, 11:00 am**

National Gallery of Art, West Building  
6th and Constitution Avenues, NW  
The exhibit includes 50 bronze sculptures and related works spanning the 4th century BC to the 1st century AD, when the art and culture of Greece spread throughout the lands conquered by Alexander the Great. Meet a few minutes before 11:00 am in the West Building Rotunda at the sign that says "Tours Begin Here." Ramps are accessible for wheelchairs and strollers at the 6th Street entrance to the West Building. RSVP to [sheilablopez@gmail.com](mailto:sheilablopez@gmail.com).

### *Tech Tuesday*

**Tuesday, March 15, 11:00 am**

La Tomate Caffe  
1701 Connecticut Avenue, NW  
Come talk about computers, phone, cable, WiFi and TV. This month's discussion will evolve from the concerns of those present. RSVP to Lucy Cooney at [lucy1030@starpower.net](mailto:lucy1030@starpower.net). Limit 12.

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## The Lilliputian or Pocket Life

---Eva M. Lucero, Executive Director

The Village movement has redefined aging in place, but it is not the only movement redefining housing and lifestyle options. These additional movements have been around for years, but have suddenly started to gain popularity. As Villagers, we want to remain in our own home and community as long as possible, and we take comfort in the familiar. Other housing movements are gaining momentum for different, and also sensible, reasons.

The Tiny House (or Small House) movement advocates living simply in small homes. According to the [www.tinylife.com](http://www.tinylife.com) website, "the tiny house phenomenon redefines what makes a house a home, empowers the people for a better future and leads a movement that breaks the mold every day." It also reports that the typical American home is around 2100 square feet, while the average tiny house is between 100-400 square feet. That's a lot of downsizing!

Tiny houses vary in shape and size. Some are built on trailers so they can move around, and others are positioned on property. They usually have a bathroom, kitchen, living area and a sleeping loft.

Some of the factors driving the movement are environmental and financial. Tiny houses leave a smaller carbon footprint than a typical home and cost a fraction to maintain. Their owners also say that the home's mobility allows them more freedom to travel as they wish and that a simpler way of living and lower costs have benefited them.

The movement came to the public's attention as a result of Hurricane Katrina. "Katrina Cottages" -- small, efficient, residential shelters -- emerged as a response to the inadequacies of the trailers provided to flood victims by the Federal Emergency Management Agency (FEMA). These cottages were designed by Marianne Cusato, who is renowned

for her work on innovative, affordable housing solutions for disaster recovery. Her 308 square foot Katrina Cottage won the Smithsonian Institution's Cooper-Hewitt Design Museum's 2006 "People's Design Award." Cusato designs are now available as building plans in retail outlets and on the Internet.

Another emerging housing movement is the Pocket Neighborhood, which has similarities to both the Tiny House and the Village movements. A Pocket Neighborhood is a "kind of secluded neighborhood within a neighborhood" -- that is, "pockets" of a neighborhood or of a larger development, preferably near walkable destinations.

The compact pocket homes (1500 square feet, on average) are built around shared outdoor space. This common area is cared for and overseen by its surrounding residents, which enhances a sense of community. The homes face each other to promote interaction with neighbors, and, with the focus on the front, backyards are small. A Pocket Neighborhood design includes multiple places that people can meet informally, the idea being that familiarity fosters community.

The Co-housing movement predated the Pocket Neighborhood. In Co-housing, creating community is intentional. Future residents purposely come together around clearly defined, shared values and ideas and then plan and build the physical environment. Residents are expected to cook and eat together and share a variety of other responsibilities. Decisions and disputes are handled through consensus. The social life of the residents is often centered among members of the community.

It's refreshing to have options. Wherever you feel you belong is where you will probably feel most at home. ■

*Calendar, continued from page 2*

**Glenstone Museum and Grounds  
Thursday March 31,  
12:00 – 2:30 pm**

12002 Glen Road, Potomac, MD  
Glenstone is the perfect destination if you are interested in contemporary art, architecture and landscaping. The museum, designed by Charles Gwathmey, and the landscaping, by Peter Walker and Partners, provide an elegant setting for the Rales family collection of contemporary art. The current exhibit consists of work by Fred Sandback, best known for his installations made from simple yarn. Weather permitting, we will also have a one-mile tour of the grounds and outdoor sculpture. We will make car-pool arrangements. RSVP to [sheilablopez@gmail.com](mailto:sheilablopez@gmail.com), and let her know if you will drive or need a ride. Limited to 15 Villagers.

**DCV Gala 2016: Politics, Taxes and All That Jazz**

**Sunday, April 17, 6:30 – 9:30 pm**

Woman's National Democratic Club  
1526 New Hampshire Avenue, NW  
Support DCV while listening to terrific jazz, enjoying a seated dinner and drinks and bidding on fabulous destinations. Tickets are \$100, of which \$75 is tax deductible. Order now by sending a check to Dupont Circle Village, 2121 Decatur Place, NW, Washington, DC 20008, or pay with credit card online at [www.dupontcirclevillage.net](http://www.dupontcirclevillage.net) under the 2016 Gala page. ■

## Doing More, Doing Better

*---Mike Gould, Volunteers  
Chair and Coordinator*

February has been a busy month for the volunteer program. Requests for help, and the variety of those requests, have been steadily rising, including rides to doctors' appointments, fixing a dancing dishwasher, solving all kinds of computer problems and companion visits. Hail to our nearly 80 generous volunteers!

Our IT and Handyman Services groups have served exceptionally well under the leadership of **Chris Hoban** and **Steve Kittrell**, respectively. Thank you!

We took the first step in improving our medical support services when six of our volunteers attended a training course at Sibley Hospital on how to help frail people in and out of automobiles. These volun-

teers will serve as trainers for a similar course we will be offering to all Village drivers when the weather is warmer. Another group of Villagers will meet next week with the intention of developing a more comprehensive and professional program of support to members with medical-related problems.

Also, we met with the representatives of Jubilee Housing and Sarah's Circle with a view to enhancing our membership with low-income residents in the Adams Morgan area and extending to them services that they badly need.

The volunteer program continues to grow and improve the coverage and quality of its services. Don't hesitate to ask for help if you need it, either at [volunteer@dupontcirclevillage.net](mailto:volunteer@dupontcirclevillage.net) or by calling the office at 202 436-5252. ■

[volunteer@dupontcirclevillage.net](mailto:volunteer@dupontcirclevillage.net)



## Kudos

Hearty congratulations to **Stephanie Ortoleva**, President of Women Enabled International, on being selected by *Women's eNews* as one of "21 Leaders for the 21st Century" for her efforts on behalf of the rights of women and girls with disabilities. The 21 women will be honored at a gala in New York City on May 2.



## DCV Gala 2016: Politics, Taxes and All That Jazz

---Iris Molotsky

Ladies, dig out your flapper dress, and gents, your bowler hat and arm bands, and get set to have fun at the Village's 2016 Gala, "Politics, Taxes and All That Jazz." This year's event will take place on Sunday, April 17, 6:30 pm at the Woman's National Democratic Club.

We may have missed the exuberant, hedonistic "anything goes" roaring twenties the first time around, but so what! Now you can experience the spirit and music of the Jazz Age without prohibition. Sway to the music as you enjoy a sit-down dinner and drinks. Bid on destinations: a Paris apartment, a private picnic on Sycamore Island, a guided tour of the Georgetown flea market – and much more. You will also get first crack at signing up for this year's exciting Celeb Salons.

This has been a good year for the Village. We're 200 members strong, we

have a full-time executive director and an enhanced volunteer program, all of which have greatly augmented our ability to respond to your requests and needs.

Our primary focus remains community and helping our members live the life they choose. The services we provide, including transportation, minor household assistance, grocery shopping, tech assistance, snow shoveling and friendly visits, remain a linchpin of our mission, and we are devoted to making it possible for all of us to live a full and enriching life. And that takes resources.

The Gala and Celeb Salons are our major fundraisers of the year. Your support is essential; please help us to continue to serve you, your friends and our community.

Mark your calendars now, and plan to join us on April 17. Please bring colleagues, friends and relatives to enjoy this wonderful evening while knowing that your support will make a big difference to our Village and those we serve.

Tickets are \$100, \$75 of which is tax-deductible. You can order tickets now



## Politics, Taxes -- & All That Jazz.

and pay by check or credit card. Send your checks to Dupont Circle Village, 2121 Decatur Place, NW, Washington, DC 20008, or order your tickets online with a credit card at [dupontcirclevillage.net](http://dupontcirclevillage.net)

**Sunday, April 17; 6:30-9:30 pm**  
**Woman's National Democratic Club,**  
**1526 New Hampshire Avenue, NW**

## Celeb Salons 2016

---Peg Simpson

We're well on our way to getting outstanding Celebs for the 2016 Celeb Salons!

These include former Republican congresswoman Constance Morella of Maryland; *Washington Post* Metro-section columnist Robert McCartney; *Atlantic* magazine managing editor Steve Clemons; and renowned economist Henry Aaron of the Brookings Institution. And, in the foodie category, we'll have either the owner or chef from the nationally acclaimed Indian restaurant Rasika.

We're also pursuing major cultural movers and shakers, as well as politicians who can help us make sense of this chaotic year. Jim and Kate Lehrer have already said yes!

The good news is that we're keeping the price at \$75 a seat for these fabulous Salons in the intimacy of a Villager's home. Last year, the Salons proved to be the major fundraiser for the DCV, raising nearly \$20,000, thanks to you and your friends who bought tickets.

Tickets will go on sale at the Village's Gala and, after that, you can buy seats online. The Salons will be scheduled between late April through June and, perhaps, also in September, according to the scheduling preferences of the Celebs.

If you'd like to host a Salon, please let us know. This means you would provide food and drink and enough chairs to seat the guests. The food could be heavy appetizers or a more formal meal. The focus is on stimulating conversation between Villagers and the Celeb rather than on fancy food. Salons can range in size from 12 to 30 guests.

Thanks for all your support last year – and keep it up! ■

**Peg Simpson**, co-chair Celeb Salon Committee 2016  
**Kathleen Cardille, Andres Doernberg, Lindsey Holaday,**  
**Eva Lucero, Jane Pierson, Lex Rieffel, Michael Roselli and**  
**Georgette Sobel**

## Health & Wellness Alert: "The Conversation"

*Eds. Note: This Alert grew out of a January 2016 Health and Wellness Committee workshop, "The Conversation: What Makes Your Life Worth Living, and Who Knows It?" Led by Mary Ann Buckley, MSW, Executive Director of Care Management Associates in Bethesda, it involved both Villagers and residents of Thomas House and focused on truly knowing your end-of-life wishes and making sure to communicate them clearly to those you have designated to carry them out in the event of your incapacity. Not easy!*

The Alert begins with Ms. Buckley's summary of her remarks, followed by an account from **Lucia Edmonds** of how the workshop inspired her to action. Lucia also gathered these pieces. It concludes with **Judy duBerrier**'s story of her personal experience with "The Conversation."

**Buckley:** There are many things we should do in our life that we just don't get around to for various reasons. One of them is to complete an Advance Directive/Living Will and to name a Health Care and Financial Power of Attorney. This type of task should not be delayed until we are at a specific age, such as "old," because we don't know what the future holds. Now is the time to spell out your wishes in a document and to name a trusted person in your life to be your voice should you be unable to speak.

This reluctance can come from our own difficulty in knowing what we want. We must first have a conversation with ourselves about our wishes. We have to take the time to look at our own values, wishes, fears, religious/spiritual self and culture to know what we really want. We need to have the quiet space to think through these issues. Don't leave important decisions to chance.

We need to take the time to ask ourselves a variety of questions: What matters most to me at the end of life? Who do I trust? Are there certain types of treatment that I would or would not want?

Once we are comfortable with our own thoughts and views, we need to choose someone we trust to be our voice if we are unable to speak. That person will manage our finances if we are unable to do this on our own. It's important that we let that person know how we came to our decisions and why they are important to us.

This may or may not be an easy conversation to have with someone. Consider using "Your Conversation Starter Kit" from the Institute for Healthcare Improvement, [www.theconversationproject.org](http://www.theconversationproject.org), as a resource.

As you undertake these important documents, remember that choosing whom to name as Power of Attorney and completing an Advance Directive takes time -- time to understand and establish your own wishes, as well as time spent having conversations with your trusted person.

**Edmonds:** The information had resonance for me, and I left the session with a list of "to do's," which included (1) updating my living will and medical power of attorney; (2) having dinner and sharing instructions with those I have chosen to be my medical representatives; (3) making sure each of them has a copy of my medical power of attorney; (4) having a conversation with my primary care physician and giving her a copy of my medical power of attorney; and (5) being sure to have copies on hand to take with me to the hospital should that need arise.

**duBerrier:** I made my two children come to my place, and we had "The Conversation." They didn't want to do it and hated every minute of it. Never mind! I am so glad I insisted. I learned so much about who I can count on. They now know exactly where I stand.

I also used the opportunity to make them go through my place and earmark everything each wants when I pass, so there are no misunderstandings and hard feelings later. It required a lot from all of us. It was intense and difficult.

Four years later, they have both thanked me. And because of that day, and the other days of frank talks that followed, I was able to formulate a complete end of life plan.

It is so important for all of us to face these decisions squarely and fearlessly. If we don't, we leave a lot of questions, confusion and, sometimes, a big mess, which is not fair to anyone. It is especially scary to think our wishes will not be honored because we didn't have the courage to address these choices when we had the chance. ■



## Preventing Falls

---Lucia Edmonds

I would like to personally urge you to sign up for the **Matter of Balance** falls-prevention program that begins April 12 and continues weekly until May 24. This is the fourth time the program is being offered, and it is offered only once a year. I and **Brad Edwards** are the volunteer coaches for the classes.

**Matter of Balance** is an evidence-based program that has been shown to lower the risk of falling in older adults who take the classes. Its goal is to reduce the fear of falling and increase the activity levels of older adults who have concerns about falling.

During the seven two-hour sessions, participants will learn to view falls and fear of falling as controllable; to set realistic goals for increasing activity; to change their environment to reduce fall risk factors; and to do exercises to increase strength and balance.

The class format includes group discussions, problem-solving, skill building, assertiveness training, exercise training, videotapes and sharing practical solutions. The class has been shown to benefit people who have concerns about falling, as well as those who have sustained a fall in the past and/or have an interest in improving strength, balance and flexibility, all of which are crucial for preventing falls.

DCV's **Matter of Balance** class of 2015 rated the class highly, 4.75 out of a possible 5.0. Participants found the following aspects of the workshop most useful:

- Group discussions, particularly evaluating fears about falling
- Partnering with individuals
- Personal stories
- Preventive actions and preparations
- Exercises
- Tips on walking
- Tips on maintaining balance, falling down/getting up
- Tips on making your home safe and preventing falls

Brad and I were pleased that participants found our instruction "excellent, well organized and comfortable." As one member wrote, "We always participated and had an opportunity to express ourselves, ask questions and feel completely at home." And we shall aim for that, and more, in **Matter of Balance** 2016.

If you want to have a personal conversation with someone who has taken the class, or if you're ready to sign up, email [lucia.edmonds@gmail.com](mailto:lucia.edmonds@gmail.com). For further details about the program, see the box on this page. ■

### IF YOU DON'T BOUNCE, DON'T FALL DCV's *Matter of Balance* Classes Return!

Falls can cost you your independence or even your life. Learn how to prevent them.

**Where:** Dupont Circle Village Office, 2121 Decatur Place, NW

**When:** April 12, 19, 26  
May 3, 10, 17, 24

**Time:** 9:00 am to 11:00 am

**Program Fee:** \$20 (covers instruction, notebooks and light refreshments)

For more information and registration, contact [lucia.edmonds@gmail.com](mailto:lucia.edmonds@gmail.com)

### Spring is Coming!



**March 13: Daylight Savings Time (2 am)**

**March 20: Vernal Equinox, aka Spring**

## Soup Salon

### *Kathy Kiely: The Case of the Stonewalled Journalist*

Who doesn't love a good mystery -- especially one fraught with political overtones in the midst of a tumultuous Presidential campaign? At the February 21 Soup Salon, Villagers were riveted by reporter/editor and Villager **Kathy Kiely's** description of her troubling recent experiences as the Washington news director for *Bloomberg Politics*.

Kathy is a veteran political journalist, having worked with the *National Journal*, *USA Today* and several regional newspapers. She was at the Sunlight Foundation immediately prior to her *Bloomberg* assignment, which she now thinks may have raised her expectations for comprehensiveness and transparency in media coverage of politics.

When she first encountered *Bloomberg* in 1992, the organization had a couple of employees who occupied a hole in the wall next to a Korean deli. From modest beginnings in providing data to the financial industry, *Bloomberg* became a major organization that provides not only data but also news in all fields to a much wider audience. Kathy had, and continues to have, great respect for Michael Bloomberg and the organization he built.

That is why, in the spring of 2015, she was taken by surprise when her efforts to report on Bloomberg himself were thwarted. As the political season gained momentum and rumors of a Bloomberg candidacy began to surface, Kathy made repeated attempts to get the story. She had signed up to cover the political campaign, which to her meant giving fair and equal treatment to all players. Yet when it came to a possible Bloomberg candidacy, she was consistently stonewalled by high-level *Bloomberg* aides.

Perplexed, Kathy nonetheless managed to push it to the back of her mind, assuming that somehow, somewhere, there was a simple explanation. She continued to think "there were lots of good people at *Bloomberg* who were trying to work this out," but also felt "strongly that the rules of the game should be the same for everybody."

Things escalated quickly in January of this year when the *New York Times* reported that Bloomberg was considering a Presidential race and was prepared to spend billions of his own

money on it. Again, Kathy tried to flesh out the story, offering to go to Bloomberg himself for comment. Again, she was rebuffed.

Believing that she had been "handcuffed" and that "a fence had been erected around Michael Bloomberg," she decided to tender her resignation. To compromise, the organization offered to form a committee to look into the problem of dealing with a Bloomberg candidacy. But Kathy felt it was too little too late. And so the mystery of why the taboo on covering Michael Bloomberg continues.



A vigorous and spirited political discussion ensued. Kathy's story raised a myriad of issues that also relate to the current Congressional dysfunction in governing. These issues include funding of political campaigns; the role of wealth in politics and government; oligarchies' control of the media; the rise of the Internet and decline of traditional media and its funding sources; lack of transparency and accountability in government and in the media; redistricting and gerrymandering; declining public interest in local politics; and the need to reinvigorate public enthusiasm for local elections.

The question arose as to whether Bloomberg, with his embrace of certain Democratic positions, might be able to bridge the gaps that exist both within and between the Republican and Democratic parties. A general consensus emerged that no one political leader had the ability to effect changes that would resolve these problems – witness the case of President Obama, who tried. Rather; a series of systematic and structural changes would need to be made if we are to remedy the dysfunction that currently exists in our system of governing.

Many thanks to **Peg Simpson** for hosting; to **Marcy Logan**, **Lois Berlin** and **Iris Molotsky** for the excellent soups; and to **Joan Ludlow** and **Lucia Edmonds** for the bread. ■ SL

## Live & Learn February 22

### How to Pay for Long-Term Care

Alexis Cole, staff attorney for the Health Insurance Counseling Project, once again enlightened Villagers with her expertise and clarity, this time on the gnarly subject of how to pay for long-term care. There are basically three options: Medicaid; private insurance; and self-financing.

Why is Medicare missing from the mix? Cole explained that long-term care refers to the services and supports necessary to perform the Activities of Daily Living (ADL), such as eating, bathing, dressing, toileting, etc. It is not medical, which Medicare covers, but custodial. However, Medicare does provide limited coverage for care in a skilled nursing/rehab facility after at least three days of hospitalization and other conditions are met.

Although Medicaid is intended for low-income people, the limits on income and assets for DC's Long Term Care Medicaid program, which covers care in a nursing facility, are relatively generous: \$2199/month or less for an individual, \$3300 for a married couple, with assets of up to \$4000 for an individual, \$6000 for a married couple. The value of your home, one vehicle and personal possessions are excluded from the tally. Most people begin paying for nursing-home care out-of-pocket, spending down until they meet Medicaid eligibility.

These same limits apply to DC's other long-term-care program, the Elderly and Physical Disabilities Waiver, which covers services received in the community or home. Such services may include a health aide, housekeeping assistance, case management and others.

Long-term-care insurance is offered through private providers, the number of which is dwindling, Cole cautioned, adding that it should be purchased only



through a DC licensed insurance broker/agency. The older you are when you get the policy, the more expensive it is. "Don't put yourself in debt for this," she strongly counseled. "And if you only have Social Security income, don't buy a policy."

If you have a serious health problem, insurance companies may refuse you a policy, charge a higher premium or exclude that problem from coverage. Most plans don't cover care related to substance abuse, mental disorders or self-inflicted injury. And make sure the plan does not exclude coverage for dementia/Alzheimer's, heart disease, diabetes, cancer and other prevalent conditions. Also look for a cognitive impairment clause because many people with dementia can handle some ADLs on their own.

Most such policies pay a fixed daily or monthly benefit and are fairly flexible about whether your care is in a nursing facility or at home. Make sure that the policy is tax qualified so that its benefits are excluded from your taxable income. Some plans offer inflation protection, which is important to get if you buy a plan while you're relatively young.

In DC, all policies are guaranteed renewable, which means you can only be cut if you don't pay premiums. DC also requires plans to offer a non-forfeiture option so that if you no longer can pay premiums, you can recoup some portion

of the money you have already paid for the policy.

Benefits are "triggered" when the insurance company agrees that you need assistance with two or more ADLs. Once the "benefit triggers" are met, there is a waiting period ("elimination days") for payment. Since people often cycle in and out of long-term care, clarify whether the policy's waiting period is once-a-lifetime or per period of need.

Cole's underlying message about these insurance plans is to go over them with the proverbial fine-tooth comb. And before buying one, particularly at a later stage in life, talk to a financial adviser or conduct your own cost-benefit analysis. It may be more advantageous to finance long-term care yourself and/or arrange for other options.

However it is paid for, long-term care in a nursing home costs the most. The latest (2013) figures for DC are \$75,000-91,000/year for a semi-private room. Though varying by need and type, costs are considerably less for assisted living and home and community-based care, very roughly in the \$40,000-50,000 range.

For questions about this and other health insurance issues, contact the Health Insurance Counseling Project, 202-994-6272. Calls are generally returned within two days. ■ BR

## Robbie Burns Night: Laddies, Lassies and Haggis

"Tonight's celebration is more than an excuse to break out the expensive single malt scotch. It's a reaffirmation that wherever there is a neighborhood, there are worthy lives who still dream of the oneness of humanity and of the need to join one another to share in this kinship."

And so **Bob Meehan**, in his Toast to the Company, helped launch a high-spirited and elegant evening to celebrate the 257th birthday of Scotland's favorite son and most loved poet, Robert Burns (affectionately known as Robbie). Every year since his death in 1796, devotees around the world gather on January 25th to observe his birthday by reciting his poems, singing his songs, eating and drinking traditional Scottish offerings and reveling in his love of life. The gathering at the home of **Carol Galaty** and **Ken Shuck** was just such a fitting tribute, even though the snowstorm of 2016 delayed the celebration until February 4th.



The evening began with welcoming remarks from our hosts, short toasts to the company, to country (Scotland and America), to the laddies and lassies and, not least, to "the Haggis," a traditional Scottish delicacy. Poems, stories and songs by Burns and others, all presented by the company, rounded out the festivities, concluding with "Auld Lang Syne."

Burns, the son of a farmer, was a financial ne'er-do-well who nonetheless rose to become a cultural icon in Scotland and worldwide. He is best known for his poems and songs, but also renowned for his high spirits, philandering and hard drinking.

In his toast to the lassies, **Ted Bracken** attributed Burns' iconic status to his having "been surrounded by remarkable women....He held them very dear to his heart and looked at



them as a source of comfort, inspiration and strength – none more so than Burns' only bride, Jean Armour, who bore him two sets of twins before their wedding and a total of nine children in all."

As Burns himself wrote:

Auld Nature swears, the lovely dear,  
Her noblest work she classes, O:  
Her prentice han' she try'd on man,  
An' then She made the lassies, O.

"But isn't it true," Ted continued, "that whilst we love ladies, which man has not had cause to curse them at some point in his life? They infuriate us with what we see as a lack of logic, they astonish us as they can change their minds in an instant. But -- this the most maddening thing -- we go along with whatever they say because we adore them and would do anything to please them."

Although **Sheila Lopez** acknowledged that, bawdy reputation aside, Burns was something of a feminist, her Toast to the Laddies shot an arrow across Ted's bow:

Tho' gathered here tonight with mirth and joy galore  
To celebrate the musings of the bard we all adore,  
Still we beseech you not to invoke our wrath or pique  
Lest you find yourselves bereft of the finer things in life  
Or the wondrous things only we lassies can provide.

By evening – and whiskey's end – peace between the laddies and lassies was sweetly restored by Sheila and Carol:

We lassies raise a glass to Robbie Burns and to all the  
lads among us  
And as our poet of the evening might well have said,  
with no fuss,  
Every Laddie needs a Lassie, so have not a single regret  
We're in this Village together and will enjoy traveling  
with you  
Down the path we've all so bravely set. ■ SL

## Out & About with DCV

**Crosscurrents: Smithsonian American Art Museum.** Smithsonian docent and Villager **Mary Braden** conducted two tours of this exhilarating exhibit of modern art from the Sam Rose and Julie Walters Collection. The exhibit juxtaposed the works of major American and European artists whose works were caught up in the exchange of artistic ideas that flowed across the Atlantic during the modernist period. Our side of the Atlantic included works by Calder, Pollack, Lichtenstein, Hopper, O'Keefe, and the European side was represented by Picasso and Miro.

**Impromptu Gathering at Trio's.** Several Villagers decided to brave the snowstorm of 2016 to meet up at Trio's. It was great fun, the hors d'oeuvres and the dessert were pretty good, and everyone got outdoors for a bracing walk.



**TED Talk.** **Sheila Lopez** hosted a TED Talk on February 12 on the question of whether human genes should be patented. Tania Simoncelli of the American Civil Liberties Union described the case they took to the Supreme Court involving Myriad Genetics and its patent on the breast cancer genes BRCA 1 and 2. ACLU won, reversing the 20-year practice of the U.S. government allowing gene patenting. The group also watched a related talk about genetic modification of food by plant geneticist Pamela Ronald, who argued that using genetic modification can help nourish the world's growing population without further destroying the environment.

**Tech Tuesdays.** Villagers gathered at *La Tomate Caffe* on February 16 to hear **Ken Shuck's** eye-opening talk on computer passwords and security.



**French Film Series.** **Marcy Logan** hosted the viewing of two French films based on the French Revolution. The first, *La Nuit de Varennes*, was shown on February 9th, and the second, *Danton*, on February 23. The films were introduced by **Victor Wexler**, Emeritus Professor of French History (UMBC).

**DCV's Dance Series.** Thanks to Dance Metro DC and DCV, Villagers got an intimate view of the emotionally intense and impressive choreographic and dance skills of Company E. The February 19th special performance also featured a delightful Q & A with company dancers. Regret you missed it? See Company E at the Kennedy Center on March 16 and 17. ■ SL



## New Member Profiles

### Carol Goldman

Appointed President of The L'Enfant Trust in 1998, Carol leads local and national historic preservation efforts. The Trust protects and provides technical preservation guidance to owners of over 1100 historic buildings in the nation's capital through its conservations easement program. Its Historic Properties Redevelopment Program reclaims vacant, blighted and endangered historic buildings.

Carol calls her work in historic preservation her "third incarnation." Her professional career path began in health care as a critical-care nurse and then went into law. A longtime resident of Washington, D.C., she earned both her baccalaureate degree in nursing and her law degree at Georgetown University.



### Stephen P. Goldman

Steve, a native Washingtonian, has lived in his Dupont Circle townhouse since 1976. Early in his career, he was a partner in a New York-DC law firm from which he withdrew to join a real-estate development business. He later returned to the law in a small private practice for a handful of select clients and became involved in a variety of business ventures in diverse fields, including manufacturing, publishing, medicine, banking and others.

He continues to practice law for a small clientele and to serve on the boards of civic and charitable organizations, including continuing service as a Trustee Emeritus of The L'Enfant Trust, which he founded. Steve is a graduate of the University of Chicago and of Yale Law School, and he holds a Masters of Law in Taxation from the George Washington University School of Law. ■



### Senior Yoga

As before, the DC Jewish Community Center (DCJCC) is inviting all Villagers to join our Senior Yoga classes on Thursdays at the DCJCC, 16th and Q Streets, NW. These classes are designed to maintain our flexibility and balance and require no previous experience with yoga.

There will be nine classes in March and April, all at 2:15-3:30 pm:

March 3, 10, 17, 24, 31  
April 7, 14, 21 and 28

The cost for the nine-class session is \$90. DCJCC has agreed to allow drop-ins for single classes at \$15 per class.

First timers' first visit is free. You can pay for the whole session by credit card with Andre Dixon at the DCJCC (202-777-3274) or by check (payable to the DCJCC, and sent to Andre at DCJCC, 1529 16th St., NW, Washington, DC 20016). Payment for individual classes is at the door. Hope to see you there.

John and Deb Taylor  
john.taylor@colorado.edu

### Journalists Cutting Loose

#### A Chance to See the Reprise of the Gridiron Club's Annual Show

For 131 years, Washington's Gridiron Club—comprised of prominent DC-based journalists—has hosted an annual, Saturday night dinner with satire and songs that skewer political leaders, lobbyists and sacred cows. Now the Sunday afternoon reprise, traditionally given for members' friends and family, is open to a wider audience. And thanks to Villagers **Annie Groer** and **Kathy Kiely**, members of the Gridiron, we're invited!

**When:** Sunday, March 6, 2 pm (reception with open bar), 3-5 pm (show, including syndicated columnist Mark Shields' recap of the speeches that top Democratic and Republican speakers delivered)

**Where:** Washington Renaissance Hotel, ballroom, 999 Ninth St., NW

The ticket price for Villagers is the same as for Gridiron members: \$70 each, with \$56 of that tax deductible as a charitable contribution. If paying by check, your ticket(s) will be at a "will call" table at the hotel. **Make the check out to The Gridiron Club and Foundation** and mail to:

Carol Stevens  
3507 N. Ohio Street  
Arlington VA 22207

You can also buy tickets online via Eventbrite at <http://gridironclub.org/sunday16>. The password is: Gridiron321. Eventbrite charges a service fee.



---Iris Molotsky

We first had chickpeas and spinach, which has since become a staple in our household, while we were visiting friends in the Tarn in southwest France. This recipe is from our co-host Robin Ellis's first book, *Delicious Goods for Diabetics*. It is easy and delicious.

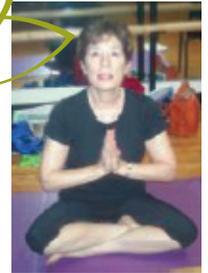
**Chickpeas and Spinach** (serves 2-3)

- 1 can chickpeas
- 4 oz. chorizo, sliced and diced
- 1 bag (8 oz) fresh spinach
- salt and pepper
- 2-3 garlic cloves, chopped
- 4 tsp dry sherry
- 4 TB olive oil
- whole wheat bread crumbs

1. Rinse, drain and pat dry the chickpeas (don't skip the drying).
2. Heat 3 TB olive oil in pan large enough to hold chickpeas in one layer. At medium heat, cook garlic briefly.

Increase heat slightly and add chickpeas, salt and pepper. Cook until golden brown (about 10 minutes).

3. Add chorizo and cook for another 8 minutes. Empty mixture into a bowl.
4. Return pan to heat, add remaining TB olive oil, spinach and additional seasoning. Sprinkle on sherry. Turn spinach repeatedly until it cooks and the liquid has evaporated. Add chickpeas and chorizo to pan.
5. Transfer to a small gratin dish, sprinkle on breadcrumbs and a little extra olive oil. Put under the broiler for about 3 minutes. Makes an excellent vegetarian meal if you omit the chorizo. ■



---Judy Silberman,  
Yoga Master

We will continue with some more gentle neck exercises. Sit tall on a straight-backed chair. Check that your chin is over your sternum (breast bone) and ears are over your relaxed shoulders. Close your eyes. Visualize a clock in front of you, your nose pointing to the center of the clock. Keep your torso facing front throughout.

Now, tilt your head, so that your nose points toward 12. Move your nose to 1, 2, 3 -- pause, and take a full breath; 4, 5, 6, pause, breath; 7, 8, 9, pause, breath; 10, 11, 12, and now take two full breaths. Check your chin and ears, and then begin going around the clock in a counter-clockwise direction. Repeat, if it feels good. ■

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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