

There is always something to be thankful for.

---Louie Schwartzberg

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New Members

DCV warmly welcomes its newest member:

JunAnn Holmes



Adding Ethnic Flair to Your Thanksgiving Meal

---Eva M. Lucero, Executive Director

Do you plan to eat turkey, stuffing, mashed potatoes, and pumpkin pie on Thanksgiving? For many, the response is "of course!" Thanksgiving is the quintessential American holiday and these foods are central to many Americans' holiday feast. However, it's just as American to have family traditions that include unique dishes with regional or international influences that have been passed down through the generations.

I come from a family tradition that included turkey stuffed with green chile and a side of calabacitas (grilled corn, yellow squash, onions, green chile and cheese). In lieu of turkey gravy, we used red chile sauce made from dried red peppers pulled from a Ristra that could be found hanging in our porch. Homemade empañadas were always served for dessert. I love hearing how others make Thanksgiving their own, and at the same time wholly American. Here are some suggestions to add to your Thanksgiving dinners inspired by various ethnic cuisines. All recipes can be found on the Internet with a simple Google search.

How can anyone resist an exotically spiced, aromatic Indian feast? Start with a tandoori roasted turkey marinated in Indian spices (cardamom and curry) and yogurt overnight. Add some rice pilaf with almonds and raisins, caramelize

some cumin-roasted carrots and be sure to sop up the gravy with homemade naan.

An Asian inspired meal would begin with wasabi deviled eggs and end with a gingery lemon mousse and green tea. Instead of turkey, try a Peking duck, lacquered with honey and soy and stuffed with baby bok choy and slivered green onions.

How about some south of the border fare? Prepare a simple rub of ground chilies and oregano to season the turkey. Stuff the bird with chorizo apple stuffing and add mole gravy. To add color to your Thanksgiving fiesta, serve an avocado and roasted yam tossed salad. Save room for turkey tacos on black Friday.

Moving south of the DC border, you might have a delicious baked ham with a bourbon-mustard glaze and sweet potato casserole. On the side, include buttery cornbread or buttermilk biscuits and for dessert, classic pecan pie.

However you celebrate and whatever kind of food you eat on Thanksgiving, it adds to the rich melting pot of the American tradition. Let's all give thanks for a nation whose bounty allows so many (yet not nearly enough) to be fed so well.

Happy Thanksgiving! ■





MONTHLY Calendar

ESTATE PLANNING

**Friday, November 17,
2:00-3:00 p.m.**

2121 Decatur Street, NW – Decatur Street Meeting House (next to DCV office) (Florida & Decatur)
William Sanderson, partner, McGuireWoods, will discuss the A-B-Cs of estate planning: what you need to know about wills and trusts; powers of attorney and medical directives. Learn how you can help future generations of Villagers by the actions you take now. RSVP to Iris Molotsky at iris.molotsky@gmail.com or 328-1121

SOUP SALON – MEET THE DOCENTS

**Sunday, November 19,
6:00-8:00 p.m.**

Home of Caroline Mindel, 1760 Swann Street, NW
Many of you already know Mary Braden from the wonderful art tours she has led us through at Smithsonian American Art Museum. Mary and fellow docent Joelle Michaud will bring you up to date on their individual projects and share information about what we can look forward to at the Museum in the months ahead. Contributions of soup, bread, wine or dessert are appreciated, but not required. Coordinate with Caroline when you RSVP to her at carolinejmindel@gmail.com

TECH TUESDAY

**Tuesday, November 21,
11:00 a.m.-12:30 p.m.**

La Tomate Caffe, corner of Connecticut and R
Bring your questions and your latest tech purchases/discoveries to share. Ken Shuck and other tech-smart Villagers will be there to help, should you need it. Come for breakfast or coffee and good company. RSVP to Lucy Cooney at lucy1030@starpower.net

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President's Notes

It Takes A Bunch of Villages

---Steve Kittrell

DCV is a member of the Village to Village Network (V2V), a national organization that collaborates to maximize the growth, impact and sustainability of individual Villages and the Village movement. The V2V Network held its annual conference in Baltimore this year. Due to its close proximity, a number of DCV members (including me) were able to attend.

This was my first national V2V Network conference and it was enlightening. The three days were packed full of general meetings and breakout sessions. The drive to and from Baltimore also made for full days.

At the conference, I learned several things about the national Village movement and how DCV fits into it. A seemingly popular saying that I heard for the first time is “If you have seen one Village, you have seen one Village”. I was truly surprised by the variety of structures and composition of the more than 350 Villages across the country in place and forming.

What did not surprise me was the wide-spread knowledge of and respect for DCV among Villages nationally. Our members have been active in the V2V Network for years. **Peg Simpson**, a founding member of DCV, is currently

on the V2V Network board.

Our image was enhanced by the excellent representation of DCV by **Eva Lucero**, our Executive Director. In addition to being on the planning group for the meeting, Eva lead a well attended session that featured the DCV experience of getting government funding for and effectively using a case manager.

Supporting our members during short or long-term vulnerabilities is one of the most important things that DCV does. The other Village representatives were impressed by our success and very interested in learning how to replicate this in their Villages. Eva also won the Social Media contest for tweeting about the conference. This award comes with a full scholarship to attend next year's conference in San Diego. **Abigail Wiebenson** was recognized for her longtime volunteer efforts as the DCV membership chair and was awarded a certificate of appreciation.

If you want to know more about the conference, you can talk to any of our members who attended: **Eva Lucero, Peg Simpson, Kathy Cardille, Mary McIntosh, Ann McFarren, Iris Molotsky, Abigail Wiebenson** and myself. ■



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AN EVENING AT THE THEATRE

Caryl Churchill's *TOP GIRLS*

**Thursday, November 30,
8:00 p.m.**

Keegan Theatre, Church Street between 17th and 18th
Despite its having first been performed thirty five years ago, this play is as relevant now as it was then. The all-female cast tells the story of a career-driven woman and the sacrifices she makes for the achievements she earns, bringing the very definition of success into question.

The theatre has given us a special rate of \$30 with no handling fee – normal senior rate is \$44 plus fee. RSVP to Lucy Cooney at lucy1030@starpower.net and mail your check, payable to Kathy Cardille, to her at 1545 - 18th Street, NW, #416, Washington, DC 20036.

LIVE & LEARN – TECHNOLOGIES FOR AGING IN PLACE

**Monday, December 4,
3:30 to 5:00 p.m.**

United Auto Workers, 1757 N Street, NW – wheelchair accessible
Scott Code will discuss better aging through technology, covering such topics as home safety/security; health/wellness; social connectedness/engagement and learning/contributing. RSVP to Linda Harsh (202) 234-2567 or lindajkh@mac.com

HAPPY HOUR

**Tuesday, December 5,
5:30-7:00 p.m.**

Beacon Bar and Grill, 1615 Rhode Island Avenue, NW
A variety of drinks and snacks will be available at happy hour prices. This will be the last Happy Hour of 2017, so come for an early New Year's Eve. RSVP to Marie Matthews by December 3rd at mariemattmarie@gmail.com

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Computers & Smartphones: Cautious or Frustrated?

--Ann Talty

If you haven't grown up with technology or used it extensively in your workplace, it is perfectly natural and normal to approach it with trepidation. Knowledge and practice are how to gain confidence and success.

Let's start out with some basic vocabulary.

Bear in mind that the computing world is divided between Apple products (anything that has "mac" or a preface of "i"), and PC (personal computer or Android – made by a variety of companies).



Hardware. This refers to the equipment you have. It comes in many forms:

- 1. Desktop computer.** This involves several pieces of hardware: the monitor (screen), keyboard & mouse, and a CPU (Central Processing Unit – the big box that makes it all run).
- 2. Laptop computer.** This may very well sit on your desk, but it was invented to be more portable. It has a screen and a keyboard hinged together.
- 3. Smartphone.** This is a phone with certain apps (computer applications) that tell the equipment to do a variety of things in addition to being a phone. Text messaging, weather, email, Internet, maps, Metro's next bus, paying for parking, and using Uber or Lyft are only a few things you can do. Fits in a pocket or purse.
- 4. Tablet.** This is bigger than a phone and smaller than a laptop. An iPad is a common tablet. It is easier to read or type on than a phone, making it a better choice if you want to do work.

Operating System. This makes the computer run. Different pieces of hardware require different computer languages. Apple products use "IOS" plus a version number. Desktop and laptop computers that aren't made by Apple usually use some version of "Windows."

More next time – do **Ask Ann** any burning questions. admin@dupontcirclevillage.net or (202) 436-5252. ■

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RECEPTION FOR PROSPECTIVE MEMBERS

Wednesday, December, 5:30-7:00 p.m.

1916 S Street, NW

Reception for people who may be interested in learning more about DCV. Invite anyone you think may be interested.

RSVP to: abigailwiebenson@gmail.com or (202) 332-6857

ALPACA TREK –WITH FREE BUFFET LUNCH

Thursday, December 7, 10:00 a.m.-2:30 p.m.

Villa de Alpaca, 22410 Acquasco Road, Acquasco, MD

Villa de Alpaca is part of a grand, historic farm-house complex that has been in continuous operation for 200 years. Hosted by owners Angel Forbes Simmons and Tom Moore, you will enjoy lunch, then meeting their delightful herd of charming alpacas, learning the ins and outs of what it takes to create the pieces they offer and best of all, finding THE perfect gift for those on your holiday list.

Thank you to Susan and Bob Meehan for arranging this special excursion. RSVP to Bob Meehan at bobmehany62@gmail.com or 234-5151 by December 5th. If you are willing to drive, please coordinate with Bob and let him know how many passengers you can accommodate.

MOSAIC THEATER COMPANY: THE REAL AMERICANS

Thursday, December 7, 2017, 11:00 AM

Atlas Performing Arts Center, 1333 H St. NE

Inspired by 100 days travelling in a van through small- town America, actor/ journalist Dan Hoyle enacts a multi-character encounter with the people at ground zero of our country's growing economic inequality and polarized politics. Hoyle's quest to "break the liberal bubble" sends him

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Shining the Spotlight on Issues Facing LGBTQ Older Adults

---Eva M. Lucero

To raise awareness of the aging LG-BTQ community, Sibley Senior Association (SSA) recently invited all Village members and the public to a viewing of *GEN SILENT*, a documentary that follows six LGBTQ seniors living in the Boston area and the struggles they face as they reach old age.

The film's title is a reference to the "silent" generation of individuals who won the first civil rights victories for the LGBTQ community in the late 1960's during the Stonewall riots, which sparked the LGBTQ rights movement. The film interspersed black and white clips of some of the couples fighting and marching in the first battles for equality and with interviews from today.

While the LGBTQ community has scored a number of victories, a number of challenges remain. *GEN SILENT* highlights some of the issues that LGBTQ seniors face, for example, as they navigate the long-term health care system. Discrimination ranges from shunning and disapproval, to neglect and even attempts at conversion therapy, a practice that is illegal

in some states. The film shows how these damaging experiences can lead or contribute to social isolation, family estrangement, paranoia, depression, and even suicide.

Many of the stories portrayed in the film were heartbreaking and there is obviously much more work to be done. Sibley has demonstrated its leadership by requiring its entire staff to take LGBTQ sensitivity training and all new hires are required to view this film as part of their orientation. They even have a lesbian RN who is the liaison to the gay community.

DCV is also taking steps to address issues of concern to our LGBTQ members and proactively engaging it's broader membership on LGBTQ issues. Furthermore, I serve on a committee led by Whitman Walker Clinic that is identifying issues that our LGBTQ older adults are facing city-wide. DCV will also offer its members and volunteers cultural competency training as part of a recent DC Office on Aging (DCOA) grant that will address LGBTQ issues. ■

A Play-Reading to Benefit StreetSense Media

Monday, November 20 at 7:30 pm

Mr. Nobody, by Philip Ralph. Presented by the Actors' Center

The play explores the importance of dignity and respect for those experiencing homelessness through the story of Tommy -- a street newspaper vendor with amnesia. With no idea of who he is or where he comes from, Tommy lives on the streets, leading the life of a nobody. A year on, someone comes forward who claims to know him -- his wife. There's just one problem: Tommy says he's never met her before. But is he telling the truth? Is she?

There is a \$10 suggested cash donation at the door. [RSVP at this link.](#)

Featuring DCV Graphic Designer, **Emily Morrison** and fellow actors Ned Read and Kecia Campbell.

Spooky Action Theatre, 1810 16th Street, NW, Washington, DC 20009

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on an unforgettable journey into the lives of a new Mosaic of Americans: union coal miners, rural drug dealers, anti-war Veterans, and closeted gay creation theory experts...among others. FREE with pre-registration. RSVP online, (go to calendar and click on event) or to Kathy Cardille kcardille@gmail.com or at (202) 248-4347

**DESSERT AND DIALOGUE:
MYANMAR/BURMA – THE MESS
THAT IT IS**

**Monday, December 11,
7:00-8:30 p.m.**

2121 Decatur Street, NW – DCV Meeting Space – upstairs Living Room Villager Lex Rieffel has been interested in Myanmar/Burma since grade school. He will share some of his insights into that country's current unrest with us at this evening event. RSVP online (go to calendar and click on event) or contact the DCV office.

**MOSAIC THEATER COMPANY:
DRAW THE CIRCLE**

**Thursday, December 14, 2017,
11:00 AM**

Atlas Performing Arts Center,
1333 H St. NE

Gender transition can be a test for any household—but when Mashuq Mushtaq Deen comes out to his conservative Muslim family, traditional values and Western ideals collide in an hilarious and moving immigration journey unlike any other. Told entirely from the point of view of family and friends, yet performed by Deen himself, Draw the Circle is a moving story about survival, transition, and unconditional love. Part of the series "Transformational Journeys: Inspired Singular Explorations." FREE with pre-registration. RSVP online, (go to calendar and click on event) or to Kathy Cardille kcardille@gmail.com or at (202) 248-4347. ■

Member Profile: Dick Arndt

A scholar of the French Enlightenment, **Richard T. Arndt** (Dick) joined the United States Information Agency in 1961 after receiving his doctorate from Columbia University. He served as a cultural diplomat until 1985, working in Lebanon, Sri Lanka, Iran, Italy, and France. He has taught at the University of Virginia and George Washington University's Elliott School where he developed the first course in the U.S.

on UNESCO. Upon retirement, he was principal editor of the *Fulbright Difference* but his major work is the *The First Resort of Kings: American Cultural Diplomacy in the Twentieth Century* published in 2005. Dick has lectured widely on his unusual specialty in DC universities, around the country, and abroad in universities and foreign ministries in Mexico, Colombia, Bulgaria and the UK. In the midst of this very international career, he found time to restore and modernize a residence, known in the village lore as La Synagogue in Forcalquier, a town in eastern Provence. He was married to Lois Roth, a US cultural diplomat who passed away in 1985. He has lived in Adams Morgan for 36 years and has four children and seven grandchildren who are scattered around the globe in Paris, London, State College, PA, Jersey City, NJ, Brooklyn and Woodstock, NY. ■



Walking, Biking, Using Public Transportation Favored by Village Survey Respondents

---Pender M. McCarter

Some 21 Villagers responded to last month's (October 2017) newsletter poll on transportation options in the Dupont area. Although the poll was focused on non-traditional, even quirky forms of getting around town, most Villagers in this non-scientific sampling prefer using their own feet, household bikes, ride-share services, Metro buses (including the Circulator) and Metro trains.

Two respondents expressed an interest in driverless cars. One Village couple cited transportation "help from friends." Another noted a six-person jitney service begun recently on Wilson Boulevard in Arlington as an attractive option for District residents.

Many of the respondents expressed concern about their sense of balance, ruling out biking—and definitely the electric board and Segway options. However, one Villager expressed enthusiasm for a Segway tour.

Finally, one respondent, in jest and in keeping with the poll's quirky transportation theme, cited using electric wagons! Watch out, millennials, here we come! ■

If You Find Medicare Daunting, Help Is Available -- And For Free

---Joan Treichel

Although some Americans may remember President Lyndon B. Johnson as a bragging, swaggering, sometimes crude Texan, there is no doubt that "LBJ" did us Villagers a great service when he signed Medicare – government-sponsored health insurance for seniors -- into law on July 30, 1965.

Since 1965, however, Medicare has expanded greatly. Today seniors have two options. They can participate in either the "Original Medicare" health insurance plan or in a "Medicare Advantage" health insurance plan. Under the former, Medicare pays for your medical expenses on a traditional fee-for-service basis. Under the latter, you get your medical care through a health maintenance organization (HMO), and Medicare then pays the HMO for that care. Furthermore, the Original Medicare plan consists of Parts A and B. You can also add some "bells and whistles" to the Original Medicare plan – see Part D and "Medigap policies below -- if you are willing to pay for them.

Medicare is "incredibly complicated," an expert on the subject, Chris DeYoung, admitted to some 20 of us Villagers and guests at a Village Live and Learn Seminar on October 23. DeYoung is co-director of the Health Insurance Counseling Project (HICP). The HICP is a community legal clinic of George Washington University School of Law.

DeYoung then set about giving us an overview of the Original Medicare plan, which is what most seniors have, and offering us some guidance on how to negotiate the Medicare labyrinth....

Finding a participating physician

There are three kinds of physicians -- those who have signed a contract agreeing to accept Medicare fees as their full payment; those who have signed a contract agreeing to accept Medicare fees as long as they can charge up to 9 percent more; and those who do not participate in Medicare at all. If you want to find doctors in your geographic area who participate in Medicare fully or at least partially, visit www.Medicare.gov. You can scan the database by medical specialty. You can also enter the name of a particular doctor to find out whether he or she participates in Medicare fully or partially.

Part A is hospital insurance. It covers inpatient hospital stays, nursing facilities, skilled home care, and hospice care. Regarding 2017 out-of-pocket costs, there is no monthly premium with a 10-year work history. However, there is a deductible of \$1,316, and copays depending on the length of stay.

Part B is medical insurance. It covers doctor services, preventive services, ambulance, durable medical equipment, and lab tests. As for 2017 out-of-pocket costs, there is a yearly deductible of \$183, a monthly premium of \$134, a 20 percent coinsurance, and up to a 15 percent surcharge for nonparticipating physicians.

Part D is prescription drug coverage provided by Medicare-

approved private companies. No over-the-counter medications, vitamins, or experimental drugs are covered. You need to enroll in a Medicare prescription drug plan in order to take advantage of Part D.

Medigap policies are private insurance plans that you can buy to pay out-of-pocket costs in Part A and Part B coverage, such as copayments and deductibles. Some of the plans also help pay for services that Medicare doesn't cover at all, such as emergency medical care while traveling abroad. Medigap offers no help with medication costs.

And if all these Original Medicare components aren't boggling enough, what each covers or doesn't cover can be incredibly nuanced, DeYoung pointed out. Even more dizzying, "Everybody has a different situation with all of this," he said. Or as **Beth Merricks**, chair of the Village Live and Learn Committee, exclaimed at one point: "I don't know how this could get any more complicated!"

However, help is on the way, DeYoung reassured us – and for free – through the HICP. "We are here to help people in the District with Medicare," he said.

What you do is call HICP with a question – say, you want to know whether a particular medication you're taking is covered by your particular Part D drug plan – and someone at HICP will try to get back to you within a day or two at latest to help you answer it. The HICP staff also offers legal assistance to the public regarding Medicare claim denials and some other matters, he noted.

"All of this sounds too good to be true," Villager **Gail Snider** commented toward the end of DeYoung's presentation. "But it isn't. I've used HICP services and found them absolutely terrific."

And just before DeYoung departed, someone asked: "If you could give us Villagers advice about only one thing, what would it be?" This was his reply: If you visit a hospital emergency room and one of the doctors there decides to admit you to the hospital, make sure that the doctor records, on your medical chart, that you are being "admitted to the hospital," not that "you are being kept in the hospital for observation." Otherwise Medicare won't pay for your hospital stay, and the costs to you could be staggering.

The Health Insurance Counseling Project is located at 650 20th Street, NW, Washington, DC 20052. If you want HICP to help you with a Medicare challenge, call (202) 994-6272. ■

Thankful for Heeding the Advice of a Peace Corps Volunteer

---Ann Talty

In September, **Lex Rieffel** hosted Carrie Hessler-Radelet, who was tapped by President Obama to serve as the Director of the Peace Corps from 2013 until January 2017. Many of the attendees had been Peace Corps volunteers, and relayed the effect the experience had on them and helped shape their career choices. Hessler-Radelet then captivated them with a story of how one Peace Corp volunteer had changed one little boy's life.

At a formal dinner, Hessler-Radelet was seated next to the President of an African country. He told her about a Peace Corps volunteer named Sharon who volunteered in his village when he was a youngster. Sharon taught at the high school, and started a mentoring program. She taught them about service to others, and developed service projects with them. The President was a boy of 6 or 7 at the time. He explained that he had taken the lessons to heart, took leadership roles in school, always remembering her wise instruction of service to others. He went on to university and became a successful business man, but always used his position to support service projects. He eventually became President, and saw that he could change his country if he did it from the perspective of serving others. He told Hessler-Radelet that he owed it all to Sharon, and would love to meet her again to thank her for these life lessons.

Hessler-Radelet rashly promised that if he ever visited the US, she would connect him with Sharon. Well, he eventually took her up on that promise. Records from the 60's were a little thin, but they were able to identify a Sharon who had been stationed in his country and region around that time. Hessler-Radelet contacted Sharon, told her about the President's story, and invited her to come up to DC to meet him. Sharon was sure she was not the right Sharon, had recently retired and moved to Florida, and wasn't interested at all in

CelebSalons

participating. She finally agreed to come. For the meeting, Sharon brought a photo album from her time in that country. She sat in Hessler-Radelet's office looking more and more uncomfortable and ready to dash out of the room. When the President came in, he saw her and threw his arms around her, but Sharon still thought she was the wrong Sharon. He told her things he remembered, told his story again, and she was still not convinced. They talked, and then they started to look through the photo album. He was even more sure that she was the right Sharon when he saw pictures of his friends and family. He was thrilled, no one in his village had a camera, so it was the first time he had ever seen photos from that time



period. Sharon finally asked him to point out a picture with him in it. He pointed at one. She stared at him for a while, and finally said incredulously, "Baba? Baba, you grew up to be President?! I didn't even know you ever listened to me."

The moral of the story being that when you serve others, you just never know the long-term effect of the seeds planted. ■





Where Are They Now?



In October, **Judith Neibrief** enjoyed the cultural and natural wonders of the highlands of Bolivia--a fine adventure, but she expects to stay below 12,000 feet in the future. This picture shows Judith at Salar de Uyuni, the world's largest salt flat.

Jane Cave and **Eugene Versluysen** just returned from a trip to Rome, Bologna, Milan, and London, where they enjoyed some fine architecture, fantastic food (Bologna) and met up with family members (Milan, London). The picture is the view from our window in Rome. Karen).



On Oct. 14th, Villager **Pender M. McCarter** and a friend took the train to New York for the day to attend a matinee of Mozart's "Magic Flute" at the Metropolitan Opera — directed by Julie Taymor and broadcast live to 2,000 cinemas worldwide. As the Met's promotions in the movie theaters promise, one has to experience being at the Met to enjoy opera at its best. Later, on Oct. 27-28, Pender joined more than 100 Duke alumni, staff and students at the university's first LGBT homecoming in Durham, NC.



Karen St. John was recently at Iguazu Falls, Argentina - one of the 7 Wonders of the World. ■



Kathryn's Meat Loaf

Every time we go to the Big Flea together to find wonderful antiques and other treasures, my dear friend Kathryn Kailian brings meatloaf sandwiches for all who are along for this special shopping event. I am lucky enough to have Kathryn's recipe and will share it with you.

I like to put all the ingredients in a bowl and "moosh" it all together with my hands. Kathryn puts all the ingredients in her large food processor and blends it all together that way. Her meatloaf is much smoother than my chunky version, so go ahead and pick your texture preference.

Ingredients

Mix all the ingredients together and place in an ovenproof baking dish (I use a Pyrex one). Drizzle some additional olive oil on top (about 1 tbsp).

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| Ingredients | 1/2 tsp allspice |
| 2 1/2 lb ground turkey breast | 1 1/2 tsp salt |
| 6 cloves minced garlic | 1 tsp pepper (I love pepper so I use about a tablespoon!) |
| 1 c oatmeal | 1/2 cup of good catsup |
| 2 eggs | 1 tsp chili garlic sauce (I use Siracha) |
| 2 tbsp olive oil | 1 large onion, diced |
| 4 tsp Worcester sauce | |

Bake in a 400 degree oven until brown – about 45 minutes to an hour.

Optional Step

About 3/4 of the way through the baking, I top the meatloaf with a crown of mashed potatoes. You can use your favorite mashed potato recipe. I put roasted garlic, butter, plain yogurt and salt and pepper in mine!! Top the meatloaf like you might a Shepherd's pie and sprinkle with paprika. Return to the oven for an additional 15 minutes or until the potatoes get a nice crust on top.

With or without the potatoes, the meatloaf is delicious and makes great leftovers – particularly for sandwiches! ■



---Judy Silberman,
Yoga Master

Let's work on facial muscles for a while. As we exercise the muscles, increased oxygen and blood flow can make us look and feel more alert and alive. We often allow tension and worry to show on our face; letting go of these negative emotions can make you feel rejuvenated and appear more approachable. Here are two for the cheeks and lips. 1) Tongue tracing: Make a large "O" with your mouth. Extend your tongue, and then trace the circle made by your lips in one direction and then the other, 3-4 times. Rest and notice how your face feels. 2) The Marilyn: Pucker up and blow kisses to your adoring fans. Then, add resistance by pressing your lips into your fingertips and hearing the smack. Do 3-4 times. Feel the joy! ■

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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