

## Money, Music and Dementia, Oh My!

---Eva M. Lucero, Executive Director

Microsoft co-founder Bill Gates has a very personal connection to Alzheimer's disease—his mother is currently suffering from it. In November, Gates announced that he is making a personal \$50 million investment in the Dementia Discovery Fund, a venture capital fund that studies the disease, while another \$50 million will be devoted to startup ventures researching Alzheimer's. Here is the link to Gates' blog where he discusses his new initiative [Digging Deep Into Alzheimers](#).

Another exciting development in the Alzheimer's field is the emergence of another less expensive initiative. It's been well documented that music affects the brain and body unlike anything else. It accesses multiple parts of the brain, and miraculously stays strong, almost to the end. A recent cognitive study has shown that the brain function of those suffering from dementia can be improved if they belt out their favorite show tunes. Yes, show tunes! All those clever and witty Cole Porter lyrics, Rodgers and Hammerstein melodies and Irving Berlin's sentimental Americana that you couldn't get out of your head may help you if you ever get dementia.

The study was conducted by Linda Maguire of George Mason University. Maguire an internationally renowned musician who has done over 80 live radio broadcasts, several recordings, and has been a featured soloist at the Kennedy Center, has turned her musical talents toward a new theme: healing. In her quest to marry music and medicine, she acquired two master's degrees, in cognitive and behavioral neuroscience and gerontology. The study was a collaboration with Jane Flinn, a behavioral neuroscientist at George Mason, and published in the Journal of the American

Geriatrics Society. The team looked at 45 patients with either Alzheimer's or other dementia. In most music therapy programs for the elderly, the authors say, "the music chosen is often simplistic and does not challenge the participants." In contrast, a trained singer who offered instructions on vocal technique, breathing, and musical style led these sessions. That, they say, may have played a role in the cognitive improvement. Scores on cognitive tests given before and after the

months of singing classes showed that mental ability improved among the singers. The sessions appeared to have the most striking effect on people with moderate to severe dementia.

Though memory loss and a decline in brain function are hallmarks of dementia, patients often demonstrate a striking ability to remember lyrics and melodies of songs from their past. "A lot of people have grown up singing songs and for a long time the memories are still there," said Flinn. "When they start singing it can revive those memories." The researchers found that most of the patients reacted positively to every show tune they sang which included songs from the *Sound of Music*, *Wizard of Oz*, *Oklahoma!*, *Kiss Me Kate* and *Carousel*.

In order to sing with gusto in old age, it might be a good idea to brush up on more recent musical composers such as Andrew Lloyd Webber (*Phantom of the Opera*, *Cats*, *Evita*), Lin-Manuel Miranda, (*Hamilton*), John Kander and Fred Ebb, (*Chicago* and *Cabaret*).

Happy Holiday, Happy Holiday  
May the calendar keep bringing  
Happy holidays to you! Irving Berlin ■



"It's delightful, it's delicious,  
It's delectable, it's delirious,  
It's dilemma, it's delimit, it's deluxe,  
It's de-lovely" It's December!

---à la Cole Porter

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### New Members

DCV warmly welcomes  
its newest members:

Kathy and Alex Jordan



## MONTHLY Calendar

**CHRIS MATTHEWS AND HIS NEW YORK TIMES BEST SELLING BOOK, BOBBY KENNEDY: A RAGING SPIRIT**

**Tuesday, December 19**

**6:30 p.m. - bar opens**

**7:00 p.m. - talk will begin**

Women's National Democratic Club, 1526 New Hampshire Avenue, NW  
MSNBC anchor and renowned Kennedy expert, Chris Matthews, will discuss his newest New York Times Best Seller—*Bobby Kennedy: A Raging Spirit*.

Robert F. Kennedy, President John F. Kennedy's younger brother and attorney general in the Kennedy administration, was assassinated on June 5th, 1968. At the time of his death, "Bobby," as he was affectionately known, was a US Senator from New York, and had just defeated Senator Eugene McCarthy in the California and South Dakota presidential primaries.

Drawing on extensive research and interviews, Matthews provides a portrait of Bobby Kennedy's life, from his early years and his start in politics to the role he played in his brother's administration and, finally, his run for president. Calling Kennedy that "rare combination of pragmatist and idealist," Matthews writes about how he was able to connect with voters from all walks of life, whether young or old, black or white, rich or poor. The book will be available for purchase and signing.  
PRICE: \$20 Members; \$25 Non-members. Includes hors d'oeuvres. Cash bar.  
[REGISTER at this link](#) with code DCV2121 and receive the discount.

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## President's Notes

---Steve Kittrell

As 2017 draws to a close, I want to add my hope that you and yours have a great holiday season. This has been a good and interesting year for DCV.

As we look forward to an even better 2018 for DCV, I wanted to let you know about a few things we will be doing next year.

Number one on the list is celebrating 2018 as the **10th Anniversary of DCV**. This is a real milestone for our Village and we plan to commemorate it in various ways during the year.

As you may have noticed, we moved the holiday party to a winter party in January. Many members noted the rush of the holiday season so we are giving this date change a try. The winter party this year will be on Tuesday, January 23. Hold that date and more details will be out soon.

In addition to seeing many of your DCV friends, the winter party will be our forum for showing you our new DCV logo and website. We hope that you will find the website easier to use and more visually attractive. DCV gets introduced to many of our new members through the website and a website refresh is due.

Another unveiling at the winter party will be our new strategic plan for 2018-2020. I also plan to discuss parts of the strategic plan in the newsletter during 2018.

Finally, I want to ask that you consider including DCV in your year-end giving. All our members and many of our other friends have received our year-end appeal materials. Having support from contributions is essential to DCV fulfilling our mission statement as described in our new strategic plan:

Dupont Circle Village connects Members to one another and provides information, cultural and social activities, education, services, and support. Membership enables Villagers to maintain active lives and community participation and to avoid isolation as they embrace the benefits and challenges of living longer.

Happy holidays and best wishes for the New Year. ■



## How Do You Use Technology to Age-in-Place? This Month's DCV Member Poll

---Pender M. McCarter

At the December 2017 *Live & Learn Seminar*, a representative from LeadingAge Center for Aging Services Technologies described "better aging through technology." He highlighted four areas in which technology is used: home safety and security (e.g., fire prevention and fall detection); health and wellness (e.g., medication management, remote patient monitoring); social connectedness and engagement (e.g., Facebook); learning and contribution (e.g., online courses and listservs).

In which of these four areas do you use technology to stay independent and remain socially engaged? Can you provide specific examples? Can you cite positive and negative experiences using technology? Please send your responses to me by 31 December at [pmmccarter@verizon.net](mailto:pmmccarter@verizon.net). I'll summarize the results (without identifying respondents) in a future newsletter. Take care! ■

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### ENCORE CHORALE – HOLIDAY CONCERT

**Wednesday, December 20  
7:30 p.m.**

Church of the Epiphany  
Metro Center – 13th and G Street exit

From Abigail - some of you have asked when the Encore Choral is performing its free winter concert. Seven Villagers sing in the Choral. Come get into the Holiday Season

### SENIOR MATINEE AT THE AVALON

**Thursday, December 21  
10:30 a.m.**

\$5.00 gives you an opportunity to enjoy a first-run film at Washington's only non-profit movie palace – in Avalon I on the Big Screen.

This happens on the third Thursday of every month, so think about making this a regular habit. Popcorn for breakfast (costs extra) – what could be better!

Listing in the Washington Post or on line at the Avalon website, [www.theavalon.org](http://www.theavalon.org) will tell you what's playing. You might also be interested in signing up for their newsletter. If you don't want to drive, the L2 bus stops half a block away and several restaurants in the neighborhood offer an opportunity for "What did you think of the movie?" discussion.

### VERMEER EXHIBIT

**Friday, January 12, 2018  
11:00 am**

National Gallery of Art - West Building Lecture Hall  
Docent-led slide presentation of Vermeer exhibit (40 minutes), followed by self-viewing of exhibit.

### TOUR OF THE RENWICK

**Tuesday, January 16, 2018  
11:00 am**

Docent-led tour

continues on page 4

## Your First Piece of Technology - only \$50

---Kathy Cardille

*Editors note: Kathy Cardille is contributing to Ask Ann column this issue*



Do you have many, many books? Are you trying to downsize your boxes of photos? Is your camera so old or missing? When you're stuck in bed or in a chair rehabbing or traveling, do you wish you had a way to get on the Internet to read your email or play games? Would you like to listen to music or NPR without a radio? If any of these apply to you, you're a perfect candidate for this gadget.

Here is a simple, easy to use, lightweight piece of technology that can do so much for so little money (only \$50). Here's what the Kindle Fire 7 can do:

- Read books and magazines or have them read out loud to you. You can borrow thousands of free books from the public library online or choose from 1 million books priced \$2.99 or less. They are very easy to access.
- Take pictures! Pictures can be stored on the Fire instead of in boxes in your home.
- Skype or Facetime with friends and family. It looks as if you're actually in the room with them so you can talk and interact with them live.
- Listen to millions of songs, podcasts and audio books from thousands of artists. Again, the library is a free source, as well as free podcasts to download.
- Watch TV and movies in the car, plane, bus or wherever, even when you don't have Internet access.
- Play games like bridge, Candy Crush Saga, Boggle and 600,000 others are available to play alone or in online groups.
- Use Alexa with your voice to ask questions, set reminders, turn on lights, thermostats, and more, all from the comfort of your chair.

The Fire 7 weighs only 10 and ½ ounces and has a 7" screen, so it's not some big clunky computer that you have to deal with. **AND DCV has tech people who can help you one on one.**

If you decide that this is for you, get the Fire 7 with Alexa. You can pay \$50 now or \$10 a month for 5 months, plus shipping. Note: You might want to buy a case with a fold over cover so you can prop it up and not hold it. Any earphones seem to work with it, even those from airlines. No need for insurance.

Check it out: <https://www.amazon.com/All-New-Tablet-Alexa-Display-Black/dp/B01GEW27DA> ■

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#### **TECH TUESDAY**

**Tuesday, January 16**  
**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](mailto:lucy1030@starpower.net)

#### **THE FRENCH CHALLENGE**

**Tuesday, January 23**  
**4:00-5:30 p.m.**

Home of Carol Galaty and Ken Shuck, 1910 S Street NW

If you want to use your French, join The French Challenge, an exciting new DCV group. At this first meeting we will discuss and decide about dates, possibilities, venues, events. Get in on the ground floor of this new endeavor. RSVP to Carol at [carolgalaty@gmail.com](mailto:carolgalaty@gmail.com) or 202-232-7259

#### **LIVE & LEARN – SAVE THE DATE**

**Monday, January 22**  
**3:30 – 5:00 p.m.**

Watch for location and topic information in upcoming weekly events e-blast.

#### **DCV WINTER PARTY**

**Tuesday, January 23**  
**6:30 - 8:30 p.m.**

The Chastleton

1701 16th St. NW

Join all your fellow DCV friends for a winter break. ■

## **Why Metro's Senior SmarTrip Card is a "Must" if You Are Age 65 or Older**

---Heather Foote



The yellow Senior SmarTrip card is a "must" for people 65 and older who want to benefit from reduced fares on public transit. Older adults ride for half the peak fare on Metrorail, for \$1.00 on regular Metro bus routes and at discounted fares on other participating bus service providers, including the Circulator.

**HOW TO GET A CARD:** To apply, seniors present a government issued photo ID and pay \$2 at the Metro Sales Office from 8am-4pm weekdays at 600 Fifth Street NW (Judiciary Square Metro Station, National Building Museum exit). This sales window opens onto the sidewalk outdoors; cards cannot be purchased indoors. Senior cards may also be purchased at Metro Commuter Stores inside the Rosslyn and Ballston Metro Stations from 7am-7pm weekdays and 8am-2pm on Saturdays.

**HOW TO USE A CARD:** You receive the senior card at time of purchase. The card is then "filled" from a credit or ATM card with the desired amount to pay for upcoming Metrobus and Metrorail trips. To pay for a trip, the user taps the card on the Metro fare box inside a station (<https://www.wmata.com/fares/smartrip/>) and the fare amount is deducted from the total on the card. Metro users tap the card upon both entering and exiting. Bus users tap upon entering the bus. Cards can be refilled at machines at Metro stations, using an

online Metro account, at Metro Sales Offices or select commercial vendors. Search here for locations in your zip code:

<https://www.wmata.com/fares/stores.cfm#retail>.

#### **CREATE AN ONLINE ACCOUNT LINKED TO YOUR CARD:**

Your card will be registered by Metro soon after purchase. However, if you create an online Metro account and link your card to that account, it is easier to replace the card if it is lost, stolen or damaged. The card balance will be forwarded to a replacement card. Cardholders can also go online to add value to their card and manage multiple cards, including family or friends managing for older members who may not make online transactions. The first step is to create an online Metro account at: <https://smartrip.wmata.com/Account/Create>. After you activate your account and log in, the senior card can be linked to your Metro account.

**Problems:** contact the SmarTrip call center (888-762-7874) or Metro Customer Service (202-637-1328).

The Senior SmarTrip card makes it easier and more economical to take advantage of public transit alternatives and exercise non-driving options. For more information including a fact sheet with more details about the Senior SmarTrip card, contact Transportation Outreach Manager Heather Foote at (202) 543-1778, Ext. 109, or email [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) (add "Talking Transportation" in the subject line). Villages in DC are working together on older adult transportation issues. ■



# You Won't Believe All Those High-Tech Gizmos Available to Us Seniors!

---Joan Treichel

Dear Santa, I want it all!

*Not just bionic hips and knees, but all sorts of other technology goodies for seniors... a pill box that alerts me when I haven't taken my pills, a robot to vacuum my rug, a device that transcribes phone conversations into writing, a robot to carry my food home from the supermarket, a sensor that keeps my children informed about what I'm doing in my apartment.... Well, on second thought, scratch that last one!*

These are only a few of the high-tech gadgets now available or soon-to-be available to us seniors, an expert on technology for seniors told a sold-out house at the Dupont Circle Village Live and Learn Seminar on December 4. He is Scott Code, associate director of the LeadingAge Center for Aging Services Technologies here in Washington, DC. Here are some others he noted....

You may already wear a pendant containing a button that you can push if you have a medical emergency. But during the past five years or so, pendants have also become available containing sensors that can sound the alert even if you can't – say, if you fall.

If you use a cell phone and call 911 in an emergency, the emergency staff can use GPS technology to determine where you are. But individuals with Alzheimer's may not have the presence of mind to call 911 if they wander away from home. A sensor is now available to place in the shoe of an Alzheimer's patient. If he or she wanders off, the sensor will track where he is.

A sensor is now available to tell you if you have forgotten to switch the stove or oven off.

Screen-reading and voice-recognition devices for computers are available.

You can buy wireless headphones to listen to TV so that the sound doesn't bother your partner or roommate.

You can go online and order your groceries from a firm such as Insta Cart. You check the food items you want delivered and from which supermarket. One Insta Cart employee buys the food items that you have requested. Another Insta Cart employee delivers the food items to your door. You pay online for the service and add a tip if you like.

Grocery-delivery robots are being test-driven in the Dupont Circle area. Some of us Villagers have seen them in passing. They look like shiny white vinyl containers on wheels with a flag on top, and you control them by remote control. Although they are already commercially available in some European cities, they are not yet for sale here.

None of these gadgets are without challenges, however, Code cautioned.

For instance, if you usually wear a medical-alert pendant around your neck, it might not be comfortable to wear it while you sleep. Villager Burke Dillon said that she has overcome this problem by wearing a necklace pendant by day and a bracelet pendant by night.

As for medical-alert pendants that can sound the alert if you fall, sometimes they give off false alarms.

While a robot that vacuums your rugs might not be any more upsetting to your dog or cat than if you did the vacuuming yourself, a cat or a dog would definitely sabotage a sensor designed to inform your children of your whereabouts in your apartment. You have probably heard of Amazon's virtual personal assistant Alexa, which you can buy in Amazon Echo products. You can ask Alexa to do all sorts of things for you, such as order flowers or turn the sprinkler off. However, it takes some time to learn how to use Alexa properly. Also, there are some stories circulating about Alexa exceeding her responsibilities – say, hearing ads for products on television, then ordering the products!

And how about price? Some of these gadgets, such as household cleaning robots, are pricey, Code admitted. And, alas, Santa is on a limited budget this Holiday season. So, if Santa could bring you only one new tech gizmo, which would you select? Villager **Peg Simpson**: The device that tells you that something on your stove is burning. She once had an experience where she didn't watch the timing while cooking sweet potatoes, the sweet potatoes burned, and a neighbor called the fire department. Villager **Beth Merricks**: The device that transcribes phone conversations since her partner, Ed, like so many older men, has hearing difficulties.

For more information about these devices, contact Scott Code. His e-mail address is [Scode@LeadingAge.org](mailto:Scode@LeadingAge.org). Or check out his organization's web site: [www.LeadinAge.org/CAST](http://www.LeadinAge.org/CAST). Several other valuable web sites for learning about high-tech devices for seniors, he suggested, are AbleData Assistive Technologies Database at [www.abledata.com](http://www.abledata.com) and TechMoxie Training in the DC Area at <http://tech-moxie.com>. ■

# An End of Year Gift to the Village Builds Our Future—And Adds to Your Tax Deductions!

---Iris Molotsky

This is the time of year our thoughts happily turn to gifts we want to give as well as the gift we owe "Uncle Sam" for 2017 income taxes. One piece of good news is that very little has changed since last year on tax rules for charitable deductions.

Here's some ways you can help yourself and the Village this year.

- *Donate funds directly from your IRA (Individual Retirement Account).* The tax benefits of charitable IRA distributions are permanent. If you are 70 1/2 or older at the time of the gift, you can transfer annually up to \$100,000 directly from your IRA (but not other types of retirement plans) to a qualified charity—DCV is a qualified charity.
- *You do not pay taxes on up to \$100,000 from your IRA account distributed directly to the Village.* The charitable IRA distribution is more beneficial than taking a taxable IRA distribution and then contributing it to a charity. This is because taxable IRA distributions are included in your adjusted gross income (AGI) and charitable rollovers are not. So a charitable rollover results in a lower AGI for you. A lower AGI may reduce income taxes on Social Security benefits, increase the benefits of itemized deductions, and reduce Medicare insurance premiums in some cases.

- *Your charitable IRA distribution can be used to satisfy all or part of your required minimum distribution (RMD).* This means that you are not taxed on the amount of your RMD distributed directly to a charity. It's easy to contribute. . .

Individuals must instruct their IRA trustee to make the distribution directly to the Dupont Circle Village. Your or your trustee can contact executive director Eva Lucero, 202-436-5252, for wiring instructions or other needed information on the Village. You will receive a written gift acknowledgement for the contribution affirming that no goods or services have been received in return for your contribution. **There is still time to gain a significant 2017 tax benefit and help the Village.**

And now, for the first time, you have an option that can ensure the future of our valuable Village. Use this holiday season to make a bequest to DCV in your trust or will that can help perpetuate the ideals and benefits of our Village. For more information, go to the Village website ([dupontcirclevillage.net](http://dupontcirclevillage.net)) and click on "Give a Gift" to get more information about the DCV Legacy Heritage Fund. ■



## Join an Exciting New DCV Activity: "The French Challenge"

All those who want to use their French are invited to join "The French Challenge." This is an exciting, new DCV group for men and women who want to use their French. The Group will meet once a month to: speak French; translate/discuss a French song or poem that members select; discuss members' travels; AND enjoy French food, drinks, and outings.

Meetings will be held the 4th Tuesday of each month. The first meeting will be held on Tuesday, January 23rd 4:00 - 5:30 p.m. at Carol Galaty and Ken Shuck's house (1910 S Street NW).

At that meeting, those present will discuss and decide on the times of future meetings, and explore possible locations of future meetings including continuing to meet at Carol's house, rotating to member's homes, meeting at the Bistro Bistro Restaurant (1727 Connecticut Ave. NW) and/or going on French outings to movies, theaters, or events at the Maison Française.

Please contact, Carol Galaty at [carolgalaty@gmail.com](mailto:carolgalaty@gmail.com) or call her at 202-232-7259 if you are interested in joining the group, maybe just trying it out, or learning more about it. ■

## Tips for Staying Steady

--- Ann Talty

When Eva told me about the Falls Prevention classes, and that they would take place here at the office, my first question was whether or not I could take the class myself. My friends all cheered when I told them about it.

The actual name of the class is "A Matter of Balance: Managing Concerns about Falls." I had not realized the role of balance and strength, and how concentrating on those two concepts is key to not falling. We worked on confidence, not fear; on awareness, not daydreaming; on strengthening muscles and core, not leaving joints to fend for themselves.

We made a long list of excuses we use not to exercise, and some ways to develop better habits. Having an exercise buddy or taking exercise classes are highly recommended. We discussed how to assess potential fall situations, and what to do about them. For instance, best ways to walk on stairs, even without a bannister. How to walk on ice – the best choice is not to do that, but we discovered there are contraptions to attach to your shoes, rather like the idea of snow chains on tires, that make walking the dog safer.

We worked on exercises, some standing, some seated, that help to strengthen different muscles and improve flexibility. In our last session, a physical therapist showed us how to fine-tune some exercises, how to get down on the floor, and most importantly, how to get up from the floor.

Some helpful hints to share about walking:

1. Keep your hands free when you walk – use a backpack or a cross-body bag to carry anything you want with you.
2. Be conscious of walking using the whole foot – rolling from heel to toe. This makes you lift your feet up, and raises your awareness of changes in the ground.
3. If you watch your feet as you walk, it throws off your balance. Raise your head and keep scanning for any hazards.
4. At home, identify and remove (or at least mitigate) tripping hazards. ■



Members took advantage of the 8 week Falls Prevention course in the DCV office. Pictured above are Helaina Roisman (instructor), Monica Heppel, Ann Talty, J.J. Current (Instructor) Faith Williams, Marie Matthews and Olga Hudacek.

## Member Profile: Sandra Yarrington

Sandra Yarrington grew up in Scituate, Massachusetts as Sandy Priestman but don't call her Sandy now! She came to DC to attend George Washington University (GW) and liked DC so much she never left. After obtaining her BA in sociology she worked on a GW nationwide study about 'neighborhoods in transition' -- Anacostia was her beat. Once the study was completed, she moved on to the World Bank where she worked for 35 years. She has lived in Dupont Circle since 1976.



Sandra has been a DCV member since 2010 and is a very active on the DCV membership committee. Her forte is helping behind the scenes. You can see her imprint on all member thank you letters, food and setup prep for DCV celebrations and regular office assistance. Sandra enjoys Tai Chi, cooking and reading. She is known in the neighborhood affectionately as the *cat lady without a cat*. ■

## Villagers Help Spread Holiday Cheer

---Susan Hattan

Villagers once again came through it a big way on behalf of the holiday "Adopt-a-Family" program. The wrapping party at the home of **Susan Hattan** and **Steve Kittrell** produced a mountain of gifts. Recipients include low-income family members, individuals with disabilities who live in L'Arche communal homes, and participants in the Homeless Ministry Program.

This holiday program is organized annually by St. Matthew's Cathedral to assist low-income individuals in the community. Last year, gifts were provided to 62 families, and 90 guests from Homeless Ministry Program, 25 children from the DC General Family Shelter, and to four L'Arche homes. ■





## Out & About with DCV

Once again, DCV Villagers delivered 15 meals to other members the day before Thanksgiving. All food was generously donated by other members, most of it was homemade. In addition to the prep and delivery crew below, DCV thanks **Kathy Cardille, Susan Hattan, Steve Kittrell, Sheila Lopez and Iris Molotsky** for their generous contributions.



Pictured left to right: Abigail Wiebenson, Robert Hardgrove, Sandra Yarrington, Frances Oakley, Teddy Mann, and Annie Groer.



**Carol Galaty and Ken Shuck** welcomed 12 new and old members into their home for a celebratory Thanksgiving dinner. Carol reported back that it was a delightful evening of great conversation over delicious food.

Villagers **Bill and Joyce O'Brien, Karen St. John, Bella Rosenberg, Ann Van der Lippe** enjoyed a matinee performance of Mosaic Theater Company's, *The Real Americans*.



**Bob and Susan Meehan** celebrated with **Gary Laden** at his 70th birthday party.



DCV's December Birthday Tea was the largest to date. **Anne Stephansky's** home was a wonderful setting for these celebrants! (1st row) **Ann Talty, Nancy Turnbull, Iris Molotsky,** (2nd row) **Matt Abrams, Helene Scher, Andres Doernberg** (3rd row) **Ralph Johanson, Joe Garrity, Bob Harlow, Kirk Perrow, Peg Simpson.**

## Where Are They Now?

**Kenlee Ray** and her cat took a road trip through Indiana, Kentucky and West Virginia. This is the New River Gorge Bridge near Fayetteville, WV which, for many years was the world's longest single-span arch bridge.



**Susan Hattan and Steve Kittrell**, along with former co-worker **Pat Economos**, toured the Mission San Juan Capistrano, which they learned is no longer a primo destination for swallows! ■







## Kale Salad

My niece, Jessica Cook, served this salad for brunch one Sunday afternoon. It was so yummy that I cleaned the bowl after I was sure everyone had a first helping! It's easy to make and the dressing can be used with any variety of greens. Since it's kale season and kale is so good for you, I prefer to use it. You can also vary the toasted nuts and use almonds if you prefer. However you prepare it, enjoy!

### Ingredients

Fresh Kale  
3-5 cloves diced/minced garlic  
¼ cup extra virgin olive oil  
¼ cup reduced sodium soy sauce (I use Tamari)  
Juice squeezed from ½ lemon  
1 ½ TBSP agave nectar  
¼ cup toasted sunflower seeds

Wash kale thoroughly and pat dry or dry in a salad spinner. Mix ingredients 2-5 together thoroughly. Pour the dressing over the kale and sprinkle with the toasted sunflower seeds. ■



---Judy Silberman,  
Yoga Master



Continuing with the face:

1) Let's try the Satchmo-Blow up your cheeks as much as you can, and keep them full. Now, push the bolus of air into just the right cheek, then into the fulcrum (moustache) area, over to the left cheek, and down into the chin. Reverse the order, pumping in more air as needed, but keeping your lips tightly sealed throughout. Your cheeks may appear smoother and slightly blushed.

2) Kissing the Ceiling-Tilt your head back, chin pointing to where the wall and ceiling meet. Bring the bottom lip up to or even over the top lip to pucker and pretend to kiss the ceiling. Feel your neck and throat muscles tighten as they and the lip muscles work.

Enjoy the warmth and see the glow! ■

# Happy Holidays!

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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