

*"Why write about the past?
Well, there's more of it."*

John Cleese

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NEW MEMBERS

DCV warmly welcomes its
newest member:

Holly van Fleet

President's Letter

---Iris Molotsky

It's hard not to be cynical sometimes, especially after our recent long election period, but there are so many examples of nurturing, caring individuals in the Village who dispel the myth of an indifferent, detached community.

We have volunteers who rapidly respond when calls for assistance are posted by Volunteer Coordinator **Garry Hutchinson**; volunteers who gladly make home or hospital visits to support members, solve problems and ease concerns. Executive Director **Bernice Hutchinson** confers with case managers, social workers and hospital personnel to pave the way for members' dealing with hospitalization and convalescence decisions. Sometimes, it's a simple phone call from the membership committee to say hello or ask whether the member knows about the latest museum tour or DCV lunch. It all adds up to a connected community that has turned a concept into a living, vital commitment to graceful aging.

I have another reason to believe we are on the right path. In October, we asked you to complete a short survey about the Village. The results affirmed that we are meeting expectations. Your responses indicated that you find our activities and programs valuable, and that many of you are interested in becoming more involved in Village activities or serving as volunteers. I was also interested in seeing the distribution on length of membership, which is pretty evenly spread among new members (one year) to memberships that exceed five years. This diversity brings us fresh ideas and allows us to retain our institutional memory. It's a happy marriage.

We've decided to give the Silent Auction a sabbatical this year and venture into slightly new territory. As everyone who has worked on our previous four auctions knows, it requires a tremendous effort from a lot of people. So many members and volunteers have given time and energy and experienced sleep deprivation to make them huge successes, and we will always gratefully remember your dedication and hard work.

DUPONT
CIRCLE
VILLAGE

FROM
THE
President



You may not have heard, but our Village has gained the reputation as the "social village." I know this because at regional meetings and again at this year's national annual gathering of the Village-to-Village Network, people look at my name badge and say, "I hear Dupont Circle Village likes to have fun." Some of this is prompted by past auctions, but also by the mixers, Sunday Soup Salons, museum tours and our zest for coming together and enjoying celebrations. We've decided to build upon this, and next year we are going to have a gala evening with food, drinks, music, a raffle and a destination mini-auction. We will auction a few very special destinations, some requiring suitcases and boarding passes, others featuring get-away weekends within driving distance.

One thing we are not changing is our Celeb Salons. It will be really hard to top last year's terrific lineup, but we intend to try. If you can put us in touch with some "celebs" or want to work on the committee, please contact **Peg Simpson** at pegsimpson38@gmail.com or 202-265-2113.

We're putting together the gala dinner committee now and are looking for recruits. We need lots of enthusiastic and committed workers. We would love to have some newer members work on this as well. It's a new adventure for us, and fresh ideas and past experience would be welcomed. If you are interested in joining the committee or want to know more about it, please contact me at iris.molotsky@gmail.com or 202-328-1121. ■



MONTHLY Calendar

DCV Knitting Group

Monday, November 17, 4:00 pm

Dupont Circle Village Office,
2121 Decatur Street, NW

Join veteran, rusty and new knitters for an hour of knitting and sharing ideas, patterns and projects. Yarn and needles will be available for beginners. If you have questions, contact Claire Wagner at clairierre@verizon.net or 202/332-5501. RSVP to Kathy Cardille at kcardille@gmail.com.

Dining in Dupont

Tuesday, November 18,

12:00 – 2:00 pm

Commissary: Your Neighborhood Place
1443 P Street, NW

(across from Whole Foods)

Enjoy lunch in this casual, neighborhood café, lounge and smoothie bar where much of the menu is locally sourced from Eatwell Farms in Maryland. \$20, payable in cash, includes 3 courses, tea, coffee, soft drinks, tax and tip. RSVP to Kathy Cardille at kcardille@gmail.com.

Writer's Coffee

Wednesday, November 19,

11:00 am – 12:30 pm

The Cake Room,

2006 18th Street, NW, Second Floor

This month, group members will bring a piece of writing based on the stem: "I thought I had it all under control until..." Each person will then choose one of the topics and write about it, and all will share and comment on what has been written. RSVP to Kathy Cardille at kcardille@gmail.com, and let her know if you would like to have the ideas and sources gathered at previous discussions.

Live and Learn, Laughter, A Cure for All?

Monday, December 8,

3:30 – 5:00 pm

St. Margaret's Episcopal Church

1830 Connecticut Avenue, Second Floor
Multipurpose Room. Enter room 1830.

Why laugh? What makes you laugh? Is it the best medicine? Alice Faulkner, MSW, will recommend an upbeat outlook on life. Ms. Faulkner is a clinical social worker who

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Ask the Executive Director:

Long-Term-Care Ombudsman

---Bernice Hutchinson, Executive Director

This month unveils the inaugural edition of a new educational exchange entitled *Ask the Executive Director*. So many of you have posed great questions in conversations with me that never reach the general membership. I enjoy these questions because they offer an opportunity for me to share more than three decades of experience that I have amassed in the field of aging. Look for future editions of *Ask the Executive Director* to be transmitted monthly by e-mail to all members.

Q. Recently, a member of our Village encountered a situation that involved a friend who lost personal property while receiving care in a health-care facility. The facility staff denied ever having the property and showed no records of ever checking it into the facility. What happens when there is a conflicting account about the loss of personal property in a nursing facility, and what are steps to resolve it?

A. Contact the D.C. Office of the Long Term Care Ombudsman. The U.S. Administration on Aging funds a national Long Term Care Ombudsman Program, which began as a demonstration program in 1972. With funding from Titles II and VII of the Older Americans Act and other resources, ombudsman programs operate in all states, the District of Columbia, Puerto Rico and Guam. Each state has an Office of the State Long Term Care Ombudsman, headed by a full-time state ombudsman. As part of statewide ombudsman programs, thousands of local ombudsman staff and volunteers assist residents and their families by providing a voice for those unable to speak for themselves.

The D.C. Long Term Care Ombudsman Program is an important part of Washington, DC's AARP Legal Counsel for the Elderly. Ombudsmen are advocates for residents of nursing homes, assisted living facilities, community residence facilities

and residents in their private homes. Ombudsmen work to resolve complaints of residents, including seeking changes at the local, state and national levels to improve residents' quality of care and quality of life.

Ombudsman services include:

- Advocating for the rights of older persons and other persons receiving long-term care in the District of Columbia
- Investigating and resolving complaints made by or on behalf of an older person or other persons receiving long-term care
- Monitoring the quality of care and quality of life experienced by older persons and residents to ensure that services are in accordance with applicable D.C. and federal laws
- Educating residents, stakeholders and the community about long-term-care issues and concerns
- Maintaining residents' confidentiality.

Interested in becoming a volunteer ombudsman? Ombudsman program volunteers and legal interns strengthen and augment advocacy efforts for District residents receiving long-term care in nursing homes, assisted living residences and community residential facilities. Trained volunteer ombudsmen regularly visit long-term-care facilities, monitor conditions and care and advocate for residents. The ways in which volunteers assist include:

- Resident visitation (not complaint-related visits)
- Work with resident and family councils
- Volunteer training
- Community education

Please contact the D.C. Long Term Care Ombudsman Program at 202-434-2190 to report a problem or to become a volunteer. ■

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has had a private psychotherapy practice for 20 years, helping adults to lead more satisfying and productive lives. Free for DCV members, \$10 for others. RSVP to Linda Harsh, 202/234-2567, or lindajkh@mac.com.

Dining in Dupont

**Tuesday, December 9,
12:00 – 2:00 pm**

Pasara Thai, 1219 Connecticut Avenue
Dine with fellow Villagers in Pasara Thai's lovely private room up one flight of stairs. Menu includes 3 courses, drinks not included. \$20, payable in cash. Check out the excellent reviews on Yelp. RSVP by December 5 to kcardille@gmail.com.

Villa de Alpacas Encore Trek

**Thursday, December 11,
10:00 am – 3:30 pm**

22410 Acquasco Road, Acquasco, MD
Once a tobacco farm, Villa de Alpacas has been in continuous operation for over 200 years and is now home to over 60 alpacas and llamas. It also has a remarkable restored mid-19th century Victorian farm house. Our hostess, Angel Forbes Simmons, makes her own alpaca wool and turns it into many items that she sells at prices lower than area craft shows. A fabulous free buffet lunch is also included. Check it out at www.marylandalpaca.com. We will need 3 or 4 private vehicles for the caravan that will gather at Susan and Bob Meehan's residence at 1740 Corcoran St. at 10:00 am. Attendance is limited to 15. RSVP by December 7 to bobmeehan62@gmail.com and also copy bernice@dupontcirclevillage.org and kcardille@mail.com.

**In Remembrance of Ebenezer Scrooge
Sharing the Christmas Eve Spirit
Wednesday, December 24,
7:00 – 9:00 pm**

Carol Galaty and Ken Shuck invite you to share the spirit of the holiday at a post-dinner Christmas Eve party, Swedish style. They will provide libations and desserts, and ask that you bring only a wrapped up gift of "fun" food to be exchanged at the party. See DCV E-Blast for further details. RSVP by December 19 to carolgalaty@gmail.com. ■

In Memoriam: Carol Lancaster

Carol Lancaster, Dean Emerita of the Georgetown University School of Foreign Service, valued DCV member and wife of DCV Board member, **Curt Farrar**, died from a brain tumor on October 22.

She was a woman of considerable achievements in the academic world, in government service and international development. She also was a forceful advocate for women's empowerment and was influential in getting this issue on the diplomatic agenda.

Carol was Assistant Secretary of State for Africa in 1981 and served as Deputy Administrator of the U.S. Agency for International Development (USAID) from 1993 to 1996. In this capacity, she traveled to developing countries with first lady Hillary Rodham Clinton and former Secretary of State Madeleine Albright. She mastered six languages, which she used in her travels. She returned to academia in 2010, when she became dean of Georgetown's School of Foreign Service, where she started a master's degree program in Asian studies and global human development. She also organized Georgetown's Institute for Women, Peace and Security.

She wrote 10 books as well as numerous articles on foreign policy, the politics of foreign aid and the politics of development. According to her son Douglas, Carol, who was born in Washington, DC, was working on a book about Washington before she died, chronicling the history of the city and including personal history, as well.

Carol will always retain a special place in the Village's history. As our honored speaker at the first Sunday Soup Salon, she got us off to an amazingly successful start. We were delighted when she accepted our invitation to speak, but none of us could have anticipated just how timely her presentation would be. Carol, who was dean of Georgetown's School of Foreign Service by then, was an expert on the Middle East, and we launched our program a week after the first Arab Spring uprising. The knowl-



edge she possessed and her willingness to share her analysis of what was unfolding made the evening memorable.

She had a wide range of interests in addition to her work-related traveling. She and Curt were frequently hosts to students, scholars and friends in their home. She also played the harp, made jewelry and loved to garden in their country home.

A memorial service for Carol was held on October 26th at Georgetown University, where she was fondly remembered by Dr. John DeGioia, president of Georgetown, and many colleagues, including Melanne Vermeer, executive director of the Georgetown Institute for Women, Peace, and Security, which Carol founded.

She is survived by her husband, Curtis Farrar, her son, Douglas Farrar, and four stepchildren, John Farrar, Cynthia Farrar, Andrew Farrar and Erin Farrar. In lieu of gifts, the family is encouraging donations to the American Brain Tumor Association in Carol's honor. ■ IM

Time Tells

---Garry B. Hutchinson, Volunteer Coordinator



Three million heartbeats, three seasons of the year, a full-term baby, or a flight to Mars ... 262 days, 37 1/2 weeks, 8 1/2 months, 6,290 hours.

These represent the recorded time that members have donated to Dupont Circle Village from October of 2013 to September of 2014.

Fall is upon us, Election Day and Halloween have passed, Thanksgiving approaches, and the Yuletide season beckons. The air is cooling, leaves shed their green for yellow, orange and red, and the days shorten as we enter longer nights. It is a time of slowing down, of bundling up and reflecting on the year. As we sweep or

blow and bundle up the fallen leaves, we may ponder what has transpired from last October to this September.

Among the many things that Villagers do, we have had 11 newsletters, a Silent Auction, a General Meeting, several new members, new volunteers, the 17th Street Festival, the Village-to-Village-Network Annual Gathering, new board members, the Dining in Dupont series, the Live and Learn series, the Sunday Soup Salons and the amazing Celebrity Salons.

The Villagers bustle, supporting each other socially, stimulating each other intellectually, actively encouraging each other and contributing to the cultural and administrative continuity of DCV. Spending so much time in the office each week, I see the vitality of the members when they hold their committee meetings, discussing the sundry and scintillating events that they are contemplating, planning or critiquing. Many members participate in

these events but are unaware of the nuts and bolts, along with the elbow grease, that goes into constructing the mighty machine that is a speakers series, or monthly dining gatherings (whether in a member's home or at a local restaurant) or the annual fundraisers.

By the way, all this time averages out to more than 525 hours per month.

Six thousand two hundred ninety hours is a mighty statement about what it takes to make a Village. Yet, the attainment of that number is the most resounding reason why DCV is strong and will continue to prosper. That number represents the commitment of the members to making this grand idea of a gathering, of a community, work.

A school year's worth of hours, over 37,000 minutes, a flight to Mars: Those who volunteer their time to DCV have ensured that the Village will continue to soar. ■

Member Survey: The Results are In!

---Abigail Wiebenson, Chair, Membership Committee

More than 40% of members have weighed in on the "member satisfaction" survey the Membership Committee sent out last month. Hats off to everyone who took the time to respond. This is a valid sampling; pundits who know these things claim that 30-40% is the average response rate for internal surveys versus 10-15% for external surveys. Our results represented a range of voices, from our newest members to those who have been Villagers for more than five years.

What have we learned? What does it mean?

- 79% agree that the Village is a social connector for them.
- 87% feel that the Village has provided them with a level of comfort about growing older in our neighborhood.
- 90% feel that the Village has met their expectations for membership.
- The three ways Villagers found most valuable for being informed about Village activities are **Kathy Cardille's** Eblast (81%), our Listserv (51%) and the Newsletter (61%).
- Responses to whether they were being asked to help with Village needs were varied: "Always" (15%); "Often" (24%); "Sometimes" (37%); "Rarely" (22%); and "Never" (2%).
- The two main preferences for being involved in the Village were "being on a Committee" (22%) and "volunteering for service to members" (35%).

In pondering the results with Iris, our Board Chair, the Committee breathed a big sigh of relief and delight. Not only were there no surprises, but the results also offer strong evidence

that the Village is meeting its mission for the vast majority of our members. Absolutely, there is always room for improvement, for tweaking, for considering other and better ways to set and accomplish goals.

For example, we need to do a better job of recruiting and using volunteers, since it is clear that more members wish to be involved in Village work than we knew. And we are currently working with the Health and Wellness Committee to improve coordination of our efforts to support and inform members. But what this survey shows is that we are building on strengths.

The Committee extends a huge thank you to those who suggested possible members. We are reaching out to each and all of the 19 neighbors you have suggested. The November Informational Dinner had a very full table of interested individuals. We know that current members are always the best source of new members. So, never hesitate to give us names and contact information; we follow up on these on Mondays when the Membership Committee meets from 10:30 am-12 pm. If there are any members who would like to join this committee, please be in touch – or simply come to the Village office at 10:30 on a Monday morning.

Last word: It is not too late to complete the survey. We are always interested in feedback! ■

Thanksgiving GIBLETS

"Mary Had a Little Lamb" – and Turkey, too

When Americans express gratitude on Thanksgiving, the name of Sarah Josepha Hale is unlikely to come to mind first or even last. As pervasive as the observance of Thanksgiving has become, uniting Americans of all faiths and backgrounds, and as widely as the history of the holiday has been taught, few seem to know that Thanksgiving became an annual national holiday because Hale started crusading for that goal in 1827 and kept at it for 36 years. Her triumph came on October 3, 1863, when President Abraham Lincoln, grateful for the Union victory at Gettysburg, proclaimed November 26 as a national Thanksgiving Day, to be observed every year on the fourth Thursday of November.

Hale was born in 1788 in New Hampshire and raised on a farm. She appears to have been educated mainly at home by her family and through her own efforts and had a bent for literature and writing. She married in 1813, formed a literary club with her husband and friends and began writing prolifically. Widowed in 1822, she decided to try supporting herself and her five children through writing, which quickly led to a well-received book of poems and a novel.

That success also led to a job offer from Boston to become editor of a new women's magazine. Leaving behind her children with relatives, she accepted the position in 1827. Hale not only edited the magazine, she also wrote about half of the articles and shaped the publication as a vehicle for furthering the education of women.

In 1836, Louis Godey, the publisher of the highly popular and influential *Godey's Lady's Book*, lured her away to become editor of his magazine, a role she occupied until the publication was sold in 1877. In addition to featuring the usual women's fare, *Godey's* under Hale's direction expanded the idea of women's education by including works by the likes of Poe, Longfellow and Emerson, a reading list that has been described as college level, as well as a list of schools that accepted women, and articles about proper writing techniques. All the while, she continued to publish poems and novels of her own -- 50 volumes of work during her lifetime -- including the enduring nursery rhyme, *Mary Had a Little Lamb*.

Hale also managed to find time for other work outside the magazine. She raised money to save historic Mount Vernon, helped to fund Vassar College, which had opened in 1865, and supported women's efforts to become teachers, overseas missionaries and doctors. As progressive as Hale was, historians caution us that her championing of equal opportunities for women remained rooted in 19th century attitudes. Though she worked outside the home, she believed that home was

where women primarily belonged. She did, however, amplify the prevailing belief in women's inherent capacity as moral educators into an argument for their suitability for working in some institutions other than the home. Above all, she believed that the way for women to fulfill their nature was by becoming educated.

Hale's Thanksgiving crusade, while slow going, achieved success considerably earlier than her campaign for equal educational opportunity for women. Festivals of thanks giving had been observed in the New World long before the Pilgrim's Thanksgiving feast of 1621, the one that stuck in the popular historical imagination, and had continued sporadically and locally until 1789, when President George Washington proclaimed a day of thanksgiving and prayer for November 26th. The next three Presidents proclaimed, at most, two days of thanks giving and prayer among their combined terms. The last such federal proclamation before Hale achieved her goal was in 1815, when President James Madison decreed April 13 for the observance.



Living in New England, Hale was from an area that had been celebrating Thanksgiving since the 17th century, and she thought the entire nation should also celebrate the holiday annually. Numerous articles and letters to governors, senators and presidents later, Hale's 36-year campaign came to a successful end with President Lincoln's proclamation making Thanksgiving an enduring annual holiday.

So, as you sit down to your Thanksgiving feast and express gratitude, consider an impromptu recitation of *Mary Had a Little Lamb*. Your family and friends may think you tipsy, but you'll have an excuse to tell this story.

(Sources: www.si.edu/Encyclopedia_SI/nmah/thanks.htm and www.nwhm.org/education-resources/biography/biographies/sarah-hale/.) ■ BR

A Stone's Throw: A Profile of Marilou and Massimo Righini

In geology, a stone is a naturally occurring solid aggregate of one or more minerals. For **Marilou** and **Massimo Righini**, stone is a recurrent theme that has shaped much of their lives.

The story begins with Massimo's university days in northern Italy, where he began shaping stones found in riverbeds with crude household tools, such as screw drivers and kitchen knives, and turning them into human figurines. It picks up again when, as a young couple, he and Marilou conceived, designed and, mostly with their own hands, built a stone house with rocks found on their property in West Virginia. At the time, they never imagined it would become a 23-year endeavor. Finally, after completing the stone house and retiring from successful careers, he as a surgeon and she as publications director for the American Society of International Law, they set out on a new path creating and exhibiting sculptures that Massimo fashions in their garage on Biltmore Street.



Massimo says his classical education in Italy left him with vast amounts of cultural trivia that inspire his sculptures. Most of his pieces and his accompanying original poems are based on myths, religions, fables and societal convention and are peppered with the humor, irony and satire that are the hallmarks of his work. For example, here is Massimo's take on Prometheus:

*Old Prometheus the good Titan
Gave us fire and also taught us
That the gods did not deserve
Prime roast beef in sacrifice...
"Make for them the smell suffice
For yourselves the meat reserve."
This made sense and stood to reason,
But the gods called it high treason.
Had him chained to a mountain top,
Sent an eagle every morning
To eat his liver as a warning.
('Cause you see, he couldn't die
Being immortal the poor guy.")
Till one day, we stopped believing,
Then the gods lost all their power
And the Titan's chains fell off.
So when the eagle came back
On the following day . . .*

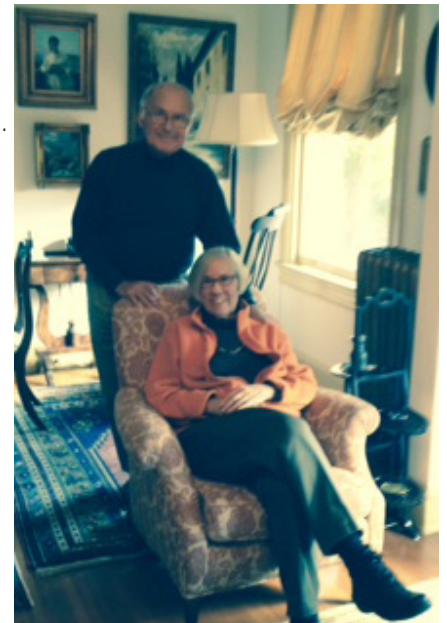
Marilou was born in Savannah and grew up in Florida, North Carolina and mostly in East Lansing, Michigan. Massimo's early years were spent in Florence, Bologna and Milan and then in a village near Milan in war-torn northern Italy. "Growing up in Fascist Italy," Massimo notes, "cured me of the possibility of living with any 'isms'."

Now, you may wonder how a southern girl from Savannah and a stone-cutter from Italy managed to find each other. Marilou's long-term interest in foreign affairs eventually led her to graduate studies at the Johns Hopkins School of Advanced International Studies in Bologna, Italy, where she met Massimo, who was at the time a recent medical graduate of the University of Bologna. Marilou quips that their first encounter was "inauspicious" because she spoke to him in Italian and was affronted by the fact that he responded in English.

When Massimo completed a stint in the Italian army, the couple's romantic transatlantic courtship culminated in marriage and a decision to set up house in the United States. They chose Washington, DC, essentially because Marilou thought that would be a good place to find work in her field, and Massimo felt that practicing medicine in the US might give him greater flexibility and prospects than he would have had in Italy. Indeed, Massimo took an internship and residency at the Washington Hospital Center before embarking on his surgical practice, and Marilou spent most of her career with the American Society of International Law. In addition, she has been an active participant in neighborhood affairs and public education and is an avid behind-the-scenes supporter of numerous political causes and candidates.

After renovating their house on Biltmore Street, and two children later, they decided that a place in West Virginia, where the family could relax and enjoy nature, would be a perfect complement to city life. Although the children have now moved on to other areas of the country, Righini family and friends gather periodically at the stone house for hiking, an occasional pig roast and many other outdoor activities.

Stone continues to shape the Righini story. Massimo is now hard at work in his garage, creating sculptures for an upcoming exhibit that Marilou will curate at L'Enfant Galerie in November 2015. For a delightful preview, check out the Art-VoiceVW video on YouTube <http://youtu.be/C8GvNpN-mDs>. ■ SL



Live and Learn:

Medicare Open Enrollment

The magnetized cards distributed by Chris DeYoung, Co-Director of the Health Insurance Counseling Project (HICP) of George Washington University's Community Legal Clinics, read "Your Local Help with Medicare." And that's exactly what DeYoung, the featured speaker at the October 27th *Live and Learn*, expertly provided to Villagers on both sides of the Medicare enrollment divide.

Entitlement to Medicare begins at age 65. If you're already receiving Social Security or Railroad Retirement Board Benefits, enrollment in Medicare Part A (Hospital Insurance, no monthly premium) and Part B (Medical Insurance, monthly premium) is automatic, and Medicare sends you the necessary materials. Otherwise, when you're first eligible for Medicare, you have a seven-month Initial Enrollment Period, which starts three months before the month you turn 65 and ends three months after that birthday month, to sign up for Part A and/or Part B.



Chris DeYoung and Marilyn Newton

Delay could be costly, DeYoung counseled. Although there are Special Enrollment Periods for certain categories of Medicare-eligible individuals, such as those covered under a group health plan based on current employment, those who don't fall into these categories will face higher Medicare premiums if they fail to sign up during the Initial Enrollment Period and instead do so during the General Enrollment Period between January 1 and March 31 of each year. (Note: COBRA and retiree health plans are not regarded as coverage based on current employment.)

Medicare Part C refers to Medicare Advantage Plans, which is actually a way to get your Part A and Part B coverage through private companies that are approved by Medicare. Such plans usually also offer Part D prescription drug coverage, discussed below. You must have both Part A and Part B to join a Medicare Advantage Plan, and, in addition to your monthly Part B premium, will likely pay an additional monthly premium, as well as a copayment or coinsurance for covered services. Rules, costs and extra coverage vary by plan. Most plans limit you to certain health-care providers, require referrals or charge more for out-of-network care. DeYoung pointed out that, while there are some good Medicare Advantage Plans, some insurance brokers can be aggressive and misleading about benefits.

Part D is Medicare prescription drug coverage, which is offered by private companies approved by Medicare. You don't get it automatically by virtue of enrolling in Medicare; you have to sign up. The time to do so is during the Open Enrollment period, which is between October 15th and December 7th each year, with coverage beginning January 1st of the following year. To get drug coverage, you either join a Medicare Prescription Drug Plan, which adds such coverage to original Medicare and certain Medicare Advantage Plans, or a Medicare Advantage Plan that has drug benefits. Or you may get coverage through an employer or union, TRICARE, Department of Veterans Affairs, Federal Employees Health Benefits Program or a state program.

You usually have to pay a premium for Medicare prescription drug coverage. DeYoung noted that premium costs vary widely by plan, from \$12 to \$150 each month. Covered drugs, which are found in a plan's formulary, also vary widely. His advice for deciding on a plan is to check the drugs you take now and anticipate needing in the future against the formularies of plans you're considering.

Time is of the essence with Part D, as well. If you don't enroll in a Medicare drug plan when you're first eligible for Medicare, and have a period of at least 63 consecutive days without alternative drug coverage that pays at least as much as Medicare's standard drug coverage ("creditable coverage"), you will likely pay a late enrollment fee to join a plan later.

That additional cost will persist as long as you have the Medicare prescription drug coverage.

Medigap (Supplemental Insurance) is regulated, optional private insurance that pays some of your out-of-pocket costs for original Medicare. You must have both Medicare Part A and Part B to buy a Medigap policy. Comparing costs among Medigap policies is relatively easy because plan benefits are standardized and identifiable by letters (e.g., Plan C, Plan F). Nonetheless, plan costs vary by insurer and by geography. Insurers charge a monthly premium, which you pay directly to them. DC is supposed to provide a list of DC Medigap insurers and plan costs, but doesn't, but we obtained one that was developed, without cost data, by HICP (see Box).

The best time to buy a Medigap policy is during the six-month period that starts with the first month you're 65 or older and enrolled in Part B, which is known as the Medigap Open Enrollment Period. If you delay, you may have to pay more and also face some restrictions on your policy choices.

More information about Medigap, as well as all aspects of Medicare, is available on www.Medicare.gov. And if you want more personalized help, contact HICP at 202-994-6272 or dchicp@gmail.com. Although DeYoung mentioned that the project focuses on the under-served and is currently under-staffed, he also said that they respond to all requests. ■ BR

Medicare Supplemental Insurance (Medigap) Policies | District of Columbia

Company	Phone
AARP Healthcare Options	800-523-5800
Bankers Life & Casualty	703-941-5666
CareFirst BlueChoice	800-275-3802
Globe Life & Accident	800-801-6831
Humana Insurance	888-310-8482
Mutual of Omaha	703-631-7322
Physicians Mutual	800-325-6300
State Farm	Call local agent
United American	800-331-2512
USAA Life	800-531-8000

Out & About with DCV

Sycamore Island Trip. On a perfect fall day, 12 Villagers stepped onto a raft and were towed a short distance across the Potomac River to an idyllic parcel of wilderness. Although located just a short distance north of the Key Bridge, Sycamore Island takes you back in time to a gentler world away from the hustle and bustle of Washington. The group strolled the width and breadth of the island and picnicked in the woods. Some brave folks climbed a tree ladder and zipped across a wide, open stretch of land. Although it was a warm day and the river looked tempting, only **Gillian Lindt's** dog Bridget was brave enough to leap into the water. Thanks to **Abigail Wiebenson** and the Sycamore Island Club for making this lovely outing possible.



Dining in Dupont. A large and lively group of Villagers gathered at Giovanni's Trattu for a wonderful evening of revelry, Italian style, enjoying good food, wine and conversation.

Codebreaker. The large group of Villagers who came to the National Archives for its October 27th screening of this feature-length docudrama about the extraordinary accomplishments and tragic life of Alan Turing were "edified and moved," "riveted" -- to quote a few samples of critical praise. The father of the computer age, artificial intelligence and morphogenesis, Turing is perhaps best known as the British mathematician who broke the German naval code, Enigma, during World War II. Yet rather than being hailed, Turing, a homosexual, was convicted by the British government of "gross indecency" and forced to undergo chemical castration. A few years later, at the age of 41, he killed himself. The British government has only recently apologized for its conduct.

The evening was organized by **Pender McCarter**, who had helped to debut Codebreaker at the National Press Club and elsewhere in 2012. The National Archivist, David S. Ferriero, introduced the film, and Patrick Sammon, the film's Executive Producer, elaborated and took audience questions. Villagers who missed the film have another chance. It is available on iTunes and DVD. For more information, go to <http://www.turingfilm.com/about/production-team/patrick-sammon>. ■ SL & BR



Where Are They Now?

Carol Galaty and Ken Shuck's hike in Sequoia National Park from October 13-17 featured nature writ large: not only enormous trees but a bear! Aside from meeting the bear while completely lost and isolated on a 10-mile hike, which at least makes for a great story, the trip was swell. No bear was sacrificed in the encounter.



Dan and Nancy Gamber just returned from a six-night, Fall-color cruise of the Hudson Valley sponsored by the National Trust for Historic Preservation. From New York to Troy and back, it included guided tours of some of the grand mansions of the river, such as Kykuit, Lyndhurst,



Olana and Springwood; the very livable Val Kill home of Eleanor Roosevelt; West Point; and the pleasant surprise of the trip, downtown Troy. Following the cruise, they spent two days exploring Long Island, including another Roosevelt home.

Sheila Lopez recently returned from a long weekend in Santa Barbara, California, for a visit with friends. In December, she heads for Southeast Asia to sightsee in Thailand, Laos and Burma. More details and pictures of that trip will appear in a future Newsletter.



Nick and Joan Ludlow recently attended the four-day Rehoboth Film Festival and are now resting their film-sotted eyes and boardwalk-strolling feet.



■ BR and the travelers



Kudos

---Iris Molotsky

This month we want to salute three extremely skilled Village communicators.

The Village recently surveyed our members to find out "how we're doing." And, to our great joy, you think we're doing okay. Responses to one question really jumped out at me. We asked you to identify how useful you find the vehicles we use to provide you information. Here's what you told us: 80.5% said the Activities Eblast is extremely useful, and 61% said our newsletter is extremely useful.

So this month we salute **Kathy Cardille**, who works tirelessly to make the Eblast interesting, timely and easily accessible, and newsletter co-editors **Sheila Lopez** and **Bella Rosenberg**. The mix of Village news and educational tidbits combined with tantalizing diversions, all made visually appealing by our designer, Emily Morrison, makes our newsletter an eagerly awaited publication. Thanks to all of you for keeping tuned in.



---Judy duBerrier

This holiday season, when friends drop by, try some of these easy go-to appetizers. All ingredients are available at Trader Joe's.

Asian Dumplings: Sauté 8 frozen Chinese dumplings (chicken, pork or vegetarian) in 1 TB oil until brown on one side. Add 1 TB water; cover; and gently cook another minute. Sprinkle chopped scallions over all, and serve hot or at room temperature with dipping sauce: 2 TB soy/ 1/2 tsp vinegar/ splash sesame oil.

Onion Crostini: Cut a small French baguette into rounds. Toast both sides in the oven broiler. Cut 6 cipollini or shallot onions into thick slices. Without overcrowding, sauté slices in a large non-stick skillet in olive oil until golden. Sprinkle slices with 1 TB brown sugar and 2 TB red wine vinegar; salt & pepper to taste. Cook, spooning syrupy mixture over all.



Spread herbed goat cheese, 1/4" thick, on each round. Top with slice of onion and a parsley leaf. Serve warm.

Really Simple Crostini: Cut a small French baguette into rounds. In a medium bowl, combine cheap (this is important) mayonnaise, like Miracle Whip, and cheap Parmesan (the kind in the green can) and lots of chopped scallions. The idea is to use strong flavors, making sure the Parmesan stands out. Spread thickly on rounds. Broil until deep golden brown. Serve piping hot. Trust me, people love this recipe!

Questions/comments:
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---Judy Silberman,
Yoga Master

Here is another use for the old tennis ball for self-massage that works the calves. Sitting on the floor or mattress, extend your legs, and place the ball under the right calf. Leaning onto the ball, use your hands to help you rock the ball up and down your calf. Rest, with the ball under a tender spot on the calf, and breathe into that spot. Switch to the left. You can also use a rolling pin! It is hoped that massaging the calves may work toward preventing leg cramps. ■

Happy Thanksgiving!



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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