



President's Letter

---Steve Kittrell

"Whether the best of times or the worst of times, it's the only time we've got."

--- Art Buchwald

WHAT'S INSIDE

President's Letter 1
Monthly Calendar 2-3
Executive Director 2
Volunteer Coordinator 3
New Board Members 4
Celeb Salons 4
Live & Learn: Memory Lapses 5
Live & Learn: Scams 6
DCV's First Centenarian 7
Friends of DCV 8
Emergency Preparedness 9
Out & About 10
Where Are They Now? 11
DCV Cooks 12
Yoga Tips 12

New Members

DCV warmly welcomes its newest members:

- Donna Batcho
- Kathleen Beckman
- Heike Burchette
- Lynn Lewis
- Deirdre O'Neill
- David Schwarz

This is my first chance to communicate with everyone as your new DCV president. I am excited and look forward to working with all of our members, starting by thanking **Lois Berlin** for all her help in the transition and for her continuing support.

Fall Gathering

There was an excellent turnout at the Fall Gathering on September 28, particularly considering that it was a "dark and stormy" night. The evening had a festive start with a birthday celebration for our first DCV centenarian, **Gabriella Zaboli**. The event was made extra special by an honored guest, Ward 1 **Brianne Nadeau**, who gave her personal congratulations to Gabriella. As the councilmember responsible for oversight of the DC Office of Aging, Nadeau has been a friend of DCV and other Villages in the District.

The Gathering also saw the introduction of DCV's emergency preparedness program. DCV has been divided geographically into 11 areas. In case of an emergency like a power outage or a large snow storm, the captains for an area will contact DCV members to see if you need any help that your fellow Villagers can offer. **Ann McFarren** and **Kathy Cardille** were the primary organizers of the program. If you missed the meeting, more information will be coming to you.

Board Retreat

The Board and others active in DCV had an excellent retreat on September 18. You will be hearing more about our resulting initiatives, starting here with a health-related one.

DCV is working to expand our ability to assist members in a variety of health situations. Our volunteers have done some outstanding work recently, as described elsewhere in the Newsletter. But one gap has been the availability of timely profes-

sional assistance to evaluate the needs of the member being served.



To help bridge this gap, **Eva Lucero**, **Mike Gould** (our Volunteer Coordinator and Board member) and I had a productive meeting

with the DC Government's designated health-services provider for Wards 1 and 2. We have seen increased cooperation with them in recent weeks and hope to formalize the relationship soon. There will be more information about this project in coming months.

Technology Project

The use of technology by DCV for our activities needs upgrading. For example, documents done by our volunteers are not stored in a single location. Eva and I are exploring how to make the best use of services that Google provides free to nonprofit organizations. The goal is to have DCV records in electronic format and kept for long-term storage. We also want to make Village operations more accessible to both our volunteers and staff. We think that we can do this without any new technology investments.

We need some Villagers to help with this project. The first step is to learn more about Google Drive and decide how to integrate it with DCV operations. There will also be the opportunity later to help our volunteers learn to use the new programs. If you are interested, please contact Eva or me.

Thank you for the opportunity to be your President, and I look forward to seeing you at the many events upcoming this Fall. ■



MONTHLY Calendar

Knitting and Stitching Group

**Monday, October 17,
4:00 - 5:30 pm**

1735 T Street, NW (Iris and Irv Molotsky's home)

You need not be an expert to join this convivial group. Work on your own project or on our latest one: making baby caps for infants in pediatric hospital wards. If you don't know how, we'll teach you. RSVP to Iris at iris.molotsky@gmail.com.

Tech Tuesday

Tuesday, October 18, 11:00 am

La Tomate Caffe, 1701 Connecticut Ave., NW

Get help with your technology concerns, including computers, phones, cable, WiFi and TV. The first part of this session will be about iPads. Place your order for food or coffee, and join the group upstairs. Limit of 12 because of small space. RSVP to Lucy Cooney at lucy1030@starpower.net.

Dining in Dupont:

**Thursday, October 20,
6:00 - 8:00 pm**

More information to follow.

Live and Learn: Medicare

**Monday, October 24,
3:30 - 5:00 pm**

Bird Room, Church of the Pilgrims
2201 P Street, NW (wheelchair accessible)

Alexis Cole, staff attorney with the Health Insurance Counseling Project of the George Washington University Community Legal Clinic, will discuss Medicare, Medicaid and related issues during the open enrollment period. Free for Village members, \$10 for others. RSVP to Linda Harsh at 202/234-2567 or lindajkh@mac.com.

continued on page 3

Staying Connected, Aging Together

--Eva M. Lucero, Executive Director

Research indicates that the key to healthy aging is maintaining a healthy lifestyle through proper nutrition, physical activity and lifelong learning. Less well known is the fact that research also shows that the arts have a positive impact on an older person's cognitive, emotional and physical health.

In 2006, Dr. Gene D. Cohen, a geriatric psychiatrist and the founding director of the Center on Aging, Health and Humanities at George Washington University, published the results of a five-year experimental evaluation of the impact of active participation in professionally-provided cultural programs on older individuals' well-being. The Creativity and Aging Study included 300 people with a median age of 80. The intervention group participated in a weekly arts program (e.g. painting, dance, music, poetry, drama, oral histories) conducted by professional artists—including one at DC's Levine School of Music—and the control group received no formal programs.

The results? Compared to the control group, arts participants rated their physical health better, had fewer doctor visits, less medication use, fewer instances of falls and fewer other health problems. These results were all statistically significant.

Since this landmark study, the creative aging field—comprised of arts, aging, education, health and humanities organizations—has flourished and developed a variety of categories of arts programs for older adults. Local examples abound.

In DC, for example, we have Generations United; Global Alliance for Arts & Health; Joy of Motion Dance Center; LeadingAge; Levine School of Music; Theatre Lab; Smith Center for Healing and the Arts; and the National Center for Creative Aging (NCCA). Examples from near suburbs include Liz Lerman

Dance Exchange (Takoma Park, MD); the National Institute on Aging (NIA) (Bethesda, MD); Roundhouse Theatre (Silver Spring, MD); and Arts for the Aging (Rockville, MD).

Last month, over 350 creative aging artists and arts administrators convened in DC for the National NCCA annual conference. A conference highlight, The Creative Age Exhibition, featured the stellar work of senior artists from across DC, including Benjamin Abramowitz, who died in 2011 at age 94 and left over 6,500 works of art. An exhibit of his work is currently in the Langston Room of Busboys and Poets (14th and V Streets NW).

Another highpoint of the creative aging movement was the recent award of a MacArthur Foundation "genius" grant to creative aging artist Dr. Anne Basting. Her most notable project, *TimeSlips*, is an improvisational storytelling method in which older adults with cognitive impairment imagine stories and poems in response to inspiring cues. It's guided by the revelation that the creation of new stories can be an enriching substitute for lost memories and a means for new social connections. Her nonprofit, *TimeSlips Creative Storytelling*, offers online and in-person training and has helped long-term care facilities and caregivers around the world implement *TimeSlips*.

Another foundation, Aroha Philanthropies, is now funding creative aging programs nationally and recently produced this delightful short video, [The Wall](#), about the importance of art in the lives of older adults. Check it out.

Let's add the arts to our daily routines and live a creatively fulfilling life as we age. If you have suggestions or know of art programs that you would like the Village to pursue, please let me know. ■

continued from page 2

**Friends of Dupont Circle Village
Fundraiser**

**Tuesday, October 25,
7:00 - 10:00 pm**

Wine Tasting at the Slovenian
Embassy

The Slovenian Embassy and Friends of Dupont Circle Village invite you to show your support for DCV. Sample some of Europe's most creative wines, crafted by two young Slovenian women winemakers. Invite your friends and neighbors. Tickets \$50, \$35 tax deductible. Buy them at www.friendsofdupontcirclevillage.org, or send a check to Dupont Circle Village, 2121 Decatur Place, NW, Washington, DC 20008.

**Barnes Museum, Philadelphia
Wednesday, October 26,
9:30 am - 8:30 pm**

The \$155 cost includes Museum admission fee; round-trip on a deluxe, 55-passenger motor coach with rest room; box lunch and snacks; 30-minute introduction to the Museum collection; a tour with audio devices; and all gratuities. RSVP to Benita Lubic at 202/362-6100 or blubic@aol.com.

**DCV Dance Series, Terra Firma
Dance Theater
Friday, October 28, 3:00 pm**

Church of the Holy City
1611 16th Street, NW
DCV's dance program kicks off this fall with this critically acclaimed company directed by choreographer/dancer Stuart Loungway. \$10/person can be paid at the door. RSVP to Lucy Cooney at lucy1030@starpower.net.

Volunteer Tales

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

It is impressive enough that the number of DCV volunteer hours committed to helping other members reached a record of nearly 300 in August, compared to the already hefty 150 per month recorded in the preceding three months. It is even more impressive that about 80 percent of volunteer hours were for serving DCV members in serious need, most of whom are Open Village (lower income members).

But what I find most impressive is the intensive, integrated care that is being given by our Care Groups to members in need. Please let me tell you about some recent examples. In each case, these members have given permission to tell their stories.

Gene Calvert fell and broke his arm and was unable to prepare for the day by himself. DCV members visited him every morning during this period to help him put on his shirt and coat, tidy up and collect his belongings so that he could go forth and attend to his regular activities. Later, when Gene broke his leg and returned home from the hospital, Care Group volunteers walked with him every day to provide the encouragement and support he needed to complete his rehabilitation and resume normal life.

Gene has expressed his profound thanks to each of his Care Group volunteers, especially to **Gail Snider**, the team leader and organizer. He also thanks **Dean Pugh** and **Kirk Perrow** for their many trips to the grocery store and other similar errands.

Linda Roche was very worried about her impending cancer surgery. How would the operation go? Who would bring her home from the hospital? Who would take care of her on her return? That was when a DCV Care Group led by **Alaire Rieffel** and **Carol Galaty** stepped up. They arranged transportation to

and from the hospital, for volunteers to stay with and assist Linda from 9:00 am to 9:00 pm for the first three days after her return and for plenty of food for her and the volunteers.

Linda is now doing well. After, she said: "I want you all to know how grateful I am for every little bit of help you gave me -- in so many ways -- during a time when I needed it the most...."

And then there is **Angela Lopez**, a former history professor, who is suffering in her later years from deteriorating vision, which makes it difficult for her to read. The leader of the Care Group, **Marilyn Newton**, organized a coffee with Angela and the Care Group members, and they agreed on a list of activities that would be helpful to her. A weekly rotation of volunteers would:

1. Go through mail to throw away advertising and keep safe the items Angela's son should handle;
2. Occasionally take an afternoon walk in the neighborhood;
3. Order talking books from Martin Luther King Library, read to Angela from the printed version of the same book and discuss it with her; and
4. Read to Angela articles from the Sunday *Washington Post Book Review* section and other articles of interest.

Angela's daughter, Adelaida, said the following: "It is hard for me to express the extent of my appreciation for how Marilyn, Iris, you, and other DCV volunteers are hoping to help my mother."

Our volunteers inspire me every day. I hope their stories also inspire you! ■

Meet the New DCV Board Members

Michael R. Kain is the CEO of Kain & Associates, the commercial real estate office he opened in 1978. In both his business role and community involvements, he has helped to shepherd Dupont Circle through many improvements for four decades and remains devoted to making it a vibrant, walkable community for businesses and residents. He and his wife Marlana live in the neighborhood.

Michael received a B.S. from the US Naval Academy in 1970; a J.D. from the Golden Gate School of Law, which also granted him an honorary Doctorate in 2012; and an LLM in Taxation from Georgetown Law in 1978. He served on the Board of the Washington Metropolitan YMCA for many years, eventually as its Chairman.

Zainab Khan is an Assistant Vice President of TD Bank Financial Group. Since July 2015, she has been the manager of the Dupont branch of TD Bank. In that position, she promotes the TD brand through active leadership within the community. She has been with TD Bank since 2011 and previously was an assistant manager and financial services representative in other TD Bank branches in DC.

Zainab is a board member of Dupont Circle Main Streets and a supporting member of Jubilee Jumpstart. She received a BA in Economics from the University of Maryland, College Park, where her studies focused on globalization in capital markets and game theory.

Ann McFarren, a graduate of the University of Michigan, spent her early career leading nonprofit health-care and advocacy organizations, including Planned Parenthood and AIDS Action. For the past 20 years, she has served as a principal of HealthMark Multimedia offering health and decision-making information to people with serious health challenges. She has served on numerous boards, taking the lead on advocacy issues, promoting organizational growth, managing construction projects and also expanding musical opportunities for communities. Ann has lived in the Dupont Circle/Adams Morgan area since 1986 and joined DCV, along with her partner Bill Roberts, almost two years ago. ■

2016 Celeb Salons Wrap Up

---Peg Simpson, Committee Co-Chair

Many, many thanks to the DCV members who patronized and talked up the 2016 Celeb Salons! It was our fourth year of Salons, and the committee believes it was the best ever. Nearly all the Salons were sold out, and some had waiting lists.

We're already planning for next year. If you have an idea for a Celeb, tell us. If you can help us snare that Celeb, even better. If you want to host a Salon, let us know.

We sold more than 220 seats for our 12 Salons and brought in nearly \$19,000. That means about \$15,000 goes directly to the Village, after paying for our first-class graphic design and printing costs. The Celebs donated their time, and the hosts paid for the refreshments, for which they may receive a tax deduction.



The Final 2016 Salon: Francesca Zambello, Artistic Director, Washington National Opera

We've always counted on Villagers to spread the word about the Salons and to invite their friends. That continues to pay off. Nearly half of the seats were bought by non-members.

We're grateful that many new people stepped up to host Salons this year: **Andres Doernberg; Mary McIntosh and Daniel Abele; Annie Groer; Claire and Pierre Wagner; Lucia Edmonds; Carol Ridker; and Heather Kaye and David Neubauer.** Thanks, as well, to the veterans who again were splendid hosts: **Nancy Hartsock; Iris and Irv Molotsky; Ann McFarren and William Roberts; Carol Galaty, Ken Shuck and Abigail Wiebenson; Caroline Mindel;** and me!

Looking hard at "lessons learned," we've tentatively decided to keep the price at \$75 a seat for next year and to sell most seats online. Also, we may plan more than 12 Salons next year, perhaps scheduling several for the fall in addition to the regular mid-April through late June timetable.

The Salons are a lot of work but with a wonderful payoff for the worker bees, attendees and the reputation of DCV. Please consider working on the 2017 Celeb Salons. I'm at pegsimpson38@gmail.com.

Committee: **Jane Pierson** (co-chair), **Andres Doernberg, Lindsey Holaday, Kathy Cardille, Georgette Sobel**
Committee assistants: **Jane Cave, Helene Scher, Tawana Warren** ■

When are Memory Lapses a Problem?

Live and Learn, Aug. 22

Although one of the most common signs of Alzheimer's is memory loss, this is not always due to Alzheimer's, counseled Carolyn Ward, program coordinator and administrative director of the Memory Disorders Program at Georgetown University Medical Center (GUMC). Memory can be thought of as a continuum, along which there are a variety of levels of cognitive functioning, many of which are perfectly normal during the aging process.

Ward noted that there are many causes of memory problems, including sleep difficulties, thyroid imbalance, low vitamin B-12 level, depression or some medications. That's why it's important to get a thorough physical examination with one's primary care physician before considering a specialist evaluation. Memory problems must also be seen in the context of each individual to determine if they are severe enough to impair that person's ability to accomplish routine tasks.



Mild behavioral impairment, such as mood changes, may be one of the first indications of a medical problem. *Mild cognitive impairment* may indicate declining memory, but the individual is still able to compensate and can handle daily activities. Alzheimer's, however, is a progressive neurological disorder that causes a decline in mental ability that interferes with daily life.

Alzheimer's is the leading cause of dementia in the US. The signature hallmarks of the disease are amyloid plaques and tangles in brain tissue. We normally make and clear out some amount of amyloid every day. However, with aging, toxic levels of amyloid build up.

A considerable amount of research is being conducted to find out how to clear these abnormal proteins. Diet, exercise and staying mentally and socially engaged are helpful. Currently approved medications have modest benefits but can help people function better for longer periods of time. More and more drug trials are focused on interrupting the early stages of the disease. Researchers are also working on preventing amyloid plaques from developing as we age, including through vaccinations.

Is Alzheimer's hereditary? While age is the greatest risk factor, Ward noted that heredity does play a role. For example, the ApoE4 variant of the ApoE gene, which increases Alzheimer's risk, is present in about 25 percent of the US population. Also, while there is evidence that major stress (e.g., post-traumatic stress disorder) accelerates the disease process, research is still exploring the relationship between stress and Alzheimer's.

Ward said that the GUMC Memory Disorders Program is striving to find evidence-based ways to treat and prevent Alzheimer's and seeks volunteers for clinical research opportunities.

Ward offered some general guidelines for dealing with people who may have dementia or Alzheimer's. She noted that memory-impaired people often fail to recognize their limitations, and it is crucial to be sensitive to individual needs without being critical or judgmental. Discussion with a primary care doctor is a good way to start, followed by a specialist evaluation if needed. Participating in a research trial may be an option for those interested and eligible, since available therapies have only modest and temporary benefits.

Support groups, such as those available at Iona, can be very helpful, as can memory cafes, which provide a safe and uncritical social environment for people with mild to moderate memory problems to engage with each other.

Ward welcomed the opportunity to provide additional information and assistance to Villagers. She can be contacted at (202) 784-6671 or via email at cw2@georgetown.edu. ■ SL

10 Warning Signs from the Alzheimer's Association

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

DCV's First Centenarian: Gabriella Zaboli

They say that life is short and art long. Happily, in the case of **Gabriella Zaboli**, who became 100 wondrous years old on September 20th, both the life and art have been long.

Gabriella was born in Modena, Italy, in 1916, when Mussolini and Hitler were in power. She was a professional ballroom dancer for a while, knew the great opera tenor Luciano Pavarotti and can still personally recount the Modena family behind Italy's signature car, the Ferrari. In the U.S., she worked as a top seamstress for Rizik's, the elegant boutique on Connecticut Avenue that clothed First Ladies Eleanor Roosevelt and Mamie Eisenhower, among other notables. She managed to vacation in Modena almost every year and still maintains close touch with family there.

The Village marked Gabriella's actual birthday with a luncheon at La Tomato. Surrounded by fellow Villagers, friends and neighbors, Gabriella basked in their congratulations

and attention and enjoyed the special cake baked by **Susan Meehan**.

The crowd of well-wishers was even bigger at DCV's Fall Gathering on September 28, when we re-celebrated her birthday with hosannas and more cake. Topping off the celebration was Councilmember Brianne Nadeau's reading of a proclamation in Gabriella's honor.

Gabriella remains independent, and her style and wit persist, as well. With help from the Village, she recently moved to a more comfortable apartment in Dupont and is grateful for the attention of her neighbors, friends and DCV care group. She may no longer make her own beautiful dresses, but she still keeps up with world events, loves puzzles and keeps an immaculate home and elegant appearance.

As her friend **Bettina Del Sesto** observed, "She is a classic example of the European who lived and survived some very tough times." Happy birthday, Gabriella, and thank you for giving the Village such an inspiring first centenarian! ■ BR with *Pender M. McCarter*



DCV Dance Program Returns Oct. 28

Stuart Loungway, artistic director of the Terra Firma Dance Theater, brings his ballet troupe to DCV's dance program on Friday, October 28. His work and company were featured at the prestigious Jacob's Pillow this past summer.



Loungway is currently on the faculty of the Washington Ballet and

began his professional career performing with the Joffrey II Ensemble and Joffrey Ballet, before joining San Francisco Ballet Company and continuing as Principal Dancer with American Repertory Ballet. His work is informed by his years performing dances by George Balanchine, Mark Morris and other notable choreographers.

Loungway's choreography was termed "elegant and evocative" by Karyn Collins, chair of the National Dance Critics Association. Kacie Peterson, in recently reviewing work he presented at Dance Place, wrote that, "The art of ballet is evolving and Stuart Loungway is leading the way."

Reservations required. For additional details, see the **Calendar in this issue.**

Building Friends for the Village: Need Your Help

---Iris Molotsky

Members join the Village for a variety of reasons, but we've flourished because we have forged a community of mutual interests. We are committed to providing services and social, educational and cultural events and, as a result, we are an acknowledged community resource.

This summer, Villagers **Heather Kaye, Mary McIntosh, Iris Molotsky** and **Pierre Wagner**, a subgroup of DCV's Development Committee, tackled DCV's fundraising with creativity and verve. Recognizing that aging is a shared journey and that we are an integral part of the neighborhoods comprising DCV, they decided we should try to engage people of all ages in a partnership with the Village.

And so a new support group, **Friends of Dupont Circle Village**, was born. By becoming a friend of DCV, individuals can make a powerful investment in ensuring that our neighborhood is an enriching place for everyone.

The inaugural Friends of Dupont Circle Village event will be a wine tasting at the Slovenian Embassy on October 25. Visit our website, www.friendsofdupontcirclevillage.org, for additional information and tickets. Tickets are \$50, of which \$35 is tax deductible.

We need to reach non-Village members of all ages in our communities, and we need your help to do it. We're asking you to invite such individuals to join us at the Embassy or to become a Friend.

We will provide paper invitations to any Villagers willing to distribute them to friends and neighbors. Writing a short personal note on the invitation is an effective way to catch people's attention. We will happily provide sample language for you.

If everyone reading this would send me (iris.molotsky@gmail.com) an email address of at least one prospective Friend or offer to distribute a few invitations, we could reach so many new supporters and build a stronger foundation for the Village's future. ■

Safe at Home Act Passes

On September 20, the DC Council unanimously approved the Safe at Home Act of 2015, which will provide funds for income-eligible seniors to modify their homes for safety and mobility. Mayor Muriel Bowser is expected to sign it into law soon. We're proud to say that DCV advocated for the Act.

Co-introduced by Councilmembers Charles Allen and Jack Evans, the Act creates a program to pay "for the cost of installing home modifications for a person with mobility impairment or other physical disabilities with up to \$10,000 per household to improve accessibility in residential housing," according to the DC press release. Hand rails, walk-in showers, wheelchair ramps and other modifications to support aging in place would be covered by this Act. The bill directs the Mayor to develop a grant application and administrative process, so stay tuned. ■



DCV's Emergency Preparedness Plan Debuts

---Kathy Cardille

You asked, DCV responded, and here, in a nutshell, is an emergency preparedness plan for the Village. The plan has three parts: captains; health-care "go" bags; and evacuation go bags.

Captains. The Village has been divided into 11 neighborhoods called clusters, and two or three members have agreed to be captains in each cluster. That captain is your emergency go-to person and will call you to make sure all is well if you lose power, water or heat or if we get four inches of snow, an ice storm, heavy flooding or an earthquake. The captain will contact DCV to get you help if needed.

Health Go Bag. This consists of filling out several papers, placing them together in an envelope and then putting them all in a plastic bag, ready to be grabbed up at home if you have to go to the hospital quickly. If you were at the Fall Gathering, you got those papers from your cluster captain. If you weren't, the papers, including more details about what to put in the bag, will be delivered to you soon.

Evacuation Go Bag. This second, larger Go Bag is intended to ensure that you have everything you need in one place if you are evacuated or need to leave the area for whatever reason. If you weren't at the Fall Gathering, you'll get a handout suggesting what you should put in the Evacuation Go Bag, which includes cash in small bills; flashlights; warm socks; sunglasses; water; and toiletries. Also put your Health Go Bag in it, and store them where they can be quickly found and accessed.

Additional details about the plan, including your cluster and your captains' contact information, will be on the DCV website in the near future.

Committee: Kathy Cardille; Lucy Cooney; Judy DuBerrier; Helen Dye; Gretchen Ellsworth; Marcy Logan; Ann McFarren; Marilyn Newton; Peggy Siegel; Faith Williams ■



Time to Get Your Flu Shot

People 65 years and older are at greater risk of serious complications from the flu compared with young, healthy adults because human immune defenses become weaker with age. While flu seasons vary in severity, seniors bear the greatest burden of severe flu disease, both in terms of death or hospitalizations.

The best way to prevent the flu is with a yearly flu shot, preferably by the end of October.

The 2016-2017 vaccine has been updated from last season's vaccine to better match circulating viruses. Immunity from vaccination sets in after about two weeks.

There are two vaccines designed specifically for people 65 and older:

1. The "high dose vaccine" contains four times the amount of antigen as the regular flu shot. It is associated with a stronger immune response following vaccination. Results from a clinical trial showed that seniors who received this variety had 24 percent fewer flu infections compared to those who received the standard vaccine.



2. The adjuvanted flu vaccine (Fluad) is available for the first time in the US during the 2016-17 season is designed to create a stronger immune response to vaccination. In a small observational study conducted during the 2011-12 season, Fluad was 63 percent more effective than regular-dose, unadjuvanted flu shots.

Each of these flu vaccines may result in more of the mild side effects that can occur with standard-dose seasonal shots. Mild side effects can include pain, redness or swelling at the injection site, headache, muscle ache and malaise.

Seniors should not get the nasal spray flu vaccine, which is not recommended for use in any population this flu season, or the intradermal flu shot or jet injector flu vaccine.

Seniors should be up to date with their pneumococcal vaccines, which protect against pneumonia, meningitis, bloodstream infections, etc. If you're due, you can get the pneumococcal vaccine when you get your flu shot. ■ BR

Source: Centers for Disease Control, <http://www.cdc.gov/flu/about/disease/65over.htm>.

Out & About

Congressional Cemetery (9/16). A lovely Indian-summer day was the perfect time for a walk through the rolling hills of this historic burial ground. Rescued from years of neglect by a group of dedicated Washingtonians, the Cemetery has now been added to the National Trust for Historic Preservation. As we ambled, our docent recounted amazing stories of Americans, illustrious and infamous, who found their resting place at Congressional.



The Art of Romaine Brooks (9/21). Villager and docent **Mary Braden** led us through this fascinating exhibit at the Smithsonian American Art Museum, deftly capturing Brooks's life and times through her provocative paintings and drawings.



Dining in Dupont (9/22). What a treat it was to have lunch in a private room, The Fourth Estate, at the National Press Club, followed by a tour of the kitchen with executive chef Susan Delbert. Club member and Villager **Peg Simpson** arranged the event and recounted the history of the Washington Press Club, which was founded to provide a place for female journalists to gather and later merged with the all-male National Press Club.



The Greeks: Agamemnon to Alexander the Great (9/27). On a docent-led tour of this exhibit at the National Geographic Museum, Villagers enjoyed a stroll through 5,000 years of Greek history and culture and learned how the ancient Greeks saw themselves, their society and their gods. The exhibit featured a collection of more than 500 artifacts from the Minoan, Mycenaean, archaic and classical periods, many of which have never been seen before outside of Greece.



Wine Tasting with DCV (9/29). Villagers sampled an array of excellent Barbera and Barolo wines from the Viberti Winery in Northern Italy. The event, held at Cork and Fork, included an enlightening presentation on the winemaking process, the vineyards and the northwest region of Italy. ■ SL





Where Are They Now?

Carol Galaty and **Ken Shuck** enjoyed two September weeks in Italy, starting on the Sorrento and environs, moving on to a home exchange in Rome and ending in Venice. "For people



who love to travel, a home exchange is a wonderful money saver that also gives you the experience of living like a local," observes Carol. "Homes in Dupont Circle are much in demand."

Tricia and **Chris Hoban** escaped the late summer DC heat in Sydney, Australia, taking in the Opera House and Harbour Bridge, among other sights.



Inspired by a [New Yorker](#) article about Nikki Saint Phalle's sculpture garden

in Capalbio in Tuscany, **Iris** and **Irv Molotsky** decided to visit. The pieces, modeled after tarot cards, "are huge--many are four stories high, and you can go inside many of them. It was fantastic and worth the effort."



Judith Neibrief returned from Italy in late September after hiking "a portion of La Via Francigena--since the Middle Ages, the pilgrimage road through France to Rome (and beyond). My group essentially did 90 of the miles from Siena to Rome. After the first day, when rain provided a heavy boot lesson about Sienese clay, the weather improved, increasing my appreciation of the lovely rolling countryside and hill towns of Tuscany and Lazio. Here we are [Judith, 4th from right] at one of the route markers."



Starting off in Paris in late September, **Kenlee Ray** headed to Belle Ile off the coast of Brittany to spend a week with her former French teacher [pictured with Kenlee] and some classmates. They next went to Saint-Malo, stopping in Sainte-Marine and Doelan. Kenlee said she'd be back in Paris on October 9th.



Elaine Reuben made lemonade out of lemons, sort of: "After a knee-bruising fall that forced cancellation of major summer travel plans," she wrote, "I was just able to get as far as Great Falls with the help of friends on my birthday. That's me (2nd from right), lifting up the brim of my hat."



■ BR, with thanks to the travelers



--- Sheila Lopez

Here is an easy veggie dish that is great for Thanksgiving or any time at all. It comes from a friend who claims he can't cook, but it is delicious – of course, only if you like Brussel sprouts.

Caramelized Brussel Sprouts

- Brussel sprouts (as much as you want)
- 2-3 Tbsp. olive oil
- Sea salt to taste
- 1-2 Tbsp. balsamic vinegar (optional)
- bacon chips (optional)

Cut sprouts in half lengthwise. Coat bottom of heavy skillet with olive oil. Heat the oil and place the sprouts, cut side down, in the skillet. Sauté at

medium/high heat for a minute or two or until sprouts are nicely browned on the cut side.

Transfer sprouts to a baking dish. Sprinkle lightly with sea salt, and bake at 350 for about 15 minutes (but check frequently) until sprouts are tender when pierced with a fork. If desired, serve with a splash of balsamic vinegar or sprinkle with bacon chips. ■



---Judy Silberman,
Yoga Master

Here is a great tip, new to me, from a student of mine. Sit comfortably, and start to move your feet every which way, as you say the alphabet to keep time. Wiggle your toes, roll your ankles, point toes toward each other and away (windshield wipers), tap the floor with toes then heels -- whatever. Be creative in your movements.

Try to do this at least once a day, maybe as you sit to watch TV or open your mail. Notice how tired your feet and legs feel afterwards, and know that you have improved your circulation and strengthened your lower leg muscles for better balance. ■

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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