

"Cheers to a new year and another chance for us to get it right."

---Oprah Winfrey

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New Members

DCV warmly welcomes its newest members:

Michael Brown
Marcie Cohen
Susan Doolittle
Monica Heppel
Lynn Lewis
Diane Perlman
Carol Ridker
David Schon
Rene Steichen
Nancy Turnbull

President's Letter

---Steve Kittrell

To the many well wishes that you all have received for the New Year, let me add a special DCV welcome to 2017 for all of our members and other Newsletter readers. A new year is a time for both new beginnings and continuations of the best of prior years.

DCV clearly ended 2016 on the right note. More than half our members celebrated the 2016 holiday season at our holiday party in December which was the largest DCV gathering ever. I especially want to thank the many members who let me photograph them for our Directory.

Overall 2016 was a busy and successful year for DCV. Membership increased by 50 new members with a year-end total of 221. This includes a significant increase of 33% in our Open Village members to 34 at year end. Our expansion is due to the efforts of many but particular recognition goes to **Abigail Wiebenson** and the Membership Committee and **Mary McIntosh** for the Next Gen 2.0 effort.

During 2016, we also expanded and improved our volunteer efforts. Under the leadership of **Mike Gould** on the Volunteer Committee, DCV volunteers provided more than 1,000 hours of services to our members. We should be particularly proud that more than half of those services went to help our Open Village members.

The DCV activities enjoyed by our members during 2016 are much too numerous to list. A White House visit, the ice cream social and our many museum tours rank as popular activities. All of us who attended these events can thank **Kathy Cardille** for her efforts. The Celeb Salons and Sunday Soup Salons were equally tremendous under the guidance of **Jane Pierson** and **Peg Simpson**.

I am very optimistic that 2017 will be better than 2016 for DCV. Our executive director **Eva Lucero** has improved our office operations and provides continuing vision

and leadership for our growth. Also, we ended 2016 on a sound fiscal footing. Our willing volunteers offer us the chance to expand the help we can provide our members. All of these factors will allow us to look at ways to expand our member benefits.

Early in 2017, the DCV Board of Directors will consider the budget priorities for this year. I have received several great suggestions for expansion of current activities and for potential ways that DCV can serve our members better. I encourage any member with an idea on how to improve DCV to contact me or any other Board member. Your thoughts are always welcome and appreciated.

One area that is under consideration for expansion of DCV activities in 2017 is ways to help members with medical issues. It is an inescapable fact that every one of our members is a year older in 2017. We recognize that there are limits on what our volunteers can do, but I believe that DCV can find new and appropriate ways to help us better address medical aspects of our lives. As our membership is aging, we anticipate that medical assistance is a way that DCV to better serve our members. For example, in 2017, we plan to increase volunteer training, including on such matters as recognizing when a member might need more assistance.

For example, we have secured a grant related to DCV involvement in discharge planning for our members. There will be more information on this grant later this year.

2017 is shaping up to be a great year for DCV. I want to thank you for your membership in and support of DCV and look forward to a happy, healthy 2017 for all of our members. ■





MONTHLY Calendar

Tech Tuesday

Tuesday, January 17

11:00 a.m.

La Tomate Bistro, Connecticut Avenue at R

Bring your questions and latest discoveries of good software and hardware to share. Enjoy a bit of breakfast and lots of good company. If you have questions or topics to discuss, send ahead of time to Ken Shuck. Once those have been dealt with, we can talk about phones, computers, both Apple and others, and whichever of your electronic devices is puzzling you. There is space for 12. RSVP to Lucy Cooney lucy1030@starpower.net

Dupont Circle Village Goes to the Movies

Wednesday, January 18

6:00 p.m.

1767 Swann Street, NW (home of Marcy Logan)

"Trumbo," starring Bryan Cranston, Diane Lane and Helen Mirren, is the story of famed 1940s screenwriter Dalton Trumbo, whose refusal to testify before the House Un-American Activities committee caused him to be blacklisted. Cranston was nominated for an Academy Award for this performance. Pot-luck dinner (bring a dish to share and your own beverage) and socializing begin at 6:00, with the movie to follow. This event is filled but if you'd like to be wait listed contact Lucy Cooney at lucy1030@starpower.net

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"Little Strokes Fell Great Oaks" (Benjamin Franklin)

---Eva M. Lucero, Executive Director

At this time of year, our attention can be a little bit like clickbait -- provocative Internet content that attracts attention and draws us to a particular web page. It's the New Year, and many of us are drawn to all kinds of promises and possibilities and any number of resolutions. Some of those resolutions are the same year after year, and, if we're honest, many of us are terrible at following through on them.

If that sounds like you, you're not alone. The average American makes the same resolution 10 years in a row without success. Within four months, 25 percent of resolutions are abandoned. And those who succeed in keeping their resolutions usually do so only after five or six annual broken promises. That's a terrible track record!

Maybe our resolution should be to improve some things in our life, but not make grand resolutions. The idea is to keep things simple and less stressful. A system called the Kaizen method may offer you a new approach for 2017.

The Kaizen method was originally intended to help businesses improve and thrive, and it's just as applicable to our personal lives. Developed by depression-era American business management theorists and enhanced by the Japanese, the method embraces the idea of small, continual improvements through mindfulness. In Japanese, Kai means to change or make better, and Zen means good.

The idea is to focus on consistent, everyday practices that enhance your life. In the beginning, your improvements will be so small as to seem nonexistent. But through steady practice over months or even years, the benefits will accrue, and you will start to notice improvements. With focus and commitment on the practice instead of the performance, you will enjoy the present moment and reap life-enhancing improvements.

As we begin the new year, don't look for big, quick changes. Seek small improvements through steady, mindful practice that offers lasting benefits one day at a time. ■

Newsletter Content Wanted!

Did you take a trip and have an awesome travel photo? Did you attend a Village event that others would be interested in? Do you have a neighborhood story that would interest our readers? The Newsletter Committee is looking for contributions to our regular features, Where are they now? and Out and About. Items for Member News and special columns are also welcome.

Please send items to Eva Lucero at execdir@dupontcirclevillage.net.

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**Live and Learn: Tips for Decluttering
Monday, January 23
3:30-5:00 p.m.**

Foundry Methodist Church,
1500 - 16th Street, NW (facility is
wheelchair accessible)
Preparing for a move or downsizing?
Or just want to get organized? Joel
Danick, owner of TAD Relocation can
help by attacking the challenges of
decluttering. Free for Village members,
\$10 for others. RSVP to Linda Harsh
at 202/234-2567 or lindajkh@mac.com

**Happy Hour
Tuesday, January 24
5:30 to 7:00 p.m.**

Sette Osteria, 1634 - 14th Street,
below R
Enjoy a cocktail or wine and perhaps
a treat or two from the happy hour
menu. Think roasted shrimp with
sauteed spinach or angus beef sliders
or.... Separate space and separate
checks just for us. Not to mention
the company of your fellow Villagers.
RSVP to Marie Matthews
mariemattmarie@gmail.com

**Dupont Circle Village Goes to the
Theatre
Wednesday, February 8
7:30 p.m.**

Arena Stage, 1101 Sixth Street, SW
"Roe," a world premiere focusing
on the women (plaintiff Norma
McCorvey and her attorney Sarah
Weddington) at the heart of the
historic Supreme Court case of Roe
v. Wade and their divergent paths
in the years that followed. \$43.60
per person. RSVP to Lucy Cooney
lucy1030@starpower.net and send
check payable to Kathy Cardille, to
her at 1545 - 18th Street, NW #416,
Washington, DC 20036. Those who
would like to can meet for dinner
beforehand at Masala Art, an Indian
restaurant just steps from Waterfront
Metro and a few minutes' walk to
Arena Stage. Details in upcoming
Friday e-blasts. Separate RSVP to Lucy
Cooney lucy1030@starpower.net ■

Update on Volunteer Services

---Mike Gould, Volunteers Chair and Coordinator

The big news this month is that we are applying for a grant from the DC Government in partnership with two other Villages: Palisades and Northwest Neighbors. We wrote in our proposal:

"The purpose of this collaborative project of three DC Villages is to provide more professional care to members, many of whom will be low-income members with subsidized memberships. To increase our capacity to support aging, and increasingly frail and ill members, the three Villages will:

- Retain a part-time Case Manager to assess the needs and provide services to vulnerable members; and this work will help us identify and understand long-range service needs;
- Train our Village volunteer corps to provide more professional service to members in conjunction with the Case Manager; and
- Collaborate with other DC Villages by sharing the Case Management and training programs we develop."

Steve Kittrell, Eva Lucero, Ann McFarren, Lois Berlin and I are the writing team for this grant. We submitted this proposal on January 7 and expect to hear sometime in February.

Stay Tuned! ■

New Member Profile: Susan Doolittle

Susan has lived in the Dupont Circle neighborhood since 1994. She was executive director of the National Association for Business Economics before retiring in 2009. Previously, she lived in Seattle, Washington, where she worked as chief economist and budget director for the Port of Seattle and as a regional economist for Rainer National Bank. She also served as a Peace Corps Volunteer teacher in Eritrea and Ethiopia. She received a BA in political science and MBA in business economics from the University of Washington where she is also ABD in finance and economics. She has two children and three grandchildren. She enjoys active traveling, reading detective stories, and attending the opera, theater, and art museums among other activities. ■



Alicia Shepard: FAKE NEWS TOPIC A BIG HIT!

Soup Salon, December 19

The sold-out Sunday Soup Salon (held on Monday) featured Alicia Shepard, a veteran reporter who has just written a roundup on fake news for the Bill Moyers website. <http://billmoyers.com/story/savvy-news-consumers-guide-not-get-duped/>. She recently worked with journalists in Afghanistan and was ombudsman for NPR for four years.

Ms. Shepard initially defined fake news and described the many websites that primarily carry it. She noted how, with today's social media, it is disseminated very quickly to a wide audience who may not fact check the article they are reading. This audience also feeds on the sensationalism of the fake news. The 32 DCV members who attended the Salon participated in an open-ended discussion about how they and the rest of the public can detect fake news. Ms. Shepard noted the position of most social media sites that the sites are only carriers and have no or limited responsibility for fake news on their sites.

Many questions were raised about how individuals might combat and expose intentionally false or misleading information. Some members made concrete suggestions on how to participate in mitigating falsified information, including supporting those nonprofit organizations that work to expose fake news.

Ms. Shepard raised the difference between something that is untrue versus a lie (intentionally false); how you tell them apart, if you can, and how to address those in the public sector who don't care that untruths are being disseminated to the public at large. Rapid response is essential, if untruths are to be squelched, according to Ms. Shepard.

Ms. Shepard also addressed the role of an ombudsman, found in some media outlets, to insure fair reporting which is clearly presented and unbiased. In her ombudsman experience, she explained that news reported by mainstream media can be viewed as true by some and false by others, which complicates the discussion of "fake" news.

Many thanks to **Peg Simpson** for hosting and the number of Villagers who brought soups and desserts for the larger than normal crowd. ■ *Joan Ludlow*

DCV ANNUAL GALA IS COMING!



Villagers Participate in GW Fitness Physical

---Beth Merrick

In November, Dr. Jason Dring, who is a Physical Therapist (PT), and Geriatric Clinical Specialist contacted DCV about the Health Promotion, Prevention, and Wellness Program he teaches at George Washington University. The Program needed volunteers to help third-year PT doctoral students explore a relatively new concept in physical therapy—the Annual Fitness Physical. Dr. Dring had previously mentioned Annual Fitness Physicals in his presentation at the DCV's Live & Learn session in July on Hip & Knee Concerns.

Joan Ludlow, Chair of the DCV's Health & Wellness Committee, advised Villagers of Dr. Dring's need for volunteers for the free Annual Fitness Physicals. A number of Villagers signed up for the December 8th and 9th event, which was limited to 20 volunteers.

Two students worked with each volunteer. The fitness evaluations included up to seven specific areas: Current Health Profile and BMI; Posture and Alignment; Upper and Lower Body Strength; Flexibility; Core Control; Functional Fitness Measures, and Cardiopulmonary Endurance.

The students took into account each volunteer's medical, injury, and exercise history and provided individual Summaries of Findings and Personalized Exercise Prescriptions to specifically meet each volunteer's health needs and desired goals. The students also reviewed their findings and recommendations with each volunteer in detail; taught each specific exercises to get started; and established a training program and timeline to best meet the volunteer's physical needs, social circumstances, and preferred learning/feedback style.

Villager **Susan Hattan** was among the participants. She learned that her walking is fine but "I can't stand on one leg with my eyes closed". Susan also said "it was an interesting and useful experience. I'd definitely come back next year if given the opportunity."

The Program's mission is to help maximize health potential by providing clear, credible data and specific training guidelines to optimize opportunities for success. The goal is for the volunteers to be studied annually with new students. It was definitely a win/win program for the students and volunteers! ■

Reach out to a Villager in 2017

---Abigail Wiebenson, Chair Membership Committee

At the holiday party, many attendees made a conscious effort to talk with members they did not know. It definitely contributed to the welcoming spirit of the party. The Membership Committee invites you to extend this effort this month:

- Continue a conversation you started at the party;
- Look through the Membership Directory and find a neighbor you don't yet know;
- Contact the Membership Committee (leave a message with the office) to pair you up with someone with an interest you name;
- Join an event or group listed in the Friday e-Blast from **Kathy Cardille**.

There are so many interesting members to know. If you'd like a printed Membership Directory, leave a message with the office and we'll send you one.

As always, members are our best "marketers" for the Village. If you have suggestions for members, phone or email the name and contact information to the office and we will be in touch with each one and invite him or her to our next information gathering.

Finally, if you are interested in being a part of our Membership Committee, please be in touch with **Abigail Wiebenson** (abigailwiebenson@gmail.com) who chairs the committee of 9 men and women. Among our tasks are making calls, writing notes, planning events, sending cards and inviting profiles for the newsletter. We meet every Monday from 10:45-noon at the DCV office.

Thank you for your generous hearts and your ideas. ■

Thanks to the Cloudbreak Foundation for supporting DCV with a generous grant for our discharge planning initiative.



Holiday Party Was a Winter Winner

---Steve Kittrell

The DCV 2016 Holiday Party on December 12 was a huge success. With over 150 in attendance, the party was the largest gathering of Villagers and guests ever at a holiday party. Many who were there said it was also one of the most fun events they can remember.

Villagers and guests were received in a Winter wonderland of decorations courtesy of the Chastelton. From the dangling snowflakes to the table tops of fluff and festive centerpieces, the room enhanced the holiday feelings of the guests. The many Nutcracker dolls furnished by **Carol Galaty** completed the décor.

Under the guidance of our Membership Committee, the food and drink contributed greatly to the feelings of conviviality. **Abigail Wiebenson** headed the effort to provide a large array of food options ranging from shrimp to cheese and crackers, with almost everything in between. With the final touch being the number of delicious desserts provided by Villagers, no one went home hungry. Many happy Villagers took advantage of the friendly bar service provided by **Peggy Siegel** and our executive director, **Eva Lucero**.

The only ones who might not have eaten their fill were those who enjoyed so much conversation that they neglected the food. The evening was filled with many stories shared among old and new friends around the room. The crowd flowed from food station to table to bar to give the room a feel of constant motion.

Members of the DCV Board of Directors welcomed guests at the door. DCV President, **Steve Kittrell**, took over 50 pictures of members to fill in gaps in our online membership directory. Steve reported that he enjoyed searching out both old and new members whose photos were missing and encouraged those he may have missed to provide their own photos.

DCV was also honored to have invited guests attend the party. Ward 1 Councilmember **Brianne Nadeau** spoke about her admiration for the Village movement and her continuing interest in DCV. ANC Commissioner **Amy Johnson (2B01)** added her holiday wishes to the Villagers.

The 2016 Holiday Party was a great way to celebrate among neighbors and enhanced the holiday spirit of those who attended. ■



Holiday Bags From DCV

Under the guidance of the Membership Committee, DCV provided over a dozen holiday bags to some of our members. The bags were intended to convey special holiday wishes and cheer to these members. The bags were delivered to the members by December 23, 2016.

Each festive bag contained holiday snacks, a citrus treat, a can of hearty soup, and a special gift selected for each person. The bags were assembled and delivered by a team of **Andres Doernberg**, **Steve Kittrell**, **Marilyn Newton**, **Frances Oakley**, **Kirk Perrow**, **Abigail Wiebenson**, and **Sandra Yarrington**.



Where Are They Now?

Annie Groer visiting her seventh continent in December with a trip to Antarctica. She decided to go while it, and she, were still here. Totally fabulous trip.



Heather Kaye (*right*) and **David Neubauer** were in Yellowstone National Park over the holidays. Besides snowshoeing, Heather reports that they saw wolves, elk, otters, moose, prong horns, big horn sheep, bald eagles, coyotes, and of course bison, deer and so much more. Despite the frigid cold, they had a wonderful time.



Irv and Iris Molotsky and their daughter Michele and granddaughter Katie celebrating New Year's Eve with a champagne toast at their favorite bistro, Les Philosophes, in Paris. ■





---Judy Silberman,
Yoga Master



A Comfort Soup Recipe for the Winter

---Lois Berlin

Every New Years we spend the holiday with our longtime friends, the Newland's, out in the "burbs." A yummy dinner and a soak in their hot tub has been our traditional way to welcome in the new year for many years now. New Year's Day brings the promise of Elaine Newland's yummy ham and bean soup. I hope you enjoy this one as much as we do.

Ham and Bean Soup in a Crockpot (or slow cooker or slow simmer on the stove!!)

- 1 ham bone and trimmings from a cooked ham OR a meaty smoked ham hock
- 1 lb. bag white beans soaked 6-8 hours or overnight
- 1/2 sweet onion diced
- 3 gloves garlic minced
- 1 cup diced carrots
- 4 sprigs fresh thyme
- 2 bay leaves
- 2 quarts low sodium chicken stock
- 2 cups water
- Salt and pepper to taste

Soak the beans for 6-8 hours or overnight in 8 cups of water. Drain beans and place them along with all ingredients in a crock pot or slow cooker and cook on high for 6 hours until the beans are tender and beginning to break up. Pick out the thyme stems and bay leaves and cut any residual meat off the ham bone and discard the bone. Stir well and enjoy. This soup also freezes well. ■

I wish all readers a happy and healthy 2017. As we enter a new year, many of us have hopes of becoming the best selves we can possibly be at this age right now. In that vein, I would like to personally invite all Villagers to come and try a senior yoga class. I promise to be very gentle (No pretzel poses!), with my usual hope of all students leaving class feeling better than when they came in. I hope to meet many more of you this January. Namaste! ■

Judy's class is from 2:15 - 3:30, Thursdays, at the Jewish Community Center at 16th and Q, 4th floor.

"I'm a new member of DCV and a complete yoga novice. I joined this DCV yoga group in November after seeing the ListServ announcement. It's my first DCV regular activity, and members made me feel so welcome. But more important, the class, under the expert and caring hands of Judy Silberman, has already begun to help my flexibility, balance, and posture. I was simply unaware of my years-long habits of tense shoulders (hours at a computer) and poor posture from that and reading from my cell phone/tablet, etc." --- Kathy Beckman

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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