



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“Piglet noticed that even though he had a *Very Small Heart*, it could hold a rather large amount of Gratitude.”

— A.A. Milne, *Winnie the Pooh*



What's Inside

- 1 Executive Director
- 2 President's Notes
- 3 Monthly Calendar
- 6 Make No Bones About It!
- 8 You Need to Ask!
- 9 Ask Ann
- Member Profile
- 10 Where Are They Now
- 12 Out & About with DCV
- 13 DCV Cooks
- Yoga Tips

Welcome New Members!

Jim Crawford
Janet McMahon
Bill Riley
Jan Vandevanter
Peter Vandevanter
Mary Wheeler

The Sound of Music Amid the Turmoil of 1968

The turbulent 1960s reached a boiling point in 1968. It was the dawn of the television age where tumultuous events played out on TV screens across the country:

the Vietnam War; worldwide student protests; the shocking assassinations of Martin Luther King Jr and Robert Kennedy; the Tet Offensive; black power salutes at the Olympics; violence at the Chicago Democratic Convention, and the Prague Spring.

There was a strong sense that the world was at a turning point and some things would be lost forever. However, there was also a sense that lasting change was underway that fueled creative impulses: NASA's Apollo 8 was orbiting the moon; the women's liberation movement was launched into the national spotlight after a Miss America pageant protest; The Very Hungry Caterpillar was used widely to teach young children how to read; Stanley Kubrick's "2001: A

Space Odyssey" and Ira Levin's "Rosemary's Baby" were in theaters; Laugh-in, Hawaii Five-O, and Star Trek were on TV, the rock musical *Hair* opened on Broadway; and Ursula Le Guin's *EARTHSEA* was published. Then there was the music.

Music was a big part of the creative explosion in 1968. Folk musicians like Bob Dylan, Tom Paxton and Phil Ochs wrote songs with lyrics relating to the Vietnam War. Country music's Merle Haggard's "Fighting Side of Me" took hippies to task. Nina Simone, Curtis Mayfield, Billie Holiday and Sam Cooke all produced politically conscious classics that illustrated the plight of African-Americans and hope that change was coming. Otis Redding's "Sitting on the Dock of the Bay" was released posthumously after a plane crash took his life along with four members of his band. Johnny Cash performed "Folsom Prison Blues" in California's Folsom State Prison, Janis Joplin belted out "Piece of My Heart" with Big Brother and the Hold-

Continued on page 2

President's Notes



Focus on Activities Committee

Starting this month, this space will feature one of the important committees that help make DCV what it is for our members. I am starting with "A", not because of the alphabet, but because the Activities Committee is one of our most active and most needed committees. The Activities Committee is led by the indefatigable Kathy Cardille.

Initially, I was going to list all of the DCV activities in a month, but it quickly became apparent that it would take up the entire newsletter. So, here are a few samples from the main activities.

Lifelong Learning

- **Tech Tuesday** gatherings to discuss phones, computers, and other electronics
- **Member-led talks** on their areas of interest and expertise.

Keeping in Shape

- **Walking groups**, currently three times a week at Dupont Circle and once a week at the

National Arboretum

- Senior **exercise classes** offered by George Washington University

Pursuing Common Interests

- **Knitting/sewing** group
- **French language** group monthly
- **Movie discussion** group

Enjoying the Arts

- Docent led **museum tours** and other cultural events periodically
- Discounted **theater tickets** at various venues

Socializing with Fellow Villagers

- Periodic **"Happy Hours"** at neighborhood establishments.

While this is impressive as only a partial list of activities, there are some needs that you can fill for the Activities

Committee. In addition to what is in our new "DCV Want Ads" section, here is a list of activities that need one or two members to take charge of. If you are interested in any of these, you can contact Kathy Cardille (kcardille@gmail.com) or Eva Lucero. The time commitment is usually only a few hours a month. We can also help find a location for the event.

These activities were popular but need a new leader to organize them.

- Dining in Dupont
- Movie Maniacs (movies shown in a member's home and discussion after)

These are new activities for DCV that our members would be interested in.

- Book club (general or focused on a particular area, like history)
- Games afternoon (board games, puzzles, or others)
- Men's coffee or lunch group

One final thought: DCV serves our members because our members serve each other. Please consider giving a few hours to help other members enjoy something that you already enjoy. Thanks.

Music Amid Turmoil

Continued from page 1

ing Company before leaving the band and setting out on a solo career, the authoritative lead guitarist, Jimi Hendrix released *Electric Ladyland* while the Rolling Stones released *Beggars Banquet*. Joni Mitchell and Fleetwood Mac released debut albums. Additionally, some popular songs that year were Marvin Gaye's "I Heard it Through the Grapevine," Glen Campbell's "Wichita Lineman," Bobby Goldsboro's weepy "Honey," Dusty Springfield's "Son of a Preacher Man," Simon and Garfunkel's "Mrs. Robinson" and Jeanne C. Riley was the first woman to hit the top spot of both the pop and country charts with her catchy and iconic "Harper Valley



P.T.A.," a song that tapped into the anger many women felt about the double standards they faced. We still have a long way to go!

The most memorable music news of 1968 came from the Beatles who had a transformative year. It's been speculated that it was the influence from their well publicized trip to India, the death of their manager, Brian Epstein, the legend that Bob Dylan had chided them for not taking their lyrics more seriously or the fact that as a band they were falling apart. Whatever the reason, with the release of their classic LP, *The Beatles* (later popularized as *The White Album*), a sprawling double LP of 30 tracks was as varied as it was ambitious. It is where the

individual personalities emerged and the Beatles delivered all the necessary components for what we know now as classic rock. That same year, the Beatles also enjoyed a nine-week run at No.1 on the U.S. singles chart with "Hey Jude." (This Paul McCartney song was written for John Lennon's son Julian, and originally named "Hey Jules.") A 50th anniversary version of the *White Album* will be released on November 9th with the original album's 30 tracks newly mixed in stereo and 5.1 surround audio. The reissue will be a nice addition to your collection if you still hold on to the original 1968 vinyl release.

To continue this musical stroll down memory lane here is a link to [Billboard's top hits of 1968](#). Happy listening.

Monthly Calendar

Knitting Group

Thursday, November 1, 4:00-5:30 pm

Hosted by Abigail Wiebenson

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

It's been a long time and now high time to gather for tea and catching up, knitting/stitching optional :) Seriously, we're celebrating Claire being healthier and Gillian coming to town that day. We will figure out how we are going forth for the year.

Bring your stories, your hand work and the enjoyment of getting together after a long time. For regulars, RSVP if you are NOT able to be with us, or if you are new to the group, please let Abigail know so she can plan for tea and biscuits accordingly.

Art Exhibit Opening Reception

Friday, November 2, 6:00-8:00 pm

1200 New York Ave

RSVP: Lucy Cooney at lucy1030@starpower.net

Duality: Art & Science, featuring artists Betsy Stewart (DCV member) and Jody Rasch

One of our members, Betsy Stewart, is having an opening of an exhibition of her art at the American Association for the Advancement of Science on Nov. 2 from 6-8:00 pm. This will be a retrospective of her work from 2001-2018 and feature 20 or so works, many drawn from local collections. How often do we get to celebrate one of our own...and see fine art?

Noodle around on her website a bit and see her works and philosophy: <http://www.betsystewart.com/>

DCV Happy Hour

Wednesday, November 7, 5:30-7:00 pm

Location: *Ankara*, 1320 19th St NW

RSVP: Register online, or contact the DCV Office at (202) 436-5252

Our very first Happy Hour was held in November 2016 on the day after the election. We'll be getting together again at the same time this year at *Ankara*, located on 19th Street just below the Circle, whose menu pays homage to the varied tastes of Turkey and the Mediterranean. Happy Hour food includes falafel and a mezze platter, plus discounted wine, beer and cocktails. Cheers!



Mosaic Theater: The Agitators

Thursday, November 8, 11:00 am

Mosaic Theater at the Atlas Performing Arts Center, 1333 H St NE

RSVP: Register online or contact the DCV Office at (202) 436-5252

Meet up with Kathy Cardille in the lobby to get your ticket

This brilliant play examines the 45-year friendship and occasional rivalry between two great, rebellious, and flawed American icons: Susan B. Anthony and Frederick Douglass. Young abolitionists when they met in Rochester in the 1840s, they were full of hopes, dreams and a common purpose. As they grew to become the cultural icons we know today, their movements collided and their friendship was severely tested. This is the story of that 45-year friendship — from its beginning in Rochester, through a Civil War and to the highest halls of government. They agitated the nation, they agitated each other and, in doing so, they helped shape the Constitution and the course of American history. A loving and faithful portrait of two historical figures, Mat Smart's story also brims with modern urgency and relevance.

"A brilliant success in illuminating the rights of American citizenship—not to be missed. The Agitators faithfully demonstrates the demarcation line of wills that brought these two forces of nature together, when race and gender issues, equality and voting rights, were being forged in the wake of slavery and the Civil War."

— Rochester Democrat & Chronicle

Monthly Calendar



FORMIDABLE! AZNAVOUR — *The Story of a Legend*

Saturday, November 10, 8:00 pm

Location: La Maison Francaise - Embassy of France,
4101 Reservoir Rd NW

Cost: \$65 + fee

RSVP: Buy tickets on Eventbrite – www.eventbrite.com
and search on “formidable”

Caveats: Must buy in advance and bring ID; seating is on
first come, first served basis

This is an outing for the French Challenge Group. You
must purchase your ticket in advance and bring ID.

During his 70 years long career, Charles Aznavour
wrote more than 800 songs. He recorded more than
1200 songs and sang them in a variety of different
languages. In total, this artist counts more 180 million
records sold around the world, and is considered as one
of the most famous world musical legends of our time -
alongside the likes of Edith Piaf and Jacques Brel.
Formidable ! Aznavour performed by the internationally
acclaimed Jules Grison, was created in honour of Charles
Aznavour, takes us back to the time of “La Bohème”
through his most powerful, memorable and iconic songs,
we are told the incredible story of his life.

With the help of images and videos projected on the
stage back drop, beautifully arranged, original production
make this musical the most wonderful tribute ever
dedicated to the career of the artist Charles Aznavour
with his approval!

Live and Learn: *Strategies for Tax Savings under the new Federal Tax Law*

Monday, November 12, 3:30-5:00 pm

RSVP: Register online by Friday, November 9 or contact
the Office at (202) 436-5252

The Live & Learn Committee has added a special session
this year to provide members with information on general
changes in the Federal tax law with emphasis on impacts
to investments and charitable gifting strategies.

The speakers will be David Hurwitz, a Private Wealth
Advisor with Ameriprise, and Nanette Miller, a Certified
Public Accountant. Mr. Hurwitz has certifications in a
number of specialties including RICP® Retirement Income
Certified Professional and CRPS® Chartered Retirement
Plans Specialist. Ms. Miller is with the Miller Group.

NOTE: The speakers will not be able to offer advice
on personal tax situations. Please consult your own tax
advisor.

The December Live and Learn will be on Monday,
December 3.

LGBTQ Older Adult Luncheon and Film

Wednesday, November 14, 11:30-1:30 pm

Film: Edie & Thea: A Very Long Engagement

Location: Sibley Memorial Hospital, 5215 Loughboro Rd NW,
Building A: Conference Room 1

RSVP: Register on [www. http://go.activecalendar.com/](http://www.go.activecalendar.com/SMHevents)
SMHevents

Sunday Soup Salon: with Yochi Dreazen

Sunday, November 18, 6:00-8:00 pm

1760 Swann St, NW

RSVP: Lynn Lewis at lynnlewis940@gmail.com (offers of soup,
bread, wine, or dessert should be coordinated with Lynn)

Yochi and his wife, Annie Rosensweig, live on Swann
Street with their two young children. Yochi's first
employer was the Wall Street Journal where he covered
the Iraq war. He spent 5 years in Iraq and Afghanistan and
in his 11 years total working for the Journal, he reported
from more than three dozen countries, including
China, Japan, Morocco, Pakistan, Russia, Saudi Arabia
and Turkey. In 2011 he was recognized by the Military
Reporters Editors Association with its top award for his
domestic coverage the countries he has visited. His
book, *The Invisible Front*, was a finalist for the J. Anthony
Lucas Work-In-Progress Award. It deals with the Army's
Third War — the plague of military suicides in the wake of
our prolonged conflicts in Iraq and Afghanistan.

Tech Tuesday

Tuesday, November 20, 11:00 am

La Tomate Caffe – corner of Connecticut & R

RSVP: Register online, or Lucy Cooney at
lucy1030@starpower.net or (202) 667-7115

Please bring your phone, computer, iPad or Kindle
questions and delightful finds to the group and get or
give some answers. It is a small, individual group that tries
to help you with your technology. Ken Shuck, Bob Hirsch
and others facilitate group discussions on how to solve
your problems or learn about and better ways to use
technology.

None are real “experts” so all levels of expertise and
knowledge, whether it be with Apple or Windows,
Android or iPhone products are welcome. If you plan
on attending, please send your concerns and questions
to Bob Hirsch ahead of time, and he will research them
before the meeting at rmhirsch49@yahoo.com

Monthly Calendar



The French Challenge: Art tour of the Embassy of Haiti

Tuesday, November 27, 4:30 pm

The Embassy of Haiti, 2311 Massachusetts Ave NW
RSVP: Carol Galaty, (202) 232-7259 or carolgalaty@gmail.com

This tour will be in French, led by the Cultural Attaché.

Many of you got a glimpse of the incredibly wonderful and colorful art collection at our Gala in April.

J'espère que vous pourrez tous venir en septembre et je vous invite à apporter des amis francophones si vous le souhaitez. S'il vous plaît laissez-moi savoir si vous allez nous rejoindre et si vous allez amener un ami.

Si vous n'êtes plus intéressé à participer au "Challenge" français et souhaitez vous retirer de la liste de diffusion, faites-le moi savoir.

DCV Movie Group

Tuesday, November 27, 6:30-8:30 pm

This month's movies for discussion: t/b/a (specifics in upcoming Friday e-blast)

The DCV Movie Group welcomes you. The format is to see the movies before the meeting. At the meeting you will have supper and a discussion. You'll be asked to bring your choice of food, beverage, or money—we will email a signup sheet about a week before the meeting.

Hillwood Museum Tour: Fabergé Exhibition

Wednesday, December 5, 2:00 pm

4155 Linnean Ave

RSVP: Register online or contact the DCV Office at (202) 436-5252

This is a private docent-led tour. It is free to members on this tour.

Treasures created by the firm of Peter Carl Fabergé (1846-1920) have inspired admiration and intrigue for over a century, both for their remarkable craftsmanship and the fascinating histories that surround them. Featuring over 100 objects, Fabergé Rediscovered will unveil new discoveries relating to Hillwood's own collection of Fabergé imperial Easter eggs and other famed works, highlighting new attributions and provenances and providing a new framework to study and understand 19th- and 20th-century jewelry and goldsmithing. The special exhibition will display the greatest examples from Hillwood's Fabergé collection, left by Marjorie Merriweather Post for the benefit of future generations, along with important loans from other museums and private collections, including the Metropolitan Museum of Art, the Musée d'Orsay, the McFerrin Collection, the Edouard and Maurice Sandoz Foundation, and His Serene Highness Prince Albert II of Monaco.

Thinking about Gifts for the Holidays? Consider a Gift of DCV Membership

As the holiday season comes into view, a present that takes no stamps or wrapping is a Year's Member-



ship in Dupont Circle Village. Many of our members initially joined our Village through a friend, sibling or child. "I had been putting it off and my daughter sim-

ply went ahead and did it. I am so grateful," says a member of three years. A virtual trip to our website

www.dupontcirclevillage.net is all it takes. Membership is a year-long ticket to meeting neighbors and leading a fuller, more enjoyable and informed life.

DCV Birthday Tea Organizers Needed

Dupont Circle Adams Morgan Area

- Experience: None
- Qualifications: Desire to meet DCV members each month in a convivial setting; Ability to pour a cup of tea or glass of wine and purchase or prepare finger food one afternoon per month.
- Time Commitment: About 5 hours per month
- Training provided by experienced organizers
- Ideal Candidate: YOU
- To apply contact Eva Lucero (execdir@dupontcirclevillage.net)
- 202.436.5252



Make No Bones About It: Your Bones May Be In Danger!

Yes, it's that time of the year again when things go bump in the night, and where our thoughts turn to witches, goblins, ghosts, and skeletons...

Speaking of skeletons, how is yours doing? Take it out of the closet, so to speak, dust it off, and give it a critical appraisal. Is it strong enough to carry you on the rest of your life journey? Or is it weak and in danger of letting you down – literally?

So what's the big deal, you may be thinking. Suppose one of your bones fractures. It will eventually heal, right? Maybe. But it can also signal a spate of more breaks to come or might even prove life-threatening, a bone expert told some 30 Villagers and non-Villagers at a Live and Learn Program on September 24. Her name was Catherine Pulford. She's a nurse practitioner affiliated with the Institute of Bone and Joint Health at Sibley Memorial Hospital. The title of her talk was: "Osteoporosis: An Overview for Prevention, Diagnosis, and Treatment."

Specifically, "a spine fracture can result in back pain, increase the risk of a future spine fracture five times and a fracture at another site two to three times. It can even up the risk of death by 25 percent within the year following the fracture. A hip fracture can also increase the risk of death by 25 percent within the first year. It can triple the risk of future fractures. And one-fifth of hip-fracture patients will require long-term nursing care."

Your chances of falling prey to bone fractures may be larger than you think, Pulford continued. "It's a



huge problem," she said. Ten million adults in the United States have osteoporosis (markedly reduced bone

mass/density). Forty-four million have osteopenia (bone mass/density less than normal). Women are more susceptible to both than men are. And, 50 percent of women and 25 percent of men over the age of 50 will suffer a fracture related to osteoporosis in their lifetime.

So how can you tell whether you are one of the millions of Americans at risk of bone erosion and fractures? Unfortunately, "We usually don't know we have it until we fall and have a fracture," Pulford said. However, loss of height can be an indicator of osteoporosis. So can stooped posture. And the biggest predictor is whether you have a family member who experienced a fracture later in life or in conjunction with a fall at standing height —say, from tripping over a rug or a threshold or from falling against a wall. "The fall causes the fracture," Pulford explained. "It's not a case of the fracture leading to a fall. Most people of normal bone density would not break a bone from a fall at standing height. It would take much more trauma."

Two other known risk factors are age and having a small frame.

However, the only way to truly determine whether you have osteopenia or osteoporosis is to have a DEXA scan, Pulford said. This is a procedure that your family doctor can arrange for you and where the density of your hip, spine, and wrist bones is scanned and measured. Your measurements are then compared with those of a 30-year-old since bone density peaks around that age and is considered the ideal. Your scores will indicate whether the density of your bones is within

Continued on the next page.

Make No Bones About It!

Continued from page 6

the normal range, somewhat below normal (reflecting osteopenia), or drastically below normal (reflecting osteoporosis).

How to safeguard your bones from osteopenia and osteoporosis? Pulford had a lot of advice.

Don't smoke and drink alcohol in moderation. Studies have shown a direct relationship between tobacco use and decreased bone density. Research has divulged that three or more drinks of alcohol a day can reduce calcium levels in the body, and calcium is critical for bone health.

Eat a diet that promotes healthy bones, notably one rich in calcium and vitamin D. Examples of foods rich in calcium include dairy products, sardines, salmon, and fruit juices or cereals supplemented with calcium. Unfortunately, several foods with otherwise fabulous health benefits — bran and dark-green leafy vegetables — don't do much for bone. In fact, they can impede calcium absorption by bone. However, they are less likely to sabotage calcium absorption if they are cooked first, Pulford noted.

Even if you think that you are getting enough calcium through your diet, you may well not be and should take calcium-vitamin D supplements daily as well. A daily dose of 1,200 mg of calcium and a daily dose of 800 to 1,000 IU of vitamin D are recommended for women over age 50 and for men over age 70. It is also best to split your daily calcium-Vitamin D supplements in half — say, take half in the morning and half in the evening — to maximize calcium absorption by bone.

Exercise can strengthen bones, but

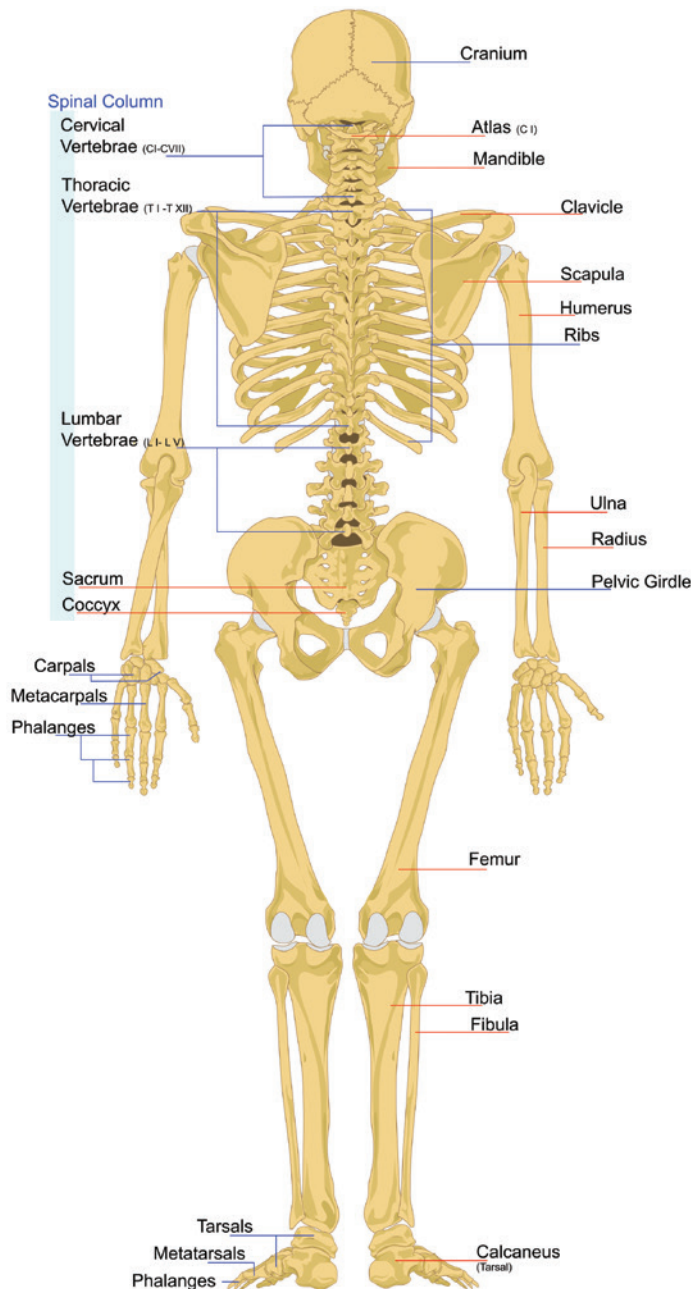
it needs to be weight-bearing exercise — that is, exercise that forces your bones to work against gravity. Examples of weight-bearing exercises include climbing stairs, dancing, hiking, jogging, lifting light weights, pickleball, tennis, and walking. Unfor-

If you have followed the above advice and still suffer from osteopenia or osteoporosis, you might want to consider taking one of the medications on the market that have been designed to safeguard or increase bone density. Talk to your doctor about whether any of these medications might be appropriate for you and also consider possible undesirable effects from them. For instance, the group of bone medications longest on the market — the bisphosphonates — which include medications such as Actonel, Boniva, Fosamax and Reclast — increase bone density. And if bone is sufficiently dense, it won't fracture. But on the other hand, if bone is too dense, it will. Thus it is important to take only the appropriate amount of such medications to achieve the desirable effects, Pulford cautioned.

If Pulford could give us only one piece of advice on how to promote bone health, what would it be? "Take your calcium-vitamin D supplements and engage in weight-bearing exercises," she advised.

Several Villagers present at Pulford's talk — **Marie Marcoux, Judith Neibrief, and Abigail Wiebenson** — later commented that it was terrific. Judith said that it had been worthwhile attending simply to learn that she should split her daily calcium-vitamin D supplements in two in order to make them more effective. "During the 25 years I've taken these supplements, no one ever told me that!" she lamented.

Catherine Pulford said that she would be happy to answer any questions that Dupont Circle Villagers have about bone health. Her e-mail address is cpulfor1@jhmi.org



tunately, biking and swimming, which have great heart and muscle benefits, won't strengthen bones because they don't force bones to work against gravity.

Ask and You Shall Receive—But You Need to Ask!

I have noticed a decline in requests for volunteer support in the last couple of months! In order to help stimulate more requests, I am repeating below my thoughts from

*By Mike Gould,
DCV Volunteer
Coordinator*

our first *Village Volunteer Voice*, which are still very relevant today.

"In my short tenure as Volunteer Coordinator I have been just hugely impressed with the generosity, kindness and competence of our more than 80 Volunteers. They have a clear commitment to serving others and look for opportunities to do so. Our problem is that we have not begun to tap the enormous potential of this wonderful group. We have many more volunteers ready to provide personal services than are actually called upon to do so. One of the challenges of any Village is to communicate effectively to eligible members that it is OK to ask for help. The Village exists for several purposes, but one central reason is to provide volunteer help for our members. I have often heard from members who say something like this: "I hate to bother you and your volunteers to ask for help." Sometimes we still have a feeling that we need to be completely self-sufficient. Maybe we don't want to feel indebted to someone else. There can be many reasons for our reluctance to ask for assistance."

I hope we can get beyond such feelings. The Village is here to assist. Our volunteers are ready to help in a variety of ways.

Many of you may have special needs around the upcoming holidays, including help with tidying your home, getting ready for guests, decorating or shopping. We want your Holidays to be festive and are ready to help you create a happy holiday.

So don't hesitate to ask for help!

As a reminder to all of our standard members, here is a listing of the types of services we provide:

Transportation

Volunteer drivers provide one-way or round-trip transportation to members and may assist them to and from the front door and carry groceries and packages as needed. Typical destinations include: doctors' appointments, grocery stores, houses



of worship, community meetings, social, cultural and other events offered or sponsored by the Dupont Circle Village

In-Home Assistance

Our volunteers come to a member's home and help with household tasks such as: clean out closets and cabinets, change light bulbs, hang pictures and curtains, move furniture, make simple repairs, rake, sweep or shovel walkways or perform small gardening tasks

Technology And Technical Support

Volunteers help explain technology to members, advise them on equipment purchases and upgrades, tutor them in hardware and software use and provide specialized assistance such as:

- Setting up a new computer or printer
- Setting up a home wireless network
- Troubleshooting a computer
- Selecting and using a cellular (mobile) telephone

Convenience Services

Volunteers can help members with small needs on an occasional basis. These may include: medical appointments, pick up prescriptions, mail packages, run errands, check on houses or apartments when members are away, pick up mail and newspapers, walk dogs and care for pets on an emergency basis

Friendly Visits and Contact Calls

Volunteers may call or visit members at a regularly scheduled time to check on their well being, just chat or read to those with impaired vision.

Problem Solving

The Village has volunteers trained to solve problems. These may be as basic as organizing files and paperwork or more detailed such as identifying community or governmental resources to address specific needs. When necessary, the Village will provide referrals to professionals with the needed expertise.

Social Worker

DCV offers the services of our social worker/case manager to speak to for referrals, situational assessments and advice and guidance on personal matters. All requests for the DCV social worker must go through Eva M. Lucero, DCV executive director.

Health Care Navigator (HCN)

DCV's HCN will offer member health assessments, interpret member health care issues and provide overall medical guidance for hospitalization discharge, rehabilitation and pre-planning prior to hospitalization. The HCN will also be part of any DCV Member Care Groups. All requests for the HCN must go through Eva M. Lucero, DCV executive director.

Fonts can be your Friend



I have always had bad eyes, so I am always in search of how to reduce eye strain. Now that I have aging eyes, it becomes even more crucial, both in printed matter and on websites.

By Ann Talty

The American Foundation for the Blind has some good guidelines aimed at people with low vision, but they are also applicable to those of us with just plain bad eyesight. Here are some tips from them:

- **Print Size:** No smaller than 14 point, and preferably 16 or 18 point
- **Font Type and Style:** No decorative fonts. Instead, use Arial, Helvetica, Verdana or Calibri as the most straightforward fonts.
- **Color:** Black, dark blue or dark green are the most effective. Do remember that cataracts can change how the eye translates colours. Bear in mind that 8% of all men are colour-blind, so fancy colouring can be counter-productive.
- **Contrast:** Text should be printed with the best possible contrast.

- **Paper quality:** Avoid glossy finish paper, which creates a glare.
- **Spacing:** Avoid single-spacing between lines of text. Up to 1.5 line spacing is easier to read.
- **Margins:** Many low vision devices, such as stand magnifiers and closed-circuit televisions are easiest to use on a flat surface, and it helps to have an extra-wide margin. A minimum of one inch should be used, with 1.5 inches being preferable.
- **Lighting:** Lighting requirements change as you age. Most people require brighter and more focused light in addition to those pesky reading glasses. This applies to other activities as well.

Sans Forgetica: There is a new font, Sans Forgetica, that helps with memory retention. Here is what I found. It was an experiment using college-aged students. When important sections of your notes are displayed in this font, they found that there was a higher retention level of the information in those sections. The

theory is that if you physically have to work a little harder at reading, but not too hard, the information will imbed into your brain in a way that scanning the material does not. It is a fairly large font in italics with a backward slant, and with chunks missing out of each letter so that your mind will fill in the gaps. They do admit that having everything in this font would likely result in a headache.

They also theorize that since this improves the memory, it could help people with memory loss, and perhaps help with Alzheimer's. Mind you, they haven't tested that theory yet.

My personal opinion is that the eyes and memories of an 18-year old are a little different from those of an 80-year old. I looked at the examples, and they fail the test of a lot of the items I have listed above, all of which have been tested for older adults. I also find it very annoying and it immediately hurts my eyes! Check it out for yourself at <http://sansforgetica.rmit/> — perhaps you will have a different opinion.

Meet Kim Schaubert: DCV's Health Care Navigator

Dupont Circle Village recently hired Kim Schaubert (RN, BSN, HNB-BC) as it's first Health Care Navigator. Her role complements the role of DCV's Case Manager, Barbara Scott and the two will be working closely together for our members. Kim will be providing members with the support, information and tools necessary to successfully navigate the health care system. With her 17 years experience, she will be able to identify a member's health care needs and the challenges associated with aging while enabling them to maintain their health according to their individual preferences and the resources available.

By Eva M. Lucero,
Executive Director

Kim was born and raised in Church

Creek, Maryland, a small, rural town on the eastern shore where she was active in her church and 4-H. After leaving Church Creek she lived in Annapolis then moved to Arlington, VA a couple of years ago. From a very young age she enjoyed being around and helping people as a regular volunteer at the local senior center each summer and during school breaks. Giving back and making an impact on people's lives is important to her and pursuing a degree and career in nursing allows her to do that every day. Her previous experience in home health reignited the passion she had as a young girl of working with the aging population. Kim is looking forward to continuing her career along this path and expanding her role as an advocate for the aging population at DCV.

In her free time, she enjoys traveling (both international and domestic), trying new foods and engaging in an online community she created where persons caring for loved ones with dementia can interact and find support and professional information about dementia and overall health. She can also be seen out and about enjoying the company of her best friend — a 4lb Maltese, "Brittles".

She's excited to be part of the DCV community and believes that the Village is an amazing concept and offers a tremendous opportunity for those who prefer to age in place while remaining active in the community.



Where Are They Now?



▲ **Alex and Kathy Jordan** recently visited Oregon and explored the Willamette Valley. They enjoyed an all day wine tour at the Duran Winery and the many waterfalls in the Columbia River Gorge.



▲ **Judi Lambart and Nancy Turnbull** (the two on the right) and three of their friends recently spent two weeks in Paris and had a terrific time!



◀ **Kenlee Ray** traveled to Paris, Annecy, Chamonix and Lyon in September. She loved finding a University of Michigan hat in a bistro in Chamonix!



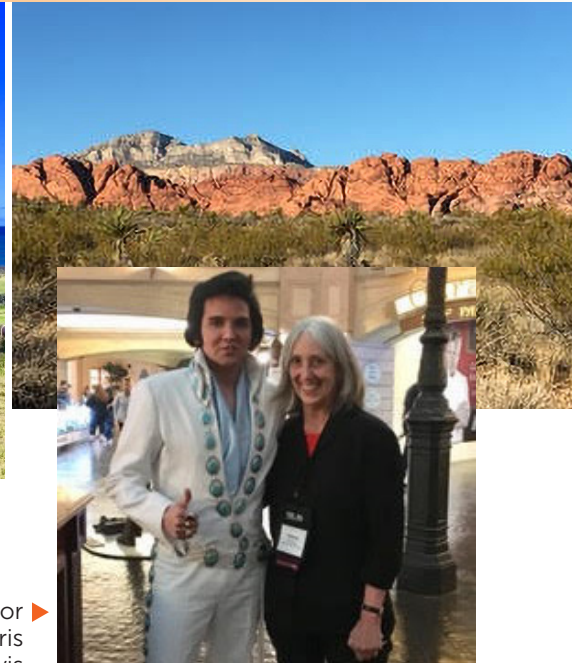
▲ **Judith Neibrief** recently enjoyed two weeks exploring Italy's heel, instep, and toe. She enjoyed lots of interesting architecture, three seas, and the food!

Where Are They Now?



▲ **Ted Bracken** visited Easter Island with a Dartmouth college group and then headed to Chilean Patagonia.

▶ **Donna Batcho** was recently in Las Vegas for work, and had a celebrity encounter at the Paris Las Vegas! with Donny Roberts, the only Elvis impersonator ever to perform at Graceland. She was also able to get away from the Las Vegas Strip to do some hiking in Red Rock Canyon.



▼ **Marilou and Massimo Righini** were lured to Italy by a nine-day trip sponsored by the National Trust for Historic Preservation to Apulia—a region unknown to them in the heel of Italy that touches the Adriatic, Ionian, and Tyrrhenian Seas. Their base was in Polignano a Mare with day trips to inland villages, castles, an olive mill and cities along the coast. They continued their Italian wanderings by visiting Montegrotto Terme and surrounding villages in the Veneto, and friends and relatives in Bologna, Florence and Rome. After a month of sunshine, great food and company, they headed home to recover from another Italian adventure.



▲ **Ann McFarren and Bill Roberts** recently traveled with their friends from Minnesota Mary Kurvers and Tim Jorissen to Bali. They also traveled through the desert to Al Wakrah in Qatar. Saudi Arabia is across the water.



◀ In early October, **Marie Marcoux** was an election observer in Bosnia and Herzegovina, posted three hours northeast of Sarajevo. After the assignment, she traveled overland in eastern Bosnia, Montenegro, Croatia and Slovenia, returning home November 5 in time to vote. The pic is of a Muslim cemetery in Old Town Sarajevo.



Out & About with DCV



▲ **Lucia Edmonds** held another fun and participatory cooking class. This time other Villagers enjoyed preparing "small bites." The class was held in **Caroline Mindel's** home. Participants included **Gretchen Ellsworth, Peg Simpson, Kathy Cardille, Ann Von der Lippe, Jeanne Downing, Andres Doernberg** and **Abigail Wiebenson**.



▲ **Peg Simpson** giving an update on the Village to Village Network activities to the members of Washington Area Village Exchange (WAVE) at a recent meeting.



▲ The delicious final products enjoyed by all.

Roasted Brussel Sprouts



I love Brussel sprouts. That's why this is the second Brussel sprout

By *Lois Berlin* recipe you are getting from me!! And

guess what? It's Brussel sprout season — yay!! I looked for some new recipes and found this one on Pinterest and tried it. It's pretty spectacular and is one you can use with a variety of veggies including broccoli, asparagus, or

parsnips. Timing may vary depending on the vegetable you use.

Ingredients:

1 lb. Brussel sprouts
3 peeled garlic cloves, thinly sliced
3 TBSP virgin olive oil
Salt and pepper to taste
1/4 cup grated Parmesan cheese

Directions

Clean and trim the Brussel sprouts. Cut them in half and place them on a large roasting pan or a large baking sheet. Add the thinly sliced garlic to the pan along with half of the grated Parmesan cheese, salt and pepper, and the olive oil and toss with the Brussel sprouts. I like to do all of the combining and tossing in a bowl and then spread the Brussel sprouts out on the pan. Just be sure to scrape all the goodies out of the bowl and distribute it over the sprouts.

Roast the sprouts in a pre-heated 400 degree oven for 20 minutes. When they come out of the oven, sprinkle them with the remaining Parmesan cheese and serve.



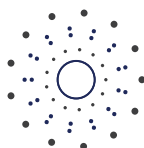
Yoga Tips



Judy Silberman,
Yoga Master

We can use infinity signs and figure 8's to also strengthen the legs. Sit comfortably on a straight-backed chair, your back not touching the chairback. Relax shoulders. Breathe with your diaphragm. Check that your chin is parallel to the floor and ears are over shoulders. Lift your right leg up a few inches, and flex your foot. With your heel, make 4 infinity signs, circling down to the left, back to center, and then down to the right. You can interlace your fingers around your right thigh, if that helps. Rest. Lift same leg again, and make figure 8's, circling up to the left, back to center, and then down to the right. Picture your 8. Rest. That leg should feel tired! When ready, repeat with the left leg. Try to sit straight and tall as you do these, breathe steadily, and even keep your abs braced. You will be strengthening so many muscles!!

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.



DUPONT CIRCLE VILLAGE
SHATTERING THE STEREOTYPE
ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

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