



# DUPONT CIRCLE VILLAGE

## SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“It is part of the price of leadership of this great and free nation to be the target of clever satirists. You have given the gift of laughter to our people. May we never grow so somber or self-important that we fail to appreciate the humor in our lives.”

— President Lyndon B. Johnson in a 1968 letter to the Smothers Brothers

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### Welcome New Members!

Kathy Davin  
Jerry Hersh  
Jo-Anne Hersh  
Agate Tilmanis

## The Coarsening of Presidential Satire

America has a long tradition of political satire. Before television came into the mainstream in the 1950s, political satire was found in cartoons, theatre, radio, and even on record albums. The 1960s debate between presidential candidates Richard M.

By Eva M. Lucero,  
Executive Director

Nixon and John F. Kennedy was a game-changer and with it, political satire took a new turn in America.

In 1962, a 26-year-old stand-up comedian from Maine, Vaughn Meader, rocketed to fame and fortune with his uncanny, pitch-perfect impersonation of President John F. Kennedy (JFK). In his comedy album, “The First Family,” It was the fastest selling “pre-Beatles” album in history and went on to win the Grammy Award for Album of the Year in 1963. At the peak of his popularity, Meader performed his JFK impersonation on a variety shows and in nightclubs around the country and

was profiled in several magazines.

Meader’s impersonation style of JFK was gentle and affectionate and he cared deeply about JFK’s approval. Upon release of the album, Meader wrote a letter to JFK that noted, “I impersonate you but I do it with great affection and respect. Hope it meets your approval.” It was reported that the president enjoyed the album

and even gave out copies for Christmas. When asked about it at a press conference, he joked, “I thought it sounded more like Teddy than it did me...”

The end of Vaughn Meader’s career coincided with that fateful day

in Dallas, Texas in 1963, when three shots rang out and killed the president. Meader immediately stopped appearing in public as JFK and wrote a condolence letter to First Lady Jacqueline Kennedy. As a country went into shock and entered a period of mourning, Vaughn Meader slipped quietly away from the spotlight.

*Continued on page 2*



# President's Notes



critical a role she has played in several of our recent initiatives.

Ann was instrumental in helping DCV determine our need for a Case Manager and in getting the initial funding for the position from the DC Department of Aging. As the chair of the Member Services Committee, Ann also led the work to establish our Health Care Navigator position. Also through the Member Services Committee,

Ann organized the vaccination clinics that have been very popular.

Ann's experience in running a non-profit will be a new skill for a DCV President. DCV is always stronger when we have dedicated, experienced people like Ann involved in our work.

The second change is that **Kathy Cardille** is stepping down as Chair of the Activities Committee as of April. Kathy has been a significant force in DCV on the Activities Committee. Upon joining DCV in 2014, Kathy became a Board member and the driver of an expansion of the programs offered to DCV members. During Kathy's time as Chair, DCV has signifi-

cantly grown the number and scope of the activities offered to members. Kathy has the ability to recognize a program idea that will be attractive to members and the drive to get the program implemented and sustained.

Kathy will be hard to replace, but we need to do so. We are looking to expand the Activities Committee membership to help fill the void. We need several members who would be interested in taking a piece of the Activities Committee responsibilities. This is an opportunity for you to get a say in what DCV does and to help in making that happen. If you would be interested in being on the Committee, please contact Eva or me.

So, the next time you see Ann or Kathy, please express your thanks for their help to the Village. Their efforts have and will benefit all of us immensely.

PS: If you don't get an earlier opportunity, the DCV 2019 Gala on April 26 would be a great chance to see Ann, Kathy and many other Village friends. You can register for the Gala on our website. See you there!

## Changes Are A Sign Of A Healthy Village

**T**his month, this column is devoted to a couple of significant upcoming changes for Dupont Circle Village. Like a living organism, change is needed to continue DCV's health and growth.

The first change is that **Ann McFarren** is now the Vice-President of DCV, following an election by the DCV Board. Under our succession plan, Ann will step into the position of President next year. Most of you know Ann, but you may not know how

## Presidential Satire

*Continued from page 1*

Fast forward to 1975, another turning point in American political satire with the launch of Saturday Night Live (SNL). Since its inception, SNL has parodied presidents regardless of party. Some presidents take it in stride while others have a more difficult time with the ribbing.

President Gerald Ford embraced Chevy Chase's portrayal of him, inviting Chase to the White House and making a cameo appearance on SNL. Dana Carvey, who impersonated president George H.W. Bush as a 'bit insecure and determined to prove himself a leader' was also invited to the White House and the two remained close friends until president Bush's death last year. For eight years, Will Ferrell portrayed George W Bush, Jr. as bumbling and often



highlighted his reliance on his vice president, Dick Cheney. When Bush, Jr. was asked about Ferrell's impersonation in a 2017 interview, he stated it never bothered him and added with a laugh, "The best humor is when you make fun of yourself."

President Barack Obama was next in line for political satire. Jay Pharoah, SNL's resident Barack Obama imper-

sonator, nailed his mannerisms and voice so well that he was recognized by Obama for doing a "pretty good job." This good-natured rapport between presidents and political satirists recently came to an end. Alec Baldwin, who regularly impersonates President Donald Trump, has received sharp push back from the President on his Twitter account of 58 million followers, "Nothing funny about tired Saturday Night Live on Fake News NBC!" This Tweet followed SNL's most recent skit about Trump's "imagimergency" (imaginary emergency at the southern border), which was followed by yet another presidential Tweet: "Question is, how do the Networks get away with these total Republican hit jobs without retribution?" An interesting question indeed, one that should be considered in the context of America's long tradition of political satire.

# Monthly Calendar

## Understanding and Addressing Elder Abuse

Tuesday, March 5, 10:30 am-Noon

Hosted by Northwest Neighbors Village

Forest Hills, 4901 Connecticut Ave NW, Assembly Room

RSVP: Stephanie Chong at [schong@nwnv.org](mailto:schong@nwnv.org)

or (202) 777-3435

Even with 5 million people experiencing it every year, elder abuse is still a hidden epidemic. Join the ElderSAFE Center for an interactive workshop to shine light on this important topic. We will discuss your role as village volunteers in addressing elder abuse, including identifying the warning signs and making reports. We will use case examples to explore how best to serve your neighbors and help keep them safe. Presented by Sydney Palinakas, ElderSAFE Community Educator.

## AARP-Sponsored Safe Driving Lessons

Wednesday, March 6, 9:30 am-4:30 pm

Location: Kaiser Permanente 2301 M St NW, Suite 501

Fee: \$15 for AARP members (with card), \$20

for non-members

RSVP: Peter Vandevanter at (202) 215-2394

The class — which is not a behind-the-wheel class, but a classroom class — covers the affect of aging on drivers, as well as a tutorial on the newest technologies in cars.

The course begins at 9:30 am and goes until 12:30 pm, then an hour for lunch. We come back at 1:30 and go 'til 4:30 pm. However, it usually finishes early.

Finding the building: walk up the steps under the blue awning on 23rd Street, visible from M. St. — an awning that reads "Kaiser Permanente Northwest Medical". Go to the fifth floor, room 501.

If you are driving, tell Peter so he can get you a parking pass for the Kaiser building for the day. Other transportation: Uber, Lyft, Foggy Bottom metro, Circulator, or bus to 23rd and M.

## CelebSalon: Peggy Engel, Writer & Playwright

Wednesday, March 6, 7:00-9:00 pm

Cost \$75

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

Peggy Engel left newspaper reporting to write books and plays, some with her twin sister Allison Engel. The DC area has seen two of the plays at Arena Stage: *Red Hot Patriot: The Kick-Ass Wit of Molly Ivins*, which starred actress Kathleen Turner, and *Erma Bombeck: At Wit's End*. Now they've written a contemporary guide for finding smart fashion bargains in thrift shops: *ThriftStyle: The Ultimate Bargain Shopper's Guide to Smart Fashion*.



Peggy and her twin also have written three editions of *Food Finds: America's Best Local Foods* and the *People Who Produce Them*, which was the basis of a long-running show, "*Food Finds*," on The Food Network.

But their latest how-to guide on shopping thrift shops and consignment stores takes them to a new level, from flea markets to estate sales in the DC Metro area to national markets. Their guide is being filmed for television. Turns out that US thrift shops are a \$12 billion business, with one in six American adults buying previously owned clothing. While global textile waste is now measured in millions of tons, thrifting is the eco-friendly way to keep gently worn clothes, shoes, jewelry, hats, gloves, scarves, etcetera out of landfills. Peggy will pass out a list of her favorite local places (where you can also sell or donate as well as acquire) as well as online sources. (And those who attend her salon will get a bonus thrift gift!). Put on your best used duds and get ready for a fun evening.

## National Portrait Gallery Docent-Led Tour

Friday, March 8, 1:30 pm

Location: National Portrait Gallery, G St entrance (Red Line, Gallery Place)

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

*Black Out: Silhouettes Then and Now* is the first major museum exhibit to explore the art form of cut-paper profiles in terms of their rich historical roots and powerful contemporary representations. Well before the advent of photography in 1839, silhouettes were an inexpensive, more democratic form of portraiture than the traditional oil-on-canvas likenesses produced by prominent artists. The "Then" portion of the exhibit focuses on those who have been previously "blackened out" in historical narratives, such as enslaved people, same-sex couples, cooks, and activist women. The "Now" portion features the work of contemporary artists and includes Kara Walker's panoramic silhouettes of plantation life and Kristi Malakoff's life size sculptures depicting a children's Maypole dance. Meet at G Street Entrance, Information Desk. This tour is with DCV Member **Sheila Lopez**.



# Monthly Calendar



## Fashion and Function Showcase

Saturday, March 9, 2:00-4:00 pm

Location: All Souls' Episcopal Church Annex,  
2300 Cathedral Ave NW

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

A common challenge many older adults face is the act of getting dressed and undressed by themselves. This can be the result of a physical disability, chronic condition, and/or other restrictions that may come with age. On March 9, DCV will be hosting a free Fashion and Function Showcase. Come learn about some functional clothing and accessories available from vendors. Music and lite fare. Space is limited so please RSVP soon!

## CelebSalon: Petula Dvorak, Columnist, The Washington Post

Monday, March 11, 7:00-9:00 pm

Limit: 17 people; Cost \$75

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

Petula Dvorak is a columnist for The Washington Post's local team who writes about homeless shelters, gun control, high heels, high school choirs, the politics of parenting, jails, abortion clinics, mayors, modern families, strip clubs and gas prices, among other things. Before coming to The Post, she covered social issues, crime and courts in New Orleans, New Jersey and Los Angeles. She is a graduate of the University of Southern California and the mother of two boys.

Ms. Dvorak describes herself as an "off- balance mother of two, forever searching for comfortable 4-inch heels and really good tomato soup. My world is baby showers. Or Girls Night Out divorce drinks. Or second, no-frills marriages. Not bridal showers."

## Men's Book Group

Tuesday, March 12, 11:00 am

Location: La Tomate Caffe, 1701 Connecticut Ave NW

RSVP: Peter Vandevanter at [petervandevanter@gmail.com](mailto:petervandevanter@gmail.com) or (202) 215-2394

The March 12 chosen book is *A Gentleman in Moscow* by Amor Towles. Please join the group, stretch yourself by reading some things you might not have chosen, and enjoy some good company.

The meeting is up a flight of stairs. Please plan for some breakfast or lunch while we meet.

## Sunday Soup Salon: The Next Act – Retirement with Meaning

Sunday, March 17, 6:00-8:00 pm

Location: 1760 Swann St NW

Limit: 15 people

RSVP: Contact Lynn Lewis at [lynnlewis940@gmail.com](mailto:lynnlewis940@gmail.com)

How will you develop your decades of retirement with meaning, fulfillment and joy? Join our Soup Salon with guest Kim Weichel for a lively give-and-take discussion of your next act. A citizen diplomat, peace builder, leadership champion and cross-cultural specialist, Kim has spent more than 25 years at the forefront of building bridges between cultures and peoples.

At our gathering, we'll learn from her and from one another about the key issues and new opportunities our retirement years hold. Kim will facilitate sharing issues such as whether we're living the life we choose, and if not...what gets in the way. Were our dreams put on hold while working or raising a family? If so, are we now following our heart song; if not, what's holding us back? What beliefs are inhibiting us and how can we let go of them? What are our fears about getting older...and how can we best address them? What skills and talents do we want to preserve during our next act, and what new ones do we want to learn?

## DCV Immunization Clinic

Monday, March 18, 12:30-3:00 pm

Location: Friends Meeting House, Decatur Room,  
corner of Florida and Decatur

RSVP: Contact Ann Talty in the DCV Office  
at (202) 436-5252. She must talk to you directly  
before setting your appointment.

Shots being offered: Flu, Pneumonia, Hepatitis A&B,  
Tetanus/Whooping Cough, Shingles

**BEFORE YOU CALL**, please have your calendar and your Medicare card and prescription plan card at hand, and decide which shot(s) you are getting. Do not assume the office already has your information from last time. The office will relay the information to Giant so they can prepare the co-pay amounts and paperwork for you.

**Bring with you:** a check (we will take credit cards only as a last resort), ID, and just in case, your insurance cards. Plan on being there 15 minutes ahead to fill out paperwork and get your shot. You will need to wait 15-20 minutes after the shot to be sure you are okay.

**Also available:** (1) a volunteer can take your blood pressure; and (2) a volunteer can show you how to put emergency information into your cellphone.

# Monthly Calendar



## Tech Tuesday

Tuesday, March 19, 11:00 am

Location: La Tomate Caffe, corner of Connecticut & R

RSVP: Lucy Cooney (202) 667-7115

or [lucy1030@starpower.net](mailto:lucy1030@starpower.net)

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 Ken Shuck ahead of time, and he will research them before the meeting. [kenneth19442000@yahoo.com](mailto:kenneth19442000@yahoo.com)

La Tomate Caffe is kind enough to let us meet in their upstairs room, so please order some breakfast or lunch to make it worth their while.

## DCV Happy Hour

Tuesday, March 19, 5:30-7:00 pm

Location: Across the Pond, 1732 Connecticut Ave NW

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

Let's toast St. Patrick at **Across the Pond** with a pint of Guinness (or a glass of beer or wine) while enjoying happy hour appetizers such as veggie quesadillas, battered sausages or homemade onion rings. Slainte!

## CelebSalon: Ken Lieberthal, China Expert

Tuesday, March 19, 7:00-9:00 pm

Limit: 20 people; Cost: \$75

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

Kenneth Lieberthal is a China expert who closely tracks the country's political and economic reforms, President Xi's vision for China in the 21st century and the evolving US-China relations. He directed Brookings' John L. Thornton China Center, served on the National Security Council in the Clinton administration. He has been a faculty member at the University of Michigan for most of his career. His book, *China's Political Development*, details China's path to political reform over the last three decades.

Lieberthal offers a unique look into China's dramatic reforms, as an expert on China's elite politics, political economy, domestic and foreign policy decision making, and on its changing relations with the US. He is currently senior fellow emeritus in foreign policy at the Brookings Institution, where from 2009 to 2016, he was a senior

fellow in the Foreign Policy and the Global Economy and Development programs. From 2009 to 2012, he served as director of Brookings' John L. Thornton China Center.

His work on in China in the 21st century is particularly interesting both in explaining China's vision—The Chinese Dream and the Chinese Path—for the 21st century as well as helping us understand President Xi. On the topic of the China dream, Xi "has expressed confidence that China will by mid-21st century be a major power, widely admired for its wealth, technological prowess, and advanced civilization. In Chinese historical terms, this vision includes a China that has fully overcome the travails and legacies of its "century of humiliation" (roughly, from the 1840s until the 1940s). It also includes a China that is distinctly Chinese, not simply successful copies of Western models and values. Ken writes: "I don't think China is simply another global power. Ken explains that both China and the U.S. seek cooperation on many issues and want to avoid slipping into an adversarial relationship. But competition is also an increasingly prominent part of the equation." China—he argues—is not focused solely on hard power—it devotes major resources to building its soft power and its global economic engagement. But it is also building the capability to make hard power a significant part of the equation.

## 80+ Group

Thursday, March 21, 2:00 pm

DCV Office: 2121 Decatur Pl NW

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

Would you like to get together with others and hang out, drink some coffee, and enjoy each others' company on a monthly basis? If you're hesitant, are you willing to try it out? What do you have to lose but an hour or so on one afternoon! Coffee, tea, and cookies will be served.

## Live and Learn

Home Sharing for Older Adults

Monday March 25, 3:30- 5:00 p.m.

Friends Campus — Decatur Room

Silvernest, an organization that promotes and facilitates home sharing for boomers, retirees, empty nesters, and other older adults with compatible housemates for long-term house sharing as a way to provide added security, help around the house, companionship, extra income (for the homeowner) and/or rent savings (for the renter), will be presenting.

# Monthly Calendar

## An Introduction to the Feldenkrais Method/ Improving Your Balance

Tuesday, April 2, 10:30-11:30 am

Location: Friends Meeting House, Decatur Room,  
Corner of Florida and Decatur

Limit: 20 people — Please note that first preference  
will be given to members.

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

Have you heard of the Feldenkrais Method? It's a revolutionary approach to human learning through the experience of movement. It teaches people to move with less effort and better coordination to make daily life easier and freer from aches and pains. Join other Villagers

for this session on April 2 to find out more about the Feldenkrais Method and to practice seated and standing movements geared toward improving your balance using the Feldenkrais Method®.

Our presenter, Susanne Christov, is a Guild Certified Feldenkrais Practitioner with a Doctorate in Physical Therapy. She lives in Dupont Circle and teaches Feldenkrais classes in Dupont Circle and near American University (at Got Your Back Total Health), including a series of lessons specifically designed to improve balance in everyday life, especially as one ages, called "Getting Grounded Gracefully: Improving Your Balance Step-by-Step".



## An Academic Life – Meet members Joe Auslander and Barbara Meeker

**J**oe Auslander and Barbara Meeker have lived in their house on R St, between 16th and 17th since 1989. When they moved to the Dupont Circle area they were both professors at the University of Maryland, College Park, Joe in mathematics and Barbara in sociology. Now they are both emeriti at Maryland but continue to be involved in professional activities such as research, writing and attending conferences.

### DCV Member Profile

Joe grew up in New York while Barbara lived in a series of university towns in the Midwest and Great Plains. They met on the University of Maryland campus. Locally, Joe tries to support peace and justice in the Middle East (he belongs to Jewish Voice for Peace) and Barbara supports organizations that work with homelessness (she volunteers at Christ House on Columbia Road). They like to travel and in 2018 went to Cuba and to South India. They both love classical music, and Joe plays the clarinet. On weekends when the weather is good they are often at their vacation house, near Berkeley Springs, West Virginia. Family includes two children who are both academics and two grandkids, the oldest of whom is a college freshman this year.





# Save the Date

## 2019 DCV Gala—A SOLAR-bration

**M**ark your calendar for April 26, 2019 from 6:00-9:00 pm and plan to *SOLAR-brate*! This year's DCV Annual Gala will take place at the American Geophysical Union

(AGU) located at 2000 Florida Avenue, NW. This

is the building that has undergone renovation for the past two years under many watchful DCV eyes. It is reopening as the first net-zero renovated building in the world. Read more about what that means here [AGU](#).

The purpose of the American Geophysical Union is to promote discovery in earth and space science for the benefit of humanity. Thus, this year's theme for the Gala is *SOLAR-bration*! As we come together for great food, beverages and fun, we hope you expe-



◀ The 2019 Gala committee hard at work. Gala Chair **Lois Berlin**, **Michaela Buhler**, **Barbara Friday**, **Sarah Burger** and **Marilou Righini**.

rience a feeling of *SOLAR-darity* with fellow DCV and community members.

Tickets are on sale on our [website](#) and are \$125 each. We will have a silent auction of travel destinations, eating, shopping and whatever else we are able to gather for your bidding enjoyment.

Stay tuned for further information on our website and in e-blasts and buy your tickets early. This event promises to be a sellout!! Not able to attend? Become a Gala Sponsor or contributor, all options are available here [sponsorship](#).

## Car Service – No Smartphone Needed!



**D**o you find hailing a taxi to be inconvenient? Do your friends use Uber or Lyft for rides? Do you have a smartphone, but can't really see or totally under-

stand the Uber or Lyft apps? Do you have a cell phone, but it's a flip-phone, or do you have no cell phone at all?

**GoGo Grandparent** can be the go-between to make rides happen for you. The idea is that you can call for a ride or reserve a ride for later (they contact Lyft or Uber). They let you know when to expect the ride, driver's name, make & model of the car and license plate. A receipt will be sent to you afterwards.

**How to open an account:** You can read about it at [www.gogograndparent.com](http://www.gogograndparent.com) or call (855) 464-6872 to ask questions and set up the account.

1. You will need to register your phone number with them — a landline or a cell phone. This will be how you are identified.
2. You will need to have a debit/credit card, or a bank account on file with them. It doesn't have to be yours — a family member or friend can be the payer of record.
3. They will need your home address, and special instructions for your home. That will stay attached to your file.
4. If you use a walker, wheelchair, cane, they can put that into your file, along with whether or not you need assistance.
5. If you have trouble getting into an SUV, let them know so they can note that you need a lower vehicle.

**Ordering a ride:** It's easy! You call the number, and if you want, you can just talk to the operator. But here's the

cool stuff you can do if you want:

1. If you are calling from home, press 1 for pick-up at your address (your phone number identifies who you are).
2. If you now need a ride home, press 2 for pick-up at the last drop-off address.
3. Other regular destinations can be added to your file by the operator and assigned a number.
4. To have someone else call for you (from the doctor's office, for instance), they will need to provide your registered phone number, and then go from there.
5. You can have a total of 4 people on the ride, and groceries or other packages are also a possibility.

**Cost:** It's the same as Uber or Lyft, plus 27 cents a mile. The cost is also reliant on demand and availability. Go ahead and try it out!

# Can You Eat Your Way Out Of Alzheimer's?

**C**ould diet actually stop Alzheimer's disease in its tracks? Even better, reverse the damage that Alzheimer's has already inflicted on the brain? This notion sounds outlandish. And yet, a California neurologist claims that it can. And he backs up his claim with at least 200 case histories.

He is Dale Bredeesen, MD, president of the Buck Institute for Research on Aging north of San Francisco.

Bredeesen's purported achievements were highlighted at a Village Live and Learn Seminar held on January 28. The speaker was Julie Wendt, a nutritionist and health coach at the George Washington University Center for Integrative Medicine.

Bredeesen's program for halting and reversing Alzheimer's consists of testing a patient for several dozen factors that appear to contribute to Alzheimer's, and if any of those risk factors are found to be present, tailoring an individualized treatment regimen to correct the situation. The regimen is based in large part on diet, but also on exercise, sleep, stress reduction, and other lifestyle factors.

Wendt and her colleagues at George Washington University are implementing Bredeesen's program, she reported. It is also being tried at the Cleveland Clinic and some other centers around the United States.

Bredeesen's findings, among others, likewise suggest ways that seniors might be able to use diet and lifestyle changes to enhance cognitive health and prevent Alzheimer's, Wendt said.

Take the case of inflammation. Inflammation has been linked not just with Alzheimer's, but with arthritis, gum disease, diabetes, and heart disease. Inflammatory foods include sugar and other refined carbohydrates; artificial colors, flavors, and sweeteners; processed foods, and conventionally raised animal products. Eating complex carbohydrates

rather than sugar, as well as grass-fed, organic meat and poultry are two ways to counter inflammation. And while dairy, gluten, eggs, and legumes are generally healthy, they can cause inflammation in some people, Wendt pointed out. "Tune into your body, and if it doesn't work for you, don't eat it," Wendt advised.

Many hormones contribute to cognitive function. For example, optimal thyroid function is crucial for optimal cognition, and suboptimal thyroid function is common in Alzheimer's disease. Thus, correcting a thyroid deficiency may be valuable for preventing Alzheimer's. Stress activates the hormone cortisol, and high levels of cortisol damage neurons in the brain, especially in the hippocampus, which is the brain's memory center. Therefore reducing stress may reduce the risk of getting Alzheimer's. For many people, meditation and yoga are powerful stress reducers, lowering cortisol and protecting the hippocampus.

Increasing one's intake of certain nutrients may likewise help seniors stave off cognitive decline and Alzheimer's. For instance, a quarter of the world's population has been estimated to be deficient in zinc, and a zinc deficiency is especially prominent in the elderly, with consequences that mirror Alzheimer's disease.

Toxins pose other dangers for the brain. The heavy metal mercury is neurotoxic. We are exposed to mercury when we eat fish with high levels of it, such as tuna, swordfish, orange roughy, and shark. Anchovies, herring, mackerel, salmon, and sardines are safer for consumption as far as mercury exposure is concerned. Chronic exposure to high levels of arsenic has been associated with impaired executive function, such as organizational ability, planning, and problem-solving. Arsenic is present in chicken, but is much lower in organic chicken. Actually organic produce in general reduces toxin exposure. Also noteworthy: A raft

of plant foods helps our bodies eliminate toxins via urine, sweat, and stool. Some examples are arugula, avocado, broccoli, cauliflower, garlic, grapefruit, olive oil, radishes, and turnips.

Eating a breakfast rich in protein can make all the difference in how you feel the entire day. It is critical for energy and mental clarity. People also need more protein as they age.

Intermittent fasting – say, from the time you finish dinner until you awaken in the morning – has been found to improve the regulation of blood sugar and improve cognition by increasing nerve regeneration in the brain.

You should eat loads of fruits and vegetables each day, both raw and cooked, and of various colors. They are rich in vitamins, minerals, antioxidants, and fiber; have anti-inflammatory effects; and provide a high nutrient density-to-calorie ratio. Berries – particularly blueberries – have been shown to promote cognitive health.

And if Wendt could make only one recommendation regarding nutrition and senior cognitive health, what would it be? To follow a Mediterranean diet, she replied, since a lot of science backs it. A Mediterranean diet is rich in fruits, vegetables, olive oil, and whole grains; favors fish and poultry – lean sources of protein – over red meat; and is topped off by moderate amounts of red wine.

More information about Dr. Bredeesen's program for halting and reversing Alzheimer's can be found in his book *The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline*, which was published by Avery in 2017. If any Villagers would like to contact Julie Wendt, she can be reached at [Julie@brain-powerlife.com](mailto:Julie@brain-powerlife.com) More information about the GW Center for Integrative Medicine, which includes acupuncture, naturopathy, psychiatry, newsletters, and classes, can be found at [www.gwcim.com](http://www.gwcim.com).



[Editors note: **Peter Lovenheim**, a journalist and author, is the Washington Correspondent for the Rochester Beacon and a DCV member. Below is his latest article about Villages (edited for space)]

## A new way to age

When I moved part-time to Washington, D.C., to be closer to my kids and grandkids, people there kept urging me to join something called the Village. I had no idea what they meant. Maybe Marshall McLuhan's "Global Village"? Or the 1980s disco group, the Village People?

The advice to join the Village often came in response to me lamenting that it's hard to meet people in a new city, especially D.C., where work-obsessed residents, I've found, more readily exchange business cards than friendly greetings.

But "The Village," as I later learned, is an exciting new phenomenon: a mutual support network designed to help seniors live independently and stay in their homes ("age in place") and to combat the isolation and loneliness that too often comes with aging. I also learned that among upstate communities, Buffalo, Albany, and Ithaca already have their own Villages.

It may be something we might consider trying in Rochester.

The Village movement began in 2001, when friends and neighbors in Boston's Beacon Hill formed a nonprofit organization through which they could share services and support. In one sense, the idea harkened back to earlier times when neighbors looked out for one another.

But in another it was revolutionary: seniors pooled resources to provide services directly to each other—a pioneering version of the peer-to-peer economy.

Today, there are 250 Villages around the country and 160 more in development. Their rapid growth reflects, in part, our rapidly aging population. By 2030, one in five

U.S. residents will be 65 or over, the Washington Post recently reported, and older people are projected to outnumber children for the first time in the country's history as retirement of the Baby Boomers produces what some call the "Silver Tsunami." And yet, many seniors are isolated and

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experience chronic loneliness. Indeed, health professionals warn of an "epidemic of loneliness" in the U.S., especially acute among the elderly. Chronic loneliness, warns Douglas Nemecek, chief medical officer for behavioral health at Cigna, has the same impact on mortality "as smoking 15 cigarettes a day."

For annual dues of \$500, my Village will provide—if I request it—volunteers to help me with transportation (rides to the doctor, pharmacy, shopping, etc.), and home maintenance (everything from changing light bulbs to installing an air conditioner). Fortunately, I haven't had need for these

services as I get around fine by Metro and bus, and my building provides its own maintenance.

But membership also gives me access to Village-sponsored social events, and these I have very much enjoyed. In just the past few months, I've attended a men's book club, a holiday ball, and an evening educational seminar. Other members enjoy a morning walking group, art gallery events, "Tech Tuesdays" ("bring your phone or computer questions and get or give some answers"), a movie discussion group, monthly "soup salons" (homemade soups, bread, wine, and a speaker), and the annual Villages gala.

As one member put it: "It's great for networking and I never have to go to a movie alone if I don't want to."

### Village to Village network

Typically, Villages are set up as nonprofit organizations, elect their own governing boards, and charge their own annual membership fees. Depending on location, the cost to join may range from \$25 for a single member and \$40 for households, up to \$675 for single members and \$900 for households. Villages that choose to hire one or more paid staff to help direct operations will often charge the higher rates. (Fees are usually adjusted for members with financial need.) Generally, membership is open to all seniors (usually 62 and older) who live in the same area of a city or town. Members are eligible to receive transportation and home maintenance services from other member-volunteers (sometimes home maintenance is also provided through a list of vetted

*Continued on next page.*

## A New Way to Age

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contractors) and to participate in the Village's social activities.

A national organization—the Village to Village Network—acts as a clearinghouse to help local Villages share information and support one another. Among other services, they provide a "Village 101 Toolkit" with information and documents to help people start their own Village. Recently, I spoke by phone with Barbara Sullivan, the group's executive director. We discussed, among other things, the prospects for a Village in Rochester.

### Following is an edited version of our conversation.

In my Village in Washington, D.C., I enjoy the social events—men's book group, seminars, etc. But what do you find are the most popular services among Villagers nationwide?

Number one is transportation. Even if a community has good public transportation it may not be able to take you to your doctor or the grocery or your bank when you need to get there. Help with home maintenance, too, is always appreciated. So is Rise and Shine, where it's offered.

### Rise and Shine? What's that?

It's a morning call. People who sign up

It's a morning call. People who sign up for Rise and Shine, they just want to be able to talk to somebody on a daily basis, have a conversation: "Good morning! How you doing today?" It's a daily check in—and sometimes a medical lifesaver.

### Do you run into common misconceptions about the Villages movement?

Absolutely. People sometimes think we're a home health agency—that's partly because some of the Villages have the word "home" in their names—but we're not. People also ask, "So you mean like 'The Villages' in Florida?" No, that's a retirement community and we're not that, either.

It's just hard to describe what a Village is—the concept of support services within a volunteer community of seniors—so we're always striving to get the correct message out.

Rochester has a well-developed network of support programs for seniors—from the towns, the county, YMCAs, Jewish Family Service, New York State Department of Aging, and others. Does a service-rich community like Rochester still need a Village?

It's not about reinventing the wheel. Villages help coordinate existing services for their members—

*When you're retired, you still want to be able to go home at the end of the day and say, 'Yeah, I did something useful today.' I can't tell you how many times I've had volunteers call me and say, 'I'm really happy I drove Joe today.'*

connect the dots, if you will. Also, most groups don't have the ability to organize and motivate volunteers for services such as transportation the way the Villages do. And in most communities, there are usually still unmet needs: transportation is often a big one, so is home maintenance, and so is isolation. That's why all the activities to help seniors stay socially engaged are vital, and so popular.

### How does a Village get started?

Typically, it's just a core group of neighbors—very grassroots—or sometimes it's an organization such as a Y or Family Service, and the individuals and the organization partner together. It can take two years from conception to when a new Village becomes operational.

So, for a midsize city like Rochester, would there be a location within the area that's the best place for a Village to start?

It depends on where the population is that you want to serve. Where you have lots of Baby Boomers, that's ideal because historically they haven't connected with services for aging. Your starting location could be downtown or it could be in a suburb or town. Some Villages use a hub-and-spoke model, with a key location downtown and services radiating out to suburbs and towns.

### How many Villages could a city the size of Rochester support?

Well, just as a comparison, Columbus, Ohio presently supports five Villages. My town, Alexandria, Virginia, has three.

The Village concept relies heavily on members volunteering to help other members. Is that sustainable—are members reliable volunteers?

They are, and here's the reason: When you're retired, you still want to be able to go home at the end of the day and say, 'Yeah, I did something useful today.' I can't tell you how many times I've had volunteers call me and say, 'I'm really happy I drove Joe today. What a great guy and it gave me a sense of purpose.' We see a lot of people, Baby Boomers especially, doing a lot more volunteer work than ever before.

### Any favorite volunteer story?

At my Village in Alexandria, we have a gentleman with this big, wood-paneled station wagon and once a week he'll take a bunch of ladies to the grocery store and even go in with them in case they need help with heavy items. So, one day he's in the store with one of our members when she collapses. He gets the manager, he calls 911, he asks her for her daughter's phone number and calls her—and then while she's taken away by ambulance, he finishes her shopping, pays for it, takes it back to her house and puts all the food away.

*Continued on next page.*

He went so far above and beyond with his caring attitude, and it wasn't just a "one and done" incident because he'd worked together with her and other members long enough to have a rapport. That's what a Village creates.

### **How about you: What do you find most satisfying about working for the Villages?**

I get a lot of satisfaction when other organizations—like the YMCAs, AARP, Health and Human Services—say, 'Yeah, we've heard about the Villages and we want to know more.' That's personally fulfilling because I think we're making a difference. Look, I have no idea what's going to happen with Social Security and with Medicare; it's a daunting prospect of what will happen as we age. But with the Villages movement, it's consumer-led and we're taking control. This is a model that's growing and hopefully people will jump on board and be part of this new wave, this revolution in aging.

### **No Rochester Village—yet**

Advocates for seniors in the Rochester area understand that people often want to stay in their own homes as they age, but as yet no organizations have undertaken to help establish a Village.

Lifespan, founded in 1971, provides services to Rochester-area older adults and caregivers. The organization employs some 160 full- and part-time people and has an annual budget of \$10.4 million.

"We're aware of the Village movement," says Mary Rose McBride, vice president of marketing and communications for Lifespan, "but so far we haven't tried to establish a Village locally."

Instead, the organization has helped launch a different type of group called a NORC, or Naturally Occurring Retirement Communities. These aim to provide some of the same types of services as Villages do—help with transportation, home maintenance, etc.—but through pro-

grams organized and directed by an outside agency such as Lifespan.

"NORCs are not grassroots," McBride notes. "We get in there to help residents of a neighborhood age in place, but these don't start with a grassroots movement—it's more like we start offering the services and then try to get the neighbors and the residents involved."

So far there is one NORC up and running in the Browncroft area—in conjunction with that area's neighborhood association—and another under way in Irondequoit.

*"You need to point out to people a reality of life at this stage—that eventually you will need help and if you become part of the Village now and make these connections, it will be easier to ask for help later when you need it. It's about planning ahead, like having insurance."*

"If someone or some local group wanted to start a Village," McBride says, "Lifespan could help foster its development. We've never been approached about it, but if that's what the residents of an area wanted us to do, we'd be interested."

### **Ithaca Village**

Among the closest Villages to Rochester is one in Ithaca, where a group of residents created Love Living at Home—their Village's name—in 2016. They worked with the Tompkins County Office of Aging and other local organizations to develop a plan for launching the Village.

Building a Village from the ground up is hard work," says Elena Flash,

executive director. "You need people deeply connected in the community and with a lot of contacts, and you have to be strategic about what geographic areas to target first. Where are you likely to get the most amount of membership?"

The biggest obstacle to growing membership, cautions Flash, is attitude.

"People say, 'I don't need the Village yet. I have my daughter nearby. I have plenty of friends. I go to church. I can still drive,'" she says. "You need to point out to people a reality of life at this stage—that eventually you will need help and if you become part of the Village now and make these connections, it will be easier to ask for help later when you need it. It's about planning ahead, like having insurance."

Love Living at Home already has 142 paying members, Flash says. Dues are \$450 per individual and \$575 per household. So far, most members live in downtown Ithaca and the close-in suburbs, but the group now aims to reach more residents in nearby towns.

### **A canopy in Buffalo**

"Villages are reflective of their local communities and we're very, very urban," explains Sasha Yerkovich, executive director of Canopy of Neighbors, a Village based in downtown Buffalo.

Founded in 2011, Canopy's model differs from that of the typical Village: Volunteers who provide members with rides, home maintenance, and even companionship, are often not themselves members of the Village.

A Village volunteer helps another Villager with a ride.

"It's a model that better fits our urban, low- or fixed-income member base," Yerkovich explains. "While some of our members do help as volunteers—particularly with neighbors close by—many don't have cars or have given up driving, and may not have cell phones."

"So instead, our volunteer base is

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made up of students from college social work or occupational therapy departments, of retired teachers, of people from other community organizations who want to work with seniors. We have intergenerational commingling, and our seniors love to be with the students."

Currently, Canopy has about 250 paying members. Fees for those with annual incomes above \$39,000 are \$400; for those with incomes below that, the fee is \$120. But membership fees account for just 35 percent of Canopy's budget; the rest comes from donations by individuals and corporate sponsors, and foundations grants.

Even so, says Yerkovich, "we're growing faster than we can keep up."

In a recent year, Canopy volunteers provided more than 10,000 hours of services, including giving more than 4,100 rides to medical and social appointments, and members enjoyed more than 240 hours of social programming. Plans are under way to expand to nearby towns on the hub-and-spoke model, as Canopy builds its volunteer base in those areas.

Says Yerkovich: "We started out in the city center because that's where the greatest need and concentration of seniors was, but our goal now is to reach further out."

### **Villages by the thousands?**

One person planning for the future of the Villages movement is Ken Harris, executive director of a century-old charitable foundation, Albany Guardian Society. To educate people in the Albany area about the Villages movement and encourage development of more Villages, Harris and colleagues three years ago formed the Capitol Region Villages Collaborative.

In promoting new Villages, the Collaborative works closely with existing programs that serve seniors and also with the state Office for Aging, which helps fund startup Villages.

"One key in launching new Villages," says Harris, "is not to duplicate services of existing organizations but to work as partners to fill the gaps,

because even the best community services have gaps."

As examples, he cites transportation services for seniors on evenings and weekends, and the social aspects of building community for seniors. To date, there are two Villages up and running in the greater Albany area—Aging-in-Place Glens Falls and Rhinebeck at Home—a third Village, he reports, is about ready to open. Three more are in development.

"The Villages is kind of a hard concept to grasp, and I think we're just at the starting point of people

*To date, there are two Villages up and running in the greater Albany area—Aging-in-Place Glens Falls and Rhinebeck at Home—a third Village, he reports, is about ready to open. Three more are in development.*

understanding the real benefits of the movement," Harris says. "But we're working to educate the community. We have two Villages now and I wouldn't be surprised if in two years we have 20, and then maybe across the whole country we could end up with thousands."

### **Eager to help each other**

Since I joined the Dupont Circle Village in D.C., I get emails almost daily either from our paid, full-time director or from member-volunteers with information on Village events. Just recently, the email exchange below came through my inbox. I'll close by sharing it as it nicely demonstrates the willingness—even eagerness—of many Village members to pitch in and help each other:

From the Director: Hi Villagers:

## **CelebSalons**

### **March**

The March lineup of local celebs offers glimpses into smart thrift store shopping, hard hitting reporting on social issues, and an expert on China's political and economic reforms. Space is limited for all salons because they are intimate dinners in member homes. Register online or contact DCV Office at (202) 436-5252 for tickets.

#### **Peggy Engel, Writer & Playwright**

Wednesday, March 6

7:00-9:00 pm

Location:

2500 Q Street NW, #640

#### **Petula Dvorak, Columnist, The Washington Post**

Monday, March 11

7:00-9:00 pm

Location: 2500 Q St NW #640

#### **Ken Lieberthal, China Expert**

Tuesday, March 19

7:00-9:00 pm

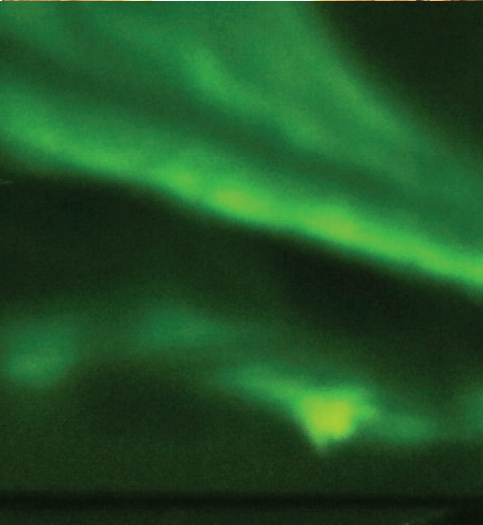
Location:

2101 Connecticut Ave NW

We are getting lots of requests for rides, mainly to doctors' appointments . . . Please let me know if you are not currently a volunteer driver and would like to help our members in this way. Our members, who often do not have easy access to transport, will be so appreciative of your help!

From a Village Member: I would be happy to drive occasionally, but have no car. If the person who needs a ride has a car, but cannot drive her/himself, I would be happy to do it.—Mike.

# Where Are They Now?



◀ **Alex and Kathy Jordan** recently visited Norway in search of the Northern Lights. They were treated to the spectacle two nights in a row in Tromso.

## Out & About with DCV



◀ **Carol Galaty** showing us how she has been able to travel around town since her fall in January.

## Birthday Tea



**Gretchen Ellsworth, John VerSteeg, Harvey Friedman and Ed Burger** gathered at Harvey's home to celebrate the February birthday tea.



## Leek and Chickpea Soup

*adapted from Robin Ellis' Delicious Dishes for Diabetics*

This month's recipe comes to you from Abigail Wiebenson through me! Abigail is a superior soup chef and suggested this recipe since many of our DCV members are diabetic and need to watch their ingredients. Given the weather, a nice hearty soup that's healthy, too, is just what the doctor ordered. Enjoy.

By Lois Berlin

### Ingredients:

- |  |   |
|--|---|
| 2 bunches of leeks – about 6 leeks (Trader Joe's has them trimmed and cleaned) | 1 quart of chicken or vegetable broth or stock                                  |
| 3 T olive oil  | A selection of dried herbs of your choice: dill, bay leaf, sage, thyme, parsley |
| salt and pepper to taste (celery salt is a tasty addition to regular salt)     | 1/4 C of grated parmesan cheese with extra for serving on the side, if desired  |
| 1 can of chickpeas (also known as garbanzo beans)                              |   |

**W**ash and cut leeks the leeks into small pieces, leaving as much of the green tops as possible after trimming off the root ends.

Heat oil in saucepan and add leeks and a bit of salt. Cover and cook the leeks over low heat until tender, about 10 minutes.

Add drained and rinsed chick peas to the pan and mix with leeks.

Add broth/stock and cook uncovered for 15 minutes

Add a few 1/4 teaspoons of dried herbs of your choice: dill, bay leaf, sage, thyme, parsley.

If desired, for a thicker soup, mash the chickpeas slightly with a fork or completely puree them and the leeks with an immersion blender.

Just before serving, add the parmesan cheese and freshly ground pepper to taste. Add more salt if desired. Mix well and heat to desired temperature.

Complete your meal with a crusty French bread or oyster crackers and a side salad.

## Yoga Tips

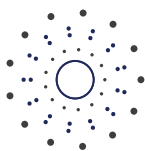


**Judy Silberman,**  
*Yoga Master*



Here is a plank challenge for anyone caring to try. You need to get on the floor for this. Lie on your front body, elbows beneath shoulders, with fingers interlaced, pinkies down, to form a pillow for your forehead. With toes down, raise your torso up, breathing steadily, staying up as long as possible. Just getting the torso up may be the challenge! Another way for it which may be easier for some people is to place hands under shoulders and come up on straight arms and toes, with your back slightly rounded and up, which is called a high plank. Be careful to not sway your back. Keep elbows and knees soft and not locked. See if you can hold the pose for 10 seconds. Great for your arms and braced abs.

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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