

DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“Better a witty
fool than a
foolish wit.”

— William Shakespeare

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Welcome New Members!

Rose Darby
Leslie Sawin

And just like that, our members were runway models!

(Highlights from the DCV Function and Fashion Showcase)

On Saturday, March 9, Dupont Circle Village hosted a vendor showcase and fashion show at All Souls Episcopal Church annex.

By Lisa Helene
Bacalski

Funded by the DC
Department on Ag-
ing and Community

Living (DACL), the event linked village members with local providers of a variety of products and services that help older adults thrive as they age in place.

The highlight of the afternoon was the beautiful Authored line of adap-



Continued on page 2

President's Notes



The Newest DCV Committee: Member Services

This month, I want to highlight the newest of the DCV Committees, the Member Services Committee. While everything that

DCV does is to serve members, the Member Services Committee has a special focus: the health of our members.

The Member Services Committee has been responsible for some of our most important recent activities. The committee organized the two very successful vaccination clinics sponsored by DCV. Both clinics were sold out. The recent Fashion and Function Showcase, covered in this newsletter, was the brain child of the Member Services Committee. The committee also provided the impetus for DCV to engage our new Health Care Navigator.

Ann McFarren is the current chair of this committee. All committee

members have backgrounds in health care. The committee members bring their years of experience in different aspects of the health care system to the benefit of DCV. For example, Ann and **Sarah Burger** participated in our care groups to confirm that the services of a Health Care Navigator would benefit our members.

The Member Services Committee is looking for Villagers with health care experience, including the policy side of the world, to join or assist the committee on special projects. If you have a background in the health care arena and would like to learn more about the Member Services Committee, please contact **Eva M. Lucero** or Ann McFarren.

DCV Function and Fashion Showcase

Continued from page 1

tive clothing that village members modeled. Company founder Brenda Wilton commissioned these clothes to provide a stylish yet easy clothing option for people with physical challenges and their caregivers. In addition to the established line of "undercover classic" pants, men's polo shirts and women's dresses, Brenda gave attendees a sneak preview of the upcoming jeans and button down shirts for men and demonstrated how camouflaged zippers, adapted buttons and custom fabric make it easy to change clothes with or without caregiver assistance. Among the models were (**Mike Gould, Carol Galaty, Kathy Jennison, Nick Ludlow, Joy Rodman, Peg Simpson, Charlotte Holloman, Sarah Burger, Andres Doernberg, Pender McCarter, Ruth McInerary, Ann McFarren, Ed Burger, and Ann Von der Lippe**). They raved about the clothing as they showed off how they personalized it. It was an interactive fashion show

- as models walked down the aisle, audience members called out to ask questions and touch the clothing. Carol Galaty shared her experience of adapting jeans to accommodate an orthopedic boot only to have the velcro she used ruin other clothing. The Authored clothing line refuses to use velcro.

Travel and independence were other themes of the afternoon. Guest emcee, Toni Alusi, introduced each vendor, giving them a chance to share how they can help village members achieve their goal of aging in place with dignity. **Lucia Edmonds** shared the fruits of her research about products like Knox Box, which allows emergency medical teams access to your home in the event of a medical emergency, and Alert 1, which can monitor people for falls and summon help. Her personal experiences and those of others in the audience were helpful testimonies for people planning ahead.

Other vendors included Kalorama Pharmacy, which educated the audience about benefiting from CBD oils without the high from THC. Flightline

Travel displayed their seat pocket totes, Right at Home caregiving services highlighted their in-home services, and Marielle Zuniga of Adaptive Home Living described how she can help older adults with their home modification needs. Corewood Care described their innovative 24/7 hospital advocacy service, and George Washington University physical therapy services held a raffle of adaptive devices. Comfort One Shoes displayed both bags and shoes from their two local stores.

Ann McFarren closed the show by demonstrating how easy it can be to change into one of the dresses and showing off her favorite multi-colored compression socks as well as a unique clasp that makes it easy to attach a jacket to a piece of luggage or purse.

Throughout the day, guest pianist, Cindy Adkins, played classic songs to add to the atmosphere. Overall, the beautiful setting, wonderful hors d'oeuvres, entertaining fashion show and lively displays combined to create a fun and informative afternoon.

***Photos by Nancy Shia**

Monthly Calendar

*Calendar events with full descriptions and registration are available on DCV's website: www.dupontcirclevillage.net select "Calendar," find the event and register.

CelebSalon: Celinda Lake, Democratic Pollster

Monday, April 11, 7:00-9:00 pm
Location: 1316 New Hampshire Ave NW, #208
Limit: 15 people; Cost: \$75
RSVP: Register online or contact DCV Office at (202) 436-5252

Celinda Lake is a leading political strategist who has helped Democrats identify issues that resonate with voters. She and her polling firm, Lake Research Partners, do cutting-edge research on issues including the economy, health care, the environment and education. She's also the Godmother of electoral strategies to elect women and on framing issues to women voters, making her one of the most influential actors in her field.

Sunday Soup Salon: From Backyard Vegetable Plot to Thriving Organic Farm: One Man's Journey

Sunday, April 14, 6:00-8:00 pm
Location: 1760 Swann St NW
RSVP: Lynn Lewis at lynnlewis940@gmail.com
Offers of soup, wine, bread and dessert are welcome but not necessary to attend. Coordinate with Lynn.

Organic is the fastest-growing sector of the U.S. food industry, as we consumers seek out nutritious, clean food that's good for our health and for the environment. Villager **Jim Crawford**, founder of New Morning Farm is guest speaker.

Book Discussion with GWU students: Chocolate City

Monday, April 15, 22, 29 and May 6
Location: Friends Meeting House, Decatur Room, corner of Florida and Decatur Pl
RSVP: Cassidy Elkins at casselkins@gmail.gwu.edu

This is a "book club" style discussion between DCV members and students enrolled in "Washington D.C.: History, Culture and Politics" class at the George Washington University. The goal is for students (both undergraduate and from School Without Walls) to connect with members and the DCV community while engaging in a pithy discussion of Chris Myers Asch and George Derek Musgrove's *Chocolate City: A History of Race and Democracy in the Nation's Capital* (published last February).



Tech Tuesday

Tuesday, April 16, 11:00 am
Location: La Tomate Caffe, corner of Connecticut & R
RSVP: Lucy Cooney (202) 667-7115
or 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.

80+ Group

Thursday, April 18, 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?

Mosaic Theater: Native Son

Friday, April 19, 11:00 am
Location: 1333 H St NE
Limit: 10; Cost: Free for members
RSVP: Lucy Cooney at (202) 667-7115
or lucy1030@starpower.net

Native Son: April Richard Wright's iconic novel about oppression, freedom, and justice comes to life on stage in this ground-breaking adaptation. Suffocating in rat-infested poverty on the South Side of Chicago in the 1930s, 20-year-old Bigger Thomas struggles to find a place for himself in a world whose prejudice has shut him out. After taking a job in a wealthy white man's house, Bigger unwittingly unleashes a series of events that violently and irrevocably seal his fate.

Men's Book Group

Tuesday, April 23, 11:00 am
RSVP: Peter Vandevanter at petervandevanter@gmail.com or (202) 215-2394

Please check Friday E-Blasts for more information.

Monthly Calendar



French Challenge

Tuesday, April 23, 4:30-6:30 pm
Location: 1910 S St NW
RSVP: Carol at carolgalaty@gmail.com

All those wishing to use their French are invited to attend and they are welcome to bring a friend or two. In addition to random discussions in French, the April meeting will focus on fun ideas, topics and venues for future gathering. As usual there will be French snacks and beverages.

Mosaic Theater: Les Deux Noirs

Thursday, April 25, 11:00 am
Location: 1333 H St NE
Limit: 10; Cost: Free for members
RSVP: Lucy Cooney at (202) 667-7115
or lucy1030@starpower.net

A new addition to Season Four lineup, from Helen Hayes award-winning director and playwright, Psalmayene 24. Set in the legendary Parisian café Les Deux Magots in 1953, *Les Deux Noirs: Notes on Notes of A Native Son* reimagines the meeting between *Native Son* author Richard Wright and essayist/activist James Baldwin. It explores the tension between Baldwin's searing critiques of *Native Son* and Wright's unbridled indignation in response—a confrontation between two mighty African-American artists, with echoes of a present-day rap battle.

CelebSalon: Kojo Nnamdi, Radio Host

Thursday, April 25, 7:00-9:00 pm
Location: 1719 Swann St NW
Limit: Event is full; Cost: \$75
RSVP: Contact DCV Office at (202) 436-5252
to be put on a waiting list

Kojo Nnamdi is a household name in Washington, called "maybe the best radio interviewer in town" by the Washington Post. He hosts *The Kojo Nnamdi Show* and *The Politics Hour* on WAMU 88.5, with provocative guests on all sides of politics, and more!

2019 DCV Gala a SOLAR-bration

Friday, April 26, 6:00-9:00 pm
2000 Florida Avenue NW (AGU Headquarters)
RSVP: Register online or contact DCV Office
at (202) 436-5252

Live and Learn: Pain Management

Monday, April 29, 3:30-5:00 pm
Location: West End Library, 2301 L St NW
RSVP: Register online or contact DCV Office
at (202) 436-5252

Olga Hudecek – Taking advantage of all that D.C. offers

Olga Hudecek was born in "the Big Apple" and did her undergraduate and graduate studies there. She worked in New



DCV Member Profile

York for three years before deciding to go to Spain, where she eventually lived for 18 years. She says that those were the best years of her life. She first worked as an international economist, teacher, and had a travel agency specializing in

tural university programs in India.

In 1985, Olga moved to Washington, D.C. upon the suggestion of a friend. She found that the city was perfect for what interested her – a multicultural center where she could meet people from many countries and enjoy various cultural activities. Speaking six languages makes it interesting to participate in many different Embassy events as well as attend theatre performances and films. The city has wonderful opportunities for those with a variety of interests. Olga often visits the Smithsonian museums, the Kennedy Center and the many art openings around town. She also enjoys going to the "think tanks" to keep abreast of what is happening worldwide. For the past three years she sang with the Encore Chorale with a few other Villagers. Her other

interests include painting, writing poetry, and travelling. Olga has travelled extensively throughout her life. After retiring she spent six months of every year, for eight years in Brazil. Now she decided on a change of venue, and thought that cruising would be a better fit at this point in life. "I discovered a whole new lifestyle while cruising and feel that this will be my passion for the next few years."

Olga has been a member of the Village for 4 years. She enjoys the activities and the participation with others in a friendly atmosphere. She tries to fit three or four Village activities into her otherwise busy calendar, each month. "I am very happy with all that I do and have no problems with aging gracefully. Life is what you make it. Choosing to be active is good for both mind and body."

2019 DCV Gala: Time to Solarbrate!

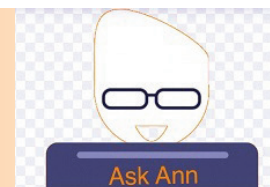
DCV's 2019 Gala, dubbed a SOLAR-bration, is scheduled from 6 p.m. to 9 p.m. at the American Geophysical Union (AGU) Headquarters, reopening as the first net-zero energy* renovated building in Washington DC. The fascinating new venue will allow plenty of room for SOLAR-brants to dance to 50s and 60s Oldies, enjoy wine/sparkling water, heavy hors d'oeuvres, as well as to bid in the silent auction on new opportunities to travel, shop, eat and go to the theatre. Gala tickets are \$125 each — \$100 is tax deductible. Gala proceeds from the stellar event will benefit the Village's

volunteer services offered at no charge to its members and provide for low-income member participation.

**Net zero energy means the total amount of energy used yearly by a building is equal to or less than the amount of energy created onsite through the use of innovative technologies and renewable power generation. Achieving this goal will allow for the reduction of energy, waste, and water consumption to almost zero and greatly reduce the carbon footprint, with the intent of putting excess power back on the grid.*

Dupont Circle Village
SOLAR-bration!
Friday April 26, 2019
6:00 P.M. – 9:00 P.M.
\$125 (\$100 is tax deductible)
2000 Florida Avenue NW
AGU Headquarters
www.dupontcirclevillage.net
202.436.5252

Etiquette & Tips About Email



We were all taught about how to write a letter, general format, ways to address

people, sign off, read it through before you send it, what is and is not appropriate, etc.

In this electronic age things are less formal, but there are some accepted norms that you are just supposed to intuit. You may want to develop your own norms and manners in your e-communications. Here are a few basic concepts:

Subject line of the email: Do put something in the subject line that identifies the subject (briefly). Some filters will block emails with no subject. If someone doesn't recognize your email, it will help them to know that it isn't spam.

Keep it short: Take pity on everyone who reads their email on a phone – don't make them do endless scrolling. If there's a lot of information, consider putting it in a Word document and attach it.

Heated discussion: Don't do it by email. Remember that the other person is not able to listen to your tone of voice or read body language. Pick up the phone or meet in person.

All capitalized: In email etiquette, a sentence in all caps is equivalent to shouting. Some people like to do this because it's easier for them to read. Instead, find a bigger font that works for you.

Identify yourself: This is particularly true when your email doesn't contain part of your name – the recipient may not figure out who you are if you don't sign off.

Over-formatting: If you use many fonts and font sizes, bolding, italics, underline, and a variety of colors, be aware that some email programs will be stripping it out or blocking it. Also, it makes it difficult to read.

Forwarding attachments: Most email programs have a setting that you can choose to keep attachments linked to the email, or forward just the content of the

email. Be sure you know what you're forwarding.

Reply: Read carefully enough to know if you are being asked to reply to someone other than the sender. Also consider the size of the email you are replying to – if you just hit "Reply" to the Friday E-Blast to send me an email, be aware that it adds that large file to your outbox and to my inbox. You may want to start a fresh email for this or for long email threads, which can become confusing.

Reply vs. Reply All: Please be sure that your default setting for replying is **Reply**, not **Reply All**. You can always select **Reply All** when you want it, but if your default is **Reply All** and you think you are just replying to the sender, you may unintentionally give others private information, or offend them if you make an injudicious comment.

As always, please Ask Ann at (202) 436-5252 or admin@dupontcirclevillage.net

Living in the Moment Has Many Perks

In the southwest corner of China, not far from Snow Mountain, a Buddhist monastery perches on one of the foothills of the Himalayas. There you can hear the metallic clang of prayer wheels and monks chanting in Tibetan and smell the sweet smell of incense wafting from a chimney. The monks are on a quest.

However, you don't have to travel any further than the backroads of your mind to reach the same destination – mindfulness. "Mindfulness is all over the place," Juanita Weaver, an expert on the subject, told some 25 Villagers at a Live and Learn Seminar on February 25. "It is no longer just for Buddhists, but has been integrated into the mainstream, especially medicine."

Mindfulness is "being in the moment" – that is, paying attention to a person or thing without being judgmental, Weaver reported. Later on, you can "judge the heck out" of the person or thing, but not now.

You can be mindful any place or any time, but you have to intentionally choose this state of being, Weaver continued – it doesn't just happen. And one way to learn how to reach this state of being is by practicing a form of meditation called Mindfulness Meditation.

How to practice this form of meditation? Sit down, close your eyes, and focus on your breathing. If your mind wanders, try to gently refocus on your breathing, if thoughts continue to intrude, do the same. "Perseverance in coming back over and over again" from intruding thoughts is actually what hones your ability to focus on the moment, Weaver explained. You can also practice Mindfulness Meditation while walking or while waiting for an elevator or reinforce it with a mantra, Weaver pointed out. For instance, you might say "calm" while breathing in and "smile" while breathing out or "wonderful moment" while breathing in and

"delightful moment" while breathing out – whatever works for you.

Mindfulness meditation can produce a number of benefits, Weaver reported...

- After only a few minutes of Mindfulness Meditation, beginners can already experience improved attention.
- Mindfulness Meditation can help you pause before reacting to something – that is, help you avoid making snap judgments.

You can be mindful any place or any time, but you have to intentionally choose this state of being, Weaver continued – it doesn't just happen. And one way to learn how to reach this state of being is by practicing a form of meditation called Mindfulness Meditation.

- Mindfulness Meditation can reduce anxiety (stress), scientific studies have shown. And you can use it to combat anxiety in all sorts of situations. For instance, if you're afraid of closed spaces, you could use it before getting on an elevator or entering an MRI machine. If you're afraid of talking before an audience, it can help bolster you for the task. Weaver taught Mindfulness Meditation to students at the Washington International School and found that it benefited the students with public speaking. Also, the more you live in the present, the less likely you are to worry about the future.

- Mindfulness Meditation may counter pain. In one trial, 25 older adults with chronic low back pain participated in an eight-week Mindfulness Meditation program designed to help them deal with their pain. Results were variable. Some subjects obtained no relief from their pain, others obtained relief for a short time, and still others obtained long-term relief. When the meditation helped, it appeared to do so through two mechanisms – by reducing one's fear of pain and by changing one's outlook on pain, rather than by altering the intensity or frequency of pain. In another study, only three days of Mindfulness Meditation was found to be capable of reducing subjects' levels of pro-inflammatory cytokines. These are molecules that cause not just pain, but inflammation and tissue destruction in the body.
- Mindfulness Meditation can even help you appreciate the small things in life more. Weaver had those present at her talk explore this possibility by first eating a raisin, then eating a raisin only after having examined it and having thought about its origin and history. Everybody found the second raisin juicier and tastier than the first, which is what Weaver expected.

*If any Villagers have questions about Mindfulness Meditation, Weaver said she would be happy to answer them. Her e-mail address is Juanita@juanitaweaver.com More information about Mindfulness Meditation can found in books written by Buddhist monk Thich Nhat Hanh. More information about the health benefits of Mindfulness Meditation can be found in the book *Altered Traits*, written by psychologists Daniel Goleman and Richard Davidson and published by Avery in 2017.*

CelebSalons



China specialist, Kenneth Lieberthal, gave a sweeping and insightful presentation on the modern history of China at the March 19 Celeb Salon. He described how this historical backdrop lays the foundation for the state of domestic politics in China today, as well as China's relationship with the US. In the 1830s, China was recognized as the most civilized, rich and advanced country in the world. The fall from this zenith, the associated humiliation, and efforts to regain its former stature are central drivers of Chinese policies today. President Xi's vision for the 21st century—*The Chinese Dream and the Chinese Path*—includes a China that is a major world power, widely admired for its wealth and technological prowess. We see this today as Huawei fights the US over primacy and control of 5G technology.

While China's ambitions are clear, what is less clear is how to get there. There has long been a tension between technological modernization and maintaining "what it is to be Chinese"—socially, culturally and politically (the latter referring to the Communist Party). Although the US sees China as a threat, a bigger threat to becoming a wealthy world power may be Xi's continued subsidization of state-owned enterprises, despite their enormous inefficiencies and meager profitability. This policy stands in contrast to the enormous growth of the entrepreneurial class and the vast number and profitability of private small and mediums firms, which contribute by far the most to GDP. To conclude, Ken offered some interesting food for thought—proposing the opportunities China might offer the US if we had a more collaborative rather than competitive relationship. This CelebSalon was hosted by John and Joanne Vine. ■

— Reported by **Jeanne Downing**



The sold-out CelebSalon with Washington Post columnist Petula Dvorak was delightful. Petula amused the attendees with story topics as diverse as abusive trolling she receives online, being a first generation American, DC's tent cities, Eastern European mothers, absinthe, Madeleine Albright, her former crime beat in New Orleans, her dog named after Václav Havel and being a journalist in this fast paced digital age. **Annie Groer** and **Abigail Wiebenson** hosted. ■



Author Peggy Engel regaled attendees with hilarious and informative stories about researching her book *ThriftStyle: The Ultimate Bargain Shopper's Guide to Smart Fashion*. Attendees were given a signed copy of the book as well as a mystery thrift store item. **Annie Groer** hosted this informative CelebSalon. ■

Ronald Mason, Jr., J.D., the ninth president of the University of the District of Columbia (UDC), was DCV's first 2019 CelebSalon and it was sold out. President Mason, a charismatic and committed leader engaged the attendees with his ideas and risks needed for UDC to succeed and believes that the stars are now in place to make that happen. Guests were all very impressed and as one, who was unaware of UDC, felt that people would "beat a path to the university's door if only they knew what it offered" and was grateful he would be there for the long haul. **Lucia Edmonds** hosted this CelebSalon. ■



The Johnny Holliday CelebSalon was truly a treat. This 81 year old renaissance man shared his remarkable journey from his start in local radio to award winning national broadcasting success and some notable acting stints along the way. Topics he shared ranged from voiceover work, Bryce Harper, the ACC, Tim Conway, Len Bias, RFK Stadium, winter Olympics and his friend Howard Cosell. **Jane Pierson** and **John VerSteege** hosted. ■



Upcoming CelebSalons

Thursday, April 11, with Celinda Lake, Democratic Pollster – NEW DATE

Thursday, April 25, with Kojo Nnamdi, Radio Host – SOLD OUT!

Tuesday, May 21, with Adam Immerwahr and Jojo Ruf, Theater J

Tuesday, May 28, with Bob & Jane Levey, authors and editors

Friday, May 31, with Anders Aslund, Russian Specialist

Thursday, June 13, with Arthur Wheelock, retired Curator, National Gallery of Art

Monday, September 16, with Gary Ginstling, Managing Director, NSO

Wednesday, October 23, Alice McDermott, Author

Village Volunteer Voice

Dupont Circle Village's (DCV) Volunteer Program continues to be robust and offer a broad range of services: transport, errands, friendly visits, IT support and household tasks all of which continue to play an important part in our program.

Care Groups: DCV has played a pioneering role in developing this concept.

Care Groups assist members who need more help than a single volunteer can provide because they are suffering from serious disabilities resulting from the aging process or problems of adapting after surgery or other medical emergencies. In Care Groups, a number of volunteers cooperate in providing a variety of day-to-day services to assist members to manage their lives in difficult circumstances. Over the last year, there have been 3-4 Care Groups in operation at any one time.

Transportation: DCV is initiating a new service for Open Village members. If we are unable to fulfill a request for a volunteer driver, Open Village members will be provided with a free Uber or Lyft ride. To be eligible for this service, Open Village members will need to register with the DCV office in order to be able to use the Village transportation account. We have registered with GoGo-Grandparent and they handle all logistics for this new benefit.

Reimbursement of Volunteer Expenses: DCV has not had a clear policy on reimbursing volunteers for costs of parking or other expenses while helping other members. We want to make sure that volunteers know that they can receive reimbursement for out-of-pocket expenses. Volunteers who want reimbursement should complete the form on the DCV website and submit it to the DCV office.

Volunteer Training: Our primary

training course for volunteers who have not previously received training will take place on **Saturday, May 18, 10-12:30**, location to be determined. We hope that all volunteers who have not attended an earlier course will participate. The course will offer volunteers an opportunity to gain knowledge on relevant issues facing older adults, learn more effective communication techniques and deal with issues relating to privacy and confidentiality, resistance, boundaries and seeking outside assistance. More advanced training courses will be offered in the fall.

Volunteer Celebration: We will celebrate all of the good work of our volunteers on **Thursday, June 6, 4:30-6:30** on the roof of the Dresden Condominium, 2126 Connecticut Avenue NW. There will be good cheer, refreshments and prizes for volunteers. Don't miss it!

Out & About with DCV



▲ Villagers enjoy St. Patrick's day drinks and food at the Across the Pond Pub and Restaurant

Birthday Tea



March birthday celebrants **Lynn Horning, Abigail Wiebenson, Carol Galaty and David DeLeon.**

Where Are They Now?



▲ **Massimo and Marilou Righini** just got back from sailing the Windward Islands on Le Ponant, a French ship with three masts, holding 50 passengers. They visited Barbados, St. Vincent, Martinique, St. Lucia, Bequia, Union Island, an uninhabited island, Grenada and the Grenadines.



▲ **Kathy Price** was recently in Martinique with Road Scholar.



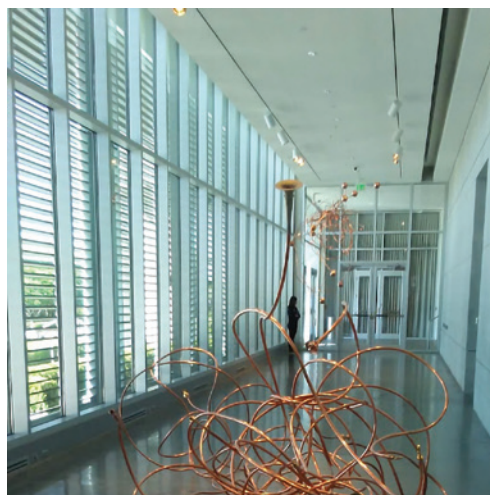
▲ **Carmela Vetri** recently spent time in Aruba at the helm of a catamaran and enjoying some sailing.



◆ **Kenlee Ray** recently visited the Savannah College of Art and Design Museum (SCAD) on her way back from Florida. Nicholas Hlobo is a South African artist who created the copper piping sculptures and Carla Fernández is a Mexican fashion designer who, along with her husband, Pedro Reyes, won this year's Design Miami Visionary Award.



▲ **Stephanie Ortoleva** recently spoke at the Federal Aviation Association (FAA) and described her organization, Women Enabled International (WEI). Advocating for women and girls with disabilities worldwide through advocacy, training and providing women with the tools for interventions at the UN are a few of the many ways that WEI supports women and girls with disabilities.



Orange Onion and Avocado Salad

Modified from Silver Palate by Abigail Wiebenson



By Lois Berlin

I had the pleasure of attending the Petula Dvorak CelebSalon hosted by **Annie Groer** and **Abigail Wiebenson** at Annie's lovely condo. Abigail prepared the meal which was worth the price of admission all on its own. One of the dishes she prepared was a yummy orange salad that screamed spring but can be made with everything available at the grocery store now. It's fresh, healthy and suitable for folks with all kinds of dietary restrictions. Enjoy!

6-8 servings

This salad complements almost any kind of food.

Ingredients:

- | | |
|--|--|
| 6 large, juicy navel oranges, peeled and sliced | 6 Tbsp. olive oil |
| 1 medium purple onion, peeled and sliced as thinly as possible | 1 tsp. dried oregano |
| 2 ripe avocados peeled and sliced | salt and pepper to taste |
| 1 cup or so of pitted Nicoise or Kalamata olives | 1/4 cup of fresh, chopped chives for garnish |
| 3 Tbsp. red wine vinegar | |

Arrange the oranges, onions, avocados and olives festively/ decoratively on a platter. Mix the vinegar, olive oil and oregano and pour what looks like the right amount over the platter arrangement. Don't drown the oranges in dressing. It helps to have the platter sit for a bit before serving so the flavors can mix. You can cover the platter with plastic if you are worried about the avocado discoloring. Before serving, garnish with chopped chives.

Yoga Tips

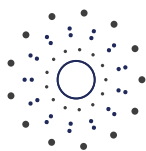


Judy Silberman,
Yoga Master



Let's go back to infinity signs and figure 8's, this time using hands and arms. Sit or stand. Extend your right arm, holding the upper arm with your left hand. Make a gentle fist, with thumb out. Keeping arm steady, pretend there is paint on your thumb and make 4 infinity signs and then 4 figure 8's, using just the wrist for movement. Waggle your hand a bit to relax it. It should feel tired, so take a short rest. Using the same arm but forming a right angle with bent elbow, flex the hand as if holding a tray. With the inside of the wrist facing forward, make the infinities and 8's. This time you will be working the elbow muscles. Rest. Thirdly, extend the arm, making the designs way to the left and way to the right across your body and then up and down, as big as you can. This is for your shoulders. When you have rested that arm, do the same with the other. Soon, you may begin to notice reaching and grasping are a bit easier!

The Dupont Circle Village is a non-profit volunteer organization that connects neighbors to services and educational, cultural/social and health and wellness activities. Please consider a donation now or remember us in your will.



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Dupont Circle Village
2121 Decatur Place NW
Washington, DC 20008

www.dupontcirclevillage.net
admin@dupontcirclevillage.net
202-436-5252

Board of Directors

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Mary McIntosh, *co-secretary*
Jane Pierson, *co-secretary*
David Chalker
Andrés Doernberg
Michael Gould
Mike Kain, *treasurer*
Ann McFarren, *vice president*
Abigail Wiebenson
Lois Berlin, *immediate past president*

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executive director

Mike Gould
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Newsletter co-editors
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