

DUPONT CIRCLE VILLAGE LIVE AND LEARN SEMINARS
INDEX TO SUMMARIES OF PROGRAMS APPEARING IN THE DCV NEWSLETTER

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CATEGORY/SPEAKER	TOPIC	DATE OF PROGRAM	Summary in DCV NEWSLETTER Issue and page
<u>ESTATE AND FINANCIAL PLANNING</u>			
Megan M. Wallace J.D., LL.M. (Taxation) Principal - Wallace Law, LLC	<i>Estate Planning</i>	9/21/20	October 2020, p. 8
David Hurwitz Private Wealth Advisor Certified Financial Planner Ameriprise Financial Services, Inc. Eric Schultz Certified Public Accountant Doyle & Schultz	<i>Strategies for Tax Savings under the New Federal Tax Law</i>	11/12/18	January 2019, p. 8
Rick Gow Certified Senior Advisor and Wealth Management Advisor Lara, May & Associates	<i>Financial Planning for Your Later Years</i>	2/25/18	March 2018, p. 7
Morris Klein Attorney at Law	<i>Elder Law</i>	2/27/17	March 2017, p. 5

Gina Lynn Co-chair, Steering Committee of the DC Bar's Estates, Trusts and Probate Section	<i>Estate Planning</i>	9/28/15	November 2015, p. 4
Abby Schneiderman Co-Founder & CEO, Everplans Michael Herman Business Development, Everplans	<i>Electronic Records and You: Everplans</i>	7/28/14	September 2014, p. 4
Steven Strauss Home Equity Retirement Specialist Security One Lending	<i>Reverse Mortgages</i>	5/18/15	June 2015, p. 7
J. Max Barger, JD, Celandra Deane-Bess V.Ps., Senior Wealth Planners, PNC Wealth Management	<i>10 Mistakes Seniors Make in Their Estate Planning</i>	6/23/14	August 2014, p. 6
Nancy Hartsock V.P. & Senior Financial Advisor The Hasenberg Hartsock Group Merrill Lynch Wealth Management	<i>Confronting Your Money Worries</i>	6/24/13	
Myrna Fawcett Elderlaw Specialist	<i>Insight into Estate Planning: How Best to Provide for My Loved Ones</i>	8/27/12	September 2012, p. 8
Sam H. Roberson Attorney at Law Curtin Law Roberson Dunigan & Salans	<i>Get Your Legal Ducks (docs) in a Row</i>	7/25/11	

Myrna L. Fawcett Fawcett & Fawcett Attorneys at Law	<i>The Three Most Important Documents You Need</i>	5/24/10
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DAILY MONEY MANAGEMENT

Amanda Gosier Des Barres Help Unlimited	<i>How Daily Money Management Can Save You Grief</i>	7/23/18	September 2018, p. 8
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Thomas M. Cooke Service Representative, Help Unlimited	<i>It's Only Money</i>	4/28/14	May 2014, p. 7
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Amanda Gosier Des Barres Co-owner, Help Unlimited Roberta Gosier Director of Help Unlimited	<i>How Daily Money Management Can Save You Grief</i>	5/23/11	June/July 2011, p. 5
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END OF LIFE CHOICES

Brian Ditzler Dimitrios Rizos John Rizos Trustees, Funeral Consumers Alliance of Maryland and Environs (FCAME)	<i>How to Plan for a Funeral and Burial</i>	5/24/21	June 2021, p. 5
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Donna Gayles , Patient Advocate Daniel Rehner , LGSW Deanna Cho Rev. Matthew Suggs Capital Caring Health	<i>Hospice and End-of-Life Issues</i>	6/22/20	September 2020, p. 7
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Donna Smith Manager for Compassion and Choices	<i>D.C. Death with Dignity Law and End of Life Options</i>	5/20/19	July 2019, p. 4
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Donna Smith D.C. Access Campaign Manager for Compassion and Choices	<i>D.C. Death with Dignity Law and End of Life Options</i>	4/23/18	June 2018, p. 8
Mark Dann Federal Affairs Director Compassion & Choices	<i>End of Life Options</i>	5/22/17	June 2017, p.6
Susan Messina, MSS, MLSP, MS, CFRE Director of Development and Communications, Iona Senior Services	<i>Hospice Services</i>	3/28/16	May 2016, p. 12
Brandi Alexander Regional Campaign & Outreach Manger, Compassion & Choices	<i>Making Your Wishes Known: End-of-Life Planning</i>	9/22/14	October 2014, p. 9
Mickey MacIntyre Chief Program Officer, ex officio Compassion and Choices	<i>End-of-Life Choices</i>	9/24/12	October 2012, p. 7
Matthew Nelson Board Member Jared Hughes Major Gifts Officer, East Coast Region Theresa Connor Director of Government Affairs, Compassion and Choices	<i>Good to Go: End-of-Life Choices</i>	6/27/11	August 2011, p 6

MEDICARE/INSURANCE

Chris DeYoung D.C. Department of Aging and Community Living	<i>All about Medicare and Medicaid 2022</i>	10/25/21	
Chris DeYoung D.C. Department of Aging and Community Living	<i>All about Medicare and Medicaid</i>	10/26/20	December 2020, p. 6
Cheryl Smith D.C. State Health Insurance Assistance Program - D.C. Department of Aging and Community Living	<i>All about Medicare and Medicaid</i>	10/28/19	December 2019, p. 6
Cheryl Smith Acting Director, Health Insurance Counseling Project, George Washington University Law School Community Legal Clinics	<i>All about Medicare</i>	10/22/18	December 2018, p. 5
Chris DeYoung Co-Director, Health Insurance Counseling Project, George Washington University Law School Community Legal Clinics	<i>Medicare Open Enrollment</i>	10/23/17	November 2017, p. 6
Alexis Cole Staff Attorney, Health Insurance Counseling Project, George Washington University	<i>Current Medicare Issues</i>	10/24/16	November 2016, p. 5

Alexis Cole Staff Attorney, Health Insurance Counseling Project, George Washington University	<i>Long Term Care Insurance</i>	2/22/16	March 2016, p. 8
Alexis Cole Staff Attorney, Health Insurance Counseling Project, George Washington University	<i>Medicare Open Enrollment</i>	10/26/15	December 2015, p. 5
Chris DeYoung Co-Dir., Health Insurance Counseling Project, George Washington U. Law School's Community Legal Clinics	<i>Get Ready for Medicare Open Enrollment</i>	10/27/14	November 2014, p. 7
Chris DeYoung Co-Dir., Health Insurance Counseling Project, GWU Law School, Community Legal Clinics	<i>Get Ready for Medicare Open Enrollment</i>	10/28/13	November 2013, p. 8 (October 2013, p. 4)
Ron Swanda Member, DC Commission on Aging, Mayor's Advisory Committee on HIV/AIDS James McSpadden Associate Dir. Of Advocacy, AARP	<i>How the Affordable Care Act Will Affect Us</i>	9/23/13	October 2013, p 5
Chris DeYoung Co-Dir., Health Insurance Counseling Project, George Washington U. Law School's Community Legal Clinics	<i>Medicare Open Enrollment</i>	10/22/12	November 2012, p. 9

Chris DeYoung Co-Director, Health Insurance Counseling Project George Washington University Law School	<i>Medicare – Open Enrollment</i>	10/24/11	November 2011, p. 6 October 2011, p. 5
Kamilah Pickett Outreach Director, The Health Insurance Counseling Project, George Washington University Law School	<i>Medicare</i>	11/22/10	
Brad Funk Genworth Financial	<i>How Do I Decide if I Need Long Term Care Insurance?</i>	6/28/10	

ADAPTING YOUR HOME

Tori Goldhammer MS, OTR/L, ATP, ECHM, CAPS, CEAC, LMT Clinical Manager, D.C. Department of Aging and Community Living's Safe at Home Program and a Continuing Education instructor	<i>Modifying Your Home for Comfort and Safety as You Age</i>	9/23/19	November 2019, p. 7
Stephen R. Hage Certified Aging in Place Specialist Pres, Strategies for Independent Living	<i>How Safe is Your Home?</i>	4/25/16	
Stephen R. Hage Certified Aging in Place Specialist Pres, Strategies for Independent Living	<i>Adapting Your Home for Seniors and People with Disabilities</i>	3/25/13	April/May 2013, p. 8

Stephen R. Hage Certified Aging in Place Specialist Strategies for Independent Living, LLC	<i>A Home for a Lifetime</i>	9/27/10
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SAFETY ISSUES

Group Discussion (no speaker)	<i>Emergency Preparedness</i>	6/22/15	September 2015, p. 7
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John McDonald Acting Lt. PSA 208 Metropolitan Police Department	<i>Safety on the Street and in Our Homes</i>	4/23/12	May 2012, p. 7
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Detective First Grade Vincent Tucci Criminal Investigation Division, MPD, detailed to the FBI's Mortgage Fraud Task Force	<i>Scammers Target Seniors: Don't Be a Victim</i>	4/25/11	May 2011, p. 5 April 2011, p 5
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Peter Spohn
 Supervisory Special Agent in the
 FBI's Washington Field Office
Anita LaRue
 Assistant United States Attorney,
 Community Prosecutor, Second District

Philip Ziperman Director DC Office of Consumer Protection	<i>Avoiding Scams, Identity Theft, Fraud</i>	9/26/16	October 2016, p. 6
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ALZHEIMER'S/BRAIN HEALTH

Louisa Whitesides, MD Assistant Professor of Medicine, Division of Geriatrics and Palliative Care George Washington University School of Medicine & Health Sciences	<i>Maintaining Healthy Brains As We Age</i>	7/26/21	September 2021, p. 6
Julie Wendt, MS, CNS Nutritionist & Health Coach George Washington University Center for Integrative Medicine	<i>Nutrition and Lifestyle Solutions to Promote Cognitive Health</i>	1/28/19	March 2019, p. 8
Dr. David T. George, MD Senior Scientist, National Institute of Alcohol Abuse & Alcoholism; Clinical Professor, George Washington School of Medicine	<i>Approaching Life's Challenges</i>	3/27/17	April 2017, p. 5
Carolyn Ward Program Coordinator & Admin. Dir., Memory Disorders Program, Georgetown University	<i>When are Memory Lapses a Problem?</i>	8/22/16	October 2016, p. 5
Robin Lawrence Nurse Practitioner, Memory Disorders Program, Georgetown U.	<i>When are Memory Lapses a Problem?</i>	1/26/15	February 2013, pp.4-5
Kathleen Johnson Adult Nurse Practitioner, Georgetown University Memory Disorders Program	<i>When Are Memory Lapses a Problem?</i>	7/23/12	July/August 2012, p. 5

Carolyn Ward Program Administrator, Georgetown University Memory Disorders Program	<i>Myth vs. Reality: Everything You Want to Know About Alzheimer's Disease</i>	1/24/11	February 2011, p. 5
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Ian Kremer Advocacy and Outreach Director, Alzheimer's Association, National Capital Area Chapter	<i>Brain Health</i>	7/26/10	
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HEALTH ISSUES

Julie Wendt, LDN Licenced Nutritionist	<i>Blue Zones: Thriving into Old Age</i>	1/25/21	February 2021, p. 6
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Barbara Beizer , Co-Founder Resilience Lab, Leadership & Transition Coach	<i>Beyond Coping - What COVID Confinement is Teaching Us About Personal Resilience</i>	12/7/20	January 2021, p. 7
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Justine Bernard, PT, DPT Founder, Elements Fitness and Wellness Center	<i>Avoiding Broken and Fractured Bones</i>	5/18/20	July 2020, p. 7
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Ann McFarren President, Dupont Circle Village	<i>Hospital Discharge Planning</i>	1/27/20	February 2020, p. 6
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Bonnie Friedman , author <i>Hospital Warrior: How to Get the Best Care for Your Loved One</i>	<i>How to Survive a Hospital Stay</i>	12/2/19	January 2020, pp. 3-4
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Dr. May Chin Professor of Anesthesiology and Critical Care Medicine - GWU Medical Center Co-director of the GWU Spine and Pain Center	<i>Pain Management</i>	4/29/19	June 2019, p. 5
Helaina Roisman, LICSW Injury Prevention and Outreach Coordinator George Washington University Hospital Sophia Janson Board certified Geriatric Physical Therapist	<i>Falls Prevention</i>	12/3/18	January 2019, p. 7
Catherine Pulford Nurse practitioner Institute of Bone and Joint Health Sibley Memorial Hospital	<i>Osteoporosis: An Overview for Prevention, Diagnosis, and Treatment</i>	9/24/18	November 2018, pp. 6-7
John Vine Attorney, Covington & Burling LLP (diagnosed in 2004)	<i>Living with <u>Parkinson's Disease</u></i>	1/22/18	January 2018, p. 8
Dr. Benjamin Stein Assistant Professor of Orthopedic Surgery, The Johns Hopkins University	<i>All About Aging <u>Feet</u></i>	8/28/17	September 2017, p. 5
Dr. Richard E. Waldhorn Clinical Professor George Washington University	<i><u>Sleep</u> as We Grow Older</i>	7/24/17	September 2017, p. 4
Dr. Jen Wolfe Board Certified Geriatric Pharmacist	<i><u>Medication</u> Safety</i>	6/26/17	Summer 2017, p. 7

Dr. Gary G. Kaihara, DDS Jennifer Giannini, RDH Smiles International	<i>Aging and <u>Dental Care</u></i>	4/24/17	April 2017, p. 6
Dr. Jason B. Dring Physical Therapist and Certified Geriatric Clinical Specialist Adjunct Clinical Faculty George Washington University Doctor Of Physical Therapy Program Founder - Dring & Associates Physical Therapy and Wellness	<i>The Aging Hip and Knee</i>	7/25/16	September 2016, p. 8
Russell Misheloff Interim Head, DC Chapter Hearing Loss Association of America Lon Rosenman HLAA-DC advocate	<i>What Did You Say? Coping with <u>Hearing Loss</u></i>	7/27/15	September 2015, p. 8
Lisa Sargent, AuD., CCC-A Doctor of Audiology The Feldman Hearing Studios	<i><u>Hearing Loss</u>: What Help is Available</i>	12/3/12	December 2012 , p. 9
Dr. Marisa Braun Dermatologist	<i>What's Under Your <u>Skin</u>?</i>	3/23/15	April 2015, p. 5
Dr. Michael S. Stempel, DPM, FACFAS Director, Division of Podiatry, and Assistant Professor, Department of Medicine & Surgery, George Washington University Medical Center	<i>These <u>Feet</u> Were Made for Walking</i>	2/24/14	March 2014, p. 9

Dr. Rajiv Luthra Adjunct Assistant Professor, Department of Ophthalmology, Georgetown U. School of Medicine	<u>Low Vision</u>	5/20/13	
Amy Schiffman, MD Stephanie Shepard, Physicians Assistant Capital House Calls	<i>When <u>Medication</u> Hurts</i>	2/25/13	March 2013, p. 8
Roberta J. Milman Milman Consultants, LLC Health Care Consulting, Project Management	<i>How to be Your Own Best Medical Advocate</i>	2/28/11	February 2011, p. 5
<u>EXERCISE</u>			
Dr. Mary J. Barron Associate Professor George Washington University, Department of Exercise & Nutrition Sciences, Milken Institute School of Public Health.	<i>Exercise for Seniors</i>	8/26/19	October 2019, p. 7
Dr. Loretta DiPietro Chair, Department of Exercise Science George Washington University	<i>Let's Get Going!</i>	8/25/14	September 2014, p. 5
Dr. Loretta DiPietro Chair, Department of Exercise Science George Washington University	<i>Targeted Exercises for Older Adults</i>	4/22/13	June 2013, p. 7

Dr. Loretta DiPietro Chair, Department of Exercise Science George Washington University	<i>Physical Activity and Older Adults</i>	2/27/12	March 2012, p. 7
Tori Goldhammer, MS, OTR/L, ATP, CAPS Living At Home Consultations LLC	<i>A Matter of Balance</i>	10/25/10	
Steve Shafarman FlexAware	<i>FlexAware</i>	8/23/10	
<u>DEPRESSION/ THE 'BLUES'</u>			
Dr. John C. Parkhurst Adjunct Asst. Professor of Psychology Catholic University; Assocs. Mental Health Services	<i>A New Look at the Winter Holidays</i>	12/5/16	December 2016, p. 6
Group Discussion	<i>Re-Imagining the Holidays</i>	12/7/15	
Alice Faulkner, MSW Clinical Social Worker	<i>Laughter: A Cure for All?</i>	12/8/14	December 2014, p. 7
Bill Amt Licensed Clinical Social Worker, Iona Senior Services	<i>Strategies for Dealing with the 'Blues'</i>	12/5/13	December 2013, p. 8
Tybe Diamond Faculty, Washington School of Psychiatry, etc.	<i>When Spirits Need Lifting</i>	6/25/12	July-August 2012, p. 5

NUTRITION AND COOKING

Judy duBerrier , moderator DCV Members' Exchange	<i>Cooking for Singles</i>	5/19/14	June 2014, p. 7
Katherine Tallmadge, MA, RD, LD Licensed and Registered Dietitian	<i>Nutrition</i>	3/24/14	April 2014, p. 10
Katherine Tallmadge Personal Nutrition Consultant	<i>A Way of Eating You Will Love</i>	5/21/12	June 2012, p. 6

TECHNOLOGY FOR AGING

Biljana "B" Milenkovic Multi-media professional DC Public Library	<i>Social Media 101</i>	3/22/21	April 2021, p. 8
Victor Rezmovic, PhD IT Consultant and Trainer	<i>Streaming Alternatives to Your Cable TV Package</i>	4/27/20	June, 2020, p. 6
Lisa Friedman	<i>Creating and Managing Passwords</i>	6/24/19	September 2019, p. 6
Victor Rezmovic IT Consultant and Trainer	<i>Staying Safe Online</i>	8/27/18	October 2018, p. 6
Scott W. Code Associate Director, Leading Age Center for Aging Services Technologies (CAST)	<i>Technologies for Aging in Place</i>	12/4/17	December 2017, p. 5
Scott W. Code Aging Services Technologies Manager, Leading Age Center for Aging Services Technologies (CAST),	<i>Technologies for Aging in Place</i>	8/28/15	October 2015, p. 8

Dr. Majd Alwan , Senior V.P for Senior V.P. for Technology & Executive Director, Leading Age Center for Aging Services Technologies (CAST)	<i>Technology for Older Adults</i>	8/26/13	September 2013, p. 8
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Avner Skolnik Chief Executive Officer Response TECH	<i>Personal Emergency Response Systems</i>	3/26/12	April 2012, p. 3
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CLUTTER

Marjorie Dick Stuart Real estate and marketing expert	<i>Decluttering: What's Holding You Back?</i>	6/25/18	September 2018, pp. 8-9
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Joel Danick TAD Relocation	<i>Tips for Decluttering</i>	1/23/17	February 2017, p. 5
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Leslie Clesner Chief Executive Organizer Around Tuit, LLC.	<i>A Cure for Disorganization and Clutter</i>	4/27/15	May 2015, p. 4
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Flavia Campos Professional Organizer Soothing Spaces, Inc.	<i>Rightsizing: How to Deal with the Clutter In Your Life</i>	3/28/11	April 2011, p. 5
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HELP WHEN YOU NEED IT: HOME CARE, ETC.

Steve Gurney Founder & Publisher <i>Positive Aging SourceBook</i>	<i>Perspectives on Senior Living</i>	9/27/21	
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Mary O'Donoghue Founder & Managing Director Cady Ugolini Business Development Associate Corewood Care	<i>Home Care and Care Management</i>	7/27/20	
Maura Barillaro, RN Director of Nursing at Home Care Assistance	<i>New Directions in Home Care</i>	1/27/14	February 2014, p. 4
Christine Bitzer, LICSW, LCSW Assistant Director, Care Management Program, Seabury Resources for Aging	<i>Should I Stay or Should I Go? Care Options as We Age</i>	1/28/13	February 2013, p. 7
Marsha H. Nelson, ACSW, MBA Vice President American Hospice Foundation	<i>Hospice: What You Need to Know</i>	12/5/11	November 2011, p. 6
Kelly Salb Director of Client Services, Home Care HouseWorks Marci Schwartz Director of Client Services, Home Care HouseWorks	<i>In-Home Health Care</i>	9/26/11	
Mary Ann Buckley Director of Client Services Stephanie Chong Director of Operations, Seabury Care Management	<i>Help, I Need a Care Manager!</i>	8/29/11	September 2011, p.5

MISCELLANEOUS

Steve Gurney Founder Positive Aging Sourcebook	<i>Alternative Living Options</i>	9/27/21	November 2021, p. 7
Lisa Friedman	<i>Your 21st Century Public Library: E-Books, E-Magazines and Audiobooks</i>	8/24/20	October 2020, p. 7
Lisa Friedman	<i>Navigating Your 21st Century Public Library</i>	2/24/20	March 2020, p. 7
Jennifer Hammer Silvernest, Inc.	<i>Home Sharing for Older Adults</i>	3/25/19	May 2019, p. 5
Juanita Weaver	<i>An Introduction to Mindfulness: What? Why? How?</i>	2/25/19	April 2019, p. 6
Matthew Phillips Director of Travel Services American Association of Retired Persons (AARP)	<i>What Do You Need to Know to be a Savvy Senior Traveler?</i>	5/30/18	July 2018, pp. 6-7
Lisa Friedman	<i>Navigating Your 21st Century Public Library</i>	3/26/18	May 2018, p. 8
Burke Dillon, Dan Gamber, Marilyn Lutter, Helene Scher, and DCV Members' Exchange	<i>What You Need to Know When You Travel</i>	7/22/13	August 2013, p. 2