



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“Seize the moment.

Remember all those women on the “Titanic” who waved off the dessert cart?”

—Erma Bombeck

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When Aging in Place Means Dying in Prison

John Phillips has been behind bars since April 8, 1952, when he was arrested on sexual-assault charges. He was 18 years old and only in the ninth grade, and he was sent to be evaluated at the state

mental hospital for black people. The report classified Phillips as a “moron” and said he had the mind of a child aged 7 years and 7 months. His lawyer entered a guilty plea. The judge sentenced him to life. The front page of the *Durham Morning Herald* declared: “Plea is accepted, allowing defendant to escape chamber.” After 66 years in prison, Phillips is the state’s longest-serving inmate, a stooped and garrulous 85-year-old man whom inmates nicknamed Peanut and who gets around with the help of a worn wooden cane. ***The News & Observer, Raleigh, North Carolina, May 2019***

There are 288,000 people aged 55 and older in U.S. prisons. By 2030, people over 55 will make up a third of the U.S. prison population. This ballooning number of seniors in prison—and rising costs to care for them as they age—has serious implications for the management and care of older inmates. The get-tough-on-crime and mandatory sentencing policies that swept America in the 1970s not

only drove up the inmate population and prison costs, it also ensured that many inmates would grow old and even die behind bars. As a result, prisons are struggling to provide costly, specialized care to increasingly more inmates who suffer from age-related infirmities, especially dementia.

Research shows that 40% of incarcerated older people are diagnosed with cognitive impairment. For some, dementia becomes so pronounced that they cannot even remember why they are incarcerated in the first place. Dementia in prison is an underreported but fast-growing phenomenon, one that many prisons are unprepared to handle. The risk of the disease is higher for those behind bars because inmates typically have poorer health to begin with, e.g. depression, isolation, diabetes, hypertension, H.I.V./AIDS and head trauma. Given these risk factors, the dementia rate in prison is twice that of the world outside.

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President's Notes



I came to realize that I was off by about 250 categories (we have about 250 members now).

It is one of the real strengths of DCV that it is flexible enough for almost anyone to find a place. This is reflected in a number of ways. We have members who attend multiple activities every month and members who rarely come to group events. Some of us go to Live and Learn monthly and others don't miss a Happy Hour. There are DCV members who use our volunteer services frequently and those who do not. We have a large number of members who provide volunteer services but not all of us choose to do that. Some of us are active on a DCV committee or help run an activity. Others enjoy coming to those activities. The list could go on beyond the limits of this column. Adding to that,

for almost all our members, the way that they relate to DCV changes over time. The permutations are vast.

Think about the ways that you have interacted with DCV in the last year. I bet that there is not a single other Villager who had that exact same experience with DCV. You, and every other member, have a unique relationship with DCV and your fellow members.

So, if you are a DCV member, you are the "typical" member because you are unique. You add to the vitality and diversity of DCV. One of the goals of DCV is to provide you with the opportunity to shape your own DCV experience. We are constantly trying new programs and thinking about how to serve our members. Remember that we always welcome your thoughts on how to make the "typical" DCV experience more robust and fulfilling. We never want to forget our "typical" member.

Are You The "Typical" Villager?

A friend recently asked me to describe the "typical" member of Dupont Circle Village. As you might expect, we had a long conversation about that.

Off the top of my head, I came up with about five categories of the "typical" Villager. On further reflection,

Dying in Prison

Continued from page 1

Prisons were never designed to be geriatric wards for individuals with a whole host of age-related issues and the costs of keeping these people incarcerated are alarming. Elderly prisoners can cost two to three times as much as younger prisoners to incarcerate. And Medicare, which covers the health care costs for tens of millions of people over 65, does not cover health care for the tens of thousands of people over 65 behind bars. According to the Vera Institute of Justice, incarceration costs an average of more than \$31,000 per general population inmate, per year, and \$81,000 for an elderly inmate's care. The highest cost was \$102,405 in California for an elderly inmate. The annual taxpayer burden of incarcerating the estimated 285,000 elderly inmates is roughly \$18 billion dollars annually.

Faced with these challenges, 49 states and the District of Columbia

have policies in place that allow for the release from prison of people who are terminally ill, incapacitated, or simply very old and many of whom prison officials acknowledge pose little or no risk of committing new crimes. Termed "compassionate release" programs, the primary purpose is to shift the burden of care and associated cost from the federal, state or private prison to the individual. Yet, data shows that these programs are rarely used because eligibility requirements to obtain compassionate release are often too strict or too vague, e.g. categorical exclusions, missing or contradictory guidance, complex and time-consuming review processes, and unrealistic time frames.

Various prisons have directed resources to help elderly prisoners. In California, there is a successful program called the **Gold Coats** where high functioning inmates with good records serve as trained caregivers to prisoners with Alzheimer's and other types of dementia, assisting them

with showering, shaving, eating and even changing diapers. Inmates are trained by the local chapter of the Alzheimer's Association.

Another program is **The Humane Prison Hospice Project** whose goal is to train prisoners to provide end of life care to dying inmates. The need is so great that the program has already been replicated in over 75 prisons. This approach has not only proven to be incredibly comforting to the dying but profoundly transformative for the inmate caregiver. As Marvin Mutch, a Humane Program Associate, who was recently released via The University of Southern California's Post Conviction Justice Project after serving 41 years for a wrongful conviction suffered in 1975 sums up the program this way:

"When speaking on end of life care, no one should be excluded. Dying with dignity is an essential component of our humanity, and needs to be extended even into the shadows of our society where far too often there are those who will die alone."

Monthly Calendar

Free Senior Yoga

Tuesdays, June 4, 11, 18, 25, 10:30-11:30 am
Location: Church of the Pilgrims, 2201 P St NW
(new venue)
RSVP: Register online or contact DCV Office at
(202) 436-5252

In partnership with the DC Office on Aging & Community Living, DCV will be offering free hour-long senior yoga classes Church of the Pilgrims. Come experience how to build physical strength by improving posture, balance, breathing and flexibility.

Free Tickets to Mosaic Theater: Sooner/Later

Wednesday, June 5, 11:00 am
Location: Mosaic Theater, 1333 H St NE
Cost: Free to DCV members
RSVP: lucy1030@starpower.net

Note that Lucy can tell you the easy way to take public transportation to the theater.

Free Tickets to Washington Nationals vs. Arizona Diamondbacks

Thursday, June 13, 7:00 pm
RSVP: DCV Office at admin@dupontcirclevillage.net or
(202) 436-5252

Once again we have received a batch of free tickets from our anonymous sponsor. This time it is for the Washington Nationals vs. the Arizona Diamondbacks. As always, please check your calendar first, then contact the Office for either 1 or 2 tickets.

CelebSalon: Arthur Wheelock, Retired Curator, National Gallery of Art

Thursday, June 13, 7:00-9:00 pm
2022 Columbia Rd NW #102
Limit: 20 people; Cost \$75
RSVP: Register online or contact DCV Office at
(202) 436-5252

Arthur Wheelock curated more than 40 exhibitions on Flemish and Dutch paintings at the National Gallery of Art, greatly strengthening its collection. He also has taught history at the University of Maryland.



Tech Tuesday (last for the summer)

Tuesday, June 18, 11:00 am
Location: La Tomate Caffe, corner of Connecticut & R
RSVP: Register on line, or 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. Ken Shuck, Bob Hirsch and others facilitate group discussions on how to solve your problems or learn about and better ways to use technology. 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

80+ Group

Thursday, June 20, 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.

This month's meeting will again feature Kim Schaubert, DCV's Health Care Navigator, as facilitator for discussion.

Sunday Soup Salon: Doing Your Family Tree

Sunday, June 23, 6:00-8:00 pm
Location: 1760 Swann St NW
RSVP: Caroline Mindel at (202) 271-1760
Limit: 15 people

Offers of soup, bread, wine and dessert are welcome but not necessary to attend. Please coordinate with Caroline.

Monthly Calendar

Live and Learn: Creating and Managing Passwords

Monday, June 24, 3:30-5:00 pm

Location: The Human Rights Campaign, 1640 Rhode Island Ave NW

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

You probably know you shouldn't use 123456 or password as your computer password, but what should you use? Do you really need a different password for each site you visit? How do you keep track of all the passwords you've created? Lisa Friedman, who presented the Live & Learn program last year on Navigating Your 21st Century Public Library, will be back to provide guidance on a subject that affects many of us multiple times a day.

Men's Book Group

Tuesday, June 25, 3:00 pm

Location: West End Library, 2301 L St NW

RSVP: Bob Hirsch at (202) 483-7981 or rmhirsch48@yahoo.com

This month's book group will be led by Robert Hirsch. The book being discussed is Nicholas Ludlow's *King of Kalorama*.



CelebSalons

The Kojo Nnamdi Show

As the region celebrates the 20th anniversary of WAMU-FM's *Kojo Nnamdi Show*, Celeb Salon guests at **Peg Simpson's** welcoming home were delighted to celebrate the show's eponymous host and meet the person behind that warm voice.

With 46 years of TV and radio experience, Mr. Nnamdi's fame is such that he's simply, and respectfully, known as Kojo. But he had a surprising story about both his names. Born in then British Guyana, he was given a long, "proper" string of British names by his parents. In the 1970's, he decided to shed his "slave names" and embrace an African identity. Hence Kojo, meaning "born on a Monday," and Nnamdi, the surname of a "great African liberator."

From the warm Caribbean, Kojo went to McGill University in frigid Montreal. In 1969, he moved to DC and held a variety of education and media positions, including, from 1985–2011, hosting a public-affairs TV program broadcast at Howard University. One day, Mark Plotkin, the host of radio's *DC Politics Hour*, asked him to do his show. Kojo thought it was just a gig since he already had a job; Plotkin had a more permanent arrangement in mind. Kojo tried it out and decided he loved "the intimacy of radio" more than he liked TV. The rest is radio history.

Much of the Q and A involved Kojo's views about DC's



development boom over the past 20 years, which he sees as great for expanding the tax base to support improved human services but destructive of minority communities and the city's culture. Citing affordable housing as the chief issue, he also castigated officials for not enforcing existing regulations or crafting meaningful penalties. Want more? Tune into Kojo on 88.5 FM!

Chronic Pain: No Magic Pill, but Lots of Options

There is no magic pill, but there are lots of treatment options for seniors with chronic pain, an expert on the subject told some

35 Villagers on April 29. She is May Chin, MD, co-director of the George Washington University Medical Center Spine and Pain Center.

What is pain? Acute pain is an objective sensation, such as from a needle stick, Chin explained. Chronic pain, in contrast, has both a sensory and emotional component. Moreover, some people are more sensitive to the same pain stimulus than others. "So pain is a very subjective and personal experience," she said. And the best way to measure it is still with a self-reporting rating from zero to 10.

Most chronic pain in seniors is muscular-skeletal, Chin continued. But seniors may also experience chronic neuropathic pain, which can be especially debilitating. Two examples are shingles and peripheral neuropathy due to diabetes.

What are some of the treatment options for treating chronic pain in older people?

There are various types of pain medications, of course, Chin said—say, Tylenol, Advil, oxycodone, or Percocet (Tylenol plus oxycodone). But such medications can lead to adverse side effects in older people or create dangerous drug interactions. For instance, an anti-inflammatory such as Advil is fine over the short term, but over the long haul it may damage the gut or kidneys. Topical pain medications or anti-pain patches are less likely to trigger adverse effects than ingested pain medications, Chin noted.

Pain medications also need to be used for the right kind of chronic pain, Chin stressed. For example, oxycodone is not effective against



nerve pain, but gabapentin is. Epidural steroid injections can help with sciatic nerve pain and sometimes with spinal stenosis. Steroids such as cortisone can be injected into arthritic joints. Sometimes they help; sometimes they don't. Chin mentioned that she herself has an arthritic knee and gets a cortisone shot for it three or four times a year.

There are also non-medication treatment options for managing chronic pain among seniors, Chin continued. Heat or cold can be very helpful. Physical strengthening can lessen pain due to hip or knee arthritis or to a knee meniscus tear. Spinal stimulation with electrodes can reduce pain, particularly neuropathic pain. Acupuncture can count—er pain, although whether it does so via a placebo effect or by activating natural opioids in the brain is still unclear. Cognitive behavioral therapy can reduce the emotional aspects of pain. This is not surprising because when people perceive pain, many areas of their brain light up, notably the amygdala—the brain's anxiety center. As for music therapy, it seems to help with Alzheimer's disease more than with chronic pain. Nonetheless, music can relieve stress, and less stress in turn can help subdue pain.

Someone in the audience asked about medical marijuana. Medical marijuana is currently a "conundrum," she replied, because while many states have approved its use, its use is still federally prohibited. But hopefully it will eventually provide some relief for seniors' chronic pain as the medical marijuana momentum continues to build. Incidentally, a Kentucky engineer has devised a technique for harvesting medical marijuana. It is now being tested on some 2,000 acres of farmland, and whether the technique works should become apparent in a few months.

In addition to medical marijuana, are any other new treatments likely to emerge in the near future to help seniors with chronic pain? Chin cited one possibility—a neurotoxin to inject into the spinal cord for intractable pain.

If you are currently experiencing chronic pain, hopefully you have a good primary doctor who can recommend what you should do about it, Dr. Chin says. If not, you might want to visit a pain clinic such as Dr. Chin's, which is located at 2131 K Street, NW, and staffed by various medical specialties. Call (202) 715-4599 to make an appointment.

Do you remember your introduction to Dupont Circle Village?



Ask Ann

My guess is only some information stayed with you. After all, there is so much activity in DCV these days, it is a challenge to keep track of it all, and

new activities are constantly developing.

Even if you do track it, perhaps you are in a different situation these days, and don't remember all the benefits available to you. So, a quick overview for you (also on our website at www.dupontcirclevillage.net):

For lifelong learning: try the Live & Learn Series, 4th Monday of the month, which provides members with practical information they need to know as they age. There is always a specialist in a variety of fields, including law, medicine, psychology, exercise physiology and home care.

There is also the Sunday Soup Salon series, 3rd Sunday of the month. It involves many talented and fascinating Dupont Circle denizens, including authors, scientists,

historians, and locals who share their own fascinating memories and experiences.

For keeping in shape: there are walking groups, senior yoga, and information about a number of exercise classes close by.

Common interests: there is a semi-monthly knitting group, a French language group, MahJongg, movie discussion group, men's book group.

Enjoying the arts: docent-led museum tours, discount theatre tickets, music & dance programs.

Socializing with fellow villagers: monthly birthday celebration, bi-monthly happy hour, CelebSalons, membership gatherings, including an ice cream social and holiday party.

Feeling lonely? Did you know our Membership Committee is happy to check in with you periodically? Or if you feel nervous about going to an event the first time, ask for a companion. Many members are happy to stop by and walk with you.

Realizing you need some assistance?

You may not have paid attention when you first joined, but now find that you could use a little assistance, or even just a friendly visitor. Contact our Volunteer Coordinator, Mike Gould, at volunteer@dupont-circlevillage.net, or call the office. Assistance includes: transportation to medical appointments or DCV events; technology support; errands like grocery shopping or picking up prescriptions; small household tasks, such as changing light bulbs, hanging pictures, snow shoveling, and minor home repairs; and care groups for members after hospitalizations or who have long-term needs (note, this does not include medical assistance). Just ask, and we might very well have a volunteer to help you out. Don't be shy—our volunteers love to help out and get to know you.

Sneak preview for the next newsletter—Other Information Available to You.

Out & About with DCV



◀ The DCV knitting group is one of our most popular programs and meets monthly in a member's home. Check the calendar to attend if you're interested and of course, no experience necessary. All are welcome!

Meet Michelle and Glenn Engelman — Returning to DC after 25 years in Pennsylvania

Michelle and Glenn Engelman were college sweethearts who met as sophomores at SUNY Binghamton. Glenn went on to attend law school and

DCV Member Profile

Michelle got her masters in public administration. They settled in Washington, DC in the early 1980s and got married in 1981. After several years in DC and Silver Spring, they moved to Wilmington, DE when Glenn took a job in what was then ICI and later became AstraZeneca (AZ). They lived in Wilmington and West Chester, PA for 25 years before returning to DC seven years ago.

Michelle and Glenn raised three children. After working at the GAO while they lived in Washington, Michelle became a stay-at-home

mom and a dedicated community, school and synagogue volunteer. Glenn worked in the government and private practice prior to joining AZ, where he served as general counsel and vice president for 18 of his 25 years with the company. After Glenn retired from AZ, they moved back to Washington. Glenn took a job with a law firm for a few years, and then retired a second time.

They love living in Dupont Circle, and take advantage of the city's theaters, art museums, and restaurants. They walk everywhere, workout in the gym, and are active volunteers. Michelle is a trustee for a women's foundation and involved in the grant-making process. She takes cello lessons and plays in the Noontime Orchestra at Levine Music School, sings in the Temple Sinai choir, and is on the Sisterhood board. They are Next Gen members and



Michelle learned to play mah jongg with a group of DCV players. Glenn recently became the president of the Dupont Circle Citizens Association. He is the Social Action Chair of Temple Sinai and serves on the board of Sinai House, a transitional shelter run by Temple Sinai. They enjoy traveling, cycling, and reading.

Meet new DCV member, Laurie Calhoun!

New village member Laurie Calhoun grew up outside of Philadelphia and often came to DC as a child to visit her grandparents. She loved the international atmosphere and moved here to attend George Washington University where she studied political science and Russian. After obtaining her master's degree in Russian and East European Studies and beginning a PhD program in Russian history at the University of Michigan, she decided that academic jobs were quite limited and, pursuing government work, she moved to Dupont Circle in 1985.

She worked for many years as a program officer for the State Department's Fulbright Program, assisting visiting professors who came to do research from the USSR, then the successor states, plus Turkey, the Czech Republic, and Poland. Eventually Laurie decided to attend library school at Catholic University where she met Village member Faith Williams. Although she had prepared to be an academic librarian, instead she became the director of the information center for an education association. After a few years there she



returned to international work and academic research and joined a research institute focused on improving the lives of women and girls in the developing world. Since her own research had focused on reproductive health and women's history, she loved the subject matter and working closely with colleagues in India and Africa as well as in DC.

After being laid off a year ago Laurie decided to retire early and to join the village. As someone who could have been an eternal student, she loves taking OLLI and Politics and Prose classes, going to think tank and author talks, and continuing to attend numerous operas and classical music concerts and simulcasts. You can find her at the Met opera simulcasts at the Regal Gallery Place for almost every performance. So far Laurie is loving retirement and looking forward to more travel in the future. She will be going to Glacier National Park with Road Scholar this summer as a change from her usual Road Scholar Santa Fe Opera week in August and is dreaming of international travel in 2020.

Where Are They Now?

Trying to better understand our nation's history of racial inequality prompted Villager **Lynn Lewis** and her sisters to visit Montgomery and Selma Alabama in April. Highlights of that unforgettable trip are pictured here.



▲ Dr. Martin Luther King, Jr. monument at Brown Chapel AME Church, Selma, headquarters of the SCLC and site where historic Selma-to-Montgomery March began.



▲ Edmund Pettus Bridge. The site of assault on civil rights marchers in Selma, on "Bloody Sunday" March 7, 1965, which led to the Voting Rights Act.



▲ Confederate cemetery monument for General Nathan Forrest (1821–87), dubbed one of the South's finest heroes and a Grand Wizard of the KKK.



▲ Edmund Pettus Bridge. The site of assault on civil rights marchers in Selma, on "Bloody Sunday" March 7, 1965, which led to the Voting Rights Act.

▲ Civil rights activist Annie Pearl Avery's work spanned decades. Joining the SNCC at age 16, she was arrested many times (including on "Bloody Sunday") and participated in voter registration drives throughout the South. Here, she reminisces with our small group at an HBC.

Where Are They Now?



◀ **Bob McDonald**
▶ and **David Insinga** recently returned from a trip to Italy where they visited Milan, Venice and Florence. Pictures are of David at Piazza San Marco and Bob at the Rialto Bridge both in Venice.



▶ **Alex and Kathy Jordan** recently visited Iceland on their way to Paris. Their visit there turned out to be the star of the trip! The land of fire and ice is filled with waterfalls, volcanoes and ancient lava fields. And they found the people to be gentle and kind.



▶ **Bill and Joyce O'Brien** are traveling through Slovenia and Croatia. This dramatic gorge is in Triglav National Park in Slovenia. Beautiful country, great food, and ice cream everywhere! Bill has managed the Julian Alps in a stick shift like a pro!

Where Are They Now?



▲ **Nancy LaVerda** recently traveled to Cancun, Mexico with her friend Suzanne and enjoyed the beach and the historical attractions.



▲ After touring Ireland with the three tenors, **Carol Galaty** and **Ken Shuck** hopped a plane and drove around Scotland staying at Airbnb's. Their Airbnb in the Orkney Islands was in the center of all the Stone Age excavation sites and they could see these 5,000 year old "Stenis" standing stones from their bedroom window.



The May birthday celebration held in **Peg Simpson's** art filled home was lovely! Celebrants include **Barbara Meeker**, **Peggy Siegel**, **Kenlee Ray**, **Beth Merricks**, **Joan Treichel**, **Anita Gottlieb** and **Gail Snider**.

Asian Chicken Salad



I attended one of the first CelebSalons featuring Celinda Lake, Political Pollster, at **Barbara Friday's** home. I learned a great deal about how polling and reaching one's political base works AND I had a delicious meal. One of the dishes Barbara served was this yummy

Asian chicken salad. She had so many requests for the recipe from attendees that evening that she shared the recipe with me to share with DCV and beyond! She prepared her chicken (as you will see from the first recipe), but you can also use rotisserie chicken and skip this first step for expediency.

I used two recipes to prepare the Asian Chicken Salad:

- "Asian Baked Chicken" from the Pinning Mama website because I wanted to bake the chicken and I liked the marinade ingredients and
- "Asian Chicken Salad" for the salad and salad dressing—from the Damn Delicious website.

I marinated the chicken overnight and before doing so, cut the raw chicken into bite sized pieces so that no one would need a knife and the marinade would coat more surfaces. I prepared this Gluten Free by using GF Soy Sauce and eliminating the crispy noodle garnish.

Asian Baked Chicken — the Pinning Mama

8 4oz servings

2 lbs	Chicken breasts, cut bite sized	1/4 C	Sesame oil
1/3 C	Rice vinegar	1 T	Asian chili garlic sauce
1/4 C	Honey	6	Garlic cloves
1/4 C	Soy Sauce	1-2 T	Garam Masala

1. Mix marinade ingredients in a bowl.
2. Marinate the chicken pieces overnight. (The recipe calls for using half the marinade for overnight and reducing/thickening the other half to coat before baking. I tried this and it seemed an extra step that is not worth the effort.)
3. Remove chicken from marinade and drain off the excess marinade.
4. Place chicken in a baking dish and bake at 400 degrees for 25 minutes or until the chicken registers an internal temperature of 165 degrees.

Asian Chicken Salad — Damn Delicious

6 servings

Peanut Salad Dressing

5 T	Peanut butter	1 T	Brown sugar
2 T	Soy sauce	1	Clove garlic
1 1/2 T	Rice wine vinegar	1/4 C	Warm water

Mix, whisk, and refrigerate.

Salad

1 head	Romaine, rough chop	1/2 C	Chopped cilantro
2 C	Shredded red cabbage	1/2 C	Roasted cashews or almonds
1 1/2 C	Julienned carrots		
1 11 oz.	Can mandarin oranges	4	Green onions chopped

Mix the romaine, cabbage, cilantro and carrots and toss. Top with chicken (or include in toss). Garnish with cashews, green onions and mandarin oranges.

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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