



# DUPONT CIRCLE VILLAGE

## SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“It’s bad manners to keep a vacation waiting!”

—Unknown travel agent

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### Welcome New Members!

Dennis Hollier  
Dawn Southard

## I Wish You Weren’t Here

As summer gets into full swing, many people are plotting their travel adventures but not everybody is excited about your travel plans. Actually, you may find some disgruntled locals awaiting you. Thanks to the rise of Airbnb, low cost air travel, and social media,

By Eva M. Lucero,  
Executive Director

a new trend has emerged—overtourism.

Overtourism has gained so much traction over the last few years that it was named as one of the Oxford Dictionary’s 2018 Words of the Year. It is defined as the rapidly increasing volume of visitors to popular destinations that results in damage to historical sites, a reduced quality of life for residents, and the upheaval of local housing markets.

You may have noted in the news some recent incidents at popular destinations. In Paris at the end of May, workers at the Louvre held a one-day strike complaining they could not handle the growing and increasingly aggressive crowds of tourists. Croatia’s walled city of Dubrovnik, introduced to many fans of the popular HBO series “The Game of Thrones”, is overwhelmed and unprepared for the 53 percent increase in tourist arrivals in the first three months of 2019. The city of Bruges, a Unesco World Heritage Site, pulled up its drawbridge to control the influx of tourists citing fear that the city was becoming another Disneyland. In Venice, thousands of people recently took to the streets after a cruise ship crashed into a tourist boat in the city’s Giudecca Canal,



Continued on page 2

# President's Notes



## No Summer Break for DCV

**D**uring the school year, I teach a class in the after-care program at Capital City Charter School. The excitement of the kids looking forward to a full and active Summer vacation brings back the memories of my summers in small town Kansas. Between baseball, bikes, the community pool and backyard

playing, it seemed that Summer was more hectic than the school year.

In some ways, that is how it seems at DCV during July and August. On the one hand, some of our Villagers spend time out of DC (another sign of how DCV attracts an intelligent class of folks). On the other, a few of our routine activities take a break.

However, like the kids, there are still a lot of things going on at DCV. So, don't forget to look at the Friday E-blast for the latest updates on activities. Also, you can check the DCV calendar on the website. There will be things to entice you into the Washington summer sauna.

These two months are also the time that Eva and Ann do some of the time-consuming projects that have been accumulated. DCV operates on a smaller staff than comparable Villages of our size. We are able

to do that because of two factors. One is the incredible efficiency of Eva and Ann. The other is the help that we get from Members who do so much to keep DCV running. So, we do keep busy in the office.

Another aspect for this particular Summer, is the construction at the Friends House that we have endured for over a year. Many of you have sat through the sounds of "progress" during meetings in the office. With the end in sight for the construction, we hope to see the finished product by the end of the Summer. While we plan to keep the office open on the usual schedule, we may have a few days when we will need to close. The end result of the construction should be an improvement in facilities and atmosphere at the office. Look for an open house in the Fall when all is completed.

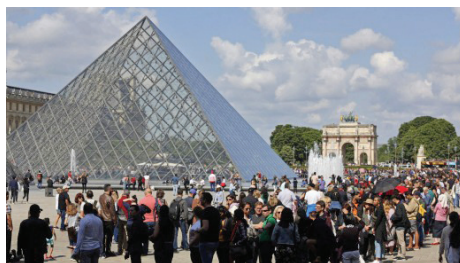
See you all soon.

## I Wish You Weren't Here

*Continued from page 1*

one of city's major waterways. The protests—dubbed *No Grandi Navi* (No Big Ships)—were not only to ban these large ships but also to complain that mass tourism was posing a huge conservation risk. The most astonishing overtourism example was Iceland, which saw 2.22 million tourists in 2018, more than 6.5 times the island nation's population of 338,000!

While tourism provides significant economic benefit, overtourism is causing cities to make international headlines on issues ranging from housing affordability, environmental degradation and an erosion of the quality of life for locals. Emergency city planning meetings have taken place in Rome, Barcelona, Prague, Reykjavik, Budapest, Bucharest, Stockholm, Santorini, and Copenhagen to address concerns. In response, policy-makers have adopt-



ed a range of measures that include: banning cruise ships (Venice); limiting homeowners on the number of nights they can rent out their homes via Airbnb per season (Copenhagen, Barcelona and Berlin); limiting Airbnb rentals by building size (Salzburg); marketing promotions and substantial savings to locations far away from the overcrowded popular attractions (Iceland and Amsterdam), and limiting the daily number of people who can disembark from cruise ships (Santorini and Dubrovnik).

The most innovative solution to overtourism comes from Amsterdam. The initiative is called "Marry an

Amsterdammer for a day," which includes a fake wedding ceremony complete with second-hand dresses, decorations and flowers where a tourist is paired up with a local. After exchanging mock vows and a hug rather than a kiss, the "newlyweds" can leave on their honeymoon to less known areas of Amsterdam and or take part in not-so-common activities like picking up plastic from the canals. This initiative is part of the "Untourist Movement" that strives to direct tourism in unconventional ways that can also make Amsterdam a better and more livable city for residents and visitors alike.

To avoid overcrowding (and a fake wedding!), you can always support destinations that have the least visitors (less than 10 per 100 locals) such as Papua New Guinea, Tajikistan, Uzbekistan, Iran and Mongolia. If you're traveling to any of these destinations, please share your experiences with us!

# Monthly Calendar

To register online for an event, go to:  
[www.dupontcirclevillage.net](http://www.dupontcirclevillage.net) and select "Calendar,"  
find the event, and register.

Tech Tuesday & Sunday Soup Salon are on hiatus until  
September

## DCV Happy Hour

Monday, July 1, 5:30-7:00 pm  
Northside Tavern, 1726 Connecticut Ave NW

Join your Village friends and make new ones at one of  
Dupont Circle's newest restaurants. Monday is burger  
night at Northside Tavern. You could also enjoy other  
happy hour specials such as mushroom flatbreads and  
deviled eggs. Cheers!

## Free Senior Yoga

Tuesdays, July 2, 9, 16, 23, 30, 10:30-11:30 am  
Tuesdays, August 6, 13, 20, 27, 10:30-11:30 am  
Location: Church of the Pilgrims, 2201 P St NW  
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.

## Group Passes to Shakespeare Free for All: Hamlet

Sidney Harmon Hall, 610 F Street NW (Gallery Place Met-  
ro Station)  
RSVP: contact DCV Office at (202) 436-5252 or [admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)

We have a Villager who is a member of Shakespeare  
Theatre, who has offered to apply for group passes to  
this free event (otherwise you take your chances with a  
daily lottery). The run is July 10-21. Specific date will be  
announced in an upcoming Friday E-blast.

## Mitchell Park Film in the Field: Coco

Thursday, July 11, 8:30-10:30 pm; Rain date is 7/18  
Location: Mitchell Park, 23rd and S  
Film starts at sunset: 8:40 pm

This is part of DC's summer outdoor film series.



## Live and Learn: Subject t/b/a

Monday, July 22 and August 26, 3:30-5:00 pm

This group meets the 4th Monday of the month at various  
locations. Sessions feature specialists in many areas,  
including law, medicine, psychology, exercise physiology  
and home care share essential information and offer  
a forum for questions. Check for updates in the Friday  
E-blast.

## Senior Cinema Day at the Avalon

Thursday, July 18 and August 15, 10:30 am  
Avalon Theater, 5612 Connecticut Ave NW

Every 3rd Thursday of the month, the Avalon Theater  
shows a featured film at a discounted price for seniors.  
Cost is \$5. Sponsored by the Avalon & Sibley, Chevy  
Chase House. Go on their website closer to the day for  
the specific film.

## 17th Street Festival

Saturday, August 24, noon-6:00 pm

For the past four years we've had a DCV booth at the  
17th Street Festival. It's our way of describing what the  
Village is and does for both those who wish to know  
more, interested in belonging and those who might want  
to become a DCV volunteer. In addition to giving out  
information, we sell water and cookies, including hugely  
popular dog biscuits. Bakers and folks to staff the booth  
will be needed.

## 80+ Group

DCV Office: 2121 Decatur Pl NW, 2:00 pm

This group meets on the 3rd Thursday of the month for  
fellowship and discussion. Check for updates in the Friday  
E-blast.



# Monthly Calendar

## Men's Book Group

(a new day is being proposed so as not to conflict with the French Challenge) 3:00 pm

Location: West End Library, 2301 L St NW

This group generally meets on the 4th Tuesday of the month. Check for updates in the Friday E-blast, as well as group emails from the organizers.

## French Challenge

This group generally meets on the 4th Tuesday of the month at 4:30. Check for updates in the Friday E-blast.



## Save the Date!

### DCV's Volunteer Training

Suggested for all new volunteers and current volunteers who would like a refresher on volunteering basics

**Saturday September 14, 2019**

**10 – 12p.m.**

**Location TBD**

## Live and Learn

### D.C.'s Death With Dignity Making Progress

**T**he District's Death with Dignity Act, which went into effect in 2017, is making progress, an expert on the subject told some 25 Villagers on May 20 at a Village Live

and Learn program.

By Joan Treichel  
She is Donna Smith, a lawyer and D.C. access manager for Compassion and Choices, an advocacy group which helped get the law enacted.

Some District hospitals, notably Sibley and George Washington, have endorsed the law, she reported. She also said that a report on exactly how many patients and physicians have used the law to date will soon be made available. At least several patients have done so, she has heard.

The law has some strict requirements, Smith said. A patient must have a terminal illness and six months or less to live to take advantage of it. The patient's primary physician must attest that this is the case and also be willing to write a prescription for a lethal dose of medication that the patient can take. A second physician must confirm that the patient has a

terminal illness and six months or less to live and likewise attest that the patient is of sound mind when requesting a premature ending of life—hence patients with Alzheimer's or another dementia would not qualify. And the patient must be able to take the lethal medication himself.

In addition to the District, seven states have enacted assisted-suicide laws. The first one to do so was Oregon, in 1977. Thus, a lot of data has been gathered about Oregon's experience with assisted suicide over the past four decades. One of the more interesting findings to emerge is that most patients who have taken advantage of it have done so not to avoid pain, but because life was no longer enjoyable, Smith said.

Smith also cited two other legal options besides assisted suicide that are currently available to terminally ill patients to hasten their deaths:



discontinuing medical treatment and voluntary cessation of eating and drinking. Palliative care sedation with morphine in order to reduce pain is yet a third legal option; If the morphine hastens death as a byproduct of pain control, that is okay, Smith noted.

Any Villagers who would like more information about the District's Death with Dignity Act can contact Donna Smith at [dsmith@compassionandchoices.org](mailto:dsmith@compassionandchoices.org). More information about end-of-life challenges can be found in a book written by Barbara Lee, president of Compassion and Choices. The title is *Finish Strong: Putting Your Priorities First at Life's End*.

# Life Frames—DCV's Memoir Writing Class

**D**o you have a painful, joyous or just a really good personal story to tell but are not sure where to begin? Nine Villagers were fortunate to take DCV's Memoir Writing Class and learned how to tell their story. The course was taught by Bea Epstein, a memoir writer, teacher and psychotherapist. Over a five-week period, Bea taught the Villagers how to extract, detail and write about family life, important events, family traditions and the tough issues that are unique to memoir writing.

*By Eva M. Lucero,  
Executive Director*

feedback with one another was sincere and thoughtful. There was clearly a bond among the participants; they laughed, sighed and even choked up as they shared. Bea created a safe place to be expressive, vulnerable, introspective, joyful and authentic.

The five-week class served to whet their appetite; the Villagers asked for more and unanimously voted for a part two! Bea is willing to continue the program and further learning and sharing



I sat in on the workshop one day and delighted in the interaction. It confirmed all of the positive feedback that the participants had been sharing with me. As each Villager read their homework assignment with the class, the encouragement and relatable

will begin in September. We appreciate Bea's guidance, everyone's participation, and funding support from the DC Office of Aging and Community Living.

## Meet Longtime Member—Rick Busch

**I**'ve been a member of Dupont Circle Village from the very beginning. I was the Volunteer Coordinator early on and then when

### DCV Member Profile

I missed a Board meeting found that my colleagues had elected me to the board! I'm still a volunteer.

I am a 40+ year resident of our nation's capital and came here to take an analytical position with the Central Intelligence Agency's Intelligence Directorate. The work was both interesting and challenging, and I found that being a relatively good analyst does not necessarily make one a good manager. After being promoted to a GS-15 I realized that for me the Peter Principle had kicked in so I took my Good Conduct Medal and left the Agency after 24 years of service.

One of the smartest things I've



done since moving to DC was buying the house on Caroline Street, NW, where I still live. Caroline is a one-block long street running from 15th to 16th streets, NW, tucked in between T and U. It's one of those roadways that the city cut through the L'Enfant Plan in the 1870s. For me, the first 18 months living here were not so good—four burglaries,

during one of which the perpetrators brought their own ladder to enter my house on the second floor, and one robbery! I rationalized this as being all part of the rich tapestry of urban living.

Over the many years that I've lived on Caroline Street things have gotten much better. This began with great neighbors from the very beginning and soon resulted in social events—a progressive dinner every January and a block party every fall—which continue to present day.

**Dan Gamber** and I wrote a history of the street covering its first 136 years, which Dan placed on line at Caroline St DC—A History. I understand that realtors frequently refer to it when selling properties on the street, which doesn't happen too often. I currently volunteer with several historic preservation groups and as a docent at the Smithsonian American Art Museum and the Renwick Gallery.

## Dear Dupont Circle Village friends,

Sitting on the Membership Committee, I have on occasion commented on what a great job the village does in providing its members with care and support. I'm always impressed when I hear the details about what has been done for a particular individual.

It never occurred to me that at some point I might be turning to the village for similar help. I did recently, simply by walking into Eva's office and very casually explaining that I was about to start Electroconvulsive therapy (ECT) depression therapy and needed help getting back and forth from home to Kaiser's facility in Gaithersburg, Md. Without hesitation and I mean not the slightest, she essentially said, "We're here for you." Since that day, the Village simply sprang into action and has been at my side.

As of today, they have been there every step of the way, both in giving emotional support, driving me early in the morning for the long trek to Gaithersburg, waiting for me, taking me home, making sure someone was with me after I got home, staying with me for hours after and constantly calling me.

It's one thing to sit on a committee and hear about what the village care groups do. It's another not only to experience it personally, but to read the elaborate reports sent from member to member about how I am doing, what results, what I needed, and the like. But of course, the human touch given me by each one of my care group members has been extraordinary beyond words. And if something is extraordinary beyond words, you simply can't explain it but only feel it.

A cursory reading of those reports between members of the group reveals the level of concern. My experiences with each of the people involved to keep me cool and as unruffled as possible is what really tells the story.

It's near impossible to set out what I have learned the word "charity" means. And it doesn't mean just giving a contribution in money, it means giving care, concern, and love—all of which I continue to receive from every individual who has participated in this.

The results have been pretty astounding. I've gone through four sessions now of electro-shock therapy and I am convinced that it is working. I wouldn't have been able to begin to compose this letter, so rattled was I, before this started.

At the one end the doctors and hospital staff have been terrific. And at the other, you, every one you, has been the same. That mix has given me extraordinary optimism for the future—optimism which I did not have before. I'll save my specific thanks to individuals for later, but for now, thank you so much to **Eva Lucero, Mike Gould, Abigail Wiebenson, Monica Heppel, Sandra Yarrington**, Barbara Scott, **Kathy Cardille**, and Kim Schaubert.

The Dupont Circle Village and the way it has managed and cares for its members is one of the most extraordinary finds in my 79 years of life, and I thank each and every one for helping me as you have. How lucky I am to have found you all those years ago.

I couldn't close this letter without a thank you to my nephew and niece, Andy and Janet, who the Village has included throughout in the email updates and who follow each and every turn. And to my wonderful sister Junie and my cousin Holly who have been so caring to me throughout.

With much affection,

Harvey Friedman



## More Information Available to You on the DCV Website



Last month I promised the key to more information you can find on our website. Let's start with the basics—it's <https://dupont-circlevillage.net> That gets you to the

By Ann Talty

marketing part of our website, and the address

is easy to remember. If you want to go directly to the rest of the website, you can either click on the top right corner ("Member Page"), or type in <https://dcv.clubexpress.com>

### What events might be coming up?

Once you're on the Member Page, there is a small calendar showing the next 3 weeks of events—click and you're taken to the registration page. You can also click on the tab called "Calendar" to see monthly calendars—it will show you the current month, but also give you the chance to click on the next month (and keep clicking).

### Who else is going to an event?

Perhaps you want someone to walk

over with, share an Uber with, or perhaps just want to see if anyone you know is going to be there. Click on the event on the calendar, and to the right, underneath the "Register Now" there is a button called "Registrants." That lists everyone's name who is attending.

**Is my nearby friend within the boundaries of the Village?** On the Member Page, hover over the first tab called "About Us" and the second option is "Our Village Boundaries," which maps out our area.

**What committees do we have, and who is on the Board of Directors?** On the Member Page, go to the "About Us" tab, and the third option is "Board/Staff/Committees."

**Need a recommendation for a contractor?** You will need to log in (I can help you with that), after which you will see a new tab on the Member Page named "Members Only." Select the last choice—"Find

a Contractor." These are contractors recommended by fellow villagers. Sometimes we are simply told about them, but most of them have been taken from your exchanges on the Google listserv. Bear a couple of things in mind—the office has not vetted these contractors, and you may need to check under more than one possibility to find what you're looking for. If they have an old recommendation, it is always possible that there has been turnover at a company. Please let us know if a contractor has gone out of business or moved.

**Trying to find an article from the Newsletter?** The current month's newsletter is posted on the Member Page. There is also an archive of newsletters—go to the Library tab on the Member Page, click on "Library," and the newsletter archives is the first thing listed. Click, and start clicking on the most recent editions.



## June Birthday



◀ Some of the Village Gemini and Cancers enjoying the June birthday celebration included **Marie Lovenheim, Lindsey Holaday, Marilou Righini and Judith Neibrief.**

## Meet new DCV member, Leslie Sawin!

I came to Washington in 1993 for three months to support the Department of Veterans Affairs participation in the health care reform initiative the Clintons started in 1993. And here I am, still in DC. In Boston we call this never leaving phenomenon Charles River fever.

While I have worked in several different types of institutions, my skill areas are program design and management with emphasis on achieving consensus, managing people with diverse competencies and implementing complex strategies. I have major program experience in government health care, academic medicine and Jungian psychology.

I grew up on Long Island and graduated from the Columbia University School of General Studies with a degree in Psychology. I have an MS, Health Policy and Management from the Harvard School of Public Health. My first husband and I moved to Boston in 1972. I worked at Tufts University School of Medicine for seventeen years serving as the director of the Office of Planning and Evaluation, Special Assistant to the Deans and secretary to the Curriculum Committee where we designed an innovative, new curriculum. It is also where I met Clark, my beloved second husband.

After leaving Tufts, I did consulting work for Massachusetts state agencies through the Donahue Institute for Governmental Services at the University of Massachusetts. In 1991, I became a consultant to the Health Services Research and Development Service at the Department of Veterans Affairs. There I designed and implemented the Management Decision and Research Center (MDRC) which



provides a full range of management technical support and consultation services to senior VA managers. My 1993 three months assignment for VA participation in the Clintons health care reform also included serving as Acting Executive Officer for the Office of the Assistant Secretary for Policy and Planning. I also consulted with DVA as an independent contractor with Booz-Allen & Hamilton.

In 2001, I changed direction and began exploring my interest in Jungian Psychology. I served as Director of Programs for the Jung Society of Washington and completed a three-year intensive program reading the collected works of C.G. Jung. I designed a program called

Jung on aging presented at the Library of Congress in 2012 with a companion book, *Jung on Aging: Possibilities and Potentials for the Second Half of Life*. I co-edited a research book, *Research in Analytical Psychology: Applications from Scientific, Historical, and Cross-Cultural Research*. I am currently at work on programs on a Jung perspective on art and Jung on illness.

Clark and I came to love this city and our neighborhood, its architecture, neighborhoods, culture and light. After his death, I moved to a condo around the corner from my home on Leroy Place. I am involved with the Phillips Collection and hopefully DCV. I am interested in the city's theater, art museums and spaces. My interests include knitting garments and working with color, collecting Asian, Inuit and Maori art and reading, especially mysteries. I am looking forward to getting to know other DCV members,



## Where Are They Now?



◀ **Kenlee Ray** was recently in Ann Arbor visiting the University of Michigan's Robotics Lab. This robot was getting ready to shake her hand.



▶ **Jane Cave** and **Gene Versluysen** were in Paris, so they joined **Iris** and **Irv Molotsky** for lunch at Les Philosophes.



▶ **Stephanie Ortoleva** and **Frank Della-Penna** were recently at the United Nations in New York where Stephanie made several presentations. Frank posing in front of a painting of Dag Hammarskjöld, former secretary general of the United Nations (1953–61).

## Out & About with DCV



◀ DCV volunteer coordinator, **Mike Gould**, feted DCV Volunteers on the Dresden rooftop in early June. Special recognition went to Care Group members **Nancy Turnbull**, **Kathy Jennison** and **Monica Heppell**, the Public Relations committee members **Fred Gladstone**, **Michaela Buehler**, **Pender McCarter** and **Gretchen Ellsworth**, Gala chair, **Lois Berlin** and the important person always behind the scenes, **Sandra Yarrington**.



# Out & About with DCV



▲ The free senior yoga classes have been very successful and the feedback the office has received has been inspiring. One recent participant commented "... just wanted you to know that the yoga class is terrific. Mayu is not only talented at handling both people in chairs and on mats but is very sweet and provides a perfect level of exercise for everyone. I hope this can continue and I'm only sorry that I am traveling so much that I don't get to go to the class every week. It was my first official exercise class since my accident in January. It gave me a great sense of confidence that I was definitely getting better and that I would get better. Thank you for arranging this!"



◀ After their regular Saturday AM walk in the DC Arboretum, Villagers **Caroline Mindel, Peg Simpson and Lucia Edmonds**, plus three dogs drove to the nearby National Aquatic Gardens where the lotus blossoms had just begun blooming.

## Ceviche



By Lois Berlin

One of our favorite summer foods is ceviche. Its fresh, vibrant, yummy and healthy to boot. We had our first ceviche at a Salvadoran restaurant in Adams Morgan many, many years ago and fell in love. When that restaurant closed, Larry worked to replicate their recipe and, through various iterations over the years we think he's gotten it right with this one. There's no

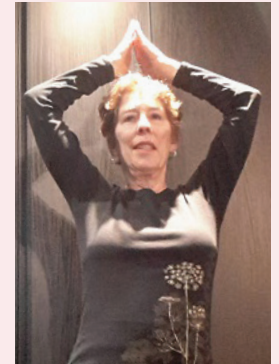
cooking involved since the fish actually "cooks" in the lime and lemon juice. It does take time in the fridge for this process to happen, so plan ahead. I hope you enjoy it as much as we do.

- |                                                                              |                                                                                                                                                                            |
|------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1/2 tsp salt                                                                 | 1 lemon freshly squeezed                                                                                                                                                   |
| 1/4 tsp black pepper                                                         | 1 pound firm white fish cut into small cubes (we use tilapia from Costco that comes in frozen filets)—You can also use halibut, corvina, drum or any other firm white fish |
| 2 Tbsp fresh cilantro, chopped (keep some large leaves for garnish)          | 1 red onion, chopped                                                                                                                                                       |
| 1 tsp extra virgin olive oil                                                 | 1 green bell pepper, chopped                                                                                                                                               |
| 1/2 habanero pepper, seeded and chopped (you can use hot peppers you prefer) | 1 red bell pepper, chopped                                                                                                                                                 |
| 4-5 cloves garlic, chopped                                                   |                                                                                                                                                                            |
| 5 limes freshly squeezed                                                     |                                                                                                                                                                            |
- Mix all ingredients except fish, onion and bell peppers in a non-reactive bowl (we use a ceramic bowl or a plastic container and wooden spoon). Add the fish to the bowl and gently stir to cover all fish with the mixture.
  - Cover the bowl with plastic wrap or a lid and refrigerate for 4 or more hours, stirring occasionally. Add onions and bell pepper and season with additional salt and pepper to taste. Refrigerate this mixture for a half hour or more.
  - Drain excess liquid, garnish with cilantro leaves and serve with corn chips or on top of a green salad.

## Yoga Tips



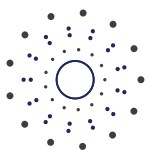
**Judy Silberman,**  
*Yoga Master*



**Yoga with tennis balls. Wonderful! So many possibilities.**

- Sit at a table, with a tennis ball in one hand. Be comfortable in seated mountain pose, and be mindful of your next 3 breaths. Place your left hand, palm up, on the table, and begin to press the ball into all parts of the palm. Close your eyes to really feel the massage, as you continue to focus on your breathing. Push the ball up up the thumb and back to the palm, up the pointer and back, third finger, ring, and pinkie.
- Rest, feeling the effects. Turn the palm down, and begin pressing the ball into the back of the hand and then up and down the back of each finger. Rest and feel the tiredness in your right hand, the worker. Then, squeeze the ball with the left hand. Notice that if your hand is on the table as you squeeze, your bicep muscle hardly tightens, but lifting the hand even an inch as you squeeze really works the muscle! Take a few slow and mindful breaths with eyes closed and proceed to the right hand. Hands feel good, eh?

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](http://www.dupontcirclevillage.net)  
[admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)

202-436-5252

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Eva M. Lucero  
*executive director*

Mike Gould  
*volunteers chair and coordinator*

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Sherri Monson

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