



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Maya Angelou

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Welcome New Members!

Nancy Duff (“Duffy”) Campbell
Mike Silverstein
Bob Spiegel

Phillis Wheatley— An enslaved woman who wrote her way to freedom

Phillis Wheatley was born in 1753, in West Africa, kidnapped by slave traders and brought to New England in 1761. She was enslaved around age seven and sold to

By Eva M. Lucero,
Executive Director

John Wheatley,
a businessman
in Boston. She

was named Phillis after the ship that transported her to the “free world” and was forced to labor as a personal servant to John Wheatley’s wife Susannah.

The Wheatley family recognized her precocious intellect and curiosity and allowed her to focus on studies in addition to her household duties. The Wheatleys provided her with local tutors from Boston’s Old South Meeting House, birthplace of the American Revolution and a sanctuary for early republican thinkers. Phillis had access to the personal libraries of leading colonial American intellectuals, and she pursued her studies with the most influential Western texts of the time.

Phillis mastered English, Latin, Greek and English literature at a time when enslaved people could be condemned to death for learning. She began writing poetry at age thirteen, taking inspiration from English poets, particularly John Milton, and the Bible.

In 1772, Susannah Wheatley helped Phillis advertise for subscribers for



Elizabeth Catlett’s 1946 print

her collection of 28 poems that were laced with Biblical imagery and classical techniques. However, colonists were not interested in supporting literature written by an enslaved

Continued on page 2

President's Notes



Three cheers for our Winter Party! About 85 Villagers and guests enjoyed renewing friendships and meeting new folks, eating great food including 41 desserts! Thank you and congratulations to the Membership Committee, **Abigail Wiebenson, Andres Doernberg, Ann Von Der Lippe, Bob McDonald, Carmela Vetri, Carol Galaty, Frances Oakley, Harvey Friedman, Kirk Perrow, Mary McIntosh, Monica Heppel, Patricia Baranek** and **Sandra Yarrington**, the set-up and clean-up crew, **Steve Kittrell, Eva M. Lucero, Lucia Edmonds, Ann Talty** and **Rene Steichen** and **Charlie Ellis** for secur-

ing the ballroom for this terrific event. We do know how to party!

Speaking of parties—Our GALA will be on Friday April 24, with an Earth Day theme, **You are Guest of the Earth—Behave.** We are thrilled to be going back to the American Geophysical Union headquarters (AGU) in the neighborhood—Mark your calendars now.

“Soar into the 2020s” and “This is not a rehearsal—live the DCV” were among the suggestions for our theme for the year. The winner is:

Navigating Our Future

We have different visions of our future and are addressing issues, yet we are all facing personal uncharted waters:

- Navigating for NextGen members may include paying forward building new relationships for the future
- Navigating for New Retirees may mean what is sorting out what's next.
- Navigating for many Members

involves enjoying the many programs our Village has to offer and providing service to the Village and our members

- Navigating for members and families facing challenges are looking to our Village to help them.

Please let me know how our Village programming can make a difference in your life as we sail through the year together. I want to hear from you.

president@dupontcirclevillage.net.

My Navigation suggestion for the month—Set up your emergency information on your smart phone. It can help EMTs care for you if you have an accident or health issues, notify your emergency contacts if you call 911 and provide accurate information about your health and meds anytime you need it. We will announce a workshop soon to help you setting up your phone.

February means Valentine's Day is arriving. How lucky we are to have DCV love and support.

Happy Valentine's Day!

Phillis Wheatley

Continued from page 1

woman, so Mrs. Wheatley reached across the Atlantic to London. She sent Phillis's works to Selina Hastings, Countess of Huntingdon, an influential literary patron and supporter of abolition causes. Phillis later went to London with the Wheatleys' son, Nathaniel, for treatment for her chronic asthma, and was met by a welcoming London literary audience. In 1773, bookseller Archibald Bell published her first edition of *Poems on Various Subjects, Religious and Moral*, launching Phillis as the first published African-American female poet. The poem she is best known

for is “On Being Brought from Africa to America”. Phillis was emancipated by the Wheatleys shortly after the publication of her book.

Phillis imagined a world that did not yet exist, but a world she could see. She penned ideals of a better America. Despite her prolific literary output, a Boston court challenged Phillis Wheatley's authenticity, and in 1772, a group of prominent Bostonians was asked to attest to the authenticity of Phillis' collection of poems. Governor Thomas Hutchinson and Lieutenant Governor Andrew Oliver, John Hancock, James Bowdoin, seven ministers—17 people in all—investigated the poet and swore that Phillis Wheatley had in-

deed written the poems she claimed.

Phillis remained in the Wheatleys' household until the death of Susannah in 1774. She continued to publish poetry and letters in local newspapers, focusing particularly on the evils of slavery. She eventually married John Peters, a free African, with whom she had three children, all died in infancy. Their marriage was a struggle, as they constantly battled poverty and John Peters was eventually imprisoned for debt. Phillis was forced to work as a maid in a boarding house and lived in squalid conditions. Her health failed and she died in 1784 at age 30, leaving an enduring mark on the world of literature.

Monthly Calendar

To register online for an event, go to: www.dupontcirclevillage.net and select "Calendar," find the event, and register. Members should always log in before registering—this allows you to attend members only events, and records your registration under your member record.

Coffee and Conversation

Thursdays, 10:00–11:00 am

Location: Emissary Coffeehouse and Café, 2032 P St NW

Members gather on a weekly basis for coffee and conversation at Emissary located at the corner of P and 21st Streets NW. The purpose is to bring us together on a very informal basis with no agenda or commitments. We will simply gather to have coffee and perhaps breakfast items that are offered by Emissary, to engage in conversation, and to get to know other Villagers.

Free Senior Yoga

Tuesdays, February 4, 18, 25, 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 offers free hour-long senior yoga classes at Church of the Pilgrims. Come experience how to build physical strength by improving posture, balance, breathing and flexibility.

Memoir Writing 2020

Wednesdays, January 8 through February 12, 10:30–12:30

Friends Meeting House, Decatur Room

Registration for this series is open only to those who took the classes in 2019. A new cycle is being planned for others to start in the spring with Part 1.

Baking with Monica: Scones

Tuesday, February 11, 10:00 am–Noon

at 1425 Rhode Island Ave NW #61 (limit: 10)

OR Wednesday, February 12, 3:00–5:00 pm

at 1719 Swann St NW (limit: 12)

RSVP: Register online or contact DCV Office at 202.436.5252

Our star baker, Monica Heppel, will be teaching a class on how to make scones: a savory cheese scone and a sweet scone, for people to taste or take home. This class is offered twice—sign up only for 1 of the 2, please.



Let's Play Board Games!

Tuesday, February 11, 2:00–4:00 pm

Hosted by Ann McFarren, 1870 Wyoming Ave NW #603

RSVP: Register online or contact DCV Office at 202.436.5252

Limit: 10 people

Board Games: Monopoly (we need a volunteer to bring this one), Rummikub, Mexican Train, Scrabble, Boggle, Backgammon, Chess, Upwards, other games if you bring them!

Learn About Dupont Circle Village Membership and Volunteer Opportunities

Wednesday, February 12, 5:30–7:00 p.m.

Hosted by Abigail Wiebenson, 1916 S Street NW

RSVP: admin@dupontcirclevillage.net or 202.436.5252 for more information

Join other neighbors and friends who are interested in learning more about Dupont Circle Village at one of our bi-monthly information gatherings. Libations and light refreshments are served. DCV staff, board, and volunteers will be on hand to answer any questions you have about becoming part of the DCV community.

Mosaic Theater: Pilgrims Musa and Sheri in the New World

Thursday, February 13, 11:00 am

Atlas Performing Arts Center, 1333 H St NE

RSVP: Register online or contact the DCV Office at 202.436.5252

From the Egyptian-American winner of the Steinberg New American Play Award comes a romantic comedy about Muslim and American identity full of unexpected twists. Musa, a new immigrant from Egypt, picks up Sheri, a boisterous and quirky waitress, after her shift. A night of improbable passion turns into an extended labyrinth of cultural assumptions upended.

This event is free for DCV Members. Meet Mary Wheeler in the theater lobby to claim your ticket.

Monthly Calendar



DCV House Concert

Saturday, February 15, 5:00–6:30 pm

2301 Connecticut Ave NW #7-A

RSVP: Register online or contact DCV Office at 202.436.5252

This is the first of a series of house concerts. Our guest musicians, cello, piano and viola, are founders of the Chamber Music group, Chiarina, established on Capitol Hill now in its fifth season. Light refreshments will be served.

Keegan Theatre: Boy

Sunday, February 16, 3:00 pm

OR Friday, February 28, 8:00 pm

1742 Church St. NW

Special Discount Code: **VILLAGE35**

Purchase Tickets at <https://keegantheatre.com/portfolio-item/boy/> or call 202.265.3767

Our Villagers can take advantage of a special discount to see the play *Boy* at The Keegan Theatre. You will need to use the promo code VILLAGE35 that allows you to order a ticket for only \$35, with no ticketing fees. This is only valid for the matinee on Sunday February 16 or the evening performance on Friday, February 28.

In the 1960s, a well-intentioned doctor convinces the parents of a male infant to raise their son as a girl after a terrible accident. Two decades later, the repercussions of that choice continue to unfold... Inspired by a true story, *BOY*, by award-winning playwright Anna Ziegler explores the complicated journey of trying to find love in a new body and the inextricable bonds that are built along the way.

Sunday Soup Salon: TED Talks

Sunday, February 16, 6:00–8:00 pm

Hosted by Caroline Mindel and Lynn Lewis

1760 Swann St NW

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

We facilitate a popular TED Talks class at OLLI. We'll use that format, showing the talks and having lively conversation afterwards. Offers of soup, wine, bread and dessert are welcome but not necessary to attend. Register on line and indicate what you will bring.

Men's Book Group

Monday, February 17, 11:30 am

(note: the group now meets at this time)

West End Library Conference Room, 2301 L Street NW

RSVP: Peter Vandevanter 202.215.2394 or petervandevanter@gmail.com

This month's book: *Farewell to Arms*, by Ernest Hemingway. Many of the group have lunch after the meeting. Feel free to join us.

Senior Cinema Day at the Avalon

Thursday, February 21, 10:30–12:30

Avalon Theater, 5612 Connecticut Ave NW

On the 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.

Live and Learn: Navigating Your 21st Century Library

Monday, February 24, 3:30–5:00

Location: West End Library, 2301 L St NW

RSVP: Register online or contact DCV Office at 202.436.5252

Co-sponsored with Foggy Bottom West End Village

Do you like listening to jazz or world music? Watching classical music performances or opera? Would you like to learn a new language or improve your computer skills? Research investments on Morningstar?

Lisa Friedman is a retired EPA lawyer who has taught computer skills to older adults for over a dozen years. She gave this presentation for Dupont Circle Village in 2018. February's Live & Learn Seminar will be an updated review of her 2018 presentation on using your online DCPL account and working with DCPL's music, video, online learning tools and online databases. Although we won't have time to discuss them, the handout for this event will include detailed information on working with DCPL e-books, downloadable audiobooks, and e-magazines.

Monthly Calendar



French Challenge

Tuesday, February 25, 4:30–6:00 pm

Hosted by Michele and Michael Lemmon, 2126

Connecticut Ave NW #52

RSVP: to the hosts at mhlemmon33@gmail.com

Notices of the topics and people to respond to will be posted in advance on the Eblast with more specific information sent to everyone who indicates an interest in attending.

Mystery Book Group

Friday, February 28, 4:00 pm

Hosted by Susan Hattan, 1709 T St NW

RSVP: Register online or contact DCV Office at 202.436.5252

This month's mystery is *March Violets* by Philip Kerr.

Meet Andrés Doernberg

Andrés Doernberg grew up in Santiago, Chile, where he completed his primary and secondary education in schools founded by local British expatriates

(the founder was actually born in Valparaíso, Chile before WWI), he later went to the Engineering School at

the Universidad de Chile. He moved with his family to the U.S. in his early twenties. He attended college in Boston and later earned a Masters Degree at Stony Brook University on Long Island, New York. Upon graduation, he worked at a start-up consulting firm on Long Island doing work in developing countries in the fields of energy and environment, where he was sent to Indonesia and worked for two years. When he returned, an opportunity was presented to work in the newly opened office in D.C. and Andrés jumped on it.

The focus of the early years of his career was relatively narrow, concentrated around access to energy by low-income/small scale industries in poor countries. His job took him to Central America, parts of Asia,

and Africa, for typically short-term assignments. In 1997 he was hired by the US Agency for International Development (USAID) in what was then the Bureau for Eastern Europe and Eurasia. His travel assignments now focused first on Ukraine, later Romania, and lastly the countries of the former Yugoslavia. The USAID programs funded work in privatization of energy companies, many natural monopolies, and its attendant regulatory agencies.

Since retirement, he has rather unstructured free time, with the exception of two days where he plays duplicate bridge at a community center not far from his home in Dupont Circle. He enjoys going to the theater and the opera, and from time to time arranges travel around these interests, primarily to New York City. He loves living in DC and all it offers and since folks he knows from all parts of his life inevitably find their way here for visits, finding things for them to do is easy.

Andrés has been a DCV member since 2014 and says "the most valuable part of the Village to me is the opportunity to interact with dozens of people who greatly broaden what I had (and still have) as my network



of friends and acquaintances. The Village is especially rich with members outstanding accomplishments and interests at all levels. And, as I used to say jokingly after I first joined, I get to visit the "best addresses" in Dupont Circle". Andrés is on the DCV board, and a member of the membership, finance and CelebSalon committees.

What's Your Hospital Escape Plan?

On January 27, a small group of us Villagers trooped to the Adams Morgan Community Center to hear our very own president, **Ann McFarren**, give a Live and Learn talk about hospital discharge planning.

By Joan Treichel

Ann was the perfect person to give the talk. In addition to being a nurse, she has been involved in hospital discharge planning for many years, including the time her daughter had brain cancer.

The talk, and the discussion that followed, scared the bejesus out of some of us. As one Villager noted, it made her realize how vulnerable all of us are once we've been admitted to a hospital. Getting in is the easy part. Getting out with a low risk of returning is what's tough!

The secret, Ann said, is to have a good hospital discharge plan. Research has shown that those patients with a good plan are less likely to be readmitted, she stressed.

Now granted, a hospital doctor and nurse (or social worker) will work up a hospital discharge plan for you before you are discharged, she reported. But be sure to read it, and if you have any questions, ask them, and make sure that you have a contact name and a contact phone number if you have a problem after returning home. Also, try to purchase medications prescribed for you in the hospital in the hospital pharmacy so that you won't have to worry about filling the prescriptions later. And remember: Once you're wheeled out the door of the hospital to go home, you're on your own. What will you do then?

This is where the Village can help, Ann said.

Village volunteers can drive you home from the hospital, shop for food, help you with bathing and dressing, do light housekeeping, help



you with pets, take you for medical appointments, pick up your medications from the pharmacy, and help you make sure that you take them appropriately. One Villager mistakenly thought that she should take not only the meds prescribed for her in the hospital, but continue with meds she had taken before as well, Ann noted.

Furthermore, if you need a home health aide after going home, the Village's case manager, **Barbara Scott**, can advise you on which home health aide agency to use. Or if you are going to a rehab facility before eventually returning home, Barbara can help you select one that is right for you.

All you have to do to receive assistance from either Village volunteers or Barbara is to contact our Village executive director **Eva M. Lucero**, Ann reported. Eva will then take it from there, she said. One volunteer will be appointed as your point person, and the point person will then coordinate other volunteers to tend to your needs. Also, if you will need a home health aide to do certain procedures, say, dressing wounds, the point person will coordinate Village volunteer help with the home health aide's assistance.

In the case of elective hospital procedures—not emergency hospitalization—there are also certain things you can do yourself to increase your chances of not being readmitted after you've been hospitalized, Ann pointed out. For instance, are there throw rugs and electric cords in your home that you might trip over if you have to use a walker after returning home? If so, remove them before going to the hospital. Or if you will be returning from the hospital on oxygen and have a gas stove, seek advice on what to do so that you won't blow yourself up!

A booklet titled *Discharge Planning Guide: Successful Transition Through Coordinated Care* has been put together by Ann McFarren, Eva M. Lucero, and Villagers Sarah Burger, Abigail Wiebenson, and Joan Ludlow. You can get a copy of it at the Village office, located at 2121 Decatur Place, NW.

If you are interested in serving as a volunteer for Villagers after hospitalization or making periodic friendly visits to Villagers who are lonely, or helping Villagers with long-term healthcare needs, contact Eva at execdir@dupontcirclevillage.net or (202) 436-5252.

A Guide to DCV Events



Ask Ann

How do I know about upcoming events? There are several ways:

First, go to our home page, www.dupontcirclevillage.net, then choose the calendar section, and click on what you want to look

By Ann Talty

at. All DCV events are listed there, and the calendar is constantly being updated.

Another way is to go to the home page, click on "member page/more info", and a shortened version of the calendar is there, covering 3 weeks of activities. Just click on the one you want to look at. There is a calendar section of the monthly newsletter. This lists the necessary information that is ready at press time.

For members only, there is a weekly emailing, called the Friday E-blast, that gives you information

and links to upcoming events. There is a section toward the bottom that tells you when monthly regularly scheduled events meet. There is also a weekly listing.

I'm having trouble registering for an event. This could be for a couple of reasons:

If you're a member, are you logged in? If the top right corner says "Member Login" instead of your name, you are not logged in. Some events are for members only, and will not show you the "Register Now" button until you log in.

The event may be full. Several of our events limit the number of attendees. Scroll to see what the event site says about that.

If you are not a member—see the

two instances cited above.

Why does my registration confirmation list me as a non-member instead of a member? If you do not log in, the event assumes you are a non-member. Unfortunately, it then creates a non-member record for you, and I must find and merge the non-member record with your member record. Be nice to the office, please!

How do I register for an event if I am not a member? If the event is open to non-members, there will be a "Register Now" button to click. If you have attended an event before, please click where it is indicated to look up your name—if found, the site will automatically start your registration with the rest of your information. Otherwise, fill in your information.

I want to register my spouse or other friend from the Village along with my registration. When you register, you will see that you are registered, and below that, there is a place where you can choose how many guests you will have. Be aware that "Guest" simply means anyone other than you, so if you're bringing your spouse, click that you have 1 guest, and follow the instructions after that.

Tips from Emily Post. We ask that you mind your manners regarding attendance at our events. Please sign up in advance. If an event is full, do not just show up, please—you can ask to be put on a waiting list. If you are registered, and discover you cannot attend after all, please let us know. This is necessary for planning purposes. We had an event recently that had a limit on attendees and featured a meal, and 11 people who hadn't registered showed up. We had another event with a speaker for which about 10 people had registered, but only 3 showed up. So please, do keep in touch with us.



January Birthdays



▲ The winter birthday honorees at their January celebration. Back row: **Bob von der Lippe**, **Bob McDonald**, **Bella Rosenberg**, and **Michael Hoffman**. Front row: **Christine Hannah**, **Annie Groer**, **Dawn Southard**, **Kathy Spiegel**, and **Susan Hattan**.

Where Are They Now?



Holly Van Fleet was in Masai Mara, Kenya last October, and kissing this charming Rothschild giraffe at a preserve outside Nairobi was a highlight of her trip. "What's better than a kiss with a little or a lot of tongue?"



Joyce and Bill O'Brien were recently in Mexico and visited the Teotihuacán pyramids near Mexico City.



▲ **Carole Galaty and Ken Shuck** landed in Kirkenes, Norway at 11am, on January 24. The sun has just come up, the temperature was 10 degrees F and went down to 2 degrees F with the sunset at 1pm. They ate lunch and later a reindeer dinner, slept and the next morning got on the Hurtigruten to start their trip, in gale force winds, down to Bergen. One of their first outings was the "Polar Expedition" hike in Hammerfest, Norway. Carol's fingers were so cold she could not work her camera, but then found it was frozen shut anyway so Ken and friends had to take the photos!

Out & About with DCV



▲ Over 80 members attended the DCV Winter Party at the Chastelon Ballroom in January. It's an opportunity to welcome our new members, meet the DCV leadership and learn what DCV has planned for our thriving community in 2020.

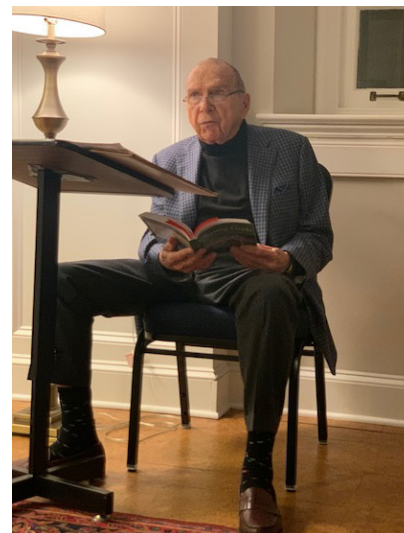
Out & About with DCV



Susan Bien, Leslie Sawin, Joan Ludlow, Ken Shuck, and Jane Cave were among the dozen armchair sleuths attending the inaugural meeting of the DCV Mystery Book Club. Ken led an engaging discussion of *Magpie Murders* by Anthony Horowitz.



◀ 25 friends and family paid tribute to **Lucy Cooney** at her memorial in the Quaker House Living Room in January. Friends and family came from Florida, New York, and Nashville and a whole host of her friends from Dupont Circle Village attended. Many of the tributes described a fun-loving, kind, warm, adventurous soul who happened to be a foodie and a serious movie connoisseur.



◀ Member and writer, **Will Berry**, kicked off DCV's 2020 Dessert and Dialogue by discussing and reading from his recently published novel, *Chasing Gods*, a thoroughly researched family history of tragedy and triumph of Berry's 3rd great-grandfather, Ephraim Berry.



▶ **Gretchen Ellsworth** hosted a 'thank you' dinner for DCV members who transport her to her exercise classes. **Bob Harlow, Bob Hirsch, Gerald Schwinn, Caroline Harlow** and **Jeanne Downing** were some who were able to attend.

Poetry Corner

Wordsworth's Mountain

Mary Oliver (1935–2019)

But dawn—dawn is a gift. Much is revealed
about a person by his or her passion, or indifference,
to this opening of the door of day.

No one who loves dawn, and is abroad to see it,
could be a stranger to me.

Save the Date!

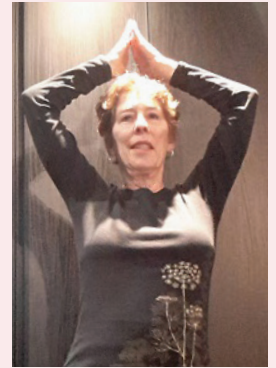


**YOU ARE A
GUEST OF
EARTH...BEHAVE**
Dupont Circle Village
12th Anniversary Gala
Friday, April 24, 2020
6:00 pm - 9:00 pm
American Geophysical Union

Yoga Tips

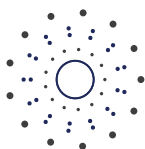


**Judy Silberman,
Yoga Master**



A friend of mine fell recently at the end of her exercise class. She could not get up by herself, although she is moderately fit and not overweight. Much to her dismay, 2 classmates had to help her from the floor. When she got home, she sat on the floor and was able to get herself up. What do you think kept her down in the fitness room? It could have been muscle fatigue from the session, plus some anxiety and embarrassment. Do you think leg or arm strength is most important in getting up? Try it at home with no furniture to help, and we will further discuss next month. This is important!

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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Washington, DC 20008

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