



Dupont Circle Village

Special Interest Articles:

♦ Outa Sight Dragons

♦ Village Welcomes Nineteen New Members

♦ Dupont Circle Village Gets \$10,000 Cafritz Grant

♦ Volunteering To Sew

♦ Philadelphia Village-to-Village Meeting

Individual Highlights:

Monthly Calendar 2

DCV Googlegroup 2

Lauriol Plaza Supports Village 2

Village Pets: Vermiculture 3

♦ Live & Learn: A Matter of Balance 4

♦ Calendars! 4

♦ Yoga Tips 6

'Outa Sight Dragons' With A Vision

Participating in Washington's Dragon Boat Race with only three months preparation would be challenging for most of us, but doing this while sight-impaired seems unlikely, if not impossible. For the "Outa Sight Dragons" rowing team, however, it was simply a new venture for its sight-impaired members. **Marilyn Lutter**, one of the Village's newer members, is an enthusiastic team member and supporter. "Being on the team is lots of fun and I'm in better shape than ever," she says. The dragon boat, described by Marilyn as similar to a large canoe,

"You need to have a few sighted people," Marilyn notes, "to help people in and out of the boats." The team of men and women range in age from 30 to 80.

The idea for the team came from team co-captain **Maybelle Kagy**, a retired school teacher who worked with blind and sight-impaired students. Her son is active in the national Dragon Boat Festival Association so the idea of a visually-impaired team was a marriage of two subjects she understands and cares about.

The team entered the race with six weeks experience, starting with a pre-training session on dry land



requires a 22-person crew. The team consists of 20 paddlers, one drummer to keep the beat and a coxswain, who is not sight-impaired, to steer.

followed by three practice sessions at the harbor in SW Washington.

Marilyn notes they didn't finish with a great time, but "people were cheering us on, which we

appreciated." They already began training for next year's race, tentatively scheduled for May 21-22. Colder weather has temporarily halted the sessions, but they will resume again in spring. **Oral Miller**, the team's other co-captain, says participants are encouraged to join an exercise program to keep in shape. (We know Marilyn is complying—she's a member of the Village's yoga group). *continued page 2*

Welcome to New Village Members

The Dupont Circle Village is pleased to welcome nineteen new members. We now have 101 members, a great step forward.

- ♦ Lucia Edmonds
- ♦ Dianna Eshman
- ♦ Harvey Friedman
- ♦ Margaret and Ralph Johanson
- ♦ Frances Oakley
- ♦ Stephanie Orteleva and Frank Della-Pena
- ♦ Claudia Barquist
- ♦ Lolita Beidelman
- ♦ Bob Cardis
- ♦ Marcia Cohen
- ♦ Deborah Holmes
- ♦ Janet and Norman Brown
- ♦ Dixie Kain
- ♦ Suzanne Legault
- ♦ Marie Marcoux
- ♦ Ron Swanda

Outa Sight

continued from page 1

Miller, president of the DC Council of the Blind, is a talented athlete who first became interested in rowing while a student at Princeton University. He relates that over 50 teams participate in DC's race, which is divided into different divisions and categories. "We are in the least competitive division," he says, adding that they are always looking for new people for the team.

The Washington DC Dragon Boat Festival is an annual event sponsored each May by the Chinese Women's League of Washington DC. The two-day festival features competitive dragon boat races on the Potomac, with approximately 60 teams from all over the east coast competing. The sport of dragon boat racing began in China, where the first dragon boat races were held on the Yangtze River over 2,500 years ago.

DCV Googlegroup: Get In The Game

Did you know about our Googlegroup Forum? It was formed by **Dan Gamber**, a member of the Village, who is hoping that Villagers will use it as a way to create free-flowing conversation among Villagers who would like to share ideas, information, events and opinions. All Villagers are automatically enrolled by Dan. Any member who wishes to post a question, idea, comment or news

Thank You, Lauriol Plaza

DCV appreciatively announces that *Lauriol Plaza* has agreed to donate 15 percent of December 1 evening's proceeds to the Village. This generous support for the Village is a tremendous year-end boost for our efforts.

So...walk on over, order a margarita and settle in for a great dinner and great cause. ¡buen provecho!

Support Ross School

Support the Ross School by buying your holiday tree from them. Trees will be at the Ross playground the first three weekends of December, 9-5 pm. Fifty percent of your purchase is tax-deductible and local deliveries are free. Contact rosstrees@gmail.com with any questions. Ross will recycle trees after the holidays to be chipped for mulching 17th Street tree boxes.

can do so by sending your message as an email to: dupont-circle-village@googlegroups.com. It is that easy! Once you send your message, sit back and wait for others to respond. Before you know it, a robust conversation is underway. If you have not already done it, consider getting in the game...who knows, you might end up enjoying it.



From left: Frances Oakley, Veronica Parke, Mary Latka, Judith Neibrief, Gregory McGruder.

Members meeting with Gregory McGruder, vice president of Lectures and Public Programs for the National Geographic Society, who led a Village "Behind the Scenes Tour." Participants also saw the *Simply Beautiful* photography exhibit and the National Geographic's film *Most Incredible Photos*.

Monthly Calendar

Thanksgiving, Thursday, November 25

5:30-8 pm : Carol Galaty and Gil Hill and Villagers celebrate a potluck Thanksgiving dinner at their home at 1910 S Street.

Thursday, December 9:

6-8 pm. The Village's annual Christmas potluck party will be held at president Peggy Simpson's home at 1719 Swann Street. RSVP to Bernice Hutchinson, bernice@dupontcirclevillage.org or 202-436-5099

Friday, December 10:

9am-5 pm. Group trip to the Baltimore Museum of Art Exhibition: *Andy Warhol: The Last Decade*

Sunday, December 12:

3-5:30 pm. Matinee of *Golden Boy* by Clifford Odets at Keegan Theatre, 1742 Church Street (between P and Q Streets).

Tuesday, January 11:

1-2 pm. National Portrait Gallery, 8th and G Streets, NW. *Hide/Seek: Difference and Desire in American Portraiture* focuses on sexual difference in the making of modern American portraiture from late 19th to 20th century. RSVP to Judith Neibrief at jneibrief@aol.com by January 6.

Correction: Last month's story about Charles Robertson incorrectly stated there were 19 historic districts in Washington; the correct number is 24.

Vermiculture: Pets With A Wiggle



Alaire with her “pets”

Village members **Lex and Alaire Rieffel** grew frustrated with sending fruit and vegetable trimmings to landfills. They first tried saving scraps to compost at their cabin. That proved odoriferous in the extreme!

Enter the lowly earthworm. Their daughter-in-law Emily suggested they order a worm house and some worms to help with the composting. Known formally as “vermiculture,” this is an increasingly popular way for city folks to recycle a bit more than newspapers and junk mail. Better yet, the worms produce “castings” that are an invaluable source of organic fertilizer for house plants and gardens. Alaire noticed that after she spread some on her house plants, the leaves became such a brilliant green that they almost looked plastic.

Surprisingly, a healthy worm house is odor free. It can be kept indoors and many people do just that.

Lex and Alaire keep theirs on the back deck except during extreme weather, when it gets moved into the kitchen. Once underway, a worm colony can consume all a family’s fruit and vegetable waste—wilted lettuce, apple cores, vegetable trimmings, coffee grounds, tea bags.

Worm houses can be made at home with almost any type of box.

The simplest is perhaps a styrofoam cooler with holes punched in it for ventilation. Lex and Alaire have a plastic version with several trays that are rotated as the castings are harvested. Bedding, such as damp newspaper shreds, and the food (aka garbage) is added.

Worms are not, of course, cuddly pets. They are, however, productive and almost carefree. Each worm is both male and female and line up head to tail to mate. They do have some babies, Alaire reports. Worms can be left without additional food or water for several days or weeks—ideal for folks who travel constantly. And, of course, there are no expensive trips to the vet.

Google “vermiculture.” for more information on raising worms

--Alaire Rieffel

DO YOU KNOW...

which Dupont Circle Villager is an avid bird-watcher?

see page 5 for answer

Dupont Circle Village Gets \$10,000 Grant From Cafritz

The Morris and Gwendolyn Cafritz Foundation has awarded a \$10,000 grant to the Dupont Circle Village. The grant is a very special highlight in a robust year of outreach, fundraising and membership development for the Village. “I believe the grant is an affirmation of the great value and importance of Dupont Circle Village. Cafritz would not have made the award if it was not convinced of the Village’s positive impact and tremendous potential for growth,” states **Bernice Hutchinson**, DCV’s executive director. This is the first foundation grant for the Village, formed in 2008.

The Morris & Gwendolyn Cafritz Foundation is the largest private, independent local foundation focused exclusively on the Washington, DC metro-

politan area. The Foundation is the legacy of Morris Cafritz, one of Washington’s leading builders from the early 1920s and his wife Gwendolyn, who served as president of the Foundation for more than 20 years.

Since its establishment, the Foundation has awarded more than \$284 million to more than six thousand projects. The Foundation supports programs in arts and humanities, community services, education, health and the environment.

Dupont Circle Village will use the grant to enhance program development and operations and further the goals of celebrating connectedness, social engagement, independence, and healthy community living.

Congratulations to Villager **Rick Busch**, who received the Community Involvement and Advocacy 2010 District of Columbia Award for Excellence in Historic Preservation. He was recognized for a range of preservation-related activities, including his work as a volunteer and then staff member of the DC Preservation League and development of a prototype heritage trail for downtown Washington, *Civil War to Civil Rights*, and the 90-page companion booklet for Cultural Tourism, DC. He served as president of the Dupont Circle Conservancy from January 2007 to January 2010. While president he led a neighborhood protest against a pending demolition of a historic house.

Rick was also a member of DCV’s original executive board and served as its first volunteer coordinator.

Live & Learn: A Matter of Balance

A warm fire and comfortable chairs were the perfect setting for “A Matter of Balance,” the October Live & Learn program at **Abigail Weiebenson’s** home. **Victoria (Tori) Goldhammer**, an occupational therapist and **Sarah King**, a physical therapist, led the discussion focused on balance and fall prevention.

According to the Center for Disease Control, one out of three adults age 65

emphasized the importance of proper footwear and to pick up your feet—don’t shuffle.

Home safety is very important. Some examples include: grab bars, putting bells on pets’ collars, non-skid surfaces in shower/bath, a second hand rail and removing clutter. Outside the home it is important to be vigilant and aware of your surroundings. They suggest walking sideways and using small steps



From left: Nancy Hartsock, Sarah King, Tori Goldhammer

or older falls each year. Falls are the leading cause of injury death among this group. They are also the most common cause of nonfatal injuries and hospital admissions for trauma. **The good news is that falls are preventable and are NOT a normal part of aging.**

There are several easy steps that we all can take to reduce the risk of falling: take your time; ensure proper lighting; reduce tripping hazards (unanchored scatter rugs, poorly placed furniture); and stand to get balance before walking. They

emphasized the importance of proper footwear and to pick up your feet—don’t shuffle. Use a cart to carry heavy or bulky items, they advised.

Goldhammer outlined a fall prevention plan that members might want to consider: create a team of supporters that you can call upon to assist you if needed. A regular exercise program tailored to your physical capabilities is a crucial component in balance and fall prevention and above all, be mindful of your surroundings and body, inside and outside the home.

Calendars!

We’re in the final lap of our fundraiser, our 2011 calendar with spectacular photos of great sights around Dupont Circle, taken by **Nicholas Shi** and **M.V. Jantzen**.

We’ve more than made our costs and, as we approach December, have about 400 more calendars to sell. We will clear about \$6,400 if we sell out – and that’s our goal!

Here’s how you can help:

** Do you have neighbors who moved away who would love a reminder of what they left behind? Relatives who would love to see the beauty of Dupont? People you’ll be visiting who might like a calendar as a house gift? Folks you do business with who would relish a calendar as a holiday gift?

** You can order them from our website, \$12 plus a \$3 mailing cost, but if you’re in town and would like calendars hand-delivered, call ED **Bernice Hutchinson** and place your order and our walking group will hand-deliver them.

** Would you like help in selling calendars – and promoting the Village – on your block? Let us know and several of us will come door-to-door with you. Board member **Curtis Farrar** is doing that on his block of S Street.

** Are there public events coming up in December where we should try to sell calendars? Let us know!

** Do you have favorite merchants you think would like to sell them?

Here’s what we’ve done on the board level:

** We set up an educational

booth at the Dupont Farmers Market on November 14 (the first time we’ve gotten permission to do so) but weren’t permitted to sell calendars there. So we sold calendars at a table we set up outside the Resource Center. Thanks to **Mike Silverstein** for smoothing the way at the Center and to **Marilyn Newton**, who proved to be an expert calendar barker. We sold about 40 and may do that again in the remaining weeks. Thanks to **Carolyn Mindel**, **Frances Oakley**, and **Judith Neibrief** and, as always, **Bernice Hutchinson** who made it happen.

** We took calendars to the DCCA meeting Nov. 22 and sold about 10 – but also snared two potential Village members. And we gave a comp calendar to **Mayor-elect Vincent Gray**, who also spoke highly of the Village movement.

** We will be selling calendars at the Dec. 4 Ross School open house and Christmas tree sale. And of course we’ll have some available at the Village’s December 9 holiday party.

** And you also can steer friends to the café *Scion*, where owner **Joanne Liu** is selling calendars through the end of the year. She has a calendar on the wall right behind the cash register – so please tell her many thanks when you drop by for a meal!

Volunteer Steps Up To Stitch

by Bernice Hutchinson

Recently, a member of the Village volunteered her time, opened her door, threw out a lifeline and reeled in a member of the Village in desperate need. Susan Meehan needed a sewing machine and she needed it in a hurry. With one e-mail to the DCV's Executive Director explaining her dilemma, an all points bulletin email blast was sent to the entire Village. This was a plea for a working sewing machine and there wasn't a moment to lose. You see, Susan was under a deadline and she was sewing a flag for a good cause.

A member of the Village saw no need to waste time by coordinating a meeting through the office, so she simply contacted Susan directly. A "PDQ" meeting was scheduled.

Upon arriving at the home of Janet and Joe Passonneau, Susan Meehan was greeted with all the appropriate pleasantries. But this was business, in a hurry. Janet unveiled the machine, and unfortunately it appeared to present a few snags. This old machine was not up to the job. With great conversation brewing,

Susan somehow forgot the deadline and became more intrigued and engaged with getting to know Janet and Joe Passonneau. Upon returning home, Susan contacted the Village's ED to report a lovely meeting, conversation and that warm feeling that only Village connectedness can bring. It was a lovely visit and a fascinating conversation. The flag, what about the flag you ask? Well, let's just say that Susan was able to stitch it by hand with all of the energy she gained spending a great afternoon with new friends.

Dupont Circle Village
9 Dupont Circle
Washington, DC 20036

Web:
www.dupontcirclevillage.org
Email: contact@dupontcirclevillage.org
202-436-5252

Executive Board

Peg Simpson, president
Nancy Hartsock, vice president
Abigail Wiebenson, secretary
Alaire Rieffel, treasurer
Brad Edwards
Curtis Farrar
Iris Molotsky
Marilyn Newton
Judith Neibrief

Executive Director
Bernice Hutchinson



Left: Peggy Simpson, Bob Mondello
NPR's theater and film critic was the featured speaker at DCV's November 5 meeting, charming the audience with behind-the-scenes disclosures. He's shown here demonstrating how Yul Brenner would persuade audiences to giving him a standing ovation.

Philadelphia Is Host to National Meeting of Villages

by Peggy Simpson

By now, the founders of aging-in-place villages know very well why and how they are different from traditional government programs that promise to "care for" the seniors.

As of mid-November, 54 villages had opened nationally (plus two in Australia and one in Finland), and more than 100 are in formation. A Village to Village Network national meeting in Philadelphia in mid-October put the veterans with the wannabes. The newcomers got specific advice on setting dues so that operations are sustainable, insights into innovative programs and marketing strategies – but they also got insights into the philosophy that fuels this national movement.

Unlike top-down government programs; the villages are self-governing grass roots membership organizations that get minimal government money, relying instead on dues,

donations and (meager) foundation grants. They use existing services and forge strategic partnerships with universities, hospitals and other major nonprofits.

"The "Village movement basically empowers us all, giving us control over our lives and how we should live," says Susan McWhinney Morse, the first president of Beacon Hill Village who presided over the opening session of the two-day conference. Villages, she told the 180 delegates, "care for the whole person, not just your health but your soul." They run on "social capital. We are all social entrepreneurs—and you should be proud of who you are."

A Northern California health care foundation executive said he hadn't thought of villagers as social entrepreneurs. Many respected elders who called themselves social entrepreneurs had "brought great values to the community but then they
continued page 6

Bird Watcher:
Marcy Logan



Villagers Meet

continued from page 5

retired to Florida and were never heard of again.”

This illustrates one of the challenges facing Villages today: not only to pull together resources and put on strong villager-designed programs – but to find ways to use the talent of villagers who stay put and don’t do a traditional “retirement.”

The feds have taken notice of the Village movement. Thomas Endres of the National Council on Aging is looking at projects to “tap the leadership potential of older volunteers...to build a business model for greater use of elder volunteers in professional and leadership roles.” Preliminary results from 44 pilot sites show a huge payoff, far more than envisioned.

Andrew Schlarlach, a University of California, Berkeley, researcher from the Center for the Advanced Study of Aging Services, said his fairly recent focus on villages has been a refreshing change from studying traditional “aging” institutions. “Way too often researchers see seniors simply as problems. I see seniors as part of the solution.”

More than half of the villages he is studying feature programs where villagers “have tangible ways of supporting each other.”

His surveys have found that only 10 percent of

villagers need personal care and only 20 percent need household care. His surveys ask about “improving service access, building community and enhancing capacity – in what ways are villagers stronger, physically and psychologically. Do they fall less... do they get out of their house more?” The net result is part of creating “social capital,” he said.

Village leaders compared notes in Philadelphia about new partnerships. Here are a few:

** A Madison, WI, village is working on a pilot project with the University of Wisconsin pharmacy school “to prevent adverse drug events.”

**San Francisco Village is working with a huge property management company to refer elderly occupants to the Village, with some portion of dues subsidized.

** The village in Coral Gables, Fla., was incubated by a community foundation and got the local Rotary Club to make it a beneficiary of an annual fundraiser.

** In Marin County, CA., a villager found that the bank who refinanced her mortgage offered a donation to the charity of her choice – and the village got \$600 as a result.

** In San Diego, a Tai Chi instructor approached the village to offer free classes and now, there is a capacity crowd of 45 villagers doing Tai Chi at a recreation center.

Yoga Tip For Travelers

To keep blood circulating on an airplane—

Feet: Sit forward, so that feet are flat on the floor. Come up on the toes quickly 10 times. Then, up and down on heels 10 times quickly. Rest. Repeat.

Leg Isometrics: Lift right thigh up while resisting with right hand. Inhale to start, exhale while pushing.

Arm Isometrics: Put palms together in prayer pose at heart center. Exhale while pushing palms together, inhale on release.

Judy Silberman, DCV Yoga Instructor



Villagers gathered at Peggy Simpson’s house for the November Live & Learn session: “Medicare—What’s New, Open Enrollment and Your Questions.”

Iona Workshop: ‘Roles and Relationships In Retirement’

Iona Senior Services is presenting a practical workshop designed for retirees who are eager to remain active, engaged and connected. The workshop will include:

- *creating your social portfolio, a great strategy for maintaining our quality of life as we grow older,
- *learn about volunteer opportunities with local organizations,
- *identify the right volunteer opportunities

for you.

It will be led by **Deb Rubenstein, MSW, LICSW** and **Lylie Fisher, Director of Community Engagement** at Iona.

**Thursday, December 9
1:00-2:30 pm**

Iona Senior Services, 4125 Albermarle St, NW, one block from Tenleytown Metro. Please call 202-895-9448 to register. No charge.