



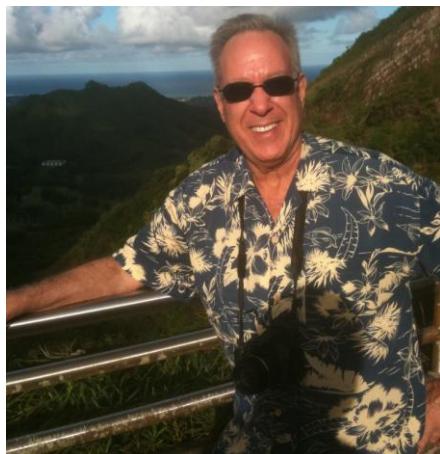
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## A Cautionary Tale ... With A Happy Ending



*Harvey recently took five weeks off to go to Hawaii from what is now, once again, a thriving law practice. He says, "This was not a vacation. This was a celebration of finally taking charge and ending up getting well."*

By Iris Molotsky

Member **Harvey Friedman** found the Village by accident. While on a walk he was introduced to **Kirk Perrow**, one of our most enthusiastic supporters, who explained who we are and urged Harvey to join. He did and now is a regular at the Thursday afternoon yoga group.

Harvey's life has not been easy for the last four years—although he is fine now—and he asked us to share his story with the Village because he thinks we can all benefit from his experiences. It's a story filled with heroes but above all it's a story about hands-on management of medical

problems and the vital supporting role that good friends play.

Harvey has a lifetime of fighting depression. He's worked with many psychiatrists and experienced lots of ups and downs in his treatments. But in 2007 his medications stopped working and he was seriously depressed. His

psychiatrist, whom he had been seeing for a long time, prescribed lithium, a medication he had used in the past. But very soon Harvey began to have Parkinson-like symptoms—he had

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## Three Weeks Until The Silent Auction

With the countdown beginning, auction activities are becoming more intense. We've collected a dazzling array of getaways, original art, dinners with authors, restaurant meals, champagne and wine, jewelry, shoes and much, much more.

**Date:** February 4  
**Place:** National Trust for Historic Preservation  
**Time:** 6:30-9:30 pm  
**Tickets:** \$25 per person

*You* can make it even better. Visit local businesses for donations; extend invitations to friends and neighbors and, ***if you haven't sent your reply card yet, please do it today!***

Contact Iris Molotsky ([iris.molotsky@gmail.com](mailto:iris.molotsky@gmail.com)) or call 328-1121) for more information. Visit our Webpage: [www.dupontcirclevillage.org](http://www.dupontcirclevillage.org) for auction items list.



*Volunteers addressing invitations at Abigail Wiebenson's home: From left: Marilyn Newton, Carol Galaty, Kirk Perrow, Judy duBerrier, Sandra Yarrington.*

## Villagers To Be Treated To A Private Tour of Ikat Robes



by *Burke Dillon*

Villagers are invited to the Textile Museum for a private guided tour of its spectacular current exhibit, “Colors of the Oasis: Central Asian Ikats,” on Tuesday, March 1, at 1 pm.

The visitor entering the Museum’s four rooms of ikat robes is struck first by the sheer beauty of the show. The intense colors dazzle and seem to vibrate before your eyes. The energy and bold linear abstraction of the designs seem modern, yet exotic.

Ikat fabric is made by an exacting technique whereby the threads are “resist” dyed before the fabric is woven. Sequentially for each color, the warp threads are stretched on a frame, the pattern is drawn and the spaces that are to “resist” that color are tied before the threads are placed in a dye bath.

Ikat robes played an essential role in Central Asian societies. They indicated status and origin and gifts of ikat were essential in everything from bridal exchange to political relations. The Bolsheviks even paid ikats

the tribute of seizing these robes as bourgeois symbols.

Before or after the tour, Villagers may wish to watch a short film about how silk and ikats are made, visit the Museum shop, or see the Museum’s other exhibition, “Second Lives,” illustrating how various cultures have recycled precious textiles (including ikats) for new uses.

The museum is at 2320 S Street, NW. For more information and directions: see <http://textilemuseum.org>. The ikat collection in



this show was donated to the museum in 2005 by a collector and investment banker, Murad Megalli.

The DCV tour is free, but the museum suggests a \$5 donation for visits. See calendar (page 3) to learn how to reserve a place on the tour.

## Putting Heads Together For The ‘Hood’

By *Abigail Wiebenson*

At the suggestion of indefatigable ANC Commissioner and Villager **Michael Feldstein**, chair of the Community Involvement Committee, a dozen neighborhood leaders from Dupont Circle organizations gathered over dinner last week at the home of **Abigail Wiebenson**. Conversation productively centered around ways to develop and exchange ideas to enhance our community. Attendees appreciated learning about the current interest of one another’s groups—DCCA, the Conservancy, the Village, Ross School, Historic Mainstreets,

the ANC and DCMap—and of course, one another. After hearing historic and current information, the group concluded that having a way to share this knowledge on a regular basis with one another would be highly useful. The younger members with enormous tech savvy (these are the ones who in an hour organized the snowmageddon online last year) suggested ways to make this happen. We look forward to meeting again in a few months.

## Yoga Tips For A New Year

### To ease a Headache:

1. Press firmly on the soft spot at the top of the head
  2. Squeeze the webbing between thumb and pointer finger.
- With each procedure, close eyes, relax face, breathe slowly and deeply. Rest. Repeat.

### To Ease Tightness and Increase Flexibility:

Rolling a tennis ball under each foot can help ease tightness and increase flexibility. It can also help plantar fasciitis.

### For hip strength:

Do 12-15 side leg lifts a few times a week.

### For lower back pain:

Slowly rotate waist. Let arms swing side to side. Then begin firmly hitting the shoulders, chest, waist and hips. Think “Macarena.”

## A Cautionary Tale

*continued from page 1*

balance problems and motor difficulties. For two years, he was deeply depressed and stayed in bed almost all the time.

Harvey is a lawyer who had his own office with a small staff at this time. He was unable to work during his illness and his practice was destroyed as a result. His psychiatrist suggested seeing a neurologist because of his balance problems. So, accompanied by his good friend Judith, he went to the neurology department at the George Washington Medical Center, where he had the good fortune to see Dr. Elham Bayat. After the examination, she told Harvey that she had seen two similar cases and that she did not believe he had Parkinson's. Dr. Bayat said she felt the symptoms were caused by the lithium and she counseled him to stop taking it.

Harvey told this to his psychiatrist, who adamantly opposed stopping the lithium treatment. Harvey, confused and troubled, then turned to his internist for yet another opinion. His internist, Dr. Michael Newman, whom Harvey trusted, agreed with Dr. Bayat about stopping the lithium treatment. This is when Harvey took things into his own hands. With the support of three very close friends, Judith, Francine and Michael, he decided to discontinue taking lithium. Shortly thereafter, the Parkinson symptoms faded away.

But he still had bouts of depression. Four years ago he found a Dupont Circle social worker in private practice,

Daniel Wilson, LICSW, who helped him overcome this and continues to work with him today. Harvey credits Wilson for his successful battle with depression and adds this outcome was possible because Wilson taught him to think differently. "I habitually used to think of myself as medically and psychologically impaired," he says.

"Now I see myself not as a depressed person," he adds, "but as someone who can handle difficulties when they arise." Being able to think differently enables Harvey to act effectively and approach challenges with confidence.

Today, Harvey looks ahead to a bright future. He is back to practicing law, where he limits his practice to cases involving the federal government. Harvey calls himself an "angry" lawyer, meaning that he cannot fathom not interjecting emotion and passion into defending his clients. His motto: "A day without beating up on the government is a day without sunshine."

Harvey wants his story known for two reasons. He urges all of us to actively participate in our medical treatment and question decisions we think may be wrong. Second, he thinks friends are a vital component in a patient's life. He credits his three friends who accompanied him to doctors, who visited him, who comforted him when he needed it, the two doctors who stood by him even when it meant defying medical colleagues' opinions and his social worker, who instilled a new mental image, with recovering his life. "For me, all six are my heroes," Harvey says.

## Monthly Calendar

### Tuesday, January 18:

Noon-1:30 pm: Group lunch at Commissary. Villagers beat the January blues with a three-course lunch. 1443 P Street, NW

### Monday, January 24:

3:30-5 pm. Live & Learn Series, "Myth vs. Reality: Everything You Want to Know About Alzheimer's Disease." Home of Marilyn Newton, 2013 N Street, NW (see story, page 4)

### Monday, January 31:

2-3:30 pm: Special Village Event for Music Lovers. John Benaglia, long-time teacher of piano, guitar, organ, harpsichord and recorder, will demonstrate these instruments in his Dupont Circle studio and respond to questions. 1837 19<sup>th</sup> Street, NW.

### Friday, February 4:

6:30-9:30 pm. "Give Your Heart to the Village" silent auction. Great bargains, food and drink. National Trust for Historic Preservation, 1785 Massachusetts Avenue, NW. Tickets: \$25 per person. (see story, page 1)

### Monday, February 28:

Opera in Cinema: A group of Villagers will be attending AIDA at the West End Cinema.

### Tuesday, March 1:

1-2 pm. Guided tour for Villagers of "Colors of the Oasis: Central Asian Ikats" at the Textile Museum. No charge but a donation of \$5 is suggested by the Museum, which is located at 2320 S Street, NW. Please RSVP no later than February 20 to Judith Neibrief at [jneibrief@aol.com](mailto:jneibrief@aol.com). Put "IKATS" in the subject line. (see story, page 2)

### IONA SENIOR SERVICES EVENTS

4125 Albemarle Street, NW

For more information about IONA events, call 202-895-9448 or visit online at: [www.iona.org](http://www.iona.org).

### First Thursday of each month starting March 3:

10-11:30 am. *Memory Loss Support Groups*. Individuals with memory loss and their care partners will meet together first for half an hour of coffee and conversation. Pre-registration is required. Fee: \$15 per person per session. Limited scholarships available.

### Tuesday, March 7:

10-11 am. *Memory Fitness Workshop*. Five-part series on memory fitness with valuable information, resources and techniques to keep your memory sharp. Learn how memory changes as we grow older and how to cope. Pre-registration required. Fee: \$60. Limited scholarships available.

### Tuesday, March 29:

10 am-12 noon. *Take Charge/Age Well Book Group*. IONA will launch a new group to discuss books that creatively explore the positive aspects of aging and inform ways to live later life to our full potential.

## Village To Increase Dues in April

In December the Executive Board voted to increase dues April 2011, our first increase since our founding. This step was taken reluctantly but the reality of the coming year's operating budget led the board to act to ensure financial stability. Village President Peg Simpson says, "The increase will allow us to continue the vibrant and innovative programs we offer and enable us to provide increased services in 2011." On April 1 household memberships will be \$700 and individual membership will be \$500.

## Kalorama Village Suspends Activities In January

by Peggy Simpson

Kalorama Village plans to suspend operations in early January. KV was an early bird on the DC Metro Village scene, getting its tax-exempt status well before Dupont Circle Village. When the DC AARP did its 2008 informational mailing to residents 50 and older in the DCV eight census tracts, it also included the Kalorama neighborhood. We shared podiums at DCCA meetings about what the Village movement was about. There was even some talk about a combined Dupont-Kalorama Village.

We had different visions, however, and took very different paths. After extended discussion, the DCV board decided on a high service model with dues capable of supporting our goals—and today we have more than 105 members. Kalorama decided to charge nominal dues and to outsource most

activities to a for-profit company.

At the DCV, we took **Rick Busch** up on his offer to be our first coordinator of volunteers; board members interviewed volunteers who then were assigned to Villagers with requests. The Village paid the fee for background checks on each volunteer. Rick knew most of the early DCV members, which helped demystify the process of making requests.

Our ultimate goal was to hire a part-time executive director to be the board's link to the villagers and volunteers and to make matches when requests came in—and so much more, including helping with the more than 150 events we put on in 2010.

**Bernice Hutchinson**, our current executive director, excels in all of those roles and more.

Few villagers in Kalorama made requests  
*continued, page 6*



**Live  
&  
Learn**

You have heard conflicting reports about the origins, development, and progression of Alzheimer's disease. *Now get the latest facts.*

Our Live and Learn presentation will set the record straight on a number of myths, include thought-provoking discussion about

## Live & Learn Series January 24: Myth vs. Reality About Alzheimer's

state-of-the-art clinical services provided at Georgetown Hospital for individuals affected by Alzheimers's disease and related disorders and current clinical trials aimed at improving treatment options.

Help us promote this event. The *Live and Learn Series* is sponsored

### Live & Learn

*Date:* Monday, January 24, 2011

*Time:* 3:30 pm to 5:00 pm

*Location:* Home of Marilyn Newton, 2013 N St., NW

*Cost:* Free for DCV Members and Volunteers

*RSVP:* Please reply to Linda Harsh by email:

[Lindajkh@mac.com](mailto:Lindajkh@mac.com) or phone 202-234-2567

cutting-edge research, and explore the role and responsibility of a Village to members experiencing memory problems.

**Carolyn Ward**, Program Administrator of the Georgetown University Memory Disorders Program, will also talk about

by the Dupont Circle Village and is open to the public for a registration fee of \$10 for guests and non-members. Please tell your neighbors, friends and potential new Villagers about it.

### Did You Know...

**which one of our members has a cat that shares the name of an early president of the United States?**

*Answer page 6*

## Calendar Sales: A Success Story

We sold nearly 950 of the 1000 calendars we published!

That's a triumph for the Dupont Circle Village, since it was our first fundraiser and we raised more than \$5500.

Even more, it increased our visibility and our credibility in the neighborhood – with business owners, with political and civic activists, with folks on the street. And it certainly strengthened our case in recruiting new members, with a product of great quality and sheer beauty and with two back pages giving a brief overview of who we are as well as casual photos of villagers and board members.

We plan another one for 2012. More about that later!

For now, we want to thank all of you for buying the calendars, sending them to friends and neighbors and those who moved away and for talking it up.

And, of course, we want to thank one more time our core creative team: **Mike Silverstein**, who pushed us to do it even though time was short and we had no knowledge; **Nicolas Shi**, who volunteered to be on our calendar committee and brought great technical and artistic skills to the

table and also became one of two calendar photographers and **M.K. Jantzen**, the super photographer of last year's snowmagedden and so many other high points who was our second photographer.

Thanks also to others on our committee: **Bernice Hutchinson, Abigail Wiebenson, Ingrid Peterson and Alaire Reiffel**; and to **Jeanette Barker, Mary Braden, Brad Edwards, Alexandra Hutchinson, Michele and Iris Molotsky, Caroline Mindel, Marilyn Newton, Judi Neibrief, Frances Oakley, Lex Rieffel and Ron Swanda** who helped sell calendars at the DCCA house fair, the Dupont Farmers Market, the 17th Street Fair, and *Circa*.

And thanks also to owners of *Scion* and *Filter*, who sold the calendar, as well as to **Steve Gavula** at *Circa*, who liked it so much that he donated a percentage of sales on one of his busiest days of the year to the Village. This was emulated in November by *Lauriol Plaza* – and more to come, we hope.

Special kudos go to **Edith Grossman** who kept a supply at her travel agency and kept telling her customers they couldn't be without one. She sold more than three dozen!

## Volunteers, Anyone?

by Bernice Hutchinson

This week, about 20 of the newest members of the Village will gather at the home of Abigail Wiebenson for an evening of fun, food, and frivolity. As they say, "there's no such thing as a free lunch" and this event is no exception. Executive Director **Bernice Hutchinson** will unveil a new volunteer needs assessment.

This is a part of our newest efforts to reach out to members and determine if they have specific needs that our volunteers can fill or if they would like to consider becoming Village volunteers. This is also a chance to think about the full range of things our volunteers can do, from that immediate task to the long overdue elusive wish list of projects. The form is a

very simple one-pager designed to outline everything from the most frequent to our most unusual volunteer requests we've received in the Village, and everything in between.

"We'll have a great chance to engage in an informal setting and learn more about our newest members and how volunteers can provide the best support for them," said Bernice. In the end, we'll have a list of requests to post for volunteers to fill. And we'll also have a refined form to send around to all members to begin thinking about services to request from our volunteers. Just think...spring is right around the corner.

### *Voices for Peace and the Environment*

Villagers **Alice and Lincoln Day** are presenting clips from their film *Scarred Lands and Wounded Lives—The Environmental Footprint of War* at the Woman's National Democratic Club. The program includes three distinguished guests, **Kevin Martin**, Executive Director, *Peace Action*, **Phyllis Bennis**, Director, New Internationalism Department, *Institute of Policy Studies* and **Brent Backwelder**, President Emeritus, *Friends of the Earth*, who will discuss issues and challenges of addressing war and the environment in the 2012 election campaign.

**Date:** Thursday, March 31

**Place:** Woman's National Democratic Club, 1526 New Hampshire Avenue, NW

**Time:** 6:30-8:30 pm

Fee: TBA

**Reservations:** Patricia Fitzgerald (202) 232-7363

[www.democraticwoman.org](http://www.democraticwoman.org)

## Kalorama

*continued from page 4*

for help so their volunteers never were vetted. And the outsourcing company is no longer in business.

At the Dupont Village, we have mostly followed the path-breaking models of Beacon Hill and Capitol Hill Villages and have created our own vibrant community. Our members not only feel free to make requests, large and small, they come out by the dozens to regular Village get-togethers, group dinners and lunches at neighborhood restaurants, theater and movie outings and docent tours to great museum shows. Many participate in the monthly *Live&Learn* seminars that began early in 2010.

Many good people wanted to make a difference in creating the Kalorama Village. Recently, the steering committee voted to suspend activities for

the coming year. I appointed an ad hoc committee headed by **Curtis Farrar** look at what, if anything, the Dupont Circle Village should do about the Kalorama situation. The committee recommended continuing, for now, our policy of taking applicants from contiguous neighborhoods with a case-by-case vote by the board.

Much of the outlying areas of Kalorama Village would not fit within that definition – and we are very conscious that one of the values of the Dupont Circle Village is our compact nature and the fact that our volunteers can walk to the homes of villagers they help. The committee also recommended that the board take another look at the definition of a contiguous neighborhood. Kalorama President Tibby Ford graciously agreed to circulate to their members a brief description of the Dupont Circle Village, including the wide range of activities and services we offer, and contact information for us.

What can you do? If you know people living in the nearby Kalorama neighborhoods who want to take part in a thriving village, let them know about us. Tell them all of the intangibles you get from being part of this warm Dupont Circle Village community. Send them our newsletter, tell them how to get to our website – and invite them to come with you to a DCV event, including our February 4 auction. Thanks—and let us know if you'd like help in this outreach effort!

**Dupont Circle Village**  
9 Dupont Circle  
Washington, DC 20036

Web:

[www.dupontcirclevillage.org](http://www.dupontcirclevillage.org)

Email: [contact@dupontcirclevillage.org](mailto:contact@dupontcirclevillage.org)

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

### **Answer to quiz:**

Peggy Simpson's cat Madison shares a name with our fourth president, James Madison. The feline Madison is extremely sociable—we don't know about the President.



*Villagers at the Hide/Seek: Difference and Desire in American Portraiture exhibit at the National Portrait Gallery. The show successfully seeks to display how different sexual identities were expressed before society was prepared to accept openness. The show ranged from realistic early 20th century to abstract contemporary portraits. The exhibit will be at the Gallery until February 13—don't miss it!*