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DUPONT CIRCLE VILLAGE LIVE AND LEARN SEMINARS
INDEX TO SUMMARIES OF PROGRAMS APPEARING IN THE DCV NEWSLETTER

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CATEGORY/SPEAKER	TOPIC	DATE OF PROGRAM	Summary in DCV NEWSLETTER Issue and page
<u>ESTATE AND FINANCIAL PLANNING</u>			
Megan M. Wallace J.D., LL.M. (Taxation) Principal - Wallace Law, LLC	<i>Estate Planning</i>	9/21/20	
David Hurwitz Private Wealth Advisor Certified Financial Planner Ameriprise Financial Services, Inc. Eric Schultz Certified Public Accountant Doyle & Schultz	<i>Strategies for Tax Savings under the New Federal Tax Law</i>	11/12/18	January 2019, p. 8
Rick Gow Certified Senior Advisor and Wealth Management Advisor Lara, May & Associates	<i>Financial Planning for Your Later Years</i>	2/25/18	March 2018, p. 7

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Morris Klein Attorney at Law	<i>Elder Law</i>	2/27/17	March 2017, p. 5
Gina Lynn Co-chair, Steering Committee of the DC Bar's Estates, Trusts and Probate Section	<i>Estate Planning</i>	9/28/15	November 2015, p. 4
Abby Schneiderman Co-Founder & CEO, Everplans Michael Herman Business Development, Everplans	<i>Electronic Records and You: Everplans</i>	7/28/14	September 2014, p. 4
Steven Strauss Home Equity Retirement Specialist Security One Lending	<i>Reverse Mortgages</i>	5/18/15	June 2015, p. 7
J. Max Barger, JD, Celandra Deane-Bess V.P.s., Senior Wealth Planners, PNC Wealth Management	<i>10 Mistakes Seniors Make in Their Estate Planning</i>	6/23/14	August 2014, p. 6
Nancy Hartsock V.P. & Senior Financial Advisor The Hasenberg Hartsock Group Merrill Lynch Wealth Management	<i>Confronting Your Money Worries</i>	6/24/13	
Myrna Fawcett Elderlaw Specialist	<i>Insight into Estate Planning: How Best to Provide for My Loved Ones</i>	8/27/12	September 2012, p. 8

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Sam H. Roberson
Attorney at Law
Curtin Law Roberson
Dunigan & Salans

Get Your Legal Ducks (docs) in a Row 7/25/11

Myrna L. Fawcett
Fawcett & Fawcett
Attorneys at Law

*The Three Most Important Documents
You Need* 5/24/10

DAILY MONEY MANAGEMENT

Amanda Gosier Des Barres
Help Unlimited

*How Daily Money Management Can
Save You Grief* 7/23/18 September 2018, p. 8

Thomas M. Cooke
Service Representative, Help Unlimited

It's Only Money 4/28/14 May 2014, p. 7

Amanda Gosier Des Barres
Co-owner, Help Unlimited
Roberta Gosier
Director of Help Unlimited

*How Daily Money Management Can
Save You Grief* 5/23/11 June/July 2011, p. 5

END OF LIFE CHOICES

Donna Gayles, Patient Advocate
Daniel Rehner, LGSW
Deanna Cho
Rev. Matthew Suggs
Capital Caring Health

Hospice and End-of-Life Issues 6/22/20 September 2020, p. 7

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Donna Smith Manager for Compassion and Choices	<i>D.C. Death with Dignity Law and End of Life Options</i>	5/20/19	July 2019, p. 4
Donna Smith D.C. Access Campaign Manager for Compassion and Choices	<i>D.C. Death with Dignity Law and End of Life Options</i>	4/23/18	June 2018, p. 8
Mark Dann Federal Affairs Director Compassion & Choices	<i>End of Life Options</i>	5/22/17	June 2017, p.6
Susan Messina, MSS, MLSP, MS, CFRE Director of Development and Communications, Iona Senior Services	<i>Hospice Services</i>	3/28/16	May 2016, p. 12
Brandi Alexander Regional Campaign & Outreach Manger, Compassion & Choices	<i>Making Your Wishes Known: End-of-Life Planning</i>	9/22/14	October 2014, p. 9
Mickey MacIntyre Chief Program Officer, ex officio Compassion and Choices	<i>End-of-Life Choices</i>	9/24/12	October 2012, p. 7
Matthew Nelson Board Member Jared Hughes Major Gifts Officer, East Coast Region Theresa Connor Director of Government Affairs, Compassion and Choices	<i>Good to Go: End-of-Life Choices</i>	6/27/11	August 2011, p 6

MEDICARE/INSURANCE

Cheryl Smith D.C. State Health Insurance Assistance Program - D.C. Department of Aging and Community Living	<i>All about Medicare and Medicaid</i>	10/28/19	December 2019, p. 6
Cheryl Smith Acting Director, Health Insurance Counseling Project, George Washington University Law School Community Legal Clinics	<i>All about Medicare</i>	10/22/18	December 2018, p. 5
Chris DeYoung Co-Director, Health Insurance Counseling Project, George Washington University Law School Community Legal Clinics	<i>Medicare Open Enrollment</i>	10/23/17	November 2017, p. 6
Alexis Cole Staff Attorney, Health Insurance Counseling Project, George Washington University	<i>Current Medicare Issues</i>	10/24/16	November 2016, p. 5
Alexis Cole Staff Attorney, Health Insurance Counseling Project, George Washington University	<i>Long Term Care Insurance</i>	2/22/16	March 2016, p. 8
Alexis Cole Staff Attorney, Health Insurance Counseling Project, George Washington University	<i>Medicare Open Enrollment</i>	10/26/15	December 2015, p. 5

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Chris DeYoung Co-Dir., Health Insurance Counseling Project, George Washington U. Law School's Community Legal Clinics	<i>Get Ready for Medicare Open Enrollment</i>	10/27/14	November 2014, p. 7
Chris DeYoung Co-Dir., Health Insurance Counseling Project, GWU Law School, Community Legal Clinics	<i>Get Ready for Medicare Open Enrollment</i>	10/28/13	November 2013, p. 8 (October 2013, p. 4)
Ron Swanda Member, DC Commission on Aging, Mayor's Advisory Committee on HIV/AIDS James McSpadden Associate Dir. Of Advocacy, AARP	<i>How the Affordable Care Act Will Affect Us</i>	9/23/13	October 2013, p 5
Chris DeYoung Co-Dir., Health Insurance Counseling Project, George Washington U. Law School's Community Legal Clinics	<i>Medicare Open Enrollment</i>	10/22/12	November 2012, p. 9
Chris DeYoung Co-Director, Health Insurance Counseling Project George Washington University Law School	<i>Medicare – Open Enrollment</i>	10/24/11	November 2011, p. 6 October 2011, p. 5
Kamilah Pickett Outreach Director, The Health Insurance Counseling Project, George Washington University Law School	<i>Medicare</i>	11/22/10	

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Brad Funk
Genworth Financial
*How Do I Decide if I Need Long
Term Care Insurance?* 6/28/10

ADAPTING YOUR HOME

**Tori Goldhammer MS, OTR/L, ATP,
ECHM, CAPS, CEAC, LMT**
Clinical Manager, D.C. Department of
Aging and Community Living's Safe at
Home Program and a Continuing Education
instructor
*Modifying Your Home for Comfort
and Safety as You Age* 9/23/19 November 2019, p. 7

Stephen R. Hage
Certified Aging in Place Specialist
Pres, Strategies for Independent Living
How Safe is Your Home? 4/25/16

Stephen R. Hage
Certified Aging in Place Specialist
Pres, Strategies for Independent Living
*Adapting Your Home for Seniors
and People with Disabilities* 3/25/13 April/May 2013, p. 8

Stephen R. Hage
Certified Aging in Place Specialist
Strategies for Independent
Living, LLC
A Home for a Lifetime 9/27/10

SAFETY ISSUES

Group Discussion
(no speaker)
Emergency Preparedness 6/22/15 September 2015, p. 7

John McDonald
Acting Lt. PSA 208
Metropolitan Police Department
*Safety on the Street and in Our
Homes* 4/23/12 May 2012, p. 7

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Detective First Grade Vincent Tucci Criminal Investigation Division, MPD, detailed to the FBI's Mortgage Fraud Task Force Peter Spohn Supervisory Special Agent in the FBI's Washington Field Office Anita LaRue Assistant United States Attorney, Community Prosecutor, Second District	<i>Scammers Target Seniors: Don't Be a Victim</i>	4/25/11	May 2011, p. 5 April 2011, p 5
Philip Ziperman Director DC Office of Consumer Protection	<i>Avoiding Scams, Identity Theft, Fraud</i>	9/26/16	October 2016, p. 6
<u>ALZHEIMER'S/BRAIN HEALTH</u>			
Julie Wendt, MS, CNS Nutritionist & Health Coach George Washington University Center for Integrative Medicine	<i>Nutrition and Lifestyle Solutions to Promote Cognitive Health</i>	1/28/19	March 2019, p. 8
Dr. David T. George, MD Senior Scientist, National Institute of Alcohol Abuse & Alcoholism; Clinical Professor, George Washington School of Medicine	<i>Approaching Life's Challenges</i>	3/27/17	April 2017, p. 5
Carolyn Ward Program Coordinator & Admin. Dir., Memory Disorders Program, Georgetown University	<i>When are Memory Lapses a Problem?</i>	8/22/16	October 2016, p. 5

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Robin Lawrence Nurse Practitioner, Memory Disorders Program, Georgetown U.	<i>When are Memory Lapses a Problem?</i>	1/26/15	February 2013, pp.4-5
Kathleen Johnson Adult Nurse Practitioner, Georgetown University Memory Disorders Program	<i>When Are Memory Lapses a Problem?</i>	7/23/12	July/August 2012, p. 5
Carolyn Ward Program Administrator, Georgetown University Memory Disorders Program	<i>Myth vs. Reality: Everything You Want to Know About Alzheimer's Disease</i>	1/24/11	February 2011, p. 5
Ian Kremer Advocacy and Outreach Director, Alzheimer's Association, National Capital Area Chapter	<i>Brain Health</i>	7/26/10	

HEALTH ISSUES

Justine Bernard, PT, DPT Founder, Elements Fitness and Wellness Center	<i>Avoiding Broken and Fractured Bones</i>	5/18/20	July 2020, p. 7
Ann McFarren President, Dupont Circle Village	<i>Hospital Discharge Planning</i>	1/27/20	February 2020, p. 6
Bonnie Friedman , author <i>Hospital Warrior: How to Get the Best Care for Your Loved One</i>	<i>How to Survive a Hospital Stay</i>	12/2/19	January 2020, pp. 3-4

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Dr. May Chin Professor of Anesthesiology and Critical Care Medicine - GWU Medical Center Co-director of the GWU Spine and Pain Center	<i>Pain Management</i>	4/29/19	June 2019, p. 5
Helaina Roisman, LICSW Injury Prevention and Outreach Coordinator George Washington University Hospital	<i>Falls Prevention</i>	12/3/18	January 2019, p. 7
Sophia Janson Board certified Geriatric Physical Therapist			
Catherine Pulford Nurse practitioner Institute of Bone and Joint Health Sibley Memorial Hospital	<i>Osteoporosis: An Overview for Prevention, Diagnosis, and Treatment</i>	9/24/18	November 2018, pp. 6-7
John Vine Attorney, Covington & Burling LLP (diagnosed in 2004)	<i>Living with <u>Parkinson's Disease</u></i>	1/22/18	January 2018, p. 8
Dr. Benjamin Stein Assistant Professor of Orthopedic Surgery, The Johns Hopkins University	<i>All About Aging <u>Feet</u></i>	8/28/17	September 2017, p. 5
Dr. Richard E. Waldhorn Clinical Professor George Washington University	<i><u>Sleep as We Grow Older</u></i>	7/24/17	September 2017, p. 4
Dr. Jen Wolfe Board Certified Geriatric Pharmacist	<i><u>Medication Safety</u></i>	6/26/17	Summer 2017, p. 7

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Dr. Gary G. Kaihara, DDS Jennifer Giannini, RDH Smiles International	<i>Ageing and <u>Dental Care</u></i>	4/24/17	April 2017, p. 6
Dr. Jason B. Dring Physical Therapist and Certified Geriatric Clinical Specialist Adjunct Clinical Faculty George Washington University Doctor Of Physical Therapy Program Founder - Dring & Associates Physical Therapy and Wellness	<i>The Aging Hip and Knee</i>	7/25/16	September 2016, p. 8
Russell Misheloff Interim Head, DC Chapter Hearing Loss Association of America Lon Rosenman HLAA-DC advocate	<i>What Did You Say? Coping with <u>Hearing Loss</u></i>	7/27/15	September 2015, p. 8
Lisa Sargent, AuD., CCC-A Doctor of Audiology The Feldman Hearing Studios	<i><u>Hearing Loss</u>: What Help is Available</i>	12/3/12	December 2012 , p. 9
Dr. Marisa Braun Dermatologist	<i>What's Under Your <u>Skin</u>?</i>	3/23/15	April 2015, p. 5
Dr. Michael S. Stempel, DPM, FACFAS Director, Division of Podiatry, and Assistant Professor, Department of Medicine & Surgery, George Washington University Medical Center	<i>These <u>Feet</u> Were Made for Walking</i>	2/24/14	March 2014, p. 9

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Dr. Rajiv Luthra Adjunct Assistant Professor, Department of Ophthalmology, Georgetown U. School of Medicine	<u>Low Vision</u>	5/20/13	
Amy Schiffman, MD Stephanie Shepard, Physicians Assistant Capital House Calls	<i>When <u>Medication</u> Hurts</i>	2/25/13	March 2013, p. 8
Roberta J. Milman Milman Consultants, LLC Health Care Consulting, Project Management	<i>How to be Your Own Best Medical Advocate</i>	2/28/11	February 2011, p. 5
<u>EXERCISE</u>			
Dr. Mary J. Barron Associate Professor George Washington University, Department of Exercise & Nutrition Sciences, Milken Institute School of Public Health.	<i>Exercise for Seniors</i>	8/26/19	October 2019, p. 7
Dr. Loretta DiPietro Chair, Department of Exercise Science George Washington University	<i>Let's Get Going!</i>	8/25/14	September 2014, p. 5
Dr. Loretta DiPietro Chair, Department of Exercise Science George Washington University	<i>Targeted Exercises for Older Adults</i>	4/22/13	June 2013, p. 7
Dr. Loretta DiPietro Chair, Department of Exercise Science George Washington University	<i>Physical Activity and Older Adults</i>	2/27/12	March 2012, p. 7

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**Tori Goldhammer, MS, OTR/L,
ATP, CAPS**
Living At Home
Consultations LLC

A Matter of Balance

10/25/10

Steve Shafarman
FlexAware

FlexAware

8/23/10

DEPRESSION/ THE 'BLUES'

Dr. John C. Parkhurst
Adjunct Asst. Professor of Psychology
Catholic University; Assocs. Mental
Health Services

A New Look at the Winter Holidays

12/5/16 **December 2016, p. 6**

Group Discussion

Re-Imagining the Holidays

12/7/15

Alice Faulkner, MSW
Clinical Social Worker

Laughter: A Cure for All?

12/8/14 **December 2014, p. 7**

Bill Amt
Licensed Clinical Social Worker,
Iona Senior Services

*Strategies for Dealing with the
'Blues'*

12/5/13 **December 2013, p. 8**

Tybe Diamond
Faculty, Washington School of
Psychiatry, etc.

When Spirits Need Lifting

6/25/12 **July-August 2012, p. 5**

NUTRITION AND COOKING

Judy duBerrier, moderator
DCV Members' Exchange

Cooking for Singles

5/19/14 **June 2014, p. 7**

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Katherine Tallmadge, MA, RD, LD Licensed and Registered Dietitian	<i>Nutrition</i>	3/24/14	April 2014, p. 10
Katherine Tallmadge Personal Nutrition Consultant	<i>A Way of Eating You Will Love</i>	5/21/12	June 2012, p. 6
TECHNOLOGY FOR AGING			
Victor Rezmovic, PhD IT Consultant and Trainer	<i>Streaming Alternatives to Your Cable TV Package</i>	4/27/20	June, 2020, p. 6
Lisa Friedman	<i>Creating and Managing Passwords</i>	6/24/19	September 2019, p. 6
Victor Rezmovic IT Consultant and Trainer	<i>Staying Safe Online</i>	8/27/18	October 2018, p. 6
Scott W. Code Associate Director, Leading Age Center for Aging Services Technologies (CAST)	<i>Technologies for Aging in Place</i>	12/4/17	December 2017, p. 5
Scott W. Code Aging Services Technologies Manager, Leading Age Center for Aging Services Technologies (CAST),	<i>Technologies for Aging in Place</i>	8/28/15	October 2015, p. 8
Dr. Majd Alwan , Senior V.P for Senior V.P. for Technology & Executive Director, Leading Age Center for Aging Services Technologies (CAST)	<i>Technology for Older Adults</i>	8/26/13	September 2013, p. 8
Avner Skolnik Chief Executive Officer Response TECH	<i>Personal Emergency Response Systems</i>	3/26/12	April 2012, p. 3

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CLUTTER

Marjorie Dick Stuart Real estate and marketing expert	<i>Decluttering: What's Holding You Back?</i>	6/25/18	September 2018, pp. 8-9
Joel Danick TAD Relocation	<i>Tips for Decluttering</i>	1/23/17	February 2017, p. 5
Leslie Clesner Chief Executive Organizer Around Tuit, LLC.	<i>A Cure for Disorganization and Clutter</i>	4/27/15	May 2015, p. 4
Flavia Campos Professional Organizer Soothing Spaces, Inc.	<i>Rightsizing: How to Deal with the Clutter In Your Life</i>	3/28/11	April 2011, p. 5

HELP WHEN YOU NEED IT: HOME CARE, ETC.

Mary O'Donoghue Founder & Managing Director Cady Ugolini Business Development Associate Corewood Care	<i>Home Care and Care Management</i>	7/27/20	
Maura Barillaro, RN Director of Nursing at Home Care Assistance	<i>New Directions in Home Care</i>	1/27/14	February 2014, p. 4
Christine Bitzer, LICSW, LCSW Assistant Director, Care Management Program, Seabury Resources for Aging	<i>Should I Stay or Should I Go? Care Options as We Age</i>	1/28/13	February 2013, p. 7

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Marsha H. Nelson, ACSW, MBA Vice President American Hospice Foundation	<i>Hospice: What You Need to Know</i>	12/5/11	November 2011, p. 6
Kelly Salb Director of Client Services, Home Care HouseWorks	<i>In-Home Health Care</i>	9/26/11	
Marci Schwartz Director of Client Services, Home Care HouseWorks			
Mary Ann Buckley Director of Client Services	<i>Help, I Need a Care Manager!</i>	8/29/11	September 2011, p.5
Stephanie Chong Director of Operations, Seabury Care Management			

MISCELLANEOUS

Lisa Friedman	<i>Navigating Your 21st Century Public Library</i>	2/24/20	March 2020, p. 7
Jennifer Hammer Silvernest, Inc.	<i>Home Sharing for Older Adults</i>	3/25/19	May 2019, p. 5
Juanita Weaver	<i>An Introduction to Mindfulness: What? Why? How?</i>	2/25/19	April 2019, p. 6
Matthew Phillips Director of Travel Services American Association of Retired Persons (AARP)	<i>What Do You Need to Know to be a Savvy Senior Traveler?</i>	5/30/18	July 2018, pp. 6-7

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Lisa Friedman	<i>Navigating Your 21st Century Public Library</i>	3/26/18	May 2018, p. 8
Burke Dillon, Dan Gamber, Marilyn Lutter, Helene Scher, and DCV Members' Exchange	<i>What You Need to Know When You Travel</i>	7/22/13	August 2013, p. 2