



Dupont Circle Village

Special Interest Articles:

◆ Veronica Parke Promotes Volunteerism

◆ Debbie Schreiber: New DDCA President

◆ From The President

◆ Villager Cooks Want to Know

◆ Sidewalk Sale A Rousing Success

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Dupont Circle Village Welcomes Eight New Members

Jane Cave and Eugene Versluysen
Brian Doyle
Barbara Reck
Helene Scher
Gretchen Tatting
Debbie and Stephen Taylor

Recruitment Dinner: An Evening of Amazing Stories

The membership committee is host to a gathering for prospective members every other month. Each one of these events, without fail, brings surprising and often touching stories and connections as initial strangers discover interests in common and share ways they have participated in local history. Such was the case on a recent Wednesday evening at the S Street home of **Abigail Wiebenson**.

The guests included five prospective members. As everyone became more comfortable, we learned amazing tales, including how a Vietnamese woman who had worked for the US during the war was on the last bus out of Vietnam, thanks to her ingenuity and the extraordinary timing and efforts of an American who subsequently became her husband.

We also learned about a threat the city is currently considering that would allow
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Volunteering Is A Way Of Life For Member Veronica Parke

“I worked as a shepherd to 3,000 ewes on the Standing Rock Indian Reservation in North Dakota, where I was assisted by five dogs, one horse and a wagon. My nearest neighbor, **George Two Bear**, was 16 miles away.” As far as we know, this statement fits only one Villager: **Veronica Parke**.

“I always have loved animals,” Veronica recalls, “and I learned so much during the year I was there.” She remembers the time that she was invited to a pow-wow but was reluctant to go because she didn’t know the way back.

“Just drop the reins and the horse will take you home,” George Two Bear counseled, “and he was right,” Veronica says.

As a child, she loved her grandmother’s farm in Wales. But she was adventuresome and at the age of 18 set off to America to work on the reservation. While it was an unbelievable experience, she says that “I knew nothing about people—only sheep.”

To learn about people, she traveled to Birmingham, England, to volunteer at the Council for Social Services. Her first case involved a woman with three children who was about to be evicted from her home. Her husband was in jail and couldn’t help. Veronica had never faced a situation like this but decided she had to help this woman resist. “We are not going anywhere,” she declared, and her client was allowed to stay.

She worked with many prisoners’ families in Birmingham and gained valuable knowledge about



Veronica Parke

the needs of children from distressed homes, lessons that she used later when she went to work at Martha’s
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Correction

In last month’s issue the article about volunteer Ingrid Peterson incorrectly stated that she was stepping down as president of the Washington Club of the General Federation of Women’s Clubs. Also, there are 8,500 employees in the new BRAC facility, not 85,000.

Changes Underway at DCCA

Debbie Schreiber, newly elected president of the Dupont Circle Citizens Association, brings enthusiasm, lots of ideas and road-tested organizational skills to the job. One of her goals is to represent DCCA as a respected partner in the Dupont Circle community. We are fortunate to have multiple community organizations: DCV, DCCA, Historic Dupont Circle Main Streets, Dupont Circle Conservancy, and the newest addition, Dupont Festival, which work independently and collectively for the betterment of our neighborhood.

With the agreement of the DCCA Board, Debbie is moving ahead to clarify the goals and objectives of the core mission of the organization's components, including its volunteer, communications and philanthropic initiatives.

"We want to project a stronger presence in the community and we can do this through heightened energy and a strong sense of purpose," Debbie says. "The neighborhood has changed since DCCA began and I think the time is right for a reassessment."

In the 70s and 80s zoning and regulatory issues were paramount. Today is a different period and interests and neighborhood concerns have shifted, although we continue to monitor zoning and related issues. "I want to get the message out to our membership that we've



Debbie Schreiber

entered a period of reflection and rebuilding," she says. To help implement these changes, DCCA is planning to hire a part-time operations manager.

DCCA has already taken the first steps in this direction. Last month DCCA was host to a chocolate tasting at Biagio's on 18th Street, and in June it has scheduled a backstage tour at the Studio Theatre that will feature a discussion with staff of the Studio's current production, *Venus In Fur*.

Of course, DCCA is known for its annual house tour, which is its major fundraiser. Debbie was chair of last year's tour, which for the first time featured musicians in many of the homes. She will continue as chair this year, despite her added responsibilities, but plans to delegate tasks among many committees and leaders. This year's House Tour will be held on October 16 and the house committee's first meeting already has been scheduled.

"My six-month goal is to focus on strengthening our databases, membership

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Recruitment Dinner

Continued from page 1

residential blocks to have a commercial designation and how important it is that we, long-term residents with a sense of local history, take part in stopping such an outlandish idea. There were civil rights activists at the table who told the heart-breaking stories we need to hear again and again so that we continue to make strides for racial equality.

All in all, it was a

fascinating evening. It affirmed the important role the Village is playing in creating an array of ways that enable neighbors to enjoy and help one another in our daily lives.

If you know of neighbors who might like to learn more about the Village or attend a recruitment evening, please e-mail **Abigail Wiebenson** at abigailwiebenson@gmail.com or call her at 202-332-6857.

The next dinner will be Wednesday, July 6 from 6:30 to 8:30 pm.

--Abigail Wiebenson

Monthly Calendar

Thursday, June 2

6-7:45 pm: A Special Walking Tour—Dupont Circle Scandals with Paul Williams. Free to members, \$5 for guests. RSVP by May 28 to Judith Neibrief at jneibrief@aol.com and please put WILLIAMS in the subject line.

Tuesday, June 7

11:30 am-12:30 pm: Docent tour of Calder's Portraits: A New Language. National Portrait Gallery, RSVP by June 2 to Judith Neibrief at jneibrief@aol.com and please put CALDER in the subject line.

Saturday, June 25

9:45-11:45 am: National Zoo and Fonz invite DCV members to tour the Asia Trail, the zoo's newest area. No charge. RSVP by June 21 to Judith Neibrief at jneibrief@aol.com and please put ZOO in the subject line.

Monday, June 27

3:30-5 pm: Live & Learn Series: "Good to Go—Will Your End-of-Life Choices Be Honored?" Free to members; \$10 fee for others. Contact Linda Harsh, 202-234-2567 or lindajkh@mac.com for reservations. (*see story page 5*)

Tuesday, June 28

6-8 pm: Group dinner at The Cajun Experience, 1825 18th Street, NW. Prix fixe \$25 three-course dinner, drinks not included. RSVP by June 25 to Judith Neibrief at jneibrief@aol.com and please put CAJUN in the subject line.

Wednesday, July 6

6:30-8:30 pm. Membership recruitment dinner. Location TBA

Tuesday, July 12

11 am-?: Join DCV volunteer Judy Snyder on a docent's tour of Dumbarton House Museum, 2515 Q Street, NW. \$4 admission fee. RSVP by July 6 to Judith Neibrief at jneibrief@aol.com and please put DUMBARTON HOUSE in the subject line.

Veronica Parke

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Table, the renown 14th Street institution that provides food for the hungry and activities before and after school for children. Veronica was just 20 years old at the time.

In 1968, Veronica returned from England and settled in Washington. Veronica Prichard at the time was dating **Bill Parke**, a young student who lived nearby who later became her husband. They bought a house on S Street, where they raised their two sons and where they still live. Bill, a theoretical physicist, teaches at George Washington University.



Veronica tends to the plant stand she created for the sidewalk sale

When her sons, **Justin** and **Jefferson**, went to school Veronica began volunteering at Martha's Table. It was the beginning of a career that spanned 25 years: she rose from volunteer to president and CEO. It was demanding work; 1,200 people are fed

every day—at the building and by vans in various District locations. It is open 365 days a year and the needs are endless. "It takes 100 volunteers a day to make it work," Veronica explains, "and we did much more than provide food."

Children can be taught how to give to others and volunteering can become part of their lives. "They love to learn to volunteer and give," she says, and her sons wanted to go with her to Martha's Table to volunteer. She finally agreed and Saturday morning they were up at 5 am, ready to go. They had to wait until 10 o'clock, but they finally went. They were given stepstools to stand on and make sandwiches alongside their

mother. She thought their ardor would diminish but it didn't and they returned with her again and again. Both continue to volunteer as adults.

Veronica's latest volunteer stint was designing and working at the plant stand at the DCV at the Sizzling

Sidewalk Sale. When **Abigail Wiebenson** assigned her to the plant table, she put together an enticing collection of pots, plants and tools. She also pressed an old cider bottle from Normandy into use as a container for peacock feathers, which were for sale. The feathers brought back nice memories of Wales for Veronica. Her grandmother had a bull called Wild Eyes, named for his practice of rolling his eyes. For some reason, the peacocks on the farm used to sit on his back. Last summer Veronica visited the farm (which is no longer owned by her family), where she noticed a peacock strutting around. She is convinced it is a descendent of one of her grandmother's birds.

Veronica retired five years ago from Martha's Table but she remains a strong advocate of volunteerism. She regards it as a learning opportunity, and as she saw at Martha's Table, a chance to quietly open doors to a different world.

These days Veronica harbors thoughts for another endeavor—this time for the Village. She wants to open an Opportunity Shop that would sell vintage objects, in part because of the volunteer chances it offers. To her, volunteering is a process of matching skills and preferences. The shop could be a learning experience—a sort of "volunteer menu," meaning that volunteers would have a chance to match interests with opportunities.

--Iris Molotsky

Debbie Schreiber

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enrollment and communication efforts," she says. "I am fortunate that **Robin Diener**, our past president, has been so supportive and we have a complementary relationship. Robin is a community grass roots activist while I tend to focus on administrative issues."

Debbie, whose field is instructional technology and organizational leadership, has taught at the University of LaVerne in California and the University of Maryland, Baltimore County. She currently teaches graduate courses online for Touro University. She is the founder of DistanceTraining Inc., which designs online educational programs. She, her husband, **Rick**, who works in artificial intelligence for the IRS, and Milly, a three-year old soft-coated Wheaten terrier, live on P Street, where they entertain lots of friends and relatives.

"We moved from DC to Palm Desert, California, after Rick's retirement," Debbie recalls, but "one day we just decided we loved Washington and wanted to return here." They sold their house in California in 2007 and moved into a condo they owned in Dupont Circle, and have loved every minute of being back.



From The President

Peggy Simpson

We work hard—and play hard—to make Dupont Circle Village a vibrant and valuable community.

We see the payoff with a slow-but-steady increase in membership. Villagers come to our activities, including the Live & Learn series of speakers, which began in February 2010, and the Sunday Soup Salon, which began April 2011.

Villagers get more than information here. They also get to know each other in small settings, supplementing our group lunches, dinners and docent tours of museums.

If you'd like to help shape these seminars, or have ideas for activities, let us know! We're also on the look-out for interesting venues for Live & Learn seminars; we've tried restaurant back rooms, a Ross School room and members' homes. For the Sunday Soup Salons, we're looking for members who could host the salons (for up to 20 people) and volunteers to cook soup.

DCV also is connecting with local and national groups in this fast-moving "aging in place" movement. We are a charter member of the Boston-based Village-to-Village network, which ties

together more than 50 villages for national meetings, weekly webinars and a lively VtVNetwork listserv where veterans share data and answer questions from start-ups. DCV members can view this site, although some information is restricted. (www.vtvnetwork.org.)

The Washington Area Villages group began last September to connect the nearly 20 existing and beginning villages, the largest concentration in the country.

DCV and Palisades villages are active participants in the Senior Advisory Council (SAC) comprised of dozens of powerhouse aging centers from Iona, Emmas, Seabury Senior Services, DC-AARP and university legal centers. This spring SAC's hard lobbying successfully warded off the projected 30 percent cut in the DC Office on Aging budget.

We work closely with the Chicago-based Club Express, which built the platform for the VtVNetwork and is helping us construct a new DCV website.

We were astonished that the Club Express template for membership still used "members and spouses" labels. That won't do, we said. You have to reflect today's realities. They agreed and now we list spouses and partners. A small but significant step forward!

New Members Were Feted At Dinner

Eight new members gathered at **Iris and Irv Molotsky's** home on April 24 to meet each other and get a taste of what being part of our Village is like.

Sharon Barnartt, Gary Laden, Joan and Nick Ludlow, Nancy Turnbull, Roberta Wasserman and Faith and Stephen Williams joined DCV president **Peggy Simpson**, executive director **Bernice Hutchinson**, secretary and membership co-chair

Abigail Wiebenson and **Iris and Irv** for an evening filled with animated discussions of wide-ranging subjects. Many ideas for Village activities were suggested, including one from Nick Ludlow, who introduced us to Constellation Theater and its director, **Allison Arkell Stockwell**, who subsequently offered Villagers discounted tickets for its final production of the year.



From left: Gary Laden, Abigail Wiebenson, Nick Ludlow, Nancy Turnbull and Roberta Wasserman at the new member dinner.

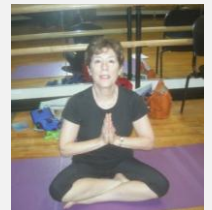
Yoga Tip Of The Month: Some Food Tips from Judy Silberman, DCV Yoga Master

Some food tips to improve body, mind and spirit.

◆ Yogurt can boost immunity and improve your digestion. Try for a daily 6 ounce portion, choose nonfat, limited sugar, live cultures—and go organic when possible.

◆ Drinking tea adds antioxidants to fight disease. Adding lemon to tea increases your vitamin C, which decreases the loss of iron that may occur when drinking tea with a meal, thus increasing energy.

◆ Eating from a plate at a table can help you cut back on your calories. Also taking longer to eat a meal can trick your brain into feeling fuller faster. Losing those extra pounds improves your self-image.





Live And Learn Series

April’s meeting targeted not the victims but perpetrators.

A typical victim of savvy scammers is someone who lives alone, has no family in the area and may not be connected to neighbors or the larger community.

They may be isolated and, in some cases, lonely, which means they are vulnerable when a “friendly” scammer calls offering a bargain, offering help—or appealing for help for a needy cause.

Sometimes, just making conversation leads to the scammer finding out way too much information. Sometimes, well-meaning people are relieved of tens of thousands of dollars for a bogus charity. Sometimes they are talked into buying products that never come. In some extreme cases, their bank accounts are emptied, their free and clear house ends up being mortgaged to the hilt while a scammer siphons away the money.

And, when the individuals realize they have been duped, “they feel so embarrassed and ashamed that they don’t report it,” says Assistant District Attorney Anita LaRue.

LaRue, criminal investigator Vincent Tucci and FBI agent Peter Spohn talked about these and

other related issues at the seminar.

They said a Village can offer valuable help to members that can make them less vulnerable, partly by educating them about the dangers, by urging

Live & Learn Series Calendar
The last Monday of the month from 3:30-5 pm.

June 27: Good to Go—Will Your End-of-Life Choices Be Honored? Morgan Stanley Smith Barney Office, 1050 Connecticut Avenue, NW, Suite 800, handicapped accessible.

July 25: Topic To Be Announced

August 22: Care Management Needs

September 26: Home Health Care

October 24: Medicare Open Season

December 5: Women and Heart Disease

people to call the executive director when they’re uncertain about a vendor and in having reliable resources to recommend in lieu of unknown people who call or show up on your doorstep.

They urge villagers to question any requests for money, especially for getting money via your ATM or bank account.

Tucci currently is detailed to the FBI’s mortgage fraud task force. He deals with fraudulent “foreclosure rescue plans—people who say they just need \$5000 upfront to guarantee the homeowner can keep their home.” He also finds other types of hardship cases where older people are targeted by scammers who persuade them to refinance their houses. “You have to be very careful—even with your family—with who you trust with your financial information,” Tucci said.

Right now, there are a lot of travelling landscapers, offering help trimming bushes. They’ll scope out your house while they work. The same goes for painters,

electricians or—especially home improvement workers. Be sure they are bonded and licensed and insured. Don’t pay in advance.

If you need advice, call Bernie Hutchinson, 202-436-5252, to see who neighbors recommend or find vendors through the Washington Consumers’ Checkbook. DCV members are automatically subscribed to its online publication.

The June presentation, “Good to Go—Will Your End-of-Life Choices be Honored,” will be held at the offices of Morgan Stanley Smith Barney, 1050 Connecticut Avenue, NW, Suite 800. The meeting site is handicapped accessible.

--Peg Simpson



*Roberta Gosier (left) founder, and Amanda Gosier Des Barres co-owner of **Help Unlimited** spoke at the May Live & Learn session*

Have you ever read the newsletter and thought—I would have done that differently!

Well, now’s your chance. Newsletter editor **Iris Molotsky** will be stepping down at the end of December after two years and we are looking for a new team to take over.

We particularly seek experienced writers/reporters, editors or people with graphics skills. Iris will work with the new people for a few months to effect a smooth transition. If you are interested and/or have questions please contact Iris Molotsky; iris.molotsky@gmail.com.

Village Cooks Want To Know



DCV Chef Judith duBerrier Responds to Your Questions

A Villager Asks: I find vegetables boring and bland. What can I do to make them more appealing without adding fat?

Answer: Roast them. You will be amazed at the difference. Even something like the lowly parsnip takes on a sweet delicious depth of flavor. This easy process caramelizes while retaining nutrients. Almost any veggie can be roasted except for leafy and/or delicate ones. The key is to use a variety of colors (because we eat with our eyes first) and to cut them irregularly for maximum browning. Make a lot. They shrink and also, they are great leftovers in salads, soups and other dishes. Use a variety of textures. Start with potatoes and root veggies because they take longer, then add anything else you like or have in the fridge. Below are my favorites.

Fool-Proof Roasted Vegetables

Set oven at 425°. Cut potatoes on the diagonal and place cut side down on a cookie sheet. Red or the little baby yams and purple ones work beautifully. Peel parsnips, turnips, carrots and cut into 1" lengths. First on the diagonal, then

roll and cut diagonally again. Roll veggies in a few tablespoons olive oil and add sea or kosher salt, pepper and garlic powder to taste. Roast about 15 minutes or until cut side is brown, then turn them over. Keep checking every five minutes until they are soft. Add more olive oil if they appear too dry. Transfer veggies to a platter. Sprinkle with a few teaspoons Balsamic vinegar and 1-2 teaspoons fresh chopped thyme. Mix carefully and check the seasoning.

Nor cut broccoli, cauliflower, squash and bell pepper into 2" sections, leave green beans whole. Cut asparagus and radishes in half. Cut a red onion in half, then quarters, leaving as much of the root end as possible. Proceed as above, but these will not take as long. The last two minutes, add plum tomatoes, cut in half. If you want to impress, add baby pearl onions that have been boiled for three minutes. Just before serving, squeeze the juice from half a lemon over all. Garnish with chopped fresh Italian parsley and shaved parmesan cheese (optional).

Questions, comments, recipes may be submitted to judydubrier@verizon.net.

Did You Know...

The Village now has its first social secretary: **Julia Cuniberti**. Soon members will receive greeting on special occasions prepared by Julia. If you know of someone who is recuperating, celebrating a momentous occasion or just needs a note of good cheer, please contact Bernice Hutchinson at bernice@dupontcirclevillage.org.

Fall Prevention Tip of The Month

from Tori Goldhammer



Tori Goldhammer, an occupation therapist, has devoted much attention to the getting the message out about fall prevention.

This month's tip: **Be very aware of your surroundings and your body.**

"Fall prevention requires a commitment to practicing behaviors that will decrease your risk of falling," she says.

Quite often falls occur within and outside your home because you are rushing around, trying to do multiple things and not paying attention. There is a simple solution—focus attention on your body.

Notice if you feel tired or light-headed and take a break when needed. Take your time and scan the environment for potential tripping hazards, such as a trailing phone cord or an uneven brick in the sidewalk. It sometimes is

easier to let the machine pick up a call rather than risking tripping in your rush to answer.

Tori Goldhammer, MS, OTR/L, ATP, CAPS is an occupational therapist with 11 years experience in many different rehabilitation settings. She has a private practice consulting in homes to provide recommendations for aging in place, accessibility and safety. She can be reached at 202-321-8173 or at tori@lahconsultations.com.

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Executive Board
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Nancy Hartssock, vice president
Abigail Wiebenson, secretary,
Alaire Rieffel, treasurer
Brad Edwards
Curtis Farrar
Iris Molotsky
Marilyn Newton
Judith Neibrief

Executive Director
Bernice Hutchinson



Rousing Success— DCV Sidewalk Sale

Perfect weather, a prime location and appealing goods and prices teamed up for a rousing successful Village Sidewalk Sale

on April 30. In addition to surpassing our goal of raising \$6,000 for our operating budget, the sale enabled dozens of neighbors declutter their possessions and many more neighbors, tourists and curious passers-bys find useful treasures at affordable prices. There was no letup in sales from start to finish as shoppers amiably made their way from one section to another, happily purchasing books, plants, jewelry, clothing and household goods.

We are enormously grateful to **TD Bank** for providing coffee and tote bags, **HouseWorks** for providing lemonade and **St. Margaret’s Church** for lending us display tables. **Kultura Books** helped us sort and price books and even bought a bunch of them.

Judy duBerrier and **Abigail Wiebenson**, Sale Committee Co-Chairs, particularly want to thank our sponsors: **BaseCamp**, **HouseWorks**, **TD Bank**, **Joan and Nicholas Ludlow**. Most of all, we could never have had such a high level of success without the hours and hours of sorting, cleaning, pricing, organizing, advertising, hauling and selling efforts generously bestowed by a tireless team of Villagers. Bravo to one and all!



Thanks to Village photographers Carol Galaty and Irv Molotsky

An Evening With Author Jane Gross



Author Jane Gross, right, and DCV president Peg Simpson

The complexities and unexpected benefits of caring for aging parents were explored when **Jane Gross**, author of *A Bittersweet Season: Caring for Your Parents—And Ourselves*, addressed an audience at the Mansion On O Street with members from three Villages: Dupont Circle, Palisades and Northwest Neighbors.

Gross became an early champion of the Village movement after she wrote a 2007 front-page *New York Times* article featuring the innovative idea beginning to take hold nationally.

Drawing on her own experiences, Gross discussed what questions to ask when considering a move to assisted living facilities or nursing homes and disclosed some practices frequently employed but rarely discussed, such as moving residents to less attractive floors with fewer amenities when private

Funding runs out and people turn to Medicare or Medicaid for support.

“I wish there had been a village when I was trying to decide what would be best for my mother,” Gross said. She added that she would like to see her own community in New York state form a village. She told how, when making the decision about moving her mother into a nursing home, she and her mother were able to speak frankly about issues they previously had avoided. Gross also said that she and her brother also formed a closer relationship while trying to find a solution for the situation they faced.

Gross’ sharp assessment of the national health system was particularly timely in light of current budget battles. Following a lively question session, the author signed copies of her book for villagers.

DCV extends special thanks to **HouseWorks**, who were sponsors for the event.

Social Security Facts and Projections

Members of Dupont Circle Village were invited to attend a Capitol Hill Village meeting on Social Security on May 19 at St. Mark’s Church on the Hill. The evening was billed as a listening session with an opportunity to talk about social security as it exists today and changes being considered that will affect future generations.

Speakers included **Shafron Starkfleet**, a senior advisor for AARP, and **Virginia Reno**, vice president for income security with the National Academy of Social Insurance. Historical background about social security was provided along with current usage statistics and future projections about the program’s solvency.

AARP distributed hand-held polling devices that the audience used to test and immediately display aggregate data that reflected their knowledge about Social Security facts. Reno noted that the media’s message about social security can be complex and it is unclear if the average American understands the solvency issue. One projection is that social security will become exhausted in 2036 if nothing is done to

change it. Starkfleet indicated that AARP is working diligently to ensure that accurate information and projections are provided to help everyone make informed opinions and decisions. Currently, \$70 million is allocated each month for Social Security payments to DC residents. About 20 percent of the District’s Social Security recipients rely on the benefit for 90 percent or more of their income. And 33 percent of District residents rely on Social Security for 50 percent or more of their income. “Currently, over one-third of Americans 65 and older are kept out of poverty because of Social Security,” according to Reno. More than half of the meeting’s attendees raised their hands when asked if they were Social Security recipients.

--Bernice Hutchinson

Have You Returned Your Emergency Form?

A recent incident reminded executive director Bernice Hutchinson of the importance of having emergency information for all members. If you haven’t returned your form you can download it from our Webpage:

www.dupontcirclevillage.org

Please take the time to fill it out and send it to us—now!