



Dupont Circle Village

Special Interest Articles:

- ♦ Judith Neibrief:
DCV Event Planner
- ♦ Meet Marcy Logan
DCV's Avid Birder
- ♦ National
Cooperative Bank
and DCV Team Up
For A Day
- ♦ In Memoriam:
Gil Hill

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Covington & Burling Pro Bono Counsel to DCV

In April we received the wonderful news that **Covington & Burling LLP** has agreed to represent the Village on a pro bono basis, providing legal advice on liability concerns raised by the Village's volunteer and member network. **Peg Simpson** has signed the agreement letter and has already met with two Covington lawyers.

Villagers who have been in DC for a few years may be aware that Covington is one of Washington's oldest and most prestigious law firms. However, they may not know that **Eric Holder**, the current Attorney General of the United States, and **Dean Acheson**, Secretary of State from 1949 to 1953, are two of the many Covington lawyers who have served in high-level government positions. The firm has had a strong commitment to public service since its founding in 1919. It is renowned for its commitment to pro bono projects which range from representing Guantanamo Bay detainees to advocating on behalf of incarcerated special needs youth in Maryland who are not receiving the special education services mandated by state law.

Villagers who volunteer in the community may have
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Judith Neibrief: Village Event Planner Extraordinaire



Judith Neibrief, in the courtyard of the National Portrait Gallery following the Calder exhibition tour.

By Iris Molotsky

The other day I sat down to have a conversation with **Judith Neibrief**, a Village board member and our activities planner extraordinaire. Since Judith took over this responsibility last year,

we've undergone an explosion of activities across a wide range of interests.

Judith's ability to jump in and assemble enticing programs doesn't surprise friends who know her past accomplishments. As a
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The Village Wants To Know...

Being part of the Village means being connected. Do you have a special birthday coming up or another celebration soon? Or maybe you are scheduled to be in the hospital for a hip or knee replacement. Your friends in the Village want to know so they can congratulate, commiserate or just offer needed help like meals when you get home or going to the pharmacy to pick up a prescription.

Whether you just want a friendly get well card or require a little more to get back into the swing, the Village is here to lend support and a hand—if we know! So please contact Bernice Hutchinson, 202-436-5252 or send an e-mail: bernice@dupontcirclevillage.org.

Neibrief's Planning Adds Sparkle To Village Events

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DCCA member, she and **Ron Leve**, who has since died, were responsible for programming its activities. As part of this effort, she compiled a formidable list of meeting sites that she since has expanded and generously has shared with Village planners.

"I am charged by the Village with the responsibility for finding and scheduling social and cultural activities," she says, adding, "Since my appointment I have had two primary objectives: to ensure that there are two regularly scheduled monthly activities—a group meal and a docent tour of a museum exhibition." She also likes to offer at least one other monthly attraction such as a theater, music or film event.

I asked her what types of activities she was working on now. Her response was animated as she explained that she loves to work with people who display passion and devotion for their subject.

As examples she pointed to ardent birder **Marcy Logan**, who recently led a bird-watching tour in Rock Creek Park and **Harvey Friedman** who is trying to get a photo-shooter group started.

The regularly scheduled activities have become an anticipated part of Village life. But, in addition, Judith delights in arranging special one-time outings, like the recent

walking tour of Dupont Circle led by Historic Dupont Circle Main Streets executive director **Paul Williams**. Participants were treated to a score of stories about Dupont Circle scandals, many described in lurid detail—for example, a vivid description from a newspaper story of pieces of flesh hanging from tree trunks following an April 1919 anarchist bomb explosion in front of the home of Attorney General **A. Mitchell Palmer**.

"We are so fortunate because several villagers are docents and have led or helped arrange multiple Village museum outings," Judith noted, adding that she wanted to thank **Mary Braden**, a docent at the Smithsonian Museum of American Art, for the many tours she has led. Village supporter **Judy Snyder**, who is a member of DCV's senior yoga group, is a docent at Dumbarton House and is leading a tour for Villagers on July 12, and **Judy duBerrier**, a former art gallery owner, has generated countless ideas for trips and outings.

Judith is a great believer in participatory democracy and spontaneity. She encourages Villagers to join in and suggest topics of interest to them. Some ideas advanced include blackberry picking or starting a book club, which she points out need not be limited to just one genre. "I want these special programs to be fun," she says. I mentioned starting a knitting group, an idea enthusiastically received by Judith. She labels these kinds of events "candy" and

believes this is what makes the world enjoyable.

Is there anything she hasn't done that she would like to do in the future? "More jazz, for one thing," she thinks. But she is happy to consider and discuss a broad range of possibilities.

One of Judith's great strengths is her organizational ability and this position has really given her the opportunity to prove it. Procedure, process and organization are her mantras. She has

instituted a weekly e-mail on Sundays to all members that lists pending activities, reminds people of response deadlines, notifies them of future events and simplifies responding.

As she thinks about the coming months, Judith hopes that Villager participation in program planning will increase with people taking a leadership role for an activity that interests them. She encourages you to contact her at jneibrief@aol.com with suggestions.

Monthly Calendar

Saturday, June 25

9:45-11:45 am: A zoo tour that focuses on the Asia Trail and parts of the Elephant Trails, co-sponsored by FONZ and the Zoo. The tour is free but lunch afterwards is on your own tab. 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: End-of-Life Choices. Speakers are Matthew Nelson, a member of the board and Jared Hughes, a staff member of the national group, Compassion & Choices. The meeting is at the offices of Morgan Stanley Smith Barney, 1050 Connecticut Avenue, NW, Suite 800. 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, between Swann and T Streets. A three-course prix fixe meal for \$25 per person; tax and gratuity included but not drinks. RSVP by June 25 to Judith Neibrief at jneibrief@aol.com and please put CAJUN in the subject line.

Monday, July 25:

3:30-5 pm: Live & Learn Series "Estate and End-of-Life Legal Documents. Speaker Sam Robertson, Esq. is managing partner of Curtin Law Roberson Dunigan and Salans, PC.

Sunday, July 31:

3-5:15 pm: Matinee performance of "Clybourne Park" at the Wooley Mammoth Theater, \$25/ticket. A Mammoth Forum discussion led by American University faculty member Sybil Roberts will follow, ending at 6:30 pm.

Villager Marcy Logan Tweets— A Feathered Message, That Is

Villager **Marcy Logan** whipped out her cell phone, treating me to the redstart warbler’s song. I looked at a picture of a black bird with orange patches and read a brief description of its habits and range. We had been discussing bird calls and how to learn to distinguish one from another. “It’s really like learning another language,” Marcy says.



Marcy Logan

She has downloaded an online field guide, ibird.com, on her iPhone so she has an immediate reference source if needed. Marcy is an avid birder, a love that began as a young girl when she joined the Girl Scouts.

Marcy recently led a Village bird-watching walk in Melrose Park. She was disappointed that so few birds were sighted, although Villagers on the walk didn’t seem too disturbed. “I had walked the trail the day before just to check it out and there were tons of birds

then,” she said. Next year she wants to schedule the walk earlier in the spring, perhaps along the C&O Canal. “It’s always a race between you and the trees,” she says. “You need to be able to see the birds, which you can’t do once the leaves are fully formed.”

Marcy is a member of the Audubon Society and takes part in the annual bird counts along the

Potomac, where participants count individual birds as well as species. April and May are the intense birding season she says, because once the birds start breeding they don’t sing and “I want to hear their songs.” So she travels

during this time, last year she spent two weeks in Panama.

Every spring she packs up her tent and takes off for Maine, where she meets a friend for an annual birding event. They camp out at the Comstock County Learning Center, which she describes as an amazing facility that provides valuable services and educational opportunities for its rural community, including access to a library, computers and activities like a singing group.

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Covington & Burling

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met some of Covington’s employees who participate in the firm’s six-month rotation program which allows attorneys and staff to work at the Neighborhood Legal Services Program, the Children’s Law Center and Bread for the City.

If you have friends who work at Covington, please tell them that the Village is thrilled to be one of their pro bono clients.

--Kenlee Ray

Have You Returned Your DCV Emergency Form?

This form is vital in assisting us during an emergency. Most of you have provided the forms but there are still a few missing. The information is maintained in a secured file and is kept confidential. **If you have not already done so, please fill out the form and return it to Bernice Hutchinson, bernice@dupontcirclevillage.org or send it to DCV, 9 Dupont Circle, Washington, DC 20036.** Download the form from our webpage: www.dupontcirclevillage.org.

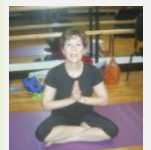
Parli l’italiano? Si Senora

June was a great month for volunteer requests. Dupont Circle partnered with NCB Capital Impact to support their Annual Volunteer Day by matching their staff with ten Villagers who requested volunteer support. We changed the second light bulb in Village history. We brokered the largest number of requests for transportation/escorts received in one month. And we even solved a translation dilemma. This translation issue arose when a member of the Village received several letters written in Italian from a long lost family member. The only problem was that the member who received the letters doesn’t speak Italian. The member was eager to get a recommendation for a translation service. The solution was simple. We contacted a Villager who is fluent in Italian who offered her services. And, with just one e-mail and a follow up phone call, our two members were connected and making plans to get together and translate the letters. *Parli l’italiano?* No worries, we can connect you to a Villager who can.

—Bernice Hutchinson

Yoga Tip Of The Month: Ankle Care

from Judy Silberman, DCV Yoga Master



The ankle is one of the most important balance joints. It responds to changes in terrain and reports to the brain and muscles information necessary for adjustments and safety. To improve the range of motion of your ankles try ankle rolls: sitting, extend the right leg and pretend chalk is on your big toe. Make the biggest circles you can eight times clockwise and then eight times counter-clockwise. Your ankle should feel tired. Rest. Observe the difference between the right and left ankle. Roll the left ankle. Do this several times a week; maybe while watching TV or as a break from reading.

Marcy Logan

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She described herself as a warbler person. “Warblers fly at night during the migration period,” she says, “while raptors prefer the day.” She pointed out that people don’t totally understand how the small birds keep warm during the long flight. She cites Bernd Heinrich, author of *The Snoring Bird: My Family’s Journey Through a Century of Biology*, which tackles this and other fascinating bird mysteries.

As you may have guessed, Marcy did not grow up in a big city. Her love of the outdoors comes from a childhood spent in a small town in Ohio. But since 1963, when, at a young age, she moved to the Dupont Circle area to help her mother, Marcy has thrived in an urban environment. In the early 70s she became a realtor and bought a number of houses in Capitol Hill. This was where she met **Jerry Dumphy**, who taught her about house restoration and the ins and outs of zoning and permits. Dumphy helped her understand the procedures and processes of getting things done in the District. Later in the 80s, she and Villager **Caroline Mindel** were founding partners in a condo management firm.

As a result of her work with Dumphy, she became interesting in the issue of red-lining and ended up volunteering for a Ralph Nader group formed to combat this practice of restricting mortgages. They would go to savings and loan stockholders’ meetings and expose unsavory institutional practices.

Marcy joined the Village because she wanted to become involved in its social activities and welcomed the opportunity to meet friends in the neighborhood. And hooking up with a fellow Village birder would be nice too.

Birding, while very important in her life, is not her only love. Marcy also is a first-rate rock climber and climbs at Carderock, Maryland every Thursday and weekends. She discovered early on that it’s not a good thing to combine birding and rock climbing, however. “I was following a bird and forgot about what I was doing and almost fell,” she recalls. She still does both but never at the same time.

--Iris Molotsky

National Cooperative Bank And DCV Team Up To Serve Villagers

By Peggy Simpson

Before Josh Heppner returned to the National Cooperative Bank volunteer central place on Swann Street June 7, he’d gotten a rave review from one of the Dupont Circle Villagers he’d helped.



Josh Bolton helping Peggy with a computer problem.

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In Memoriam

The Village is mourning the loss of a good friend and staunch supporter, Gil Hill. Gil died on May 31 of complications of a severe brain injury resulting from a fall in his home two years ago. Gil, with his wife Carol Popper Galaty, was a charter member of the Village. His family and a treasured caregiver were with him at the time of death.

It would have been almost impossible not to have known Gil if you lived in Dupont Circle. He was an active member of the Dupont Circle Conservancy, a member of the DCCA and a champion for causes that promoted historic preservation as well as a passionate supporter of free speech, civil rights and sexual equality. You could be pretty sure you would meet Gil at all major marches on the Mall. He believed in action as well as words—although he certainly could use words effectively.

Carol and Gil were gracious hosts who opened their house to many Village events. Most recently they invited Villagers to join them at a Seder in April. DCV members who attended were moved by the evening and the warmth of the gathering. Many others remember a rooftop Village “Spring Fling,” held there on a lovely spring evening a few years ago.

There was an outpouring of support for Carol and Gil following his accident. In addition to cards and visits during the long hospital and rehabilitation periods, Gil and Carol received support in many ways from the community. One of many obstacles the family faced was the need for an elevator so Gil would have some mobility. In an expression of the high regard held for Gil in the community, many people stepped forward to facilitate the necessary permits required to get the elevator installed in record time.

Carol was a supremely caring and effective advocate for Gil. Her persistence in getting the best care for him, her refusal to give up in the face of daunting challenges and her unwavering love for him in the last two years was a source of admiration and respect to everyone.

Gil was born in Brooklyn, attended Syracuse University and later did graduate work at Princeton University. He served as a naval officer and then worked at the National Institutes of Health and the American Psychological Association until his retirement in 2002.

Carol has planned a memorial service on September 24—his birthday weekend. For those who would like to remember Gil, the family has suggested tax-deductible contributions in his name to the Heurich House Foundations, 1307 New Hampshire Avenue,



“The big picture people are the financial planners,” Mandy says. “Daily money managers are the detail people.”

What they do depends on what a client needs. That can mean paying bills, disputing fees, reminding you of donations made last year, gathering key paperwork for a CPA or helping you get files together if you decide to put your assets into a trust. They help you get key medical claims together to file for long term care insurance.

“We don’t sell insurance but if you have \$50,000 in a checking account, I might suggest you do something with it. But I wouldn’t suggest (a specific) annuity,” Mandy said.

They charge \$75 an hour, plus mileage, and do not require a contract. Most clients are 50-and-older, but someone of any age might ask for help with, for instance, finding papers for filing taxes. One client filed IRS extensions regularly but didn’t file taxes. “It took us 18 months to clear it up...and then we got a lot of money back for her,” Mandy said.

Clients may include people with vision problems. Grown children may ask for help with a parent whose spouse has died. “The adult children of a retired military colonel found us. His wife had handled the finances, including managing real estate property. It had been beautifully done but for him it was overwhelming.” He needed the income but handed over managing the accounts to Help Unlimited.

Daily money management is such a new field it is hard to explain. But it is becoming a valuable tool to help people preserve their autonomy as they grow older.

Two pioneers spoke at the Village’s Live & Learn June seminar: **Roberta Gosier** and her daughter **Amanda Gosier DesBarres**. Roberta was the driving force behind not just her own company, Help Unlimited, but the development of an association of daily money managers, which now has more than 500 members. By 2009, Roberta had put a certification procedure in place, to minimize “the chance for exploitation in financial management.”



Roberta Gosier, top, and daughter Amanda Gosier DesBarres spoke to Villagers in June about handling finances.

Last fall, Mandy and her husband bought Help Unlimited. Roberta still works there as an outreach specialist—and is helping start a Village in Silver Spring. They told DCV members what daily money managers do—and don’t do.

In the process of overseeing the colonel’s bills, Mandy found his telephone and cable bills far higher than other clients’. She got the charges lowered and saved him a lot of money.

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

July 25: Estate Planning and End-of-Life Legal Documents. PNC Bank at Dupont Circle

August 22: Care Management Needs

September 26: Home Health Care

October 24: Medicare Open Season

December 5: Women and Heart Disease

June Live and Learn Discussion: July 27 on “End of Life” issues.

When the time comes, will your end-of-life preferences be honored? Two speakers, **Matthew Nelson** and **Jared Hughes**, from Compassion and Choices, will discuss the complexities involved in making sure your wishes are followed on end-of-life issues. The seminar will be at the offices of Morgan Stanley Smith Barney at 1050 Connecticut Avenue, NW, suite 800.

For reservations contact Linda Harsh, 202-234-2567 or lindajkh@mac.com.

There is no charge for members and \$10 for others.

July Live & Learn Session

Is your partner covered in your will and other legal documents? Will your estate be settled in the way you had planned? At July’s session **Sam H. Roberson, Esq.** will explain what documents you need to make sure your end-of-life wishes will be met. The seminar will be in a second-floor meeting room at the PNC Bank at Dupont Circle.



From The President

Peggy Simpson

We’re growing. We’re maturing. And we’re getting some invaluable help with our adolescent years as a Village!

The board just gave executive director **Bernice Hutchinson** a vote of confidence and renewed her 25 hour a week consulting contract for a full year, which we know will help keep us on our energized path toward a vibrant and growing Village.

As of mid-June, we have 116 members. The latest member is **Wendy Hagen**, a partner in a new marketing concern called NOMAD and a neighbor of board member **Nancy Hartsock**.

NOMAD sought out the Village and offered its brainstorming and branding expertise at a steep discount

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Cooperative Bank

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Linda Harsh wrote Executive Director **Bernice Hutchinson** that Josh “went over my computer, gave it a light cleaning after telling me it was really not in bad shape at all....” And then he also fixed stuck light bulbs and filters in her fans.

One of the fans had been “sitting open since I cleaned the filter last summer because I could not maneuver all the latches,” she said. Josh noticed it and asked if he could work on it. He did that and more before he left. “Thank you so much,” Linda said.

Josh was one of five volunteers working with DCV members from the National Cooperative Bank and its subsidiary, NCB Capital Impact.

NCB schedules a volunteer day for all of its employees and, this year, they decided they’d like to adopt the DCV as one of its two Washington area projects.

We used this to launch our Tech Soup initiative, which will continue after this month with Dupont area techno-volunteers.

The requests varied: caulking a tub, replacing a broken tub handle, speeding up a creaky computer, cleaning cat hair from a computer, decoding confusing commands on an iPhone, streamlining a balky computer log-on process and helping with a new iPad.

AND the best news is that at least two of the five want to continue as regular

volunteers with the Village. We had vetted all five before they came since they would be going into the homes of villagers.

Abigail Suarez, loan associate at NCB Capital Impact, was team leader on June 7 and is looking forward to continuing as a DCV volunteer.

Josh, the techno-specialist with the parent National Cooperative Bank in Bethesda did mostly computer problem-solving on June 7 but considered it like a busman’s holiday. He said he loves doing all kinds of carpentry and fix-it jobs — and he often works nights or weekends so has daytime hours available.

Other NCB volunteers working with the village were **Katherine Samuels**, **Ian Wiesner** of Capital Impact in Detroit and **Andrew Ingraham** from NCB Capital Impact in Bethesda.

In the small-world category, when the NCB volunteers met with a few board members over lunch, Andrew discovered a special link to **Curtis Farrar**: his dad is a foreign-affairs policy wonk and works closely with Curt’s wife, Villager **Carol Lancaster**, who is dean of Georgetown University’s School of Foreign Affairs.

“They were great,” said **Kenlee Ray**, who was unable to fix her broken tub handle herself despite several tries. The NCB volunteers went to the hardware store, got the proper faucet and installed it. “And I didn’t have to go out in all that heat,” she said.

Village Cooks Want To Know



A Villager Asks: I cannot face cooking in this heat. I still need my protein, however. Any suggestions for easy alternatives?

Answer: Soups and salads. We will feature them all summer. Below are two great examples. The soup will take you five minutes. For the salad, you can buy the veggies already cut up at the salad bar in the supermarket. You can also substitute cooked chicken breast instead of shrimp for a lower cholesterol choice.

Abigail’s Gazpacho

48 oz. bottle spicy V-8 juice
1/2 each: cucumber, onion, green bell pepper
1 medium tomato
1/3 cup each: olive oil and red wine vinegar
salt & pepper to taste
1 or 2 cloves minced garlic (optional)

Coarsely chop veggies. Put half the bottle of V-8 and half the veggies; all of the oil, vinegar and salt and pepper into a blender or Cuisinart. Blend to desired consistency. Pour into a pitcher and stir in the

remainder of the V-8. Garnish with remainder of chopped veggies. Will keep about a week in the fridge. Abigail likes to serve this with fruit salad and breadsticks.

Asian Shrimp Salad

1 cup each: baby spinach and shredded carrots, napa cabbage
1/2 lb sugar snap pea pods, halved
1/2 can sliced water chestnuts, rinsed and drained
about 8 shelled, cooked shrimp, split in half lengthwise
6 chopped scallions, green only
3 tbs sliced, toasted almonds for garnish
Combine salad ingredients. Just before serving, add dressing and almonds.

Dressing: Whisk until emulsified 4 tsp each soy sauce and sesame oil, 2 tsp each Dijon mustard, minced garlic and fresh, grated ginger, 1/4 c rice (or white) vinegar and 6 tb olive oil. You will have leftover dressing. Tasty when drizzled on plain chicken sandwiches.

Submit your favorite healthy soup or salad recipe to:
judydubierrier@verizon.net.

Connect With New Member Gretchen Tattling

Gretchen Tattling, one of our newest members, is recovering from a broken wrist. Without e-mail, she misses the connectedness that many Villagers share. She lives in Imperial House, 1601 18th Street, NW and her phone number is 202-745-0813. Evening calls are preferred. Please allow the phone to ring.

From The President

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The board approved a contract with them for a limited time, with the contract also including Wendy's individual membership for a year. So now she can see us from the inside, as well as looking at us from the newsletter.

Board members, including **Abigail Wiebenson**, **Iris Molotsky** and me along with **Bernice Hutchinson**, met several times with Wendy and her two partners, **Richard Herstek** and **Jim Kingsley**. They are veterans in the marketing and media-messaging field who recently formed NOMAD.

We talked about the Village: our history, our goals, our programs, our accomplishments, our shortcomings (yes, we know we have some of those, too!). One interesting feedback from them was that we were enthusiastic and committed but didn't necessarily have our "elevator speech" down pat. We had a lot of different ways we told about key priorities. In fact, we had a lot of key priorities – and, of course, we do.

The upshot is that they are helping us find ways to explain more clearly what we're about. That doesn't mean changing any of our key goals but it means finding better strategies to say what they are, as well as to think of ways to develop a uniform message for

our many different audiences. This could mean that when asked who we are, we'd have a ready answer on the tip of our tongues, with many details to follow and many links that would elaborate on benefits and programs that we offer. So stay tuned for a lot more information from us about our NOMAD partnership. We also will involve them in revamping our literature and our "look" and they will play a significant role in our 2012 calendar project.

Hat's off to **Michael Feldstein** who continues to make connections for the Village with our larger community, from the National Zoo to the newly renovated and reopened Washington Hilton and its sports center.

And we applaud our Executive Director, **Bernice**, whose many talents contribute in countless ways in helping us propel the Village forward. We wish we could increase her hours, (currently 25 hours per week) and perks— but are thrilled we can make this next contract for a full year, after three six-month contracts.

We also want to wish her quick healing from a fractured arm and bruised tailbone suffered in a fall down her home stairs last week. **Bernice**, call in **Steve Hage**, our home safety guru, to look at those stairs!

After Hours, A New Benefit for Villagers

By Brad Edwards

In late May, the Dupont Circle Village was approached by HouseWorks (www.houseworks.com), a home health care agency, about a new program it's offering to villagers. The program is called *After Hours*. During evenings and weekends, HouseWorks' on-call staff are available to respond to pressing needs of Village members. Emergencies will always require a call to 911, but if a villager unexpectedly needs help on the weekend HouseWorks can help. This might involve a conversation with the Village member. It might involve referring him or her to a vetted vendor if, for instance, there is an emergency plumbing problem. The calls would be free: the vendor would present a bill directly to the villager.

If a villager needs more help and wants to request a HouseWorks aide, that would incur a charge at the stated HouseWorks fee, including the 10 percent discount for DCV members.

A villager might request more help in which case he/she would be billed

directly and the Village would be informed.

The DCV Health and Wellness Committee discussed this program at their May meeting and the DCV board took it up at its monthly meeting. The board voted to enter into an agreement with HouseWorks to offer the *After Hours* service to DCV members. Next steps include a meeting between board members and the HouseWorks staff to review program policies and development of an information packet to be sent to Village members explaining the program in detail and how to use it. So check your mail in the coming months to learn more about *After Hours*!

The program is an additional benefit to DCV's current services. It does not replace calls to **Bernice Hutchinson**, our Executive Director, but offers stand-by help from HouseWorks for urgent matters during the times when she is generally not available— after hours or weekends. So if something can't wait for regular office hours, members now will have someone to call who may be able to help immediately.

Sign Of The Times? Food Vendor Closes

Sally White, executive director of Iona, sent a disturbing e-mail message to a wide audience Thursday night, June 8. Nutrition, Inc., a food vendor that provided meals

to thousands of home-bound elderly residents in the District, abruptly ended distribution earlier in the week.

White, who learned about *continued, page 8*

New National Report Explores Community Preparedness For Increase Of Aging Residents

by Bernice Hutchinson

According to a new report released by the National Association of Area Agencies on Aging (n4a), two powerful phenomena have come face to face this year, demanding urgent attention and changing the way we view aging in communities. The first is the rapid and dramatic aging of the U.S. population and the second is the current economic recession. Due to the financial consequences from the economic downturn, many U.S. communities have been unable to make significant progress in preparing to meet the needs of the country's rapidly aging population. *The Maturing of America—Communities Moving Forward for An Aging Population*, a follow-up study to an extensive survey conducted by n4a in 2005, reveals that at best, communities have managed to maintain the status quo for the past six years. This is due to the decline in the overall economy and local government budgets.

“Maturing of America II reveals a remarkable widening of opportunities through civic engagement and volunteerism. Local governments report a very pronounced increase in volunteer opportunities for older adults, from 66% in 2005 to 80% in 2010. It is...an acknowledgement that older adults have important roles to play.”

This report, financed by MetLife Foundation, also reveals that, despite the challenges, important advances have been made, including increase in specialized training for emergency and public safety staff in dealing with older adults; growth of i-home supportive services; greater support for advanced education for the workforce; and expanded volunteer opportunities. Even so, with millions of Baby Boomers reaching retirement age, these advances are nowhere near the level of progress needed to ensure that communities are livable for people of all ages.

For a copy of this report, contact Bernice Hutchinson at bernice@dupontcirclevillage.org.

Vendor Closes

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the emergency from the DC Office on Aging, turned to neighborhood organizations, including Dupont Circle Village, for help to ensure that packages with non-perishable food would be delivered to 120 homebound seniors that Iona serves on weekends.

Despite the short notice, Iona was able to deliver 200 meals from Whole Foods and 115 bags of shelf-stable groceries to its homebound seniors.

According to a follow-up memo from White “quite a few of the seniors...had not received food for a couple of days.” She reported that hundreds of individuals, faith communities and community-based organizations dropped off more than 300 bags of groceries and donated \$2,400 in response to her call for help.

Villager Judy **duBerrier** headed out to Trader Joe's Friday morning to get some of the requested items. She, her partner **Rush Fritz**, and **Antonia Avery** put together four kits, which she then took to Iona. Villager **Suzanne Legault** also delivered a kit to Iona. Judy spoke to the management at Trader Joe's and “begged them to support the effort.” Although they were unable to respond to her pleas for immediate help, she was given some valuable suggestions for future donations—information that Iona welcomed with much appreciation for Judy's efforts.

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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

Members On The Mend

These terrific DCV members are on the mend from surgery and a fall. Please remember them with your calls, cards and visits!

Velma Ballerini is recovering from shoulder surgery and is currently at Genesis Health Care Potomac Center, 1785 South Hayes Street, Room 215B, Arlington, VA 22202. The telephone number is 703-920-5700.

Burke Dillon is now at home after a long stay at the Grand Oaks Rehabilitation Facility. Her recuperation will be lengthy and she will need your support with errands, meals and such. Please feel free to call her at 202-306-1322.