



## Message from Katie:

I want to encourage you all to attend the first Village Roundtable, to be held this Sunday, October 1, at 1:30, in the Mount Pleasant Library. Given all our busy schedules, it is rare that we find time to talk with one another about Village priorities, activities, and new directions. The Roundtable will be an opportunity to become acquainted with other Villagers and to provide your perspective on a variety of questions posed by a roundtable host. And to be transparent, we are also hoping entice some new expertise and new energy in Village operations. And to make it all flow well, some wonderful snacks will be provided. So, please come to the Roundtable and share your thoughts, hopes, and talents.

Now that Fall has officially arrived and we are all refreshed from our summer holidays, the Village is ready to resume its programs and activities. After weeks of anticipation, the Mah Jong group will kick off its new season on Monday, October 2, and Robert Hoffman is ready to provide instruction for beginners eager to learn the game and challenges to those more experienced.

Our other regular activities, listed in the box to the right, provide opportunities for Villagers to get together informally, meet new friends, and simply enjoy socializing, and sometimes working out, in good company. I encourage your participation.

For our service volunteers, the *Helping Hands* program is developing a training in medical note taking. This will allow Village members to request a trained volunteer to accompany them on medical visits to assure that critical information on diagnosis, procedures, medications, referrals, and follow up visits is recorded on their behalf. More information on the training will be forthcoming.

*Katherine Tyler*

President, Mount Pleasant Village

## Upcoming Events

### **Village Roundtable Sunday**

October 1, 1:30 pm, Library

### **A White Historian Confronts Lynching**

Saturday, October 7, 3:00-5:00

### **A White Historian Explores Black Voting Rights**

Sunday, October 8, 3:00-5:00

Both events at 1910 Park Road

## Village Regulars

### **Walk with the Walking Group**

Meet M-W-F, 8:30 am, Lamont Park

### **Mindful Meditation**

Wednesdays, 4:30-5:30, tba

### **Mah Jong – Has Returned**

Mondays, 5:00 pm, 1735 Lamont St.

### **Coffee at Dos Gringos**

Thursdays 9:30—11:00 am

### **Seniors Yoga at PastTense**

Tuesdays and Thursdays, 9:00 am

### **Happy Hour and Game Night, Tuesdays, 5-7 at Marx Café**

Tuesdays, Oct. 3, 17 and 31

### **at Purple Patch’s Habit Café**

Tuesdays, Oct. 10 and 24



## Meet the Villagers: Lisa Bobbie Schreiber Hughes



It is a long way from a farm in south Jersey to the ambassador's residence in Suriname, but it's the journey taken by Lisa Bobbie Schreiber Hughes. Born in Pennsylvania, but raised in New Jersey, Lisa graduated from Rutgers University and the Rutgers School of Law, with a focus on human rights and international legal systems. While in her final year of law school, Lisa took the Foreign Service Examination, which was to set the course of her professional career. Not knowing whether she passed the examination, she took a position at the Parker School of Foreign and Comparative Law at Columbia University, but was soon called by the State Department into foreign service.

Lisa's first diplomatic posting was in Quito, Ecuador, followed by a year staffing for then Assistant Secretary Elliott Abrams, then being placed in charge of the U.S. Consulate General in Calgary, Canada. She has had a variety of postings in her Foreign Service Officer career, including Post Management Officer for Bahamas, Trinidad and Tobago; Chief of the State Department's Agricultural Development Division, dealing with the United Nations Rome-based food agencies; Economic Officer for Cuba; Director, Office of Andean Affairs; Deputy Chief of Mission, Suriname; and at the White House as Director for Consular Affairs and International Programs on the Homeland Security Council. In 2006, Lisa was promoted to the position of U.S. Ambassador to the Republic of Suriname, a position she held until she retired from full-time active duty 2009. She continues work in the Office of the Inspector General for the part of the year, when she isn't busy on her Pennsylvania farm.

Lisa lives in the Hobart Street home she and, now deceased, husband Eric Salonen purchased soon after they were married in 1990. Maintained in its original 1914 condition, the house is decorated with paintings by her mother, the artist-farmer D.A. Schreiber, one of which shows Lisa and her rowing club on the Schuylkill River. Also in residence is Voxie, a miniature dachshund named after the London cartoonist, and six kitties – Freda, Matisse, Joop, Hans, Hanna, and Tuti -- also named after artists, who travel with Lisa almost everywhere.

## In Remembrance: Jim Srodes

Our friend, neighbor, and Villager Jim Srodes died on September 27, after suffering a stroke earlier in the month. Jim is probably best known to our community for his books, including *On Dupont Circle*, *Franklin: The Essential Founding Father*, and *John Foster Dulles: Master of Spies*; and for his Village program on *Spies in Palestine: Love, Betrayal, and the Life of Sarah Aaronson*. Jim's presence and intelligence will be sorely missed. An obituary will appear in this Sunday's *The Washington Post*.

## Three More Little Free Libraries Spotted

The August newsletter reported on six Little Free Libraries that had popped up in Mount Pleasant. Well, three more have been sighted in our environs – at PastTense Yoga Studio along Mount Pleasant Street, in the alley behind 1910 Park Road, and in front of 3215 Walbridge Place. These delightful community additions are a “take a book, contribute a book” free exchanges, available to all.

## Upcoming Events: Two Compelling Presentations on American History



On Saturday, October 7, from 3:00 to 5:00 historian Susan Strasser and poet Marcia E. Cole will team up to expose a hidden part history, the breadth of lynching in the U.S., in a presentation titled “A White Historian Confronts Lynching.” Dr. Strasser will present her historical research, while Ms. Cole will highlight individual narrative through poetry. Dr. Strasser is the Richards Professor of American History Emerita at the University of Delaware. Marcia E. Cole is a native

Washingtonian who was won the College Language Association Creative Writing contests for short story, poetry and drama. Her play, *A Matter of Worth*, was produced by Live Garra Theatre in 2015.

On Sunday, October 8, from 3:00 to 5:00 Dr. Strasser will deliver “A White Historian Explores Black Voting Rights,” the third presentation in her series “A White Historian Reads Black History.”

Both events will be held in the home of Judy Byron and Rick Reinhard, 1910 Park Road, NW. Please RSVP, and indicate which event(s) you plan to attend, at [judy@judybyron.com](mailto:judy@judybyron.com).

## Warning: Recent IRS and Social Security Scams

Seniors are being alerted to Social Security call scams. With the first scam, someone posing as a Social Security Administration (SSA) employee calls, often from a 323-area code, to say that the intended victim is due for a cost-of-living adjustment that will increase their monthly benefits. The impersonator then asks for verification of the person’s personal information, including date of birth and Social Security number in order to receive the increase. In the second scam, someone posing as an Internal Revenue Service (IRS) employee calls an intended victim and claims they are being audited by the IRS, and to avoid court proceedings provide them with crucial personal information. Both of these are scams – **Do not give out personal information, bank information, or credit card information over the telephone. Simply hang-up on the caller.** While the IRS and SSA occasionally call citizens for service purposes, their representatives will not ask you for any personal information.

## Community Dining Programs Help Seniors Stay Healthy

The DC Office on Aging supports group meal programs in and near Mount Pleasant where seniors aged 60 or older can receive hot and nutritious meals at no cost. The meals comply with U.S. Dietary Guidelines. The dining sites in our immediate area serve meals at 12:00 noon. They request a call to confirm that adequate food servings will be available. Local sites include:

- Harvard Towers 1845 Harvard Street, NW 202-939-9005
- Columbia Heights 2900 14<sup>th</sup> Street, NW 202-939-9034
- Vida Center 1842 Calvert Street, NW 202-483-1508

## The Village Blog

As many members have been unable to read the Village blog on our website, we are attaching the blogs to the newsletters. Attached is "Tips for Having "the Conversation" About Needed Assistance: Preparation – Village Blog #2."

## A Satisfied *Helping Hands* Customer



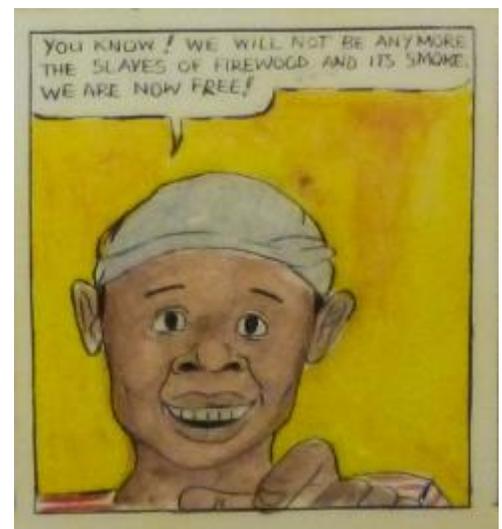
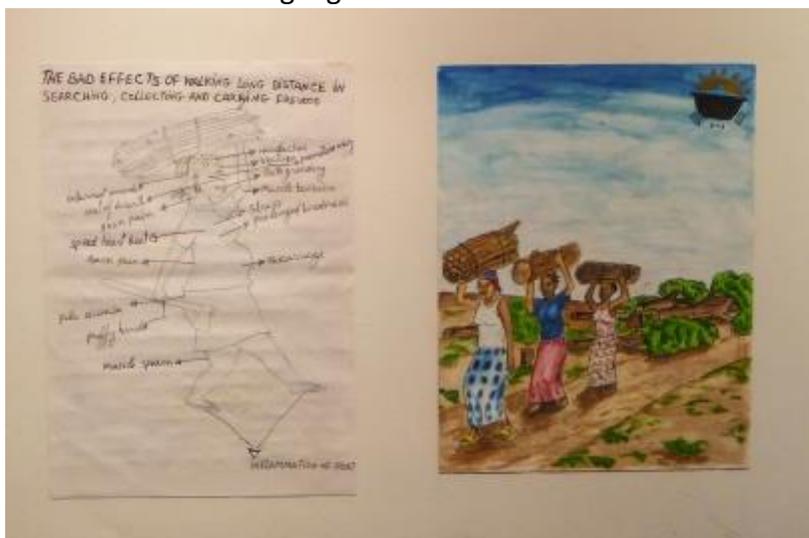
A very satisfied Village board member Elinor Hart inspects her new rear steps, replacing old, rotted ones that were a hazard to her safety and well-being. The carpenter was Village board member Rob Fleming. As Rob is fond of saying, "*Helping Hands* is able to handle most requests, large or small." So, Village members, if you have a job that needs to be done, contact *Helping Hands*.

## Report on a Remarkable Exhibit: Environmental Education From a Refugee Camp



Villager Louise Meyer has curated an exhibit by refugee artist Lunda Lalondi Vincente at the GoodBuddy Gallery, 410 Florida Avenue, NW, operated by Mount Pleasanters Kendall Dorman and J.T. Roy. The artist is a Gongolese who fled the violence of his country in 1998, at the age of 18, and after a harrowing journey, reached Zimbabwe, where he has lived in the Tongogara Refugee Camp for the last 16 years. He has become committed to solar cooking, and is self-taught cartoonist who is teaching the benefits, both ecologically and personally, about this cooking method. Tours of the exhibit are

available by appointment through November 10 by contacting Louise at [louise@she-inc.org](mailto:louise@she-inc.org) or 571-351-0878. Here are highlights from the exhibit.



## **Helping Hands Program: Ready for Jobs Large and Small**

*Helping Hands* volunteers are ready to provide that helpful assistance that can help your life move more smoothly. If you are a Village member and need a ride to medical services, gardening chores, or small home repairs, and so forth, you can request assistance by:

- **Phone:** Call the *Helping Hands* Hotline 202-854-8381 to leave information about the help you need;
- **Email:** Send an email to [helpinghands@mountpleasantvillage.org](mailto:helpinghands@mountpleasantvillage.org), describing what you need; or
- **Online:** Login to the Village website at [www.mountpleasantvillage.org](http://www.mountpleasantvillage.org), and click on the blue “Get Help” button on the home page.

## **Help Wanted for the Village Board’s Committees**

Mount Pleasant Village is operated on an all-volunteer model. This means that all Village programs and administration are managed by board members. Now that we have grown to serve 185 members, we need your help to keep up the pace. Working on a Village committee provides an opportunity to meet and make new friends, share your experiences and help build our vibrant organization. Please contact someone listed below to help keep the Village running smoothly:

- The **Communications Committee** needs help managing the Village website and with the monthly newsletter. Contact Larry Rickards at [communications@mountpleasantvillage.org](mailto:communications@mountpleasantvillage.org).
- The **Finance Committee** is seeking those with knowledge of non-profit accounting for a very small organization. Contact Rebecca Shannon at [finance@mountpleasantvillage.org](mailto:finance@mountpleasantvillage.org).
- The **Governance Committee** would like help with writing policies and procedures and to develop the Village governance structure. The committee has also begun work to form a **Development Committee** to raise the Village’s visibility/funding, and is looking for those with non-profit experience. Contact Tom Conway at [thomasconway@gmail.com](mailto:thomasconway@gmail.com).
- The **Membership Committee** is looking for help with programs to increase and maintain membership. Contact Cecile Srodes at [membership@mountpleasantvillage.org](mailto:membership@mountpleasantvillage.org).
- The **Program Committee** is looking for leadership with cultural and social programs. Contact Bonnie Cain at [events@mountpleasantvillage.org](mailto:events@mountpleasantvillage.org).
- The **Volunteer Committee**: is seeking help with volunteer management for the Village *Helping Hands*. Contact Elinor Hart at [volunteer@mountpleasantvillage.org](mailto:volunteer@mountpleasantvillage.org).

### **JOIN MOUNT PLEASANT VILLAGE**

**Membership Fee:** \$50 annually for an individual; \$100 for a couple. For more information, contact Cecile Srodes at [membership@mountpleasantvillage.org](mailto:membership@mountpleasantvillage.org).

**Donor:** Make a tax-deductible donation to Mount Pleasant Village at 1735 Lamont Street NW, Washington, DC 20010.

**Contact us.** If you have questions, comments or news to share, contact [news@mountpleasantvillage.org](mailto:news@mountpleasantvillage.org).

## **Tips for Having “the Conversation” About Needed Assistance: Preparation – Village Blog #2**

By Lawrence Rickards, Editor, Mount Pleasant Village Newsletter

Many elders tend to avoid discussing their need for help for fear of burdening their family, concerns about relinquishing control over their lives, or fear that they may be forced to move out of their home. Adult children, too, may feel awkward or reluctant in raising care concerns with their parents. Unfortunately, these “talks” are often delayed until there is a crisis, the least optimal time for exploring options, rational planning and decision making. Leaders in the field of aging agree that taking the time to have the conversation early generally leads to better outcomes.

### **Preparation for the Conversation**

Frequently there are several adult children concerned about the wellbeing of their older family member. This has both benefits and challenges for having the conversation about the care needs of the elder. There are many issues for family members to discuss in advance of raising care concerns with the older person. These include:

- Who will raise the care concerns with the older person, will it be one person or a family meeting?
- Accept that not everyone in the family wants to be involved in planning and executing the elder’s care strategy. It is important to respect their decision not to participate and try to avoid lingering resentment that can build up and cause family friction.
- Pick a location for the family meeting – either a physical place or by remote conference calls (such as Skype) – to ensure that everyone who wishes to participate in the discussion is able to do so.
- Develop a set of talking points to be covered during the family discussion that addresses the important areas of care concern. This will help focus attention on key issues.
- All family members should be allowed to voice their questions, opinions and emotions without fear of being censured or ridiculed.
- Perfect harmony is unlikely. Despite best efforts to be civil and keep the peace, the challenges involved in planning, paying for and carrying out an elder’s care may still cause some friction and family division. Siblings may disagree on how an aged family member should be cared for, or family members who live far away may be in denial about an aging loved one’s declining functioning and health.
- Identify and outline roles and responsibilities for participant family members. This may be based on how close one may live to the elder, time available to devote to helping out, or particular skills or talents related to the elder’s needs.
- Summarize the important decisions of the family, as one would at a business meeting, recap the decisions that have been made, identify each person’s responsibilities and commitments, and develop a timeline for action. This will help assure that all family members are on the same page

regarding the steps to be taken and how they fit into the older person's care plan. Also, discuss how to keep family members regularly informed about the effectiveness of the care plan and any changes in care needs.

- If your family has a tendency to be combative or avoid difficult topics, consider asking an objective third-party, such as a friend, social worker or clergy, to join the meeting and help with facilitation.
- Finally, remember that you don't have to shoulder this alone. We live in a city where there are resources to help us think about and plan care strategies. The Village partner Iona Senior Services employs social workers and care managers skilled in all aspects of aging, and who are eager to help elders and family members with care planning.

Sources and additional information. The following guides are recommended for those involved in care planning for older persons: *Care Plan Assessment*, *Home is Where the Help Is*, and *The Caregiver's Survival Guide* are available at no cost from AgingCare.com; and *Guide to Having Tough Conversations Over the Holidays* is also available at no cost from aplaceformom.com.