



## Mount Pleasant Village Newsletter

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

### It took a village

Mount Pleasant Village's 3rd annual Park Road/Lamont Street alley sale on June 2 opened as the sun broke through and a steady stream of shoppers lined up to buy books, furniture, antiques, and household goods. The sale raised



\$1,500 and provided an opportunity for our Village to have a very visible presence in the community.

*Katie Tyler & Fred O'Regan discuss donations*

It took our Village to make it a success: putting up and taking down posters, promoting the sale, contributing treasures, collecting items donors could not deliver, sorting, organizing and pricing items, working the tables, and cleaning up after the event.

For the third year neighbors who have held alley sales for the last 10 years also partnered with the Village to raise money to benefit the village. A great big shout-out goes to Park Road neighbor Tess Amolsch and children Addison, Axel and Ames, who sold lemonade, popcorn and cookies to keep the shoppers happy and donated 20 percent of their sales to the Village.

Special thanks go out to Katie (and Tim) Tyler and Cecile Srodes for their leadership in once again ensuring that the myriad details of the sale were so expertly handled. It would not have been possible without the help of Mary Rojas, Bonnie Cain, Alice Kelly, Martha Shaw, Jan Fenty, Larry Rickards, Tanya George, Lynn Foley, Tom Conway, Barbara

### Upcoming Events

For Activities and Events in July  
see the calendar on the Village website  
[www.mountpleasantvillage.org](http://www.mountpleasantvillage.org)

Case, Fred O'Regan, Becky Shannon, Laura Breeden, Jack Sontag, Sharon Hart, Susan Rees, and Sophie Crochet to name just a few. All unsold items were delivered to a consignment shop or donated to the Salvation Army.

-- Story by Alice Kelly



*Villagers browsing for bargains*



*What a find*

*Alley sale photos by Rick Reinhard*



## Conversation Over Checkers with Latinos

Olivia Cadaval is a curator and research associate at the Smithsonian Center for Folklife and Cultural Heritage. She played a major role in creating “*La Esquina*,” the exhibit of photographs and oral histories of a few dozen Latino men who hang gather and play checkers at the corner of the 7-Eleven store on Mt. Pleasant Street.



The documentary team included two other longtime Mt. Pleasant residents, photographer Rick Reinhard and poet-activist Quique Avilés. Olivia and her husband are the newbies of the documentary group: they moved into an Irving Street row house in 1985.

Olivia helped frame the project and advised the six-member team on the interview process for the oral histories that Quique Avilés and Miguel Castro carried out with the *La Esquina* regulars—many have lived here for more 30 years—who showed up on the corner. The team spent several months visiting with the men, explaining the project, hearing stories about life back home and eventually earned their trust.

In the sunlight of her back porch, Olivia recalled how the team worked on the project. “We did what we know how to do.” The result was an exhibition at the GALA Hispanic Theatre a few blocks away and a long article in the *Washington Post*. But we’ll hear more about the Latino culture in Mt. Pleasant, she predicted. “To me, it’s just the beginning.”

A native of Mexico City, Cadaval earned a scholarship to MacMurray College, a small school in Illinois where she met David Bosserman. They married in Mexico. Olivia completed a Bachelor’s degree and a doctorate in American Studies and Folklife at George Washington University. She began her career as a Smithsonian cultural liaison in 1976 and later joined the staff 29 years ago and has curated Latin American and Latino cultural exhibits ever since. She is also a member of the board of the American Folklife Society.

Of President Trump’s plan to build a wall at the border, Olivia said, “It’s a waste of money. Drugs and crime will find a way in.” She says the solution is not an impenetrable wall. “We need to start a conversation. That’s what *La Esquina* is all about.”

-- Story and photo by David Arnold

## Survey Nets High Local Response

Our first comprehensive survey of Mount Pleasant Village members ended June 15 with a high response rate. A portion of the survey was used by a majority of other Villages in D.C. The response rate from our Village members has been called “the envy of the other villages.”

The entire survey asked for demographic information as well as member experiences with City and Village services. A professional survey analytics firm will tabulate and analyze the results of the multi-village part of the survey next month. Our own Village’s Information Gathering Work Group will analyze member responses to the multi-village section and our own Village-specific questions.

Our survey results will be presented to the Mount Pleasant Village Board of Directors. The results will be shared with the Village’s membership and will inform the planning of board’s programs of services to meet the needs of our members.

--Story by Nancy Mills

## Tour of Faberge Collection at Hillwood

Just across Rock Creek is the 25-acre Hillwood Estate, Museum and Gardens, one of the city's greatest examples of how the wealth of an heiress to the General Foods fortune left something behind for future generations to enjoy.

Village member BL Johnston, a Hillwood docent, gave a group of Villagers a mid-June tour of Hillwood's newest exhibition, Fabergé Rediscovered, a large curated display of gold, silver, and



*BL Johnston (right) explains Fabergé's fame as the Villagers entered the exhibit. Photo by David Arnold*

enamel work of the famed Russian jewelers who served Russia's tsars and European nobility until the Russian Revolution. The Faberge exhibit is in the Adirondack Building through January 13, 2019. The exhibition includes two prized eggs from Marjorie Merriweather Post's own Hillwood collection. BL also led the Villagers on a tour of the house with its collection of Russian icons, porcelain and art, followed by lunch at the estate's outdoor café.

## Supporting Older Friends & Neighbors

The Village's Helping Hands' Committee completed the fourth of five trainings on Supporting Older Friends and Neighbors Effectively on June 28. The topic was How to Have a Caring Conversation. Deb



*Nancy Mills introduces the third Helping Hands session*

Rubenstein, Master of and Licensed Social Worker, lawyer, PhD candidate, and director of Consultation, Care Management and Counseling Services at Iona Senior Services, led this program and the previous workshop on How to Do an Effective Check In: Recognizing Someone's Strengths and Challenges.

These last two programs—although all are free-standing—are linked to help participants understand common health strengths and challenges we navigate in life transitions; to identify conditions to observe in the home environment; to develop useful questions to ask during a check-in; and how to most effectively and sensitively talk with someone.

In both of the sessions, Ms. Rubenstein provided case studies of fictional neighbors. The participants practiced in small groups using check-in lists to identify important questions to ask, the best way to ask them, and the living conditions and behaviors to watch for.

In their evaluations, participants noted the usefulness of learning the difference between needs, crises, and emergencies; the time it takes to do a check-in; and the importance of noticing the strengths of an individual as well as his/her particular challenges.

The final session on What Steps to Take After What You Learned During Your Check-In will be led by Lynn Golub-Rofano, executive director of the Georgetown Village. Ms. Golub-Rofano led the earlier training on Medical Note-Taking. The date and time of this session is to be determined. Watch the web site calendar.

*-- Story by Courtney Arnold & Nancy Mills*



## Village Picnic – A Fun Event

The Village's Annual Summer Picnic was held in Rock Creek Park at the end of June. While the day threatened gloom and rain, it turned out warm and pleasant. About fifty Villagers enjoyed the fun and games, face painting, learning to juggle, grilled burgers and hotdogs, and delightful pot-luck fare. It was a time to chat with neighbors from across the neighborhood and to enjoy that which is uniquely Mount Pleasant. Many thanks to all those who help make the event such a success.



Natasha Nenadovic created wonderful face art  
(Photos by David Arnold)



David Alfuth and Eileen Coffey  
(with a Natasha face painting)

## Checking-In with a Loved One, Friend or Neighbor: Having a Caring Conversation

Presented by The Helping Hands Committee in cooperation with the East Rock Creek and Glover Park Villages and with the support of the DC Office on Aging, this second interactive information session for Village members was designed to help someone who is coping with the changes caused by aging and/or health conditions effectively address their circumstance. The group of about 30 volunteers from *Helping Hands* and the other participating Villages met at Stoddard Baptist Nursing Home to learn, and practice, what to do, and how to talk with someone we are "checking-in" with. The session was conducted by Deb Rubenstein, Director of Consultation, Care Management, and Counseling for IONA Senior Services.



Courtney Arnold welcome everyone  
and introduced the session



Deb Rubenstein gave a lively presentation

## **Special Alert: Hot Weather Danger for Older Adults**

The heat of summer can pose serious health risks for older adults. Both elders and their caregivers need to be vigilant of potential dangers. There are several reasons why seniors are particularly susceptible to fluid loss, dehydration, and electrolyte imbalances due to the heat and humidity of D.C. summers. First, an older person's body loses some of its ability to conserve water and regulate body temperature, their sense of thirst is often diminished, and persons with memory loss may forget to eat and drink. Second, some medical conditions and treatment medications can affect an elder's ability to retain fluids, and medications that stimulate frequent urination can deplete bodily fluids and electrolytes. Medications with these side effects include: antihistamines, laxatives, diuretics, beta blockers, chemotherapy drugs, and corticosteroids.

Overheating can occur before a person realizes they are in danger. There are several early signs that an older person may be experiencing **heat exhaustion**, such as headaches and dizziness, confusion, muscle cramps, dry mouth, constipation, and lethargy. Signs of the more serious **heat stroke**, a condition requiring immediate medical intervention, include: rapid breathing and heartbeat, hot and dry skin, dark urine or no urination, nausea, and either a very rapid or very weak pulse. If any of these occur, call 911.

Fortunately, there are many ways to prevent dehydration and heat-related health risks in older adults. Health professionals recommend the following:

- Drink plenty of cool water or juices, and avoid drinks containing caffeine or alcohol (which are dehydrating).
- Consume frozen snacks with high water content, such as popsicles, milkshakes and smoothies.
- Eat foods with high water content, such as cucumbers, tomatoes, watermelons, grapes, oranges, cantaloupes, blueberries, and apples.
- Try to stay out of the sun, and if you must go out, wear loose lightweight, light-colored clothing, a broad-brimmed hat, sunscreen, and sunglasses.
- Spend as much time as possible in air-conditioned places.
- Try to arrange outside activities for early morning, when it may be cooler.
- Take cool showers or baths to cool down.
- Check on your older family members and elderly neighbors during the heat season.

(Sources: AgingCare.com, HealthinAging.org, and Center for Disease Control and Prevention)

**Special Warning for Pet Owners:** We also want remind everyone about the care of animals in these warm summer months. Especially the danger of leaving pets in parked cars, which can become very hot very quickly; the importance of exercising pets in the cooler early morning hours; and their need for shade and cool water. We all love our pets and want them to be safe, too.

## ***Helping Hands and Summer Fun***

*Helping Hands* can help take some of the worry out of summer travels. Volunteers may be available to water flowers and keep yards flourishing, as well as keeping an eye on your home while you are out of town. For more information, contact *Helping Hands* (see below).

## **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.

**Note from the Editor:** For this newsletter issue, it literally took a Village. I want to thank each of the Villagers who contributed stories, profiles, and photographs to this newsletter issue: Courtney Arnold, David Arnold, Alice Kelly, Nancy Mills, and Rick Reinhard. A special thanks to David Arnold, who served as guest-editor for this issue.



### **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).