



Volume 2, Issue 2

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## New Board Elected; Jane King Speaks on Home Fit

By Judy Hilton

On the evening of March 21 the Lake Barcroft Village held its Quarterly Meeting at the Mason District Government Center. Outgoing co-President Stuart Feldstein welcomed a crowd of mostly Village members to elect members to the Board. Jane Guttman, Ron Karpick and Peg Veroneau are new board members elected by the LBV members to three-year terms and Richard Morton will have a two-year term.

Later in the month, the new Board met to elect its officers and appoint committee chairs. Dawn Donald and Sam Rothman are the new co-Presidents, Ron Karpick is the new Vice President, Jane Guttman is the new Secretary, and Peg Veroneau will serve as Treasurer. Committee heads are: George Erikson, Operations; Adele Neuberg, Volunteers and Services; Ron Karpick, Membership; Nancy Mattson, Programs; Dawn Donald, Fundraising; Jane Guttman, Communications; Richard Morton, Vendors.

Cindy Waters, LBV Executive Director, presented certificates of appreciation to Carl Neuberg, outgoing Treasurer, and Clyde Williams, outgoing (See Page 2)

# The Villager

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## Goodwin House at Home Partners with Lake Barcroft Village

By Cindy Waters

The Lake Barcroft Village has entered into a partnership with Goodwin House at Home, a program sponsored by Goodwin House Incorporated, a not-for-profit, faith-based organization with two continuing care retirement communities located in Alexandria and Falls Church. This partnership can best be described as one between two non-profit organizations serving older adults who desire to remain in their homes as long as possible.

It is important to note at the outset that Goodwin House at Home (GHAH) is not competing with the Village in its services but rather it is complementing what the Village's volunteer services offer to its members. (See Page 2)

## New Board (c't'd from Page 1)

board member and past president, along with Stuart for their service to the Village. Cindy announced that there are 85 Village members and 75 volunteers, many of whom are also members. Carl Neuberg gave the treasurer's report, noting that it takes about \$45,000 a year to run the Village and that Village finances are in a healthy state.

The highlight of the evening was a presentation, entitled AARP Home Fit, by Jane King, vice-president of At Home Alexandria and expert in "aging in place." She gave a plethora of solutions not only for avoiding accidents but for living with serious mobility issues. She introduced the idea of "universal design", a concept to be adapted by architects and builders aimed at making houses that can be easily modified for the needs of physically limited persons, which at the same time will be aesthetically pleasing and suitable for persons of all ages and physical abilities.

Handouts included an excellent, well-illustrated AARP publication, *Home Fit Guide*, and a list of financial resources in Virginia for home modifications.

## Goodwin House at Home (c't'd from Page 1)

Further, Village members can rely on a long-term care insurance policy if they choose – GHAH is just another option. GHAH brings a comprehensive package of services and support, similar to what is found inside a continuing care retirement community, to you in your home. If/when you need assistance in your home, GHAH will coordinate the services and pay for your care according to the plan you have chosen, protecting you against the escalating cost of care.

The program is not costing the Village anything – in fact, GHAH will provide a \$200 annual membership fee subsidy to any GHAH member who joins the Village. Individuals must be relatively healthy and

independent to join GHAH and may choose a plan that best fits their needs from five different coverage plans. The fees are eligible for a medical tax deduction.

So, why would you want to join Goodwin House at Home – especially if you are a member of the Village? The answer is that while the Village offers a variety of volunteer services such as transportation, light home maintenance, errand services, and technology assistance, GHAH goes further in maximizing the quality of life in every stage of aging through access to a personal Resource Manager. From the outset, the Resource Manager will assist you in determining current and future needs that can be met in your home. The Resource Manager can provide coordination and oversight of in-home care services if you begin to need assistance with activities of daily living such as bathing and dressing, and, following a hospital stay, can assist with admission to a nursing facility for short-term rehabilitation as well as ensuring whatever supports and services are needed to assist with recovery once back in the home. Home-making services are also included in the plans.

Individuals pay a one-time membership fee and ongoing monthly fees based on how much long-term care coverage they desire. One major advantage of this program over traditional long-term care coverage is the program is supported and managed by Goodwin House; coordination of care services begins as soon as a member needs assistance with one activity of daily living; there is no waiting period and there are no insurance claims to file; and the program continues for a lifetime. If and when the day comes when a member makes the decision to move to a facility, four of the five coverage plans offered through GHAH include the cost of facility-based services, defined as assisted living and nursing care. These services may also be delivered in the home if that's where the member wishes to receive care.

## Goodwin House at Home (c't'd from Page 2)

Some of you may have already joined the Priority Club to move to residential living at Goodwin House. GHAH can move with you and pay for your care at Goodwin House or anywhere else you choose to call home. The GHAH membership does not move you up on the waiting list or give you priority to higher levels of living over residents living at Goodwin House.

The next Village Quarterly Membership Meeting is scheduled for Monday evening, June 20, at the Mason District Government Center starting at 6:45 p.m. Representatives from the Goodwin House at Home program will be the guest speakers to explain the program in much greater detail and to answer any questions you might have.

## Outgoing Board Members Talk about their Terms: A Conversation with Carl, Clyde, and Stuart

By Anne Murphy O'Neil

On a fresh morning in Spring I welcome three neighbors who, as board members, undertook to continue building a vital and energetic Village to serve the needs of our members here in the Lake.

### Anne: What attracted you to accepting leadership roles in the Village?

**Stuart Feldstein:** LBA with its 1040 homes is a greater universe than LBV. It's a challenge to continually bring new members into the Village. It's potentially unique --- the smallest Village community in the United States.



Larry Golfer

Cindy Waters presenting a certificate to Stuart Feldstein.

**Carl Neuberg:** Excluding members who no longer live here, we're one of a few Villages nationwide with a 100% renewal rate. We belong to a fast-growing umbrella organization numbering 190 Villages, with 150 more in development. In our metropolitan area alone, there are 50, making up WAVE, the Washington Area Village Exchange, a local support network.



Larry Golfer

Cindy Waters and Carl Neuberg

**Clyde Williams:** I had an insight. A lot of us, including me, used to have a hard time imagining what we'd be doing at 50, let alone 100. Being part of the Village it's easier to think about that. It's an inclusive group, not only for those approaching, but also at and in retirement. We're grateful we could build quickly because of the strong community infrastructure of our Lake.



Larry Golfer

Cindy Waters and Clyde Williams

### Anne: Looking back on your years of service, what brought you special satisfaction?

**Carl:** It's been so great getting to know our neighbors better and meeting new ones --- key values for everyone in the Village. The success of our auction at the Unitarian Universalist Church in Arlington was very exciting --- an amazing experience. We're in good shape financially.

**Stuart:** Attracting new members in this community of highly independent Type A personalities is challenging. To some of us, joining the Village seems like being a taker. A square peg in a round hole. Yet somehow, accepting services can bring fresh motivation for giving.

## Outgoing Board Members (c't'd from Page 3)

We've been pleased to see our singles join in comfortably, passive members genuinely engage, and active members team up on their own.

**Clyde:** It can be amusing to get feedback about what we're up to. A real estate agent recently protested: "My clients said they weren't ready to sell --- the Village made it possible for them to stay here longer." That agent was pretty upset.

**Stuart:** The law of unintended consequences. (We all chuckle.)

**Anne: It's about connection isn't it? We all want that.**

**Carl:** Oh, yes. Direct personal contact is very powerful. Recently we were looking for nominees for next year's board ---it's important to have a rotation of officers. I had a list of 15 members to invite. Three phone calls and fifteen minutes later, we had our three nominees. Being in touch personally is the key --- either face to face or by phone.

**Clyde:** Responding to whatever comes up is so satisfying. It's such fun: co-ed lunches, happy hours, coffees, teas, museum trips, Silver Foxes. Neighbors helping neighbors ---as few as two, or as many as all 85. Chuck Haberlein pointed out that the Village is the closest thing to CERT --- Citizens Emergency Response Teams. He gave my wife Cathy their map. Ten out of thirteen members of the local CERT team are members of our Village.

**Anne: So going forward, how will you continue to contribute to the Village's future?**

**Clyde:** By giving back. It's clear that's how we're successful. We'll enthusiastically support everything that benefits our members, their health and wellness. Keep the mind and body working.

**Carl:** As retired members of the Board, we'll encourage new ideas, new strengths, new directions, while re-enforcing the old. The way to increase membership is to expand the programs we offer --- educational, cultural, and social.

**Anne: How exciting. The possibilities are endless. I heard about a Spanish-speaking group led by Cecilia Herrera, a native speaker with a masters degree who has been an educator for years.**

**Carl:** Yes. Another new service is led by Ron Karpick, a pulmonary physician recently retired. Ron leads a group who will accompany members to medical appointments [*Note: this service is in the planning stages*]. Their purpose is to listen and take notes in order to insure accuracy and understanding. We're looking for new events, sessions or groups for chess and other games, photography, arts and crafts, small motor repair, etc.

**Anne: Speaking of diverse interests, one of our neighbors, Noreene Janus, recommends a book that asks: "What fascinated you when you were 7 to 10 years of age?" The point is that one's interest at that age is a major clue to one's key talents. Can you tell us about yours?**

**Clyde:** My Dad was in the Navy. When he was at home, my favorite thing was fishing with him. When I was 30, a 5-pound bass I assumed dead charged at me and took a chunk out of my shoe.

**Stuart:** My Dad was in the Army. When he came back from WWII, we fished for yellow bellies. Later a 3-foot-long hammerhead shark I assumed dead charged at me. I loved shooting baskets, especially foul shots, and competing. As a kid I dreamed of becoming a basketball star.

**Carl:** We traveled a lot because my Dad was in the Air Force. I remember flying in a cockpit, in the navigator's seat. We flew in the Constellation, one of the most beautiful airplanes of all time. I loved playing baseball, later coached my two boys, and recently watched my grandkids playing on the same field I played on growing up.

**Anne: So, let's see. As children, you enjoyed sports and adventure --- set a goal, take a risk, get a gain. That still works for you today. Your fathers served in our nation's military. You experience genuine satisfaction now as you continue your fathers' precious legacy of service right here in our Village. Thank you.**

## New Members

**Janet Kerley** decided to join the Village during the big snowstorm this past winter. Janet, who is still working, had left her rental car at work because she didn't want to take a chance on driving it in the snow. When she got out at the East Falls Church station, there were no cabs and no one offered her a ride. She walked to Seven Corners. The police had blocked off Sleepy Hollow Road and warned her "Don't walk." There was no other way to get home, so Janet did walk—all the way home. She realized she needed a support system: her son lives too far away and in the snowstorm her daughter was having her own problems getting home.

Since joining, Janet has asked for help with her computer ("I'm an IT user but I can't fix it", she said), installing a printer, setting up the TV and the phone. She originally didn't like the idea of being dependent on others, stating "But I got over that."

Janet retired from the government work three years ago and decided to join the private sector. She works for a global company that evaluates development projects overseas. She has worked for USAID, the State Department and the Peace Corps. Janet has five grandsons, one of whom is completing his AA degree. A second grandson is graduating from high school this year. The other three are ages 10, 9 and 8.

**Priscilla and Egon Weck** joined the Village in March because they had decided, after much discussion, that "It was time." The Wecks moved to Lake Barcroft in 1976. When asked about changes on the Lake since then, Priscilla noted "Life here has gotten more active; more activities are available. But the friendliness and the closeness has stayed, which is nice."

Both Priscilla and Egon are retired. Egon Weck was involved in international public relations for a variety of pharmaceutical companies and was also a professional photographer. Priscilla worked for the Corporation for Public Broadcasting; her last job was as Director of Station Grants and Certification. Patricia is a member of the Board of Friends of the Woodrow Wilson Library and an organizer of the yearly Culmore Cleanup. She belongs to two book clubs. Egon belongs to an

investment club and meets a group of friends for breakfast every month.

## Poetic Tribute to Our Volunteers

By Bill Wasylyk

When I have to travel, either near or far;  
And I have a need for a driver and a car;  
The volunteers, I know,  
Are ready to go.

I put away my dollars and quarters

And simply call Cindy Waters!

## Karen Garcia Joins B&P Club for BodyLogic

By Jane Guttman

Karen Garcia, a former ballet dancer turned Pilates instructor, is a donor to Lake Barcroft Village and has joined the Business and Professions Club. Karen learned about Pilates when she injured her knee rehearsing for *Romeo and Juliet*. As dancers do, she continued to dance on the injured knee, performing *Romeo and Juliet*, an Antony Tudor ballet, George Balanchine's *Concerto Barocco* and *The Nutcracker*. At that point, the knee was so damaged she could no longer dance. She



Earl Ziebell

Karen Garcia at the Kennedy Center in a costume from the ballet *Schubert Symphony* by Choo-San Goh when she was in the Washington Ballet.

describes what happened to her as a "typical football injury when someone is tackled from behind the knee," not something one associates with the ethereal world of the ballet. Her hamstring was torn and she was not able to rehabilitate it enough to go back on pointe (i.e.

## Karen Garcia (c't'd from Page 5)

to use those pretty but torturous ballet shoes with a hard toe box).

What helped her knee the most was Pilates. To this day, Karen relies on the Pilates equipment: "If I go too long without doing apparatus, my knee starts bothering me again."

After her rehabilitation work with the Pilates technique, Karen decided not to teach dance at the Washington Ballet, but rather to become certified as a Pilates instructor. Karen studied Pilates with Romana Kryzanowska, who herself had been in the New York City Ballet and who taught Pilates for Balanchine. Kryzanowska had studied with Joseph Pilates and therefore was the "closest connection" to the technique Karen could find.

Once certified and back in Virginia, Karen started a small studio in her father's basement. She taught dancers and others who had studied dance. Next she opened up a small storefront studio in Clarendon, which "looked totally different then—all small businesses."

The storefront had no central air conditioning or heating but Karen stayed there until the block the store was on came up for redevelopment. Her studio is now a storefront in Randolph Towers in Ballston. Recently she opened a second studio in the Del Ray section of Alexandria. Karen oversees and teaches at both studios. She notes that "Teaching is my favorite thing to do."

Karen soon had apprentices learning from her. They did half the program of study at her studio and half in New York. Former dancers or dance teachers joined Karen because there were so few Pilates teachers in town certified by Kryzanowska. Karen muses: "All our careers ended because we got injured. You dance injured. At some point the body says 'that's it.'" Karen now has twenty teachers working for her, four full-time.

At the studio, Karen's instructors teach mat classes, barre classes and classes on other Pilates apparatus. The mat work, she explains, is the hardest because it is just "yourself and the mat." Mat work can also be done at home and is performed lying down; "you roll up and

down on the mat." Barre classes are offered because dancers enjoy them. Together with the traditional ballet barre exercises, the classes feature some hand weights and also some pop music. The barre classes are an "aerobic workout without jumps and turns."

Mat and barre classes are suitable for those "who do not have neck or back injuries," noted Karen. However, she suggests that people start with an apparatus class, in which the exercises are performed lying down or sitting. These exercises "stretch and strengthen."



Jane Heckler

Karen Garcia working with long-time student Fred Day on the Pilates Cadillac

Karen and her teachers work with injured veterans through their program called "Next Step Pilates" in private classes and classes of two or three at a time. Karen asserts that "Pilates is really good for head or brain injuries" because of the "pattern of movement."

Most of Karen's students are healthy people "who want a better quality of life." Karen welcomes observers at her classes and her office staff is available to give tours.

Karen, one of the few ballet dancers to have gone to college (Southern Methodist University), apprenticed with the Fort Worth ballet and has danced with Ballet Iowa's touring company, the Washington Ballet and the Milwaukee Ballet. At the Washington Ballet, she performed in ballets including Balanchine's "Four Temperaments" and ballets by Choo San Goh. She joined the Milwaukee Ballet for the opportunity to perform in the classic story ballets such as "Swan Lake" and "Giselle." She is a daughter of Louise Ziebell, who is a member of the Village.

## Geri Falek Leads Village Stretch and Balance Classes

By Judy Hilton

Imagine soft, slow and funky music in the background, flickering flames in the fireplace, sparkling lights overhead, and under the stoic eyes of the Buddha, a group of bare-footed Villagers, eager to follow leader Geri Falek's direction.



Jane Guttman

“Breathe in, hands overhead; now swoop down to the floor breathing out and finally bring hands together fingers pointing straight upward.” Another Stretch and Balance class for Lake Barcroft Village is in session. Geri is clad in one of her colorful ensembles contributing to the ambiance. With elfin grace she takes the group through a series of both gentle and more strenuous postures, accompanied by her soothing and encouraging monologue.

Geri grew up in New York City and attended the Fashion Institute of Technology in Manhattan, leaving when she was ready to open her own company, Quasi Moto. Her first career was in fashion design where she was able to put her wonderful creativity to work designing clothing, costumes, hair and makeup for shows. She also worked at a Park Avenue restaurant as a “garde-manger” before leaving the city in 1990.

It was in the 90's that Geri first became seriously interested in Yoga, both the physical and spiritual aspects, as she contended with increasing vertigo and other health issues. She found that as she became increasingly involved, the bad habits of youth gradually fell away. She was working as beauty coordinator for Nordstrom's on 9/11 and in the wake of that shattering event she reassessed her direction in life, going on to a school called Health Advantage to learn Anusaura

(Opening to Grace) style Yoga. She continues to study and learn.

Today Geri incorporates elements of Yoga with ballet, Zumba, and the principles of Thai Yoga Therapy. She speaks to us of confidence in motion and feeling good about where we are, energized and connected. Above all her desire is that participants leave her classes happier and with a greater sense of physical wellbeing than when they walked in. ....We do.

## Joan Doupe Celebrates 95<sup>th</sup>

By Deenie McKay

Joan Doupe celebrated her 95th birthday with two Lake Barcroft groups. On March 15, Village members celebrated Joan at a Co-Ed lunch at Duangrat's. Present were Nancy Mattson, Adele & Carl Neuberg, Millie & Bob Schreiber, Joyce & Bert Snyder, Mary Jo & Bill Wasylyk, Sheila Wayman, Cathy & Clyde Williams, & Deenie McKay.



Jane Guttman

The Lake Barcroft Woman's Club celebrated Joan Doupe's birthday at the Four Provinces on March 16 with a lovely chocolate cake made by Anne O'Neil. Joan blew out all the candles! Village members attending with Joan were Renee Gholz, Jane Guttman, Sheila Wayman, Priscilla Weck, Cathy Williams, & Deenie McKay.

## Erratum

In the February issue, we erred in reporting the name of the orchestras with which Bobbie Gholz plays. She plays with: the Virginia Chamber Orchestra; Avanti: the orchestra of the Friday Morning Music Club; and the Friday Morning Music Club Chorale Orchestra.

## “The Village Delivers”: Provides Services

*The editor wishes to thank Bill Wasylyk for suggesting the tag line “The Village Delivers” for our articles about services the Village has provided.*

**Waltraut Nelson** called Cindy Waters a few weeks back wanting to know if there was anyone who could assist her with setting up the taxes for an employee. As it happened, a new volunteer, Sue Jewett, had indicated that that was one of her strengths. Waltraut said, “Sue Jewett helped me tremendously. She was so kind.” Waltraut explained that Sue even helped the employee deal with her tax issues.

**Bill and Mary Jo Wasylyk** were due to travel by Amtrak from NYC to Alexandria but, because of the Amtrak accident just south of Philadelphia, the train schedule was suspended for the rest of the day. Bill notified Cindy Waters that he had been able to change his train reservation. The original driver for Sunday was not able to drive on Monday. A note went out to the volunteers and within ten minutes, a new driver was found for Monday. It was a rare occasion for Cindy to send out a note on the weekend. Bill told us “I’ve used the volunteer car service several times and they have yet to disappoint. Always on time, safe driving and eager to chat. . .They will get you there.”

## Resources for Members

Going to INOVA hospital? Check this out...

<http://www.inova.org/healthcare-services/senior-services/during-your-hospital-stay/help/index.jsp>

Fairfax County – Elder Link

<http://www.fairfaxcounty.gov/dfs/olderadultservices/elderlink.htm>

Golden Gazette – A FREE Monthly Newspaper for Older Adults in the Fairfax Area

<http://www.fairfaxcounty.gov/dfs/olderadultservices/goldengazette.htm>

55+ Arlington county guide – bimonthly publication

<http://parks.arlingtonva.us/programs/adults-55/seniors-activities/>

Guide to Retirement Living Sourcebook - order free  
<http://www.retirementlivingsourcebook.com/order>

Retirement Living

<http://www.retirement-living.com/>

## The Village Thanks Beanetics

At our Quarterly Meetings, have you ever wondered who supplies the delicious coffee that’s served?

The Board of Directors of Lake Barcroft Village thanks Amy and David Starr, owners of Beanetics Coffee Roasters on Columbia Pike, for donating the coffee for the quarterly meetings.

Beanetics roasts the coffee at their storefront café. The Starrs explain on their web site: “We started roasting coffee as a hobby in our garage, but could not keep up with the demand of friends and family. Today we operate Annandale’s only independently owned micro coffee roasting facility.”



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