



CAPITOL HILL VILLAGE NEWS

Welcome, Roberta Shapiro, as Our New Executive Director

By Enrique Gomez,
President, Capitol Hill Village Board

I am pleased to announce that on Tuesday, February 25, the Capitol Hill Village Board of Directors approved the appointment of Roberta Shapiro as our new Executive Director.

She will begin her assignment on March 4, overlapping with outgoing Executive Director Katie McDonough through the end of March.

Originally from Chicago, Roberta and her husband, Jerry, moved to Capitol Hill from Birmingham, Alabama, in November 2013.

Roberta has served in leadership positions for several nonprofits, health insurance programs and health care provider organizations. Her scope of responsibility included strategic planning, operations, process improvement, and several successful fund-raising efforts.

With a Master's in Public Health, and an MBA, Roberta understands the complicated U.S. health system with which Capitol Hill Village members are coping. Roberta has run neighborhood health clinics and brought innovation in the treatment of chronic conditions to the University of Alabama at Birmingham Hospital.

Roberta learned about the Capitol Hill Village opening from a CHV volunteer who is a member of Roberta's new book group. She was looking for a challenge and for an opportunity to make a contribution to her new community.

PHOTO: JUDITH V. MAY



Roberta Shapiro

In addition to her professional experience, Roberta and her husband, both only children, have considerable first-hand experience serving as the primary caregivers for frail, elderly relatives. Roberta feels a strong connection to the Hill as her son, daughter, and future daughter-in-law are Hill residents. She has a strong commitment to continuing to build an organization that can make a difference for our entire community.

Roberta already has spent time with the CHV staff and is very impressed by their accomplishments.

Over the month of March, Katie McDonough will pass on to Roberta her own impressive knowledge of Capitol Hill Village's members, services, and programs. After her departure, Katie will continue to touch base, as needed, in order to help complete a smooth transition.

Insurance—The Bones of Our Successful Aging

By Mary Procter

Most of us know that the U.S. has one of the messiest and gap-ridden systems for health in old age of any developed country. And we can pretend we don't know this and hope for the best, or we can assess our situation and get prepared for our successful aging.

Medicare covers a lot but there are important things it does not cover such as rehabilitation beyond 90 days. It covers hospice care but only in the projected last six months of our lives. And it does not cover long-term care. As former Federal Civil servants, many of us have purchased long-term care insurance through the federal government, even though less than one percent of Americans over 45 have long-term care insurance.

So what does all this insurance, Medicare, private insurance, and

► *continued on page 5*

IN THIS ISSUE:

- 2 March Calendar
- 3 From the Executive Director
- 5 Mysteries of Sleep and Why I Can't Get What I Need
- 6 Cuba Offers A Fascinating Vacation
- 8 Feb. Seminar: Homes Can Meet Changing Needs as We Age
- 10 Don't Miss Good News on DC Senior Citizen Tax Break; Cell Phones and the Do Not Call Registry
- 11 Random Musings: True or False
- 12 New CHV News Managing Editor
- 13 Upcoming March Events

March 2014 Events. For more information about any event, or to RSVP for an event, call the CHV office at 202.543.1778 during regular office hours (weekdays, 9 am to 5 pm) or e-mail info@capitolhillvillage.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FEB. 23	24 Petanque, 2:30 pm, p. 16 RSVP by 3 pm for Feb. 27 Tour of the NPR Building	25 Qigong, 10 am, p. 16 RSVP by 3 pm for Feb. 27 Cancer Support Group	26 Mahjong, 3 pm, p. 16	27 Qigong, 10 am, p. 16 Tour of NPR Building, 10:45 am Cancer Support Group, 5–6 pm RSVP by 12 noon for Mar. 1 Hazmat Pickup RSVP by 5 pm for Feb. 28 "Is That Covered?" Seminar	28 "Is That Covered?" Medicare & Long-Term Care, 9:30-11:30 am, p. 13	MARCH 1 Hazardous Waste Pickup, Starting at 9 am, see p. 13
2	3 Petanque, 2:30 pm, p. 16	4 Qigong, 10 am, p. 16	5 Mahjong, 3 pm, p. 16 RSVP by 3 pm for: Mar. 6 Games & Puzzles Group	6 Qigong, 10 am, p. 16 Games & Puzzles Group, 2 pm, see p. 13 RSVP by 3 pm for Mar. 9 Vegetarian Potluck	7	8
9 Vegetarian Potluck, 4:00 pm, p. 13	10 Petanque, 2:30 pm, p. 16	11 Qigong, 10 am, see p. 16 RSVP by 12 noon for: Mar. 12 New Member / Volunteer Orientation RSVP by 3 pm for: Mar. 13 Cancer Support Group; and Mar. 13 Hotel Tour	12 Mahjong, 3 pm, p. 16 New Member and Volunteer Orientation, 6 pm, see p. 13 RSVP by 3 pm for: Mar. 14 Book Pickup; and Mar. 13 Cinephiles	13 Qigong, 10 am, see p. 16 Tour of Capitol Hill Hotel, 10:55 am, see p. 14 Cancer Support Group, 5–6 pm, see p. 13 The Cinephiles, 6–7:30 pm, see p. 14	14 Book Pickup, starting 9 am, see p. 14	15
16	17 Petanque, 2:30 pm, p. 16 Why Can't I Sleep?, 6 pm, p. 14 RSVP by 3pm for: Mar. 17 Sleep Seminar; and Mar. 18 Literary Club	18 Qigong, 10 am, p. 16 Literary Club, 6–7:30 pm, see p. 14	19 Mahjong, 3 pm, p. 16 RSVP by 3 pm for: Mar. 20 Games & Puzzles Group	20 Qigong, 10 am, p. 16 Games & Puzzles Group, 2 pm, see p. 15	21 RSVP by 5 pm for Mar. 24 Dinner at Bistro Cacao	22
23	24 Petanque, 2:30 pm, p. 16 Dinner Party at Bistro Cacao, 12:15 pm, p. 15	25 Qigong, 10 am, p. 16 RSVP by 3 pm for Mar. 27 Cancer Support Group	26 Mahjong, 3 pm, p. 16 RSVP by 3 pm for; Mar. 27 Opera Society; and Mar. 28 Balance Class	27 Qigong, 10 am, p. 16 Village Opera Society, 6–7:30 pm, see p. 15 Cancer Support Group, 5–6 pm, see p. 13	28 Balance Class, 12:30-1:30 pm, see p. 15	29
30	31 Petanque, 2:30 pm, p. 16					

CAPITOL HILL VILLAGE

To reach us:

202.543.1778 (M–F, 9 am–5 pm)

info@capitolhillvillage.org

www.capitolhillvillage.org

Capitol Hill Village
PO Box 15126
Washington, DC 20003

Connect with CHV at:



To **unsubscribe**, please send an e-mail to unsubscribe@capitolhillvillage.org

To **become a member**, go to www.capitolhillvillage.org and click on “Join.” Dues can be paid online through PayPal, or call the office at 202.543.1778.

To **support the Village**, go to www.capitolhillvillage.org and click on “Support/Donate.” Capitol Hill Village is a 501(c)3 charitable institution, and your gift is tax deductible. All donations are welcome!



CHV #55474

Capitol Hill Village Leaders

Enrique Gomez, President of the Board
Katie McDonough, Executive Director
Julie Maggioncalda, Director of
Volunteer & Social Services
Tamara Coln, Programs & Services
Coordinator

Capitol Hill Village News Team

Editor: Diane Brockett
Designer: Roxanne Walker
Copy Editors: Susanne Allen,
Eileen Leahy, Pat Brockett
Web Site: Neal Mann

From the Executive Director...

My last day at Capitol Hill Village likely will end as my first day began. After a rather convincing courtship with the Village through Mary Procter’s wooing, I found my way to Capitol Hill Village.

Sure, a lot has changed since those early days. We have grown tremendously in membership, volunteers, services, programs, and community presence, but the heart of the Village is still the same, neighbors helping neighbors. That’s what makes us special.

I remember that first day well. On a warm spring day in 2009, I traversed the stairs down into the 7th St office basement, opened the door, and was greeted by office volunteer Ann Grace. With Gail away on some much needed R&R, it was Ann’s job with the help of Pam Weiss, Hazel Kreinheder, Patrick Hamilton, Judy Bardacke, Lois Porter, and other office volunteers to show me the ropes. I began to answer phones, fill requests (on paper), sign members up for events (on a bulletin board), and got to know the ins and outs of what makes the Village work. Whether it was Diane Brockett’s undying commitment to the CHV News or Roxanne Walker’s ability to make any piece of literature visually stunning, I quickly learned that people made the Village.

As the months and years went on, I grew with the Village. I exercised my program development muscles through the creation of the care coordination program. I visited members day in and day out, learning about their passions, needs, wants and, yes, challenges, and worked with them on how the Village could help them create the life they wanted. With particular help and mentorship from Gail Kohn, I learned about people, how



to empower those around me, and what it took to create a vision for a community of people who had decided emphatically that home is Capitol Hill. And still, the heart of the Village remained.

As I geared up to assume the role of Executive Director in 2011, more changes came. The Village got techy! Through countless hours of work with Neal Mann, we said goodbye to paper and developed our presence on the web, an administrative change that revolutionized how much we could do and how we tell our story.

The staff grew with the spectacular addition of Julie Maggioncalda, programs became more robust and frequent, and the volunteers kept coming in the door. We added training opportunities that were wildly popular for members and volunteers and formalized our relationships with important partners, like Medical House Call Program and Home Care Assistance.

There were challenges along the way, including plateaus in membership growth, spikes in ride requests, and an addition of a second office that tested my skills in logistics and operations. I said goodbye after the death of several

From the Executive Director *continued from page 3*



PHOTO: JUDITH V. MAY

members I had worked with from that first day, and sat with many families and spouses in mourning, helping them decide what to do next.

The galas grew over the years, as did our philanthropic income. News outlets from the *Washington Post* to *USA Today* interviewed me for countless articles on CHV's successes, and I even had the opportunity to film a documentary short with our partners Pendragwn Films, receiving recognition by the Catalogue for Philanthropy.

We grew staff support through the addition of a Programs Coordinator, Tamara Coln, and our internship program welcomed students such as Ariana Klay, Brian Gill, Emily Anderson, Diane Martinez, Vy Cornett and Karen McNally. The Village Connections program was born! Yet again, when I analyzed the stats for a fourth annual report, the heart of the Village remained.

Already before you, there are two talented and capable new leaders, Enrique Gomez and Joe Fengler. Now, you can say hello to new Executive Director Roberta Shapiro, who will steer the Village into its next stage of growth. Membership will grow, income will increase, programs will develop, services and benefits will flourish in the years to come. My challenge to Roberta and to you is: remember the heart

The heart of the Village is relationships. The Village is five board members sitting around a dining room table hashing out the financial statements for the same organization that will ensure each of their driveways is shoveled during the next snowstorm.

of the Village. It cannot be captured in numbers of services, large grant awards or even the size of our Endowment. All of those things are grossly important to our future as a community, but none of them are what made as small group of Capitol Hill residents grow into a nationally recognized model.

The heart of the Village is relationships. It is the group of friends who play Petanque in Garfield Park every Monday afternoon, religiously. It is the neighbor who got a bad report from the doctor and pops in the office to grab a cookie and tea. The Village is five board members sitting around a dining room table hashing out the financial statements for the same organization that will ensure each of their driveways is shoveled during the next snowstorm.

It is the 50 volunteers who transform Hill Center into an international

cornucopia, or the human voice that picks up the phone on a slow, snowy February afternoon. It is the friend who sits with you in sorrow, stands with you in celebration, and cares for your 3-month old while you run a vital meeting with Village staff.

This is YOUR Village. As members, volunteers and donors, your staff is here to help you pull it off from day to day, but ultimately, it's your organization. As you grow, don't forget where you came from, and don't forget where the heart of the organization lies. It's in one another, and that commitment must remain.

As I lock up the office one last time and hand off my key to Robert Sands' charming basement, I thank you for including me in your journey throughout these years, and I'm excited to see where you take the Village in this new stage of its life on Capitol Hill.

—Katie McDonough

Insurance—The Bones Of Our Successful Aging *continued from page 1*

long-term care insurance mean for our future aging? And what choices do we still have?

On Friday, February 28, from 9:30 to 11:30 am, the Capitol Hill Village and the Hill Center jointly will offer a seminar on Medicare and Long-term Care Insurance. Michael Knipmeyer, one of the presenters, is from the Health Insurance Counseling Project of the GW Law School Community

Legal Clinic. He helps current and future beneficiaries understand their coverage and how Medicare interacts with Medicaid.

David Hillelsohn, the other presenter, is Brokerage Manager of The Haslett Management Group, an independent agency that specializes in the long-term care marketplace. He is a consultant/training advisor for Washington-based consumer groups and professional insurance

organizations, and is a certified continuing education instructor on health care solutions and Long-Term Care State Partnerships.

Both men will be available after the formal part of the seminar for questions from individuals about their coverage.

To sign up, please call the Village office at 202.542.1778, or email info@capitolhillvillage.org.

Mysteries of Sleep and Why I Can't Get What I Need

By Mary Procter

Scientists long have had trouble understanding the function of sleep. Why would evolution have favored mammals that spent 8 or more hours oblivious to their surrounding?

I'm now reading articles in the popular science press that sleep scientists are beginning to understand the biochemical processes that leave us all feeling we have rested minds and bodies after a good night's sleep. The trouble is, that for many of us, it's hard to figure out how to *get* that good night's sleep.

When I was in my mid-fifties, I found myself falling asleep in the middle of the day, sometimes with only one other person in the room, which is mighty embarrassing. And I was waking up before dawn in the morning with my brain racing. So, when I retired a few year's later from the Federal Government, I went to a sleep doctor and she in turn had me spend a day and a night in a sleep clinic, after which she pronounced me an official "sleepy person." She gave me a prescription for Ritalin to use when I needed to fend off sleepiness.



But more important, I began to learn about sleep and to shape what I ate, how much exercise I got, and what I did before going to bed, to help me sleep well at night and not get sleepy during the day. As I have gotten older, I am surrounded by people who are having trouble sleeping—many in my Book Group, many in Capitol Hill Village.

On Monday, March 17 at 6:00 pm, Capitol Hill Village, the Hill Center and Providence Hospital are co-sponsoring a seminar on "Why Can't I Sleep?"

Dr. Francisco Hoyos, medical director of the Sleep Center at Providence Hospital, will speak about the causes of sleep disorders and the latest in the diagnosis and treatment of them. Attendees will learn techniques to help them get a good night's sleep and find out if they need a sleep study.

To attend, please RSVP via email to info@capitolhillvillage.org or phone 202.543.1778.

Cuba Offers A Fascinating Vacation

By Karen Stuck

When I told people I was going to Cuba, the first reaction often was "I didn't think we could go there."

Well, yes we can go there, but it would be a lot easier if we were citizens of another country. They just book a regular commercial flight to Havana or another Cuba city, and we met a lot of Canadians and Europeans who did just that.

International Expeditions sponsored our trip; it is one of several organizations licensed by the U.S. Treasury Department to operate "People-to-People Expeditions." It's not "tourism" in our government's eyes: U.S. tour groups are required to have sufficient "people-to-people" experiences in order to maintain their license to operate trips to Cuba.

Americans must take charter flights from Miami. The U.S. government restrictions result from Congressional actions to try to shut off trade and dollars flowing to Cuba. Things have opened up some, since the Castro takeover more than 50 years ago. Some food is being exported from the United States, but exporters do not enjoy the favorable U.S. financial credit programs that U.S. exporters to other countries can use.

Under the "People-to-People" approach, every day we had experiences meeting and talking with Cubans. That included a very good choir in Cienfuegos; tours of nature preserves and botanical gardens; and visits to a former sugar estate, a pottery maker, an art and performance academy, an organic farm, a tobacco farm, and a convent in Havana that operates adult day programs and a children's school.

At each location, we talked with locals about their businesses and



The Buena Vista Social Club (above) is sort of like the Grand Old Opry, except there is not just one location where the Club performs.

projects. This was what really made the trip interesting.

We were encouraged to take gifts. I took one of my Orioles caps that I gave to a farmer who took us on a birding tour; he already was wearing a Rockies cap so I thought he was fair game, and he had the Orioles cap on when I left.

I was part of a small group of 10. We had a Cuban guide and an Expedition Leader who came with us from Miami. We stayed in 5 different locations. In the larger cities, the hotels were fine, but in more remote areas, they were spartan. We also endured cold weather (defined in Cuba as 40 degrees at night), and during that period we were in the spartan hotels with no heat.

We had some time for regular tourist activities. One of the highlights was a walking tour of Trinidad, a

UNESCO World Heritage site that is celebrating its 500th anniversary. Cuba has a lot of Spanish colonial architecture, much of it crumbling from lack of maintenance. Yet, a fair amount has been restored, especially in Trinidad and Havana. We spent a night at a beach on the Bay of Pigs (the Cubans don't call it that), which pretty much looked like any other beach. We had some time to explore Havana, including the Hemmingway haunts. People still flock to the bars that he frequented; the beautiful house where he lived is in mint condition.

Cuban people were friendly and anxious to talk to Americans. Fidel Castro appears to be very popular as evidenced by the pictures and billboards. That's probably because he rid the country of Batista and because the government provides everyone with basic necessities.

With the Castro revolution, the Cuban government took over ownership of most land, houses and businesses. The government

► continued on page 7

Cuba Offers A Fascinating Vacation *continued from page 6*

provides education and health care for everyone, and these parts of the society are good. People live in their houses rent-free.

But the economy is pretty much a shambles. Food is rationed and there isn't very much of it. Everyone works for the government (because there is virtually no private sector) and most people have little or no money. As a result, there is nothing to buy except tourist items. I wanted to buy a t-shirt for Havana Industriale, their top baseball team, but I could not find any team memorabilia in Havana. That's most likely because there would be no one to buy it so they don't make it.

The lack of advertising and billboards was noticeable to us—again, evidence of a non-capitalistic economy. There are a few private businesses, and we ate at a privately-owned restaurant one evening, but



it was far from the urban area and hard to find.

You may have heard that Cubans drive the old American cars—about half of the cars on the roads are Chevys and Fords from the 50's and 60's. Almost all are used as taxis (people don't have money to buy cars and gas). Some have been restored, but most are just serviceable.

I was interested in the state of agriculture. There was virtually no mechanization in the fields. I saw 5-6 tractors, none of them in a field. There was a 3-bottom plow at the tobacco farm to be pulled by

Agriculture in Cuba is very labor intensive with few tractors. Mules are used widely for labor but farmers have difficulty finding money to feed them.

a tractor, but that was about it for mechanization. In the fields, I saw farmers with plows pulled by mules. Virtually all of the animals were emaciated; the farmers don't have money to buy feed.

We ate in a lot of restaurants. Before we left Miami, we were told that the best Cuban food was in Miami, and I think that may be true. Most of the food was pretty unmemorable. Again, this is evidence of the U.S. embargo and their lack of money.

Of course, we made a visit to the Buena Vista Social Club. It's not an actual place, but rather a concept. Sort of like the Grand Old Opry, except that there is not just one location where the Club performs. It is the best of the Cuban musicians, which, of course, are very good.

So, my final verdict is that Cuba is a great place to visit. The people are friendly and interesting. It's easy to get around and while there is red tape for Americans, it is not really difficult.

Homes Can Meet Changing Needs as We Age

For those Capitol Hill Village members who want or intend to remain in their homes as physical aging brings new challenges, the answer is do some planning so you can stay home.

A Village session in February on Transforming Your Home for Easier Living offered two major themes:

- ▶ Needed changes can occur both as part of major changes you are undertaking to your home (including prior to reaching older age) and when the need for individual changes arise as you do grow older; and
- ▶ There are many choices in how to implement desired changes and at what cost.

Tori Goldhammer and Bryon Buck, both Capitol Hill residents who specialize in answers to keep homes friendly as we age, provided a sizable list of possible useful changes, many demonstrating that the choices include both small and more expensive. Also speaking was Greg Olavarria of Get A Grip, a company that installs grab bars, lifts, railings and more.

A helpful first step can be an analysis of possible comfort/safety needs and changes in your home by Goldhammer, Buck, or another specialist. They also can educate you on the variety of products for any issue. Such an analysis can suggest both immediate steps and other options to consider as you age.

And, an important message is: Don't just buy, do a little shopping to meet your personal needs and within your realistic budget. Individual aging needs do differ, plus ways to meet those needs depend partially on the structure of your home.

AARP notes there are "no cost to low cost to top end remedies."



The kitchen at top uses a combination of ambient light:

- 1 Fixtures mounted above the upper cabinet.
- 2 Task lighting from fluorescent fixtures mounted under the upper cabinets.
- 3 Halogen task lights focused at an angle across the sink.
- 4 Two amber hanging fixtures provide light for the bar and add visual interest.

For wider exterior steps, adding a third handrail on the middle of the steps means one can walk up and down using both hands to steady yourself.

For interior stairs, installing a second handrail is a relatively inexpensive solution to increase your ease of use.

(Photos courtesy of Tori Goldhammer and IES.)



For instance, a frequent issue is simplifying the entrance to your home. If there is just a single step up to your front door, a non-expensive one-step ramp can be installed (and is removable).

The six-eight steps up to your front door – a factor on many Capitol Hill homes – can be made more inviting in several ways. For a wider stairwell, adding a third handrail on the middle of the steps means one can walk up and down with both hands steadying yourself.



▶ *continued on page 9*

Homes Can Meet Changing Needs *continued from page 8*

Ramps are workable for those in wheelchairs or on crutches, and sometimes can be added from the side of the house us to the front door. Or, for other houses, one can make an entrance at ground level on the side or back yard. A movable chair can be added to some outside steps so the homeowner can ride to the door. And, as sometimes is done but at considerable more cost, a covered elevator can be added to take you up to the door.

Obviously, the more elaborate answers are more expensive, and some require city approval, as DC owns the land from your outside front wall to the street. Permits are needed for some alterations; and, hint: your contractor should be able to obtain these more easily and faster than you.

Other problems and possibilities covered by the speakers included:

- ▶ Doors and kitchen cabinets are easier to open with D-shaped handles than knobs. Easy to use lever handles also are easy to install on sinks, bathtubs and shower faucets.
- ▶ Traditional light toggle switches should be replaced with easy-to-use rocker panel switches.
- ▶ Sink, shower and bathtub water temperatures should be kept at 120 degrees or less.
- ▶ Not-skid mats or non-slip strips (available in pleasant flower or other designs) make showers and tubs safer.
- ▶ Steps and stairways, inside and outdoors, are safer with handrails, installed at a comfortable height for you. A vertical small handrail (also installed at good height for you) can serve you well on the inside or outside of your front door, as



you step up or down to enter and exit. And handrails can be installed to make it safer to work in your kitchen or move about your bathroom.

- ▶ There are a variety of models of toilet seats available, either via a new toilet or an addition to your existing model, to provide a higher seat, plus handles to hold as you sit down or stand up. Grab bars beside the toilet also can ease your up/down movement.
- ▶ For safer, easier to use stairs, provide handrails on both sides, ensure carpet on steps is not worn or loose and it should have low-pile with thin padding. Light switches should be at top and bottom of stairs, and the lighting should not provide excessive glare. For those with more movement difficulties, chairs that run up and down stairs are available, whether the stairs are straight or have a curve.
- ▶ When remodeling or building, include blocking in bathroom, kitchen and other walls to accommodate possible future installation of grab bars.



Above, left: For those with more movement difficulties, chairs that run up and down stairs are available, whether the stairs are straight or have a curve.

Above: There are a variety of models of toilet seats available, either via a new toilet or an addition to your existing model, to provide a higher seat.

- ▶ Several types of bathtub related seats are available to assist you with getting into the tub, plus lowering yourself into the water.
- ▶ An ABC fire extinguisher should be within easy reach of your stove or cooktop, most satisfactory if mounted nearby.
- ▶ In the bedroom, a telephone should be available easily from your bed. Clothes rods can be adjusted to your height, and closets should be lighted.

Website resources provide many suggestions for housing safety, including:

www.aarp.org/homedesign;
www.aarp.org/housingresources;
www.aota.org/Consumers/consumers/Adults.aspx;
www.homemods.org.

Don't Miss Good News on DC Senior Citizen Tax Break

By Rick Halberstein

Many older residents are unaware of a new advantage in DC taxes that impacts the city's Senior Citizen Tax Break. In the past, this generous additional tax break for seniors permitted a savings of 50% of the real property taxes

otherwise due, after calculation of the "Homestead" tax break, for:

- ▶ Any owner who has reached age 65, and,
- ▶ Whose "total household" federal (not DC) Adjusted Gross Income (AGI) for the prior calendar year's federal tax return was below \$100,000.

Beginning with 2014 real property tax bills, the total household federal AGI limit has been increased to \$125,000, thus potentially extending the break to more seniors.

Under the DC Code, the AGI income test for the tax break is based upon the federal tax return AGI figures for all members of the household combined, instead of the DC tax return AGI that often might be a lower figure. The difference between the two AGI figures is due to the federal AGI's inclusion of US Treasury Bond income, as well as a portion of Social Security income for some seniors whose total income is above a stated amount. In contrast, DC does not tax either Treasury Bond or Social Security income, so that these additional sources of income are not included in the DC AGI calculation.

The federal tax return that should be reviewed for the applicable AGI is the most recent IRS tax return for the calendar year prior to the application for the Senior Citizen Tax Break. If any CHV members are unsure about this figure, they should consult the person who prepared their most recent income tax returns for assistance.

And note, this tax break is available only if the senior homeowner fills out a new DC Homestead application form (DC Form FP-100) that contains a Senior Citizen Tax Break application section (also considered a re-application form if the Homestead exemption is already applicable).

The entire form must be completed and signed. There is no fee for the application, and no Notary Public acknowledgement is required. The form is available from the DC Office of Tax and Revenue, which is

▶ *continued on page 11*

Make Use of the Do Not Call Registry Once More

Some time ago, many Capitol Hill Village members listed their home phones on the Do Not Call Registry to stop receiving telephone calls from telemarketers.

Some are discovering their home phones were included, but not cell phones. Now is the time to redo your listing and include all your phones.

There is only one Do Not Call Registry, operated by the Federal Trade Commission (FTC), with information available at donotcall.gov. There is no separate registry for cell phones. Federal Communications Commission (FCC) regulations prohibit telemarketers from using automated dialers to call cell phone numbers without prior consent. Automated dialers are standard in the industry, so most telemarketers are barred from calling consumers' cell phones without their consent.

Also, three types of callers are not included in this ban – political organizations, charities and telephone surveyors. But, one can ask when receiving calls from any of the three to be excluded from the call list, and some of them (no, not all) respond positively.

Note that telemarketers have up to 31 days to stop calling.

The Do Not Call Registry accepts registrations from both cell phones and land lines. To register by telephone, call 1-888-382-1222. You must call from the phone number that you want to register. To register online (donotcall.gov), you will have to respond to a confirmation email. You may register up to three phones at a time online.

If you have registered a mobile or other telephone number already, you don't need to re-register. Once registered, a telephone number stays on the Do Not Call Registry until the registration is canceled or service for the number is discontinued.

To learn more about the process, and what to do if you receive calls anyway and need to file a complaint, look at:

www.consumer.ftc.gov/articles/0108-national-do-not-call-registry.

RANDOM MUSINGS:

True or False—That Is the Question

By Leo Orleans

When I was studying English as a teenager, I became aware of one curious aspect of the language that you obviously are aware of but probably have not given much (if any) thought to. I believe that the following example should illustrate what I have in mind.

Hi KT

*O G, did U C A J named K, P on A
B sipping T. O me!*

XXX

During the past weeks, I searched out several native speakers from other countries and asked them to run through their alphabets and tell me if any of their letters can double as words the way they do in English. So far, no one could come up with such a duet.

In Russian, for example, there is only one such letter: it is YA, that also means "I" and "me". Most of the other Russian letters end in the letter "e", pronounced as in bed: be, ve, ge, de, ye, zhe, ze, ke, le, me, ne, pe, re, se, te, etc. I will keep trying to locate individuals with other/native languages to see if I can find one that has any letters and words that sound alike.

This little exercise made me realize that I don't have to invent little stupid sentences to prove how easy it is to bastardize the English language.

Just consider what happened to it since the appearance of computers and all the gadgets that followed and created the now indispensable system referred to as "social media". All it takes these days is just one index finger to connect us to not only to our relatives, friends and colleagues, but also to the world at-large.

I am no expert at any of it (does it show?) but you don't have to be to realize the damage being done to the English language by texting and tweeting and facebooking and innumerable little mobile phones and "iPads" and more that are beyond me. What a relief not to have to worry about such details as time, space, spelling and even subject matter. At least, that's the way I see it.

In case you are not familiar with the corrupt vernacular in our communications these days, I will refer you to my expert teenage granddaughter who provided me with a couple of examples.

*"Yo wht r u doin 2nite? We shld def
go to ball game"*

(Yo, what are you doing tonight? We should definitely go to the ballgame)

*Omg yes: I hav 2 do my hmwrk tho
maybe we can go later? lol*

(Oh my god yes: I have to do my homework though maybe we can go later? laugh out loud)



I know what you are thinking: that's no example—after all, this is just a high school student. Let me remind you that teenagers grow up and some even become professors who no doubt slip into a shorthand mode. I might also remind you that these days, it is not unusual to find even preschoolers punching their little index finger into a little doodad.

By now, I am sure you don't remember why and how I got into this topic—so let me remind you. If you accept my early conclusion that English is unique in having so many letters in our alphabet that can pass as words, then you probably should agree that no other language is as likely to be as easily bastardized as English.

Just in case you still need a translation into adult English:

*O G, did U C A J named K, P on A
B sipping T. O me!*

(Oh Gee, did you see a jay named Kay pee on a bee sipping tea. Oh me!)

Good News on DC Senior Citizen Tax Break *continued from page 10*

located at 1101 4th Street, SW #270-West, Washington, DC 20024. The form also can be downloaded as a fillable PDF at www.otr.cfo.dc.gov/publications/FP-100.

It should also be noted that the additional real property tax break is available to totally disabled individuals without regard to age, if they are at least 50% homeowners who occupy their own homes and have less than the same

\$125,000 household AGI. Such applicants must provide Social Security Administration or DC documentation of their condition. The same DC Form FP-100 is used for this purpose.

Karen Stuck Is Becoming CHV News Managing Editor

Capitol Hill Village member Karen Stuck is becoming Managing Editor of the CHV monthly newsletter.

Editor Diane Brockett, also a CHV member, is retiring from the post, which she has held since the newsletter's inception shortly after the opening of the Village. The newsletter is the primary vehicle for Capitol Hill Village to keep members informed about Village activities.

Planning is underway to cut the size of the newsletter so its production is less time-consuming. However, the monthly still will include a major story, the full monthly calendar, a column by new Executive Director Roberta Shapiro and continuation of the Random Musings column by Leo Orleans, plus member stories, and other stories on Capitol Hill issues.

Stuck also is proposing to include within the newsletter links to stories of interest in other publications. Printed copies will continue to be mailed to those members who don't have computers.

Writers and Editors Needed

The incoming editor, Karen Stuck, is looking for two-to-three Village member volunteers who will work with her in producing the newsletter, from planning to writing to editing. Anyone interested is encouraged to contact the village, either by calling 202.543.1778 or e-mailing info@capitolhillvillage.org.

Stuck joined the Village in June 2008, shortly after it was created, and she has written numerous stories for the newsletter, primarily on the continuing efforts to turn the Hine Junior High site into a major housing/commercial/public site. She is retired from the U.S. Department of Agriculture where she managed international regulatory programs and finished her career leading the office that managed U.S. participation in the UN international food standards body.

February Lunch at Zest



Upcoming CHV Events for March 2014

Friday, February 28 • 9:30-11:30 am

Hill Center, 921 Pennsylvania Avenue SE, Handicap Accessible

Is that Covered?

Please join us for a seminar on Medicare and Long-term Care Insurance. There will be experts from both arenas presenting and accepting questions. Topics to be covered include, but are not limited to:

- What does Medicare cover?
- What common needs are not covered under typical Medicare?
- What should I do to find the best plan for me?
- What is Long-term Care Insurance?
- Who should purchase Long-term Care Insurance and when?
- What does a typical Long-term Care Insurance plan cover?

Open to All

Saturday, March 1 • 9:00 am

Your Home

Hazardous Waste Pickup

This is the periodic pickup day for hazardous materials and personal papers at CHV members' homes that will be delivered to the District's safe disposal site. Personal papers (medical records or financial files) will be shredded at the drop-off site, viewed by the CHV delivery team to ensure they are destroyed. Hazardous wastes for pickup include paint, house cleaners, batteries, television, video equipment, and others not accepted in weekly home trash pickup.

Capitol Hill Village recommends that you remove your hard drive from computers you are disposing in the pick up. If you need assistance doing so, call the Village office. Call 202.543.1778 or e-mail info@capitolhillvillage.org by noon on Wednesday, February 26, to request a pickup or volunteer to assist with the drive.

Members Only

Please RSVP to all events, and let the CHV office know if you need a ride, by calling 202.543.1778 during regular office hours (9 am to 5 pm) or by e-mailing info@capitolhillvillage.org

Thursday, March 6 • 2:00-4:00 pm

Labyrinth Games & Puzzles, 645 Pennsylvania Ave. SE

Games and Puzzles Groups

Join other CHV members and their friends for two hours of brain stretching, bantering fun at Labyrinth Games and Puzzles. Owner Kathleen and her colleagues will introduce you to new games and teach you to play them.

Members & Social Members

Sunday, March 9 • 4:00 pm

Members Home, 3 steps to front door.

Vegetarian Potluck

This potluck dinner is one in a continuing series in which CHV members share their knowledge of vegetarian foods. The foods will be displayed



in the center of the table so the group can discuss each one before eating them. Members who are not familiar with vegetarian eating can bring any item that does not include meat, fish, or poultry. Items that include milk products or eggs are acceptable.

Members & Non-members

Wednesday, March 12 • 6:00 pm

Hill Center, Fully Accessible

New Member & Volunteer Orientation

Please join us for our quarterly new volunteer and member orientation! Learn about all the CHV has to offer, how to request services and how to make the most of your membership and/or volunteer experience.

Members & Volunteers

Thursday, March 13 • 5:00-6:00 pm

Starbucks at 3rd Street and Pennsylvania Avenue SE

Capitol Hill Cancer Support Group

Are you currently fighting cancer? Are you a cancer survivor? Are you a caregiver? You are not alone. Let's meet to share stories, treatments, resources and support.

Members Only

► *continued on page 14*

Upcoming Events *continued from page 13*

Thursday, March 13 • 10:55 am - noon

Capitol Hill Hotel, 200 C Street SE

Tour of Newly Renovated Capitol Hill Hotel

Over the years, many CHV members have referred guests to the Capitol Hill Hotel (formerly Capitol Hill Suites), taking advantage of both its proximity to our homes and the discount provided for friends of local residents. The hotel recently has undergone a multimillion-dollar renovation. Join us for a staff-guided tour of the refurbished guest rooms, the public spaces and the meeting rooms. The Capitol Hill Hotel is both kid-friendly (able to provide cribs, high chairs, etc.) and pet-friendly.

Members & Social Members

Thursday, March 13 • 6:00- 7:30 pm

TBA

Cinephiles

Each month, participants in this film discussion group view one or more of the films listed before the scheduled meeting. At the meeting we discuss the films already viewed and select the next month's choices. Participants should call the CHV office by noon on Wednesday, March 12th, to register their attendance, learn the address and view from one to all three of the following films before the meeting:

- The Wind Rises
- Like Father, Like Son
- The Square

Members & Social Members

Friday, March 14 • 9:00 am

Your Home

Book Pickup

The SE library (closed in February for repairs) has reopened. Friends of SE Library provide a monthly book pickup. If you have extra books, videos, DVDs that you would like to donate for the monthly Saturday book sale, call the office by noon, March 12, to register for a pickup on Friday, March 14 and let a volunteer know how many items you are donating. Then, place items in a visible area outside your home.

Members Only

Please RSVP to all events, and let the CHV office know if you need a ride, by calling 202.543.1778 during regular office hours (9 am to 5 pm) or by e-mailing info@capitolhillvillage.org

Monday, March 17 • 6:00-7:00 pm

Hill Center, 921 Pennsylvania Avenue SE. Fully accessible

Why Can't I Sleep?

Lack of quality sleep creates fatigue. More importantly, sleep disorders can contribute to health problems such as weight gain, an inability to concentrate, high blood pressure and heart disease. Snoring and sleep disorders, such as sleep apnea and restless leg syndrome, can make getting a good night's sleep extremely difficult. Francisco Hoyos, MD, medical director of the Sleep Center at Providence Hospital, will speak about the causes of sleep disorders and the latest in the diagnosis and treatment of them. Attendees will learn techniques to help get a good night's sleep and find out if they need a sleep study. This event is sponsored by Capitol Hill Village, Hill Center and Providence Hospital. Please RSVP via email to info@capitolhillvillage.org or via phone at 202.543.1778.

Members & Non-members

Tuesday, March 18 • 6:00-7:30 pm

Member's Home

Literary Club

The CHV book selection for March is Kevin Powers' novel of the Iraq war, *The Yellow Birds* (2012, 256 pp). Powers served as a machine gunner in Iraq and this deeply moving book is drawn from his experience there. The story takes place over six years, and follows a young private through basic training, a traumatic return to the US, and the crazy and dangerous streets of Al Tafari in Northern Iraq. Critics call *The Yellow Birds* a "must read," citing both the "music in Powers' sentences," and his ability to describe "the emotional recoil of war." For many readers, *The Yellow Birds* joins the list of truly great war novels with *All Quiet on the Western Front* and *The Red Badge of Courage*.

Members & Social Members

► *continued on page 15*

Upcoming Events *continued from page 14*

Thursday, March 20 • 2:00-4:00 pm

Labyrinth Games & Puzzles, 645 Pennsylvania Ave SE

Games and Puzzles Groups

Join other CHV members and their friends for two hours of brain stretching, bantering fun at Labyrinth Games and Puzzles. Owner Kathleen and her colleagues will introduce you to new games, and teach you to play them.

Members & Social members

Monday, March 24 • 6:30 pm

Bistro Cacao, 320 Massachusetts Avenue NE, One flight of steps.

Dinner Party at Bistro Cacao

Note: sign-up deadline is 5 pm, Friday, March 21



Join us for dinner at Bistro Cacao, offering French cuisine with a modern twist. The three-course meal includes: Salade "Cacao," choice among three entrees (steak, chicken, or salmon); and between two desserts. The \$40 fixed-price includes taxes and gratuities. There

is an optional "wine pairing" selection for an additional \$20; or, you may order by-the-glass. Beverages are charged to individual consumer. BY RESERVATION REQUIRED. CASH ONLY.

Members & Social Members

Thursday, March 27 • 5:00-6:00 pm

Starbucks at 3rd Street and Pennsylvania Avenue SE

Capitol Hill Cancer Support Group

Are you currently fighting cancer? Are you a cancer survivor? Are you a caregiver? You are not alone. Let's meet to share stories, treatments, resources and support.

Members Only

Please RSVP to all events, and let the CHV office know if you need a ride, by calling 202.543.1778 during regular office hours (9 am to 5 pm) or by e-mailing info@capitolhillvillage.org

Thursday, March 27 • 6:00-7:30 pm

Private Home

Village Opera Society

Where do you find a priest of Isis, a bird catcher and a wicked queen? "In the Magic Flute," of course. Mozart's last opera comes to the Washington National Opera in May, and VOS plans to attend the "Opera in the Outfield" simulcast as its May meeting. To help us prepare, Sheridan Harvey will give the usual talk describing the background, music, and plot line. Freemasons will be involved.

Members & Social Members

Friday, March 28 • 12:30-1:30 pm

Southeast Neighborhood Library, 7th and D Streets SE. Accessible from D Street

Balance Class

Join other members in this monthly balance class, which will help you recognize that strength and agility are the best defenses against falls. Practice skills that will keep you on your feet. The class is taught by a physical therapist volunteering from Physiotherapy Associates.

Members, Social Members, Volunteers and Guests

Sunday, April 27 • 3:00 pm

Round House Theatre, 4545 East West Highway (at Wisconsin Avenue)

(NOTE: Reservations required by APRIL 1)

Two Trains Running



"Two Trains Running" is one play of August Wilson's monumental 10-play portrait of African-American life in the 20th century. The setting is at a Cafe in The Hill, a formerly robust African-American neighborhood in Pittsburgh, with a cast of locals whose behavior ranges from the hilarious to the very sad. Wilson said his people "have loud voices and big hearts" who feel that "there are always and only two trains running – life

► *continued on page 16*

Upcoming Events *continued from page 15*

and death." He is the first African-American to have a Broadway theatre named after him. The play won both Pulitzer and Tony Awards for best play in 1992.

Ten discounted group tickets, all orchestra including some aisle seats, have been purchased at \$35 each for members, social members and guests. Following the play, we will gather at the Louisiana Kitchen, 4907 Cordell Avenue. Phone the CHV office (202.543.1778) no later than NOON on Tuesday, April 1, to reserve tickets, request special seating or a ride, and if you will join us afterward. Then make out checks to Capitol Hill Village for Two Trains Running and mail to P.O. Box 15126, Washington, DC 20003-0126.

Members, Social Members and Guests

Please RSVP to all events, and let the CHV office know if you need a ride, by calling 202.543.1778 during regular office hours (9 am to 5 pm) or by e-mailing info@capitolhillvillage.org



Continuing Weekly CHV Events

NOTE: You do NOT need to RSVP for continuing events, but please confirm events by calling the office at 202.543.1778 or by e-mailing info@capitolhillvillage.org.

Every Monday • 2:30 pm



Petanque

Join a group of Capitol Hill game enthusiasts each Monday for a friendly game of Petanque. Paul Cromwell provides instruction for beginners. For further information, call Paul at 543-7530. Garfield Park, South Carolina Ave. at 2nd Street SE.

Open to All

Tuesdays and Thursdays • 10:00 am

Qigong

This gentle, but powerful, Chinese movement exercise is offered by CHV member Joni Bell. Capitol Hill Presbyterian Church, 4th Street and Independence Avenue SE.

Members only

Wednesdays • 3:00-5:00 pm

Mahjong

Mahjong is similar to the Western card game rummy. It is a game of skill, strategy and calculation and involves a degree of chance. Join a group of CHV members and volunteers who meet to play together. Private home.

Beginners welcome