

Capitol Hill Village: Becoming a Voice for the Village Movement

Capitol Hill Village is looked upon in the world of villages as a model, nationally and internationally. Why?

"It's our ideas and our leaders," says Capitol Hill Village vice-president Louis Kincannon.

"From its beginning, Capitol Hill Village got things done, while others continued to talk," notes founder Geoff Lewis.

About the same time as Capitol Hill Village founders got together there were scores of wannabe villages talking about "neighbors helping neighbors" to stay in their homes throughout their lives, An [AARP article in 2005](#) about Beacon Hill Village inspired many groups across the country to consider the concept.

Founding Board President Geoff Lewis and neighbors whose visions of staying on Capitol Hill also were strong, met weekly for over a year. Original Board members Norman Metzger, Larry Molumby, Harriet Rogers, Lois Kauffman, Patrick McClintock, Mike and Judy Canning, Neal Mann and Deborah Edge, Hal Gordon and Sig Cohen were backed by 39 Founding Donors who contributed \$2,000 each and 47 Charter Members who paid \$1,500 per person (\$2,000 for households) for two years of membership—before Capitol Hill Village was launched. Frank Allen and Mary Procter joined the board and became key players when Gordon and Cohen stepped down.

Executive Director Gail Kohn, known nationally in the field of aging services for spotting trends and winners and who took the job as the Capitol Hill Village executive director, tells nascent groups, "Starting a village requires fire in the belly and money in the bank."

Kohn's reputation and the early success of Capitol Hill Village, cited as being among a very few villages to launch in 2007, has caused many to observe carefully how CHV is faring.

Kohn had been honored as a visionary in aging services throughout her career, which has focused on continuing care retirement communities and places with housing for able older

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Upcoming Events and Programs

Tuesday, April 27 • 6:30 pm
322 Massachusetts Avenue NE

Dinner at Café Berlin

Join us for dinner at Café Berlin, a popular Capitol Hill dining spot since 1986, serving traditional German dishes "with a lighter touch." We are being offered a 3-course, \$25 fixed-price meal with a choice of: appetizer or soup, one of three entrees, and dessert. The \$25 cost includes taxes and gratuities. Beverages (including coffee) are additional and charged on an individual basis. CASH ONLY.

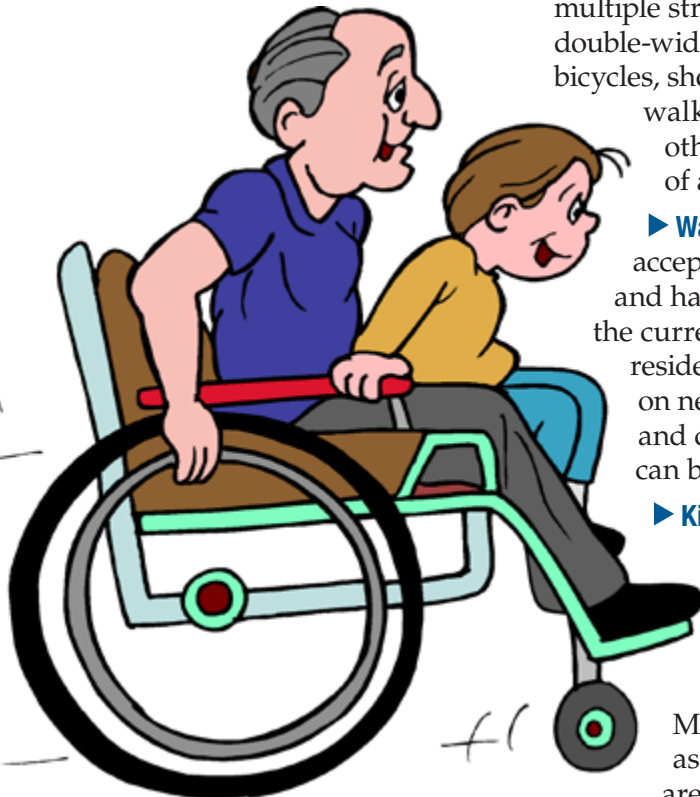
Please call the CHV office (202-543-1778) with your reservation by 3 p.m. on Monday, April 26. For easy conversation, we request tables for no more than six diners. *[Members, volunteers, and their guests]*

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Accessibility First

Editor's Note: Accessibility is becoming a central housing issue as more neighborhood residents grow older, and as there is a realization that physical limitations can be a fact of life at any age. And speaking of any age, the same housing design issues can give families better storage for items (such as double-wide strollers, backpacks, and book packs-on-wheels) and easier use of home equipment — housing plans aimed at family lifestyles also.

Below, Capitol Hill Village offers some specifics needed for a building to be friendly to all. Village members understanding relevant architectural details is a first step in the Village's effort to ensure accessible design becomes automatic for new, and redone, Capitol Hill residences.



Imagine the power of the message: *Welcome everyone of any age to this residence.* What would be needed to make that happen?

- ▶ **Entering the home:** Ramps featured instead of/in addition to steps invites strollers, bikes, wheel chairs and other vehicles for those who sit, not walk.
- ▶ **Floor surfaces:** Nonslip throughout
- ▶ **All door widths:** 36 inches
- ▶ **Multifloor residences:** Floor level electrical fixture at one end or the other of all stairwells to accommodate a stair chair riser and/or chute through all floors for storage closets, where an elevator could be installed, if necessary
- ▶ **Storage near the front door:** Large area for backpacks, multiple strollers, (including double-wide), electric carts, bicycles, shopping carts, walkers, shoes and other outdoor apparel of all description.
- ▶ **Walls:** Reinforced to accept shelves, hooks and handrails, whatever the current (and future) resident needs. Locations on needs in bathrooms and corridors can be predicted.
- ▶ **Kitchen:** A single, height-adjustable counter for preschool artists as well as seated food preparation. Modular storage, as most kitchens are, so it is possible

to raise the dishwasher and oven, lower refrigeration, outlets available to accept below-counter appliances with additional electrical work.

- ▶ **Bathrooms:** Walk-in showers with seating and controls near the entrance, potential to change toilet height by fixture swapping, mirrors that tilt for children and seated adults, one door that opens out to another space or pocket door.
- ▶ **Power sources and thermostats:** No stooping to outlets, remote controlled room temperature adjustment. Use sensors or other devices that turn lights on automatically. Consider illuminated paint that glows in the dark to provide way-finding at night.
- ▶ **Opening/closing windows, cabinets and doors:** Little muscle power needed; blades, not knobs.

The American Society for Interior Designers (www.asid.org) Aging in Place Council cites research and has more detailed information you can review. A PDF of their report *Aging in Place* is available [here](#).

The National Association of Home Builders (www.nahb.org) lets you [search](#) for Certified Aging-in-Place Specialists (CAPS). These builders are trained in feature design/building solutions for aging and accessibility.

Contact the office if you would like more links and information.

Capitol Hill Village News is sent to you every month to catch you up on what's happening, alert you to who's who and ask your participation in other features. We are interested in your feedback.

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From The Executive Director...

Capitol Hill is a special place. We know this area has been recognized as one of the top livable communities.

What do you think? Can you imagine Capitol Hill Village succeeding anywhere? In Japan or Germany? In Nebraska? In other parts of our city?

Well, our particular "village" model — identifying a volunteer first, before turning to professionals and tradespersons to fulfill requests — is on center stage more and more frequently.

Just recently, German Bundestag members explored how Capitol Hill Village does its community-building, neighbors-supporting-neighbors activities and services for members, regardless of their financial circumstances. Capitol Hill Village has been featured on national programs all over the country, a few times in 2008, more in 2009, including Boston, Oakland, and Milwaukee. DC's Dupont Circle Village, Palisades Village, and others are emulating our "village" model.

Why? Several reasons, I think. **(But please add your thoughts to the list by sending me an e-mail (gkohn@capitolhillvillage.org) or a note (CHV, P.O. Box 15126, Washington, DC 20003)).** Here's my list.

Was it former President, then-candidate Bill Clinton whose campaign offices often had signs saying, "It's the economy, stupid"?

Capitol Hill Village saves you money. What, you say, about the annual dues? Mike Canning,



a Capitol Hill Village charter member, founding board member, and Capitol Hill Community Foundation honoree, wrote a revealing memo that demonstrates how few services a member has to request to use up \$530, the individual member fee.

Just one computer or other techie problem with your TV/DVD/cable/control devices fixed by a volunteer... and you've saved hundreds. And saving transportation charges to the airport, to doctor's appointments in downtown, or Baltimore, can save you more. Volunteer drivers take those trips on willingly because the conversations while traveling down the road are frequently fascinating.

Discounts on theater tickets and meals out are another source. All these opportunities to use Capitol Hill Village come with camaraderie and sometimes-lasting friendships. (Ask for a copy of Mike Canning's revealing memo.)

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Executive Director *continued from page 3*

It's the reassurance of knowing you can make one call any time and get ideas or help.

You know you won't ever need or want to make that call...or will you? One member, who didn't want to go to the emergency room alone after a fall, called and had a Capitol Hill Village volunteer at her side until a relative could join her for the long ER wait. You can use the Internet, but sometimes that can be too-much reliable (or not?) information.

Asking for another head (or more) to think with you is the Capitol Hill Village way.

It's the satisfied feeling of being part of a group, in addition to your family, which has a special affinity for you.

...because, to use member Kathy Braeman's quip, "I am part of the Capitol Hill Village tribe."

You have in common that you want to stay where you are, regardless of what comes next.

And you recognize that it might take a village to make that possible.

That is why Capitol Hill Village, now in business for 2 years, is looked upon as a model for the future of other neighborhoods.

Beacon Hill Village, which begot Capitol Hill Village (and many others), which begot...

— Gail Kohn

Women Should Live for a Healthy Heart

By Casey Chandler

For a healthy heart, remember and follow the advice of your mother: eat lots of vegetables and good fats, get plenty of exercise and sleep, and don't smoke.

This was the advice of Dr. Rodney Brooks, a specialist in cardiology, in speaking about Women's Heart Health recently to Capitol Hill Village members. His main message was a surprise to some of the listeners — women need to be as concerned about heart health as men.

Brooks highlighted two alarming statistics on women's health:

1. Cardiovascular disease (CVD) is the leading cause of death in women, and
2. After age 65, one in three women develop symptoms of cardiovascular disease.

However, he noted, there has been a declining incidence of CVD in recent years, with the greatest decline among women over age 65.

On coronary heart disease, Brooks said that women are 10 years older than men when they start showing symptoms with chest pain and are diagnosed. But, also, a 14-year study on over 85,000 women found a significant decline in the incidence of the disease, a 31 percent decline for women over age 65.

Smoking decrease and improved diets were factors in the reduction. An important parallel factor is that weight gain is associated with an increase in heart disease.

Risk factors for cardiovascular disease, the doctor said, include smoking, hypertension, family history of coronary artery or peripheral vascular disease, and diabetes.

Brooks also focused on the relationship between women's waistline obesity and an increased risk of coronary artery disease (CAD). He repeated the now frequently heard fact that saturated and trans fats increase your risk of CAD, while both

mono- and polyunsaturated fats reduce that risk.

Good fats he listed include olive, canola, safflower, corn, sunflower and soy oils; nuts and seeds; and avocados. On the bad-fat list are animal products, eggs, lard, butter, fried foods, and many commercially baked goods.

Increased physical activity most days of the week is tied to decreased mortality from all types of cardiovascular disease. And three keys to good heart health he summarized are daily moderate physical exercise (30 to 60 minutes), weight management, and a heart-healthy diet.

Brooks is a member of Washington Primary Care Physicians at 660 Pennsylvania Avenue SE. He was accompanied to the session by two colleagues from the practice, Capitol Hill Village Board member Dr. Deborah Edge and Dr. Jessica Osbourne.

RANDOM MUSINGS

Regretfully Yours

By Leo Orleans

I will start this little musing by garbling General MacArthur's famous utterance: "Old friends either die or just fade away."

When friends die, it's pretty clear-cut — sad but inevitable. When friends fade away, it's usually gradual — almost imperceptible. You move, they move, marriage, divorce, kids, perhaps another marriage, a skipped Christmas card (by accident or intentional), and as your feelings dwindle, you are left with only miscellaneous memories. This fade away phenomenon is not as inevitable as death, but neither is it unusual and therefore probably not unnatural.

And every now and then, this normal process will provide another type of painful happening that you may have experienced but probably never dissected. It usually takes place during reunions. Not, for example, the happy class reunions or get-togethers with a group of old friends you have not seen for a few years, but the one-on-one reunions that take place after you reach a considerable degree of maturity (old age) and with someone you had not seen in perhaps 30 or more years. Typically, the genesis and the meeting will go something like this.

You come across a photo, or a letter, or hear a remark that makes you think of someone, like that high school buddy, or your college roommate, or a close colleague from work, or a guy from your days in the service with whom you became very intimate (no, not that way) as a result of just a couple of years of close living and

unique experiences. It is a pleasant memory, you wonder where he might be and what he may be up to, and since you are now retired and you have the time, you go on a hunt, locate him, and make arrangements to meet before it is "too late." Or perhaps it is the other party that goes through such a process.

In any case, one day the phone rings and the voice says, "You will never guess who this is." What a thrill! Obviously we must get together, but since by now you live at best a few states and at worst a continent apart, chances are, it will take months before you can arrange a meeting.

When the long-awaited time arrives, your stomach, heart, and head are all in a kind of tizzy. The sequence that follows is almost predictable: how wonderful it is to see you; you hug and slap each other on the back half-a-dozen times; even if age has taken its toll, you say how great the other person looks and how he hasn't changed; and, depending on weather and circumstances, you proceed into the house, garden, or apartment.

After drinks (appropriate for the time of day) are offered and served, there will be a period of show and tell: wives, kids, grandkids, jobs, and stuff like that. Sometime during this dialogue, there will be an inevitable diversion to cover medical problems. Yes, you're both "just fine," but you probably are taking some "interesting" pills, there were probably some surgeries that are worthy of mention, and surely one or two other amusing health-related stories. But you are really "just fine."



Sprinkled throughout this conversation and most of the remaining time you are together, you will enjoy reminiscing about your shared experiences. You will cover all your mutual friends and colleagues and wonder if one of you might have seen them or heard from them over the years. Lots of fun, lots of laughs, lots of good memories.

And then (is it only me?), in just a few hours, you have covered it all and discover that, because your lives and interests have taken such very different paths, there is little more to say. In fact, neither of you really is very interested in the other's life. The smiles and laughter continue, but it becomes very clear that the bond created by youthful experiences and old memories does not necessarily carry over into the present.

You part, you say how great it was to get together (and it was), once more you hug and pat each other on the back (and it's sincere), you say let's do it again (probably not), and as you leave, the pre-meeting excitement in your heart and head has turned into melancholy.

Indeed, chances are you will never see each other again.

An Evening with Floyd King

By Bruce Brennan

"Life takes you where IT takes you," Floyd King told a group of Capitol Hill Villagers over dinner at Bill Matuszeski & Mary Procter's house. Turns out one of Washington's beloved Shakespearean actors and comics wasn't aiming for Shakespeare when he won an acting scholarship to University of Texas. He loved American musicals: "I've played 'em all," he tells his listeners, not bragging, just savoring the memories.

His first job was playing "Smee" in a national tour of *Peter Pan*. In 1980 came a call from what was then "The Folger Group" in Washington, DC, for one of his first forays into Shakespeare. He stayed there through several name and location changes, earning a special place in what's now The Shakespeare Theatre Company (as well as the entire D.C. theater community). That's where life has



Floyd unrolled an evening of warm, witty and wonderful stories and insights on his life, his thoughts on acting, Shakespeare, critics—and the audience's role responsibilities! It all began in Bill and Mary's lovely backyard garden, where we enjoyed some

Floyd King entertained for nearly an hour on is stories of serving as a Shakerperian sepcialist in comic roles. He also teaches at DC's Shakespeare Theatre and The Juliard School. CHV president Mary Procter is at right.

"The audience is the 'extra' character in the play," King says; each night adding a little different element to a show, and overall teaching the actors a bit more about the "whole" play and how actors work together.

taken him, and King admits he is lucky for that. Not just for the array of great roles he's played and the record five Helen Hayes Awards, but because he really has set roots here—and thus taken a step or two back from the precarious precipice that he says most actors must live on.

special "face time" with a friendly King. Then, ushered up into the living room, we arrayed in a semicircle, while Floyd King took center stage to tell his tales and answer questions. Or sort of. ("I'll answer the questions you ask right after I answer the questions I thought you were going to ask," he told us.)

He spent much of the evening telling us where life had taken him—and how. From the sounds of it, Port Arthur, Texas, where he grew up, demanded he create an intense fantasy life, fueled by a love of old movies constantly watched on TV. (Especially those with actress Gene Tierney, with whom he had a long relationship. But he swore us to secrecy on his tale of a boy's infatuation.) In Texas, too, he developed his own sense of comic timing as the audience for his mother and aunt, a "hilarious duo" who kept the family laughing. It was there he learned his first Shakespeare quotes, disguised as advice from his grandmother. ("I wasn't teaching you Shakespeare," he tell us she later scoffed, "I was teaching you Life." More profound, perhaps, than he knew!)

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Floyd King *continued from page 6*

But the evening wasn't all about him! He shared with us his thoughts about theater, too. Turns out, Floyd is counting on us! "The audience is the 'extra' character in the play," he says; each night adding a little different element to a show, and overall teaching the actors a bit more about the "whole" play and how actors work together. After all, "we [actors] just learn *our* own part, our own character" and who s/he is and why he does, says, or thinks what he does. But, Floyd tells us without a bit of flattery, it's the audience and our reactions that show the actors the impact of the play as a whole.

Reviews can help an audience, he admits, but they are "for the audience, not the actor." A review ought to give the theater-goer the context of the play, information that'll enhance the theater-going experience, but never anything "too specific ... that destroys the mystery or spontaneity" of presenting or seeing the play. He says he never reads reviews anymore. As a young actor, he found the bad ones "devastating" and the good ones "never good enough!" Awards, he suggests, have lost a tad of their gleam "After all, I've already won five"—the only hint of star ego showing all evening.

Well then, someone asks, what kind of recognition would give you satisfaction now? "Another one!" comes the barked response, his good straight line.

Floyd also shared thoughts on directors and critics, but really spoke eloquently about the actor's craft. "Work, work, work" and asking "why, why, why" are the

essentials, he suggested. Stage acting is "idea work," and actors must use their heads as much as their hearts in preparing, must be "curious, generous, egotistical, hungry, driven" in their quest to learn a role. He admitted he has not made any deep scholarly study of Shakespeare—but learned from talking to directors and other actors, and just the doing of the thing.

"Much of Shakespeare is interesting, but notactable," he said. An actor needs to "find what is playable" and concentrate on the character he plays, letting the rest sort itself out. Asked what roles he hadn't played yet that he wants to, Floyd grew quiet. "There **are** some, he admitted, " but those are private dreams." Yet, we all felt we'd been taken into a special confidence, even as he told us he wasn't going to tell us!

AND then we get off onto a tangent—his favorite You Tube video:

"Battle at Kruger." Few of us have seen or heard of it. AND so we got to see it acted out—right there in Bill & Mary's living room, with Floyd playing every role: the herd of water buffalo heading to the waterhole; the pride of lions ready for attack; the lone calf that gets separated; the attack; the crocodile vying to take the wounded calf from the lion and then their own *battle royale*; the regrouped herd of water buffalo returning to save that calf and, as Floyd tells us triumphantly, "kick some lion butt!" All from his chair, never standing, never moving about. Just the arms gesturing; the voice rising and dropping; the tangled frizz of soft red hair waving in different directions; those magic eyes opening, darting about; the upper body swiveling to bring us into his orbit. Instant Master Class!

I guess he's right, "genius doesn't need to know itself." What a thrill!



Capitol Hill Village members enjoyed a garden conversation prior to a talk by Shakespearean actor Floyd King.

Removing Deadwood

By Margaret Missiaen

Now that trees and shrubs have leafed out it is much easier to identify those that suffered from die-back during the winter. Experts recommend that plants be pruned when they are dormant, but deadwood can often be overlooked on deciduous trees and shrubs. The next few weeks are a good time to remove branches that did not survive the winter. Many redbud and other spring flowering trees have small dead branches that can be removed now without damaging the tree.

Hydrangeas also lose branches during the winter. Last year's flowers and deadwood should be removed. Many densely branched shrubs will die back in the middle.



Pruning out these branches will allow the sun and air to move through the plant and produce healthy new growth. Cold-sensitive herbs, such as rosemary, die back at the tips of the branches. Cut those branches back to live wood.

Camellias and other broad-leaved evergreens should be pruned gently after the flowers have dropped. The branches of my camellia which sagged to the



A hydrangea before (left) and after pruning.

ground under the weight of the snow are drooping again with the weight of the flowers. I notice also that the interior of the shrub is very dirty and covered with scale. I will cut back the long branches to a side branch and focus on opening up the interior. This type of pruning can be done in the summer, but I prefer to get this done before the heat and mosquitoes arrive.

Have Fun Getting Dressed

By Judy Canning

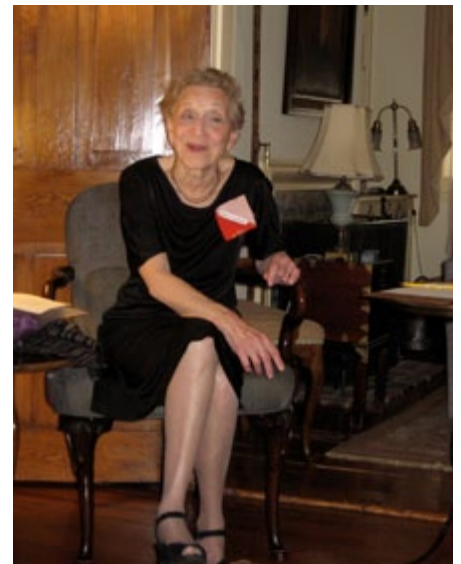
On April 6, several CHV members gathered in the home of fellow member and style consultant Marge Benjamin Warren to learn tips for cleaning out our closets, assembling a basic wardrobe, and accessorizing it.

"First of all," said Marge, "get out of your sweats and wear

something that makes you smile. Wear something nice, even at home, because it will make you feel better." The art of cleaning out our clothes closets is sorting them into categories: Keep, toss, or can't decide (these go into a box for one-year storage — only).

In assembling a wardrobe, choose a basic color such as black, navy, or charcoal, then buy a few basics in that color: skirt, pants, short and long sleeve T-shirts, and a jacket. One piece, such as the jacket, could be in a different texture. Have one ensemble in a light-weight fabric for summer, another in a heavier-weight fabric for winter. Now, you are ready to accessorize.

The one message Marge wanted to get across — and had her listeners repeat during her talk — was: Buy less, buy better. In this vein, she proposed a shopping



Above: CHV member Marge Benjamin talked with other members about how to enliven your wardrobe while keeping it affordable.

Left: Member Shirley Rosenfield brought a favorite scarf and learned different ways for it to be a happy touch to her wardrobe.

expedition to her favorite consignment shop, which the group will make later in April.



Becoming a Voice for the Village Movement *continued from page 1*

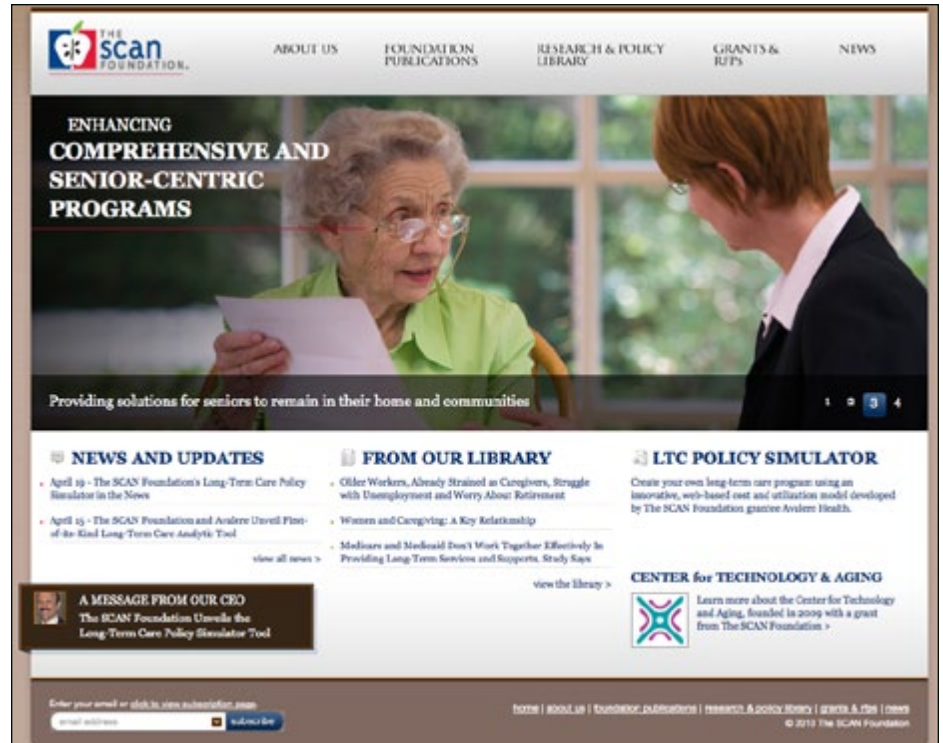
persons. She saw the importance of having available, in one place, entertaining activities and important next-step services, including home care, assisted living, skilled nursing and access to hospice services. Her early interest in accreditation of all aging services — to help organizations achieve recognition for adopting standards-based best practices — was one reason Kohn was recognized.

Along with Capitol Hill Village early supporters and leaders, Kohn led the stay-at-home-focused organization from dream to reality. Explaining that “additional staff were too costly” for the young organization, Kohn led Capitol Hill Village “where it was natural for Capitol Hill Village to go,” towards its now much-emulated “Volunteer-First” model.

“Capitol Hill has relied on active neighbors to make things happen since the 1960’s,” explains current Board President Mary Procter, and the Village took advantage of that activist environment. Kohn remained the sole employee for nearly two years, which kept reliance on volunteers in focus.

Now, Capitol Hill Village is recognized nationally as one of the best village entities at getting things done that members want, primarily with volunteers. Besides accepting invitations to speak about the success of the organization herself, Kohn has encouraged Capitol Hill Village’s current and former board members to tell the story.

Geoff Lewis, Norman Metzger, Lois Kauffman, Mike and Judy Canning, and Ed and Margaret Missiaen have told the Capitol



Hill Village story to their neighbors, particularly prior to launch and during its first year.

Mary Procter twice has appeared before large audiences in Wisconsin and Connecticut. Last year, Margaret Crenshaw delivered a speech about Capitol Hill Village to an appreciative crowd at a national conference in San Francisco.

Ed Missiaen explained the importance of financial support from the Capitol Hill community to start-up villages in Colorado and Virginia. Mike Canning returned to Colorado just this month to tell the story of how to start a village to the board of an accredited continuing-care retirement community, Frasier Meadows in Boulder.

Mike and Judy Canning also have participated on an Evanston, Illinois, panel helping a newly launched village in Judy’s

hometown to move ahead. Mike briefed a San Francisco village, underwritten by the [Scan Foundation](#). The two will speak this month to a group looking to form a village in downtown Chicago.

Kohn herself was in Los Angeles in April to attend a conference assembled by the Scan Foundation, which already has funded the start-up of six villages in California. She also participated in a webinar for villages who have joined the nationwide [Village-to-Village Network](#) last month to discuss the importance of volunteers in villages.

Groups and individuals from as far away as Japan, Singapore, The Netherlands, and Germany, personally have come to Capitol Hill to learn more from Capitol Hill Village about how to start villages in their respective countries.

Add Ease to Grocery Shopping

By Diane Brockett

When I first noticed a Peapod truck delivering groceries to a house down the block, I thought, “those people must be *very* busy.” It seemed a little too self-indulgent not to have time to buy your own groceries.

Aren’t some loaves fresher on the shelves than others? Don’t you want to pick out the right size steak, or maybe the best marbled one?

But over the past year, my walks have taken longer, pushing my cart to and from Safeway or occasionally Harris Teeter. I’ve been stopping more to rest my arthritic knee and ankle, at first just twice on a trip, but sometimes now every two or three blocks — especially on the way home with a full cart.

A couple of times another member of Capitol Hill Village — a neighbor — was driving to the Safeway and offered me a ride. In the process, I learned that he quickly picks up a handful of items while I get a cartful. I blushed.

Another time, I needed just a couple of items for a fancy dish, and headed to Harris Teeter. Going down an aisle, I noticed another Village member who lived not too far from me and asked for a ride home. He said his two-seater was small, but we’d try. I assured him I could hold my sack on my lap, and all went well.

But I also decided it was time to try computer grocery shopping.

Actually, I go to Eastern Market almost every Saturday morning, but that doesn’t supply paper,

canned, frozen or cleaning goods — heavy and big stuff.

Capitol Hill Village member Grover Batts brags about his home-ordering from [Giant](#), and offered me a demonstration. So I stopped for a visit, and we headed upstairs to his computer, Grover explaining that grocery shopping is its sole use.

“Peapod has been bringing me my groceries for over two years, and it never has made a mistake. I wonder how they can be that perfect,” Grover says. (Peapod is Giant’s home delivery system for Internet shoppers.)

He terms the Peapod truck “my Santa Clause,” and his orders are delivered between 7:30 am and noon, every other Wednesday.

Grover quickly signs onto his computer account with shopping list in hand, and first orders



Pepsin, the stomach’s friend, 25-count bottle for \$10.49. A changing total of his spending appears on top of the screen. On to Perdue Chicken Breasts (“I don’t like Tyson”), Jones link pork sausages for breakfast, soy milk, a couple of boxes of Klondike Ice Cream bars. He checks out the cheeses, orders Ensure/high calcium, then canned tomatoes, pimentos, and frozen green peas.

Cat food wet for Cat, his other household member, includes cans of fish and shrimp, tuna, trout, and savory salmon.

Last, Grover checks out some frozen (people) entrees, and gets three, including crab Wellington with lobster sauce. He orders doubles on the entrees because he has enjoyed them previously.

Twenty minutes later, his computer tells him the bill is \$240.71 and the order will be delivered Friday between 7:30 and noon. “The delivery man would put everything in the kitchen, but I have him just place the bags inside, since I have to take some items upstairs and some to the basement.”

He also adds, “Why aren’t you going to try Peapod? Nobody else could be better,” as I leave to head home.

At home, I type in “[Safeway.com](#)” to try my hand at home shopping. I was impressed with Grover’s Peapod/Giant show, but I long have been a Safeway fan: Safeway has been on Capitol Hill for my more than 40 years, while Giant’s interest has been wealthier northwest DC neighborhoods plus the suburbs.

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Grocery Shopping *continued from page 10*

The Safeway computer shopping seemed as easy as Giant's, with both showing a growing shopping bill amount as you add items. One lesson for me was: have your grocery list in hand. It takes some time to go from section to section, and I forgot to hit meats, fish, and household cleaning.

On the good side, I spent about \$70 for the shorter order, and am checking more carefully the meat items in my freezer. Especially positive for me, I wasn't limited by size (carting home size) as I ordered paper towels, toilet paper, laundry products, and canned vegetables that are "cheaper by the dozen".

Later, taking another look at the Safeway site, I realized that fewer brands and amounts of certain items might be offered on line than in the store, such as only four choices on crushed tomatoes. But on green beans, one has 27 choices, beginning with Del Marks golden wax beans to Safeway whole green beans.

The delivery fees and frequency are not significantly different between the two major grocers

— a minimum of \$50 with Safeway, \$60 with Giant. But, of course, each offers a different formula; Giant or Peapod varies from \$9.95 delivery for a minimum \$60 order to \$7.95 for an order over \$100. Safeway's fee runs from \$6.95 to \$14.95, depending on whether your order is less or more than \$150, and whether you will accept a 2 or 4-hour delivery time slot.

One could check out both grocers to see which best meets your needs, trying one and then the other. Neither requires an order on a certain schedule, so use of the system is your choice.

While the number of grocery delivery companies is growing in many areas of the country, and UPS is even tied to some rural areas for grocery store delivery, Peapod and Giant seem the two main forces in this area.

CHV Executive Director Gail Kohn says she is happy with a standing order with a slightly more limited food delivery service — South Mountain Creamery. She meets family demands with a weekly delivery for four types of milk, all sitting in a cooler on

their front porch when they arrive home.

The creamery is located in Middletown, Va., ([SouthMountain Creamery.com](http://SouthMountainCreamery.com)) and now serves over 2,000 homes within a 70 mile radius – and that includes DC. The milks, including buttermilk and chocolate and whole cream top, arrive in glass bottles. Also available through the creamery are yogurt, cream and cottage cheese, breads from the Ellicott City Bakery, and pork from two Mennonite farmers near Hagerstown, Md.

[Urban Grocery](http://UrbanGrocery.com) is another website you might want to check out. It was founded in 1994 as a grocery delivery agent, having been tied with several smaller groceries. Now they do most of their buying from Magruders, putting out a very long and detailed list of items available. The firm also provides websites and other assistance for other delivery services elsewhere around the country. More information on Urban Grocery is available at drurban@urbangrocery.com or call Richard Urban at 202.544.5081.



Gala Dinner with Gregory McCarthy

Gregory McCarthy, Washington National's vice president for communication chatted with CHV member Geoff Lewis prior to talking to a gathering of CHV members, one of the events resulting from the CHV Gala. Center background, is Margaret Crenshaw.

Sharon Ambrose Reminisces



Sharon Ambrose is back, talking like the seasoned Capitol Hill resident she is.

Sharon was the guest of honor April 10, at the home of Village Board President Mary Procter and Bill Matuszeski, one of the fundraising dinners offered at the 2010 Stardust Gala.

The evening was reminiscent of another nearly two years ago. But, in the earlier gathering, Sharon and husband Mike recalled for Capitol Hill Village members their years of suffering as Sharon dropped from public life with an unknown illness. Mike did most of the talking that time.

Sharon headed the table this recent evening, talking about her neighborhood, Capitol Hill. She said that she, Mike, and their two small children moved from Chicago to Alexandria, Va., in 1967 as Michael was in

a government management internship program.

But, with Alexandria schools still fighting integration under *Brown v. Board of Education*, “we decided our kids first school should be an integrated one.” A friend already was living on the Hill, and they followed, taking a top two-floor apartment on 6th Street. Three years later they bought their current home on 5th Street SE.

Daughter Peggy started kindergarten at the old Brent school in 1970.

“While Ms. Tillman (she wore a flower in her hair everyday) never loved me,” Sharon said,

“Principal Herb Boyd really was savvy about inviting the community in. He knew that if he could get the community involved, things were going to be better for him.” A similarly welcoming principal was at Peabody Elementary at the time, so “a whole group of parents started working with Brent and Peabody.”

“We really had to think street-smart at the time,” suggested Bill Matuszeski. “We lived in a place where we were the minority.” Bill and Mary also raised their family on Capitol Hill.

Sharon became “president of the PTA, my big political step.” Her first PTA session was “a really bad meeting, until the principal gets up” signifying they were working together. Another new Capitol Hill resident, Marty Swaim, was elected to the DC school board,

and another board member, Marion Barry, “was a strong supporter.” That comment brought a gasp from a few dinner-mates, and she added that Marion Barry “was bright, very bright.”

Yet, Marion also called Sharon the day after he was elected to the DC school board, asking why he didn’t win her precinct. “‘Because somebody else did,’ I answered.” (Sharon and Marion later served on the City Council together and she was a council member when he was mayor.)

Four years ago, Sharon continued, history seemed to be repeating itself when the MOTH group rated the public schools on Capitol Hill (as well as near Southwest), and gave many good grades. Of course, charter schools are an increasing factor, and growing with eleven Catholic schools in the city being closed by the church and re-opened as charter schools. And there is talk that seven more parish schools are being cut in the city, she said.

Sharon worked on the city charter school law, and says, “I speak at charter schools as I speak at traditional schools.” She noted that newer young Capitol Hill families “are getting involved in school projects, playground, library projects, and rain gardens, some when kids are only two. These are privately-educated young people using the public school system,” and working within to improve the system for their children.

“They are very well educated and have big bucks. So they are in a much better position that we were.”

Upcoming Events and Programs *continued from page 1*

Thursday, April 29 • Depart 10:00 am

Visionary Store Visit & Lunch

Please join fellow Capitol Hill Village members in a trip to the Columbia Lighthouse for the Blind's Visionary Store in Silver Spring. You will be able to view interesting assistive devices and other items that help with low vision. The group will enjoy lunch together in Silver Spring following the visit. Whether or not you have vision challenges, this trip is sure to be interesting and a fun way to meet members. Rides will be provided. Just call the office to sign up.

Members only

Friday, May 7 • 9:00 am

Your home

Book Donation Monthly Pickup

Friends of SE Library will pick up (boxed or bagged) donations of used books, CDs, DVD from Capitol Hill Village member's front porches. The items will be offered in the monthly used-book sale Saturday, May 8, 10 am to 3 pm, at the library at 7th Street SE off Pennsylvania Avenue. Those wanting to receive a tax-related contribution thank you, include list of donated items, plus your name and address.

For pickup, contact CHV by Wednesday, May 5.

Tuesday, May 18 • 6:00 pm

Private home

Literary Club

Join the group to discuss Jeffrey Toobin's *The Nine: Inside the Secret World of the Supreme Court*. We will meet at the home of Michael Robbins. Call the office to sign up and learn the address. Advance notice: The book for June is *The Unconsoled* by Kazuo Ishiguro. The Literary Club meets the third Tuesday of each month in a member's home. Newcomers are always welcome.

Members and volunteers

Please RSVP to all events, and also let the Village Office know if you need a ride, by calling 202.543.1778, during regular office hours or by e-mailing info@capitolhillvillage.org

Wednesday, May 19 • 6:30 pm

601 2nd Street NE (corner of F St.)

Dinner at Toscana Café

(Reserve by 3 p.m., Monday, May 17. Seating is limited to 24.) Join us for a meal at this year-old Italian restaurant near Union Station serving "home-style meals with a gourmet touch." Fresh pasta and breads are made daily, and Chef Daniele uses local and seasonal ingredients whenever possible. Members who attended our group dinner there last year raved about the delicious food and its presentation.

We have arranged for a three-course fixed-price meal for \$22, including taxes and gratuities. There will be choices of salads, two entrees, and desserts. Beverages (including coffee) are additional and charged individually. CASH ONLY. Seating is limited to 24 people, and you must call the office to reserve a space by 3 p.m. on Monday, May 17, so that the restaurant can prepare for us. Because of space limitations, those without reservations will be turned away. Note: the dining room is on the second floor, up a steep flight of steps, but if weather permits we may dine outside on the ground level.

Open to members and volunteers

Thursday, May 20 • 11:00 am

Kennedy Center Gifts Tour

Over twenty countries have provided magnificent gifts in Memory of John F. Kennedy for the Kennedy Center. Join a personalized tour (based on the interests of the group), followed by lunch in the KC Café (\$12-15 depending upon your selections). Transportation will be provided.

Members only

Upcoming Events and Programs *continued*

Please RSVP to all events, and also let the Village Office know if you need a ride, by calling 202.543.1778, during regular office hours or by e-mailing info@capitolhillvillage.org

Saturday, May 22 • 10:00 am

American University Arboretum Tour

CHV, in conjunction with the Capitol Hill Garden Club, is sponsoring a tour of the Arboretum at American University on Saturday, May 22 at 10:00 am. The landscape architect of the university will conduct the tour, which will involve walking across campus to view its gardens, trees, and 'green' buildings. To sign up and for information about the starting point, contact the CHV office.

Wednesday, May 26 • 4:00 pm

Games at Home

You are invited to the home of a member to play board or card games. Contact the office with your preferences (Chess, Checkers, Scrabble, Canasta, Bridge, Gin Rummy or...) then enjoy a drink together before you depart.

Members only

Friday, May 28 • 11:30 am

(Note the new time) at the SE DC Library

Balance Class

Join others who recognize that strength and agility are the best defenses against falls. Practice the skills, which will keep you on your feet. The class is taught by a Physiotherapy Associates volunteer, who is a physical therapist.

Open to the Public

Continuing CHV Events

Every Tuesday • At 4:00 pm

New Location: Sizzling Express, 600 Pennsylvania Ave SE

Stammtisch

"Stammtisch" is German for a local restaurant table reserved for friends who meet there regularly. The meetings will now be hosted by a CHV Board member. *[Members and friends—no RSVP needed]*

Tuesdays and Thursdays • 10:00 am

Capitol Hill Presbyterian Church, 4th Street and Independence Ave SE

Class Offering: Chi-Gong

The gentle but powerful Chinese movement exercise known as chi-gong [pronounced *chee gong*] is offered for Capitol Hill Village members by Joni Bell (the classes began in May). Joni, herself a CHV member, has practiced this discipline for the past ten years. Her strength and balance have improved remarkably, and she credits the activity with helping her as a 30-year patient with multiple sclerosis. The twice-weekly classes are free and last 30-40 minutes. *[Open to members only]*

Monday–Saturday • See times below

Corner Store, 9th Street and S. Carolina Ave SE

Corner Store Phys Ed

The Corner Store Phys Ed offerings continue with:

- Tuesday & Thursday 8:30 am, **Workout** with Ariel
- Wednesday 11:30 am, **Gentle Pilates** with Katherine

For more information, please call 202.544.5807 or visit <http://cornerstorearts.org>. *[Open to all]*

You DO NOT need to RSVP for continuing events, but let the Village Office know if you need a ride, by calling 202.543.1778 during regular office hours, or by e-mailing info@capitolhillvillage.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26 Reservations Due by 3 pm for Apr. 27 Dinner at Café Berlin, see page 1	27 Dinner at Café Berlin, 6:30 pm, see page 1	28 <i>Falstaff, Verdi</i> , 7:00 pm, see page 12 of the April News	29 Visionary Store, 10:00 am, see page 13	30	1 <i>Falstaff, Verdi</i> , 2 pm, see page 12 of the April News
2	3	4	5 Call the office by 3 pm to arrange pickup of Book Donation, see page 13	6	7 Book Donation Pickup, see page 13	8
9	10	11	12	13	14	15
16	17 Reservations Due by 3 pm for Apr. 27 Dinner at Toscana Café, see page 13	18 Literary Club, 6 pm, see page 13	19 Dinner at Toscana Café, 6:30 pm, see page 13	20 Kennedy Center Gifts Tour, 11 am followed by lunch, see page 13	21	22 American University Arboretum Tour, 10 am, see page 14
23	24	25	26 Games at Home, 4 pm, see page 14	27	38 Balance Class, 11:30 am, see page 14	29
30	31					

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