



CAPITOL HILL VILLAGE



July 2008

The Capitol Hill Village News will be 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. To reach us: info@capitolhillvillage.org; www.capitolhillvillage.org; 202.543.1778. To unsubscribe, please send a message to unsubscribe@capitolhillvillage.org.

IN THIS ISSUE:

(Go Directly to each Article by Clicking on the Title)

[June and July 2008 Calendar](#) / [Healing Benefits of Chi-gong Practice](#) / [Hot Summer for Cooling Papers](#) / [The Art of Care Giving](#) / [Genealogy Tour at the Library of Congress](#)

Our August Newsletter will contain a July/August Calendar of Events, but no articles. Enjoy the rest of your relaxing, sunny summer days and a full newsletter will be greeting your September.

JUNE AND JULY 2008 CALENDAR

Monday, June 16, 12:45 PM

Madison Building
Library of Congress
Independence Ave SE,
Between 1st and 2nd Streets

“Local History and Genealogy Tour at the Library of Congress”

Our group will gather in the lobby. We will obtain reader registration cards (photo i.d. required — process takes about 10 minutes) for the Library of Congress first. These cards allow you to use all of the reading rooms of the Library of Congress at your convenience.

After receiving the reader registration cards, we will proceed to the Local History and Genealogy Reading Room, located in the Jefferson Building. We will be greeted by Reggie Downs, a genealogy librarian at the Library of Congress, who will give us a presentation on using the facilities of the Library in general, and the particular resources available there.

[OPEN TO ALL CHV MEMBERS]

<p>Friday, July 4</p> <p>Capitol Hill, 8th Street SE</p>	<p>Join the Capitol Hill Parade!</p> <p>Bring family and friends with you to 8th Street and show your support for Capitol Hill Village by marching behind the Capitol Hill banner. For time and place to meet call (202)-543-1778 or e-mail info@capitolhillvillage.org</p> <p>[ONLY Capitol Hill Village MEMBERS AND THEIR FAMILIES]</p>
<p>Sunday, July 6, 2:00 PM</p> <p>H Street Playhouse</p> <p>www.hstreetplayhouse.com</p>	<p>“St. Mark’s Gospel”</p> <p>Enjoy St. Mark’s Gospel at the H Street Playhouse, a one-man show starring actor and long-time Capitol Hill resident Michael Tolaydo. Tickets \$20 (discounted —with Capitol Hill Village group from \$30)</p> <p>RSVP (202)-543-1778 or email info@capitolhillvillage.org by Wednesday, June 25.</p> <p>[OPEN TO ALL}</p>
<p>Thursday, July 10, 7:30 PM</p> <p>Capitol Hill Arts Workshop (CHAW)</p>	<p>“Capitol Hill Photographs”</p> <p>Join CHAW Head of Photography Bruce McKaig and Capitol Hill Village President Norman Metzger at CHAW for a fascinating evening of photos they have taken of the “hood.”</p> <p>RSVP (202)-543-1778, or email info@capitolhillvillage.org</p> <p>[OPEN TO ALL}</p>
<p>Saturday, July 12, 11:00 AM</p> <p>Kenilworth Gardens</p>	<p>“Kenilworth Gardens”</p> <p>See for yourself how beautiful the Kenilworth Gardens water lilies are when they are at their best.</p> <p>RSVP (202)-543-1778, or email info@capitolhillvillage.org</p> <p>[OPEN TO Capitol Hill Village MEMBERS ONLY]</p>
<p>Tuesday, July 22, 1:00 PM</p>	<p>“Newseum”</p> <p>Come with your neighbors to the Newseum 555 Pennsylvania Ave, NW. Tour with member and Newseum docent Bill Sisolak,</p> <p>RSVP (202)-543-1778, or email info@capitolhillvillage.org</p> <p>[OPEN TO Capitol Hill Village MEMBERS ONLY]</p>
<p>Thursday, July 24, 3:00 PM</p>	<p>“Peach Tasting”</p> <p>Come to Townhomes at Capitol Hill Frances Taylor Community Center 6th and I Streets, SE for an update on Capitol Hill Village and a peach tasting. Compare Georgia and mid-Atlantic peaches and help us decide which is best!</p> <p>RSVP (202)-543-1778, or email info@capitolhillvillage.org</p> <p>[OPEN TO ALL]</p>

QUILT RAFFLE

Capitol Hill Village members still are welcome to buy \$1 raffle tickets for the quilt that CHV President Norman Metzger is pictured displaying to the right, Metzger will conduct the drawing July 1. The quilt raffle fund-raiser was used to draw visitors to the Capitol Hill Village information booth that was open near Eastern Market on Saturdays in May.

CHV members Claudia and Peter Bell contributed the quilt as a way “to give something nice” back to the organization.

Anyone interested in buying tickets should contact Capitol Hill Village at info@capitolhillvillage.org or call 202. 543.1778.



Norman Metzger

HEALING BENEFITS OF CHI-GONG

Joni Bell says “thank you” to Capitol Hill Village twice a week by leading fellow CHV members through Chi-gong.

“In our breathing and moving, we are sharing energy, sharing our energy as a group,” says Bell. And, after the 40-minute sessions, “everyone leaves feeling more vibrant.”

One CHV member notes this is “a gentle exercise program,” but it leaves her feeling “energetic,” while another says she feels “more relaxed” at each session’s end.

Chi-gong, also written Qigong (both pronounced “chee gong”), is an ancient Chinese exercise program that only has become widely used in China and around the world in this 21st Century. The program takes many forms, “Qi” in Chinese means breath, and by extension, life force or energy. And “gong” means work applied to a discipline. Thus, “qigong” means breath work or energy work.

For Bell, who has suffered from multiple sclerosis (MS) for 30 years, the Oriental therapy has been part of her life for a decade and has returned much, she says. Immobilized following earlier surgery, she now walks comfortably with a cane and, “I don’t fall anymore.”

She shares the exercises with five to 10 CHV members who join her each Tuesday and Thursday morning at Capitol Hill Presbyterian Church. They follow Bell through a series of slow movements to use their muscles while reducing stress and improving balance and posture.

Correct breathing, deep and slow breathing, is key to benefiting from Chi-gong, Bell explains. One is to breathe from the *tan tien* – a point 2 inches below the navel. To maintain balance, one focuses at a point directly in front of you, your chin parallel to the ground.

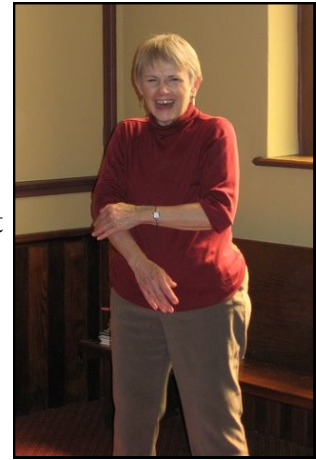


From Left to Right: Lois Porter, Pamela Weiss, and Hazel Kreinheder

“The gentle movement therapy helps to break up energy blockage in your body, and also brings in new energy,” she adds.

While the exercise is more useful if done at least two days a week, Bell makes it easy for first-time participants to join in and occasional participants to feel results. Hazel Kreinheder says the program showed her that regular walking activity leaves some muscles ignored, so she now practices Chi-gong daily.

Bell says her Capitol Hill Village membership provides her with essential assistance, as CHV volunteers tend her garden, help with some housework she cannot manage, and do writing chores such as health insurance papers.



Joni Bell

“I have gotten so much for my dollar from Capitol Hill Village, I want to give back,” Bell explains. She recalls that when she first was diagnosed with MS, a friend helped her deal with coming realities by pointing out “You are so independent. Please allow others to give to you.

“Now my Chi-gong allows me to give back.”

(All CHV members are welcome to join the 10 a.m. Tuesday and Thursday Chi-gong sessions at 4th & Independence Avenue SE. Just show up, but it is important to be on time.)

ST. MARK'S GOSPEL

Join members and friends of Capitol Hill Village on July 6 to see ST. MARK'S GOSPEL at the H St. Playhouse. Taken directly from the King James Version of the Book of Mark, this tour-de-force production, a one-man show starring actor and long-time Capitol Hill resident Michael Tolaydo, was originally directed by Sir Alec McCowen and toured Africa, Germany, and the United States from 1979 to 1981. After the performance, Mr Tolaydo will meet with the audience for an informal Q and A.



When: Sunday, July 6, at 2 pm

Where: H Street Playhouse, 1365 H St. NE

Tickets: \$20 (discounted from \$30)—send to or drop off your check at the office:

Reservations: By Wednesday June 25

Parking: On H Street and side streets

Rides: Would you like a ride? Call the office.

NOTE: We have reserved only 10 seats. Call or e-mail the CHV office soon to make your reservation, then promptly send a check made out to Capitol Hill Village to Capitol Hill Village, P.O. Box 15126, Washington, D.C. 20003. Checks must be received by June 25.

[OPEN TO ALL WHO ARE INTERESTED]

E-mail info@capitolhillvillage.org or call 202.543.1778

GET IN ON THE ACTION—AND THE FUN

Join other members to help plan activities for the 2008-2009 year: Theater, concerts, art shows, dance, dinners or lunches at restaurants or members' homes, sing-alongs, interest groups such as book club or discussion group, bridge or poker. You name it—the sky's the limit. To help plan, or send a suggestion, contact Judy Canning at mjccanning@verizon.net or phone 543-2386.

HOT SUMMER FOR COOLING PAPERS

Capitol Hill Village has a hot summertime suggestion. (Sorry. "Hot" refers to weather.)

Now that it too often is in the 90's, nervous April 15th has come and gone, and for many, the one-time tax rebate check has arrived (and maybe gone), why not make your private or personal records a cool issue this summer?

Not really summer fun, but we thought we'd get your attention, CHV members. Following are suggestions for a one-time project to create a personal record system that will assist in cleaning out unneeded paper piles while making readily available the records you do need and that your heirs eventually might or will need.

The keys to success, says CHV board member William H. Phillips, are "having a retention system and being consistent." Then monthly, and at the end of each year, one logically can toss away and/or file papers, and paper won't pile up. "A basic goal should be that someone coming along behind you can find necessary records."



William H. Phillips

Phillips consults on investments, taxes and retirements, and as well, he admits, keeps his own family files up-to-date. There are not many absolute rules in what-to-keep and what-to-toss, he adds, but he offers some workable advice, as well as stories about why good record keeping can make – or keep you from losing – money.

For instance, one set of guidelines An Internet search of "records retention" provides sites that advise on what records to keep, and for how long. However, Phillips says, look at them for guidance in setting up your own system, keeping your individual needs in mind. He suggests a conservative approach may prove beneficial later. advises that keeping bank statements three months is useful (and necessary) when applying for a mortgage, but "otherwise, the bank has all of your records if a need arises." Yet, remember, a bank may charge for researching and reproducing records.

One happy place to begin new record retention habits is for those whose desks always are piled with marketing flyers and letters that arrive with bills. Make the process a ritual: As you open bills, throw out the selling materials, unless you are going to buy. And, when paying bills, if the other papers are still there, now throw them away.

But, as you make record retention part of your life, understand that file cleaning does not mean throwing those papers in the trash. “All financial and personal records should be shredded, and then disposed of appropriately,” Phillips says, a service Capitol Hill Village will provide.

It is common knowledge that tax returns and related documents should be kept seven years, essentially to deal with a potential audit or other tax-related issues. While the IRS will have your form in hand, the individual taxpayer is responsible for all backup materials that prove your income or deductions during an audit.

After seven years, throw away backup materials, but “keep your copy of your actual federal and state tax return permanently,” Phillips says. The information can prove useful in other ways, such as a later land transfer. And if you are among those who file a “Turbo Tax Return” via the Internet, which promises to retain tax return information for 10 years, still keep a paper copy, he says. . . “Computer systems do fail.”

Phillips says bank statements also “can provide useful information over time,” and now that banks are on-line, it is good to explore pulling up your payment history via computer. If you are among the many who still write checks, rather than pay bills on-line, the bank site can be a useful resource later when you can’t find a check. Almost all banks now image your paid checks, so you can get a copy on line and easily print it out.

When monthly bank statements arrive, be sure that “the statement agrees with your checkbook,” he says. If figures don’t match, you may find you forgot to write down a check, or added wrong by a few pennies, but you also might discover “the bank encoded it incorrectly. What if you spent \$5500, but were charged \$6500?”

Also, keep ATM and debit records, and check them with your bank statement when it arrives, Phillips said, noting most people just trust the machine, as well as toss receipts as they walk away. He said that he had debited the family joint account to pay two \$128 bills for dental checkups, but the system moved just one charge to the dentist.

Turning to credit cards, Phillips urges that one have “as few credit cards as possible.” While non-requested cards arrive in the mail each week, stories about solving personal debts always start with advice on how to pay off those credit cards and then throw them away. “Credit cards are very useful in today’s world,” he says, “but they also are the most expensive form of credit, and should be paid off every month.”

Do keep receipts from any credit card purchase – a habit many find they must learn, Phillips continues. Then check receipts with card bills before you pay them, a system that may find errors by the purchase place or the credit card company, or inform you that your account is being used by an unknown someone. Stories abound about ways your number is stolen, but you likely will be the first one to notice surprise charges.

“Banks (who issue cards) are pretty good on this, also,” Phillips says. His own bank called when his card contained a number of quick charges in Birmingham, Ala. “I was not there at the time, so the card was canceled.”

Keep credit card bills, with receipts plus a note of how card bill was paid (such as check number and date) attached, in your files for 12 months, he says, maybe throwing away those from month 13 after monthly bill paying is complete.

If investments are part of your life, you don't need years of files of buys and sells, and prospectus and privacy statements. But do keep a file of monthly investor brokerage statements, plus buy-and-sell records. Then, when the annual statement from the brokerage arrives (not your 1099 tax record, but the full broker statement), hold that permanently, plus buy-or-sell confirmations. But throw away monthly statements and other records.

Mortgage statements should be kept for seven years after you have finished buying the property, but retain permanently the closing documents on the purchase of your house.

Also keep a file of bills and contracts for home repairs and remodeling during the time you live in a house that you are buying or own, Phillips says. This will assist in keeping an accurate cost basis of your house and help reduce tax gains when you sell it. In the interim, one might need such records if workmanship does not live up to written promises.

If utility bills provide a tax deduction, such as for a home office, keep them just as you do other tax-related records. Otherwise, keep a minimal three months worth of bills, as that may be needed to establish residency tied to a driver's license, voter registration, or mortgage applications. A full year isn't necessary.

Do have a file on donations, so that it will be available at tax time. Obviously, any receipt or letter noting a donation should be put in the file. Also, keeping a running list of donations (date, group, amount, check number) is useful, as you may (by choice or confusion) give to the same group more than once, or a single donation may be recorded in more than one way.

One area of frustration is the ever-expanding file(s) of warranties that arrive with new telephones and toasters: appliances die but warranties stay on. Keep a warranty when you make a purchase, but also make it a household rule to toss it when the warranty or the appliance expires, whichever comes first.

Policies for various types of insurance (home, auto, life) have to be retained for different time periods, but do remember it is wise to have proof (i.e., insurance policy) in hand when you make a claim. Auto insurance papers can be tossed when the car no longer is yours. Life insurance policy information should be kept for the life of the policy plus three years. A minimum of five years is suggested for home insurance, but the ten-year rule is better.

Most people use a metal desk or file drawers at home to store records, but "it is arguable and probably preferable" that one also has a bank safety deposit box or at-home safe, Phillips continued. While that safety may refer to problems from a home fire or wind damage, it also can be important for your heirs.

Additionally, Phillips says, a list of what is stored in the box should be kept at home, and a relative or other close person should know where the key is kept. Items to be retained in the safety deposit box include original wills, life insurance policies, birth (and death) certificates, military discharge, vehicle titles (including those for boat or plane), home ownership papers, purchase receipts for valuable jewelry or art, and pictures of valuable items in your home (maybe digital pictures or a video with running commentary).

If tackling records organization is not one of your strengths, Capitol Hill Village has volunteers available to assist you. Also, to receive samples of a form for listing where personal documents are stored and recommendations on "What to keep, where to store, and when to shred," call 202.543.1778.

CHV WILL HELP YOU SHRED YOUR BILLS AND STATEMENTS

Capitol Hill Village will be providing a monthly pickup service for members wanting to get personal papers shredded and/or have hazardous waste materials taken away.

Also, for members who would feel more secure having personal records shredded at home, Capitol Hill Village has a transportable shredder, that a volunteer can bring and assist you in operating it.

The first pick-up at members' homes will be Friday, July 25, and then will be happening on the last weekend of each month. Unwanted materials will be taken the next day (July 26) to the D.C. public works trash transfer station at 3200 Benning Road NE, where a free shredding service is available.

Stapled papers and those in binders are acceptable, and unwanted or expired credit cards also will be destroyed. Hazardous wastes include paints, aerosols, batteries, most balls, and motor fluids, and a detailed list can be seen at www.dpw.de.gov.

CHV volunteers will be providing both the home pickup service and next day deliveries to the city waste site of both papers and hazardous materials. Those delivering papers to the site will remain to witness the shredding of any papers they deliver.

To be scheduled for the coming pick-up Friday, or to have the CHV shredder come to your address, e-mail info@capitolhillvillage.org or call 202.543.1778.

THE ART OF CARE GIVING

Sharon and Mike Ambrose want Capitol Hill Village members to join them for an evening this September, join them to hear the Ambrose story and their message.

They want their Capitol Hill friends and neighbors to learn “from my extraordinary experience,” explains former D.C. Councilmember Sharon Ambrose, that “you need an advocate when you go through a serious illness.”

Sharon's “guardian angel” Mike (her term) spent his early retirement years pushing the medical community to keep experts focused on why Sharon was getting sicker and sicker, pushing for doctors to share ideas with other doctors, insisting that medical staff give care 200 percent.

And the Ambrose family went through Sharon's ever-worsening health essentially behind private doors, not explaining details even to friends, finally feeling that Sharon was dieing. Last spring, the couple's initial public talk of their hard lessons was with a small group of Capitol Hill Village members.

This fall, they again will be speaking to a CHV gathering in hopes of getting more people to understand the role that a health advocate can play in living and healing.

“I think the Ambrose team represents a model that all of us need to emulate in supporting those for

whom we are the advocate,” says Gail Kohn, Capitol Hill Village executive director. Capitol Hill Village does have a confidential advocacy program underway.

Village members will be encouraged to attend the September talk by the Ambrose couple, accompanied by spouses, partners, interested family members, close friends.

Sharon and Mike (and especially Mike, since Sharon mentally was “away” for many months) offer lessons for working successfully through a deep illness, including:

- * Medical advocacy is essential to getting good health care, whether at doctors’ offices, hospitals, rehabilitation and other specialty facilities, or nursing homes.

- * The patient, advocate, and/or family members should keep a log of a patient’s condition and events, including dates and time.

- * Patients and their advocate and/or family should ask questions about the diagnoses and directions of health care professionals if they do not understand, or they disagree. They also should do independent research on the web or in libraries about diseases, diagnoses, and treatments.

- * Patients and their advocates should seek advice from a variety of medical experts, including their primary physician and specialists. If professionals involved do not produce results or seem confounded by the problem, seek advice elsewhere such as the respected John Hopkins University.

- * Rise-and-Shine partners and other volunteers should be mindful of evident changes in a CHV member’s health conditions, and communicate such concerns to the CHV office.

- *Support groups, such as the Well Spouse Association, can provide necessary support for relatives close to a severely ill person. CHV should have referral information for groups.

GENEOLOGY TOUR AT THE LIBRARY OF CONGRESS

The Library of Congress (LOC) has a special room for researching your family history, according to Capitol Hill Village member Kay Elsasser.

The library’s Local History and Genealogy Room “is the world’s largest collection of family genealogy and local history,” says Elsasser, a Library of Congress retiree. So it makes an excellent starting place for CHV members interested in initiating a study, and also is inviting for members already active in genealogy.

Many fee-charging services are available there at no cost, CHV members learned on a recent tour, including Heritage Quest, Ancestry.com, Family Search, and Early American Newspapers. Reggie Downs, a genealogy reference specialist, instructed them on using the online catalogs and databases.

In addition to the genealogy and local history collection, the Library of Congress room also holds the most complete collection of city directories and of U.S. and foreign newspapers. Yet, it is good to remember, notes Elsasser, that the Family History Library in Salt Lake City (tied with the DAR Library here in Washington, D.C.) “complements the Library of Congress collection.” (Washington, in fact, is a haven of national genealogy resources.)

The Local History and Genealogy Room is on the ground floor of the Jefferson Building, the origi-

nal library building on 1st Street SE across from the Capitol. The genealogy room is open during the congressional library's regular hours, Monday through Thursday, 8:30 a.m. to 9 p.m., and Friday and Saturday, 8:30 a.m. to 6 p.m.

A permanent reader registration card, which allows full access to the library's many research facilities, can be obtained at the Madison Building, 101 Independence Avenue SE. Bring a picture ID, such as a driver's license, to receive the card.

For those just initiating a family genealogy project, there are some useful tasks before heading to the library. Gather any information available on names of relatives; places and dates of births, marriages, and deaths; locations they have lived in; jobs they have held, or any other specifics you can pull together from talks with family and looking through scrapbooks and other sorts of family remembrance.

With these details in hand, LOC staff can get you started in your library search, Elsasser says.

CHV members already into family research met once to exchange ideas and are hoping interest will grow to start a regular CHV genealogy group. They are willing guiders to genealogy newcomers.

The Library of Congress offers free classes in its Main Reading Room on the use of all its materials. In future months, Elsasser will be organizing tours of the congressional libraries other special rooms.

A FRIEND PASSES AWAY

Capitol Hill Village member and past garden club president, Claire Davis, passed away at her home on Tuesday, June 3, 2008 with her sister and her daughter at her side. Funeral arrangements are pending.

Claire and her late husband Larry were from a great line of Capitol Hill eccentrics who predated the real estate boom of the 90s. Her husband Larry was the first male president of the Capitol Hill Garden Club (c. 1972) when husbands were solicited to help with the fall sales at Eastern Market of spring-flowering bulbs, the fundraiser devised to supplant all sorts of penny ante bake sales, rummage sales, etc.

Claire was originally from Iowa and eventually moved to San Francisco where she worked as a secretary. On a vacation to Arizona, she met Larry in a cocktail lounge when he asked her to dance. They danced the evening away, were married and moved to DC when Larry got a job with the Interior Department in the Bureau of Indian Affairs.

Claire loved food, though she never seemed to eat much, and she was one of the club members who complained after the June party when everybody brought chicken (baked, roasted, fried, in casseroles, in salads). In the following years, the late Margaret MacGregor would take June party RSVPs inquiring hors d'oeuvres, entree, side dish or dessert and often saying, "That's nice but we need a coleslaw" or "We already have chicken, we need a ham."



Photo by: Bill Dean

A special friend and past president of the Capitol Hill Garden Club, David Heeley. Claire Davis was a longtime friend of David Heeley, especially with their many activities at the Capitol Hill Garden Club.

In the 1990s, Claire and Larry's backyard was featured on a garden club tour to show Larry's vegetable garden on the roof of their garage. The roof garden included tomatoes, sweet corn and cucumbers and was quite a sight to behold from the alley behind their home on A Street NE.

In the late 1990s, upon meeting a man who said he was a pianist, Claire said, "Well, you'll have to play for us." He said he would and this meeting led to a Sunday afternoon piano recital in the Davis home, with the pianist at the baby grand in the bay window and chairs lined up in the living room and dining room for overflowing guests, followed by a buffet supper and an evening in the Davis garden.

Claire will be remembered for her cheerful coping with her husband Larry as he increasingly suffered with Alzheimer's. Life seemingly continued as normal, with Claire and Larry shopping at Eastern Market, attending garden club meetings and events, attending mass at St. Joseph's and even wintering in Tuscon.