

Welcome Back, Katie: A Conversation with Our New Executive Director



Katie McDonough

By James Hardin

In the summer of 2008, during a Washington internship and before she joined the Village staff, Katie McDonough provided her first service to one of our members on Capitol Hill. She had met Mary Procter through a mutual friend, and Mary asked Katie to house-sit while she and Bill were out of town, a good example of the mutual benefit that sometimes arises between member and volunteer.

Our new Executive Director grew up in Tidewater, Virginia, and attended James Madison University, where she received her B.A. degree in international affairs in 2001. Even as an undergraduate, Katie says, she considered social work: "I was good at working with adults and older people." Her parents counseled, finish your

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CHV Names New Volunteer & Social Services Director

By Katie McDonough

Capitol Hill Village is welcoming back a familiar face, Julie Maggioncalda. Julie will become the Village's Director of Volunteer & Social Services on June 1.

Many of our members and volunteers already know Julie from her summer internship with CHV in 2010. In this role, Julie conducted an in-depth survey with many of our members to help them integrate more fully in the CHV community. She also planned various events and was involved in the CHV administrative processes.

As a full-time staff person, Julie will focus on working more closely with Village members and their families facing short or long-term medical challenges by providing them with medical and social services coordination, counseling,

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Upcoming Events

Thursday, June 2 • 5:00 – 7:00 pm

418 7th Street SE (Stairs to enter; garden accessible from rear)

Citizens for Global Solutions Open House

Join other Capitol Hill Village members and volunteers to meet our next door neighbors, Citizens for Global Solutions, and learn about their movement to empower and educate people to be better global citizens. Citizens for Global Solutions is a non-partisan membership organization that envisions a future in which nations work together to abolish war, protect our rights and freedoms, and solve problems facing humanity that no single nation can solve. Founded in 1947, Citizens works for the

▶ *Upcoming Events continued on page 14*

June 2011 Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 Petanque, 4 pm, see p. 16	31 Qigong, 10 am, see p. 16	1 Yoga Class, 6:30 pm, see p. 16	2 Qigong, 10 am, see p. 16 Citizens for Global Solutions Open House, 5-7 pm, see p. 1. Contact the office by noon to attend.	3 Contact the office by noon to arrange June 4 Hazardous Waste pickup	4 Hazardous Waste Pickup, Starting at 9 am from your house, see p. 14 Play: Cyrano, 2 pm, see p. 14
5	6 Petanque, 4 pm, see p. 16	7 Qigong, 10 am, see p. 16 Contact the office by 12 noon to reserve a place at the June 8 lunch at Mike's Crab House	8 Yoga Class, 6:30 pm, see p. 16 Lunch at Mike's Crab House (BY RESERVATION ONLY) 11:30 am, see p. 14 Contact the office by 5 pm to arrange June 11 book pickup	9 Qigong, 10 am, see p. 16	10 Book Donation Monthly Pickup, starting at 9 am, see p. 14 Contact the office by 5 pm to sign up for the June 13 & 14 Auction events	11 FOSEL Monthly used-book sale, 10 am- 3 pm, SE Library
12	13 Part 1: Auction Lesson and Preview, 9:30 am, see p. 15 Petanque, 4 pm, see p. 16	14 Part 2: Attend Weschler's Auction, 8:30 am, see p. 15 Qigong, 10 am, see p. 16	15 Yoga Class, 6:30 pm, see p. 16	16 Qigong, 10 am, see p. 16	17	18
19	20 Petanque, 4 pm, see p. 16	21 Qigong, 10 am, see p. 16	22 Yoga Class, 6:30 pm, see p. 16 Contact the office by 5 pm to attend June 24 Textile Museum Tour	23 Qigong, 10 am, see p. 16	24 Tour of Textile Museum Exhibit and Lunch, 10:15 am, see p. 15 Balance class, 11:30 am, see p. 15	25
26	27 Petanque, 4 pm, see p. 16 Contact the office by 5 pm to sign up for the June 28 literary club	28 Qigong, 10 am, see p. 16 Literary Club, 6 pm, see p. 16	29 Yoga Class, 6:30 pm, see p. 16	30 Qigong, 10 am, see p. 16	1	2

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

Capitol Hill Village News

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To become a member, go to www.capitolhillvillage.org and click on "Join." Payment of dues through PayPal is available online.

To support the Village, go to www.capitolhillvillage.org and click on "Support/Donate." Or support CHV through the Combined Federal Campaign # 55474. All donations are welcome!

Capitol Hill Village Leaders

Mary Procter, President of the Board

Katie McDonough, Executive Director

Julie Maggioncalda, Community & Social Services Director

Gail Kohn, Advisor to the Board

Capitol Hill Village News Team

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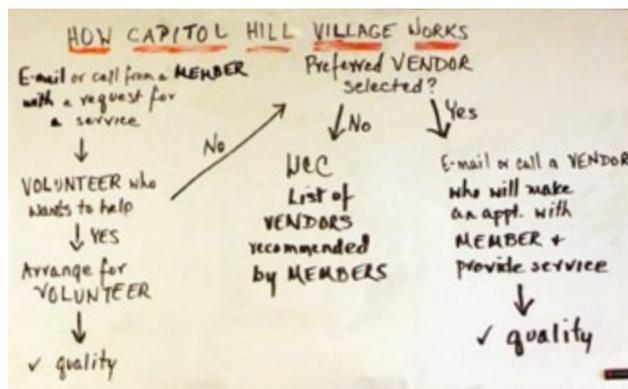
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From the Executive Director...

Together, Capitol Hill Village's founding Executive Director Gail Kohn and incoming Executive Director Katie McDonough have written this column. In July, Katie will take over "From the Executive Director" and Gail will pen a new column. She will focus on Capitol Hill Village sustainability and housing for members who want to stay on Capitol Hill, but downsize into accessible housing or reside in a location where personal care is available 24/7. For simplicity, the column below was written in the third person, quoting Board President Mary Procter, Katie, and Gail.



How Capitol Hill Village works.

Do you know the story of how Gail Kohn came to be Capitol Hill Village's Executive Director? In April 2007, Gail took a plane to Boston for a Beacon Hill Village conference about creating "villages." She says she always talks to fellow travelers. The man next to her on the plane told her about his upcoming assignment at Harvard and Gail told him about "villages," initially Beacon Hill Village. When he asked if something similar was happening in Washington, DC, Gail told him what she had read in the *Washington Post*.

Having overheard the conversation, Capitol Hill Village founder Geoff Lewis, who was sitting across the

plane aisle, introduced himself to Gail just as the flight landed in Boston. Their subsequent interactions at the Beacon Hill Village-sponsored meeting caused Gail to ask about the position of Executive Director. She wanted to stop traveling internationally to help other organizations evaluate and plan for intergenerational housing and intentional villages. She was hired by Capitol Hill Village within weeks after Geoff and Gail met.

After she was hired, Gail listened carefully to Capitol Hill Village Board members, and then drew a

process chart of what the Board members envisioned for their village. The diagram (left) still hangs over the fireplace in the Capitol Hill Village office.

From launch in October 2007 until early 2009, Gail ran the organization

by relying on volunteers alone. The Volunteer-First concept in association with "villages" across the nation was born.

From launch onward, some Capitol Hill Village members experienced ordeals that required counseling. Gail undertook the necessary listening and care coordination, until it became half of what she did every week. In January 2009, Gail began to discuss with the Capitol Hill Village Board of Directors the possibility of hiring University of Pennsylvania social work student Katie McDonough as Capitol Hill Village's Director of Community and Social Services.

Gail knew Katie because the newly elected (in the fall of 2008) CHV

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From the Executive Director *continued from page 3*

Board of Director's President, Mary Procter, introduced Gail to the vivacious social work graduate student. Katie lived with Mary and husband Bill Matuzeski, during the summer of 2008. On a visit to the Capitol Hill Village office, Katie explained her interest in both public policy and operations associated with older adults. "From that first meeting, I knew she had the right stuff," says Gail.

Katie McDonough, who had prior work experience with international organizations working with persons of all ages, was perfect for

Capitol Hill Village. The desires of members (and persons "who will join someday") to stay in their Capitol Hill homes or at least in this terrific neighborhood, combined with their interest in observing and interacting with neighbors, was a perfect fit. Katie agreed to take the job and joined the staff after finishing her career-redirecting education at Penn .

From the outset, Gail groomed Katie for leadership in villages. "The two women think well together," says Mary Procter. "We can work out of each other's brain," says Katie.

"We share an understanding of the neighborhood and the people who want to stay here."

Katie's organizational and counseling skills increasingly were valued. "She can take the organization to a new level," says Gail.

Katie hired Julie Maggioncalda, the popular-with-members 2010 Capitol Hill Village Penn intern, for the position of Director of Volunteer and Social Services.

"We saw an opportunity to break the Executive Director and Director of Community and Social Services roles into three doable jobs," says Katie. The Executive Director role requires constant attention to detail, while staying focused on the vision. "Katie knows when to use her mind like a microscope and a telescope," Gail says. "Julie is a hardworking, intelligent, go-getter," Katie observes.

Gail's contacts, experience, passion, and her ability to tell the Capitol Hill Village story fit well with her new fundraising/housing advocacy role. She has been a leader in the field, focusing attention on the importance of non-medical interventions to control health care costs for individuals as well as the country. She says, "All long-term care should be local. No one should be banished from their neighborhood as they eventually become frail."

Julie Maggioncalda will manage volunteer administration and be the primary staffer addressing the counseling and care-coordination needs of members.

"Gail, Katie, and Julie each have demonstrated that they know how to build community support for Capitol Hill Village," observes Mary Procter. "We have a dynamite team."

New Volunteer & Social Services Director

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and service referral. In addition, she will serve as the organization's volunteer services coordinator and will assist in bolstering the training, administration, and recognition activities for CHV's 210 volunteers.

Julie received her Bachelor's degree in Heath and Human Services from Virginia Wesleyan College in Norfolk, Virginia. She recently received her Master of Social Work from the University of Pennsylvania's School of Social Policy & Practice. As a part of her graduate work, Julie was a participant in the Penn Aging Concentration, which prepares graduates for a career in aging and long-term care through specialized course work, field training, a seminar series, and leadership skill-building.

Julie's professional experience has prepared her well for her new position, including internships with various nonprofit organizations, two summer-long nonprofit leadership training programs, and independent



Julie Maggioncalda

research activities. More recently, Julie completed a field placement in aging services at Family Matters, a DC-based social service agency.

When not busy working, Julie spends her time cooking and baking gluten free, jogging, and tending her garden.

Julie is excited to join us at CHV, so please join the staff and Board of Directors in offering her a warm welcome!

Welcome Back, Katie *continued from page 1*

degree, and then you may want to consider graduate school.

Her first job after college was with the Association for International Practical Training, in Columbia, Maryland, where she did marketing, document coordination, event planning, and the screening and placement of students. Excellent experience, but Katie felt no passion for the work, and she knew it was “not what I wanted to do with the rest of my life.”

Her next job, senior programs coordinator at International House of New York City, was more satisfying. “I became right-hand woman for an eighty-six-year-old man who ran programs for the organization.” She developed a close working relationship with her boss, and this experience confirmed her belief that she was very good at inter-generational relations. Her next stop was the graduate program in social work at the University of Pennsylvania, where she completed her M.A. degree in 2009.

The summer internship in Washington, part of her program at Penn, was in long-term care, and naturally Mary introduced Katie to Capitol Hill Village director Gail Kohn, who was one-year into creating our Village on the Hill. About six months later, Gail received permission from the Board to hire an additional staff member, and she asked Katie to become Director of Community and Social Services.

“Sixty percent of my work has been helping members with acute needs, in short-term health or medical crisis,” Katie says. “I help them navigate the social services system. I want to encourage people to feel comfortable asking for help [at any time in their lives the need arises].



Katie conversed with Jim Hardin and Mike Canning about her background and new position as Executive Director.

I am on the phone a lot [to hospitals and health care professionals], and I visit members in their own homes.”

Katie is well-prepared for the larger role of Executive Director, both through her organizational and programmatic job experiences, and her graduate studies. “In graduate school, I gained practical experience at the clinical level, but I focused more on the organizational side.”

“Don’t think of social work in a limited way,” cautions Katie. There is a cultural stigma attached to the idea of needing a social worker that the Village seeks to overcome. “Capitol Hill Village is a community organization that does provide some traditional social services,” she says, but that is just part of the story. Katie shares the belief of board, staff, and volunteers that we are working together, through a variety of social, cultural, and informational programs, to make Capitol Hill a better place for everyone.

“Being able to live and work in the same community is a gift,” says Katie, who rents an apartment on the Hill. “When I am out walking or

running in the neighborhood, I am stopped by people I know. I have lived in Baltimore, Philadelphia, New York City, and Paris. More than any place I have lived since I left the Norfolk-Virginia Beach area, this place feels like home.”

Maintaining and increasing opportunities for intergenerational living in our neighborhood is one of the founding ideas of Capitol Hill Village. As Executive Director, a job she begins on July 1, Katie hopes to engage “younger” people, both as volunteers and members, bringing into the organization those who are still working and raising children.

In addition to her passion for running, Katie enjoys quilting, which she learned to do by taking a six-week course in New York’s Chelsea neighborhood. “For many of us,” she says, “work is conceptual. For me, quilting is real, working with your hands. Like running, it’s an escape from the day-to-day routine.” For someone interested in nourishing traditional relationships between young and old, her two hobbies sound just right.

Calling All Members

The summer is a perfect time to ask for services.

Don't think, "I shouldn't ask until I need help." Ask because you want help, so you can do other things you enjoy and develop the good habit of contacting Capitol Hill Village. Knowing that Capitol Hill Village is a reliable source of services, while you are well and able, will make it easier to make that contact when something goes wrong in your life.



Remember, volunteers perform 85 percent of Capitol Hill Village services. And CHV volunteers strongly are encouraged to Just Say No. The volunteer wants to perform the requested task. There is no guilt trip for volunteers. This is not like asking neighbors for favors. Volunteering for Capitol Hill Village is a way to get involved with a community effort to help members stay in the neighborhood.

What can members ask for, particularly in the summer, that volunteers love to do?

- ▶ Watch my home, while I am away. Take away the newspapers or mass-distributed circulars.



CHV Member Maurine Phinisee allows volunteers to transport her on her neighborhood errands. Photos: Judith May

- ▶ Feed, exercise, give affection to my pets, while I am away.
- ▶ Help me learn more about my vacation destination.
- ▶ Take me to the airport or train station or bus. Pick me up when I return.
- ▶ Weed my garden, please.
- ▶ Help me buy plants. Plant my young sprouts.
- ▶ Pick my fruit and vegetables so the crop continues (and enjoy them, too).
- ▶ Water my plot, lawn, pots, indoor plants please.
- ▶ Go with me to a play, concert, opera or...
- ▶ Walk with me around the block, around the Arboretum, to...
- ▶ It's too hot for me to go out. Find me someone to shop for groceries, or a cold beverage.
- ▶ Is there someone who would like to join me in my backyard for a gin and tonic?

Gail Kohn is Off for the Month of June

Our founding Executive Director, who joined Capitol Hill Village in May 2007, when it was still a dream, is away June 1-30. She will return July 1 as Advisor to the Board, focused on sustainability of the organization that she helped create.

She will lead the effort to fill the gap between member dues and

Capitol Hill Village's expenses. She also will look for ways to create housing for those who want to stay in the Capitol Hill neighborhood, but live in accessible residences, or for those who want 24/7 personal service readily available.

Gail, we hope you enjoy your well-deserved break!

Spring Arrives In the Village Garden

By Margaret Missiaen

Like many gardeners, I think spring is my favorite season. As I stood in front of the CHV office on a cool, wet April morning recently, I felt the peacefulness settle in my soul. Have I reached a point where I can enjoy the plants without thinking about weeding and watering? One of the advantages of aging is that I cannot remember what was there in the fall. This spring brought surprises.

I always am relieved to see the pale green leaves of the Japanese maple. Robert Sands planted this tree in memory of his wife, Kathy, and asked me to care for it during his lengthy absences. All was well until the 55 inches of snow fell in early 2010. The first heavy snow caused the main trunk to split, and subsequent snows deepened the split. As the thaw came, I tied the trunk together with shoes laces. CHV volunteer Patrick Hamilton suggested holding the tree together with popsicle sticks and copper wire until Robert returned. Finally, we settled on adjustable plastic bands around the trunk. They hold the trunk together, but can be loosened as the tree grows.



Other surprises this spring included the return of the red and yellow striped tulips. Who says tulips should be treated as an annual? The small clump of white violets under the maple has expanded to the strip between the front walk and the fence. Sometimes, doing nothing is the best option. The Japanese painted ferns thrive among the tree roots. A wild columbine showed up last spring. Gail commented that she liked the columbine. I left it alone, hoping it would come back this year. This year the mother plant has

produced dozens of seedlings. I'll be transplanting some of them to the neighboring yard.

The daffodil display is brief, but definitely eye-catching, especially after I expanded the planting area to the adjacent houses. The bulbs came from many places, including my home, the Friendship House garden, Bartholdi Park, and the Capitol Hill Garden Club. The variety extends the flowering season from mid-March to mid-April. The foliage of spring flowering bulbs can be unsightly in May and June, but remember it is producing food for next year's flowers.

No description of a spring garden would be complete without mentioning the azalea. I am more likely to take note of the subtle things in the garden, but passersby usually comment on the deep pink azalea in front of the house at 418. In early May, it shouts, "Look at me!" and most people do.

I'll be watching the garden as the seasons progress and reporting the changes in future newsletters.

Photos: Margaret Missiaen



Dementia: A Basket of Conditions

By Diane Brockett

Senility, memory loss, mental confusion, Alzheimer's disease, and dementia are a hodge-podge of terms that leave people of all ages confused as to the definitions and implications.

Dr. George Taler, in a recent talk with Capitol Hill Village members, said the correct view is, "Dementia is a basket of conditions."

Taler, a specialist in geriatrics and long-term care, is Co-Director of Washington Hospital Center's Medical House Call Program. The program currently serves about ten CHV members, in addition to residents in neighborhoods closer to the hospital center.

"Dementia has lots of different causes. The term basically just means brain failure ... descriptive of the brain not working very well." The doctor talked about the forms of dementia, the changes in their importance as lives have lengthened, and resulting issues facing families and the medical community.

Dementia is a major public policy issue, a financial issue, and a legal and ethical issue, he noted, but suggested his listeners first concentrate on the "diagnosis" issues.

Taler said there are three primary areas of dementia (ways the human brain leads to not working well):

- ▶ Use of toxins such as alcohol, opiate and hallucination drugs, AIDS, and trauma. Public attention recently has focused on "younger athletes suffering three or four concussions, then suffering problems later in life; 50 percent of boxers suffer dementia. These alternative causes—trauma, toxins, and infections—are a small part of the picture."

- ▶ Vascular disease—equivalent to heart disease where large heart arteries cause heart attacks—is the second most common cause of dementia. Methods for avoiding brain attacks are similar to those for avoiding heart disease, keeping the blood pressure down. More recently, vascular medical concerns include micro-vascular disease affecting tiny veins in the eye, and recognition that veins, as well as arteries, lead to diseases.

- ▶ By far, the major source of dementia, including Alzheimer's and Parkinson's diseases, is brain degenerative diseases. Apoptosis, the medical term for degenerative diseases, is a natural, programmed cell death and progressive loss of neurons. Most of these diseases are age related.

"The most evidence of apoptosis is menopause—cells stop working, it's a change of life," Taler said. Alzheimer's starts in clusters of cells late in those age 60 to early 70s; Parkinson's affect different clusters in the early 50s and 60s. By comparison, cancer is a form of "too little apoptosis or cell death."

Degenerative diseases, he continued, seems to be "part of the makeup of us as individuals. So we start to see Alzheimer's emerge as society gets older or more people now reach the age of this process. What's interesting is that the interplay of degenerative activity of vascular disease seems to accelerate the Alzheimer's."

Taler also pointed out that "a number of conditions mimic dementia, the drugs that interfere with the chemical processes of the brain, make you look dull," including psychiatric, sleep, anxiety, and depression drugs, or a lack of thyroid.



Dr. George Taler

When the "trigger hits is somewhat individual. Be it heart disease or vascular disease depends on how much has collected all your life." Further, "it doesn't really matter which parent you chose, you have about an equal chance."

Our society has aged so recently, Taler said, "we don't have data to say you are at higher risk if your parents had it—only if your parents were old enough to get it, you'll likely be old enough. But whether you will, we don't know."

The likelihood of living longer, or dying, is part of many conversations, Taler continued, with one central subject being "what are your options?"

He told the tale of "my Mom," who had very high cholesterol "but had all her marbles straight." Yet, she didn't like the medication. During a family dinner, "Mom said, 'George, please pass the bucket.' My Dad exploded... 'your cholesterol is sky high.' She turned to me, said 'You are a gerontologist. If I don't die of heart disease, what are my other options?'"

Following family laughter, Mom continued, "Pass the bucket."

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Historic Review Board Gives Initial OK To Hine Project

By Karen Stuck

The proposed Hine School redevelopment project has received an initial 5-0 vote of approval from the DC Historic Preservation Review Board (HPRB), but the vote is just a first step before the Review Board.

The initial vote approves the proposed site plan and overall architectural direction in concept, but the board hasn't acted on the project's proposed height and mass, and signaled it will continue to study other issues outlined in a staff report.

Both ANC6B and the Capitol Hill Restoration Society (CHRS) provided recommendations to the Board. The ANC passed its resolution on a 6-3 vote, reflecting a divide among Capitol Hill residents between those who want the project significantly scaled back and those

who support the general concept of the project as currently proposed.

The ANC majority supported a resolution recommending reduced mass and height of the development and expanded subterranean retail.

The ANC recommended reducing the building heights on 8th and D streets to add diversity in the height and style of the roofline of the 8th Street façade. It also supported redesigning the North Residential building to improve its compatibility with the character of the neighborhood and reduce its institutional façade, for example, by converting flat retail windows into bay windows. And it expressed concern about the design and height of the office building at 7th Street and Pennsylvania Avenue.

The HPRB staff report had recommended that the Board

approve the height and massing for all the buildings except for the Pennsylvania Avenue office building, which the staff felt needed further study.

The staff also questioned the "massing and design treatment of the penthouses," suggesting they could "result in a very foreign presence" on the Capitol Hill skyline. It recommends that "penthouse levels should be used exclusively for mechanical equipment," and "amenity spaces" should be located within the body of each building.

The staff indicated the architectural direction of the north residential building should be reconsidered, questioning whether designing the central core of the building as a single pavilion to serve as a companion to Eastern Market is

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Dementia *continued from page 8*

"At no time in history have we had such a huge number of elders," Taler said. The average life span has grown from about 63 in 1950 to 80 today. "That is why we just are beginning to deal with what is going on in our society.... So, welcome to success."

The number one cause of longevity is nutrition, he said, noting that over the past 5,000 years or so, man has turned "from hunter to gatherer to agriculture. All other species are hunters and gatherers; we create our own food, although that took a while. Now, we have an epidemic of too much food, and that's probably only over the last 100 years."

Sanitation is the second reason for our longer lives, beginning about 1900 when we turned from open

to closed sewers, and then began to fight infectious diseases. "If one made it past age 5 then, you were likely to live to 35-40 years old. Now, if you make it past the first year, your plateau is 70 years."

The third factor for lengthening lives was vaccinations. "Measles, rubella, mumps knocked out our kids, but vaccinations and antibiotics of the 1950s essentially ended the problems."

Today, he added, Alzheimer's is "one of the central focuses of genetic research." However, there also seems to be some misunderstanding of the impact of the new Alzheimer's disease drugs, suggesting an issue of "effectiveness versus desperation." New drugs are having

"an effect for about a half-year, a small clinical effect."

Responding to audience questions, Taler said:

- An Alzheimer's victim doesn't die of Alzheimer's, just as people generally don't die of cancer. The disease affects memory, judgment, ability to communicate, sense of hunger or thirst, and leads to a vegetative state.
- On when—or if—to tell a loved one that she or he is facing serious dementia, "it is important, especially early on, for us to map out what life will be like; discuss who should make decisions for them." This can help them, as much as possible, "feel comfortable" as the process progresses.

Birthday of Stephen C. Rogers Is Celebration

This year, April and May have produced good and bad days weather-wise. None was more beautiful than the last Saturday of April. That afternoon 75 or so of us were part of an especially fun afternoon at Mike and Judy Canning's home.

Birthdays always are special. In this case, we missed the guest of honor, "who would have beamed with pride," said his widow, Harriet Rogers.

Gifts were contributions to the Membership Plus program to enable low-income neighbors to join and remain members of Capitol Hill Village.

Over \$32,000 has been given to the fund named for Steve, because inclusiveness was so important to him. Gift checks were still arriving, as this CHV News went to press.

Those who participated enjoyed prosecco bubbly with fresh fruit, no-sugar-added ice cream, and homemade coconut or chocolate or carrot cake or pieces of all three. Everyone spent time in the beautiful backyard patio, with blossoms and good conversation all around.



Host Mike Canning reminisced about his former neighbor, Steve Rogers. Capitol Hill Village President Mary Procter observed that the "Stephen C. Rogers Memorial Fund was created a month after the October 2007 launch and now supports more than 15 percent of our members."

More than a score of those who are assisted by the Stephen C. Rogers Memorial Fund joined others by donating whatever they could, underscoring the value placed on continuing to have the Fund available and maintain the

low-income proportion of our membership in the future.

Often overheard, "I hope we do this again." The Cannings say they will host another Stephen C. Rogers birthday party in 2012. Let the weather be as perfect.

Above: Guests included Pam Weiss, Canning neighbor Kenn Allen, Ed Missiaen, and Carol Calza.

Below, left: Gail with Patrick Durnan, a gourmet cook and member who tried all desserts.

Below: Ann Grace and Faith Brightbill
Photos: Diane Brockett



The Complications of Generosity

By Frank Allen

My last piece for Capitol Hill Village News (September 2010) discussed the various ways members and supporters could make gifts to Capitol Hill Village, one of which was to remember CHV in your will or trust.

Some members may be motivated as well to make a bequest to a Village volunteer who has been of special help during his or her last days. This is a generous notion, but it has implications that both volunteer and member should consider—including the appearance of undue influence.

CHV volunteers provide help without any expectation of pecuniary benefit. Their reward is the knowledge that they are helping someone in need. In fact, they are instructed by the Village that they are not to seek or accept any payment or gift in return for their services: no tips, no tank of gas, nothing. It is quite natural, however, for people who have received extended services to consider making a bequest in their wills for the caregiver. In principle, there is nothing wrong with that.

Neither CHV nor any of its representatives should be directly involved in the specifics of your estate plan. Neither volunteer nor anyone else providing special help to you should even discuss what you put in your will or trust. CHV can direct you to competent attorneys who can help you work out the details, if necessary.

One of the first things any competent estate planner will do is to determine that decisions about who gets what upon your death are your own decisions. This is particularly necessary when there is to be a bequest to someone who has been in a position to influence you, such as someone providing special care.

CHV does not wish to instruct its members on who to remember in their wills or trusts, or beneficiaries on how to treat their bequests. These are very personal decisions. But anyone who benefits from a bequest in the will has three choices:

- 1) Accept the gift and use it as his or her property.
- 2) Disclaim the gift. In this case, the bequest goes to whoever is next

in line to receive it as if the primary legatee died before the testator.

- 3) Accept the gift and then give it to a tax-exempt entity like CHV. In this case, the legatee can get an income tax deduction for making the gift if he or she itemizes deductions.

For a CHV volunteer or any other long-term caregiver, the first option is where the trouble might arise. There may have been no undue influence at all, but others who stand to inherit could very well suspect otherwise. The law books are full of cases where a caregiver took advantage of an older person's vulnerability and influenced him or her to the caregiver's benefit.

In preparing your will, work with your attorney to save your beneficiaries from any suspicion of impropriety. Consider putting a provision in the will or trust saying that if the primary person either dies before you, or disclaims the bequest, the bequest will go to a named alternative person or to your favorite tax-exempt organization.

Hine Project Clears HPRB *continued from page 9*

appropriate. The staff noted that the distinctive and unusual form of Eastern Market "raises the question whether it needs or benefits from having a companion."

The CHRS, in its letter to the Board, said that, in general, the site plan was consistent with the historic district, given the mix of uses and goals that the city hopes to achieve on this site. However, the Restoration Society expressed concern about the design and size of the North Residential building and

the height of all of the buildings in the project.

The ANC suggested that a public display of the model of the proposed design be put on view in the Eastern Market North Hall to provide residents with more information. The Hine project is on city-owned property. Stanton-Eastbanc LLC. was awarded the redevelopment project through competitive bidding.

It is anticipated that the developers will return to the Review Board for at least one more review, after

making changes recommended by the board. Once final approval is secured, the Planned Unit Development (PUD) process for zoning will begin.

In another action, the DCHPRB voted final approval (6-0) for The Maples-Friendship House project, which is located in the 600 block of South Carolina SE. This was the board's second consideration of the project. The project is designed by Cunningham Quill Architects.

Home Chair Lifts a Cheaper, Easier Alternative to Elevator

By Courtney Schlisserman

The desire to stay in one's home, while also living within a budget, is leading some Capitol Hill residents to install stair lifts. The lifts, which run on a ramp installed on the wall beside the stairs, are an alternative to elevators for those who find themselves less able to climb their home stairs.

Joe Cooney and Marie Guillory installed a lift in their home near Eastern Market last year when Guillory began finding it difficult to walk up the stairs. After Internet research and visiting a neighbor who already had a lift, the couple chose a lift for about \$3,000. It was installed less than a week after Cooney called the salesman.

"It's been terrific," Cooney said. "We have an excessively long stairwell."

Then, the lift enabled Marie to return home after she was hospitalized in December. The couple hopes to remain in their home of 16 years for many more. They did not consider an elevator. "I guess that would have been very expensive," Cooney said, "and I don't know what kind of permits would have been involved."

Chair lifts are a cheaper and quicker alternative to elevators, which start around \$30,000 and often involve cutting through ceilings to install. Chairs also can be installed on stairwells that are interrupted by landings, and future homeowners can remove them. However, only one person can ride the chair at a time and, unlike elevators, lifts are not considered to add value to a home.

The Village members we spoke with who installed lifts were attracted to the price and the installation



convenience and felt it would allow them to stay in their homes as long as possible. Capitol Hill Village referred all three to the companies who sold and installed their chairs.

The lifts in general take about an hour to install and an inspector comes by later to make sure everything is in order.

The inspector who evaluated Karl Schwengel's lift determined it was too far over the step and quickly had the rail moved and the lift re-installed properly. Schwengel installed the lift in his house near Lincoln Park several years ago after osteo-arthritis left him unable to climb the stairs.

"I got used to this house," said Schwengel, who moved in in 1969.

Blanch Hirsch is awaiting the arrival of her main staircase chair. Blanch and her husband Rudy walk up four winding stairs to meet the moving-chair. It could have been built around the curve, but they decided this form is usable for both, and otherwise would have had too central a presence in their living room.

"I want to stay." He said he decided against an elevator because he would have had to knock out the stairs on all three of his floors and also didn't want the major construction involved. Schwengel's stairwell is very narrow.

Schwengel said he's had only one instance where the lift didn't work. His home organizer called Acorn

► *continued on page 13*

RANDOM MUSINGS:

Putting Your Imagination In Reverse

(Editor's Note: Leo's following musing originally appeared in The Hill Rag on August 21, 1987. He suggested "This seems a bit corny now," but CHV suspects this piece will seem familiar to many members, and certainly a chuckle to all.)

By Leo Orleans

For many years now I have been trying to assure my friends that my liberal political leanings have not changed over the years. I stood my ground. It is the world that moved, leaving me on the side of center—the side that still requires excuses.

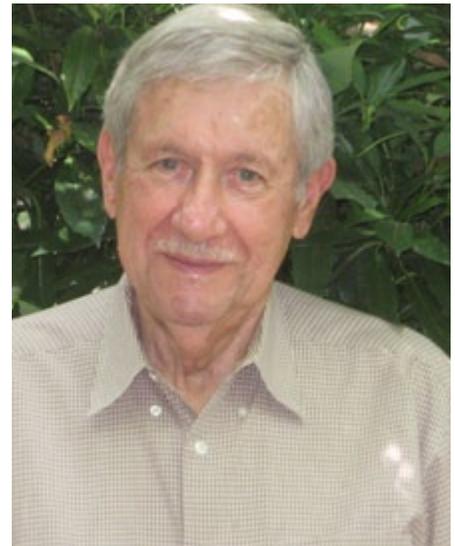
Now I discovered that a somewhat similar phenomenon occurred in another important sector of my consciousness. I grew up in an era when girls were not only different, but a breed apart, so to speak. When holding hands in a darkened movie house was a near-sexual experience and when pornography was

limited to viewing buxom maidens, energized by turning a handle on a peep show kinescope in a 42nd Street arcade.

In those pre-Playboy days, it was considered perfectly normal to stand on a corner and focus our very approximate imaginations on passing girls. The word sexist was not yet invented and the objects of our attention would have been insulted if we didn't look.

Now, of course, female nudity is so commonly depicted in every medium that one no longer needs to hypothesize. On beaches, around swimming pools, and even on front lawns, three-dimensional beauties obliviously wander around in exorbitantly priced but barely visible triangles—in the process making men with and without imaginations completely equal.

And then it happened. While sitting on the beach surrounded by variously exposed bodies, I found



myself mentally dressing their owners: some in dresses, some in skirts and sweaters, and some in business suits, Reeboks, and with briefcases in hand. It seemed like an exciting but healthy exercise for an underused imagination.

I guess, once again, the world moved while I stood still.

Home Chair Lifts *continued from page 12*

Co. in England and they were able to walk her through how to fix the problem "in a matter of a couple of minutes."

Cooney said the only issue he and Guillory have had with their lift is the plug coming loose. Buyers can choose to have the lift hard-wired but Cooney and Guillory decided against that.

Blanche and Rudy Hirsch installed two stair lifts last year when Rudy came home from the hospital after replacement hip surgery. They installed one from the basement to the main floor and another from the landing above the main floor to the

second floor for a total of "a little over \$5,000."

The couple had considered installing a lift several years ago, but decided against it then, because models were bulky and disruptive. Newer models look more like table chairs, many with padded seats and backs, and the chair and footrest can be folded so people can walk by when the chair is not in use.

"We love it," Blanche said. "It's definitely worthwhile and easy to get used to." They have called the firm a couple of times for minor issues, but not because the lifts

didn't work, she said. Her only complaint is that the lift is slow.

The Hirsches decided not to have the lift wrap around their landing because "it was unattractive" and took up too much space. Also, both can handle the four steps between the first floor and the chair. If that changes, they would consider adding to the lift arrangement.

"We've lived here 25 years," Blanche said. "We figured this was going to be our last move, and Washington is a great place to retire."

Upcoming Events *continued from page 1*

United States to play a positive role in international organizations like the United Nations.

Weather permitting, refreshments will be served in the garden. **Sign up by noon, Thursday, June 2.**

Members and volunteers

Saturday, June 4 • 2:00 pm

Folger Theater, 3rd and East Capitol Streets SE

Cyrano

NOTE: The deadline to reserve tickets has passed. Call the office to see if tickets are available.



Cyrano by Edmond Rostand, translated and adapted by Michael Hollinger, adapted and directed by Aaron Posner. This romance of 17th-century swashbuckling France centers on a fascinating and poignant love triangle. Cyrano secretly adores Roxanne but fears she never could share the sentiment because of his legendary nose. Instead, he uses

his gifts of wit and wordplay to help his tonguetied friend Christian woo her. Will she be won by Christian's appearance or Cyrano's soul?

Members and their guests

Saturday, June 4 • 9:00 am

Your home

DC Hazardous Waste Materials 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, financial files) will be shredded at the drop-offsite, viewed by the CHV delivery team to ensure they are destroyed.

Hazardous wastes for pickup include paint, house cleaners, batteries, old medicines, television, video equipment, and others not accepted in weekly

home trash pickup. For list of accepted wastes, check DC hazardous wastes website: <http://dpw.dc.gov/DC/DPW/Services+on+your+block/recycling/household+hazardous+waste+-+E-cycling+-+document+shredding>

Call 202.543.1778 or e-mail info@capitolhillvillage.org by noon, Friday, June 3, to request a pickup or volunteer to assist with the drive.

Members only

Wednesday, June 8 • 11:30 am to 3:30 pm

On the South River at 3030 Riva Road, Riva, MD 21140

Lunch at Mike's Crab House

We'll return to the casual, delightful pier restaurant, Mike's Crab House, near Annapolis, MD. Since 1959, Mike's has been a popular seafood restaurant on the South River. Of course, their specialty is crabs, but other items are available. Check out the Lunch Menu at: <http://www.mikescrabhouse.com/menu.php>. We will be ordering from the menu; lunch with a beverage should be less than \$20. Bring cash.

Please reserve by noon on Tuesday, June 7th. The Village will arrange rides. The restaurant is about a 45-minute drive from Capitol Hill.

Members and volunteers.

Friday, June 10 • Starting at 9:00 am

Your home

Book Donation Monthly Pickup

Friends of the SE Library will be picking up donations of used books, records, music and movie CDs and DVDs from Capitol Hill Village members' front porches. The items will be included in the monthly used-booksale Saturday, June 11 (10 am to 3 pm), in the basement of the library at 7th Street SE, just off Pennsylvania Avenue. **Sign up by noon, Thursday, June 9.**

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 or by e-mailing info@capitolhillvillage.org

Upcoming Events *continued from page 14*

Monday, June 13 • 9:30 am

Private home. Stairs down to enter and up to living room.

Weschler's Auction House, Part I

Auctions are fun and entertaining, and you might find something special. Unless you bid and buy, there are no charges other than your Metro card.

Gather at Steve and Sandie Lotterman's house for advice, suggestions, and general information on how auctions work. Then, we'll take Metro to Weschler's Auction House, downtown DC, to look over what is going to be auctioned on Tuesday. The discussion and review will give you the confidence to enjoy yourself.

Call the office by Friday, June 10, to sign up and find out the Lotterman address. Further information under Tuesday, June 14.

Members only

Tuesday, June 14 • 8:30 am

Weschler's Auction House, Part II

We will meet at the Eastern Market Metro stop and go to the auction for an exciting day, and maybe some of us will come home with a treasure.

Numbers are limited, so....going, going, gone!

Call the office by Friday, June 10, to sign up.

Members only

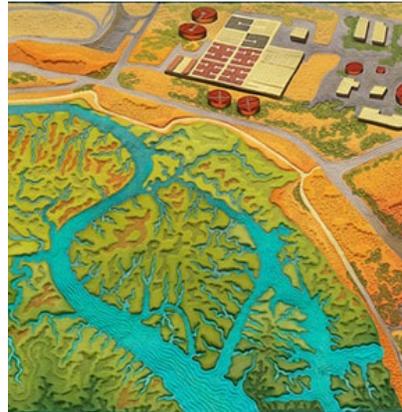
Friday, June 24 • 10:15 am

The Textile Museum, 2320 S Street NW
Wheelchair accessible

Green: The Color and the Cause

When is the last time you visited the Textile Museum, a gem just off Connecticut Avenue? Join other CHV members on a docent-led tour of this special exhibit focused on the color green. Many cultures traditionally associate green with nature, including life, fertility, and rebirth. In recent years, green has become the symbolic color of environmentalism. This exhibition celebrates green both as a color and as a cause, exploring techniques devised to create green textiles, the meanings the color has held in cultures across time and place,

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 or by e-mailing info@capitolhillvillage.org



and the ways that contemporary textile artists and designers are responding to concerns about the environment.

The exhibition will include selections from the Museum's collection, along with works from

five continents. Two site-specific installations are featured: a handmade paper sculpture of the ecosystem of coastal New Jersey that emulates the ebb and flow of an important estuary (see inset, by Linda Gass), and a lace-covered arbor in the Museum's garden embedded with grass seed that will sprout, mature and die during the exhibition. The installations are focused on today's conversation about green.

If there is time, we also can look at the other exhibits. **When you call to sign up (no later than Wednesday, June 22), indicate whether you would like to join a group afterward for lunch** at a restaurant on Connecticut Avenue. The suggested contribution for the museum is \$8.

Members and their guests

Friday, June 24 • 11:30-12:30 am

Southeast Library, 7th and D Streets SE

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 keep you on your feet. The class is taught by a physical therapist volunteering from Physiotherapy Associates.

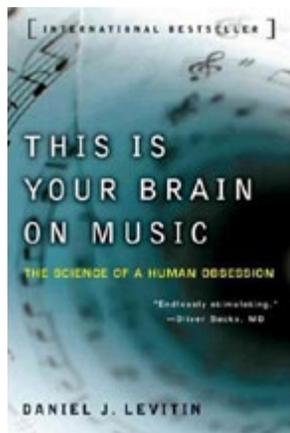
Please RSVP to the CHV office.

Members only

Upcoming Events *continued from page 15*

Tuesday, June 28 • 6:00-7:30 pm

Private home



Literary Club

The book for this month is *This is Your Brain on Music: The Science of Human Obsession*.

Published in 2007, this science book by McGill professor Daniel J. Levitin was on the *New York Times* bestseller list, and has won national and international awards. Praised for making

difficult neurological information accessible to lay readers, the book focuses on how components of music like rhythm, pitch, and harmony affect the brain.

Levitin also argues for the evolutionary importance of music—emphasizing its role in social bonding and physical health. *This is Your Brain on Music* has been praised by a diverse group of musicians and scientists (Yo Yo Ma, David Byrne, Oliver Sacks, Francis Crick), and is used in literature and science courses at numerous universities.

If you would like to attend the Club meeting, call the CHV office by Monday, June 27.

Members and volunteers

Continuing CHV Events

Wednesdays at 6:30 pm

Townhomes of Capitol Hill, 750 6th Street SE

Yoga

The Townhomes Yoga class is a beginners class that incorporates the fundamentals of yoga, including step-back sun salutations, standing poses, hip-openers, seated poses, twists, backbends, and basic inversions. Breathing exercises are explored as students begin to link movement through the postures with inhale and exhale. This class provides a nurturing environment to help you gain

flexibility, strength, balance, and relaxation. Whether you practice on a yoga mat or in a chair, this class serves those new to yoga and anyone seeking a refresher on the basics.

Members and volunteers



NOTE: You do NOT need to RSVP for continuing events.

Tuesdays and Thursdays 10:00 am

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

Qigong

The gentle, but powerful, Chinese movement exercise known as Qigong (pronounced *chee gong*) is offered by CHV member Joni Bell. Joni has practiced this discipline for ten years. Her strength and balance have improved and she credits the activity with helping her as a 30-year patient with multiple sclerosis. The twice-weekly classes are free for CHV members, last 30-40 minutes.

Members only

Every Monday 4:00 pm

Garfield Park, South Carolina Ave. at 2nd Street SE

Petanque

Join a group of Capitol Hill game enthusiasts each Monday for a friendly game of Petanque. Petanque is the French game of boules, similar to the Italian game of bocce. Petanque players gather at Garfield Park at 4:00 pm on Mondays. Paul Cromwell provides instruction for beginners. For further information, call Paul at 543-7530.

Open to all