



VILLAGE NEWS



This year's event in support of the CHV Rogers Fund was held at the home of James Loots and Barbara Dougherty. Thanks to all who attended and/or donated to the Rogers Fund online. The Stephen C. Rogers Memorial Fund assists lower-income seniors by providing reduced CHV dues, as well as assistance with urgent expenses such as personal services and home repairs. www.capitolhillvillage/donate

New Database for Capitol Hill Village ... Learning Curves Ahead!

Capitol Hill Village will be implementing a new database over the next month. This database has been a year in development—thanks to the wisdom, ideas, thoughts, expertise, and feedback from members and volunteers.

We think of the new data base sort of like starting a new exercise regime—it may get more difficult and painful before we realize the benefit. To help sooth our sore thinking muscles, we are going to dedicate some time to learning the new system, developing trainings for volunteers, and working together to make the most of this opportunity.

Office closures. In conducting training and new system administration, the office will be closed intermittently from June 26–29. We will not be answering the phones or responding to emails during the times listed in the box to the right. However, you can email or leave a message. We

The CHV office will be closed:

- ▶ **Tuesday, June 26;**
9:00 a.m. – 12 noon
- ▶ **Wednesday, June 27;**
ALL DAY 9:00 a.m. – 5:00 p.m.
- ▶ **Thursday, June 28;**
12 noon – 5:00 p.m.
- ▶ **Friday, June 29;**
ALL DAY 9:00 a.m. – 5:00 p.m.

will get back to you as soon as possible. If you have an urgent call, we will be able to respond.

We will still be working on requests and signing people up for events. It would be best if you can email us at info@capitolhillvillage.org instead of calling during the office closures. Thank you for your patience.



TALKING TRANSPORTATION

City Leaders Need to Hear from Residents on Dockless Bikes and Scooters

The lack of management and enforcement around dockless bikes and scooters has created a public safety risk on Capitol Hill (see story on page 7), and the Capitol Hill Village Advocacy Corps is working to identify the risks and ways to mitigate them. Villagers are encouraged to make their concerns known to the Area Neighborhood Commission, City Council, Mayor, and District transportation officials, and to share ideas about how to increase safety around these personal mobility devices.

The District is in a trial period of promoting dockless bikes and electric

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July/August Events.

For more information about any event, or to RSVP for an event, call the CHV office at 202-543-1778 during regular office hours (weekdays, 9 am to 5 pm) or email info@capitolhillvillage.org. NOTE: Check the CHV website for programs that may be added or changed: www.capitolhillvillage.org.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY 1	2 Easy Strollers, 9 am, p. 16 People & Stories, 12 noon, p. 17 Petanque, 3 pm, p. 18	3 Qigong, 10 am, p. 18	4 Independence Day, CHV Office Closed March with CHV! July Fourth Parade and Coffee, 9:30 am, p. 13  Mahjong, 3 pm, p. 18	5 Qigong, 10 am, p. 18 Mellow Flow Yoga, 3–4 pm, p. 18	6 RSVP by 3 pm for July 9 Wyze Guyz Lunch	7
8	9 Easy Strollers, 9 am, p. 16 People & Stories, 12 noon, p. 17 Wyze Guyz Camaraderie Lunch, 1 pm, p. 14 Petanque, 3 pm, p. 18 RSVP by 3 pm for: July 11 History & Bio Club; July 12 Cinephiles	10 Qigong, 10 am, p. 18 RSVP by 3 pm for July 11 Poetry Readers	11 Meditation, 12 Noon, p. 18 Mahjong, 3 pm, p. 18 Poetry Readers, 2–4 pm, p. 14 History & Bio Book Club, 5:30–7:30 pm, p. 14	12 Qigong, 10 am, p. 18 Mellow Flow Yoga, 3–4 pm, p. 18 Cinephiles, 6 pm, p. 14	13	14
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CAPITOL HILL VILLAGE

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Connect with CHV at:



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

To **become a member**, go to www.capitolhillvillage.org and click on “Join.” Dues can be paid online, or call the office at 202-543-1778.

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



CHV #55474

Capitol Hill Village Leaders

Tamara Coln, *Programs & Services Manager*

Heather Foote, *Transportation Outreach Manager*

Katie Garber, *Director of Care Services and Community Outreach*

Phil Guire, *President of the Board*

Tomeka Lee, *Membership Champion*

Samantha Schiffman, *Care Services Coordinator*

Molly Singer, *Executive Director*

Meghan Wrinkle, *Volunteer and Programs Coordinator*

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FROM THE EXECUTIVE DIRECTOR

Capitol Hill Village— Passport to Our Future



You have already or will receive information in the mail about CHV’s three-year fundraising effort, called *A Passport to Our Future*. This is a \$250,000 campaign to recognize our success to date and to build a stronger foundation for the future, through supporting programs, creating a new home for the community, and building the endowment.

I am humbled and inspired that a few donors have already committed to over \$125,000, more than 50 percent of this goal. With your help, we can exceed our \$250,000 goal and know that Capitol Hill Village will remain here for the entire community for decades to come.

Why now? CHV is committing to this campaign because we want to lay the foundation to be sure that as needs and numbers of members increase, we can ensure that you have the best services—with strong staffing, excellent resources, and world-class programs to keep seniors across Capitol Hill healthy, safe, and connected to community. We are asking donors to select and prioritize how they want their investment in CHV’s and their own future prioritized.

VISION: Vision investors will support a new IT system and our efforts to measure and demonstrate the impact of our programs that are designed to create a stronger community and prepare individuals for longevity.

SERVICE: Capitol Hill Village is all about service of, by, and for community members. Friends supporting the service category will support expanded volunteer and member engagement bringing more assistance to all community members. We have received such great feedback

on the number of youth and young professionals spending their time with us. *Yes—we also want to bring more to you!!*

COMMITMENT: Commitment investors will support continued best practices in older adult learning and engagement through our programs, creating a resource center to make research, trends, policies, and practices available to the community through an on-line library. Commitment investors will also support attracting and retaining excellent staff.

LEGACY: In the past three years, the endowment has increased by 250 percent. We want to continue this growth to ensure that the legacy will eventually support key programs and initiatives. At the same time, we are expanding partnerships across DC with government, businesses, and service providers so that we have partners creating policies, developing products, and providing services to support seniors. Think about recognizing a person who has made a difference in your life, so you can make a difference in the future of Capitol Hill.

I am not someone who can write one big check at a time (but someday, I hope to be!). So, I am writing a \$200 check each month for three years. Whether you support through a series of smallish checks, or a minimum distribution requirement, or a stock transfer, or a big check—I hope you will commit yourself to investing in the future of Capitol Hill Village.

Consider our success the passport to your future.

FROM THE PRESIDENT

What Does Inclusive Mean Anymore?

I envy the Capitol Hill Village friends who reminisce about the days when this community was abuzz with all races, all income levels, and all types of ... *characters* working together to make it what it is today. Those were the efforts that created the wonderful schools that my daughters have attended, built Sports on the Hill where I coach soccer; and crafted the Capitol Hill Arts Workshop where I have served on the board and through which our family takes music lessons. Thanks for that.

Why envy? I envy it because sometimes I wish our community looked as diverse and boot-strapping on the day-to-day as it is represented by those who were here 30, 40, 50 years ago. I know that our community still has a large African American population, I know that more than five percent of our community speaks Spanish at home. I know that there are low- and moderate-income residents. But I don't get the sense that it is as visible and interactive as it used to be—and I wish it were. Such an eclectic mix is part of why my wife and I choose to live in the city and on Capitol Hill. We want to make sure that we have friends

of all facets; we want to make sure our daughters have the same. But we worry about it happening.

I am pleased with the progress Capitol Hill Village is making to broaden its outreach to include the many communities that make up our neighborhood. In June, on Flag Day, CHV's own stellar Ukulele Allstars gave a concert at Capitol Hill Towers which turned into a raucous singing fest of all the oldies and goodies ... hello Marvin Gaye, The Coasters and more! Thanks to Janet Gilmore's excellent volunteer coaching and organizing of these musicians. The musicians played, staff managed logistics and promotion, and Molly baked a flag cake (of course). I don't think I am being naïve when I say small and fun activities like this, along with the more serious advocacy, volunteering, and community service is what sets us apart—and makes us love living here. **AND, I want for us to do more.**

Of course, this effort makes sense, given who our members and volunteers are. This has always been a part of their priorities and a value of the organization. As I listen to founders



Phil Guire, CHV Board President

and others talk about their lives on Capitol Hill in the 1960's, 70's, and 80's, this is one of the aspects that they most reflect on and are proud of: building a community for everyone.

This is one reason why I am committed to Capitol Hill Village's *Passport to Our Future* and why I am investing in programs that ensure we are continually serving the broad and diverse community that I envision for my own future and for my daughters.

Inclusivity is one of the stamps I want on my passport to the future.

P.S. If you have ideas about how to broaden inclusivity across the community, please share them with me at president@capitolhillvillage.org.

Katie on Maternity Leave; CHV welcomes Francine Schwartz

Katie Garber, the Capitol Hill Village Director of Volunteer and Care Services, is on maternity leave, and will be off for several months while she adjusts to her new role as a mother. She is excited to return in the Fall with plenty of photos and stories to share. She thanks everyone for their ongoing support.

Throughout Katie's leave, CHV will continue to provide social work services and support to members and



Francine Schwartz

their families. Samantha Schiffman, Care Services Coordinator, will be joined in mid-June by Francine Schwartz, a Licensed Clinical Social

Worker, as a temporary staff member to assist members while Katie is out of the office.

Francine is an experienced social worker who has lived in the Washington area for over 20 years,

having chosen it over Los Angeles, Boston, and Detroit. In addition to serving individuals and families, she has worked as a therapist, college instructor, and curriculum developer. Francine is an active volunteer and has contributed time to multiple refugee resettlement programs, the Center for Non-Profit Management in Los Angeles, the DC Cultural Alliance, the Meridian House home hospitality program, and the Washington arts blog, dcmetrotheaterarts.com. She is excited to bring her clinical and case management expertise to the Village. If you see her out and about, please introduce yourself!

UPDATE: Diana Garber was born on June 21, 2018. Weighing 5 lbs, 1 oz and stretching 17 ½ inches.

DC Villages Ramp up Cooperation to Better Serve Members

By Stephanie Chong

What began four years ago as an informal network of support among DC villages is expanding thanks to a DC Office on Aging grant to help Villages enhance sustainability through strategic planning and to provide development support and training for villages. The grant was given to Northwest Neighbors and Cleveland and Woodley Park Villages, on behalf of all the city's villages.

This spring, 12 D.C. villages participated in a visioning process, facilitated by Organization and Strategy Consultant Candace Robinson, co-founder of the Village to Village Network and a member of the Capitol Hill Village Board.

For the future, CHV Executive Director Molly Singer and other village leaders will continue to support members and provide educational programs, social and community connections focused at both the neighborhood and city-wide levels. As village members age and the movement grows, villages will be called upon to provide more support and care services.

DC leaders anticipate the need to balance the care and social needs of older members while providing social connections and activities to younger members. Pulling from the strengths and talents among Village leadership, collaboration will help the DC villages meet these needs through:

- ▶ **Community Outreach** – Development of shared messaging and communication tools, such as a brochure and website, to inform the DC community about the village movement and where to find a village in their neighborhood.
- ▶ **Joint Advocacy** – Cooperation on key policies and programs that impact the lives of village members and older adults city-wide.
- ▶ **Collective Action** – Opportunities for shared programming for members; joint training for volunteers, board and staff; shared professional staff, such as case management or back office administration; and joint data collection to prove the impact of volunteer services, programming, and resource sharing.

The initiative builds off the experience of existing coalitions, which typically aim to increase community awareness of the village model, to design and lead advocacy efforts around key local and regional aging issues to increase efficiency, and to share resources when appropriate. CHV benefits from this collaboration in borrowing ideas, protocols and practices from other villages. For example, we have copied some of Dupont Circle Village's strategies around emergency readiness.

While deeper cooperation among D.C. Villages will enhance each village's capacity to support successful aging, all of them, including CHV, will maintain the culture and sense of community unique to their respective neighborhoods. The D.C. Village collaboration is intended to strengthen each individual village, not replace it.

This is an exciting time for CHV and our fellow DC Villages. Stay tuned for more information as the Villages move forward in working together.

Helping You Stay Cool this Summer

While anyone can suffer from a heat-related illness such as heat exhaustion or heat stroke, there are factors that can put people at increased risk. Increased age, weight, health conditions, and medications can limit our body's ability to regulate temperature or stay hydrated.

Contact your doctor or call 911 if you fear you may be suffering from a heat-related illness.

Some tips from MedStar on how to stay safe in the summer heat:

- ▶ **Stay hydrated:** Drink fluids such as water or low- or no-sugar sports

drinks every 15 to 20 minutes, even if you don't feel thirsty. Avoid caffeine and alcohol.

- ▶ **Wear loose, lightweight, light-colored clothing:** People who live in very hot areas wear long, loose-fitting clothing. They know what they're doing!
- ▶ **Take breaks:** Try not to push yourself too much with exercise or work too hard. Go inside to cool down as often as possible.
- ▶ **Check on your neighbors:** We're all in this together. If you aren't sure if your neighbors have air

conditioning, stop by and see how they're doing. This is particularly important if they are older adults or live alone.

- ▶ **Visit a local cooling center:**

- Arthur Capper – 900 Fifth St. SE
- Southeast Library – 403 Seventh St. SE
- Northeast Library – 330 Seventh St. NE
- Hayes Senior Wellness Center – 500 K Street NE

Speak Out about Dockless Bikes and Scooters *continued from page 1*

scooters, which provide a low cost (\$1 per ride) healthy, environmentally friendly, and fun way to travel across the city. These bikes and scooters can be left anywhere within the city.

But They Pose Public Safety Risks and Challenges:

- ▶ They are sometimes left in the middle of sidewalks, creating risks for pedestrians, especially those with mobility challenges and low vision.
- ▶ Scooters ridden on sidewalks move very quickly, and some riders zig and zag around pedestrians catching them off guard and potentially colliding with them.
- ▶ Dockless bikes and scooters are sometimes parked at public bike racks, leaving no parking available for privately owned bikes. The dockless bikes are a private business, and in this case, they are using public resources.

What Can You Do?

- ▶ Send a letter or email to your ANC single member district representative, your ANC Transportation Committee Chair, your DC Council member, and Ward 3 Council Member and Transportation Committee Chair Mary Cheh. (Contact information for all is on the CHV Home page.) To learn which ANC you live in go to: www.ancfinder.org.
- ▶ **Send a letter or email to the mayor**, being sure to mention that you are a part of CHV's Advocacy Corps: Mayor Muriel Bowser, John A Wilson Building, 1350 Pennsylvania Ave. NW, Washington DC 20004. Her email is eom@dc.gov.
- ▶ **Contact Jeff Marootian**, Director of the DC Department of Transportation: jeffrey.marootian@dc.gov; DC Dept of Transportation, 55 M St. SE, Suite 400, Washington, DC 20003.

Status. The DC Department of Transportation is reviewing the pilot program and is expected to make a decision this summer about the number of commercial dockless bikes and scooters allowed in DC, along with guidance on their use. There are laws on the books that classify mobility devices, so creating

special laws that apply to dockless bikes and scooters, but not other mobility devices, such as electric wheelchairs and Seqways, would be a regulatory under-taking and likely result in legal actions.

Go to www.capitolhillvillag.org to see contact information for our city leaders.

The CHV Advocacy Corps discussions have identified several ideas and options:

IDEAS	CHALLENGES	OPTIONS
Require bikes and scooters to be parked in a specific location or ticket past riders.	Limited number of bike racks	Require dockless bike companies to install as many bike racks as they have bikes and pay the annual public space permit fee.
Create an uber-like app where an individual can document an abandoned bike or a reckless rider and give a score. If a rider is reported, a certain number of times, they are kicked off.	Ensuring that bikes are adequately identifiable	Create a license plate and/or GPS locator so that someone can submit a time and location and the ID can be determined.
Require an on-line orientation and video as well as occasional (monthly) update reminder videos/training to refresh awareness.		Videos are required viewing before starting a ride (unlocking the bike).
Include enforcement costs in the cost of the dockless bikes/scooters program, so that the city can hire appropriate staff to monitor and enforce.	Increases costs of doing business	Apply a tax to each ride (20 cents) to cover the maintenance, insurance, enforcement fees.
Create a sound for the bikes and scooters so people know when they are near.		
Copy data, management, and reporting practices from Capital Bike Share.	This is asking competitors to cooperate	

Dockless Bikes—Can We Make Friends?

By Heather Foote

The city has extended the pilot project on use of dockless bikes until the end of August, and in the meantime is collecting input from residents about how they are working.

In June, CHV members and volunteers joined in a spirited discussion about dockless bikes and scooters and their impact on pedestrians, especially older adults, persons with disabilities, and others who use a mobility device such as a cane, walker, or wheelchair.

Transportation Planner **Aaron Goldbeck** reviewed the issues the District Department of Transportation will consider in its final decision—expected in late August—on the regulatory framework for the program. That decision will dictate the number of bikes and scooters allowed, the rules governing bike companies, and how DDOT will manage the program.

Goldbeck outlined the history of both the new dockless bike program and the Capital Bikeshare program, whose fixed docking stations and excellent safety record of only 2–3 collisions, make it a “responsible” mobility alternative, in the view of some discussion participants.

CHV members—avid cyclist **Mike Grace** and **James Kennedy**, a Capitol Hill Towers resident with low vision—joined Goldbeck in a panel discussion about the District’s pioneering of new mobility options as well as the particular challenges dockless bikes and scooters present for older adult pedestrians, such as not hearing fast-moving scooters coming up from behind on the sidewalk.

Should dockless bikes be required to be parked and locked up in a particular location? Can DDOT verify if dockless bicycle companies are



reporting all collision incidents? Will companies be required to provide a brief educational bicycling safety video that the renter would be required to view before the rental bicycle or scooter would unlock? Which federal or local government agency controls the classification of electric scooters, which are classified as “personal mobility devices,” allowed on sidewalks, and can go up to 15 mph? Why would scooters that go up to five times as fast as pedestrians walking at an average speed of 3–4 mph be allowed to share sidewalks. And, this does not even factor in slower pedestrians and those with mobility supports (walkers, strollers) as well as low vision persons?

These are just a few of the issues that arose in the discussion and the DDOT presentation, which included education on the limits of DDOT’s jurisdiction. One of the challenges lies in regulating vehicles within the

Above: Panelists Mike Grace, James Kennedy, who are both members of CHV, and Transportation Planner Aaron Goldbeck.

guidelines in which they are classified. DDOT recognizes the challenges, the strong financial and legal backing of the bike and scooter companies, and the needs of citizens, while at the same time desiring to lessen congestion and reduce emissions by having fewer cars on the roads.

The DDOT representative made clear that Area Neighborhood Commissions, the City Council, the Mayor’s office, and DDOT are aware of the opportunities and challenges of dockless bikes and scooters. Public forums are not scheduled, but residents are urged to communicate concerns to members of the City Council, the Mayor, and their ANC. Stay tuned for more details from CHV’s Advocacy Corps.

Gerry Counihan is Taking the Next Step Forward

By Gabi Kohlmayer, CHV Summer Intern

I recently had the pleasure of talking with Capitol Hill Village member Gerry Counihan, about his involvement in Toastmasters International, which includes hundreds of local clubs that exist to help members improve speaking and leadership skills. Toastmasters also provides opportunities to enter public speaking contests, and Gerry has won multiple competitions at the club, area, and division levels.

Gerry first joined Toastmasters in Austin, Texas, in 1998 because of his desire to improve his public speaking skills. He also wanted to learn how to speak motivationally. Gerry was born with learning disabilities, including a speech defect, which he knew he needed to work on. The first club he joined met at 6:45 a.m. Gerry said that he chose this organization because he “knew that if they were going to meet that early, and they were committed to that...[then they] must be a good organization.” Since joining, Gerry has been both Division Governor and Club President.

Gerry uses his public speaking platform in a motivational way. In 2007, he was the victim of a home invasion that resulted in a brain injury, putting him in the hospital. In his own words, he had to “learn how to walk and talk all over.”



Gerry displays his trophy for a third place finish at a recent Toastmasters competition in District 27, which includes several thousand members in the District, Northern Virginia, and Southern Maryland.

Gerry uses this experience to motivate others to overcome the challenges they are facing, regardless of what they may be. When I asked what his favorite speech topic is, he told me that it’s talking about how he learned to overcome his learning disability as well as his newer challenges. “Taking the Next Step Forward” is the title of his speech, reflecting Gerry’s goal of encouraging “people to take the next step forward in their lives.”

Gerry has a high opinion of public speaking, noting that with public speaking, “no matter where you’ve

been, you have a real chance to work on it and to get your message out so people will understand you.”

To help get his own message out, Gerry has borrowed a theme from a past Toastmasters district governor and “used it for [his] life.” The theme is, in Gerry’s words: “It’s about TIME, and time stands for...Timeless Ideas Motivate Empowerment.” According to Gerry, sometimes you have to “go back to what you know works for you... sometimes you just have to go back to the basics.”

I asked Gerry what the worst and best parts of being involved in Toastmasters are, and he said that while losing is tough, it doesn’t compare with the “response [he] got from the room” after his speeches. Gerry also praised the welcoming community of Toastmasters and said “there were always people who were willing to lend [him] a hand.” This inclusiveness was very important to Gerry after he suffered his brain injury. He said people “just really rallied around [him] and really supported [him],” which was to him “unbelievable.”

Toastmasters is not the only way Gerry spends his time. He is a volunteer hospital chaplain, and, when he retires, he hopes to finish his official certification for hospital chaplain. He is also on the Mayor’s Commission on Persons with Disabilities.

Gerry has kind words for CHV saying that “Capitol Hill Village has really helped and provided a lot” since he suffered his brain injury. He says that it is “a great thing they have.”

To see a video of Gerry in action, visit YouTube and search “Gerard Counihan The Next Step Forward” or visit this link: https://www.youtube.com/watch?v=_yv8a07qQxc&t=62s.

Save the Date: Sept. 25 Panel on Being an Author

Earlier this year, four CHV authors led thought provoking discussions on their lives, family histories, and diversity in the Stories of Our Lives Literary Series. Now, those four—Karen Branan, Stanice Anderson, L. Marie Guillory, and Patsy Sims—will join in a panel

discussion on being an author, “birthing a book,” and leading book discussions.

The panel will be from 2:00-3:00 p.m. on September 25. More information to come in the September *CHV News*.

Jean Pelletiere—Perseverance and Participation

By Megan Powell, CHV summer intern, senior at St. Johns College High School

Jean Pelletiere, a charismatic CHV member, epitomizes resilience.

Although she may deny its extent, she demonstrates resilience every day through perseverance in the face of challenges thrown her way and participation in the world around her.

Prior to living on Capitol Hill, Jean attended the University of California at Berkeley and lived in New York City for many years, where she first learned about participation. Raised in a conservative household, Jean was largely unaware of political and social happenings.

“In New York I found the truth, and it hit me straight in the face,” she said.

Jean became involved in the peace movement during the Vietnam War era and supported civil rights groups. Her desire to stand up for what is right and involve herself in peaceful protests such as the Times Square Vigil for Peace attests to her perseverance, on one level. She admires those who “had the courage to mount the revolution and make real change in the world,” and Jean encourages young people in the Capitol Hill community to remain constant in their beliefs, fight for justice, and involve themselves in the political activism opportunities right here on the Hill.

“We all know what is right and wrong. Simply doing the right thing, however, will make all the difference.”

Among her interests, she is an avid reader and fan of the little libraries dispersed around Capitol Hill. She encourages young people on the Hill to read more to learn about the mistakes of the past and better the future. She recommends to anyone interested, Tom Hayden’s book *Hell No: The Forgotten Power of the Vietnam Peace Movement*.



Dressing for the March CHV Gala was a long and tedious affair, but Jean’s enthusiasm and excitement for the Gala motivated her to attend.

Jean’s dedication to political activism is one form of perseverance and participation, and that has given her a tenacity that served her throughout life as she overcame her personal challenges and continued to care about the community around here. These qualities were truly tested after the passing of her husband and a diagnosis of Parkinson’s.

The constraints of Parkinson’s have been a hard battle to endure, Jean says. “Name anything and it gets worse with Parkinson’s. I’m not being pessimistic, just accepting. With acceptance, I have discovered that I want to take advantage of everything that life has to offer.”

That is the attitude that leads her to participate in Capitol Hill Village, although she admits that she was initially reluctant to join. However, when she discovered the wonderful community of the Village and the gamut of resources that were at her fingertips, her opinion took a 180-degree turn.

Although Parkinson’s has limited some of her participation at CHV, Jean demonstrates that participation

in the community looks different for each person and that is the beauty of living on the Hill. One of Jean’s most important contributions is organization of a Parkinson’s Support Group. With this group, Jean hopes to get more individuals involved in the community. In fact, she encourages all of those available to join her at the Parkinson’s Walk Off at Nationals Park on September 30. (See story on page 10.)

Jean is grateful for the opportunities she has found through CHV and appreciative of the staff and members who have welcomed her. She had an incredible experience at the recent CHV Gala, in which she “dressed to the nines” in a gorgeous formal dress and attended the spectacular event. Dressing for the event was a long and tedious affair, but her enthusiasm and excitement for the Gala motivated her to attend.

Jean enjoys CHV’s member activities as well as services, referrals, and resources to agencies. She supports initiatives to install more public benches and widespread transportation services that are sensible amenities for seniors and persons with disabilities. Jean cannot thank CHV enough for cultivating a community in which she has been connected with other fabulous seniors on the Hill.

“At CHV, I am not seen as a pariah because I am a senior,” she explained. “Rather, I am appreciated and connected with other people. I have met wonderful and interesting people through CHV and am integrated into the Capitol Hill community as a whole.”

Jean Pelletiere’s persistence and participation make her an inspirational model of resilience on Capitol Hill.

Village Voices: Barbara Devaney Speaking Sept. 11

Meet and learn from your illustrious Capitol Hill neighbors in informal, free, public discussions about social, economic, and political topics.

September 11: Quality Education Research: What is it? How Does it Help Schools?

Barbara Devaney, Mathematica's former chief operating officer and executive vice president, will talk about Mathematica's education research project called "What Works Clearinghouse." Not all education research is equal, and identifying well-designed studies, trustworthy research, and meaningful findings to inform decisions and improve student outcomes can be tricky. Barbara and colleagues reviewed the research on topics from encouraging girls in science programs to preventing



Barbara Devaney

dropouts, determined which studies met rigorous standards, and summarized the findings. The aim is to answer the question "what works in education?"

Barbara worked at Mathematica for 40 years before her 2018 retirement. As a nationally recognized expert in maternal and child health, nutrition,

and risk-reduction programs for youth, she played a leading role in many of Mathematica's studies of family formation, children's nutrition, and public health programs; co-directed Mathematica's Building Strong Families study; and served as principal investigator for its evaluation of abstinence education programs. Devaney has served on scientific committees convened by the Institute of Medicine of the National Academy of Sciences and has published widely. To see the results of the Mathematica work, see: mathematica-mpr.com.

Village Voices programs are from 7:00–8:00 p.m. at the Northeast Public Library, 330 Seventh St. NE, and open to the public. There will be no programs in July and August; Village Voices resumes in September.

CHV will Help Walk Off Parkinson's

Capitol Hill Village will field a team for Walk Off Parkinson's at 10 a.m. on September 30 at Nationals Park to benefit the Parkinson's Foundation of the National Capital Area.

The CHV team includes the CHV Parkinson's Support Group, social workers, and supporters. The walk will be leisurely paced ending with a victory lap on the Nationals Park field. Participants will have the opportunity for pictures in the baseball dugouts.

You can join the team by calling Capitol Hill Village at 202-543-1778. For more information, contact Samantha Schiffman at the CHV Office.

Or, make a donation by sending a check (saving on credit card processing fees) payable to the Parkinson's Foundation of the National Capital Area to:

PFNCA,
8830 Cameron St., #201,
Silver Spring, MD 20910



Please be sure to write Walk Off Parkinson's and the team name (Capitol Hill Village) in the memo line.

You can also donate online by going to http://engage.parkinsonfoundation.org/site/TR/Events/General?fr_id=1080&pg=entry.

Join the CHV team and thousands of others impacted by Parkinson's to show those facing the disease that they are not alone. Funds raised will go to support those impacted by Parkinson's including people diagnosed with the disease, care partners, and family members.

CHV Literary Club Announces Books for 2018–2019

The Capitol Hill Village Literary Club has chosen the books it will read beginning in June and ending in May 2019. The club alternates fiction with non-fiction selections. This year's list includes recently published works like Michael Ondaatje's *Warlight*, as well as classics like Rachel Carson's *The Sea Around Us*.

The club is open to all CHV members and social members. Newcomers are always welcome, and while some participants attend regularly, others attend only when they have an interest in a particular book.

Meetings are held on the third Tuesday of the month from 6:00 to 7:30 p.m. at members' homes. Selections for each month are listed in the CHV Calendar and Newsletter. Participants should RSVP to the CHV office, where they can also get the address of the meeting.

If you have questions about the Literary Club contact Fran Zaniello at zaniello@nku.edu or 202-629-1480.

The upcoming line-up:

July 17: *Lincoln in the Bardo: A Novel* (George Saunders, 2016, 368 pp). Fiction.

August 21: *The Sea Around Us* (Rachel Carson, 1951, 278 pp). Non-fiction.

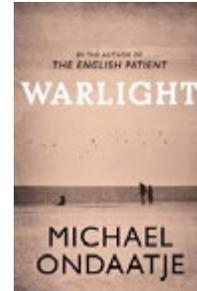
September 18: *Redeployment* (Phil Klay, 2015, 304 pp). Fiction (short stories).

October 16: *Searching for Stars on an Island in Maine* (Alan Lightman, 2018, 226 pp). Non-fiction.

November 20: *Their Eyes Were Watching God* (Zora Neale Hurston, 1937, 192 pp plus Afterword). Fiction.

December 18: **Poetry**. Sharing favorite poems and holiday party.

January 15, 2019: *Natural Causes: An Epidemic of Wellness, the Certainty of Dying, and Killing Ourselves to Live Longer* (Barbara Ehrenreich, 2018, 256 pp). Non-fiction.



February 19, 2019: *Warlight: A Novel* (Michael Ondaatje, 2018, 224 pp). Fiction.

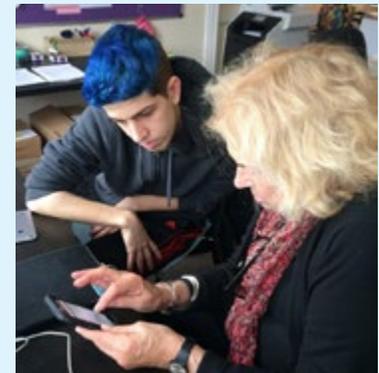
March 19, 2019: "What Else Are You Reading" (participants talk about a favorite book).

April 16, 2019: *First Class: A History of Dunbar High School* (Alison Stewart, 2013, 308 pp plus notes). Non-fiction.

May 21, 2019: Selection of books for 2019/2020

Tech Help for Members

Mo Polonsky, a senior at Blyth Templeton Academy will be available to assist CHV members with tech questions.



Whether you want to learn how to use your phone better or if you have a problem with your computer, you can call on him. If you'd like to set up a time to meet with Mo, contact CHV at 202-543-1778 or info@capitolhillvillage.org. Mo is available:

Mondays 12:00- 4:30 pm,
Tuesdays 12:00 - 4:30 pm, and
Wednesdays 12:00 - 3:30 pm.

Seabury Launches LGBTQ Programs



LGBTQ+ older adults on the move

Seabury Resources for Aging is launching Out and About—a city-wide LGBTQ Older Adults program intended to connect older LGBTQ residents through fun, informal activities and outings.

A second Seabury program—They, Them, Us—connects LGBTQ youth and older adults for events, learning, and mutual support.

More information is available by emailing Seabury's LGBTQ program coordinator, Billy Kluttz, at bkluttz@seaburyresources.org.

Through transportation, housing, volunteer services, and more, Seabury Resources for Aging supports older adults and people with disabilities of all sexual and gender identities and expressions.

Celebrate Joni Bell by Joining Qigong

Capitol Hill Village member Joni Bell recently relocated to Raleigh, NC, to



be with family, but her legacy remains as CHV Qigong, which she initiated nearly 10 years ago, continues every Tuesday and Thursday.

Qigong is a program of gentle movement, breathing, and stretching and meditation intended in the Chinese tradition to enhance the flow of Qi (vital energy). Gong is roughly translated as cultivation or mastery. Physically slow gentle movements warm the body and promote circulation,



breathing, and posture. Practicing Qigong can reduce stress and improve energy.

There are a variety of theories about Qi, and probably thousands of Qigong movements. Joni's Qigong is derived from movements taught to her by Dr. Yiping Hu.

Movements are slow and under control. The leader gently counts repetitions. Each individual may slow the repetition as desired. There is a brief pause between each repetition and at the end of a set.

This is not a program of aerobic exercise, but the program develops breathing and aerobic capacity. While not challenging balance, the program enhances awareness of balance. The program can help participants learn focus and presence in the moment. While the routines are led standing, each of them can be done while seated.

The CHV Qigong group meets for about 45 minutes at 10:00 a.m. on Tuesdays and Thursdays at the Capitol Hill Presbyterian Church, Fourth St. & Independence Ave. SE.

TALKING TRANSPORTATION Transportation as We Age!

Catch a movie and join a discussion!

Capitol Hill Village will screen a made-for-TV film, *How Do We Know When It's Time?*, about driving decisions facing older adults. The documentary focuses on strategies for driving safer longer and exploring alternative transportation options.

The screening will be on Wednesday, August 1 from 2:00 to 4:00 p.m. at the Hill Center, 921 Pennsylvania Ave. SE. Following the movie, several CHV members and volunteers who have reduced or stopped driving, or are considering doing so, will describe how they came to their decisions and then invite participants to share their own experiences and thinking. Light refreshments will be provided. RSVP by contacting CHV at 202-543-1778 or info@capitolhillvillage.org.

Caps Fans Since 1974 Get Big Pay-Off



CHV Members Carole and John Hirschmann jumped on the Washington Capitals band-wagon 44 years ago, and it paid off this year.

Their reward as two of only a few charter season ticket holders remaining was a face-to-face with the Stanley Cup and a spot on the buses in the parade down Constitution Avenue.



Upcoming CHV Events for July/August 2018

Check the CHV website for programs that may be updated or added: www.capitolhillvillage.org

Friday, June 29, 11:00 a.m.–1:00 p.m.
Private Home

Join a Healing Circle



Healing Circles are an opportunity for the community to join together in a safe and supportive environment to work toward healing grief, loss, and more. They

are a time to listen with attention, speak with intention, and tend to the well-being of others in a shared group. **This is not a drop-in group!** The attendance of each member is needed to help build the trust and cohesion of the Circle.

Patrick McClintock and Marilyn Goldberg, CHV founding members, host Healing Circles in their Capitol Hill home. Pattie Cinelli's article in *The Hill Rag* (May 2017) is an excellent introduction to their process. You can read it at <https://tinyurl.com/y8evk4zk>.

Friday, June 29 is the last date for new members to join the current Circle. We will meet weekly, June 29 through July 20, so please be sure you can attend those dates. A new Healing circle will begin in September.

For more information or to RSVP, contact Patrick McClintock, patmclintock2@gmail.com or 202-309-8611.

Friday, June 29, 6:00 p.m.
Private home, accessible by stairs or a chair-lift

Potluck Dinner

Note: Signup deadline is 3 p.m., Wednesday, June 27

Enjoy a potluck dinner in a spacious apartment with a view of the Capitol and the Library of Congress. Bring a potluck dish, beverage, or dessert to share. When you call CHV to reserve, please state what you will bring.

If you would like to host a dinner later this year, contact Potluck Coordinator Shirley Loo at sloousa50@gmail.com.

Reservations required. Members.

Wednesday, July 4, 9:30 a.m.
Meet under the bridge at Eighth and I Streets SE

Independence Day Parade and Coffee



Join Capitol Hill Village friends to march on behalf of Aging in Community. Be sure to bring goodies (candy) to toss and wear your most patriotic apparel. Coffee and cake at the CHV office after the parade!

Open to All

Thursday, July 5, 12:00–2:00 p.m. **Note New Time**
Labyrinth Games & Puzzles, 645 Pennsylvania Ave. SE

Games and Puzzles Group

Join other CHV members and their friends for two hours of brain-stretching, bantering fun. Owner Kathleen and her colleagues will introduce you to new games that they like, and teach you to play them.

Open to All

► *continued on page 14*

On Summer Vacation

Hazardous Waste pick-up resumes Sept. 1

Second Wind resumes Sept. 4

Purls of Wisdom resumes Sept. 10

Village Voices resumes Sept. 11

Book pick-up, resumes Sept. 14

Paint pick-up, resumes Sept. 15

Village Opera Society resumes Sept. 27

Tai Chi, resumes in September.

Meet, Walk, View, Eat resumes in October.



CHV Events for July/August 2018 *continued from page 13*

Check the CHV website for programs that may be updated or added: www.capitolhillvillage.org

Monday, July 9, 1:00 p.m.

Tunnichiff's Tavern, 222 Seventh St. SE

Wyze Guyz Camaraderie Lunch

Note: Signup deadline is 3:00 p.m., Friday, July 6

Join other men in an informal, Dutch-treat gathering at a Capitol Hill restaurant to get to know each other better and relax over tavern fare and good conversation.

Members

Wednesday July 11, 2:00–4:00 p.m.

Private Home

Poetry Readers

Note: Signup deadline is 3 p.m. Tuesday, June 10

Bring a poem to read and discuss. Please bring enough copies to share with others.

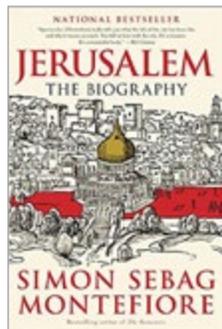
Reservations required.

Wednesday, July 11, 5:30–7:30 p.m.

Private Home

History and Biography Book Group

Note: Signup deadline is 3 pm Monday, July 9



Join others to discuss *Jerusalem, the Biography*, by Simon Sebag Montefiore (650 pages; 2011), the epic history of 3,000 years of faith, fanaticism, bloodshed, and co-existence—from King David to the 21st century; from the birth of Judaism, Christianity and Islam to the Israel-Palestine conflict. The book is a fact-rich chronological account of

the conquerors, empire, and warlords who have taken turns ruling and ravaging the city.

Members and Social Members

Thursday, July 12, 6:00–7:30 p.m.

Private Home

Cinephiles

Note: Signup deadline is 3 p.m., Monday, June 11

Participants will view at least three of the following six films: *First Reformed*, *Book Club*, *Gospel According to*

Andre, *Won't You Be My Neighbor?*, *Leave No Trace*, *A Kid Like Jake*.

Reservations required.

Monday, July 16, 6:30–8:00 p.m.

Northeast Neighborhood Library, 330 Seventh St. NE

Caregiver Support Group

Capitol Hill Village and Iona Senior Services are partnering to offer a support group for spouses, partners, adult children, and others who are coping with the challenges of being a caregiver for an older family member or friend with Dementia or memory loss. Join us to share your experience and to get support and helpful information. The group is led by professionals from Iona,

To sign up, please contact the Village office at 202-543-1778 or info@capitolhillvillage.org. For more information, contact Katie Garber at CHV at 202-543-1778 or the group facilitator, Bill Amt, at bamt@iona.org.

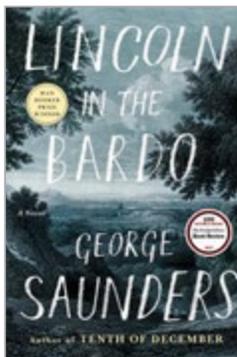
Open to All

Tuesday, July 17, 6:00–7:30 p.m.

Private Home

Literary Club

Note: Signup deadline is 12 p.m., Monday, July 16



In July, the Village Literary Club will read George Saunders' *Lincoln in the Bardo: A Novel* (2016, 368 pp). *Lincoln in the Bardo* will be for some readers an unusual novel, and for many of us it may be a challenge. But several Village readers attest to its emotional power. Set in a graveyard and peopled by ghosts, its "center" is Lincoln's grief for his son Teddy, who died of typhoid at 11 years old. It is a "collage-like narrative" as the ghosts visit with Lincoln as he grieves at his son's crypt.

The *New York Times* critic calls it "a meditation on the losses suffered by the nation during the Civil War, and the more universal heartbreak that is part of the human condition," adding that "it is Saunders' beautifully realized portrait of Lincoln ... that powers this book." The book won the Man Booker Prize and was on the "best 10 books" list of several newspapers.

Members and Social Members

► *continued on page 15*

CHV Events for July/August 2018 *continued from page 14*

Check the CHV website for programs that may be updated or added: www.capitolhillvillage.org

Thursday, July 19, 12:00–2:00 p.m. **Note New Time**
Labyrinth Games & Puzzles, 645 Pennsylvania Ave. SE

Games and Puzzles Group

Join other CHV members and their friends for two hours of brain-stretching, bantering fun. Owner Kathleen and her colleagues will introduce you to new games that they like, and teach you to play them.

Open to All

Friday, July 20, 12:30–1:30 p.m.
Southeast Neighborhood Library, 403 Seventh St. SE
(accessible entrance on D St.)

Physio Balance Class



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

therapist from NovaCare Rehabilitation.

Reservations required, but not limited. *Open to all.*

Saturday, July 21, 9:00 a.m.
Meet at

Urban Walkers

Note: Signup deadline is 3 p.m., Friday, July 20

Call the office (202-543-1778) to find out the meeting place and route.

Reservations required. *Open to All.*

Thursday, July 26, 3:00 p.m.
Private Home

Parkinson's Support Group

Note: Signup deadline is 3:00 p.m., Monday, July 23

The Parkinson's Support Group is for individuals with Parkinson's to share knowledge, challenges, tactics, and provide support to one another.

Open to All

Wednesday, August 1, 2:00–4:00 p.m.
Hill Center, 921 Pennsylvania Ave SE

Transportation as We Age—Catch a Movie and Join a Discussion

Capitol Hill Village will screen a made-for-TV film, *How Do We Know When It's Time?*, about driving decisions facing older adults. The documentary focuses on strategies for driving safer longer and exploring alternative transportation options. Following the movie, several CHV members and volunteers who have reduced or stopped driving, or are considering doing so, will describe how they came to their decisions and invite participants to share their own experiences. Light refreshments will be provided.



RSVP by contacting CHV at 202-543-1778 or info@capitolhillvillage.org.

Thursday, August 2, 12:00–2:00 p.m. **Note New Time**
Labyrinth Games & Puzzles, 645 Pennsylvania Ave. SE

Games and Puzzles Group

Join other CHV members and their friends for two hours of brain-stretching, bantering fun. Owner Kathleen and her colleagues will introduce you to new games that they like, and teach you to play them.

Open to All

Thursday, August 16, 12:00–2:00 p.m. **Note New Time**
Labyrinth Games & Puzzles, 645 Pennsylvania Ave. SE

Games and Puzzles Group

Join other CHV members and their friends for two hours of brain-stretching, bantering fun. See August 2 entry for more.

Open to All

► *continued on page 16*

CHV Events for August/September 2018 *continued from page 15*

Check the CHV website for programs that may be updated or added: www.capitolhillvillage.org

Friday, August 17, 12:30–1:30 p.m.
Southeast Neighborhood Library, 403 Seventh St. SE
(accessible entrance on D St.)

Physio Balance Class

See July 20 entry for details. The class is taught by a volunteer physical therapist from NovaCare Rehabilitation.

Reservations required, but not limited. *Open to all.*

Saturday, August 18, 9:00 a.m.

Meet at

Urban Walkers

Note: Signup deadline is 3 p.m., Friday, August 17

Call the office (202-543-1778) to find out the meeting place and route.

Reservations required. *Open to All.*

Monday, August 20, 1:00 p.m.

Tunnick's Tavern, 222 Seventh St. SE

Wyze Guyz Camaraderie Lunch

Note: Signup deadline is 3:00 p.m., Friday, August 17

Join other men in an informal, Dutch-treat gathering at a Capitol Hill restaurant to get to know each other better and relax over tavern fare and good conversation.

Members

Monday, August 20, 6:30–8:00 p.m.

Northeast Neighborhood Library, 330 Seventh St. NE

Caregiver Support Group

Capitol Hill Village and Iona Senior Services are partnering to offer a support group for spouses, partners, adult children, and others who are coping with the challenges of being a caregiver for an older family member or friend with Dementia or memory loss. Join us to share your experience and to get support and helpful information. The group is led by professionals from Iona,

To sign up, please contact the Village office at 202-543-1778 or info@capitolhillvillage.org. For more information, contact Katie Garber at CHV at 202-543-1778 or the group facilitator, Bill Amt, at bamt@iona.org.

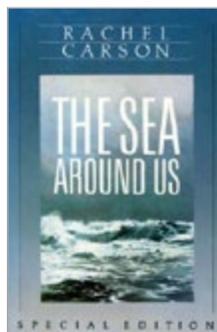
Open to All

Tuesday, August 21, 6:00–7:30 p.m.

Private Home

Literary Club

Note: Signup deadline is 12 p.m., Monday, August 20



In August, the Village Literary Club will read Rachel Carson's path-breaking book *The Sea Around Us* (1951, 278 pp). Readers going to the beach this summer might want to take along Carson's book for their "beach reading." Contemporary readers report that Carson's work is as amazing now as it was in 1951, noting her compelling descriptions of powerful

tides moving billions of tons of water and of giant squids battling sperm whales. In a work both scientific and poetic, Carson's sharpens both our understanding and appreciation of the sea. And, as many of us know, Carson was one of the first to sound the alarm about our endangered oceans. One reviewer argues "Anyone who loves the sea, or who is concerned about our natural environment, will want to read this classic work." The book won the National Book Award in 1952.

Reservations required. *Members and Social Members.*

Thursday, August 23, 3:00 p.m.

Private Home

Parkinson's Support Group

Note: Signup deadline is 3:00 p.m., Monday, August 20

The Parkinson's Support Group is for individuals with Parkinson's to share knowledge, challenges, tactics, and provide support to one another.

Open to All

Saturday, September 1, 9:00 a.m.

Your home

Hazardous Waste and Shredding Pickup

NOTE: Signup deadline is 3 p.m., Thursday, May 30

Hazardous materials and personal papers will be picked up from CHV members' homes for delivery to the District's safe disposal site. Personal papers (medical records or financial files) will be shredded at the drop-off site and viewed by the CHV delivery team to ensure they are destroyed.

► *continued on page 17*

CHV Events for September 2018 *continued from page 16*

Check the CHV website for programs that may be updated or added: www.capitolhillvillage.org

Hazardous wastes for pickup include house cleaners, batteries, televisions, computers and their accessories, video equipment, and other items not accepted in weekly home trash pickup. **Please note that paint is not included**, and is a separate CHV pick-up activity.

Capitol Hill Village recommends that you remove your hard drive from computers you are disposing in the pickup. If you need assistance doing so, call the Village office at 202-543-1778 or e-mail info@capitolhillvillage.org to arrange for a volunteer to assist with the drive.

Members Only

Wednesday, September 5, 5:30-7:30 p.m.
Private Home

History and Biography Club

Note: Signup deadline is 3 p.m., Monday, September 3

In September, we will read *Killers of the Flower Moon* by David Grimm (2017, 338 pages).

Members and Social Members

Monday, September 10, 4:00–6:00 p.m.
Private Home

Purls of Wisdom

Join friends and neighbors for conversation and to work on your favorite needlework project. Bring your needles and sense of fun to join other friends and Village members to make progress on your latest needlework projects. There will not be lessons or technical assistance; this is for folks with some level of knitting experience.

NOTE: We are meeting at a new location. If you want to review the yarn before then, please contact Rosie at rosemarycohen@gmail.com.

Open to All

Tuesday, September 11, 7:00–8:00 p.m.
Northeast Neighborhood Library, 330 Seventh St. NE

Village Voices: Barbara Devaney—Quality Education Research: What is it? How Does it Help Schools?

Note: Sign-up deadline is 3 p.m., Monday, September 10

Barbara Devaney, Mathematica's chief operating officer and executive vice president, will talk about Mathematica's

education research project called "What Works Clearinghouse." Not all education research is equal, and identifying well-designed studies, trustworthy research, and meaningful findings to inform decisions and improve student outcomes can be tricky. Barbara and colleagues reviewed the research on topics from encouraging girls in science programs to preventing dropouts, determined which studies meet rigorous standards, and summarized the findings. The aim is to answer the question "what works in education?"

Open to All

Thursday, September 13, 12:00–2:00 p.m. **Note New Time**
Labyrinth Games & Puzzles, 645 Pennsylvania Ave. SE

Games and Puzzles Group

Join other CHV members and their friends for two hours of brain-stretching, bantering fun. See August 2 entry for more.

Open to All

Continuing CHV Events

Mondays, 9:00 a.m.

Gate House at Main Entrance to Congressional Cemetery, 1801 E Street SE

Easy Strollers

This activity is designed for those who would like to extend their ability to walk distances. Strollers will walk 5–10 minutes with a rest on some of the many benches scattered throughout the cemetery. The pace for the group will be very slow, but those who prefer may walk ahead at a faster pace. Strollers should wear appropriate shoes and bring water. We will walk unless it is raining.

Members, Social Members, Volunteers

Mondays, 12:00 Noon

Capitol Hill Towers Library, 900 G Street NE

People & Stories

Join us for meaningful discussions with other people. Expand your horizons, make new friends...or both! People & Stories is a program that Capitol Hill Village is hosting in cooperation with the DC Public Library.

Members and Social Members

► *continued on page 18*

Continuing CHV Events for July/August 2018 *continued from page 17*

Check the CHV website for programs that may be added: www.capitolhillvillage.org

Mondays, 2:00–3:00 p.m.

Townhomes on Capitol Hill, 750 Sixth St. SE

Tai Chi — Resumes in September

Practice the beautiful and healthy art of Tai Chi. David Walls-Kaufman, a prize-winning practitioner of Tai Chi will teach the classes once a month with exact dates to be determined. An experienced long-time student will lead the group on the other Mondays.

Reservations required. *Open to all.*

Mondays, 3:00 p.m.

Garfield Park, South Carolina Ave. at Second St. SE

Petanque

Join a group of Capitol Hill game enthusiasts for a friendly game of Petanque, which is the French game of boules and similar to the Italian game of bocce. Paul Cromwell provides instruction for beginners. For further information call Paul at 543-7530.

Open to All

Tuesdays and Thursdays, 10:00 a.m.

Capitol Hill Presbyterian Church, Fourth St. & Independence Ave. SE (side entrance accessible)

Qigong

The gentle, powerful Chinese movement exercise known as qigong (pronounced chee gong) is led by CHV members who were taught by Joni Bell. Free for CHV members. See page 12 for more.

Members and Social Members

Tuesday, 12:00–1:30 p.m.

Capitol Hill Arts Workshop, 545 Seventh St. SE

Second Wind — Resumes September 4

Join a group of CHV members who meet to raise their voices in song under the direction of a master musician/chorister to learn new music and enjoy the sound of our own voices. The bar for participation is not high, just a love of singing together. While the ability to read music is a plus, it is not required, and there are no auditions. For further information, contact Marsha Holliday at 202-544-2629.

Members and Social Members

Wednesdays, 12 Noon–1:00 pm

Townhomes on Capitol Hill, 750 Sixth St. SE

Meditation Hour

Patrick Hamilton will guide simple exercises, that alone or in combination can help break the cycle of mental stress we experience and can be incorporated easily into your daily schedule. Patrick is a member of the Washington Buddhist Vihara and Bhavana Forest Monastery and Retreat Center in West Virginia.

Open to All

Wednesdays, 2:00–4:00 p.m.

Private Home

Mahjong

Mahjong originated in China and is similar to the Western card game Rummy. It is a game of skill, strategy, and calculation and involves a certain degree of chance. Join a group of members and volunteers who meet to play together. To sign up for this group and learn the meeting location, call the Capitol Hill Village Office at 202-543-1778.

Members & Social Members

Thursdays, 3:00–4:00 p.m.

Southeast Public Library, 403 Seventh St. SE

Mellow Flow Yoga

CHV member Robin Blum will lead the sessions (she is working toward certification as a senior yoga instructor). This is gentle, mellow flow yoga. Chair yoga will not be included in this session, but chairs are available for extrasupport if needed. Please bring your own mats.

Reservations required but not limited.



August / Early Sept. Events.

For more information about any event, or to RSVP for an event, call the CHV office at 202-543-1778 during regular office hours (weekdays, 9 am to 5 pm) or email info@capitolhillvillage.org. NOTE: Check the CHV website for programs that may be added or changed: www.capitolhillvillage.org.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUG. 5	6 Easy Strollers, 9 am, p. 17 People & Stories, 12 noon, p. 17 Petanque, 3 pm, p. 18	7 Qigong, 10 am, p. 18	8 Meditation, 12 Noon, p. 18 Mahjong, 3 pm, p. 18	9 Qigong, 10 am, p. 18 Mellow Flow Yoga, 3-4 pm, p. 18	10	11
12	13 Easy Strollers, 9 am, p. 17 People & Stories, 12 noon, p. 17 Petanque, 3 pm, p. 18	14 Qigong, 10 am, p. 18	15 Meditation, 12 Noon, p. 18 Mahjong, 3 pm, p. 18	16 Qigong, 10 am, p. 18 Games & Puzzles Group, 12-2 pm, p. 15 Mellow Flow Yoga, 3-4 pm, p. 18	17 Physio-Balance Class, 12:30 pm, p. 16 RSVP by 3 pm for August 20 Wyze Guyz Lunch	18 Urban Walkers, 9 am, TBA
19	20 Easy Strollers, 9 am, p. 17 People & Stories, 12 noon, p. 17 Wyze Guyz Camaraderie Lunch, 1 pm, p. 16 Petanque, 3 pm, p. 18 Caregiver Support Group, 6:30 pm, p. 16 RSVP by 3 pm for Aug. 23 Parkinson's Support Group	21 Qigong, 10 am, p. 18 Literary Club, 6-7:30 pm, pp. 11, 16	22 Meditation, 12 Noon, p. 18 Mahjong, 3 pm, p. 18	23 Qigong, 10 am, p. 18 Mellow Flow Yoga, 3-4 pm, p. 18 Cinephiles, 6 pm, p. 14 Parkinson's Support Group, 3 pm, p. 16	24	25
26	27 Easy Strollers, 9 am, p. 17 People & Stories, 12 noon, p. 17 Petanque, 3 pm, p. 18	28 Qigong, 10 am, p. 18	29 Meditation, 12 Noon, p. 18 Mahjong, 3 pm, p. 18	30 Qigong, 10 am, p. 18 Mellow Flow Yoga, 3-4 pm, p. 18 RSVP by 3 pm for Sept. 1 Hazmat Pickup;	31 RSVP by 3 pm for June 23 Urban Walkers	SEPT. 1 HazMat & Shredding Pickup, starting at 9 am, p. 16
2	3 Easy Strollers, 9 am, p. 17 People & Stories, 12 noon, p. 17 Petanque, 3 pm, p. 18 RSVP by 3 pm for Sept. 5 History & Bio Club	4 Qigong, 10 am, p. 18 Second Wind Resumes, 12-1:30 pm, p. 18	5 Meditation, 12 Noon, p. 18 Mahjong, 3 pm, p. 18 History & Bio Book Club, 5:30-7:30 pm, p. 17	6 Qigong, 10 am, p. 18 Mellow Flow Yoga, 3-4 pm, p. 18	7	8
9	10 Easy Strollers, 9 am, p. 17 People & Stories, 12 noon, p. 17 Petanque, 3 pm, p. 18 Purls of Wisdom, 4 pm, p. 17 RSVP by 3 pm for Purls of Wisdom; Sept. 11 Village Voices	11 Qigong, 10 am, p. 18 Second Wind, 12-1:30 pm, p. 18 Village Voices: Barbara Devaney, 7-8 pm, pp. 10, 17	12 Meditation, 12 Noon, p. 18 Mahjong, 3 pm, p. 18	13 Qigong, 10 am, p. 18 Games & Puzzles Group, 12-2 pm, p. 17 Mellow Flow Yoga, 3-4 pm, p. 18 RSVP by 3 pm for Sept. 14 Book Pickup and Sept. 15 Paint Pick-up	14 Book Pickup, Starting at 9 am	15 Paint Pickup, Starting at 9 am

City Leaders Need to Hear from Residents on Dockless Bikes and Scooters

Now is the time for you to speak up about your opinions, concerns and thoughts about the dockless bikes and electric scooters currently sharing our public spaces. The DC Department of Transportation is reviewing the pilot program and is expected to make a decision this summer about the number of commercial dockless bikes and scooters allowed in DC, along with guidance on their use. See pages 1 and 6 for more information.

A list of city officials and their contact information is on the home page at www.capitolhillvillage.com.

*Dear Charles Allen,
The recent surge in dockless bikes and electric scooters in public spaces is of concern to me and I am providing my comments on them. I am a member of Capitol Hill Village and my specific concerns revolve around public safety*



Capitol Hill Village
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Washington, DC 20003