



VILLAGE NEWS



Smooth Jazz and Grandma

By Stanice Anderson

Meet my apartment-mate “Giraffe.”

To the right of “Giraffe” is my three-year-old grandson, Austin Isaiah Tucker. As the pandemic began to restrict our movements, and at what would be last time—for what now feels like forever—that I’d kiss his soft mocha cheeks, hug him or feeling his coming up from behind and hugging my legs, “Giraffe” was entrusted to stay and take care of Grandma.

Though Austin and I can’t be together-together, we do eat together during our daily “Lunch and Smooth Jazz with Hallelujah Grandma” (that be me) using FaceTime. The sounds of Charlie “Bird” Parker, provide the perfect background.

Our lunches are also history lessons. “Grandma,” in between the crunches of his veggie straws: “That’s a saxophone; you hear it?”

“You sure it’s not a trombone, Austin?”

Laughing (and with a look that brought to my seasoned mind, *Silly Rabbit, trix are for kids*), “No,

Grandma, it’s a saxophone!” “Where’s Giraffe? Oh... there he is! Hi Giraffe.”

Doing double-duty, I am “The Voice” of Giraffe: “Hey there, buddy.”

All lunch guests accounted for, Austin reminds, as he does every lunch date... “Grandma, we’re eating TOGETHER. Daddy look, we eating together.”

We talk about his day, or anything, dance, he may go get one of the many instruments he’s determined to master. Food gone; Austin reminds me one last time... “I love you, Grandma.”

In unison, with dramatic gestures (apple don’t fall far from the tree), we declare... “Kisses, Hugs and Hallelujahs.”

“I love you, too, and Austin. “I’m gonna push the button now.” Call ended... but I had one more thing to say... There’s always one more thing... but... I’ll save it for tomorrow’s Lunch & Smooth Jazz with Hallelujah Grandma.

So, let’s keep hope alive, however we can. Together, we will survive and continue to thrive!

LGBTQ CORNER

Standing Strong During Pride Month

By Aleshia Faust

June is LGBTQ Pride Month, dedicated to the celebration of all people within the LGBTQ community. It’s an opportunity to think about the past, present and future of the LGBTQ experience. For a look back to help us better understand the present, Capitol Hill Village recently hosted a conversation—*Exploring the AIDS Pandemic and Understanding How Pandemics Target Groups*.

Three panelists shared their expertise and personal connections to the topic—**Dixcy Bosley-Smith**, Geriatric Care Manager/ Nurse Practitioner at Iona Senior Services, end of life activist, and founding staff of Joseph’s House for homeless people with AIDS; **Christopher Behan**, a family therapist

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Post Article Highlights Health Effects of Social Isolation

Capitol Hill Village members **Stanice Anderson** and **Peter Stein** were interviewed for a May 12 *Washington*



Stanice Anderson talks with her grandson. Courtesy of *Washington Post*, Marvin Joseph

Post article on how social distancing, while important during the pandemic, can be hard on emotional and even physical health of older adults.

The article said research has shown that loneliness and social isolation can set off a host of negative health effects among older people.

For some older people, technology can be an important lifeline. Citing Stanice, the *Post* noted that she would normally be out speaking to groups about addiction and recovery, playing with her grandchildren, and organizing

dances at Capitol Hill Towers. But, with everything shut down, she is learning to cope “the same way many younger people have—via webcam.”

She uses Skype and FaceTime to talk with her son and grandson, as she describes in the related article in this issue of CHV News (see page 1).

To access the full story see: https://www.washingtonpost.com/health/for-isolated-older-people-pandemic-is-a-cruel-event-at-this-time-in-our-lives/2020/05/08/52480daa-8a2d-11ea-ac8a-fe9b8088e101_story.html

Standing Strong During Pride Month *continued from page 1*



and co-founder of Peabody House in Portland, ME, a six-bed hospice for people living with AIDS; and **Rachel Hong**, an historian and activist.

Behan posed the questions: “Whose bodies will be sacrificed? What does it say about who we value and who we do not?”—questions that he found himself asking during the AIDS pandemic and the current COVID-19 pandemic. To hear the full conversation, visit “Special Events” on the CHV website at capitolhillvillage.org/pride. That same section of the website also hosts LGBTQ Stories, where CHV members shared stories about their journeys and experiences as an LGBTQ person.

As we enter Pride Month, it is important that we remember the bodies that were sacrificed within the LGBTQ community so that the younger generation could live fully and openly. Pride month is a declaration that no matter how many times society worked to de-value, minimize, and cast aside the community, we still stand loud and proud.

The first official Pride parade took place in June 1970, one year after the 1969 Stonewall Riot in New York City. Pride Month shows us that the LGBTQ community is here and always will be here despite the amount of grief and loss witnessed or the number of

policies written to keep us invisible. Pride Month has always been the time of year I looked forward to because it was the month I was least afraid to be me. It has always been a time of joy, sadness, activism, hope, growth, and thankfulness wrapped up in one. Although I may not get to stand in a crowd this year and wave my rainbow flag, I am happy for the community that I have made and continue to make. Creating, hosting, and promoting programming for LGBTQ folks of all generations, but particularly for older adults, has been so rewarding. I have learned so much of our rich history, and I am thankful for all of our community members.

CAPITOL HILL VILLAGE

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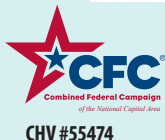
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CHV #55474

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Aleshia Faust, *Membership Champion*

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Samantha Schiffman, *Care Services Manager*

Jacquelyn Smith, *Volunteer and Programs Coordinator*

Meghan Wrinkle, *Care Services and Transportation Specialist*

Capitol Hill Village News Team

Editor: Karen Stuck

FROM THE EXECUTIVE DIRECTOR Greetings CHV!

It feels like the weather has finally caught up with the calendar. So nice to enjoy the heat of the sun on days when the humidity is low enough that the shade still feels cool. In many places they call that summer. Here in DC, of course, it's spring. And I'll take it. Better late than never.

But Spring in DC has looked different this year, hasn't it, and it's not just the weather. With the COVID-19 pandemic still raging, many of the rituals and activities of spring have been cancelled or postponed. For many, this should have been the season of Salon Dinners, of gathering with new and long-time friends to share a meal, a laugh and maybe a little bit of vicarious adventure. I'm hopeful that these are merely "postponed" and that we'll find a way to meet safely in person with hosts and guests in the near future. It's typically a great season for group walks, bike rides, and theater outings. We will have to be patient! (By the way, I commend those Salon Dinner hosts who have taken the plunge and organized an "appetizer course" for their salon dinner on Zoom. It's not the same, but maybe it's its own kind of adventure.)

Among the things missed this spring will be CHV's Genderson Fund Garden Party (formerly Rogers Fund). It's always been such a fun and collaborative effort, between the shared preparations and the chatting together over wine. It's unfortunate that we won't get to celebrate together in honor of someone who clearly loved and was deeply invested in the Capitol Hill community. But though we won't be able to have a party, we will honor Jon Genderson nonetheless because, the truth is, the Genderson Fund, CHV's fund to support memberships and services for lower-income older adults on Capitol Hill, has never been more important than it is right now.



Judy Berman

Similar to the Great Recession of 2008, the COVID-19 pandemic is uprooting lives that had felt

reasonably stable and secure. Jobs have disappeared, including those that once promised a solid, middle-class life, like health care. Dentists, optometrists, and other health care professionals as well as business owners of all kinds have closed up shop, and with that, all of their employees are suddenly unemployed. If the newly unemployed were providing support for other members of the family, including retired adults on fixed incomes, that safety net is now gone. Vulnerability is widespread. Nowhere is this situation more acute than among our Black neighbors who, on top of economic uncertainties are facing a death rate from COVID-19 eight times the rate of White DC residents. We can and must do more to address this devastation.

The Genderson Fund helps ensure that any resident of Capitol Hill can join, participate and benefit from Capitol Hill Village without regard to income. While we do our best to contribute to the well-being of all older adults in the CHV footprint, the truth is there is so much more to be gained for us and for them when individuals join as members. We benefit from their experience, interests, passions, and volunteer contributions; they benefit from the connection, engagement, and full range of supports the Village has to offer. It's a win-win, which is only possible through the Genderson Fund. I've been reading news and magazine articles pretty voraciously lately. I've been especially interested in the ones that talk about the choices and decisions we face that will determine

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FROM THE PRESIDENT

Opportunities to Join CHV Board and Committees

I'd like to give a warm welcome to CHV's newest Board member, **Maury Stern**. Maury is not a stranger to CHV. He's been serving on the Board's finance committee under Rachel Vladimer, and before that Angela Beckham. He's also a Hill



Maury Stern

resident (my neighbor, in fact) and a real estate developer involved in several Hill projects. When Rachel announced that she could no longer serve as treasurer, Maury agreed to accept the position and we are grateful that he is bringing his many talents to our organization at the Board executive level. Welcome Maury!

Let me just add that we have three members who are set to leave the Board in September. If you would like to nominate someone — including yourself — please let me know. For anyone who has not served on a non-profit board, you might enjoy knowing that they are not mysterious cults only for the initiated. All board members benefit from ongoing training, and there's plenty of information available about how to get started. Are you curious? Let me know. We also have room on several committees (including Finance, Membership, Fundraising, and Strategy), which is a great way to be involved in CHV's Board activities with a less intensive commitment. You

don't need board experience to serve on a committee!! You only need an interest in helping CHV be as strong, as diverse, and as effective as possible.

The Board held its most recent meeting (via Zoom) on May 12. In addition to electing Maury, we discussed how CHV will be making operating decisions in the face of the rapid changes occurring with the COVID-19 pandemic. We agreed to a couple of things. First, **Tama Duffy Day** will be working with Judy on decisions related to the office and staffing. This is an area where Tama's firm, Gensler, is serving as a leading voice nationally in how to adapt office staffing, structure, and design to accommodate the risks of spreading disease. We are so lucky to have Tama on our team! Second, we are working with other DC Villages to share information and policy decisions, while at the same time convening an ad hoc committee of members and experts to advise us on how to move forward with programming. We want to figure out what we can do and how to do it safely and under what conditions. More information on all of this is forthcoming.

Other takeaways from the Board meeting: we're delaying the board training we had originally scheduled for the end of April, but we're continuing to assess the best use of the training opportunity. Thank you to Governance Committee Chair **Mike Grace**, Board member **Rick Rutherford**, and CHV Member **Susan Sarfati** for shepherding us through this process. We heard from staff member **Tomeka Lee** on how our transportation program has adapted to the new normal. Tomeka is busy monitoring the transportation resources available to members of all the Villages, whether it's for medical appointments or grocery



Phil Guire, CHV Board President

runs. But given that most members are staying home right now, she's also spending more time on general Village tasks, including sending out the *Weekly Digest* on Wednesday which, we've all agreed, is a great addition to CHV communications. And, of course, we are monitoring Village finances. In this time of economic



Tomeka Lee

uncertainty, we anticipate we might face challenges ahead. Our Strategy Committee will be conducting a risk assessment so that we can identify the specific risks we are likely to face as an organization and begin planning to mitigate them.

Our next Board meeting is in July. In the meantime, I really want to encourage all of you to remain vigilant, and do your part to protect yourselves and others: keep washing your hands; wear a mask whenever you're out and about, or even in your home when someone who isn't isolating with you is there; maintain social distance even when you're wearing a mask. None of these practices alone is especially effective, but in combination they really make a difference. Be well!

Neighborhood Mainstays Create a Commercial Collaboration

The pandemic inspired creativity among businesses, and four Capitol Hill favorites cooperated to make it possible to pick up dinner, games, books, and kitchen gear, *all at one place: Mr. Henry's*.

You can get dinner from **Mr. Henry's**, 601 Pennsylvania Ave. SE, and also pick up orders from **East City Book Shop**, **Labyrinth Games and Puzzles**, and **Hill's Kitchen**. Everything will be available at the restaurant's patio window On Sixth Street (under the yellow awning).



Labyrinth, which is well known to the CHV Games & Puzzles and Mahjong affinity groups, has also partnered

with the Sasha Bruce Youthworks organization.

In addition to gaining mental exercise from playing games or working on puzzles, CHV members and volunteers can also get a mood boost by supporting Labyrinth's efforts to improve learning and engagement for children in local shelters who receive assistance through Sasha Bruce Youthworks. To date, with the help of customers, Labyrinth has purchased and provided over \$2,500 in games for children in shelters. If you wish to contribute to this effort and help Labyrinth make a difference, contact the store at orders@labyrinthgameshop.com.

Games available for purchase include Timeline, which is popular with CHV's Games and Puzzles Group and calls for players to put historical events in the proper order. While this game requires at least two people, Labyrinth also offers many solitaire games or jigsaw puzzles that can be enjoyed by people who are isolating on their own. A limited number of staff are available for consultation on a purchase via email to orders@labyrinthgameshop.com.



[com](http://www.labyrinthgameshop.com). Be sure to include your request or question and phone number in the email, and you will get a return call. You can also get help with purchases, including gift cards, that can be shipped to friends or family members anywhere in the country.

Mr. Henry's: www.mrhenrysd.com or 202-546-8412

Labyrinth Games and Puzzles: www.labyrinthgameshop.com

Hill's Kitchen: www.hillskitchen.com

East City Bookshop: www.eastcitybookshop.com

FROM THE EXECUTIVE DIRECTOR

Greetings CHV! *continued from page 3*

what our world will look like after the pandemic. I don't mean the "after" that some people are talking about—after the emergency declarations are lifted and people can go back to restaurants and bars and shops again, though I know an end to the isolation is important. I mean the "after" when we're looking at our broken economy; when we're deciding what we want our healthcare system and nursing homes to look like; how we're going to face up

to the racial inequities that continue to create suffering beyond measure; and how our "essential" workers are going to be treated and paid.

One of the things I hope I can say when this pandemic is history is that I did my part to heal what's broken in our community. And to do that, I want us to reach deeper and work harder to include more neighborhood seniors of all cultures, races, and income levels in this amazing thing we've created.

CHV is, I believe, an agent of healing. We help compensate for some of the limits that our society has imposed on older adults. We demonstrate what's possible when older adults are honored, valued, and supported to live full lives on their own terms. The Genderson Fund helps to ensure that no one is excluded from CHV on the basis of income. We can all play a part in that.

Capitol Hill Village Members Experience the Pandemic...



A New Life. Spring is always a good time to start a new puppy, so we figured this pandemic spring would be even better. Zeus (named to remind us to remain strong) arrived 5 weeks ago when he was 8 weeks old. If you are looking for an excuse to be sleepless, to clean your kitchen floor several times a day, to wear bandages on your hand from very sharp teeth—a young black lab is the answer. We smile often, cuddle and enjoy him, and love to watch him and our Guide Dog Foundation (GDF) pup, Sprocket, bond. They both give us hope for the future.

—*Andy and Suzy Jampoler*

The New Normal. In the 8th week of lockdown, I am surprised at how comfortably I've accommodated to this new lifestyle. I have my books, my chess set, and share my space with my delightful intern. We enjoy each other, tolerate the inevitable idiosyncrasies of two very different people, and like each others' cooking. "Haven't we always lived like this?" I ask myself.

My frustration: I don't keep the suffering of so many others around me foremost in my mind's eye. I know I'm a caring person. I know that via Zoom I do as much or more for my community than before the virus. Still, I'm shocked at how easily I've accepted the 'new normal'. Why aren't I outraged that governments have allowed this to happen? That I and others haven't risen up to do more?

—*Patrick Hamilton*

Keeping Your Eye on the Doughnut. Oddly, being retired for many years prepared us for coping with this calamity. Rather than facing daily work pressures and schedules, we filled our post-work lives with community engagement, travel, reading, engaging with friends. Much

of that has continued, even adding to our friendships and reinvigorating old ones, and infusing our conversations, whether by phone, Zoom, or six-foot distancing, with a mellower, more relaxed and caring tone. Yes, the restrictions are a pain, but the advice posted in the Mayflower donut shops (now gone) in New York City remains apt, especially now:

As you ramble on through life, brother,
Whatever be your goal,
Keep your eye upon the doughnut,
And not upon the hole.

—*Norman and Nancy Metzger*

Patience and Connection. During this pandemic I have learned patience and not to take anything for granted. It has given me time to look at myself too. We never knew anything like this would happen to the entire world. We needed to take time to smell the coffee and examine ourselves, and perhaps to slow down too. I have been praying for the Village families and offering global prayers. I love checking in and on my Village connectors. It is a blessing to let them know I care about them and listen to what they have been doing during this time. Also, to know they are doing okay. I also send them cards, along with writing to my pen pals.

—*Sarah Jackson*

Diversions. To keep from obsessing about COVID-19 symptoms so familiar from my own respiratory history, I've stayed busy. Cleaning windows, curtains, closets. Zooming with family, friends, social justice group, book club. Working on history projects: my father's WWII papers, 20 years of family slides. Webinars on Israel-Palestine after a pilgrimage there. Walking. Weeding bricks! But the best diversion has been the robins nesting in the ivy right outside our back door. First building the nest, then

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The Phones are Ringing.....

As the COVID-19 crisis continues to take its toll across the area, Capitol Hill Village members are looking out for one another. In late March, CHV began a phone tree system, where designated "captains" from over a dozen geographic "sectors" across the Hill make regular calls to check in with their neighbors. Do they need anything? Are they feeling alright? How are they keeping busy? Out of many of these phone calls, new



friendships are blooming! One captain says, "It's been really delightful... sort of like pen pals!" Others are eagerly anticipating an end to the lockdown, when they hope to coordinate a picnic with fellow sector members.

Are you interested in being a part of this program? Would you like to receive a check-in on a regular basis, or step up and serve the Village by making calls to others? Reach out to Jacquelyn Smith, CHV Volunteer and Programs Coordinator, by emailing jsmith@capitolhillvillage.org or by calling the office.

Members Experience the Pandemic continued from page 6



Diversions *continued from page 6* laying egg/s, then sitting on the egg/s, then a hatching, then frantic feeding flights, now more sitting and hopefully another chick. Ah, life this springtime.

Nancy Hartnagel

New Year's Eve Do-Over. 2020 has not started out well. Our grandchildren decided we all needed to start 2020 again, and sent out invitations to a virtual gala un-New Year's Eve party. Full formal dress requested. Each family to serve a favorite New Year's Eve dinner. The festivities included dinner, watching the ball drop, and virtual games. This pandemic has done many things, but one positive one is a renewed sense of family ties—even when it is impossible to physically see one

another. The New Year's group, which includes children in Iowa, California, and Philadelphia, are now hosting virtual theme parties each weekend.

Suzy Jampoler

Great dining. The first thing I thought about was food, so I surveyed my stockpile and determined I certainly had enough on hand, but it was SOOOOOO boring! Then, Tom Sietsema suggested ordering carry-out from restaurants where it's hard to get a reservation. Well, I found out that carry-outs from Rose's sell out at the same speed as the restaurant fills up. However, Capitol Hill has many great restaurants, and I ordered from Emilies, ChiKo, Joselito, Belga, Lavagna, and others (killer crab cakes from Market

Lunch). A salad and an entree proved enough for two nights of great eating. I may never cook again.

Karen Stuck

On the other side of it. Having spent 14 days without symptoms since testing positive for the virus, Bill and I now need to demonstrate to skittish family that we can buy our own groceries and to friends that we can get together for a chat. So, we plan to get a free COVID-19 test on Tuesday. And we have been told the Red Cross will draw our plasma with antibodies in a medical trial. So then we can report that we test negative **and** have antibodies. I hope that allows me to meet a friend for a walk or to sit with a grandchild on the same park bench.

Mary Procter and Bill Matuszeski

Each day is an adventure. We still work and are luckier than many to still have some work to do. We worry about *not* having work — and being forced to go back to an office and commuting too soon. We worry about friends and family and those in our community who are vulnerable. But in the midst of fear and uncertainty, we've also had more time to slow down, enjoy time with each other, and savor this glorious spring. Our pug puppy Sassafrass (aka, Sassy-pants) and puggle Cleopatra help remind us to take frequent walks and live in the present moment.

Roxanne Walker and Beth Wadsworth



God's Joke

By Norman Metzger

I've been musing—at least when I remember to muse, about which more below—on what happens to memory



as we qualify as seniors. We know that “memory” has two parts: Short- and long-term. “Short-term” is indeed that, memory that goes poof in

a very few seconds or at best a minute if you've been eating your spinach. “Long-term” is what we remember from past our toddler stage to yesterday or even a few minutes ago.

But whether short- or long-term, both offer variants of God's Joke. Why short-term memory is a joke seems pretty obvious to me. It's what irritates us and sometimes infuriates us (bad language alert!) when we walk to the kitchen to retrieve what? When we can't remember whether we take our meds or think we took them but aren't sure. When we can't

remember a shopping list? Or, more usual, when we can't remember where we put the shopping list that we wrote down so we wouldn't forget what we're supposed to get. When we can't remember a phone number right after hanging up; or, more likely, thinking we remember it but get it wrong anyway, usually because we transposed numbers. Or we interrupt someone's argument because if we wait for the speaker to finally end, we'll have forgotten our devastating reply. Or we forget a password and then are sentenced to “incorrect password” hell.

Now the easy rejoinder to my complaint about the evanescence of memory is that without losing a lot of the stuff that pours into our short-term “scratch pad” our heads would explode. Fair enough, but it would be nice if at least if we were given a decent time to remember why we walked into the kitchen. It's a joke!

And then there's long-term memory. One can reasonably ask how short-term memory becomes long-term, and a bit more precisely why does it happen? After all, short-term memory, information that we need only for the

moment, should be quickly gone. That seems a good thing. After all, we don't want shopping lists haunting us years later. But why does some short-term bits of memory get quality storage and others are in effect thrashed. Predictably, there seems to be lots of ideas but no consensus on how this transfer from short- to long-term occurs, why, and when. Obviously, in a metaphorical sort of way, vetting happens, editing if you will, that keeps our mind from being overwhelmed by memory trivia. Somehow our internal editor decides what's to be kept and what's for tossing before a minute is up. Good thing.

Long-term memory has its pleasures. Recalling a name from way back. Remembering not only a great trip, but people we met, memorable meals—we still can still savor the incredible salmon sandwiches we had at a hostel cafe in Alkmaar, the very special apple tart in De Ripj, both in the Netherlands, or the lunch in a very sunny plaza after visiting the private garden of the designer of the High Line gardens, memory still embedded four years later. Of course, even long-term memory, which is embedded in our neurons rather than the transient neural pathways of short-term memory, has its bedevilmments. Sometimes we get the year wrong for an especially pleasurable memory. Sometimes we place the wrong people at an event. Sometimes we remember an extraordinary museum and even a particular exhibition but can't remember the town. That's a facet of God's Joke re long-term memory. But the joke has its sharper side, in reminding us sometimes at inopportune moments of what we'd prefer to forget. Of course, if all your memories are pleasurable, then bless you for escaping one bite of God's joke. Now there is something else I was going to write. But I forget.

Happy Father's Day CHV!

(A shout-out from the Executive Director)

While the public celebration of fathers in the United States has focused primarily on neckties, golf doodads, fart jokes, and barbecue, at least one country seems to more fully grasp the significance of this national event. In Thailand, the king's birthday serves as National Father's Day. According to the website Mental Floss, the celebration includes fireworks,

speeches, and acts of charity and honor—the most distinct being the donation of blood and the liberation of captive animals.

I doubt we'd find much support for a return to monarchy on Capitol Hill, but I do think a little reverence would be a nice touch. Fathers, grandfathers, great grandfathers, consider this a speech in your honor. And anyone who wants to do an act of charity in honor of Father's Day, consider donating to CHV!

Village Voices Waiting to be Heard....

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

June 1: Paul Rosenzweig



Once again, the country has gone through an impeachment of a President. Some think that the entire exercise was overly politicized. Others contend that the President's supporters were blind to reality. Without attempting to adjudicate the merits of this latest impeachment, it is useful to put it in historical context. In this Village Voices lecture, Rosenzweig will explore the history of impeachment, from its conception by the Framers of the Constitution to recent times and the experiences of Nixon, Clinton, and Trump. As a bonus, Paul will also predict the result of the upcoming Supreme Court case involving subpoenas to the President's bankers and accountants.

Paul Rosenzweig worked on the Clinton investigation and is a frequent commentator in print and on television about the Trump presidency. He teaches at the George Washington University Law School and serves on the District of Columbia Bar's Ethics Rules Review Committee.

This program will be delivered via Zoom, and Rosenzweig is scheduled to speak from Costa Rica, where he was spending the winter.



May: Jack Wennersten

Capitol Hill Village inaugurated Zoom for Village Voices with Jack Wennersten's appearance on the May program. His book, *Rising Tides*, warns of the massive numbers of environmental refugees who will be displaced by climate change. There is not an international definition of a "climate refugee," but it is anticipated that climate change will force 50 to 90 million people to be "on the go." Wennersten asks "Where will they go; who will take them; what rights do they have?" Wennersten is also the author of *Global Thirst: Water and Society in the 21st Century*.

August Issue Will Spotlight YOU

This has been an interesting year, and who knows if August 2020 will be like previous Augusts in Washington, where everyone complains about the heat and leaves town. Perhaps not.

The August issue of the CHV Newsletter will also take a different tack this year—instead of combining July and August into one issue, we will have an August issue and are inviting contributions from members and volunteers—essays, poetry, photographs,

artwork, opinions, etc., This issue will be about CHV members and volunteers sharing their interests and accomplishments, and perhaps inspiring others. Shameless sales pitches are welcome!

Contributions should be sent to the CHV Newsletter editor at karenstuck@comcast.net by July 17.

If you have questions, contact Karen Stuck at the above e-mail address or 202-460-8967.

Peer Health Educators Have Gone Virtual!

Capitol Hill Village's Peer Health Educators have recently resumed their work! Things look a bit different now due to COVID-19, but they are anxious to start supporting seniors virtually. The program's goal initially was to improve health outcomes for seniors and people with disabilities through more transportation options.

Now, people are not traveling to many places—but they are trying to navigate a new world. Between figuring out Zoom, Tele-health, and which retailers are the best for delivery services, there is a lot to digest. That's where the CHV Peer Health Educators come in. The Peer Health Educators are seniors themselves and want to share what

they've learned with others who may be finding these times disorienting. If you want to be matched to a Peer Health Educator or if you're curious about how they may be helpful, contact CHV Care Services and Program Specialist Meghan Wrinkle at 202-543-1778 or mwrinkle@capitolhillvillage.org.

History of CHV's Genderson Fund

By Geoff Lewis

Every year, usually in June, CHV holds a fundraiser to support our sliding scale membership and to help any member who faces financial hardship to access health necessities. Originally, this fund was called the Stephen C. Rogers Memorial Fund, in honor of **Steve Rogers** who, along with his wife, Harriet, were original members and ardent supporters of the Village. Indeed, Harriet was CHV's first secretary, offering invaluable advice to our fledgling Board and taking careful notes (for posterity, of course) of our many organizational meetings.

Unfortunately, within a few years of CHV's formation (officially documented as October 2007), Steve

died of cancer. Because of Steve's commitment to the Village, and his interest in and desire to help those less fortunate, the board asked Harriet if we could begin a fund to help serve Hill residents who couldn't afford the full membership fee and name it after Steve. Harriet was extremely supportive and touched by the idea. Thus, the Rogers Fund was initiated.

In 2017, Harriet's circumstances changed, and she moved off the Hill. She no longer thought it appropriate to call this effort the Rogers Fund and asked the Board to rename it. As it happened, another strong supporter of CHV and a Board member for several years had recently passed away. **Jon Genderson** was a co-owner, along



Jon Genderson

with his brother Rick, of Schneider's liquor store. As a Board member, Jon was instrumental in helping CHV shape its goals and organization. He was also a huge supporter of CHV's fundraising efforts. Plus, Schneider's always saw to it that CHV and many other Hill operations were well-stocked for any event that was held. The board went to Lori Genderson, Jon's wife, and asked if we might pay tribute to Jon by renaming the fund after him. As Harriet had been, Lori was touched by the idea and approved CHV's effort to honor Jon.

The Genderson Fund subsidizes membership fees for low-income older adults on Capitol Hill, and it also pays for supplies and services necessary for their health and safety.

June 15: World Elder Abuse Awareness Day

The day aims to focus global attention on the problem of physical, emotional, and financial abuse of elders. It also seeks to understand the challenges and opportunities presented by an aging population and brings together senior citizens, their caregivers, national and local governments, academics, and the private sector to exchange ideas about how best to reduce incidents of violence towards elders, increase

reporting of such abuse, and to develop elder friendly policies.

Villages play a significant role in supporting older adults against these forms of abuse. Join Capitol Hill Village for a June 2 Zoom event as we discuss strategies to age safely: <https://tinyurl.com/yauddw4q>

Note: This event is SOLD OUT. Please call 301-770-8329 to be placed on the wait list.

MedStar Seeks Input Before Embarking on Brain Injury Study

A new study on emergency care for patients with severe traumatic brain injury (TBI) seeks to improve patient outcomes, but before it gets underway, researchers want feedback from older adults in the area who may benefit from this study. The input from the community will help researchers better understand how to conduct the study.

The on-line survey will take about five minutes to complete and is completely anonymous and voluntary. Access is at: <http://bit.ly/BOOST3CommunitySurvey>.

The MedStar Washington Hospital Center is joining researchers at 45 hospitals across the country to conduct the study, known as Brain Oxygen Optimization in Severe TBI

Phase-3 (BOOST3). BOOST3 is a research study to learn if either of two strategies for monitoring and treating patients with TBI in the intensive care unit is more likely to help them get better. Both of the strategies are used in standard care. More information on the study is available at: boost3trial.org.

Capitol Hill in Lunes

Norm Metzger portrays Capitol Hill through photographs and Lunes. Lunes are sometimes labeled “American Haikus” or “English Language Haikus.” The form was created by a Bard College professor seeking an alternative to the 5-7-5 syllable count of the classical Haiku. Japanese words generally have more syllables than equivalent English words, so using the Japanese Haiku form (17 syllables) for an English Haiku offers opportunity for more content but loses that sharp distillation of expression that is the essence of a Haiku. The Lune version 5-3-5 (13 syllables) is intended to level the syllabic differences.

An example is shown to the right. Norm’s book, *Capitol Hill in 50 (or so) Lunes: A Neighborhood Portrayal in “American Haikus,”* is available on Kindle: https://drive.google.com/file/d/1cWXtGA_yXuoIlZOxHwtjXCICqOdSekAR/view?usp=drive_web

OEHME, van SWEDEN

American Meadow

Transmuted

Reveals Ephemeral



CHV Events Go Virtual

Villagers have been Zooming all over the place! This technology has allowed a number of the affinity groups to continue meeting—virtually instead of in-person.

Through Zoom, participants can attend either by phone (landline or cell phone) or through their computer or smart phone, where they will also have access to video.

Here's what you need to know:

- ▶ First step is to access the CHV website calendar. If it says "VIRTUAL" in front of the event title, that means you can access it on Zoom.
- ▶ For video access, each program will have a unique web link. Click on "Details" in the event notice and you will see the web link. *You should register for the event through that Zoom link, and not through the traditional manner on the website calendar.*
- ▶ Once that link is clicked or you paste it in your browser, you will need to click on "open zoom meetings" and then "join with computer audio."
- ▶ No computer or other internet device? No problem! You can also use your phone to call and listen in and

participate in a Zoom meeting. Simply dial the number listed on the invitation and, when prompted, enter the meeting number. Voila! You're Zooming!

All CHV virtual events are listed on the CHV website calendar. Calendar changes are on-going, so check the CHV Website at capitolhillvillage.org.

If you need assistance accessing the calendar, contact the CHV Office at info@capitolhillvillage.org or 202-543-1778.

If you have not participated in a Zoom meeting, it may be helpful to watch a tutorial video, which also offers the opportunity to join a test meeting, so you can become familiar with the screen and settings. Go to: <https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials>. Also, check the CHV calendar for Virtual Tech Check sessions.

If you would like to host a CHV event virtually, contact Jacquelyn Smith at 202-543-1778 or jsmith@capitolhillvillage.org to help you organize your event specific information.

May–June Virtual Events List

Thursday, May 28, 1:00–2:30 p.m.

Health Disparities in LGBTQ Older Adults

This session will delve into the health disparities faced by older LGBTQ adults. We will discuss social isolation, and ways to implement specific programs in your institutions, and communities. We will also discuss how the current COVID-19 pandemic affects the LGBTQ+ community, and how to stay healthy during this time.

Thursday, May 28, 3:00–4:30 p.m.

Parkinson's Support Group

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

Friday, May 29, 2:00–3:00 p.m.

Future Planning: A Resource Discussion

Estate planning, wills, and trusts. To register, click here: <https://bit.ly/FuturePlanningPart2>

Monday, June 1, 7:00–8:00 p.m.

Village Voices: Paul Rosenzweig



Paul Rosenzweig will explore the history of impeachment, from its conception by the Framers of the Constitution to recent times and the experiences of Nixon, Clinton, and Trump. See story on page 9.

Open to All

Tuesday, June 2, 10 a.m.–12 Noon

The Role of Villages in Safeguarding Older Adults Against Abuse, Neglect, and Financial Exploitation

The Village movement has been instrumental in supporting community members safely age in place, offering services including transportation, assistance with household tasks, and gatherings to promote social activities. This event will highlight the groundbreaking work of local villages,

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May–June Virtual Events List *continued from page 12*

practical tips to successfully age in place, and the debut of a new community resource guide created by the ElderSAFE Center to better connect community members to the county's robust resources. Details available at <https://tinyurl.com/yauddw4q>.

Note: This event is SOLD OUT. Please call 301-770-8329 to be placed on the wait list.

Tuesday, June 2, 11:00 a.m.–1:00 p.m.

Purls of Wisdom

Join friends and neighbors for conversation and work on your favorite yarn project. There will not be lessons, but we may be able to help a bit; this is for folks with some level of experience with knitting, crocheting, etc.

For more information, contact Nancy Lee at nancylee8891@gmail.com.

Tuesday, June 2, 1:00–1:30 p.m.

Virtual Tech Check

For anyone who wants to try Zoom for the first time, or test out features, or make sure you know how to log in before trying to attend a substantive meeting or event, this is your chance!

Wednesday, June 3 and June 10, 10:00–12 Noon

Healing Circles

The May–June 2020 Healing Circle serves as a place for safe sharing and moving through any type of grief or loss. At this time of uncertainty when grief and loss are in the foreground, a Healing Circle can be a place for you to find solace and non-judgmental support.



Typically, Healing Circles begin with opening agreements, time to check in, time for meditation, and time to read a book on a shared topic of interest. While attending all sessions is not required, participants are encouraged to attend each session in an effort to build relationships and community. (The next Healing Circles will begin mid-June.) For information, contact Marilyn Goldberg at goldberg@umbc.edu.

Pattie Cinelli's article in *The Hill Rag* (5/2017) is an excellent introduction to our process. You can read it [here](#).

Wednesday, June 3, 6:00–7:30 p.m.

History & Biography Group

The book we plan to discuss on June 3rd is *38 Nooses: Lincoln, Little Crow, and the Beginning of the Frontier's End* by Scott W. Berg. The book is 308 pages long, plus notes, and one every U.S. resident should read. In 1862, Dakota Sioux rose up against the encroaching settlers and U.S. government. After the uprising was crushed and the Dakota captured, a military commission sentenced more than 300 to be killed. President Lincoln reduced that to 40, and 38 were eventually hung in December 1862—the largest government-sanctioned execution in American history. The rest of the tribe was forcibly relocated to today's South Dakota.

Monday, June 8, 1:00–2:00 p.m.

Wyze Guyz

Although it won't be as yummy as Tunnick's, the Wyze Guyz will hold a Zoom talk-session, and here are some questions for us to think and talk about:

1. How have we coped? Are there any good things that have come out of this shutdown?
2. Are we doing things that we wouldn't usually do?
3. What is your strategy for loosening up the restrictions as we de-isolate?

Tuesday, June 9

CHV Bike Club

THE CHV BIKE CLUB RIDES AGAIN! Grab your helmet, water bottle, mask, and a snack, and ride with us to beautiful Lake Artemesia. Please RSVP to cgrodzins@gmail.com for details. There will be a choice of route and distance. Free at last!

Wednesday, June 10, 2:00–4:00 p.m.

Poetry Readers

Each attendee may (but is not required to) bring a poem to read and share with the group. Join us for a lively conversation about what we think the poem means and more exploration of the topics the poems touch on. This is a virtual meeting so please send Jacquelyn Smith (jsmith@capitolhillvillage.org) a copy of the poem you will read so it can be shared on the screen.

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May–June Virtual Events List *continued from page 13*

Thursday, June 11, 6:00 p.m.

Cinephiles

Participants should see any of the following films available on streaming sites for discussion:

Spaceship Earth—the story of the Biosphere project, AFI Silver and Avalon Theatre websites;

Capital in the Twenty-First Century—provocative and critical cinematic essay, Avalon;

Crip Camp, Netflix;

Painter and Thief (“an artist befriends the thief who stole her paintings”)—available May 22; site to be announced.

Members and Social Members.



Sunday, June 14, 2:00–3:00 p.m.

CHV Family Caregiver Meet-up

This a confidential, peer-lead community space where caregivers can receive respite through sharing challenges, delights, expectations, and frustrations among fellow caregivers. This is a group of caregivers who live on or near Capitol Hill. Caregiving is different for everyone. Some of us provide direct care, some of us help manage a team of paid caregivers, some of us provide emotional or physical support. Our loved ones have different needs, diagnoses, and symptoms. What we have in common is our shared sense of love and responsibility for a close friend or family member.

Monday, June 15, 6:30–8:00 p.m.

Iona/CHV Support Group for Caregivers of Individuals with Dementia

This support group is 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. Join us to share your experience and to get support and helpful information. The group is led by professionals from Iona.

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, June 16, 11:00 a.m.–1:00 p.m.

Purls of Wisdom

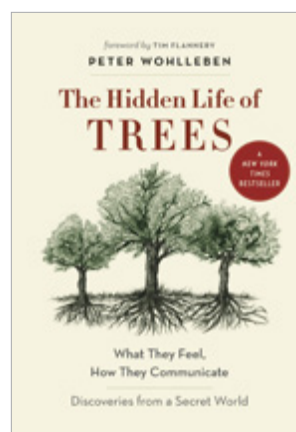
Join friends and neighbors for conversation and work on your favorite yarn project. There will not be lessons, but we may be able to help a bit; this is for folks with some level of experience with knitting, crocheting, etc.

For more information, contact Nancy Lee at nancylee8891@gmail.com.

Tuesday, June 16, 4:00–5:30 p.m. **Note Time Change*

CHV Literary Club

Note: Signup deadline is Noon, Monday, June 15



In June, the Village Literary club will continue the botanic theme with *The Hidden Life of Trees: What They Feel, How they Communicate. Discoveries from a Secret World* by Peter Wohlleben, 2016 (288 pp). This book, by a German forester, has many Capitol Hill fans. Like *The Overstory*, which the Literary Club enjoyed this spring, the author presents the latest scientific research and

his own observations in a highly readable style. The matter-of-fact Mr. Wohlleben has delighted readers and talk-show audiences alike with the news—long known to biologists—that trees in the forest are social beings. A German literary critic praised the humble narrative style and the book’s ability to awaken in readers an intense, childlike curiosity about the workings of the world.

Members and Social Members.

Thursday, June 25, 3:00–4:30 p.m.

Parkinson’s Support Group

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

Ongoing Virtual Events List

Mondays, 4:00-5:00 p.m.

LGBTQ Social Hour

Join us for an inter-generational social hour. LGBTQ folks of all ages and abilities are welcome to join to chat with one another. A great way to connect with others as we work to combat isolation and continue to foster relationships. Bring your questions and topics that interest you, and get ready for a few ice breakers. Hope to see you there!

Tuesdays, 11:00 a.m. and 4:00 p.m.

DACL Caregiver Support Group

These programs are sponsored by the DC Department of Aging and Community Living. Share your experiences in a safe and supportive setting. Discover new health and wellness activities, community resources, and virtual ways to engage while social distancing. To register, contact Linda Irizarry at DACL: linda.irizarry@dc.gov or 202-355-4443.

Wednesdays, 12 Noon-1:00 p.m.

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

Thursdays, 4:00 p.m.

Chair Yoga

Join us as CHV member Robin Blum hosts Chair Yoga.



capitol hill
VILLAGE

**KEEP CALM
AND
CALL CAPITOL
HILL VILLAGE**

202-543-1778

Check out CHV's Coronavirus Hub:

the landing page for information on COVID-19 with helpful resources to stay informed, healthy and active: <https://capitolhillvillage.org/about/emergency-prep/covid19/>



THE JON GENDERSON MEMORIAL FUND

*Please donate to the Genderson Fund
and provide needed support for our
members facing financial hardship.*

SUGGESTED GIFT IS \$150

To give by credit card: www.capitolhillvillage.org/gendersonfund

Donations received by *Friday, June 26, 2020*
will provide the most benefit.

Read more about the Fund on pages 3 and 10 of this News.



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