



VILLAGE NEWS



Most Villagers celebrated Thanksgiving differently this year. The Thanksgiving potluck dinner was a casualty of COVID-19, but that didn't stop CHV from dishing up Thanksgiving dinner and all the trimmings for those who wanted a substitute for the past years. Tama Duffy Day (above), one of the volunteers who plated and delivered over 50 dinners, adds cranberry sauce to a dinner plate. CHV extends a big "Thank You" to all the volunteers who made the Thanksgiving meal delivery program a success.

City Survey Seeks Input on Recreation Needs

Many Capitol Hill Village members take advantage of the city's recreation centers and parks, and they also know that more programming is needed for older residents.

Now, you can tell the DC Department of Parks and Recreation what you think. As it creates a new master plan, the Department is surveying citizens,

and CHV members are encouraged to make themselves heard on future programming at parks and recreation centers.

The survey seeking input on needs, usage, and priorities is available at: <https://ready2playdc.com/citywide-survey>

The survey closes on December 20. It takes about 10 minutes to complete.

In addition to the survey, the city will be holding community meetings starting in January to further explore needs and ideas. Residents can also send comments and questions directly to DPR at ready2play@dc.gov.

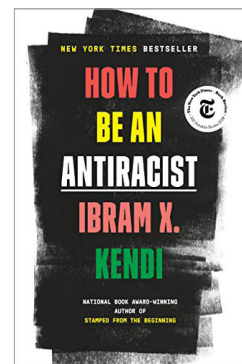


ANTI-RACISM WORKING GROUP

Resources for Understanding Racism

The Materials Subcommittee of the Capitol Hill Village Anti-Racism

Working Group has launched two projects. The first is a list of resources (books, essays, films, TV series, websites, and videos) recommended by members, and the second is creation of "pods," small groups studying a specific work.



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Thanks to Geoff Lewis for sponsoring CHV
for the month of December!

“I'm proud of the Village's growth
and success for its members and
for the respect it has achieved as a
valuable community member.”

—Geoff Lewis

CHV Founder, Board member, sustaining donor

Knitters Knit Virtually



COVID-19 has not slowed down the Purls of Wisdom affinity group, which is meeting via Zoom twice a month to work on knitting, crocheting, and other yarn projects.

Over the past few weeks, they have worked together on an “advanced” knitting technique, Fair Isle, helping one another on the Zoom call and also

sharing information through emails. In the photos, they are modeling the cowls they have made. (One was unfinished and couldn't be modeled yet.). Top row, from left: Ceci Albert, Georgia Yuan, Sara Fisher-Goad; bottom row, from left: Barbara Sheehan, Suzy Jampoler, Nancy Lee, the group's coordinator.

Purls would love to have more Villagers join “our fun group.” They meet on the first and third Tuesdays from 11:00 a.m.–1:00 p.m. There will not be lessons, so Purls is for folks with some experience knitting, crocheting, needlepointing, etc. However, the friendly group may be able to provide a bit of help.

Monthly CHV Sponsorships

CHV is seeking to partner with businesses or donors who will sponsor CHV for a month.

Contact Judy Berman for details:
jberman@capitolhillvillage.org

202-543-1778 (ext. 104)

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

Judy Berman, *Executive Director*

Bruce Brennan, *President of the Board*

Angel Freeman, *Office Manager*

Pamela Johnson, *Volunteer and Programs*

Assistant and Peer Health Educator

Tomeka Lee, *Transportation*

Outreach Manager

Sophia Ross, *Digital Media and Grant*

Program Strategist

Samantha Schiffman, *Director of*

Volunteer and Care Services

Jacquelyn Smith, *Volunteer and*

Programs Coordinator

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Program Specialist

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FROM THE EXECUTIVE DIRECTOR

Change and Resilience

Time has been warped for me since the middle of March. Days are blurring into each other, weeks even more so. The little things that punctuated my life—daily showers, weekly get-togethers, weekends—have fallen by the wayside. The periods of time that used to be marked by the end and beginning of school have become a single long season, with kids at home, and the temperature outside often yielding no clue to the time of year (except when it became unbearably hot. Remember that? Me neither!)

And yet, with the month of December I mark a year of serving as Executive Director of Capitol Hill Village. I think it's fair to say that it's been almost nothing like what I imagined. But I look back over the past year, and into the coming year, and I can say with certainty that change has happened. Some of the changes I've had a role in and some not, but it's all brought us to where we are today.

Setting aside for the moment the general state of the world, I think some of the most important changes we've experienced at CHV have involved staffing. While it's always sad to see good people leave, it creates opportunity to rethink the way we do things. And I feel especially good to have had the opportunity to promote Tomeka Lee and Samantha Schiffman into positions that capitalize on their many strengths and allow them to grow professionally within CHV. I also feel good about bringing in new talent, like Sophia Ross, Pamela Johnson, and the other Peer Health Educators.

Aside from staff, perhaps the biggest internal change is about to happen. I have made the decision to **transition us from Salesforce to a new data management system called Helpful Village**. I know that CHV invested time, money, and energy into Salesforce; and that our customized

system was developed with thought, and intention, and the highest of aspirations. But I've determined that this data system requires more expertise, investment, and maintenance than the Village has capacity for. It's easy to make mistakes, and hard to extract the information that goes in. And it's still unfinished.

So, why Helpful Village? And how is it different from what we have now?

Helpful Village is a software product designed for villages. It was built to keep track of membership, help us match volunteers to service requests, send confirmations and reminders about events and deadlines, and produce reports that will let everyone know exactly where we stand as a Village, including the number of members, the number of service requests we've fulfilled, and how we're doing at keeping members engaged.

Helpful Village was designed to be easy to use for staff, volunteers, and members alike. It was built with older users in mind, so it's visually uncluttered, uses familiar language, and has user-friendly features, like large brightly colored buttons for functions such as “save” and “submit.” Every member will have a log-in they can use if they want to manage their membership, sign up for events, or make a volunteer request. Rest assured that if you're used to calling CHV or sending an email to info@capitolhillvillage.org to make requests or sign up for events, you will still be able to do that. But if you're



Judy Berman

► continued on page 4

Festivities and Giving



Bruce Brennan,
CHV Board President

This is a festive time and a giving time. I hope that you are able to enjoy both in whatever ways make the most sense for you and your close ones this strange year.

And I hope you remember Capitol Hill Village can help you with both!

We helped deliver more than 50 Thanksgiving plates to those who asked for a substitute for the potluck Thanksgiving dinners we had for so many years. Thanks to the many volunteers and staff fixing and delivering those plates. Only problem: no leftovers! But no cleanup either.

The CHV staff and volunteers are also planning the December virtual holiday party on Friday, Dec. 18 from 4–6 p.m.; some Affinity Groups are having their own parties (have YOU joined one yet?); and we're still planning other fun seasonal activities, so stay tuned. We do try to keep putting the fun in social distancing! Just give the CHV Office

a call if you're looking for additional festive opportunities.

This is also a season for giving.

I want to thank each of you again for all you have given TO the Village. We couldn't—and can't—do it without you. I hope that by now you've received the Village's End of Year donation letter. And I hope you can be especially generous this year: we count on this end-of-the-year fundraising to provide a big part of the membership donations that help us to help you and other members throughout the year. So — if you've been impressed with how Judy and the staff have pivoted so deftly and swiftly to fight the COVID challenge, please give. If you've appreciated the mask and food deliveries, the telephone check-in trees, and the work of the COVID response team, I hope you will give.

And while we may not love Zooming, aren't you glad we found ways to make so many of our interactive activities continue even in these socially distant times: Affinity Groups, Village Voices, learning seminars, have all continued

and kept us engaged and active — and connected.

And, of course, we've kept up Care Services which remain at the core of what we do. I hope you can help us keep all our activities and services going until we all can gather again safely. Till then—we really *can't* do it without you, but I also know we *can* count on your generous support again this year. So I'll offer my gracious thanks in advance — and remind you that you can still deduct up to \$300 for gifts to non-profits like the Village even if you no longer itemize deductions on your tax filing! (Also, a reminder of the [great article \(page 6\) in last month's CHV News about tax planning for charitable giving](#) from financial planner (and former CHV Board member) Angela Beckham.

“Nuff said, I'm sure—and please be sure to mark your calendars for the Virtual Holiday party on the 18th, and watch the website for other fun holiday activities Ho! Ho! Ho!



Change and Resilience *continued from page 3*

inclined to want to do it yourself, you'll be able to do so much more easily.

And did I mention that it will save money? We project that it will save at least \$10,000 a year after we complete the transition because we won't need additional licenses or outside tech support to manage basic operations, nor will we need to go through two additional phases of building out the current system.

Now, this was not a decision that I made quickly or lightly. I've been

struggling with it since almost day one. The truth is that staff, volunteers, and many CHV members have complained at one time or another about issues that can be traced to our Salesforce system. And the things we currently have the most trouble with are the things Helpful Village does best.

Change is hard, but it's also the only thing we can truly count on. French philosopher Gilles Deleuze said there's no repetition without difference. This

will not be the same as our last system migration, if only because we've been through it together before, and have taken away important lessons. You will be hearing more about Helpful Village in the coming weeks and months. I welcome your questions and comments. And I hope that by next December, we'll look back at this as one of the best things that happened in 2020—after development of the COVID vaccine of course.

Resources for Understanding Racism *continued from page 1*

Here are some reading and viewing recommendations from the list of resources:

► **Fran Zaniello recommends:**

- *The Water Dancer: A Novel* (2019, 224 pp) by Ta-Nahisi Coates, best known for his non-fiction works, *We Were Eight Years in Power* and *Between and World and Me*, which established his reputation as a public intellectual and as a clear and insistent voice on race. *The Water Dancer*, his fiction debut, is a compelling story of a young black man on a Virginia tobacco plantation (modeled on Monticello) where he serves as a servant to a master who is also his father. Among other things, the book provides a fascinating look at slavery and plantation life in Virginia.

- *The Idea of America*, by Nikole Hannah-Jones. This powerful essay is the lead article in “The 1619 Project,” published in *The New York Times Magazine* (August 2019). It begins by asserting that 1619, the year 20 enslaved people first arrived on the Virginia coast, should be the date of the “founding” of America, and that “No aspect of the country that would be formed here has been untouched by the years of slavery that followed.” The essay can be read on-line through *The New York Times*.

- *What is Owed*, by Nikole Hannah-Jones. This essay, published in *The New York Times Magazine* (June 2020), presents a thorough and powerful look at the economic injustices inflicted on Black Americans, described by the author as “400 years of racialized plunder.” The essay can be read on-line through *The New York Times*.

► **Karen Branan recommends:**

- *My Grandmother’s Hands* by Resmaa Menakem (2017). Healing trauma to the black body, white body,

and police body (including innovative ideas about police training). Written by a therapist based on the latest neuroscience and somatic healing methods. Personal exercises throughout the book.

- *White Fragility: Why It’s So Hard for White People to Talk About Racism* by Robin DeAngelo (2018)

- *13th* (2016), an excellent documentary about the 13th Amendment, which ended slavery; directed by Ava Duvernay. Available on YouTube.

► **Kathy Truex recommends:**

- *The New Jim Crow: Mass Incarceration in the Age of Colorblindness* (2010) by Michelle Alexander. This book changes the way you think about criminal and judicial systems in the U.S. It shines a light on a new form of segregation based on race.

- *Caste: The Origins of Our Discontents* (2020) by Isabel Wilkerson. In this award-winning book, the author gives us a portrait of an unseen phenomenon in America as she explores, through an immersive, deeply researched narrative and stories about real people, how America today and throughout its history has been shaped by a hidden caste system, a rigid hierarchy of human rankings.

- *Just Mercy* (2019). A narrative feature film based on a discrimination case in Alabama taken up by Bryan Stevenson; stars Michael B. Jordan and Jamie Foxx. Available on Netflix.

The second project of the Subcommittee is development of a “pod” of 10 people interested in studying some of the works on the anti-racist reading list. This first pod—we hope there will be more—is meeting twice a month on Zoom to discuss *How to Be An Anti-Racist* by Ibram X. Kendi. The Subcommittee wants to encourage the development

of more “pods.” If you are interested in joining with other CHV members in discussing anti-racist books or other anti-racist resources, contact the CHV Office at 202-543-1778 or info@capitolhillvillage.org.

Karen Branan provided this insight on *How to Be An Antiracist*:

Chief among the many things I appreciate about this book are:

How Kendi talks about racism hurting White people as well as Black because of how it stunts our understanding of cultures unlike our own and prevents solutions to societal ills, therefore preventing a true democracy.

How he talks about systemic racism caused by individuals who make and carry out the racist policies. This quote grabbed me:

“The perpetrators behind the five hundred Black babies dying each year in Birmingham because of the lack of proper food, shelter and medical facilities were no less overt than the White Terrorists who killed four Black girls in a Birmingham church in 1963. In the way investigators can figure out exactly who those church bombers were, investigators can figure out exactly what policies caused 500 Black babies to die each year and exactly who put those policies in place. In the way people have learned to see racist abuse coming out of the mouths of individual racists, people can learn to see racial inequities emerging from racist policies. All forms of racism are overt if our antiracist eyes are open to seeing racist policy in racial inequity.”

There is much else in this fine book that is wise and important and helped greatly to improve my antiracist eyesight. I hope many more Villagers will come together to study this important work as my group has just done. It will help us tremendously as we decide on anti-racist actions for the Village.

CHV Needs Your Support

This year has been a challenging one for all of us. And Capitol Hill Village has been here for our community through it all.

You will be receiving a letter from CHV shortly asking for you to make a year-end donation.

If you've never made a year-end contribution to CHV, this is the year to do it. Community supporters are stepping up as monthly sponsors, but that's only part of the income we will lose from not having our Annual Gala. Consider donating what you would normally pay for a Gala ticket (\$150). If that's not possible, please donate what you can. Every dollar makes a difference for our organization.

If you already donate to the year-end campaign each year, thank you! Please donate what you can this year to keep CHV in a strong position to continue serving our community.

Consider making yours a recurring donation so that CHV will continue to benefit in the months to come.

If you're considering a donation appreciated stock or mutual fund shares to the Village this year, here's what you need to know:

▶ For a donation of stock, instruct your broker to deliver the stock shares to:

The National Capital Financial Group
Pershing LLC (DTC # 0443)
Account Name: Capitol Hill Village
Endowment Trust
Account Number: 06H 408962

Please note that while you are donating the stock to the endowment fund account, Capitol Hill Village can transfer funds from there to CHV operations, depending on how you designate your gift.

▶ For a donation of a mutual fund, contact Lois Mastel at the National Capital Financial Group at 202-546-9310 for instructions. Please note that every mutual fund transfer differs, depending on where the funds are held—and that it can take up to 2–3 weeks for the mutual fund transfer to be completed.

Questions?
Contact Judy
Berman:
202-543-1778.



LGBTQ CORNER

Reflections and Resolutions

By Sophia Ross

I am proud to take on management of the LGBTQ Corner established by Aleshia Faust. In my role as the Digital Media and Grant Program Strategist for Capitol Hill Village, I will continue to build upon Aleshia's work and to establish my roots with the greater DC community. This month, I want to reflect on the past year—what a year it has been!

This year, we reflect on the lives of those who are no longer with us. In 2020, the United States reported a record number of murders of transgender and gender non-conforming individuals. We cannot allow these numbers to rise. Transgender and gender non-conforming individuals of all ages continue to experience significant rates of discrimination, stigmatization, and violence, which can have lasting impacts including higher rates of mental health issues, fear of or inability to access essential services, and a greater risk of homelessness. We all can contribute to creating a more accepting society and preventing these untimely deaths.

Additionally, all of us have been impacted by COVID-19. With its onset, we were reminded that many states fail to collect important data related to the LGBTQ community as well as the fact that the pandemic disproportionately affects individuals of color. For many LGBTQ individuals, COVID-19 has limited their access to safe and affirming spaces, support networks, and essential services. We recall when HIV began to threaten our community in the 1980's. Now, more than ever, it is important to ensure that we are connected as a community. We have an obligation to learn from our history and from the people who lived through that history, and to support each other.

Although this year has been filled with many challenges and hardships, it has also brought joy, new connections, love, and personal accomplishments. A few notable events from this year include the election of a record number of LGBTQ-identifying legislators across the country. In DC, legislation was recently approved that protects LGBTQ older adults and those with

HIV in long-term care facilities. In June, the U.S. Supreme Court voted to establish national protections against discrimination based on gender identity and sexual orientation. In the face of ongoing national antagonism toward our rights, we will continue to fight for the rights of all in our community. We can act through self-education, advocating for funding and policies, volunteering, or financially supporting organizations or individuals.

I would like to end with a forward look toward 2021. With a new year comes new beginnings, the opportunity for change, the igniting of new passions. I am looking forward to using my passion for inclusion and equity to help make DC, and Capitol Hill in particular, the best place for the LGBTQ community to live a long life!

As a reminder, our LGBTQ programs are open to all DC residents, regardless of Village membership. If you would like to suggest an idea, volunteer, or attend any of our LGBTQ programs, contact me at ssross@capitolhillvillage.org or 202-543-1778 ext. 204.

CHV Advocates Amendments to DC Comprehensive Plan

On November 13, CHV Executive Director **Judy Berman** testified (virtually) before the DC City Council on proposed amendments to the DC Comprehensive Plan, which guides future growth and development for the city. The Comp Plan provides zoning guidance and direction to other more detailed plans that give shape to the what the city will look like in the future.

Judy said that CHV is involved in the Comp Plan because the DC government needs to prepare for a large expansion in the number of older adults in DC, especially among those who will turn 65 in the next 5–10 years. DC seniors do not now and, without adequate planning, will not have the options needed to age in place within their chosen communities at affordable costs, she said.

Mayor Bowser has submitted final amendments to the Comprehensive Plan to the DC Council as proposed legislation, which was the subject of the hearing before the Committee of the Whole, led by Council Chair Phil Mendelson. In her testimony, Judy advocated for changes in the proposed legislation, noting that the Plan:

- ▶ Is deficient in the demographic data used to determine Long-Term Care needs.
- ▶ Needs to include innovative solutions in long-term care for the “forgotten middle” (those not eligible for Medicaid but without resources to pay for long-term care themselves.)
- ▶ Should recognize the desperate need to increase the number of trained home health aides and Adult Day Health Centers, which are essential supports to families in the care of frail, older adults.
- ▶ Should recognize the opportunity in Reservation 13 to build an



innovative multi-generational neighborhood that serves families and older people with a full range of incomes, which includes siting an Adult Day Health Center there.

A few days later, Judy and the CHV Advocacy Team provided more in-depth testimony to Ward 6 Council Member Charles Allen at a Town Hall meeting. Council Member Allen has indicated support for the CHV amendments.

CHV members **Marian Connolly, Larry Johnston, Mary Procter, Vira Sisolak, and Susan Sedgewick** have led an effort to encourage the city government to recognize the growing population of older adults and their evolving needs as they age. Since 2017, CHV has provided suggestions to the

DC Office of Planning on updates to the Comprehensive Plan, which was first approved in 2006, and many of the CHV ideas were folded into the proposed legislation.

Where to Find All the News from CHV:

- Website: www.capitolhillvillage.org
- Monthly CHV News: [CHV News Archive](#)
- Coronavirus Hub: [CHV COVID-19 Hub](#)
- CHV Connections: Emailed each Wednesday
- Weekly News and Events (members only): Emailed each Sunday
- Follow CHV on [Facebook](#) and [Instagram](#)

COVID Now, A Conversation with Dr. Pedro Kremer

By Sonia Conly

In February, COVID-19 appeared with the potential to develop into a public health emergency, and Capitol Hill Village was suddenly faced with needing to develop a contingency plan for operating the Village in a pandemic. Faced with a mass of changing and conflicting information, the Village Board and Executive Director, Judy Berman, needed to understand the science of this emerging epidemic in order to safely continue operations.



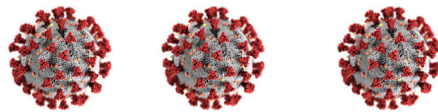
As the epidemic caught fire, Dr. Pedro Kremer, a Capitol Hill resident and lead scientist at Booz Allen Hamilton, jumped onto social networks to correct the large amount of wrong and conflicting information circulating. Dr. Kremer came to the attention of Village leadership, and he provided epidemiological information that helped the Village continue services and activities safely.

“I was struck with his ability to synthesize the scientific information and apply it to the very practical questions that people in the neighborhood were asking,” said Judy Berman in explaining why she reached out to Dr. Kremer. “And he was so generous and patient with everyone’s questions. His advice and guidance have been invaluable.”

Dr. Kremer came to the United States in 2015. After practicing

family medicine and working at the Argentina Ministry of Health during the 2009 SARS outbreak, Dr. Kremer decided on a career switch to the academic world focusing on public health and epidemiology. He studied first in Italy and then at the University of California San Diego.

As we shelter with various degrees of stringency, we wonder about vaccine development, treatment, and personal risk-taking in the current time. I had several questions for Dr. Kremer, and the responses below summarize our conversation.



Q. What has made the rapid development of COVID vaccines possible?

A. There are several factors: China released the COVID genetic code in January of 2020 (probably days or weeks after it had the code). Researchers across the world then used the code to start development of vaccines with an advanced technology that uses a manufactured RNA or DNA segment of the genetic code to “teach” the body to mount a defense when the entire virus is encountered. The work that was done developing vaccines for SARS and MERS was quickly applied to developing COVID-19 vaccines.

Massive federal funding under Operation Warp Speed makes it possible for multiple pharmaceutical and biotech firms to develop vaccines with the assurance that costs will be covered even if the firm’s vaccine is not successful.

Q. Pending development and deployment of vaccines, is herd immunity a viable strategy to avoid the economic cost of lockdowns,

COVID Testing

Did you know that older adults and adults with disabilities don’t have to wait in long lines for a COVID test? Just let a firefighter know that you (1) are a senior OR (2) have a disability, AND (3) are unable to comfortably wait in line. They will do their best to get you in and out in a timely fashion.

social distancing, and other limitations on activity?

A. Nations and regions have used a variety of strategies, and we now have evidence on the effect of these strategies. A notable proponent of one strategy, herd immunity, is Sweden. Sweden’s strategy was to avoid most limits on social activity and did not advocate personal protection such as masks. Sweden is now in the process of changing its strategy as virus infections rapidly increase in that country.*

Q. Are there new treatments that will improve outcomes markedly?

A. Two treatments recently mentioned, Remdesivir and antibodies from recovered patients, are expensive, not massively available, and have, as yet unclear benefits. Neither these treatments nor more widespread testing will bring us back to baseline. Vaccines are required to get us to a pre-pandemic society.

Q. What is the major challenge to getting the population vaccinated?

A. Willingness to be vaccinated is the major challenge.

Q. Families are now planning holiday celebrations with get-togethers. How safe is this?

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Passages

CHV member **Alice Lund Norris** passed away at her home on October 29. She was an active resident of



Capitol Hill for many decades, a member of Christ Church, a regular member of the exercise and yoga classes at the Supreme Court, and a board member of the Congressional Cemetery. She enjoyed entertaining and traveling the world; there were not many countries she did not experience. An avid reader, she was a member of multiple book clubs and enjoyed theatre and symphony.

Alice was born in Madison, Wisconsin, attended Swarthmore College, and received a bachelor's degree from the University of Wisconsin. She received a master's degree in Mid East studies from Georgetown University, and as part of her studies lived in Beirut, Lebanon.

Alice had a long career with the Defense Intelligence Agency before her retirement.

A memorial service at Christ Church will be held in early 2021.

* * * * *

Longtime Capitol Hill Village member **Pamela Jean Causer** died on October 6. With the exception of two years in Norway, Ms. Causer spent most of her adult life in Washington, first working



for the federal government and later for a variety of private firms, including her own firm, System Consulting Associates, with her partner Cherie D. Jones. Her expertise was in systems analysis, design, and implementation.

From her mother, Ms. Causer developed her love for opera, classical music, sewing and cooking. In

junior high, she won the Junior Miss Pillsbury contest for Massachusetts with a recipe for mocha almond layer cake. She also earned her Curved Bar in Girl Scouts. Later in life she became an accomplished quilter. From her father, Ms. Causer developed her love for art, but never had his artistic talent. Though not much of an athlete, she followed her father's love for skiing.

Upon retirement, Ms. Causer pursued her varied interests through volunteering with many organizations including the Kids Farm at the National Zoo, Knitting for Kids, Project Linus, the Textile Museum, Capitol Hill Village (she was the 2012 CHV volunteer of the year), and her favorite, the USO, greeting soldiers, veterans and their families at Ronald Reagan Washington National Airport.

"Passages" notes the passing of Village members as well as other significant events such as anniversaries, out-of-area moves, major awards, etc. If you know of a Member who has experienced a passage, please send a brief paragraph to the Newsletter editor at karenstuck@comcast.net. Please confirm that the member or their family/representative agrees with publishing the information.

A Conversation with Dr. Pedro Kremer *continued from page 8*

A. There is no way to assure that gathering is safe. Individuals and families need to make their own risk assessments with good information on hand. A year from now the country will be in a much better situation.

Q. In the past 20 years we have had four outbreaks of disease spreading from animals to humans—SARS, MERS, Ebola, and now COVID-19. How can we reduce the future chances of major outbreaks?

A. Humans need to reconsider the ways in which we interact with animals and the environment. As we keep disrupting natural habitats and ecosystems, it is likely that these epidemics will continue to happen.

* * * * *

While currently located out of town, Dr. Kremer has a continuing interest in all things Capitol Hill and welcomes your inquires and follow-up. You can

reach him at Pedro.Kremer@gmail.com and on Twitter [@pedrokremer](https://twitter.com/pedrokremer).

**As of October 26, 2020, the Johns Hopkins Coronavirus Resource Center reported Swedish coronavirus deaths at 58.26 per 100,000 persons. Norway was reported at 5.25 deaths per 100,000 persons and Denmark at 12.11 deaths per 100,000. Norway, Denmark, and Finland imposed lockdowns; Sweden did not.*

VILLAGE VOICES

Waiting to be Heard...

December marks the 50th Village Voices Program where you meet and learn from your illustrious Capitol Hill neighbors in informal, free, public discussions about social, economic, and political topics.

December 7: Donna Breslin— How to Become a Designing Woman

Do you want to dress a devil? Sew ruffles for Bizet's *Carmen*? Find a jacket fit for a World War I soldier



Donna Breslin

or a siren of the sea? Ask Donna Breslin how to do it. After a career in technology as a mainframe programmer and systems analyst in Wisconsin, Donna and her

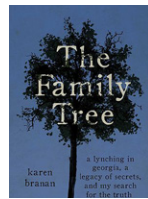
husband moved to Capitol Hill. She says she always had an interest in dance, theater, and costume, so after retiring she focused on costuming, primarily with IN Series, which

produces small-scale opera and other musical programs. She has been IN Series' Resident Costume Designer since 2009.

Donna will share her process of designing and creating costumes. She will have examples of the various skills and inspirations that have gone into this creative post-career endeavor.



January 11: Trudy Peterson. All the President's Papers, from the White House to the Archives.



February 8: Karen Branan, author of *The Family Tree: A Lynching in Georgia, a Legacy of Secrets, and My Search for the Truth.*



March 8: Tamara Copeland. What does it mean to be a "first"?: evolving racial dynamics in the U.S.



April: Michelle Murdock. Protecting the Amazon and its people—the work and murder of Sister Dorothy Stang (pictured at left).



May: Constance Citro, former director of the Committee on National Statistics. What did we learn from the 2020 U.S. Census? A follow-up to her November 2020, preview of the upcoming census.



June: Christian Ostermann. Markus Wolf, East Germany's Stasi spymaster.

Until further notice, Voices programs will be conducted on Zoom from 7:00-8:00 p.m. Details for accessing the programs will be provided when people register for the event at capitolhillvillage.org or at info@capitolhillvillage.org.

Some Hopeful Thoughts on Climate Change

November's speaker, Robert Perciasepe, President of the Center for Climate and Energy Solutions, said a lasting solution is needed for climate change, but we cannot have that without climate justice. He listed seven things we know, all of them important in moving forward with public policy on climate:

- ▶ The urgency continues to grow; some change toward climate-friendlier practices is already happening due to market forces.
- ▶ More Americans support the need for climate policy and action than do not.
- ▶ Science is back.
- ▶ The U.S. will rejoin the Paris Climate Agreement.
- ▶ U.S. industry lags in addressing climate change and is tired of the back and forth on policy.
- ▶ An increasing number of GOP elected officials recognize and want to work on climate solutions as they feel the heat from industry and other constituents.
- ▶ Solutions need to be just: (1) we can agree that some people are disproportionately affected by climate effects; (2) a lot of things need to be built and people need



to be employed; (3) need a just transition for communities that depend on fossil fuels—e.g., coal workers, city with a coal-fired power plant that pays taxes and employs people.

What does everyone do at CHV?

Even if you know everyone's job title at Capitol Hill Village, you may not know what everyone does every day. And even if you do, you may still not know the best person to reach out to with a particular question or concern. Let's try to clarify that.

First, almost any question or request or concern that gets sent to info@capitolhillvillage.org will find its way quickly to the right person. The account is carefully monitored by staff and office volunteers and is typically less busy than anyone's personal email, meaning your message will be opened and, if necessary, forwarded promptly.

For the times when you prefer to talk to someone—especially now that we're working remotely—you need to know which extension to dial. So, here's a brief rundown of who to call for what plus their extension number. Please note that the list is general, so if you're working with a staff member on something specific, this list should not change that.



Jacquelyn (Jacci) Smith (ext. 111) and **Pamela Johnson** (ext. 102) are sharing volunteer program coordination responsibilities. Jacquelyn works 75 percent time,

and Pamela works 25 percent. Like an actor playing twins, they will rarely be seen on the job at the same time, but they are the most likely to answer when you call. They can handle calls about:

- volunteer services, including information about becoming a volunteer or intern
- making or filling service requests
- affinity groups
- signing up for events
- putting an event on the calendar
- event planning support
- general programming questions
- tech support

Tomeka Lee (ext. 107) handles membership. Her job also includes



CHV Staff from top left: Jacquelyn, Tomeka, Samantha, Meghan, Angel, and Sophia.

oversight of CHV's transportation education initiatives and related advocacy, as well as outreach about our programs and services. The following subjects can be directed to Tomeka:

- membership inquiries and renewals
- membership referrals (e.g., names of prospective members)
- membership payments (can also go to Angel Freeman, especially if it refers to whether a particular payment was received or processed)
- any transportation related question or concern

Care Services is a team effort. Some members have an on-going relationship with a particular member of the team, and they should always feel comfortable contacting that person directly. Also, please note that CHV is in the process of hiring someone to fill the position that Samantha Schiffman left vacant when she became Director of Care Services. That person will be titled Member Services Coordinator

The following subjects should be directed to **Samantha** (ext. 106):

- support groups
- the Village Connections volunteer program
- urgent concerns about the health or well-being of yourself, your family or another member

The following subjects should be directed to **Meghan Wrinkle** (ext. 114):

- Peer Health Educator program
- Anti-racism Working Group

On the administrative side, **Angel Freeman** (ext. 103) handles general office management, financial transactions, including invoicing and processing donations, and she supports our large in-person events (remember those?) The following subjects can be directed to Angel:

- tracking payments
- mail and deliveries
- paid events
- office supplies

Sophia Ross (ext. 204) has two roles at CHV. She coordinates both LGBTQ programming and digital media. Digital media includes our website, our email communications, photos, training videos, and identifying platforms to share information about CHV including, but not limited to, social media. You can contact Sophia about any of the following:

- CHV's website
- CHV's social media
- LGBTQ programming
- photos and videos for or about CHV

Judy Berman (ext. 104) is the Executive Director, and you can contact her on just about anything. In addition to fielding questions or concerns about any of the above, she will be happy to speak to you about:

- concerns or compliments about CHV staff and/or services
- diversity, equity and inclusion
- policy advocacy
- CHV partnerships with other organizations, including other Villages
- fundraising and grants
- CHV's Board, strategic plan, and other governance issues

This list is not exhaustive. Please know that any member of the CHV staff will be happy to assist you and get you connected to the right person.

Living with 700 Santas in One House

By Judy Edelhoff

Is it possible to live with 700 Santas in one Capitol Hill rowhouse and not be crushed by them?

Yes, Faith Brightbill, ringleader and owner, likes a lot of jolly and manages the crowd artfully. She loves to see faces light up and the smiles the Santas bring when guests walk in the door over the holidays. This year will be a bit different. All 700 make a joyful splash of color, but this is a pandemic year. Only a few Santas will come out.

But how did so many Santas wind up camping out at Faith's house?

Faith is a collector and has been passionate about decorating since childhood. Born in New York City and reared in the Pennsylvania Dutch area of Pennsylvania, Faith put her talents to work early. She would set up the family's little tree at Christmas and loved decorating around it. Her enthusiasm for collecting began by watching her mother collect antiques for the kitchen. Her love for crafts and happy surroundings began early and have remained a lifelong passion. She fondly remembers the sleigh her uncle carved 80 years ago.

Joyful childhood rituals, like the annual family visit to Hershey Park, fired Faith's determination to bring a joyful atmosphere to her home and to share it with others. Faith began her career as a social worker, and when she passed by schools, she always noticed how nicely the teachers decorated their



classrooms and made a happy setting for the children. She knew some of those children had very difficult lives at home, but she saw the sustenance they received from their cheerful school surroundings.

As a collector, Faith notes that it's important to have a focus. By the time you have 700 Santas, you don't just belly up to the next one you see. Most of her collection is figurines, mugs, ornaments, plates, napkins, towels, placemats, and even earrings. A query to find out which is the favorite Santa could be as unwelcome as asking the same question about one's children. But no surprises here—she loves them all and is still collecting. Well, maybe

A collector since childhood, Faith Brightbill has built a collection of 700 Santas, and during the season, they provide a festive backdrop for kaffeeklatsches she hosts for neighbors. And those bookcases, provide the perfect hiding spots for the Santas during the rest of the year.

she is a bit protective of the wind-ups so they don't get broken.

Now her eye is directed more toward those that are unique, although she does have price limits, which were tested when her sleigh pulled up to a shop with a Thomas Nast print. She acquired it, but it took a year or two of deliberation. Faith's focus is mostly on collecting Santas, but she has carried on with her mother's enthusiasm

► continued on page 13

Living with 700 Santas in One House *continued from page 12*

for antique kitchenware—especially blue glass and objects in orange, her favorite color and very handy when you love Halloween decorating too. She regularly scours stores, antique shops, and thrift shops (a favorite is a Goodwill in Maine). After a visit to Austria, the bunny bug bit and she branched out to rabbits—ready for Easter at the drop of a carrot but they're in her garden, on her steps, and a handsome orange bunny flanks the fireplace.

So where do the 700 Santas hang out in Faith's well-appointed and tidy home? They weren't much in evidence during our October visit. Well, on a kitchen wall there was a little wall display of miniature Santas. Open a kitchen cupboard and rows of Santa mugs appear (about 40 of them). Oh, and all those books in the bookcases? Stash Santas behind the books and you know they get dusted once a year! Then there's under the bed and ... who knows? The house didn't seem to have a basement. No hidden workshop-turned-storage room for Santas. When you see where the Santas are hiding, you realize that even someone in an apartment could manage to begin collecting and figure out a way to cleverly store holiday figurines so they're out of sight.

We know this year will be different during the pandemic. The neighbors will not stop by on the day after Thanksgiving to help install Santas along the wall, drape them up and down the staircase, hang them from the ceiling, or set them lounging next to the little tree on top of the piano. The kaffeeklatsches and neighborhood gatherings won't happen in 2020. But Faith is not canceling Christmas. Although most of the Santas will stay in hiding, even this year dozens are sure to begin appearing right after Thanksgiving.



A discerning collector, Faith found an issue of Harper's Weekly with a Thomas Nast print that is one of his early depictions of Santa Claus.

Faith has found other ways to bring joy into her life during the dark moments. Her decorating always continued and brought joy when she spent a long time caring for her ailing husband. During those moments and after his death, she has enjoyed her book club and bridge club. In 2002, with a group of friends she formed a Red Hat Society in Washington and in her vacation spot in Maine. During the pandemic, the local group has continued to meet and socially distance: they had one outing at Kenilworth Park and Aquatic



Gardens and another was a picnic at Haines Point.

A visit with Faith is inspiration on how to bring joy into any season or year—and especially, how to do so during a pandemic. Happy holidays!

CHV Events are Both Virtual and In-Person

Villagers have been able to continue some affinity groups and other events through Zoom and, in some cases, in-person activities.

As part of the Phased Reopening of the Village, several groups are meeting outdoors. These meetings will comply with these CHV guidelines for outdoor in-person meetings, in order to protect members from transmission of COVID-19:

- ▶ Limited to 10 participants—**registration required**
- ▶ Masks required
- ▶ Distance of at least six feet between participants
- ▶ Please bring your own water and snacks
- ▶ **Do not participate if you have had any flu-like symptoms** or if, in the last 14 days, have tested positive for COVID-19 or been in contact with someone who has tested positive for COVID-19.
- ▶ **Pre-registration for these outdoor events is MANDATORY**, either online at www.capitolhillvillage.org or by contacting the CHV office at 202-543-1778 or info@capitolhillvillage.org. This is to protect participants' safety by ensuring that the attendance limits are maintained, and to have a record of those attending if contact tracing is needed.

If the event is listed as “Virtual,” you can access it 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.

- ▶ First step is to access the CHV website calendar.
- ▶ To register for a virtual event, members can either register on the website, as in the past, or they can call the CHV Office for assistance (202-543-1778).
- ▶ **After registration, you will receive a web link.** At the meeting time, click on the link or paste it in your browser; then 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!
- ▶ If you need assistance accessing the calendar, contact the CHV Office at 202-543-1778 or info@capitolhillvillage.org.

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>.

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.

December Events List

Tuesday, December 1, 11:00 a.m.–1:00 p.m.

Virtual Event: 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 experience with knitting, crocheting, needlepoint, etc. (see story on page 2)

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

Tuesday, December 1, 4:00–5:00 p.m.

Virtual Event: Wellness Café— Laughter IS the Best Medicine

The session will cover a much-needed health topic in these trying times: Laughter! Laughter therapy and its many forms calms and reassures. Direct health benefits include lowering stress hormones, releasing endorphins, bringing

more oxygen to the lungs, preventing heart disease and even burning calories! Laughter is proven effective in improving the quality of life for dementia patients and their caregivers.



The session will be facilitated by Dani Klein Modisett, who founded *Laughter on Call* (www.laughteroncall.com) after seeing her mother, who has Alzheimer’s, benefit from comedy care. Dani has worked as a comedian for over 20 years and is the author of *Take My*

Spouse, Please. This will be a facilitated, interactive session, and members will be encouraged to practice basic improv techniques, including storytelling. Members with a sense of humor, willingness to share memories or moments from their lives, a desire to learn techniques of stand-up comedy, and/or those simply in need of a good belly laugh are encouraged to attend.

This session is free, and if participants would like to continue to learn to use comedy to improve their life quality, there may be a nominal fee for follow-up sessions.

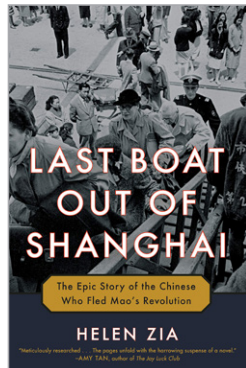
▶ continued on page 15

December Events List *continued from page 14*

Wednesday, December 2, 6:00–7:30 p.m.

Virtual Event: History & Biography

Our December reading selection is *Last Boat Out of Shanghai: The Epic Story of the Chinese Who Fled Mao's Revolution* by Helen Zia (2019; 430 pages, plus notes). The dramatic real-life stories of four young people caught up in the mass exodus from Shanghai in the wake of China's 1949 Communist revolution—a heartrending precursor to the struggles faced by emigrants today.



Peter Stein recommends a video pertinent to this selection about Shanghai regarding the 20,000 Jews who found refuge in Shanghai in WWII Europe. The link to access it: [Harbor from the Holocaust | PBS](#)

Registration is required. Contact the CHV office at 202-543-1778 or info.capitolhillvillage.org, to register and obtain the necessary Zoom link.

Thursday, December 3, 10:00 a.m.–12:30 p.m.

Virtual Event: Healing Circles for Grief and Loss

Grief has no time limit. Loss has many forms. All too often they have no outlet. The loss of a loved one or dear friend or pet, the loss of a career or mobility, the loss of the environment or faith in our country—all sorts of grief deserve to be honored and cared for. The Healing Circle for Grief is a safe place where a small group of people can come together to share their experiences and collective wisdom. It's a space where we can continue our individual explorations in a community. The Circle is a place to hold grief when that's necessary. And it's a place where we can learn how to move forward through having gained a clearer knowledge of our true spirit, despite our current and future challenges. The group will be led by Marilyn Goldberg and will be using Pema Chodron's book *When Things Fall Apart*.

For more information, contact Marilyn Goldberg at goldberg@umbc.edu or 202-302-3865.

Open to All



Thursday, December 3, 6:00–7:00 p.m. **New Day/Time*

Virtual Event: CHV LGBTQ Social Hour

LGBTQ folks of all ages and abilities are invited to Capitol Hill Village's LGBTQ social hour! We will come together twice a month to connect with others, combat isolation, and foster relationships. Registration is required.

For more information contact Sophia Ross at ross@capitolhillvillage.org.



Friday, December 4, 12:00–1:00 p.m.

Virtual Event: Vitas/CHV Grief During the Holidays Support Group

A death changes those left behind. The grief that follows such a loss is natural and normal, but many of us find our own reactions are unexpected. VITAS® Healthcare invites you to a free six-week series of classes on Fridays, provided in partnership with Capitol Hill Village.



This group is for anyone who is grieving the death of a loved one. Come to learn about the symptoms of grief, what you can expect to experience, how to respond to the occasional hurtful statements made by well-meaning people and more. Please extend this invitation to other family members or grieving friends who may be interested. There is no cost, but space is limited.

For log-in Information and to RSVP, contact Jasmine Blue at Jasmine.Blue@vitas.com or 202-414-5424.

Saturday, December 5, Starting at 9:00 a.m.

Your Home

Hazardous Waste & Personal Shredding Pick-up

Note: Signup deadline is Thursday, December 3

Hazardous materials and personal papers will be picked up from members' homes for delivery to the District's safe disposal site.

Personal papers (medical, financial, utility bill stubs, old check stubs, etc.) *should be put in paper sacks or cardboard boxes*. These will be shredded at the drop-off

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December Events List *continued from page 15*

site and viewed by the CHV delivery team to ensure they are destroyed.

Chemicals and batteries (household cleaners, garden chemicals, alkaline batteries) should be in a sturdy plastic bag or a cardboard box—make sure the containers are sealed and not leaking.

E-waste (televisions, TV remotes, computers, monitors, modems, DVD players, cellphones, NiCad batteries, etc.) and other items not accepted in weekly home trash pickup. **Remove your hard drive from computers** you are disposing. **Wipe your address book and personal information** from cellphones.

No small appliances (hand mixers, blenders, etc.) which can go in the regular trash.

No large appliances (washers, dryers, refrigerators, etc.) Call DC 311 for bulk trash pick-up.

No paint Instructions on how to dispose of your old paint is at: <https://dpw.dc.gov/service/proper-disposal-leftover-paint>

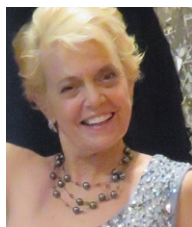
No drugs Over-the-counter medicines can go in regular trash. Prescription drugs—call or drop off at Capitol Hill Village for proper disposal.

If you need assistance, call the CHV office at 202-543- 1778 or e-mail info@capitolhillvillage.org.

Members Only

Monday, December 7, 7:00–8:00 p.m.

Virtual Event: Village Voices— Donna Breslin, Designing Woman



After retiring from a career in technology, Donna focused on her interest in theater and costume and since 2009 has been IN Series' Resident Costume Designer—not to mention the design inspiration for the last several CHV Galas. See story on page 10.

Wednesday, December 9, 2:00–4:00 p.m.

Virtual Event: 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 email a copy to jureedy@yahoo.com so it can be shared with other attendees.

Thursday, December 10, 10:00 a.m.–12:30 p.m.

Virtual Event: Healing Circles for Grief and Loss

See entry for December 3.

Thursday, December 10, 6:00–7:30 p.m.

Virtual Event: Cinephiles

Participants should try to see as many of these streaming films as possible for discussion:

- *The Trial of the Chicago 7*—courtroom blast from the past
- *Totally Under Control*—documentary about the mishandling of a pandemic
- *Coming Home Again*—Wayne Wang, director of *Chan is Missing*, returns to SF
- *Radium Girls*—toxic workplace for working women
- *The Ammonite*—famous Victorian fossil hunter
- *My Octopus Teacher*—making friends with a South African kelp forest octopus
- *The Way I See It*—White House photographer
- *Collective*—too many deaths in a Romanian health care fraud



Members and Social Members

Friday, December 11, 12 Noon–1:00 p.m.

Virtual Event: Grief During the Holidays Support Group

See entry for December 4.

Monday, December 14, 1:00–2:00 p.m.

Virtual Event: Wyze Guyz

Although it's not as yummy as Tunncliff's, the Wyze Guyz will hold a Zoom talk-session. We will continue our discussion of the election and how Village discussion groups like ours have to adjust for an extended COVID-19 season on-line: what changes if any should we make?

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December Events List *continued from page 16*

Monday, December 14, 2:00–3:00 p.m. ***New Day**

Virtual Event: CHV Family Caregiver Meet-up

This a confidential, peer-led 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 although loved ones may live across the country, around the block, or in your home. 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.

Tuesday, December 15, 11:00 a.m.–1:00 p.m.

Virtual Event: 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 experience with knitting, crocheting, needlepoint, etc. (see story on page 2)



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

Tuesday, December 15, 4:00–5:30 p.m.

Virtual Event: CHV Literary Club

Note: Signup deadline is Noon, Monday, December 14

December is poetry sharing month for the CHV Literary Club: participants will read a favorite (short) poem to the group. Almost all of us have a favorite poem—come and share yours with Village members. Because we're meeting on Zoom, short poems (no more than 20 lines) will work best.

Members and Social Members.

Thursday, December 17, 3:00–4:00 p.m. ***New Day**

Virtual Event: 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. The September meeting will

focus on planning for the group's future. Please come with ideas on how this group can be developed and expanded. Examples of ways to expand the group may be to try out virtual exercise programs together each week, organize presentations, improve outreach about the group, or something else.

Open to All

Thursday, December 17, 6:00–7:00 p.m. ***New Day/Time**

Virtual Event: LGBTQ Social Hour

LGBTQ folks of all ages and abilities are invited to Capitol Hill Village's LGBTQ social hour! We will come together twice a month to connect with others, combat isolation, and foster relationships. Registration is required.

For more information contact Sophia Ross at sross@capitolhillvillage.org.

Friday, December 18, 12:00–1:00 p.m.

Virtual Event: Grief During the Holidays Support Group

See entry for December 4.

Friday, December 18, 4:00–6:00 p.m.

Virtual Event: CHV Holiday Party

Throughout the month of December, Capitol Hill Village will be providing various ways to get into the holiday spirit. Keep your eye out for opportunities for giving, individualized outreach to members, as well as opportunities to get festive with your favorite affinity groups. Additionally, CHV will host a virtual holiday celebration on December 18. Mark your calendar!

Saturday, December 19, 5:00 p.m.

Meet at Lincoln Park

Urban Walkers: Winter Holiday Lights



We'll explore the street decorations, peer into windows (politely of course) on Capitol Hill, and tell stories of holidays past. We will calibrate this walk with the weather: shorter if it's cold, longer if the weather cooperates.

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December Events List *continued from page 17*

Monday, December 21, 6:30–8:00 p.m.

Virtual Event: 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.

There is currently a wait-list for new participants to join. Please contact CHV at 202-543-1778 to be added to the list.

Open to all. Reservations required.

Tuesday, December 22, 12:00–1:00 p.m.

Virtual Event: Grief During the Holidays Support Group

See entry for December 4.

Tuesday, December 29, 12:00–1:00 p.m.

Virtual Event: Grief During the Holidays Support Group

See entry for December 4.

Saturday, January 2, Starting at 9:00 a.m.

Your Home

Hazardous Waste & Personal Shredding Pick-up

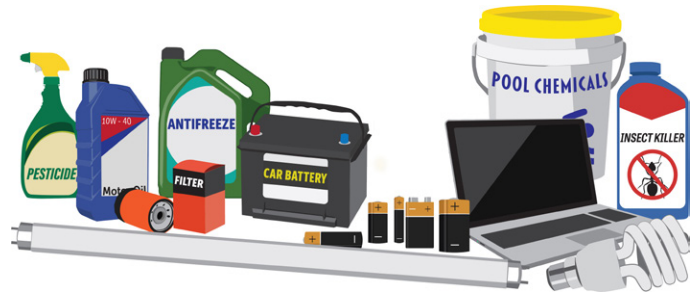
Note: Signup deadline is Wednesday, December 31

Hazardous materials and personal papers will be picked up from members' homes for delivery to the District's safe disposal site.

Personal papers (medical, financial, utility bill stubs, old check stubs, etc.) *should be put in paper sacks or cardboard boxes.* These will be shredded at the drop-off site and viewed by the CHV delivery team to ensure they are destroyed.

Chemicals and batteries (household cleaners, garden chemicals, alkaline batteries) should be in a sturdy plastic bag or a cardboard box—make sure the containers are sealed and not leaking.

Calendar changes are on-going, so check the CHV website at capitolhillvillage.org.



E-waste (televisions, TV remotes, computers, monitors, modems, DVD players, cellphones, NiCad batteries, etc.) and other items not accepted in weekly home trash pickup. *Remove your hard drive from computers* you are disposing. *Wipe your address book and personal information* from cellphones.

No small appliances (hand mixers, blenders, etc.) which can go in the regular trash.

No large appliances (washers, dryers, refrigerators, etc.) Call DC 311 for bulk trash pick-up.

No paint Instructions on how to dispose of your old paint is at: <https://dpw.dc.gov/service/proper-disposal-leftover-paint>

No drugs Over-the-counter medicines can go in regular trash. Prescription drugs—call or drop off at Capitol Hill Village for proper disposal.

If you need assistance, call the CHV office at 202-543- 1778 or e-mail info@capitolhillvillage.org.

Members Only.

Tuesday, January 5, 11:00 a.m.–1:00 p.m.

Virtual Event: 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 experience with knitting, crocheting, needlepoint, etc.

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

Friday, January 8, 12:00–1:00 p.m.

Virtual Event: Grief During the Holidays Support Group

See entry for December 4.

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Ongoing Events List *continued from page 18*

Mondays, 9:00 a.m.
U.S. National Arboretum, 24th & R Sts. NE

Easy Strollers

The Easy Strollers will walk (socially distanced) at the National Arboretum for about 45 minutes on paved paths. Enter the Arboretum at 24th and R Streets NE, off Bladensburg Rd. After passing through the gates, parking is in the lot directly ahead. Walk to the front of the adjoining Administrative Building, where we will meet.

If you plan to join the walk and need a ride, notify Vira Sisolak at Vira.Sisolak01@gmail.com and the Capitol Hill Village office at info@capitolhillvillage.org or 202-543-1778. We will cancel if there is rain or the temperature is below 50 degrees F.

Mondays, 2:00 p.m.
Second and I Sts. SE (south of Garfield Park, south of freeway)

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.

As an in-person activity, this event follows these guidelines: (1) Limited to 10 participants; (2) Masks required; (3) six-foot distance between participants; (4) bring your own water and snacks; (5) Do not participate if you have had any flu-like symptoms or, in the last 14 days, have either tested positive for COVID-19 or been in contact with someone who has tested positive.

Registration required. Call the CHV office for meeting location.

Mondays and Fridays, times shown below

Virtual Events: DC Center for LGBT Community— Coffee and Tea-Time

On Mondays, from 10:00 a.m. to 12 Noon, it's the Coffee Drop-in, hosting friendly conversations on current issues. Contact supportdesk@thedccenter.org to get the Zoom link.



On Fridays, from 2:00-3:30 p.m., it's Friday Tea Time. Bring your beverage of choice for this social hour for older

LGBTQ+ adults. For more information and the Zoom link, contact Justin at justin@thedccenter.org.

Mondays and Wednesdays, 1:00–3:00 p.m.

Virtual Event: Duplicate Bridge

The CHV Bridge group is meeting virtually and playing bridge online. We welcome CHV members who understand bridge and who have an interest in Bridge Base online.

We started in early 2019 using mini-bridge to begin learning duplicate bridge. We continue to increase our knowledge of bidding and playing. We are learning and using American Standard bridge conventions and using bidding boxes with duplicate hands and scoring. At times the group coordinates among themselves to bring in a professional instructor. We are now playing online through the American Contract Bridge League “bridgebase.com” system.

If interested, please email the coordinator at: Jon.Schans@gmail.com

Mondays, 2:00–3:00 p.m.
Turtle Park, 7th and North Carolina Ave. (north of Eastern Market) ****Back to the former Location!***



Tai Chi

Tai Chi meets outdoors (the photo above was taken pre-COVID), weather permitting—at least 40 degrees and sunny. On fairly warm rainy days, that are not torrential, we can meet under the Eastern Market canopy. Practice the beautiful and healthy art of Tai Chi. Most classes devote one-half hour to exercises and review of the basic postures and the other half-hour to learning new postures. Both beginners and those experienced in Tai Chi can benefit from both half-hour sessions.

Open to all. Reservations and masks required; maximum 10.

► continued on page 20

Ongoing Events List *continued from page 19*

Tuesdays, 10:00–11:00 a.m.

St. Mark's Episcopal Church, 301 A St. SE;
in the garden on A St.



Qigong

Qigong is a form of gentle exercise, suitable for any age or physical condition, that consists of flowing movement and breathing techniques. They are designed to improve the function of internal organs, vascular systems, and muscular and joint health. In addition, the practice may enhance circulation and sleep and relieve stress.

Open to all. Reservations required.

Tuesdays, 12 Noon–1:30 p.m.

Virtual Event: Second Wind Chorus



Second Wind is a community chorus that has enjoyed making music together for over a decade on Capitol Hill. Members have varied backgrounds in music, and welcome anyone who loves to sing and wishes to join the chorus. Although we cannot sing in person at the present time, we continue to meet weekly and rediscover the joy of music-making and performance through a variety of musical enrichment sessions, including music theory, sight singing, vocal pedagogy, master classes, and a song recording project to create a virtual choral performance. Visit our website at www.secondwindchorusdc.com or call Marsha Holliday at 202-544-2629 for more information.

All the News from CHV:

- Website: www.capitolhillvillage.org
- Monthly CHV News: [CHV News Archive](#)
- Coronavirus Hub: [CHV COVID-19 Hub](#)
- CHV Connections: Emailed each Wednesday
- Weekly News and Events (members only): Emailed each Sunday
- Follow CHV on [Facebook](#) and [Instagram](#)

Wednesdays, 12 Noon–1:00 p.m.

Virtual Event: 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

Mondays & Thursdays, 4:00–5:00 p.m. ***New Day Added**

Virtual Event: Chair Yoga

Energize your overall sense of well-being. Strengthen the body and relax your mind. Practice proper balance and breathing techniques. Join us for an enjoyable hour of mellow flow chair yoga, as we improve the body/mind connection with soothing music. A straight back chair with no arms, is all that is required! CHV member Robin Blum, leads the class. You don't have to be a Village member to join this Zoom class. Namaste!

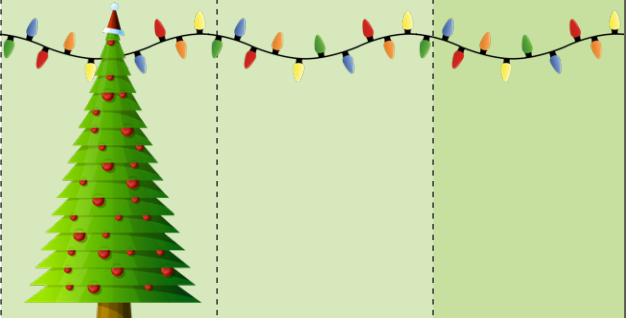


Open to All

December 2020 Capitol Hill Village Events

* Identifies events that are in person: read and follow the guidance on page 14. All other events are virtual.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30 Rosa Parks Day *Easy Strollers, 9 am, p. 19 LGBTQ Coffee Drop-In, 10 am–12 pm, p. 19 Bridge, 1–3 pm, p. 19 *Petanque, 2 pm, p. 19 *Tai Chi, 2–3 pm, p. 19 Chair Yoga, 4 pm, p. 20	DEC. 1 *Qigong, 10–11 am, p. 20 Purls of Wisdom, 11 am–1 pm, p.15 Second Wind, 12–1:30 pm, p. 20 Duplicate Bridge, 1:00–3:30 pm, p. 19 Wellness Café: Laughter IS the Best Medicine, 4–5 pm, p. 14	2 Meditation, 12 Noon, p. 20 Bridge, 1–3 pm, p. 19 History & Bio Club, 6:00–7:30 pm, p. 15	3 Healing Circle for Grief & Loss, 10 am–12:30 pm, p. 15 Chair Yoga, 4 pm, p. 20 LGBTQ Social Hour, 6–7 pm, p. 15 RSVP by 12 noon for Dec. 5 Hazmat/Shredding Pickup	4 Vitas/CHV Grief During the Holidays Support Group, 12–1 pm, p. 15 LGBTQ Tea Time, 2–3:30 pm, p. 19	5 *HazMat & Shredding Pickup, starting at 9 am, p. 15
6	7 Pearl Harbor Remembrance Day *Easy Strollers, 9 am, p. 19 Bridge, 1–3 pm, p. 19 *Petanque, 2 pm, p. 19 *Tai Chi, 2–3 pm, p. 19 Chair Yoga, 4 pm, p. 20 Village Voices: Donna Breslin, 7–8 pm, pp. 10 & 16	8 *Qigong, 10–11 am, p. 20 Second Wind, 12–1:30 pm, p. 20	9 Meditation, 12 Noon, p. 20 Bridge, 1–3 pm, p. 19 Poetry Readers, 2–4 pm, p. 16	10 Healing Circle for Grief & Loss, 10 am–12:30 pm, p. 16 Chair Yoga, 4 pm, p. 20 Cinephiles, 6 pm, p.16	11 Chanukah (first day) Vitas/CHV Grief During the Holidays Support Group, 12–1 pm, p. 16 LGBTQ Tea Time, 2–3:30 pm, p. 19	
13	14 *Easy Strollers, 9 am, p. 19 LGBTQ Coffee Drop-In, 10 am–12 pm, p. 19 Bridge, 1 pm, p. 19 Wyze Guyz, 1–2 pm, p. 16 *Petanque, 2 pm, p. 19 *Tai Chi, 2–3 pm, p. 19 Chair Yoga, 4 pm, p. 20 CHV Family Caregiver Support Group, 2–3 pm, p. 17	15 *Qigong, 10–11 am, p. 20 Purls of Wisdom, 11 am–1 pm, p. 17 Second Wind, 12–1:30 pm, p. 20 CHV Literary Club, 4–5:30 pm, p. 18. Please RSVP by 12 noon on Dec. 14	16 Meditation, 12 Noon, p. 20 Bridge, 1–3 pm, p. 19	17 Healing Circle for Grief & Loss, 10 am–12:30 pm, p. 15 Parkinson's Support Group, 10:30 am, p. 17 Chair Yoga, 4 pm, p. 20 LGBTQ Social Hour, 6–7 pm, p. 17	18 Chanukah (last day) Vitas/CHV Grief During the Holidays Support Group, 12–1 pm, p. 17 LGBTQ Tea Time, 2–3:30 pm, p. 19 CHV Holiday Party! , 4–6 pm, p. 17	19 *Urban Walkers, 5 pm, p. 17
20	21 Winter Solstice *Easy Strollers, 9 am, p. 19 LGBTQ Coffee Drop-In, 10 am–12 pm, p. 19 Bridge, 1 pm, p. 19 *Petanque, 2 pm, p. 19 *Tai Chi, 2–3 pm, p. 19 LGBTQ Social Hour, 4–5 pm, p. 20 Chair Yoga, 4 pm, p. 20 Iona/CHV Caregiver Support Group, 6:30–8 pm, p. 18	22 *Qigong, 10–11 am, p. 20 Vitas/CHV Grief During the Holidays Support Group, 12–1 pm, p. 18 Second Wind, 12–1:30 pm, p. 20 Social Bridge, 1:00–3:30 pm, p. 17	23 Meditation, 12 Noon, p. 20 Bridge, 1–3 pm, p. 19	24 CHV Office Closed Christmas Eve	25 CHV Office Closed Christmas Day	26 Kwanzaa (first day)
27	28 *Easy Strollers, 9 am, p. 19 LGBTQ Coffee Drop-In, 10 am–12 pm, p. 19 Bridge, 1 pm, p. 19 *Petanque, 2 pm, p. 19 *Tai Chi, 2–3 pm, p. 19 Chair Yoga, 4 pm, p. 20 LGBTQ Social Hour, 4–5 pm, p. 20	29 *Qigong, 10–11 am, p. 20 Vitas/CHV Grief During the Holidays Support Group, 12–1 pm, p. 18 Second Wind, 12–1:30 pm, p. 20	30 Meditation, 12 Noon, p. 20 Bridge, 1–3 pm, p. 19 History & Bio Club, 6:00–7:30 pm, p. 18 RSVP by 12 noon for Jan. 2 Hazmat/Shredding Pickup	31 CHV Office Closed New Years Eve	JAN. 1, 2021 CHV Office Closed New Years Day Kwanzaa (last day)	2 *HazMat & Shredding Pickup, starting at 9 am, p. 18





Mix and Mingle

like never before at CHV's
2020 Holiday Party!



There'll be music and plenty of great conversation. Mark your calendars for Friday, December 18 from 4 pm-6 pm.

Info on how to join will be sent close to the event.



Capitol Hill Village
1355 E Street SE
Washington, DC 20003