



VILLAGE NEWS



The 2021 Virtual Gathering celebrated the contributions of CHV volunteers over the last year. The numbers tell the story of our busy volunteers:

- More than 3,500 masks made or acquired and delivered.
- For several months, CHV members got phone calls from volunteers, checking in with a friendly voice and offering help when needed—more than 6,000 calls.
- More than 2,000 holiday cookies distributed to 300 CHV member households and 60 low-income non-member households.
- Thanksgiving dinners delivered to 50 Capitol Hill homes.
- Volunteers and staff helped more than 400 people get vaccination appointments.
- Purls of Wisdom provided 20 members with hand-crafted gifts.

See page 10 for more on the Virtual Gathering.

DC Villages Aim to Create Safe Spaces for LGBTQ Older Adults

Capitol Hill Village is partnering with the 12 DC Villages to ensure that Villages are places where LGBTQ older adults feel safe and welcome. In March, CHV surveyed Village executive directors to learn about LGBTQ inclusion and needs at each Village. They were asked about marketing materials, programs, referral lists, competency training offered, outreach efforts, and their Village's general LGBTQ inclusion and safety.

CHV received a range of responses with a commitment to becoming more inclusive. The next step is formation of a Committee on Safe Spaces for LGBTQ Older Adults. Representatives from each of the Villages will participate in a focus group to discuss goals and identify strengths and areas needing improvement. Committee representatives may be Village employees, members, or volunteers from the LGBTQ community or allies.

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ANTI-RACISM

Caste Subject of CHV Discussion

Capitol Hill Village is sponsoring a discussion on May 13 on Isabel Wilkerson's *Caste—The Origins of Our Discontents*, the best seller on the long-list for the National Book Award. The discussion will be facilitated by CHV Board members Rick Rutherford and Robyn Hinson-Jones.

This provides the opportunity to talk with your neighbors about “caste” in America and on Capitol Hill. The book posits that the racial hierarchy in America is akin to caste systems found elsewhere in the world, and helps explain the persistence of inequities even as laws and policies change. Wilkerson explores how a 400-year-old unbroken thread of racism in the United States affects everyone

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Thank you
To Anonymous Members for sponsoring CHV
for the month of May!

For over a decade, CHV has
done a lot to make us feel that
we are a neighborhood.

—Anonymous Members

Safe Spaces for LGBTQ Older Adults *continued from page 1*

The Committee will create concrete actions to help each Village meet its goals for inclusivity, and will identify needs and seek guidance and tools from experts and volunteers within the LGBTQ community.



Volunteer Opportunity

CHV is recruiting volunteers from the LGBTQ community and allies to support its intergenerational LGBTQ programming. Volunteers will assist CHV and the Greater DC community in increasing knowledge about the LGBTQ community, addressing issues of discrimination and its impact on older adults, and building bridges

among LGBTQ youth and adults. Bring your ideas for making DC the best place for LGBTQ individuals to live a long life!

Volunteer tasks may include:

- Assisting with planning programs including an LGBTQ symposium on health and wellness scheduled for September
- Creating multimedia information tools to increase knowledge of and pride in the experiences and lives of LGBTQ individuals
- Organizing peer-led support groups
- Engaging in mentorship relationships
- Becoming part of an intergenerational leadership team to meet these goals.

If you are interested, contact Capitol Hill Village at 202-543-1778 or info@capitolhillvillage.org.



Capitol Hill Village's LGBTQ programs are funded by the DC Department of Aging and Community Living and are open to any DC residents.

Capitol Hill Village is dedicated to equity and access for all community members. If you are interested in Capitol Hill Village Services and need translation, please send an email to info@capitolhillvillage.org stating your name, email and phone number.

Capitol Hill Village se dedica a la equidad y el acceso para todos los miembros de la comunidad. Si está interesado en los Servicios de Capitol Hill Village y necesita traducción, envíe un correo electrónico a info@capitolhillvillage.org indicando su nombre, correo electrónico y número de teléfono.

CAPITOL HILL VILLAGE

To reach us:

202-543-1778 (M–F, 9 a.m.–5 p.m.)

info@capitolhillvillage.org

<https://www.capitolhillvillage.org>

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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*

Mary Bloodworth, *Volunteer and Programs Coordinator*

Angel Freeman, *Office Manager*

Pamela Johnson, *Membership Assistant and Peer Health Educator*

Tomeka Lee, *Director of Membership and Outreach*

Vernae Rahman-Smith, *Member Services Coordinator*

Sophia Ross, *Digital Media and Grant Program Strategist*

Samantha Schiffman, *Director of Volunteer and Care Services*

Meghan Wrinkle, *Care Services and Program Specialist*

Capitol Hill Village News Team

Editor: Karen Stuck

FROM THE EXECUTIVE DIRECTOR

Now on to the Next Challenge



Judy Berman

I’ve now been to two annual gatherings of Capitol Hill Village—our Roaring Twenties Gala of 2020 and our Virtual Gathering of 2021. I’d be lying if I didn’t say that I preferred the in-person affair, with live music, dancing, beautiful décor, milling about, and mingling. But the Virtual Gathering was great fun, and the spirit of Capitol Hill Village was alive and well, despite a pandemic that continues to limit our contact. It seems the magician and trivia host were great entertainers, and I personally enjoyed seeing how well our members and guests did at answering DC history and 60’s music trivia. We’re an informed bunch!

If Board President Bruce Brennan is hiding out right now, it’s a well-deserved break. Despite commuting between Capitol Hill and Lexington, VA, he managed to pull off the biggest and most varied auction that CHV has ever had. With the able leadership of Board member Elizabeth Cabot Nash, who created and managed the auction and ticket sales website, and all of the sponsors and donors and volunteers (listed elsewhere in this issue) and the vision of graphic designer Roxanne Walker, who never ceases to amaze

me with her imagination and skill, we truly came together.

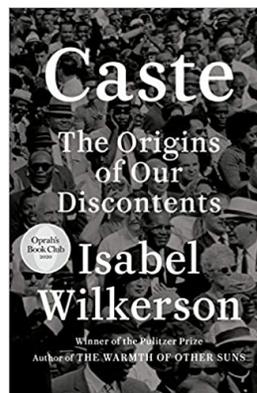
Of course, it’s nice to sit on our laurels for a day or two, but there’s still work to be done! One challenge I’ve been working on is the difficulty of communicating just how unique and special Villages are in general, and ours in particular. When we start to explain, it turns into a list of all the different kinds of things we do. Yet the Village is greater than the sum of its parts, and it’s as much about the way we do things as the things themselves. With assistance from the Department of Aging and Community Living and in partnership with the other DC Villages, we’re working on a communications strategy that will help differentiate us from more traditional service and volunteer organizations and capture in a succinct and clear way what Villages are and why they are so important and valuable. Stay tuned!

Before I sign off, I want to alert everyone to a special DC Villages event on **May 20 at 10:00 a.m.** in celebration of Older Americans Month. Anyone who would like to contribute a brief statement about what your Village membership or volunteer work means to you, please reach out. It will be an important feature of the event.

Caste Subject of CHV Discussion *continued from page 1*

differently as they try to navigate society’s upward mobility ladder.

If you haven’t read the book or are looking for more insights, [click here](#) to view a 15-minute video summarizing the book’s contents and Wilkerson’s points. Also, [click here](#) to view a conversation



between Isabel Wilkerson and Bryan Stevenson (author of *Just Mercy*) in a program sponsored by Politics and Prose.

Space is limited, so register by contacting the CHV Office at 202-543-1778 or info@capitolhillvillage.org.

Confronting Structural Racism

In her March Village Voices program, Tamara Copeland described her experience growing up in Richmond in a successful middle-class family and surrounded by good friends—in what she describes as a “leave it to Beaver” neighborhood.

“We grew up in an era when Black people were trying to get what white people had, and we were not yet celebrating who we were and who we are as African Americans,” she told the crowd on Zoom. But she and her close friends (memorialized in her book *Daughters of the Dream*) often talked about racial justice issues.

We were expected to behave in a certain way and be ready to walk through those doors of opportunity when they opened. However, there were perceived notions of what Black people could do, and the doors of opportunity available to White people were not there for African Americans.

She spoke of the difficulty that White people have in understanding and appreciating the structural racism that exists in the country.

“We aren’t always conscious of the messages we have received over a lifetime—not necessarily racist



messages, but the pictures of who you see as leaders,” she said. “People don’t think about what Black people can’t do, where they can’t go, and the dangers they face in trying to go there.”

She pointed to death threats and physical assaults on Jackie Robinson, who integrated Major League Baseball; Miss America by-laws that until 1970 prohibited Black contestants; no Black CEOs of a Fortune 500 company until 1999; and until Washington’s Doug Williams led his team to the Super Bowl, African Americans were effectively shut out of the “cerebral” quarterback position.

Even without threats, she said, Black people have the added burden and

stress of feeling they have to represent their whole race.

Copeland is now pushing corporate America through “Putting Racism on the Table,” a series of programs for corporate boards and CEOs.

“Few people in school participate in a structured discussion of race and racism; and there is a reality of structural racism that is hidden—like an iceberg—so

we decided to do a six-month program talking about it.”

She brought in speakers—Ibram X. Kendi (*How to be an Anti-Racist*) and Robin DiAngelo (*White Fragility*). Their talks were followed by a facilitated conversation.

What’s the hardest thing for White audiences? Copeland thinks it is the failure to recognize the pervasiveness of racism because many White people have not been exposed to racism, noting that social media elevated the topic in the White community. “If you didn’t see the George Floyd video, you might have thought the story was exaggerated. But we all saw it on television.”

Copeland encourages conversations like the Voices programs and reading to better understand the Black experience. She recommended Debby Irving’s *Waking up White and Finding Myself in the Story of Race*, the revelatory experience of a woman who realizes how much she benefitted from White privilege; the *New York Times Magazine*’s “1619 Project”; and *Segregated by Design*, a 2019 documentary by Richard Rothstein based on his book, *The Color of Law: A Forgotten History of how our Government Segregated America*.

FROM THE PRESIDENT

A BIG Thank you



Bruce Brennan,
CHV Board President

Bruce Brennan is either stuck in a CHV Virtual Gathering breakout room and can’t get out, or he’s relaxing on the sands of one of the great vacation homes offered in the on-line auction—but he sends a big thank you to all

who participated in our Virtual Gathering, our sponsors who so generously supported us, those who donated such great items, the CHV staff who made the evening happen, and the Gala Committee, especially Co-Chair Elizabeth Cabot Nash, Communications guru Karen Stuck, and Graphics extraordinaire Roxanne Walker.

Being an Ally to Asian Americans in a “Moment of Reckoning”

As of mid-March, 3,800 anti-Asian racist incidents had occurred in the past year. Thousands of Asian Americans have been killed, spat on, verbally assaulted, and threatened across the United States.

“Bullies attack who they think are vulnerable, and we see this in our elderly and youth populations” said Russell Jeung, professor of Asian American Studies at San Francisco State University.

Among Asian Americans, immigration status and language barriers may affect whether they feel comfortable reporting a crime or asking for help. Historically Asian Americans have felt like outcasts in their own country. In a recent BBC interview, Susan Li, a retiree living in New York City, describes this: “... they think all the Asians should go home, wherever home may be. But they don’t know that home is here.”

Asian Americans have been targeted in a variety of ways in the last two centuries, including the internment of Japanese Americans during World War II and the exclusion of Chinese Americans from immigration. They’ve also been subject to pervasive stereotyping, such as the model minority stereotype. “They see us as very quiet. Not very outspoken. Almost as if we fade into the background,” Diane He, a student in New York City, shared. Amanda Nguyen, an activist and founder at the non-profit Rise, says, “We are in a moment of reckoning right now. We have been systematically erased on every single level and people can start to combat that by educating themselves about us.” In a BBC interview, Nguyen said the more visibility anti-Asian crimes receive, the better.

The Asian American community’s struggles have recently begun to receive more attention in the mainstream media and the political sector. While the recent racial slurs about COVID-19 are believed by some to be linked to the rise in hate crimes, it is important



to remember that Anti-Asian hate has been a problem for decades.

You Can Be an Ally

Being an advocate starts with you.

If you witness a hate crime or incident of racial discrimination — whether against Asian Americans, African Americans or anyone else — here are ways to be proactive:

1. **If you can do so safely, make your presence as a witness known to both the victim and perpetrator.** Assess your surroundings—are there others nearby you can pull in for support? Can you safely record the situation?
2. **Take cues from the individual being harassed.** Is the person engaging with the harasser or not? You can make suggestions, “Would you like to walk with me over here?”, “Move to another train car?” Even starting a different conversation with a person being verbally harassed can help. Follow their lead. If the person

being harassed is resisting in their own way, honor that.

3. **An alternative to calling the police** is reaching out to DC’s Community Response Team. They will dispatch a team member to assess the situation and respond as necessary. To learn more about DC’s Community Response Team: <https://dbh.dc.gov/service/community-response-team>
4. **DON’T do nothing.** Silence is dangerous—it communicates approval and leaves the victim high and dry. For information from the American Friends Service Committee on bystander intervention: <https://www.afsc.org/bystanderintervention>
5. **Report Asian hate crimes at Stop AAPI Hate:** <https://stopaapihate.typeform.com/to/zhMP3fUx>. They are gathering data on who is being affected and where incidents occur to help raise awareness and encourage better protection and policies to fight anti-Asian rhetoric and hate crimes.
6. **Raise awareness and educate yourself** about the history of Asian discrimination and racism.
 - <https://www.rhd.org/anti-asian-racism-resources/>;
 - <https://anti-asianviolenceresources.carrd.co/>
 - <https://www.pbs.org/newshour/nation/what-you-can-do-to-fight-violence-and-racism-against-asian-americans>

Walking buddies at Capitol Hill Village

Feeling safe in one’s community is a basic human right. If anyone in our community feels unsafe walking, whether it be to the grocery store or the bank, reach out to CHV. We can match you

with a walking buddy who will accompany you. And, if you would like to volunteer to be a walking buddy, contact Capitol Hill Village at 202-543-1778 or info@capitolhillvillage.org.

When Loved Ones Lose Their Appetite

By Judy Edelhoff

Caregivers are sometimes faced with caring for someone who has lost their appetite. Capitol Hill Village recently requested help for a member whose spouse was recovering from surgery and didn't show much interest in eating. It reminded me of visits I made to a friend who was in a similar situation some years ago. Even though she had someone to assist in preparing her meals, that was not a guarantee that she would eat. Good nutrition helps with recovery.

First, be sure to consult with the attending nutritionist or physician for any dietary restrictions or advice. Someone who can't move around much may need foods that are easily digested and will help keep the system regular (whole grains, fruit, vegetables); but prescribed medications may have the opposite effect.

Here are a few things I observed when my friend didn't want to eat, along with some tips that helped spark a bit of interest in eating.

Small Portions, Add Color, and Try Different Timing

- **Keep portions small;** otherwise it's easy to feel overwhelmed before the meal begins.
- **Make the dish look appetizing and colorful (but not too busy).** Even a colorful napkin on the side can help.
- **Consider serving the more substantial meal midday,** and keep it lighter for evening (nice homemade soups in clear broth). Maybe a hearty breakfast or brunch? An evening snack? Experiment to see whether certain times of day trigger a bit more appetite.

Changes in Health and Medication Can Affect Senses

A stroke or medication could change perceptions of smell and taste. Some medicines or conditions can cause certain foods to taste metallic or



just different. A change in sensory perceptions could make even favorite foods repulsive.

- **If food tastes metallic, be careful about buying some canned food,** like tuna, which might heighten the metallic taste. Look for food that is fresh, packaged in jars, or frozen. Silver or steel flatware can have a similar effect, so try plasticware.
- **Watch out for strong smells** like fish, cabbage, or garlic. (But if those are components of favorite foods, they might appeal; see what works.)
- Don't be surprised if even favorite treats don't spark enthusiasm.
- **See if there are any preferences for texture,** which is something we often don't think as much about. Try different textures, to see what appeals. There's a great variety available—from mashed potatoes, rice, pasta, bread, pudding, carrot strip, apple slice, oatmeal, roast chicken, meatloaf, salad, and ice cream, to a bit of crunch from chips.
- Experiment to see if certain food temperatures are more welcome.
- **Do very simple flavors appeal?** Or is more complexity from a bit of spice welcome? Plain oatmeal with a bit of sugar? Or oatmeal with a bit of cream, cinnamon, fruit, and maple syrup? The preference for simple or complex flavors might be a pattern, or it might change from meal to meal.
- It may be easier to **start with simple dishes; then add a dash of spice,** an easy side-sauce, a spritz of lemon, a torn mint leaf, a bit of salsa, or a dollop of jam, applesauce, sour cream,

or yogurt. These can perk things up quickly and add variety.

- **The food that appeals today at noon might change by dinnertime or tomorrow.** Don't worry, just try to present some good choices. Leftover chicken can be made into a sandwich, a salad, served with gravy and mashed potatoes or a biscuit, or put in tacos. A leftover potato can become mashed potatoes or a potato salad.

Reduced Motor Coordination Can Make Eating Difficult

After an injury or during an illness, motor coordination may be more difficult. When people can't feed themselves or start spilling things, embarrassment or frustration may get in the way of eating. Observe what makes eating difficult, and look for subtle changes that can help with motor coordination.

- Serve things bite-sized.
- Chewing might be more of a chore, so softer foods can be a good choice.
- If you want to serve raw food, make sure it's sliced thinly and small enough so that it won't be hard to chew.
- **If it rolls around, mash it** (peas, chickpeas), or cut it in half (an olive, boiled egg, meatball).
- **Serve food in a wide shallow bowl (instead of a plate);** the side of a bowl is handy for pushing food onto a fork or spoon. Add a slice of bread or roll for that purpose too.
- **It may be easier to eat cereal or soup** out of a mug or cup with a handle, and it can be held closer to the face. Or a bowl may be more familiar and easier to use. See what works best.
- **Any visual impairment, especially if it's recent, can add difficulty to eating.** Keep it simple. Patterns on plates and bowls might cause confusion. Consider a solid background (white, light yellow)

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Leaving a Legacy that Matters — Approaches to Charitable Giving

Are you one of the many Capitol Hill Village members taking on the challenge of putting your financial affairs in order? Did you know that it is possible, even without great wealth, to leave a meaningful bequest?

Identifying the goals for your legacy can be challenging as can navigating the vehicles for doing so. The most important aspect of leaving a bequest is creating a vision based on your values and life experience. Unfortunately, estate planning attorneys often start with the vehicles assuming clients have already created a vision, especially when a bequest is for more than just children. That's where the Greater Washington Community Foundation can help.

On May 5, at 10:30 am, Rebecca Rothey, Chief Philanthropy Officer, and Russella Davis-Rogers, Director of Donor Services for the Greater Washington Community Foundation will present a virtual program explaining how The Community Foundation helps people identify the purpose for and how to direct their giving, both during their lifetime and through their estate plan.



Rebecca Rothey and Russella Davis-Rogers

Begun in 1973, The Community Foundation is the largest grant-funder in the DC region. It supports non-profits, dispensing between \$60 and \$80 million annually with a focus on building thriving communities through disrupting poverty, deepening cultural and human connection, and preparing the region's workforce for the future of work. The Community Foundation has supported education and workforce development initiatives, arts sustainment, and social justice. When the pandemic began to impact our lives, The Community Foundation established a relief fund to help local non-profits make sure that the most

vulnerable people had access to food and job training.

Many people believe, mistakenly, that a bequest can only be left directly to nonprofit organizations. While this often makes sense, there are times when giving for a general charitable area of interest can be more appropriate for accomplishing philanthropic objectives. Rebecca will explain the options offered by The Community Foundation to structure a bequest, including donor-advised funds naming children as advisors, field of interest funds naming a charitable purpose rather than specific organizations, designated funds leaving a permanent stream of support to a favorite nonprofit, and scholarship funds. She will discuss the benefits of establishing permanent endowments and gift structures that can provide income back to donors.

Want to make an impact now? Russella will discuss how The Community Foundation's Sharing DC grantmaking program helps people in our community annually and how you can become involved.

When Loved Ones Lose Their Appetite *continued from page 6*

that offers a good color contrast and reflects light, so the food can be easily seen and distinguished. (Or try the opposite—maybe a favorite china pattern will bring joy to the meal.)

- **Try liquids** like creamed soups, split pea or lentil soup that have been blended; smoothies; yogurt drinks; or a milkshake.

Ask about Favorite Foods from Childhood or the Holidays

Something might have special appeal right now and also bring back fond memories and add a bit of relaxation to mealtime. Was there a favorite meal on birthdays? Enthusiastic about breakfast any time of day? Did favorite aunts



make terrific lemon cookies? Root beer floats from the soda fountain?

- A request that might seem impossible could lead to other ideas. For example, there was no way that I could reproduce a Sicilian aunt's secret cookie recipe, but I knew where to get the classic Sicilian summertime breakfast of brioche and gelato. It was another beloved childhood treat.

- If Thanksgiving is a favorite meal, roast a bit of chicken (or turkey breast) and have a few of the favorites on the side. There might even be a request for the classic turkey sandwich later! Who cares if it's April?
- If you need to transport food, consider putting it into a picnic basket. Make it festive—and without the ants!

If you get a request as a caregiver that's difficult to fulfill, don't expect to do it all. Another CHV member or volunteer might make it for you, direct you to a good source to find it, or suggest similar substitutions. And, the CHV Care Services Staff is always available for advice at 202-543-1778.

Peer Health Educators Help Seniors Access Services

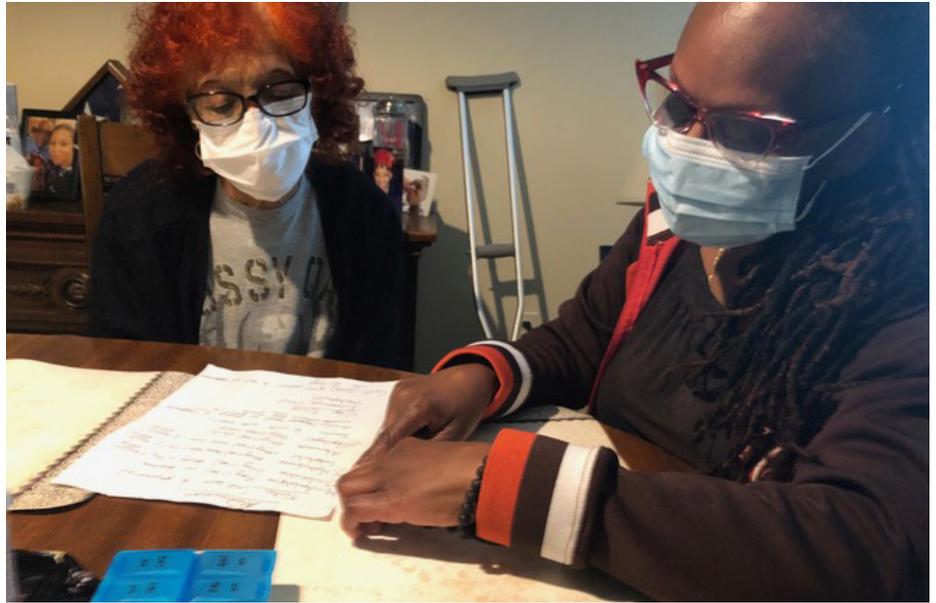
By Pamela Johnson

Dorothy Millard has lived in her Congress Heights community for 55 years, and over the last month has taken advantage of the Peer Health Educator Care Services Program, which she said “saved my life.”

The Program helps seniors and adults with disabilities gain access to free resources and services to help them navigate growing older in the community where they live. The program explores transportation options, helps with medical appointments, and advocates for individuals who need assistance and guidance with everyday life activities.

Ms. Millard was happy to learn that, to access the program, all she needed to do was to follow a few simple steps:

1. Complete the phone intake interview with Capitol Hill Village Care Services Specialist Meghan Wrinkle.
2. CHV refers the application to a Peer Health Educator (PHE), who works with the Peer Partner (Ms. Millard) to finalize the intake process; completes Consent and Coordination of Care forms.
3. The PHE and Peer Partner create a plan of action to meet specific



Dorothy Millard (left) works with Peer Health Educator Pamela Johnson

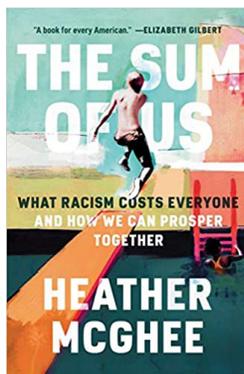
- goals identified in the initial intake interview.
4. The PHE and Peer Partner work together for four months to meet specific goals.
5. Once the goals are met, and the Peer Partner participates in the program for four months, they graduate from the program with a clear understanding of how to keep and maintain services and resources tailored to meet their specific needs and/or goals.

After one month in the program, Ms. Millard has met some of her goals. Her PHE helped coordinate in-person doctor appointments and linked her with Kingdom Care Senior Village located in Ward 8, where she has access to a wealth of resources, including help coordinating food deliveries to her home, reminders of doctor appointments and the need to take medications, and connections with health and wellness programs and events sponsored by CHV and KCSV.

Antiracist Reading Group Opens New Book

After finishing *Caste*, by Isabel Wilkerson, the Capitol Hill Village Antiracist Reading Group has begun reading *The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together* (2021), by Heather McGhee.

Each chapter sets up a social dilemma—What happened to unions? Why are there so few public pools? Why are our social networks so segregated?—and examines the histories that produced it, the policy choices that enabled it, and the stark choices that proceeded from it.



abandoning the zero-sum thinking that is at the heart of U.S. history could lead

The stories of change and shared benefit capture McGhee’s central ideas. Society is a cooperative project, not a zero-sum game, she believes, and

to a “solidarity dividend”—the benefits gained when people come together across races to accomplish what they simply cannot do on their own.

The Reading Group began discussing this book on April 8 and will meet every two weeks through June 3. New participants are invited to join at any time in reading and discussing this book. Register on the CHV website or contact the CHV office for more information.

LGBTQ CORNER

Grace Hasson—*Poetry in Motion*

Grace Hasson is the author of *Into the Orange Grove* (2020), a collection of poetry that navigates mental health,



Grace Hasson

relationships, and both fantastical and mythological elements. She is also a musician, songwriter, and professional speaker. Last month, Grace led

a series of intergenerational poetry writing workshops as part of Capitol Hill Village's LGBTQ programming. This interview focuses on how poetry has influenced her life and what it means to be LGBTQ.

Question: How has poetry influenced your life?

Poetry has had a significant impact on my life—it is going to be part of my career. At age 13, I started out writing books on Wattpad (website and app for writers to publish new user-generated stories), and I found an app for posting poetry which I had never done before. I thought it was cool and started doing it and it was great to have that community. I wrote about 1,000 poems in that year. It has helped me deal with my emotions. *Into the Orange Grove*, deals with living with

mental illness, being able to process what's going on, and how to handle it. When I wrote the book, it was going to be a fantastical poetry collection, but then I got depressed while writing it; I didn't stop writing and it turned into what it is. Whatever I am dealing with, I can always write about it, and it always makes me feel better. Having others love or interpret my poetry is also really great.

Question: Is there anyone who has influenced or impacted you significantly?

My mentor David Keplinger has helped me so much with my book. He taught me about the "togetherness" of poetry, and that is part of my book's focus. Also, I'd say that I've been influenced by queer artists and queer musicians, such as Halsey, which have helped me realize it is okay being queer.

Question: What does it mean to you to be LGBTQ?

It has been wonderful to go to an accepting college. Having so many people who I feel comfortable talking to and so many queer friends is amazing. Having a queer community is really cool, and I love being part of *Visible* our campus' LGBTQ publication. It is not easy for me personally, dealing

Pride month is right around the corner! Be on the lookout for announcements about pride month activities and events. Capitol Hill Village's LGBTQ programs are funded by the DC Department of Aging and Community Living and are open to any DC residents.

with internalized biphobia. I have a really hard time with that, and it is very frustrating. Having friends who understand that and what I deal with is really helpful.

Question: What are your thoughts on LGBTQ representation?

There is way more representation of LGBTQ individuals and the community than previously. I love having apps, like Tik Tok, that have LGBTQ creators. One thing that bothers me is that I have never seen a women loving women film that I really liked. They are always about coming out or are too sexual. Two queer movies that I really liked were *Prom* and *Love Simon*, and although they weren't perfect, I want more movies like them. I wish there were more LGBTQ romance movies that are just regular movies or that showed casual representation. We've definitely made progress but always need to keep pushing for more.

VILLAGE VOICES

Waiting to be Heard...



Constance Citro from 2019 program

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

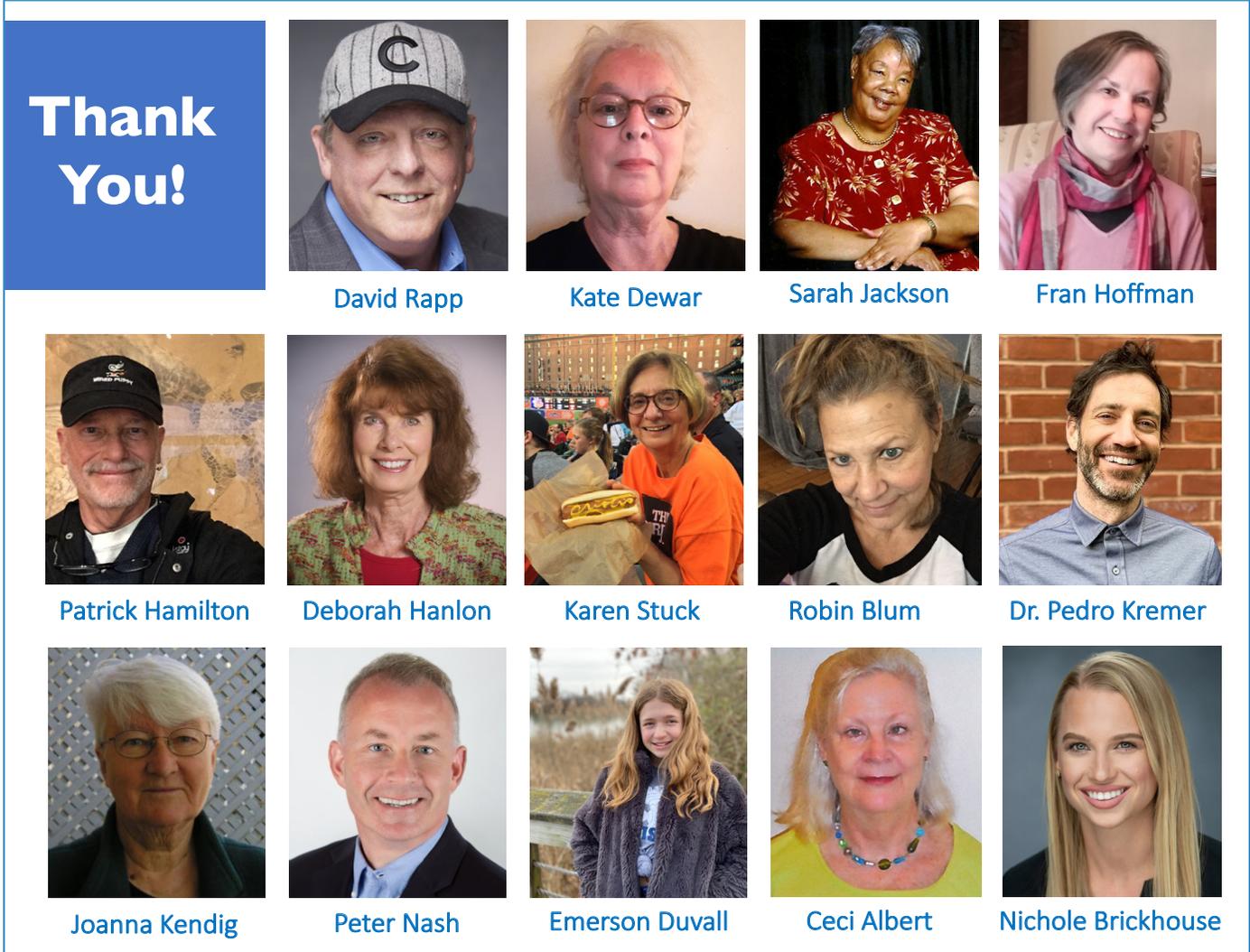
Monday, May 10: Constance Citro, former director of the Committee on National Statistics. What did we learn from the 2020 U.S. Census? A follow-up to her December 2019, Voices program previewing the upcoming census.



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.

Virtual Gathering and Auction Salutes Volunteers



The 2021 Capitol Hill Village Virtual Gathering and Auction was another success story, due to participation by members, volunteers, and friends as well as the generous support from our sponsors and donors.

The Virtual Gathering was a celebration of *all* Capitol Hill Village volunteers, who helped get everyone through 2020. The volunteers shown above received special recognition.

The CHV auction is an important fundraising activity for the Village, and we are grateful to the following who donated items and/or events for the auction:

- Atlas Doghouse
- Bonnie Benwick
- Doug Berman & Sip Siperstein
- Robin Blum
- Bruce & Louise Brennan
- Donna Breslin & Thomas Chapman
- Esther Bushman
- Elizabeth Cabot Nash
- Mike & Judy Canning
- Capitol Hill Village
- Claster Educational Services
- Margaret & Al Crenshaw
- Erin Desabla & Maxwell Houston
- Deborah Edge
- Etta Fielek
- Jeff Fletcher
- Ann Geracimos
- Linda Goodman & Stuart Allen
- Tara Hamilton
- Sheridan Harvey
- Paula Heichel
- Hill's Wine Boutiques (Michael Warner)
- Murray Horwitz
- Johnson/Yount Family
- Susan Kakesako
- Joe Kerr
- Geoff & Terry Lewis
- Ray Magliozzi
- Bill Matuzseski
- David & Barbara McDonough
- Bernadette McMahon
- Patricia Molumby
- Susan Page
- Mary Procter & Bill Matuszeski
- Elizabeth Nelson
- Janet Reedy
- Carlos Cesar Rodriguez,
- Rick & Jane Rutherford
- Theo Rutherford

▶ continued on page 11

Virtual Gathering and Auction Salutes Volunteers *continued from page 10*

- Schneider's of Capitol Hill
- Susan & John Sedgewick
- Paul Singer
- Bill & Vira Sisolak
- Mike Stein
- Karen Stuck
- Leonid Sushansky
- Roxanne Walker & Beth Wadsworth

The Virtual Gathering and Auction Committee took care of planning for the event, social media postings, creating materials, creating and operating the Virtual Gathering Zoom program, delivering appetizers from Well Dunn and wine from Schneiders. We thank these volunteers:

- Tyler Apffel
- Mary Bloodworth
- Lynne Boyle
- Bruce Brennan
- Elizabeth Cabot Nash
- Capitol Hill Village Staff
- Maygene Daniels
- Becky Fredrickson
- Angel Freeman
- John Gordon
- Andrea Grubmeyer
- Phil Guire
- Roger Haley
- Michael Hash
- Anne Kraemer
- Bernadette McMahon
- Dawn Nelson
- Mary Procter
- Sophia Ross
- Karen Stuck
- Roxanne Walker
- Buck Waller

Missed out on signing up for the CHV Online Auction Salons? See page 14.



These businesses and individuals are recognized for their contributions and support of the Village.



NATIONAL CAPITAL BANK



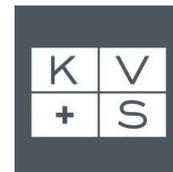
Geoff Lewis



INGLESIDE
AT ROCK CREEK

Connie Tipton

Bruce & Louise Brennan
Faith Brightbill
Judy & Mike Canning
Mike Hash & Buck Waller



MISRA LAW,
PLLC
Sanju Misra



SCHNEIDER'S

Tama Duffy Day & Michael Day
Nancy Deck & Michael Gross
Joanne Glisson
John Gordon & Debra Keats
Mike & Ann Grace
Carole Hirschmann
Elizabeth & Pete Nash
John & Susan Sedgewick



CHV Meets Kingdom Care Senior Village

By Sonia Conly

In March, Capitol Hill Village members and staff held the first of a planned series of District Dialogues, meeting via Zoom with Kathy Pointer, Director of Kingdom Care Senior Village, and several KCSV members and volunteers. The Dialogues are part of CHV's commitment to address racism in our community and become an anti-racist organization.

Kingdom Care Senior Village is located in and serves Ward 8. Capitol Hill Village members came with several questions. How did Kingdom Care Village get started? What services does it offer? What are the major challenges for the Village and its members? The event highlighted the unique challenges faced by Kingdom Care, and also the shared concerns for the welfare of seniors in our respective communities.

Prior to 2017, there were no Senior Villages east of the Anacostia River. Kingdom Care Senior Village opened in March 2017, with a grant from the then D.C. Office on Aging. The first major challenge for Ms. Pointer was the grant's specification to serve the



entire population of Ward 8, which consists of 12 communities with a population of 15,000 seniors. Most Villages serve one or a few small communities. It would be impossible to support transportation and other needs for elders scattered throughout the Ward.

Many Villages receive substantial support from member dues and donations and from volunteers. But seniors in Ward 8 have a 34 percent poverty rate, and KCSV members mostly do not have the financial resources or physical health to provide much financial or volunteer support.

Black churches have a history of providing community support, and KCSV grew out of a church,

and continues to receive in-kind services of space, equipment, and fiscal sponsorship. While it is organizationally separate from the church, synergy between community services provided by the church and the Village benefit the entire community as well as Village members.

Another challenge for KCSV is limited access to and familiarity with internet service among its members. While volunteers have been able to help members with internet service, KCSV is still largely reliant on text messaging and time-consuming telephone communication.

With limited resources, KCSV committed to only services that could be provided on an ongoing basis. This meant focusing on word of mouth rather than advertising for new members. No one is turned away, and four new members were just added; KCSV currently has 54 members.

Senior Villages are devoted to helping seniors age in place with the resources to do that in comfort and good health. With this common mission "when you have seen one Village you have seen one Village" characterizes the Village movement. KCSV resisted the temptation to model after other Villages and focused on the needs of the nearby senior community. Food insecurity is a major issue in the community, and the Village focuses its services on delivering prepared food, groceries, and household items. KCSV has a continuing relationship with the Capital Area Food Bank. Transportation needs have been met largely by providing Uber gift certificates.

Volunteers make sure that holiday meals are delivered to members. During the pandemic, KCSV has been arranging for meal preparation and

District Dialogues: Conversations about Race and Justice

District Dialogues, a series of talks designed to increase understanding of racial inequities in our community, is another initiative from the Capitol Hill Village Anti-Racism Workgroup.

CHV plans to hold Dialogues on last Monday of the month. As we identify local organizations and individuals interested in sharing their experience with race and

related issues, we will invite them to share their perspectives, and discuss what we can learn from them.

Programs will include presentations on issues or activities in the Black community with opportunity for discussion. We aim to expand understanding of racism and its impact on our community and our Black neighbors.

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CHRS House Tour Becomes an Educational Experience

This year, due to the pandemic, the Capitol Hill Restoration Society is offering seven educational outdoor walking tours in place of the traditional House and Garden Tour on Mother's Day weekend, **May 8-9**.

Also added is an "Artists at Home" exhibit, micro galleries featuring the work of local artists *including some CHV members*.

To help maintain safety for everyone, the number of participants will be limited. For details and registration information, visit chrs.org/2021-mothers-day-tour-of-tours/. Email questions to HouseTourCHRS@gmail.com.

64TH ANNUAL

CHRS | MORE THAN 60 YEARS OF PRESERVATION

Mother's Day Weekend

Tour of Tours!

CAPITOL HILL RESTORATION SOCIETY
MOTHER'S DAY GUIDED "TOUR of TOURS" - May 8 & 9
Our Industrial Past | Hollywood on the Hill | Parks: Treasures of Capitol Hill | Notable People
The Resistance | Whimsy of Capitol Hill (Scavenger Hunt) | Community Evolution Near Logan
School | PLUS Artists at Home: A Self-Guided Tour of Micro-Shows of Work By Local Artists
Visit CHRS.ORG for reservations.

f CAPHRS i CAPITOLHILLRESTORATIONDC t @CHRSDC

CHV Meets Kingdom Care Senior Village *continued from page 12*

delivery by a professional community chef. Through the Village, members have formed prayer partners, and Village volunteers provided friendly visits in the pre-Covid time.

Isolation has been the primary continuing additional challenge faced by KCSV members during the Pandemic. Fortunately, no members became infected with Covid. Wards east of the river had a major challenge to access Covid testing as resources did not get to Wards 7 and 8 with the same speed as to other Wards, although this has improved. Access to masks and other personal protective equipment has been a challenge, and KCSV partnered with another

organization to provide PPE kits. At one event, 400 kits were given out in 15 minutes.

KCSV actively helped members who wanted a Covid vaccination to get one by providing telephone and internet assistance, making appointments, and arranging with family members to help members get vaccinated. Some members expressed reluctance to getting the vaccine, but as members see more community members vaccinated, this reluctance is waning.

A challenge for KCSV has been working with government and other local organizations to provide satisfactory follow-up to referrals.

Medical services for people in Wards 7 and 8 are a major and well-known concern. The one hospital east of the Anacostia River has earned a bad reputation with constant turnover of leadership. Community residents often find it necessary to cross the river to access health services. Although a new hospital is planned, that is several years off.

The conversation between CHV and KCSV showed that we are more alike than different. The goal is to help seniors continue to live in their homes, active, comfortable, and safe. On both sides of the river, seniors are eager to get back in person to the activities organized by their Village.



Above: The Capitol Hill Village Office staff gathered river-side for their first in-person staff meeting in over a year.

CHV Initiates Low Vision Peer Group

Capitol Hill Village wants to help connect District adults experiencing low vision with professionals and others living with similar eye symptoms.

Through lectures and mutual feedback delivered by Zoom or telephone conference, the group aims to help recreate and support a healthy lifestyle. Caretakers, spouses, and children of loved ones experiencing vision loss are welcome.

The first meeting will be Tuesday, May 4, from 1:00- 2:00 p.m. The speaker

will be **Lind Stevens, MS, OTRL, SCLV, Low Vision Occupational Therapy Specialist.**

Ms. Stevens, a long-time Low Vision professional, will discuss successfully maneuvering and adapting in the home environment; and how to be more independent, optimize lighting,

magnifiers, tactile techniques, household gadgets, and appliances for easy and comfortable accessibility.

If you are interested in attending or know someone who would be interested, contact Robin Blum at Blum50@comcast.net.



Missed out on signing up for the CHV Online Auction Salons?

Not to worry because the auction site for salons and outings has been re-opened—while spots remain available.

Check out some new prices, and take advantage of the opportunity to spend some quality time with our celebrity guests (virtually, of course).

Check them out at:

<http://bidpal.net/chvgala>



CHV Events are Both Virtual and In-Person

CHV Events are Both Virtual and In-Person—some via Zoom and others in-person. CHV Guidance will continue to evolve as new scientific information becomes available.

Groups meeting outdoors will comply with these CHV guidelines for outdoor in-person meetings, in order to protect members from transmission of COVID-19:

- Limited to 50 participants
- Masks required
- Distance of at least six feet between participants
- Please bring your own water and snacks

Groups meeting indoors will be limited to a maximum of ten (10) people.

- Social distancing required, and the number of guests may be further limited depending on space available.
- Masks required.
- Hosts will be expected to open windows or otherwise facilitate increased air circulation to the greatest extent possible.

For both indoor and outdoor events:

- 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 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.

Registration for an event can be through the CHV website or by contacting the CHV Office at 202-543-1778 or info@capitolhillvillage.org. After registration, you will receive a web link.

May Events List

Tuesday, May 4, 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.

Tuesday, May 4, 1:00–2:00 p.m.

Virtual Event: Capitol Hill Village Low Vision Peer Group *New Affinity Group

This affinity group seeks to connect District seniors experiencing low vision with professionals and others living with similar eye conditions. Through lectures and mutual feedback, the group will offer assistance in balancing a healthy lifestyle.

Ms. Lind Stevens, a long-time Low Vision Occupational Therapy Specialist, will speak on how to successfully maneuver and adapt in the home environment. Learn how to strive to be more independent, optimize lighting, magnifiers, tactile techniques, household gadgets and appliances for easy and comfortable accessibility.

Caretakers, spouses, and children of loved ones experiencing vision loss are welcome. See story on page 14.

Wednesdays, May 5, 10:30 a.m.–12:30 p.m.

Virtual Event: Healing Circles for Grief and Loss

The 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.

Pattie Cinelli's article in *The Hill Rag* (5/2017) is an excellent introduction to our process. You can read it [here](#). Contact Marilyn Goldberg, goldberg@umbc.edu with questions.

Wednesday, May 5, 10:30–11:30 a.m.

Virtual Event: Legacy Planning

Rebecca Rothery, Chief Philanthropy Officer, and Russella Davis-Rogers, Director of Donor Services for the Greater Washington Community Foundation will present a virtual program explaining how The Community Foundation helps people identify the purpose for and how to direct their giving, both during their lifetime and through their estate plan. See story on page 7.

Open to All

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May Events List *continued from page 15*

Thursday, May 6, 12:00–1:30 p.m.

Virtual Event: Antiracist Reading Group



The Reading Group is reading *The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together* (2021), by Heather McGhee. See story on page 8.

New participants are welcome.

Thursday, May 6, 6:00–7:00 p.m.

LGBTQ Social Hour



LGBTQ folks of all ages and abilities are invited to Capitol Hill Village's LGBTQ social hour! Participants will come together twice a month to connect with

others, combat isolation, and foster relationships. For more information, contact Sophia at ross@capitolhillvillage.org or call 202-543-1778 x204.

CHV's LGBTQ programs are funded by the DC Department of Aging and Community Living and are open to all DC residents.

Monday, May 10, 2:00–3:00 p.m.

Virtual Event: Family Caregivers Meetup

This is a confidential, peer-led community space where caregivers can receive respite through sharing challenges, delights, expectations, and frustrations with fellow caregivers. The caregivers live on or near Capitol Hill although loved ones may live across the country, around the block, or in the 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.

This meeting is for caregivers only. If you are unable to find a quiet place to join the call in your home, contact Vernae at 202-543-1778 or vrahmansmith@capitolhillvillage.org to discuss options.

Monday, May 10, 7:00–8:00 p.m.

Virtual Event: Village Voices— The 2020 U.S. Census

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 December 2019, Voices program previewing the upcoming census.

Open to all.

Wednesday, May 12, 10:30 a.m.–12 Noon

Virtual Event: Healing Circles for Grief and Loss

See May 5 entry.

Wednesday, May 12, 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.

Thursday, May 13, 1:00–2:30 p.m.

Virtual Event: Memoirs Affinity Group

Have your children, grandchildren, or other young people in your life ever asked you what it was like when you were growing up? Have you ever thought about writing a



memoir or creating an oral history? This Affinity Group focuses on creating memoirs. Stories, as told by the people who lived them, reflect a unique piece of history and will be treasured by the storytellers, their families, and maybe others for generations to come.

This Affinity Group brings together people who are interested in creating a memoir with people who have already done so. The group attempts to create a space where participants can share approaches to getting started, resources for creating memoirs and ways to stay motivated to create memoirs for themselves, family members and others.

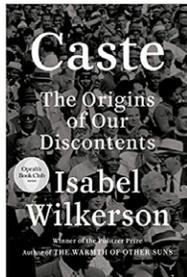
Open to All

► continued on page 17

May Events List *continued from page 16*

Thursday, May 13, 1:30–3:00 p.m.

Virtual Event: Discussion of *Caste*



This will be a facilitated discussion of Isabel Wilkerson's *Caste—The Origins of our Discontents*, which explores how a 400-year-old thread of racism in the United States affects everyone. See story on page 1.

Thursday, May 13, 6:00–7:30 p.m.

Virtual Event: Cinephiles

Participants should try to see as many of these streaming films as possible for discussion: *Own the Room*; *Concrete Cowboy*; *The Courier*; *Together, Together*; *The County*; *The Man Who Sold His Skin*; *Francesco*; and *Operation Varsity Blues*.

Members and Social Members.

Friday, May 14, 9:00–11:00 a.m.

Your Home

Goodwill Pick-up

Do you have clothes, books, knickknacks, or other small items you'd like to donate to Goodwill? Clean out your house for a good cause. Donations being accepted at Goodwill of Greater Washington:



- **Clothing** in good condition
- **Accessories** in good condition
- **Linens and Textiles**, clean and stain-free
- **Housewares** in good and working condition
- **Electronics** in working condition and with ALL parts
- **Art and Antiques**, such as mass-produced items, signed pieces, and collectibles of any kind, including books, magazines, and comic books
- **Books and Records**

Please limit donations to no more than one 30-gallon trash bag.

Members Only

Saturday, May 15, 9:00 a.m.

Meet at Lincoln Park

Urban Walkers

We will walk east on East Capitol Street towards RFK stadium. We will cross the soccer fields to join the West Bank trail along the Anacostia River and follow it to the Navy Yard. Those looking for a shorter walk can get off at the Pennsylvania Avenue exit.

Open to All

Saturday, May 15, 9:00 a.m.–12 Noon

(rain date: May 22)

Gardenpalooza!

CHV volunteers will help you with spring cleaning in your yard! All activities will be outdoors and masked, and yard waste bags will be provided. Members, if you would like to have volunteers help you, sign up for the event in the CHV on-line calendar or contact the CHV Office at 202-543-1778 or info@capitolhillvillage.org.



If you would like to volunteer to help with this event, contact Mary Bloodworth at the above phone and email.

Members Only

Monday, May 17 1:00–2:00 p.m.

Virtual Event: Wyze Guyz

We will discuss this essay: *Return the National Parks to the Tribes*, *The Atlantic*, May 2021. <https://www.theatlantic.com/magazine/archive/2021/05/return-the-national-parks-to-the-tribes/618395/>

Members and Volunteers.

Monday, May 17, 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

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May Events List *continued from page 17*

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, May 18, 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.

Tuesday, May 18, 4:00–5:30 p.m.

Virtual Event: CHV Literary Club

Note: Signup deadline is Noon, Monday, May 17

In May, the Village Literary Club will choose books for the 2021-22 season, which begins June 15 (the group meets during the summer). Village members interested in participating in this lively process should send the titles of two books (one fiction, one non-fiction) to the Literary Club coordinator, Fran Zaniello (zaniello@nku.edu) *by Saturday May 8*. Please include the full title of the book, the number of pages and the date of publication. Also helpful are some (very) brief comments about the book.

Before the meeting, the coordinator will send a list of the recommended books to all participants, and at the meeting the group will choose the 10 books to be read in 2021-22.

The Literary Club invites new members, and the May meeting is a great way to learn about the group and to be a part of selecting the readings for the next year.

Members and Social Members.

Thursday, May 20, 12:00–1:30 p.m.

Virtual Event: Antiracist Reading Group

See May 6 entry.

Thursday May 20, 6:00–7:00 p.m.

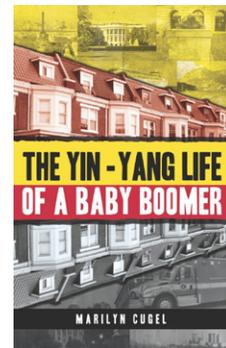
Virtual Event: LGBTQ Virtual Social Hour

See May 6 entry.

Thursday, May 27, 1:00–2:30 p.m.

Virtual Event: Memoirs Affinity Group

Professor and author, Dr. Marilyn Smith, will talk about her experiences teaching memoir writing and other topics to help writers make their stories come alive. Marilyn has taught courses/workshops/seminars since 1969, and she has published two books—her memoir, *The Yin-Yang Life of a Baby Boomer*, and an anthology of medical memoirs, *Tales from Our Hearts and Other Body Parts: A Women's Health*



Anthology. Marilyn works with writers in memoir, family history, fiction, and non-fiction including academic writing and theses.

The Memoirs aims to create a space where participants can share approaches to getting started, resources for creating memoirs, and ways to stay motivated to create memoirs for themselves, family members and others.

Thursday, May 27, 1:30–3:00 p.m.

Virtual Event: Antiracist Working Group

Capitol Hill Village is seeking members, volunteers, and community members to join this working group as we come together to identify additional steps to make the Village a more diverse, inclusive and welcoming place for ALL Capitol Hill residents.

Note that this session will not be a discussion on race itself, but rather an opportunity for members to come together and decide how we want to include this type of work at Capitol Hill

Open to All

Thursday, May 27, 3:00–4:00 p.m.

Virtual Event: Parkinson's Support Group

The Parkinson's Support group is for individuals with Parkinson's to share knowledge, challenges, and ideas and to provide encouragement to one another. Additionally, we are all encouraged to form

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May Events List *continued from page 18*

and maintain a team of support and communication with friends and family

Open to All

Friday, May 28, 12:00–2:00 p.m.

Virtual Event: DC Center for LGBTQ Community Lunch

Join us on the fourth Friday of every month for a Center for Aging virtual lunch. For more information visit Center Aging at thedccenter.org/aging or facebook.com/centeraging.

Open to All

Tuesday, June 1, 11:00 a.m.–1:00 p.m.

Virtual Event: Purls of Wisdom

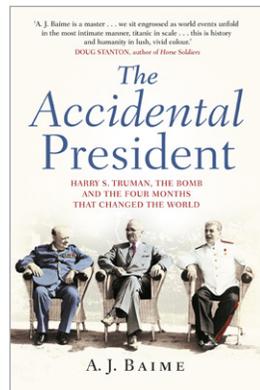
See May 6 entry.



Wednesday, June 2, 6:00–7:30 p.m.

Virtual Event: History & Biography

The book for discussion is *The Accidental President: Harry S Truman and the Four Months That Changed the World* by A.J. Baime (2017, 464 pages). Narrative history and a compelling look at a presidency with great relevance to our own times. In Truman's first four months in office, he had to take on Germany, Japan, Stalin, and the atomic bomb, with the fate of the world hanging in the balance. Known for his work ethic, good judgment, and lack of enemies, Truman was thrust into office with little preparation after FDR's sudden death. Baime escorts readers into the situation room with Truman during this tumultuous, history-making 120 days when the stakes were high and the challenge even higher.



Registration is required.

Thursday, June 3, 12:00–1:30 p.m.

Virtual Event: Antiracist Reading Group

See May 6 entry.

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

Your Home

E-Cycling, Personal Shredding and Hazardous Waste Pick-up



Note: Signup deadline is Thursday, June 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 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 drugs Bring all medications to the Capitol Hill Village office for proper disposal.

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

Members Only

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Ongoing Events List continued from page 19

Wednesday, June 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.

Ongoing Events

Mondays, 9:30 a.m.

Meet at the plaza outside the Eastern Market North Hall

Easy Strollers

The Easy Strollers will walk (socially distanced) for about 20 minutes at a gentle pace. We will cancel if there is rain or the temperature is below 50 degrees F. Sign up at the CHV office to make sure you will get notices of changes.



Open to All

Mondays, 10:00 a.m.–12 Noon

Virtual Event: DC Center for LGBT Community— Coffee Hour

It's the Coffee Drop-in, hosting friendly conversations on current issues. Contact supportdesk@thedccenter.org to get the Zoom link.

Mondays & Wednesdays, 1:00–3:00 p.m.; Tuesdays & Fridays, 2:00–4:00 p.m.

Virtual Event: CHV Bridge Club

The CHV Bridge Club meets virtually, playing bridge online. We welcome CHV members who understand bridge and who have an interest in Bridge Base online. Many new players started with mini-bridge and now play four days a week using the online



software, Bridge Base. To sign up for Bridge Base, go to <https://www.bridgebase.com/v3/>.

We continue to increase our knowledge of bidding and playing. We are learning and using American Standard bridge conventions. At times the group coordinates among themselves to bring in a professional instructor.

If you have questions or want to play, email Deborah Hanlon at deborah131244@yahoo.com.

Mondays, 2:00 p.m.

Second and I Streets. SE

Petanque

Join a group of Capitol Hill game enthusiasts for a friendly game of Petanque, which is the French game of boules and similar to the Italian game of bocce. Paul Cromwell provides instruction for beginners. For more information, contact Paul at: pcromwell23@gmail.com



Members and volunteers. Registration required.

Mondays, 2:00–3:00 p.m.

Turtle Park at Eastern Market, (rain location: under the Eastern Market canopy)

Tai Chi

Tai Chi meets outdoors, weather permitting—at least 40 degrees and sunny. Practice the beautiful and healthy art of Tai Chi. Most classes devote one-half hour to exercise 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 required.

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Ongoing Events List *continued from page 20*

Mondays and Thursdays, 4:00–5:00 p.m.

Virtual Event: Chair Yoga

Engize 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

Tuesdays and Thursdays, 10:00–11:00 a.m.
St. Mark's Episcopal Church Garden, 301 A St. SE

Qigong

Qigong is a form of gentle exercise, suitable for any age or physical condition, that consists of flowing movement and breathing techniques.



It is 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

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.

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

Fridays, 2:00–3:30 p.m.

Virtual Event: DC Center for LGBTQ Community—Tea Time

Bring your beverage of choice for this virtual social hour for older LGBTQ and other adults. For more information and the Zoom link, contact Justin at justin@thedccenter.org.



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](#)

DC Strong: Recognizing Our Community's Collective Response to Helping Older Adults Thrive

Thursday, May 20, 2021 | 10:00 a.m. – 11:30 a.m.

This Zoom event is a time of learning, remembrance, and reflection of the past year, and hope for a brighter future – we are “DC Strong”!

GUEST SPEAKERS:

- **Muriel Bowser** – Mayor, District of Columbia
- **Laura Newland** – Director, Department of Aging and Community Living

- **Anita Bonds** – Councilmember At-Large, DC
- **Gail Kohn** – Coordinator, Age-Friendly DC
- **Phyllis Dillinger** – CEO, The Washington Home Foundation
- **Mark Bucher** – Owner, Medium Rare Restaurant

In addition to our speakers, you'll hear from some of the Villages' beloved members and volunteers during this event. And more!

Registration is required.

[Click Here to Register for DC Strong](#)



Capitol Hill Village
1355 E Street SE
Washington, DC 20003