



VILLAGE NEWS



Council Member Charles Allen, at right, paid tribute to Capitol Hill Village member Bert Kubli (left), the craftsman whose replica of the Capitol Hill Village Office is a Little Free Library located at the office site at 1355 E St. SE. At the dedication, Executive Director Judy Berman noted that the presence of the Little Free Library is attracting attention and interest in CHV by passers-by as the Office is finally becoming the home of the Village. More photos on page 7.

TALKING TRANSPORTATION

Free Rides to Medical Appointments; Metro Updates

Capitol Hill Village, Kingdom Care Senior Village, and Serve Your City are collaborating to provide free rides to COVID vaccine appointments and for other medical needs.

All you need to do is contact one of the organizations up to one week before the appointment time, and a member will assist in scheduling a free one-way or round-trip Lyft ride: info@capitolhillvillage.org or 202-543-1778 Ext. 107; info@kingdomcarevillage.org; or vaccine@serveyourcitydc.org.

Metro Cards

As we get back into the swing of using Metro to get around, WMATA has announced some changes to be aware of. Plastic SmarTrip cards can still be



used, but now riders have the option of mobile fare payment, creating a touch-free experience paying, adding fare, and riding.

The value on your present card can be transferred using Apple Wallet on the iPhone or the SmarTrip app on Android.

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Be Cool, Capitol Hill

By Robin Carol Blum

Many Washingtonians have a tough time dealing with the summer heat and oppressive humidity, and older residents are at a higher risk of heat-related illness. Take precautions and be proactive to stay healthy during DC's sweltering days of summer!

As we age, the body becomes less efficient at monitoring temperature. The heat rises, and so too can the internal body temperature. People over 65 produce sweat more slowly, and internal shifts in fat storage complicate heat distribution. Seniors are more likely to suffer heat exhaustion than younger folks, simply because metabolism has been altered by time.

Various lifestyle choices and health issues can add to heat-related illness, such as diet, pre-existing health conditions, prescribed medication, and residing in a particularly hot climate.

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Free Rides to Medical Appointments; Metro Updates *continued from page 1*

To purchase a Metro pass, you will need the SmarTrip app on all phones.

Customers can download the SmarTrip App from the Google Play Store, allowing riders to add funds, purchase money-saving passes, view SmartBenefits, set up Auto Reload, and plan their trip. Metro will waive the \$2 SmarTrip card fee for all Android users purchasing a virtual SmarTrip card during the first six months.

With wireless coverage in tunnels and stations throughout the system, SmarTrip mobile can be used at anytime, anywhere in the Metro system.

Customers can add value on their virtual SmarTrip right from the train. In addition, Metro is installing new faregates with upgraded technology that will make using mobile payment quicker and easier to travel on Metro. For more information: www.wmata.com.

Reduced Fare Passes

Riders 65 years and older are eligible for discounted rates using SmarTrip in either plastic or the mobile versions. Persons of any age with disabilities can also ride at discounted rates. For more information: <https://www.wmata.com/fares/reduced.cfm>.

You May Need a New Card

Starting in June, Metro began to phase out the use of SmarTrip cards produced before 2012 in conjunction with the installation of new fare-gates throughout the system. To find out if your card needs to be replaced, check the serial number on the back. **If the number begins with 0167, it is fine.** If not, it will need to be replaced. More information including how to replace a card, is available at: <https://www.wmata.com/fares/smartrip/gocard-replacement.cfm>.

Be Cool, Capitol Hill *continued from page 1*

Heat exhaustion can set in quickly. Weakness, nausea, excessive sweating, and feeling faint are warning signs to take action. Take fluids; put a wet, cool washcloth around the heat-stroked person's neck, armpits, ankles, and wrists; and get to a cool place.

If the heat exhaustion symptoms are not addressed, they may quickly escalate into heatstroke.

Heatstroke occurs when the body temperature rises so high, that episodes of fainting and seizure can occur. In these uncommon cases, get the individual to an air-conditioned area and soak them in cool water while waiting for assistance to arrive.

It is critical for those of all ages to stay hydrated! Drink water and clear juices

throughout the day, not just with meals. Seniors should be aware that drinks such as Gatorade replace depleted salt with electrolytes. High heat will strip the body of electrolytes, which help regulate the heartbeat when the body is normally hydrated.

On very hot days, refrain from drinks containing caffeine or alcohol, which can increase dehydration. Limit coffee intake. Keep those wine bottles corked during heat emergencies.

If there is no air-conditioning, keep shades, drapes, or curtains closed during the hottest part of the day, and open the windows at night. Utilize those under-used ceiling fans. Limit time using the oven. These actions are also practical for keeping energy costs down. Check

that your air-conditioning systems are up to snuff. Capitol Hill Village can recommend HVAC professionals.

If you must be out and about on a hot day, make sure to take water. Place a few plastic bottles in the freezer so they are cold throughout the day. If you use a walker, get a small bottle that will fit into a pocket or the pouch of the walker. If you're near the Capitol Hill Village office during business hours, feel free to stop in for an air-conditioned break or a cold drink.

It's healthier to beat the heat by dressing light in pale fabrics that flow. Experts say natural fiber clothes, like cotton, work better than synthetic fabrics for beating the heat although many new synthetics are designed to help keep active bodies cool, so check them out.

Capitol Hill Village recommends staying indoors in air-conditioning, but if you must go out, wear a brimmed hat. Avoid direct sunlight by sticking to the shade, and don't forget the sunblock!

Also, check up on neighbors and their pets during heat waves to make sure they are safe and keeping cool.

Remember, simple precautions will help us stay healthy! Be cool, Capitol Hill.

DC's Heat Emergency Plan is in Place

When the temperature or heat index in the District reaches 95 degrees F., the DC government will implement the Heat Emergency Plan and activate Cooling Centers for residents to seek relief. Mayor Muriel Bowser has identified Cooling Centers throughout the city. Transportation can be arranged, if needed, to these various air-conditioned facilities, including libraries, recreation centers, and pools.

Persons needing transportation to a Cooling Center should call 202-399-7093 or dial 311. CHV can also help with transportation during business hours if necessary.

For information about the DC Heat Emergency Plan and the cooling centers, visit: <https://hsema.dc.gov/page/heat-emergency-plan-information>

CAPITOL HILL VILLAGE

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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*

Samantha Henson, *Director of Volunteer and Care Services*

Pamela Johnson, *Membership Assistant and Peer Health Educator*

Tomeka Lee, *Director of Membership and Outreach*

Vernae Rahman-Smith, *Member Services Coordinator*

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Capitol Hill Village News Team

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FROM THE EXECUTIVE DIRECTOR

Making a Difference



Judy Berman

regardless of expected outcome; equity is distributing resources according to condition, so that everyone *achieves the same outcome*.

The example I gave is three people—small, medium and tall—standing in front of a fence. Equality is giving everyone the same size box to stand on, and the result is that the tall person can *still* see over the fence; the medium person can *newly* see over the fence; and the small person *still CAN'T* see over the fence. Equity, in contrast, is giving the small person two boxes, the medium person one box, and the tall person no boxes; the result is that *all can see* over the fence.

This example I offered is useful but it's also a little misleading. For example, that one person is described as small, one medium, and one tall suggests that these differences are natural, out of our control, just how someone is born. A better example might include one person with their legs cut off completely, another with their legs cut off at the knee, and another with their legs intact. The point is that many things within our control influence the position we occupy in front of the fence. This suggests that not only can we help make things more equitable by how we distribute resources, but we might also be able to change the conditions under which two of three people had all or part of their legs removed. Do you see where I'm going with this?

At Capitol Hill Village we have the opportunity—and, one might even argue, the obligation—to change

both the outcomes for older adults and the conditions that lead to the uneven starting points. Let's use racial inequities in health as an example. According to a report recently released by [AARP DC](#) in collaboration with Georgetown University, Black DC residents have a death rate from heart disease 2.5 times higher than White DC Residents. Why? There are many contributing factors. The Population Health Institute suggests that:

- 10 percent of longevity and quality of life is due to the physical environment, such as housing and air quality;
- 40 percent is social and economic; things like income, community safety, and social support;
- 20 percent is access to and quality of clinical care; and
- 30 percent is behavior, such as diet and exercise and smoking.

I invite you to look at this list and think about what the Village does for you and others. We provide rides to medical appointments and grocery stores, coordinate among health care providers and payers, put on events that stimulate your mind, provide information, and connect you with other people, and more. Can the Village change the quality of the air we all breathe? No. Can we help a member get a home air purifier that could ease their breathing? Absolutely. Can we increase the number of geriatricians serving DC? Our Advocacy Team is trying hard to bring a specialized geriatrics center to Hill East. Can we make sure you can get a ride to one of the few that are currently practicing in the area? Absolutely.

What Capitol Hill Village does can influence the length and quality of life. And if we can do these things for people who have had their proverbial legs cut off by a lifetime of polluted

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FROM THE PRESIDENT

A Return to Normal?



Bruce Brennan,
CHV Board President

Who is that masked man? It's me! And why am I masked again? Because we are indeed "returning to normal." But I have recently been reminded that "normal" includes passing

normal germs, as from the common cold passed from unvaccinated grandchildren to even vaccinated grandparents. Ending in a round-robin kind of tournament! So, I don't want to spread these "normal" germs further. Hence the return to the mask.

Masked or unmasked, I continue to be amazed and grateful for the breadth and depth of our communication

efforts. We all love the ever expanding Newsletter, whether in electronic or hardcopy version. It's full of substantively helpful articles and information about both past and future happenings in the Village. Always worth a thorough read.

And then there's the Wednesday and Sunday electronic communications—full of so many events and happenings. Still, it took me a long time to realize one was very "Village centered" while the other gathers info on activities of interest offered by others. (Quick quiz: which is which?)

And while we've had a social media presence for a while, I think we've upped our game in the last year—at least as to providing content. You probably know we are on Facebook even if you don't go there too often. But did you know we're also on

Instagram and YouTube? And we regularly post things there. I didn't, until recently anyway. Now I try to check these sources weekly—at least to remind me of the great talk or outing that I forgot to go to!

Kudos to Newsletter Editor Karen Stuck, editor and chief correspondent, as well as her band of writers. And to staffer Sophia Ross who has taken over most of our social media outreach. If you have a good story or story idea, or some good photos of your Affinity group or other CHV activities, please let Karen or Sophia know.

And let us know which of these communication vehicles you find the most helpful—communication is a two-way street after all.

Achoo! Have a good summer!

FROM THE EXECUTIVE DIRECTOR

Making a Difference

continued from page 3

environments, discrimination, limited access to health care, or living in food deserts, wouldn't that be something?

To me, this is what our Diversity, Equity, and Inclusion Initiative is all about. It's also what our Genderson Fund is designed for: to make the resources of the Village—which includes the brilliance and generosity of our members and volunteers—available and accessible to those who might not be able to pay the full annual dues, and who might need extra assistance to access those things that lead to a longer and better life. Please give to the Genderson Fund this year.

For more information, see pages 11 and 15.



CHV Board President Bruce Brennan led a group of Villagers on a visit to the Antique Center at Historic Savage Mill in Savage, Maryland, where they browsed among antique shops and got a briefing from one of the managers on the history of the building and its restoration from cotton mill to marketplace. Bruce is one of about 150 vendors offering a variety of antiques and collectibles at the location.

CHV Urges Council Action on Direct Care Worker Shortage

by Mary Procter

Since 2017, the Capitol Hill Village Advocacy Team has testified at DC Council hearings and met with DC Council members about the ever-increasing shortage of direct care workers. Home Health Aides (HHAs) are important to older people who want to age in place, and Certified Nursing Assistants (CNAs) are important to older people who need to be cared for in adult day health centers or in assisted living and skilled nursing facilities.

Since 2019, Susan Sedgewick and I have joined with the DC Long Term Care Coalition to argue for urgent steps that would increase the number of



Mary Procter testified on June 7 before the DC Council Committee on Health, chaired by Vincent Gray.

at CVS would get and less than the pay for a warehouse worker for Amazon

people trained and certified to care for older adults as direct care workers. Above all, direct care workers need to be paid more than the minimum wage.

Currently the minimum wage in DC is \$15 an hour. This is the pay that a clerk

(\$17 per hour). Compared to these jobs, an HHA job requires formal training and certification and demands physical strength and excellent interpersonal skills in order to work successfully with the person being cared for and their family.

In June DC Council hearings, we also advocated for free tuition for training of DC residents (currently \$1,200 to \$1,500 per student). At the June 7 hearing before the DC Council Committee on Health, I argued for continued flexibility in hiring CNAs for HHA jobs well past the current ending date (180 days after the end of the Public Health Emergency) to help address the current shortage.

NPS Looking for Input on River Park

By Vira Sisolak

We have an exciting opportunity to provide comments to the National Park Service on the redesign of the portion of Anacostia Park on the east side of the Anacostia River from the 11th St. Bridge to the CSX Railroad Bridge.

This redesign of Anacostia Park will form a continuous link for those of us who live on both sides of the river.

A separate initiative for the 11th Street Bridge Park is in the final planning stages (<https://bbardc.org/project/11th-street-bridge-park>).

The CHV Bike Group and Urban Walkers have both used Anacostia Park as a part of a loop that links the east and west sides of the river via the Benning Avenue bridge and the 11th Street and South Capitol Street bridges. And some of you may use the park for picnics and other activities.

I urge you to write to NPS, telling them your current use of the park as well as amenities and changes you would



like to see. For example, an indoor walking track and exercise area would be beneficial to older adults who have difficulty walking outdoors in extreme heat or cold. A senior corner of the park with exercise equipment designed specifically for seniors would bring older residents to the park. A paved outdoor walking loop with exercise equipment would enhance use of the space.

And because the park has vast areas with very little shade, groves of trees in various places would be an environmental benefit. However,

because trees take many years to grow to the point that they provide substantial shade, covered pergolas could be built to provide immediate shade.

Additional benches, picnic tables, and outdoor barbecue grills would vastly enhance the utility of the spaces. And a separate, marked bike path along the roadway would help keep bikers and pedestrians from using the same path.

The Park Service wants visitor input on how they use the park and how it could be improved, concentrating on “recommendations to revitalize recreational opportunities at the Park.” The area is home to several basketball courts, a roller-skating pavilion, the Anacostia Recreation Center, and a pirate ship playground. The area is also dominated by open fields of grass. NPS said it wants to protect the current natural environment of the park.

Residents can [submit ideas online](#) until July 29. Plans will likely be unveiled in early 2022.

Come Together!

By Sophia Ross

Intergenerational. I hear and use that word often because it is part of my job. When I think about intergenerational work, I immediately think about ageism. It can be hard not to when we've absorbed so many negative perceptions about aging, whether from movies, pop culture, or in casual jokes. The same is true for the perceptions older people hold of younger generations. Youth and young adults get stereotyped in ways that may discourage older adults from wanting to or seeing value in connecting.

It is also important to note that one's personal experiences with older and younger individuals can also feed into this. Holding on to ageist beliefs is a barrier to amazing opportunities; we can learn so much about each other, our community, and work to create a future for the coming generations. That's why it is important that we face ageism head on. That we take time to self-reflect, listen to each other, understand what respect means, and create opportunities for conversation.

I didn't truly understand the significance of intergenerational connections until, as a young adult, I started connecting with my family members and learning about their experiences. I had the chance to hear about their real lives and what it was like to live through different events. I took to heart that once a family member passed away, their stories and experiences would go with them. I started to regularly call my grandparents and make sure I was staying in touch with other family members.

When it comes to LGBTQ elders, there are reasons why we have to ensure the intergenerational connection exists. First, the population of LGBTQ older adults is small compared to the younger generations who are growing up with greater freedoms around gender and sexuality. There are a number of older adults we will never meet because of suicide, death related to homophobia and transphobia, and AIDS. That makes it even more important that we connect and hear the experiences of those who are here to share them. Second, we need to ensure our community does not become divided or

disconnected from our history. It's easy to stick with folks of our generation, but we rarely learn or grow as much when we stick to what's easy and comfortable.

Lastly, connecting is a valuable opportunity for older individuals to understand what it means to be LGBTQ today, and in turn younger individuals can benefit from the perspectives and experiences of older adults. This is a reminder that we all have value at any age.

With this in mind, I want to note our upcoming annual LGBTQ Intergenerational Symposium, a two-day event bringing together generations of the LGBTQ community and allies to connect, learn, and discuss. Be on the lookout for further information and details.

If you would like more information or to be involved in the 2021 Symposium, please contact me at sross@capitolhillvillage.org or call 202-543-1778 x204.

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

Village Voices Announces 2021 Programs

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



September 14: Elizabeth Becker will talk about her new book, *You Don't Belong Here*, the story of three extraordinary female journalists

who covered the Vietnam war—Kate Webb, an Australian iconoclast; Catherine Leroy, a French dare-devil photographer; and Frances FitzGerald, a blueblood American intellectual.



October 4: Patsy Sims has been following and reporting on the Ku Klux Klan for over 40 years. In the wake of Black Lives Matter and the January 6 riot, she will reflect on the Klan and its impact on today's politics.



November 8: Avis Bohlen, a retired diplomat and the daughter of Charles ("Chip") Bohlen, diplomat and expert on the Soviet Union, will talk about his life. Ambassador to the USSR, the Philippines and France,

Ambassador Bohlen's career covered the most important events of the middle third of the Twentieth Century.

December 6: Ellen Farrell, a founder and organizer of Capitol Early Music, will enliven the holiday season with a discussion of Renaissance song and dance, replete with video clips of performances and a discussion of the instruments used in the period.

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.

CHV Office Little Free Library is Dedicated



Villagers used the dedication of the Little Free Library as an excuse to get out on a sunny day.

The Library is dedicated to former Executive Director Molly Singer, who joined the festivities virtually from Boston. It was created and donated by CHV member Bert Kubli, who used the droste technique—a replica within a replica, with the office building at the back, the replica of the building as the library, and the scene replicated again and again (if you creatively visualize it).

The library was named a “Library of Distinction” for its unique design and creativity by Little Free Library, which has registered 90,000 book exchanges around the world.

Former CHV Executive Director and Age-Friendly DC Director Gail Kohn was also on hand. Inside the office, guests viewed original art works from local artists, which were commissioned by Gail and Donald Kohn as a gift to CHV to highlight the importance of art and creativity in well-being across the age spectrum.



CHV Readers Take an In-Depth Look at Systemic Racism

By Fran Zaniello and Judy Canning

The Capitol Hill Village Anti-Racist Reading Group is one of three programs that grew out of the Anti-Racist Working Group, which was convened last September. The Reading Group, led by Judy Canning, has met every other week since December, and has read three books: Ibram X. Kendi's *How to Be an Anti-Racist*, Isabel Wilkerson's *Caste: The Origins of Our Discontent*, and *The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together* by Heather McGhee. The group has added members with each new book.

In an effort to deepen understanding of the works, the approach was to take each book slowly, reading only 40 to 60 pages for each meeting. Members of the group also did two evening presentations to CHV as a whole: the first on *How to Be an Anti-Racist*, the second on *Caste*. The Reading Group will not meet formally over the summer but will reconvene in September.

There is, however, summer "homework": *White Fragility: Why It's So Hard to Talk About Racism* by Robin DiAngelo, which will be discussed

at the September meeting. New participants are encouraged to join us in the fall—check the CHV calendar for meeting times.

Reading Group Leader Reflects on the Books

Fran Zaniello talked with Judy Canning, facilitator for the Anti-Racist Reading Group.

Q.: Why did you join the Reading Group? The turmoil of last summer—the murder of George Floyd, Black Lives Matter, the protests here in the city--made us want to make life better here, and to talk to people about the issues. First, I joined the Anti-Racism Working Group to discuss how the Village might consider its role in this movement. Out of those meetings came the Reading Group. Because of Covid, we couldn't have an in-person discussion, but Zoom made it possible to talk in-depth about these books.

Q.: What was the most significant book of the three for you? Each book was so eye opening. I would urge anybody with an interest to read any of these. If I met you in the street, I would

ask you: "would you like to borrow one of these books!"

Q.: What was, for you, a particularly memorable part of one of the books?

If I have to highlight one strong impression from one book, it is from Isabel Wilkerson's *Caste*, in which she describes how the writings of early 20th century American eugenicists (and well-known people like Henry Ford, Alexander Graham Bell, and Charles W. Eliot, president of Harvard) not only justified segregationist policies in America, but also inspired the Nazi vilification of Jewish citizens. The extent to which the Nazis discussed, and were in fact inspired by, segregationist practices in America was shocking to me. They hadn't realized how far they could go in vilifying Jews until they learned how Black people were treated in 20th Century America.

Another part of both *Caste* and *The Sum of Us* which was so shocking had to do with swimming pools; hundreds of large public pools were built in the 1930s as a part of the WPA. Both books describe how these pools—in both the North and South—were often closed (and sometimes filled in) because White people refused to swim with Black people. *The Sum of Us* notes how this deprived both groups of this community resource. Examples like this from all the books demonstrate the extent of racism in the country, which of course affected other groups too; Jews as well as Blacks were denied housing through covenants and red lining.

Q.: How have these books affected your view of systemic racism? They have completely opened my eyes to how Black people in this country are stuck in a system which has not changed. The title of Ibram Kendi's first book, *Stamped From the Beginning*, describes it so well. And Isabel Wilkerson's book, which describes a strict racial hierarchy that she calls "caste," also helps us understand how systemic racism was institutionalized in this country.

Members invited to CHV Orientation

As Capitol Hill Village gradually moves to in-person activities, we invite members to learn more about the organization at a Member Orientation on Wednesday July 28, from 2:00–3:30 p.m. at the Lockwood Apartments Conservatory, 1339 E St. SE.

Open to both new members and veterans, you will hear about the work of the CHV staff, opportunities for engagement, and



CHV programs and activities. And, as with all CHV activities, we also want to learn more about YOU! We value member input, and hope that this will be an opportunity to

share experiences and generate new ideas that make Capitol Hill the best place to age in community.

Light refreshments will be served. Tomeka Lee, Director of Membership & Outreach tlee@caphillvillage.org or (202) 543-1778 ext. 107.

Horsin' Around with the Travel Club

The Capitol Hill Village Travel Club is ready to hit the road on July 27 with a visit to nearby Bowie, Maryland, home to the Belair Mansion and Belair Stables Museum, both on the National Registry of Historic Places.

The stables are known as the cradle of American horse racing, producing two Triple Crown Winners—Gallant Fox in 1930 and Omaha in 1935. The Georgian-style mansion was built in 1745 as the Governor's Mansion and was home to Maryland Governors Samuel Ogle and Benjamin Tasker.

Gov. Ogle founded the Belair Stud Farm bringing the first thoroughbreds to Maryland, gifts of Lord Baltimore. Gov. Tasker contributed to the championship line by bringing the accomplished mare, Selima, to Belair. In 1898, the property was sold to New York banker, James T. Woodward, who built large new stables in 1907. Upon his death, the property went to his nephew, William Woodward Sr., who expanded the farm and began developing the Belair Stud and Stable. In 1918, he entered his first



two-year-olds in competition, and in 1923, Sunny Jim Fitzsimmons arrived at Belair as the trainer who eventually brought the two Triple Crowns to the farm.

We will be joined by CHV volunteer Ann Manheimer, who grew up just a short distance from the mansion and stables.

This will be a leisurely half-hour drive to Bowie, departing from Capitol Hill around 9:15 a.m. After tours of the mansion and the stables, we will have lunch at Pirate's Cove Restaurant on the waterfront. Because of the size of



Left: Triple Crown Winner Gallant Fox. Above the Belair Stables Museum.

the group, they will provide a fixed price lunch including a salad; choice of entre: fish and chips, chile lime shrimp, cove meatloaf, or chicken piccata; and non-alcoholic beverages. The cost is \$33 including tax and tip.

On the way back, an optional stop is at the Jug Bay Natural Area, which is highly recommended by Bill and Vira Sisolak. <http://outdoors.pgarks.com/3186/Jug-Bay-Natural-Area>.

Registration is required on the CHV website (either call or email the CHV Office) because there is a limit of 20 attendees, and Covid protocols for Belair will be distributed.

CHV Drivers May be Eligible for Tax Deduction

Volunteers who drive their own car to assist a non-profit organization, such as Capitol Hill Village, can claim 14 cents per mile as a non-cash donation on their income taxes. That means that CHV volunteer drivers are not only providing critical transportation services for Village members, but they can also get a tax benefit.

An article in the March 4 *U.S. News & World Report* cautioned that you need to know the rules for claiming mileage on your taxes, and you need to keep careful records.

If you drive to volunteer for a nonprofit, the mileage is deductible as part of your charitable donations. The IRS allows volunteers to claim 14 cents per

mile, but you have to be volunteering yourself. You can't, for example, be driving someone else to a volunteer activity. There is no threshold requirement for claiming these miles.

While deducting mileage can save tax dollars, you need to document it. If you are audited, the IRS will want to see a log that includes dates, destinations, and the reason for travel. You should have evidence of when you traveled and why. If you are uncertain about the eligibility requirements for mileage to be tax-deductible, consult with a tax professional who can evaluate your situation.

The full article is [here](#).

CHV Recruiting Volunteer Drivers

CHV is currently recruiting volunteer drivers. Drivers generally take members to and from doctor's appointments or grocery shopping. We are also recruiting delivery drivers, who only transport items (such as picking up a prescription from the pharmacy) but not people. Drivers will need to complete the volunteer application and supply a valid driver's license and proof of insurance; if you are transporting members you must be vaccinated.

If interested, contact Volunteer Coordinator, Mary Bloodworth at mbloodworth@capitolhillvillage.org.

Tips on Renewing an Expired Driver License or ID Card

The DC Department of Motor Vehicles has extended the time for renewing driver licenses or identification (ID) cards to September 9 (from the previous July 1 deadline). Renewing either of these credentials requires an in-person visit to a DMV Service Center.

Walk-in Service Resuming

Until the week of July 19, appointments at the Service Centers are available, but after that, walk-in service will be reinstated, and no further appointments will be available. The city will honor all appointments made through Saturday, July 17. To accommodate residents, the Service Center at 95 M St. SW will have special weekend hours of 8:15 a.m. to 4:00 p.m. on June 27, July 3, July 11, and July 18.

If you do schedule an appointment:

- Consider availability at all locations, as one may have more appointments available than others

Same Director of Volunteer and Care Services, New Name



Please note that CHV's Director of Volunteer and Care Services is in the process of changing her

name from Samantha Schiffman to Samantha Henson. Her email address will now be shenson@capitolhillvillage.org. Not to worry if you emailed Samantha at her previous email address—all emails will be forwarded.

- *Be patient*, because of heavy website volume, the scheduler will move slower as it moves from page to page
- *Ask about the Senior Appointment Service*, which is available to DC residents 65 or older. Seniors are not required to book in this category, they can select the first availability in any category.

Residents without internet access can call 311 and a call-taker will access the online appointment scheduler for you.

DMV Service Centers are located at 95 M St. SW; 2350 Washington Pl. NE; 4525 Benning Rd. SE.; and 3270 M St. NW

The Application Process

To avoid multiple trips to the DMV Service Center, here is how the process works. **The CHV Office can assist CHV members who need help downloading forms or have other questions.**

First, visit the information site at <https://dmv.dc.gov>.

Then, download the application form at: https://dmv.dc.gov/sites/default/files/dc/sites/dmv/publication/attachments/DMV%20BOE%20Application_2-25-19.pdf.

The application contains a medical practitioner certification, which must be completed for persons over age 70, so allow yourself a few days to get the signature.

In addition, if you are applying for a driver license and have a medical condition that may impair your ability to safely operate a motor vehicle, even temporarily, (see Section D of the application) you must provide a Medical/Eye Report form that has been completed by your physician and/or ophthalmologist or optometrist. This form is also on the DMV website.

When you are ready to visit the DMV Service Center, you will need to verify

who you are and where you live. Take the following:

- The completed **application form** with doctor's signature and Medical/Eye report if needed.
- **One proof of identity:** birth certificate, unexpired U.S. passport, permanent resident card, certificate of naturalization, certificate of U.S. citizenship, or employment authorization card.
- **One proof of Social Security:** Social Security card, pay statement, 1099 form, or W-2 form reflecting full name and Social Security number.
- **Two recently-issued proofs of residency** that carry your full name and address: utility or telephone bill; home security system bill with name and address and issued within the last 60 days; deed or mortgage settlement agreement with name and property address issued within last 60 days; unexpired rental or lease agreement; DC property tax bill issued in last 12 months.; unexpired homeowner or renter's insurance policy; bank, credit card, or investment account statement issued within the last 60 days; auto or personal loan statement issued within last 60 days; or medical bill issued within last 60 days.

Most important, your name must appear exactly the same on each document. For example, if your Social Security card does not reflect your married name, bring a copy of your marriage license, or in some instances, a divorce decree.

These are examples suggested by the DMV, but others may be acceptable if they meet the criteria of proving identity, Social Security, and residency. See the Document Verification Guide at <https://dmv.dc.gov/page/real-id-early-renewals>.

THE JON GENDERSON MEMORIAL FUND

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

This year we have a \$10,000 Matching Fund from the Washington Home Foundation and we need your support to match that amount.

Donations received by **July 20, 2021** will provide the most benefit.

www.capitolhillvillage.org/gendersonfund

Help build a community that supports wellness and long life for all citizens...

The Jon Genderson Memorial Fund helps ensure that any resident of Capitol Hill can join, participate and benefit from Capitol Hill Village without regard to income. While we do our best to contribute to the well-being of all older adults in the CHV footprint, there is so much more to be gained for us and for them when individuals join as members. We benefit from their experience, interests, passions, and volunteer contributions; they benefit from the connection, engagement, and full range of supports the Village has to offer. It's a win-win, which is only possible through the Genderson Fund.

What Does the Genderson Fund Support?

Your donations subsidize membership dues for older adults on Capitol Hill who face financial hardship and provide resources if they cannot afford something they need for their health and safety.

Join Us in Person!

Thursday, July 15, 2021

4:00–6:00 p.m.

\$150 Suggested Contribution.

Your donation is matched dollar per dollar up to \$10,000!

Please RSVP by Monday,

July 12, 2021

Return the form that came in the mail or call the CHV office at 202-543-1778.



PASSAGES

Norris Memorial

A memorial service for CHV member Alice Norris will be held on Saturday, July 10, at 11:00 a.m. at Christ Church, 620 G St. SE. She passed away Oct. 29, 2020.

CHV is on YouTube

Missed out on a village event? Want to re-watch your favorite Village Voices session? You can go to the Capitol Hill Village YouTube channel anytime to watch select recorded Village events and activities. To access the CHV YouTube channel, go to the CHV website (capitolhillvillage.org) and in the right corner (under the phone number) you will see four icons. Click on the third icon, and that will take you to the CHV YouTube channel.

Have questions? Contact CHV at info@capitolhillvillage.org or 202-543-1778.

The Capitol Hill Village Bicycle Club is happy to break free of pandemic restrictions, and is mostly back to normal with bicycle rides to interesting locations in the area. They always welcome new riders. For information, contact Carol Grodzins at cgrodzins@gmail.com.

CHV Events are Both Virtual and In-Person

The CHV pandemic policy is at <https://capitolhillvillage.org/pandemic-policy-update-april-2021/> (This is a three-page document; click the small arrows at bottom left to move between pages.)

Indoor gatherings are limited to 10 participants and outdoor gatherings to 50—registration is required in order to manage numbers 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. Masks are encouraged and social distancing required.

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 at www.capitolhillvillage.org.
- **To register** for a virtual event, members can either register on the website, as in the past, or contact the

CHV Office for assistance at 202-543-1778 or info@capitolhillvillage.org.

- *When you register, you should receive a confirmation that contains a CHV Zoom link or further instructions for accessing an external Zoom link. Let the CHV Office know if you do not receive a confirmation or reminder. 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 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**.

Go to: <https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials>.

July-August Events List

Thursday, July 1, 6:00–7:00 p.m.

Virtual Event: 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 sross@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.



Saturday, July 3, 9:00 a.m.

Your Home

Hazardous Waste & Personal Shredding Pick-up

Note: Signup deadline is Thursday, July 1

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 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, contact the CHV office at 202-543-1778 or info@capitolhillvillage.org.

Members Only

Sunday, July 4, 9:00 a.m.-12 Noon

Capitol Hill Fourth of July Parade



Join the Capitol Hill Village contingent to march on the parade. Register to receive details.

Open to All

Tuesday, July 6, 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.

Wednesday, July 7, 3:00–4:00 p.m.

Virtual Event: Collaborate on Laughter— Intro to Improv Theater

This is the perfect way for everyone to get an introduction to improv and theater. We'll play games that tap into your creativity, while developing skills that enhance listening and engage your sense of humor.

Washington Improv Theater is dedicated to sharing the ideas and spirit of improv with all of DC. WIT's improv workshops are high-fun, low-stress classes designed to show you how improvisers create spontaneous, off-the-cuff theater. Our enthusiastic and friendly instructors work to make sure everyone is able to participate in a playful and trusting atmosphere.

You don't need theater experience. You don't need to be a "funny person." Just come ready to have a good time. Improv is an amazing way to help people connect with each other and have their sense of play reignited. And we think everyone needs that pretty seriously. So join in the fun.

Open to All

▶ continued on page 14

July-August Events List *continued from page 13*

Thursday, July 8, 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.

The Group brings together people who are interested in creating a memoir with people who have already done so, and 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. Topics for group discussion include getting started, obstacles to revealing memories, writing habits, staying motivated, and major themes and threads creating your story.”

Open to All

Thursday, July 8, 1:30–3:00 p.m.

Virtual Event: Antiracist Working Group

This group is to be the programmatic arm of CHV’s anti-racism work. For the collective Village (individuals, organization, and the community): to do our part as an anti-racist organization, to define ways to take concrete actions against racism, and to nurture partnerships between CHV and other local groups who are also seeking to become anti-racist. Attendees participate in idea sharing and development of programs. We work to support the Village’s current programs to address race in anti-racist ways, as well as create new programs and opportunities to explore race and racism.

Out of the working group came District Dialogues: Conversations on Race and Justice in Our City; the Antiracism Reading Group; and the *Me and White Supremacy* Pods. We’re grateful to the Capitol Hill Community Foundation for helping to support this work.

Open to All

Thursday, July 8, 6:00–7:30 p.m.

Virtual Event: Cinephiles

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

Underground Railroad (last five episodes), *Finding You*, *In The Heights*, *The Woman In The Window*, *Storm Lake*, and *The New Bauhaus*

Members and Social Members

Friday, July 9, 9:00–11:00 a.m.

Your Home

Goodwill Pick-up

NOTE: Signup deadline is Noon, on Wednesday, July 7

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

Friday, July 9, 11:00 a.m.–12:30 p.m.

Virtual Event: Library from Home

Are you looking for your next great read? Have you missed browsing library shelves and checking out new books? Have you ever wanted to know how to use popular library resources like ebooks from home? DC Librarian Janna Tanner will show you how to receive personalized book recommendations from home, request titles, check out ebooks, and find your next great read!



Open to All

► continued on page 15

July-August Events List *continued from page 14*

Monday, July 12, 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.

Tuesday, July 13, 11:00 a.m.–12 Noon

Tech Tuesday

Join Mary Bloodworth and guest presenters for bi-monthly tech meetings. The first meeting of the month will be about a particular topic, and the second meeting will be an open format, where we can take your questions about anything. (Tech related, that is)



The topic on July 13 will be “Getting More from Helpful Village” including looking at the calendar, finding service requests, seeing your activity, and editing your profile.

Members and Volunteers

Wednesday, July 14, 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.

Wednesday, July 14, 3:00–4:00 p.m.

Virtual Event: Collaborate on Laughter— Intro to Improv Theater

See July 7 entry.



Thursday, July 15, 4:00–6:00 p.m.

Private Home

Jon Genderson Fund Gathering

Note: RSVP by Monday, July 12

At this annual event, Capitol Hill Village raises funds to provide support for members facing financial hardship. Donations subsidize membership dues for older adults on Capitol Hill and provide resources if they cannot afford something they need for their health and safety.

This year, CHV has received a \$10,000 matching challenge from the Washington Home Foundation. Your donation is doubled up to \$10,000.

Watch the mail for an invitation and see page 11 for more information.

Thursday July 15, 6:00–7:00 p.m.

Virtual Event: LGBTQ Social Hour

See July 1 entry.

Saturday, July 17, 9:00 a.m.

Meet at Eastern Market Metro Station

Urban Walkers

The original plan to walk to the Aquatic Gardens was disrupted by the collapse of the pedestrian bridge over Route 295. Please register to receive information on this month’s walk.

Open to All

Monday, July 19, 1:00–2:00 p.m.

Virtual Event: Wyze Guyz

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?

Members and Volunteers

► continued on page 16

July-August Events List *continued from page 15*

Monday, July 19, 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, July 20, 11:00 a.m.–1:00 p.m.

Virtual Event: Purls of Wisdom

See July 6, entry. For more information, contact Nancy Lee at nancylee8891@gmail.com.

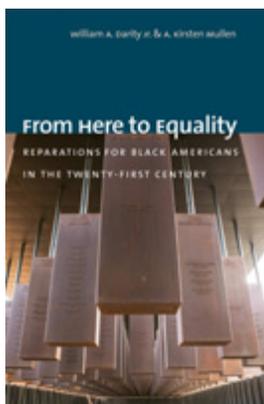


Tuesday, July 20, 4:00–5:30 p.m.

Virtual Event: Literary Club

NOTE: Signup deadline is noon, Monday, July 19

In July, the Village Literary Club will read *From Here to Equality: Reparations for Black Americans in the 21st Century* by William A. Darity Jr. and A Kirsten Mullen (2020, 425 pp, including notes). Darity has become one of the most compelling spokespersons for reparations, appearing recently on the *PBS News Hour* and on the opinion pages of *The New York Times*. The authors make their case by providing a powerful historical survey of the wrongs done to American Blacks in the past 400 years, focusing especially on the economic injustices and asking such questions as: what was the cost to Black Americans of “legal” segregation during Jim Crow? They end the book with specific proposals for what a program of reparations might look like. This is a timely book: several notable political figures—Kamala Harris and Elizabeth Warren to name just two—have expressed interest in the idea, and several cities (like Evanston, Ill.) are developing their own reparation programs.



Members and Social Members

Wednesday, July 21, 3:00–4:00 p.m.

Virtual Event: Collaborate on Laughter—Intro to Improv Theater

See July 7 entry.

Thursday, July 22, 1:00–2:30 p.m.

Virtual Event: Memoirs Affinity Group

** This meeting may be in person. Watch the calendar for details.*

See July 8 entry.

Open to All

Thursday, July 22, 1:30–3:00 p.m.

Virtual Event: Antiracist Working Group

See July 8 entry.

Open to All

Thursday, July 22, 2:00 p.m.

Northwest Neighbors Speaker Series: How the New Deal Remade DC

Join Richard Walker as he takes us on a virtual tour of some of DC’s best New Deal art, architecture, and parks. The Living New Deal is an organization that documents the New Deal public works projects constructed around the country in the 1930s, and has created an online map and guide to the New Deal public works and artworks in the nation’s capital. The New Deal effectively transformed the city in its day, and what was achieved provides a model for what could be accomplished today with sufficient federal funding, civic spirit, and popular mobilization.



Register at: [How the New Deal Remade Washington DC](#). **Once registered, you will receive the link the day before the program.**

Thursday, July 22, 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 and maintain a team of support and communication with friends and family

Open to All

▶ continued on page 15

July-August Events List *continued from page 16*

Friday, July 23, 12:00–2:00 p.m.

Virtual Event: DC Center for the LGBT 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](https://www.facebook.com/centeraging).

Open to All

Tuesday, July 27, 9:15 a.m.–3:00 p.m.

Trip to Belair Mansion and Stables

The CHV Travel Club is leading a trip to nearby Bowie, MD, to visit the Belair Mansion and Belair Stables Museum, both on the National Registry of Historic Places. The stables are known as the cradle of American horse racing, producing two Triple Crown Winners—Gallant Fox in 1930 and Omaha in 1935. The Georgian-style mansion was built in 1745 as the Governor’s Mansion and was home to Maryland Governors Samuel Ogle and Benjamin Tasker.



After tours of the mansion and the stables, we will have lunch at Pirate’s Cove Restaurant on the waterfront. Because of the size of the group, a fixed price lunch will be provided (\$33 including tax and tip) including a salad; choice of entre: fish and chips, chile lime shrimp, cove meatloaf, or chicken piccata; and non-alcoholic beverages. See story on page 9.

Members and volunteers. Registration required.

Wednesday, July 28, 10:00 a.m.

Virtual Event: Coffee and Conversation with Bruce and Judy

Pour a cup of coffee and get comfortable for an informal Zoom call with Board President Bruce Brennan and Executive Director Judy Berman. These regular get-togethers with members on the last Wednesday of the month is your chance to discuss whatever is on your mind.

Open to Members, Volunteers



Wednesday, July 28, 3:00–4:00 p.m.

Virtual Event: Collaborate on Laughter—Intro to Improv Theater

See July 7 entry.

Wednesday, July 28, 2:00–3:30 p.m.

Lockwood Apartments Conservatory, 1339 E St. SE

Member Orientation to CHV

Catch up on what’s happening at the Capitol Hill Village and share your ideas. See story on page 8.

Members and Social Members

Tuesday, August 3, 11:00 a.m.–1:00 p.m.

Virtual Event: Purls of Wisdom

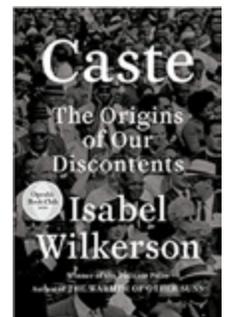
See July 6, entry.



Wednesday, August 4, 6:00–7:30 p.m.

Virtual Event: History & Biography

The History and Biography Group will discuss *Caste: The Origins of Our Discontents* by Isabel Wilkerson. See page 8 for Mary Procter’s comments on this book and how it opened her eyes to how systemic racism was institutionalized in this country.



Registration is required.

Thursday, August 5, 1:00–2:30 p.m.

Virtual Event: Memoirs Affinity Group

See July 8 entry.

Open to All

Thursday, August 5, 1:30–3:00 p.m.

Virtual Event: Antiracist Working Group

See July 8 entry.

Open to All

► continued on page 18

July-August Events List *continued from page 17*

Thursday August 5, 6:00–7:00 p.m.

Virtual Event: LGBTQ Social Hour

See July 1 entry.

Saturday, August 7, Starting at 9:00 a.m.

Your Home

Hazardous Waste & Personal Shredding Pick-up



Note: Signup deadline is Thursday, August 5

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. 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, August 9, 2:00–3:00 p.m.

Virtual Event: Family Caregivers Meetup

See July 12 entry.

Wednesday, August 11, 2:00–4:00 p.m.

Virtual Event: Poetry Readers

See July 14 event.

Thursday, August 12, 6:00–7:30 p.m.

Virtual Event: Cinephiles

Check the CHV on-line calendar for list of movies that will be discussed.

Members and Social Members

Friday, August 13, 9:00–11:00 a.m.

Your Home

Goodwill Pick-up

NOTE: Signup deadline is Noon, Wednesday, August 11

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

▶ continued on page 19

July-August Events List *continued from page 18*

Monday, August 16, 1:00–2:00 p.m.

Virtual Event: Wyze Guyz

See July 19 event.

Members and Volunteers

Monday, August 16, 6:30–8:00 p.m.

Virtual Event: Iona/CHV Support Group for Caregivers of Individuals with Dementia

See July 19 listing. There is currently a wait-list for new participants to join. Please contact CHV at 202-543-1778 to be added to the wait list.

Open to all. Reservations required.

Tuesday, August 17, 11:00 a.m.–1:00 p.m.

Virtual Event: Purls of Wisdom

See July 6 entry.

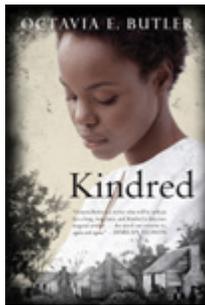


Tuesday, August 17, 4:00–5:30 p.m.

Virtual Event: Literary Club

NOTE: Signup deadline is noon, Monday, August 16

In August, the Village Literary Club will read *Kindred* by Octavia Butler (1979/2003, 264 pp, fiction). This book was written in 1979, but its insights are as fresh today as they were revolutionary then. Octavia Butler is a Black science fiction/speculative fiction writer who is finally gaining the recognition she deserves. *Kindred*, her best known work, is a time-travel novel for those of us who do not often read time-travel books. The main character, Dana, moves between her life as a slave on a Maryland plantation and her life in Los Angeles in 1976. Here's how a *New York Times* critic writing this year describes the book: "Butler takes time-travel ...and infuses it with lasting power. In Butler's hands, the slaves and slave owners Dana meets become individuals rather than historical abstractions. The book is a marvel of imagination, empathy, and detail—speculative fiction at its best."



Members and Social Members

Thursday, August 19, 1:00–2:30 p.m.

Virtual Event: Memoirs Affinity Group

See July 8 entry.

Open to All

Thursday, August 19, 1:30–3:00 p.m.

Virtual Event: Antiracist Working Group

See July 8 entry.

Open to All

Saturday, August 21, 9:00 a.m.

Meet at Stanton Park

Urban Walkers

We will walk to catch the Circulator Bus to Georgetown, and then walk through trails and the city and head home via Metro from the Foggy Bottom Station.

Open to All

Thursday, August 26, 3:00–4:00 p.m.

Virtual Event: Parkinson's Support Group

See July 22 event.

Open to All

Friday, August 27, 12:00–2:00 p.m.

Virtual Event: DC Center for the LGBT Community Lunch

See July 23 event.

Open to All

Thursday, September 2, 1:00–2:30 p.m.

Virtual Event: Memoirs Affinity Group

See July 8 entry.

Open to All

Thursday, September 2, 1:30–3:00 p.m.

Virtual Event: Antiracist Working Group

See July 8 entry.

Open to All

▶ continued on page 20

July-August Events List *continued from page 19*

Saturday, September 4, Starting at 9:00 a.m.
Your Home

Hazardous Waste & Personal Shredding Pick-up

Note: Signup deadline is Thursday, September 2

See August 7 entry.

Members Only.

Tuesday, September 7, 11:00 a.m.–1:00 p.m.

Virtual Event: Purls of Wisdom

See July 6 entry.



Wednesday, September 8, 2:00-4:00 p.m.

Virtual Event: Poetry Readers

See July 14 entry.

Friday, September 10, 9:00–11:00 a.m.

Your Home

Goodwill Pick-up

Note: Signup deadline is noon, Wednesday, September 8

See August 13 entry.

Members only.

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. 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 the LGBT Community—Coffee Hour

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

Open to All

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, (bridgebase.com).

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.

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

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.

► continued on page 21

Ongoing Events List *continued from page 20*

Mondays and Thursdays, 4:00–5:00 p.m.

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

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

****On summer hiatus; resumes in September***

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 the LGBT 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.

Saturdays, 8 a.m.–1:00 p.m.

Fit and Wellness Senior Fitness ****New Event***

YMCA DC is hosting five one-hour fitness classes on Saturday mornings:

8:00 a.m. **Sit Down, Get Down**, Walter Smith; Zoom only

9:00 a.m. **Legs/Balance/Cardio Lite**, William Yates; Zoom & Palisades Community, NW

10:00 a.m. **Total Body Fitness**, Walter Smith; Zoom and in-person at 2429 Franklin St., NE.

11:00 a.m. **Medicine Ball workout**, Walter Smith; Zoom and in-person at 2429 Franklin St. NE.

12:00 p.m. **Basic Training 4 Your Body**, William Yates; Zoom and in-person at Anacostia Park, 1900 Anacostia Dr. SE

If you have not done so previously, you will need to sign up for **Fit & Well Seniors** here. Indicate on the first page that you are registering as a member of a Senior Village. While the form asks you to pick a class on the third page, it may not reflect the Saturday classes, but you do not need to select a class to complete the form.

Contact the CHV office at info@capitolhillvillage.org or 202-543-1778 if you would like assistance in signing up or have questions. After this one-time registration, within 24 hours you will receive your customized Senior Passport with the Zoom link to use for all classes. *Open to All*

THE JON GENDERSON MEMORIAL FUND

*Donations to the Genderson Fund provide needed support
for our members facing financial hardship.*

**We have a \$10,000 Matching Fund from the Washington
Home Foundation — help us meet that match.**

Join Us in Person! Thursday, July 15, 2021, 4:00–6:00 p.m.

\$150 per person suggested contribution

Your donation is matched dollar per dollar up to \$10,000!

RSVP by Monday, July 12, 2021

Donations received by July 20, 2021 will provide the most benefit.



Capitol Hill Village
1355 E Street SE
Washington, DC 20003