



# VILLAGE NEWS



Long-time friend of Jon Genderson, Sheldon Harris, recounted amusing anecdotes from their times together at the annual Genderson Fund event. Lori Genderson is next to Sheldon. More photos on page 7.

## CHV ADVOCACY TEAM

# Progress on Home Health-care Aide Training

Capitol Hill Village advocacy efforts to encourage the city to address the home health-care aide shortfall has borne fruit, albeit only a first step.

On August 10, the City Council included in the Budget Support Act of 2021 the “Nurse Education Enhancement Act,” which directs the



city’s Workforce Investment Council to develop a program to expand direct care worker training capacity and to provide free tuition to DC residents to become home health-care aides or certified nursing assistants.

Working through the Long-Term Care Coalition, the CHV advocacy team plans to “oversee” the progress of this program as well as pursue other important factors and barriers affecting the size of this critical workforce.

If you would like to be part of this advocacy effort, please contact Mary Procter, Susan Sedgewick, Judy Berman, or the CHV Office at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) or 202-543-1778.

## Come Walk with Us

Capitol Hill Village wants to get everyone moving—whether it’s around the block or a distance of several miles.

The newest initiative is the Year-round Walking Program, which focuses on older adults of all abilities, who want to get moving and prefer to join a small group for a walk around the block (or similar distance in the neighborhood). These walks will be local and of varying lengths and include opportunities for slower walkers, including those with mobility challenges.

The group will be based at Capitol Hill Towers, 900 G St. NE., and **CHV is looking for volunteers to lead the group** in short once-a-week walks starting in September. Contact Mary Bloodworth at [mbloodworth@capitolhillvillage.org](mailto:mbloodworth@capitolhillvillage.org) if you are interested.

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# Come Walk with US *continued from page 1*

## Pick the Walking Group that's best for you.

The Year-Round Walking Program complements the **CHV Easy Strollers**, who walk short distances in Southeast every Monday. And, for the intrepid hikers, there is **Urban Walkers**, a once-

a-month foray into further reaches of the city. Register for all walking programs at the CHV website. If you have questions about any of the groups, contact the CHV Office at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) or 202-543-1778.

Join the Year-Round Walking Program and get this nifty water bottle holder.



The urban walkers atop Morse Apartments in-NOMA on a recent hike.

### Fun Walking Memories...

A couple of years ago the Urban Walkers went to the Kenilworth Aquatic Gardens to see the water lilies and lotus during the height of their blooming season. We took Metro to the Deanwood Station. Some in the

group were going back home on the Metro, and some decided to walk home via the—at that time—newly opened Anacostia River Trail. Our walk home ended in a gully washer. I have never been so wet in my life. It was great fun walking through ankle high puddles! *(from Ann Grace)*

Thank you  
Age-Friendly DC for sponsoring CHV  
for the month of September!

# Age-Friendly DC

[www.agefriendly.dc.gov](http://www.agefriendly.dc.gov)

Join us for virtual gatherings. Select a topic.  
Your voice will be heard.



## CAPITOL HILL VILLAGE

### To reach us:

202-543-1778 (M–F, 9 a.m.–5 p.m.)

[info@capitolhillvillage.org](mailto:info@capitolhillvillage.org)

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Connect with CHV at:



To **unsubscribe**, please send an e-mail to [unsubscribe@capitolhillvillage.org](mailto:unsubscribe@capitolhillvillage.org)

To **become a member**, go to [www.capitolhillvillage.org](http://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](http://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*

Verna Rahman-Smith, *Member Services Coordinator*

Sophia Ross, *Digital Media and Grant Program Strategist*

Meghan Wrinkle, *Care Services and Program Specialist*

### Capitol Hill Village News Team

Editor: Karen Stuck

## FROM THE EXECUTIVE DIRECTOR

# Seasons of Change



Judy Berman

Well friends, I’ve reached a milestone that I know is familiar to many of you. My oldest child is leaving for college.

I feel a combination of fear and

excitement. There’s grief at the thought of how empty our house will feel, and anxiety that I will over-reach or under-support as she goes through these first challenging months. Parents in Facebook groups pose questions to each other about things I assumed my kid could figure out for herself (e.g., what size rug do they need?) and things I hadn’t even considered (a health care power-of-attorney just in case??).

Consider yourself lucky if Facebook Groups for Parents of Incoming Students didn’t exist when you were going through this. It’s a layer of angst most of us could truly do without.

One thing I wonder about my Darling Daughter’s new home is whether she will feel welcome, whether she will feel like she belongs. There are so many factors that go into this. She’s an animal lover going to a school with a large pre-vet program. No doubt she’ll find some of her people there. But as a Jew, she will be a cultural and religious minority. As a quiet introvert, she will leave people guessing what’s really going on in her mind. Will the community embrace these differences when they encounter her? Or will she be the subject of assumptions about things like the quality of the school she attended, her politics, her intelligence, her wealth?

The fact is that she will encounter people who carry implicit biases about people from big cities, or maybe even Washington, DC specifically. Maybe they carry implicit biases about Jews

or Jews with German names or pre-vet students. But none of these will likely be as persistent as assumptions about her race.

The fact that my daughter is White and that the vast majority of students at this university are White, will eliminate an entire set of biases from the conversation. Most of the students she meets will not ask to touch her hair (which would make her feel like an object), or exclaim about how articulate she is (as if it’s a surprise), or assume she’s part of the custodial staff if she’s holding a broom (because what else would she be doing there?). They won’t wonder if she got into the school because of her race rather than her hard work or follow her to make sure she doesn’t steal anything. These are the privileges of being White and the indignities of implicit bias that Black people experience all the time in White-dominated environments. It’s exhausting and infuriating to experience these microaggressions, these subtle ways of suggesting that we don’t really belong.

Implicit bias is a reality, and it doesn’t come from a bad place—human beings create categories; it’s how we make sense of the world. Our brain uses shortcuts to put people, places, and things into these categories. Otherwise, we would exhaust ourselves every time we saw a new style of chair trying to figure out what it was and what it meant. When it comes to people, though, we carry a lot of baggage along with these categories, and we need to examine that baggage for stereotypes, both positive and negative. Both can be dehumanizing and communicate that we see a “type” rather than a person in front of us.

This idea of who gets included, and who gets to feel included, has been on my mind a lot as I send my kid out

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# Continuity and Change

I wonder if, by the time you are reading this, we will still be floating on the steamy currents of August? Or, will crisp chilly air with a few turning leaves remind us that fall is coming? Either way, we can be certain change will be coming, even if we are uncertain and a bit wary of what those changes will be.

It seems that even as things are opening up—we have had chances for some travel, some family gatherings, and more activities together—we will need to retreat to some past “Covid habits” of caution and care. Such as donning our masks again during those activities and social interactions. I must admit this re-masking is more discouraging the second time around—even as it is the right thing to do for us and for others. Maybe we need to get back out those “Wear Your Mask” signs we distributed to these many months ago. (Actually, we still have a few free ones left if you need one. Please call the CHV Office.)

## Seasons of Change

*continued from page 3*

into the world. I want the places she lives and works and studies to feel like they had people “like her” in mind when they were created, not that she’s an afterthought, or a perpetual outsider. It’s important to me too—as I think it is to all of us—that CHV is an inclusive and welcoming organization for all older adults in our neighborhood. Yet clearly some feel more welcome and included than others. In this next season of change, I want to give some thought to the messages we’re sending, both intentionally and unintentionally, to everyone around us. I welcome your thoughts and ideas.

Just as the fall leaves turn, the pages of Capitol Hill Village’s corporate fiscal year also will turn to a new year. The current fiscal year ends September 30, so we are busy finalizing a proposed budget for the Board’s review. Not likely too different from recent ones, but also reflecting some new realities.

Our income continues to come from three sources: membership dues, grants, and individual donations. We’ve been lucky with the results of all three through your membership renewals, continuing generosity, and staff’s grant-seeking success. We have an unanticipated, but most welcome, surprise of a legacy bequest from John Franzen’s estate—a good reminder to us of the benefit of planned estate giving that we’re likely to see more discussion of in the coming year.

End-of-year budget time is also end-of-year election time, for both Board members and officers. I’m glad to see some renewal by current Board members and the addition of some interesting new folks nominated to join us. You’ll read all about them *after* the Board meeting. Among the officers, there will be substantial continuity. Except for me! It’s become clear to me that the temporary Covid-based relocation to my wife Louise’s family home in the Shenandoah Valley has blossomed into a move that will substantially limit my time in D.C. While we still expect to have some time back up in DC, I simply won’t be around regularly, every day, walking through the Hill, going to community meetings, shopping at Eastern Market, meeting and greeting on the street. So I’ll be missing the kind of every day interaction that I think is important for the Board President to have. To stay in touch and fully connected.

And Judy Berman, the other officers, and the Governance Committee



**Bruce and Louise Brennan**

agreed. The good news is that all the other Officers (Vice President Mike Hash, Treasurer Maury Stern, and Secretary Ceci Albert) will remain—and that Tama Duffy Day has agreed to be included as a nominee for President on a slate of officers nominated for Board approval. I will stay on the Board as there are some projects I hope to remain involved with that can be done from afar or when I’m in town. So again, some change but much continuity. I am pleased with the Board’s efforts and accomplishments this year and look forward to continuing to participate in different ways next year. Continuity and change.

## CHV Equity & Access

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](mailto: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](mailto:info@capitolhillvillage.org) indicando su nombre, correo electrónico y número de teléfono.

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# In Memoriam

By Judy Berman

I learned not long ago that a Capitol Hill Village volunteer had died. She had been a regular visitor to the old office, one of the first volunteers I knew by name when I was starting out as executive director. She was filled to bursting with enthusiasm for the work she was doing with CHV, developing strategies to reduce social isolation among CHV members and neighbors. Of course, it worked both ways—as a retired woman who lived alone and was not close with family, this volunteer work was helping her stay connected and reduce her own social isolation.

Like many of us, she used her natural effervescence to manage a difficult past. She didn't conceal it—she spoke about it openly—but her manner helped to suggest that it was behind her, that she was not allowing the challenges she experienced to define who she had become. Still, I felt protective of her and sensed a fragility to the peace she made with the world.

Perhaps that's why my heart broke when I learned that she had taken ill, declined, and spent several of her

last days alone and unable to reach out for help. That someone who was so committed to preventing this fate for others should experience it herself is haunting.

In her honor, I am committed to ensuring that everyone in the CHV orbit has someone they speak to everyday, whether it's a spouse or faraway friend, or a neighbor who calls just to make sure everything's okay.

If you already have someone like that in your life, do they know they can call CHV if they're concerned about you?

Have you given CHV your emergency contact information? Or given us a key or let us know who has your key? You can enter this information directly into your Helpful Village account, or you can send an email to [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) with any information you'd like us to add to your file. There's a place to keep information about your pets, too. I hope we'll never need to refer to it, but it's good to be prepared.

If you don't have someone you speak to everyday, would you like to?

Also, please don't forget to create a *Vial of Life* (*File of Life* is a similar product). These are cards or forms you can fill out and attach to your refrigerator with your personal and medical information. If there is a medical emergency, first responders will have your essential health information, as well as your emergency contact information. *File of Life* created a special form with information about COVID-19.

So, if you get a call from a CHV staff member or volunteer asking whether there's someone you speak to everyday, humor me and answer them. I'd rather go down in your book as a nudge than as someone who didn't care.

<https://www.vialoflife.com/>

<https://www.folife.org/request-sample/>

[https://www.folife.org/wp-content/uploads/UPDATE\\_FOL\\_COVID19.pdf](https://www.folife.org/wp-content/uploads/UPDATE_FOL_COVID19.pdf)

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## Stay Connected with CHV on Social Media

Did you know that Capitol Hill Village has a number of social media platforms? We are active on Instagram, Facebook, and YouTube!

Following CHV on social media is one of many ways you can get information about the Village.

Instagram and Facebook are great ways to be reminded about major events and view pictures from CHV gatherings. Our YouTube channel is always being updated with recordings from events, such as the monthly Village Voices series.

### How do you find CHV?



on Instagram at [caphillvill](#)



on Facebook at  
Capitol Hill Village



on YouTube at  
Capitol Hill Village

*Not sure if you are following the right page?* All of our social media pages have the CHV key logo. Sign up with each to make sure you are getting the official CHV materials.

*New to social media and don't know where to start?* Check out these resources for free virtual classes:

<https://cyberseniors.org/seniors-services/>

<https://www.getsetup.io/classes>

<https://www.aroundtoundc.org/>

Feel free to give CHV a "follow" and some "likes" and "shares," and don't forget to "tag" us in any Capitol Hill Village related posts!



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# Village Voices Fall 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,** author of *You Don't Belong Here*.



Three female journalists won the battle within the war. Covering the conflict in Vietnam, Kate Webb, an Australian

iconoclast; Catherine Leroy, a French dare-devil photographer; and Frances FitzGerald, a blueblood American intellectual, all managed to overcome resistance to women journalists on the battlefield and produce extraordinary stories.

Join this Village Voices program to learn their stories as Elizabeth Becker

talks about her new book, *You Don't Belong Here*. Ms. Becker, herself a distinguished journalist, covered the war in Cambodia during that time and knew all three women, bringing her own story and her perspectives into the conversation.



**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 her father's 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](http://capitolhillvillage.org) or at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org).*

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## Keeping Track of Vaccine Records

Now that we've been vaccinated, we want to know how we can prove it!

And it's no laughing matter—more and more businesses and organizations are requiring proof of vaccination. So, here's a sample of what's available, understanding that technology is evolving.

If you got your vaccine at a place where Safeway pharmacists were

administering the shots, you may be able to get proof of vaccine through your phone. This should work if you got the vaccine at an area Safeway store, at area health centers where vaccines were delivered by Safeway representatives, or mass sites like the Convention Center.

All you do is send a text to 844-590-0015 and put **record** in the text. If you had previously registered with your cell phone it recognizes you immediately and asks for your birthdate. You should get a reply with a QR code plus your name, dates of vaccination, and type and vaccine lot number. You can then save it to Apple Wallet or another app.

Other providers such as Walgreen's and CVS have similar capabilities. Kaiser Permanente members can access their vaccine record with the Kaiser app.

There's also a DC Website for vaccine records called myIR (my immunization records) and after you sign in and they locate your match (can take a few

days) you can print out a certification of covid vaccination. Register online at the District's [MyIR portal](#). For step-by-step user instructions, see the [MyIR User Guide](#).

And, then there is the question of how to handle your CDC vaccine card, which is the official form of documentation that you were vaccinated. Keep it in a safe place, take a photograph of it as a backup copy, make a copy of it for your files. And to deter identity theft, try to avoid losing the original or any copies and don't post photos of your card on social media without obscuring personal information.

A recent article in the *Washington Post* provided advice on using and maintaining the card and other options for accessing vaccine records digitally: <https://www.washingtonpost.com/lifestyle/2021/04/17/vaccine-card-record-covid-passport/>

### Flu Vaccine Clinic

In partnership with Safeway, Capitol Hill Village is hosting a senior dose flu vaccine clinic for members only at the CHV Office, 1355 E. St. SE, on **Wednesday, September 22**. Capacity is limited. Register on the CHV on-line calendar or contact the Office. Registrants can select a specific time within a two-hour window between 9:00 and 11:00 a.m.



# Thank you! Our Genderson Fund Match was Met!



Villagers turned out on a pleasant summer day for a patio party at the home of Mike and Judy Canning, and showed their support for the CHV Genderson Fund, which helps ensure that economically-disadvantaged Hill residents can participate in the life and benefits of CHV. And, they met the match! This year, CHV received a \$10,000 match from the Washington Home Foundation, which supports organizations that create and deliver innovative and well-managed programs to improve the quality of life for older residents in the Washington metropolitan area.

The Genderson Fund celebrates the contributions of Jon Genderson, and his friend Sheldon Harris offered some amusing anecdotes beginning when Jon informed him he was moving to Capitol Hill—and next door to Sheldon. Subsequently, Sheldon was a guest of the Gendersons at the Capitol Hill Gala during which Jon managed to get an unsuspecting Sheldon to stand up during the Fund a Cause portion of the auction and then make a generous contribution to the Cause.

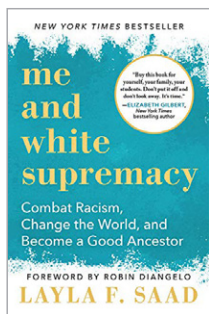




# Pod Discussions Prompt Reflections on White Supremacy

By Janet Reedy and Karen Branan

One of the initiatives of the Capitol Hill Village Antiracism Working Group



was organization of small groups (known as pods) to study *Me and White Supremacy* by Layla Saad. This book is designed to help White people examine their thinking

and behaviors regarding race through reflection, journaling, and conversation with others.

*Me and White Supremacy* has 28 chapters, and groups discussed one or two each week. Each chapter has questions for reflection and journaling. The book's topics include white fragility, white tone policing, white exceptionalism, color blindness, cultural appropriation, being an ally, and tokenism—not easy subjects to talk about.

Here is what members of one Pod had to say about the experience: (*Michele, Marilyn, Beth, Karen, Fran*)

Our pod reminded M. of the old Consciousness Raising groups some of

us attended in the 60s and 70s. There we learned to trust others enough to be honest and challenge old norms to become the women we wanted to be. “In our pod,” she says, “we formed new friendships and once we became trusting and trustworthy, we were able to share our hopes that we could be better allies and friends of BIPOC (Black, Indigenous and People of Color).”

N. grew up in a liberal household and did not feel she harbored racial biases until she came into the group; then, “OMG! My real lack of understanding of the roots of racism and the damage has been astounding to me.” She says the readings and discussion in the pod have “changed forever my understanding of generational racial history of this country and my responsibility in that. I thank myself for realizing this liberal white gal would grow and mature from the experience.”

F. has participated in both the Village's Anti-Racism Reading Group and the *Me & White Supremacy* pod, two very different experiences, but “ones that really complement each other.” While the reading group informed her more fully of systemic racism and how it created the racial wealth gap,

her experience in the pod, she says, “is more personal—making me reflect on my own connection to this system, making me examine my past actions as a teacher, my relationships with Black people in my Hill neighborhood, my conversations with friends. Most importantly, she emphasizes, the group helped her think about actions she needs to take to “oppose systemic racism and white supremacy.”

B., the youngest group member at 40, appreciates “being in a multigenerational group of women who bring different life experiences and storytelling to the table. I have learned so much from them, and their energy is inspiring. We've created a sincere space to share, mess up, share more, learn, and challenge our own ways of thinking. Best of all, I've made some friends!”

K. says, “I have been doing what I considered anti-racist work all my adult life, but this series of sessions has opened my eyes and heart in ways I never suspected could happen. If you're telling yourself ‘been there, done that,’ don't be so sure! I work a lot with other White people exploring our own and our country's racism. It's very difficult for many of us to look at ourselves without feeling shame and pain. This group dealt with those feelings in ways that were bearable and could be transformed to constructive understandings and future plans. Much of the secret is in how the author presents the material and frames the questions. Things have changed and we need to change also.”

Members of another pod reported their reactions: (*Leanna, Anne, Kathy, Marian, Mary Ellen, Sonia*)

“One of the most significant things about the pod is the trust we developed that enabled us to share very personal feelings. We didn't all know each other before we joined this pod, but we have become good friends because of all that we have shared.”

## Pods Keep Going, and You can Join

Capitol Hill Village is recruiting members for new pods. If you are interested, contact Samantha Henson ([shenson@capitolhillvillage.org](mailto:shenson@capitolhillvillage.org)).

Each pod has 5 or 6 members who meet weekly for 1 to 1 ½ hours and, even after finishing the book, may continue to meet to support each other in the anti-racist journey. Leadership in the pods rotates and is informal. Each week, the person responsible for the meeting begins with a poem or quotation to help the group center and focus on the topic. The session leader makes sure that everyone has a chance to speak.

The pods differ from the anti-racism reading group, another program started by the Antiracist Working Group, in that the pods are smaller and members are committed to attend each week. Attendance at the reading group is larger and attendees may transition in and out. The discussion in the reading group focuses on the content of the book. The pod discussion is more personal, focusing on members' reactions to the topic and personal feelings and experience.

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# Reflections on White Supremacy *continued from page 12*

“At first this book really upset me. I did a lot of self-criticism. I had to examine myself and my attitudes. It felt safe to do this, and the others didn’t think less of me because of it.”

“At first I thought this book was kind of banal, but as I got into it, I realized that the important thing was the sharing, more so than the content.”

“This experience has made a lasting impression on me. I have become so much more aware of the impact of racism. I learned so much. I was unaware of what I didn’t know. We were all guilty of not knowing what was going on. I had never thought of myself as a racist before. I see race with newly opened eyes. I’m not sure what, but I want to do something to pass on what I’ve learned.”

“I support those who are marching, but that’s something I can’t do. I bring up race when I’m talking with others. I want to increase others’ awareness.”

“We keep sending each other more information that we come across. We’ve agreed to read the book *Four Hundred Souls: A Community History of African-America, 1619-2021*, edited by Kendi and Blain.”

“I have written to my alma mater encouraging them to require a U.S. history course that deals with 20<sup>th</sup> century racism for graduation and to promote this conversation among alumni.”

“We don’t want to be asking Black people what we should do, but we would like to extend the conversation bi-racially. I want to continue this conversation with African-American friends who will be honest with me.”

“It can be hard to talk about this with family members who have different attitudes about race, but we need to do it.”

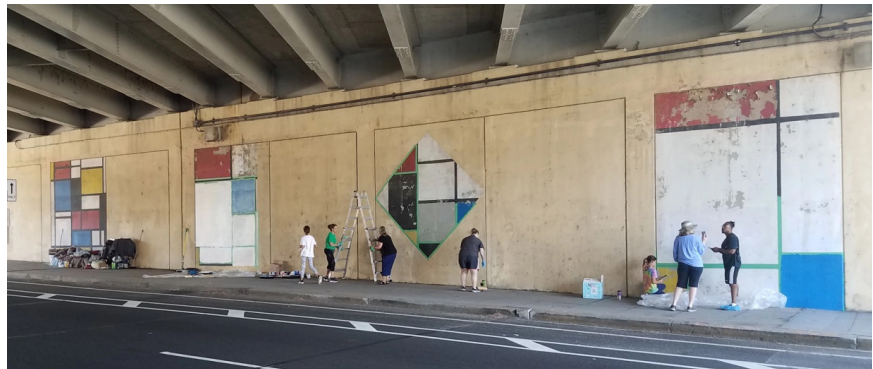
“I would like to have more dialogue with Villages in Wards 7 and 8 to talk about their concerns and our concerns.

This can best be done in small groups about the size of our pod.”

“Shortly after I joined the *Me and White Supremacy* group, I asked an African-American neighbor what it was like for her growing up, raising a family, and working in DC. We’ve been friendly for the 48 years that we have lived two houses away from each other, but never talked about race before. She replied that she enjoyed living in DC. She thought that she had a good education in the segregated public schools that she attended. She also mentioned that being fair skinned probably made things easier for her than it was for some African Americans. My husband and I attended a lovely party that her family had for her 80th birthday.”

“The reading and discussion reinforced and expanded my understanding that racism is baked into our founding

structure and current institutions. Moreover, I have come to recognize that the emphasis on individual liberty for the White founding class has created an antagonism to group action that has left our public infrastructure frayed in ways that disproportionately impact Black individuals and families but ultimately impacted all persons who could not work at home or rely on personal savings. The inability of the states to get out rent relief is an example. Money became available but could not reach landlords or tenants. In my view a focus on racism can distract from the fundamental challenges of Capitalism. A new hospital across the river is not going to result in equitable health outcomes without recognition that substantial subsidies will be required to bring services to the levels we expect from our systems on the west side of the river.”



## Sprucing Up the Sixth Street Murals

Several CHV Volunteers, including Claire Mamerow pictured at right, worked on a project to restore a series of 13 murals on the walls of the Sixth Street SE underpass. Piet Mondrian was the inspiration for the murals, which were painted by Byron Peck in 1988 in a project sponsored by the DC Commission on Arts and the Humanities. Peck, who has created over 80 murals throughout the U.S. and abroad, still lives and paints in DC. Remarkably, the works remain untouched by graffiti, but they have suffered from weather and time.



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# Working for Food Justice

By Sonia Conly

Food insecurity, food justice, and potential responses were on the table at a recent District Dialogue, Capitol Hill Village's contribution to Conversations on Race and Justice in our City.

Thomas Wheet, from the University of the District of Columbia Center for Urban Agriculture and Gardening Education, explained how a novel system of urban gardens is bringing food where it is needed with the potential for creating new local businesses. Greg King, president of the Blair Garden Road Community Garden Association, described the challenges in managing an urban garden whose members have various and sometimes conflicting objectives.

The disparate location of grocery stores in DC has created "food deserts" in areas with limited access to full-size grocery stores, and "food deserts" are associated with food insecurity, which is concentrated in Wards 7 and 8. Although the population of each of DC's wards is about the same, the availability of groceries is not. In Wards 7 and 8 combined, there are three supermarkets; by contrast, Ward 3 has six full-sized groceries. Many Ward 7 and 8 residents rely on small corner grocery stores, which Joanna Kendig, CHV member and coordinator of the Dialogues, noted are often described as stocking less healthy food.

Could local gardens be one way to bring healthy food to neighborhoods that are poorly served by full-sized groceries?

There are a variety of local gardens ranging from community gardens that are part of the DC Parks and Recreation programs, to urban farms that produce in larger quantities for multiple end users, and at least one garden that has aspects of both. There are 34 community gardens in DC, and 9 of these are in Wards 7 and 8. There are two kinds of urban farms. One is run as a communal production firm, providing food to the community.



The Euclid Street Community Garden in NW DC.

A second type are operations run by non-profit associations. These are larger spaces with food being given away or sold at affordable prices.

UDC's Wheet manages two vertical soilless farm units providing greens and fruit to needy residents without cost. One unit looks somewhat like a conventional greenhouse but with multiple layers of plants grown hydroponically. The other unit is housed in a steel shipping container with completely controlled light, water, and nutrition. On a 400-square-foot platform, the container unit can grow as much food as an acre of land.

Going beyond hydroponic agriculture, aquaponic agriculture offers the potential to grow protein in the form of fish, with waste from the fish providing feed for crops. In addition to supplying food free of charge to needy persons, the UDC program aims to develop workers who could expand controlled environment agriculture city-wide and beyond. With a commercial kitchen, food entrepreneurs can be trained to create value-added products. Thomas envisions, for example, local individuals converting produce grown at UDC into saleable products such as hot sauce.

Farmers are aging and with this in mind there will be a demand for young farmers. With the UDC program, and

the potential for soilless gardening becoming the next "Silicon Valley," Wheet aims to train DC residents to meet the demand for innovative farmers and to create business opportunities for DC residents as well as provide food in under-served areas.

For people who are food insecure, a year-round supply of a variety of food is important. Vertical growing in a contained environment makes this possible. With aquaculture in a contained environment, protein could be supplied year round and the waste water can "feed" the produce.

Thomas argues that the term "Food Desert" is a misnomer. A desert is a naturally occurring environment. The term "Food Apartheid" recognizes the existence of areas with limited access to a variety of healthy and affordable food because of intentional policy decisions, zoning among them. Wheet presented data showing that while Ward 3 and Ward 8 have nearly identical populations, Ward 3 residents have a median income of \$122,680 and 6 full-sized grocery stores while Ward 8 residents have a median income of \$31,954 and 2 full-sized grocery stores. (Author's note: Definitions of income and the count of grocery stores vary by

► continued on page 11



## Building Community at the Upcoming Symposium



What are you doing on September 24 and 25? Consider attending Capitol Hill Village's LGBTQ Intergenerational Symposium.

The Symposium is an opportunity to have fun, connect with LGBTQ folks and allies, hear from speakers, and engage in meaningful discussions. This is a fully virtual event featuring two panels, four wellness sessions, and two breakout sessions. The theme is *Building Community*, which will be reflected in the panels and discussion sessions. This year, we will explore topics such as: community building, activism, allyship, ageism, racism, and more.

The Symposium will take place on Zoom from 12 noon to 5:00 p.m. on Friday, Sept. 24, and from 10:00 a.m. to 2:00 p.m. on Saturday, Sept. 25. There will also be a virtual kickoff on Thursday, Sept. 23 at 6:00 p.m. The kickoff will include fun activities, a raffle, and more! All are welcome to attend; register now at: <https://capitolhillvillage.org/programs-advocacy/pride/lgbtq-symposium/>.

For more information, contact [ross@capitolhillvillage.org](mailto:ross@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 all DC residents.



## Alyssa Agnew joins CHV Staff

Alyssa Agnew, who hails from Mississippi, has joined the Capitol Hill Village staff as a social work intern:



*"I am delighted to be working among a wonderful team of individuals. It is not my first time working with older adults, but I will be working with them more closely than I have before. I am excited to be working with a different population.*

*I've always wanted to help people, but I wasn't sure of my major until undergrad. I am currently working on getting my masters degree at Howard University. I come from a family full of people in the helping professions, so declaring social work has been the best decision ever. I hope to make a change in whatever direction I make with social work."*

Welcome, Alyssa!

## Working for Food Justice *continued from page 10*

*the unit of measurement, definition of full-size grocery store, and the date of measurement; for more information, readers may check references below.)*

King, from the Blair Road Community Garden, described the challenges of presiding over a garden whose members have a variety of sometimes conflicting objectives. The garden covers five acres on National Park Service land and has 250 members.

The Association works with members to grow organically in a safe inclusive environment. Some of the legacy gardens employ methods that create challenges for erosion and health and conflict with the mission of providing space for individual family gardens. One legacy garden—a 60 by 120-foot

plot—is essentially an urban farm plot devoted to growing huckleberry. There is a high demand for plots, and King is seeking new sites for large legacy plots more suited to a cash farm outside the city. Finding a new home for large plots that are producing cash crops would free up space for the growing number of local individual gardeners.

Kendig raised an important issue regarding the high energy costs from soilless gardening. In response, Wheat pointed out that stacked soilless gardening, as in his units, can use 95 percent less water. If the prohibitive cost of water for "big ag" were not subsidized, he said, hydroponic would look affordable.

References:

<https://dcist.com/story/20/10/02/sixteen-percent-dc-residents-could-be-food-insecure-in-2020>

<https://dcfoodpolicycouncilorg.files.wordpress.com/2020/09/food-security-report-9-24-20.pdf>

<https://www.dcpolicycenter.org/wp-content/uploads/2018/01/Food-ACCESS-in-DC.pdf>

<https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security.aspx>

<https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security.aspx>

# Tip-toe Through the Sculptures, Sail the Bay

The Capitol Hill Travel Club is organizing a day-trip to Solomons Island, Maryland, on October 7 (rain date Oct. 8) to visit the Annmarie Garden Sculpture Park, with a stop at the Calvert Marine Museum and a harbor cruise. Walk in the dappled shade to explore more than 40 expertly sited sculptures, many from the Hirschhorn Museum and Sculpture Garden and some from the National Gallery of Art and on loan from artists. <https://www.annmariegarden.org/annmarie2/>

After lunch, visit the Calvert Marine Museum or board the *Wm. B. Tennison* for a one-hour cruise passing Solomons inner harbor, the U.S Naval Recreational Center at Point Patience, and the magnificent Governor Thomas Johnson Bridge. Constructed in 1899, the *Tennison* is now the oldest Coast Guard-licensed vessel on the Chesapeake Bay.

Additionally, we hope to hear from an expert at the Chesapeake Biological



The CHV Travelers are all smiles on the Travel Club's first excursion since the advent of Covid. They are pictured after having lunch in Galesville Md, with the West River in the background. The group toured the Belair Mansion and Stables in Bowie.

Laboratory about the ecology and natural resources of the bay. Time will allow you to explore the fishing village of Solomons.

CHV will arrange car-pools. Entry fees are \$5 for the Garden, \$7 for the

Museum, and \$7 for the cruise. If you need assistance with the fees in order to participate, please contact the CHV Office. Sign up on the CHV website or at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org).

# Read in Color at the CHV Little Free Library

Capitol Hill Village has been selected to receive a Read in Color launch pack in connection with the addition of the Little Free Library to the front yard of the CHV Office and as part of the Little Free Library expansion in the DC area. CHV is committed to sharing diverse books through the Little Free Library that celebrate and elevate people of color, LGBTQ+, and other marginalized voices.

Thanks to support from Reading is Fundamental and community partners, Everybody Wins DC and the Van Metre Companies, the Little Free Library



organization is providing a bundle of new and diverse books (many from a recommended reading list) in addition to some fun Read in Color materials including a window cling, bookmarks, and stickers. The organization is also working with Busboys and Poets and Duende District Bookstore to support additional Read in Color activities in DC.



Above: Council Member Charles Allen helped dedicate the CHV Little Free Library. The Read in Color collection is on the right side of the library in this photo.



# Ain't All Bad

By Norman Metzger

Yes, the calamity was (is?) a tough time for most of us; but invoking an apt cliché—looking at the doughnut not the hole—there were a few bites of the doughnut to savor. Here are some of mine. You'll have your own.



## A New Word! (at least for me)

*Fomite*. Means any surface that can transmit an infection. That meant for many of us, including Dr. Fauci, sequestering mail for a day before throwing most of it out. Ditto not touching handholds on the Metro, a fence post, etc., and, true bummer, no hugs. In time, we learned that was pointless. The virus is transmitted by air-borne aerosols not by Amazon.

## A New Gadget!

A *pulse oximeter* acquired early 2020. We wasted no time confirming that we were NOT suffocating. Then it went into the medicine cabinet and never used again. For sale; really cheap. But see next...

## The Fried Egg Test

*Loss of smell* was a sure sign of infection. Hence, our very accurate fried-egg test. One of our Sunday rituals is fried eggs for breakfast (for me, sunny-side up, soft yolk), and another Sunday “ritual” is that Nancy was up before me. That means a very tense awakening for me. Would I detect the frying eggs? Thankfully, I passed every time (and still do).

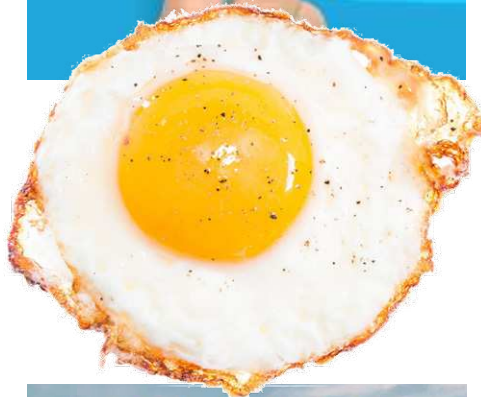
## No Mercy

*Zoom* is merciless for the unkempt. So each week, sometimes and painfully several times in a week, there I was facing myself in a little square in full color with my hair askew and a beard

best described as scraggly. Did I try to spruce up before a Zoom session? Good question. There were also some on-off Zoom moments that I don't remember fondly. One was a session I was moderating when suddenly faced with the impact of a urinary tract infection that urgently required immediate attention. I dealt with it and will spare you the details.

## Hello Norm

I dealt with this in a previous article—being greeted by a masked neighbor and having no clue who this very friendly person was. Now that



masks are mostly off, problem solved, right? Nope. I now recognize a face, but beyond that not a clue who it is. I suspect, sigh, that the problem will only get worse.

## Baseball and Vaxxing

Ted and I went to ball games, and for a time attendance was limited—seating in pods, and masking required (backed by tough enforcement). No more. All is “normal.” Ha! After all, can you risk asking whoever is sitting next to you and cheering loudly, if they've been double-shotted? I think not. So, masks back for me.

## Learning

I learned to stream (yes, very late to that game) and watched some wonderful series (*Atlantic Crossing* and series based on the Elena Ferrante novels) and, briefly, some not so wonderful (think *Bridgerton*). And many movies. *The Big Lebowski* (3rd time, at least), *One Night in Miami*, *Casablanca*, *Cléo de 5 à 7*, and on). I read much, with *The Reinvention of Humanity* and the novels of Maggie Shipstead standing out for me. And I “meditated,” skipping meditation apps (too much folderol) and simply sitting most anywhere, turning off my hearing aids meaning total silence, and entering mind drift.

## No Colds, No Traffic

Enough said.

## No Calendar Issues

Mostly because, in much of the calamitous time, a calendar was pointless. Made setting up a Zoom call easy because a scheduling conflict would have been shocking. Of course, that's now changed—more events, more socializing. I'm sure that's a good thing.

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# Captions! Captions! Captions!

By Vira Sisolak

For those of us with hearing loss, captions are invaluable in understanding what is being said in virtual meetings, movies, and in other audio/visual output. As the demand for captions expands, various companies have responded with computer-generated captions.

You may have noticed that Capitol Hill Village now displays captions in all its Zoom sessions. This new captioning capability has vastly improved our ability to understand people with soft voices or those speaking through computers that may not have advanced audio capability. When enabled by the Zoom host, captions pop up automatically, so you can simply read them. Users can then move the captions to any location on their screens. Captioning is available now for paid Zoom accounts, and it will be available for free accounts in the near future. However, captions on free accounts might require additional steps and possibly some expense.

Other captioning products also require some action on your part. Below, I will describe the captioning capabilities I have set up on my computer and television.

**Google** has recently installed captioning on their Chrome internet browser so that all their products are captioned. If you have Chrome as your default browser, follow the instructions at this link: <https://livingwithhearingloss.com/2021/04/20/hearing-loss-beyond-captions-are-catching-on/>

If you are using another default browser, you might consider changing to Chrome to obtain this capability.

Also, **Netflix** can be programmed to provide captions on virtually all their streaming programming. To establish captions, go to your Accounts page and follow the prompts. I assume this capability is available from other products that stream movies and similar content, but I do not have these products.

Captions are also available on many **DVDs**. Before you click on Play, click on the Audio button. Then select SDH (Subtitles for the Deaf and Hard of Hearing). Then, click Play. All these captions are computer generated and do not always accurately reflect what is being said, particularly when many proper nouns (names of people and places) are a major part of the discussion. For example, captions of live soccer games are almost useless because the announcers are constantly mentioning names, many of which the computer algorithms cannot correctly discern.

As technology improves, computer-generated captions will become more readily available, easier to access, and more accurate. If you have questions about how to set up captions, contact the CHV office. If there is sufficient interest in these captioning capabilities, we will set up a Zoom session to more fully explain their installation.

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## 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](http://www.capitolhillvillage.org) or by contacting the CHV office at 202-543-1778 or [info@capitolhillvillage.org](mailto: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](http://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](mailto: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](mailto: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>.



# September Events List

Thursday, September 2, 1:00–2:30 p.m.  
Lockwood Apartments Conservatory, 1339 E St. SE

## 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.



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,

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*

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

## Hazardous Waste & Personal Shredding Pick-up

**Note: Signup deadline is Thursday, September 2**

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. *Due to the increase in porch thefts, we recommend that you keep your papers in your house until the volunteer arrives and knocks at your door or calls. This is not a requirement, however.*

**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](mailto:info@capitolhillvillage.org).

*Members Only*

Tuesday, September 7, 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.



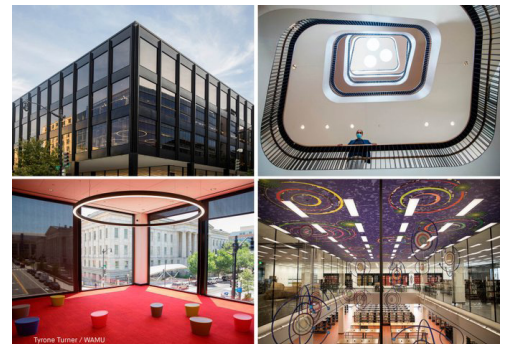
For more information, contact Nancy Lee at [nancylee8891@gmail.com](mailto:nancylee8891@gmail.com).

Wednesday, Sept. 8, 9:00 a.m.

Meet at LincolnPark

## Urban Walkers

Join CHV for a 2.5-mile walk to the newly-renovated Martin Luther King Library. We will enjoy a tour led by Librarian Martha Saccocia.



See the article on page 1 to learn how to join the Year-Round Walking Program and get a free water bottle holder.

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# September Events List *continued from page 15*

Wednesday, September 8, 10:00 a.m.–12:15 p.m.

## Virtual Event: Healing Circles for Grief

Grief has no time limit. Loss has many forms. All too often they have no outlet. The loss of a loved one or dear friend or pet, the loss of a career or mobility, the loss of the environment or faith in our country—all sorts of grief deserve to be honored and cared for. The Healing Circle for Grief is a safe place where a small group of people can come together to share their experiences and collective wisdom. It's a space where we can continue our individual explorations in a community. The Circle is a place to hold grief when that's necessary. And it's a place where we can learn how to move forward through having gained a clearer knowledge of our true spirit, despite our current and future challenges. First of a series and continuing on September 8, 15, 22, and 29, and October 6.

This group will be led by Marilyn Goldberg. For more information, contact Marilyn at [goldberg@umbc.edu](mailto:goldberg@umbc.edu).

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

## Virtual Event: Falls Prevention Class

Foggy Bottom West End Village resumes its popular virtual Falls Prevention exercise classes, and they will continue monthly throughout the fall. Led by an experienced physical therapist in the comfort of your home, you can practice specific strength building exercises that can help prevent falls. Regardless of your fitness level, if you have had a fall, or are afraid of falling, this series is for you. Have a chair nearby in a cleared space. Come to one or more of the sessions and see the results for yourself. [Find more info and register here.](#)

Wednesday, Sept. 8, 3:00–4:00 p.m.

## Virtual Event: Intro to Improv Theater

The first in a series of programs, this is the perfect way 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. Workshops are high-fun, low-stress classes designed to show you how improvisers create spontaneous, off-the-cuff theater. 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.

**Other dates:** Sept. 15, 22, 29; Oct. 6, 20, 27; Nov. 3, 10, 17.

Thank you to Shirley and Gene Rosenfeld for underwriting the continuation of this program.

*Open to All*

Thursday, Sept. 9, 2:00–4:00 p.m.

## Games and Puzzles

Labyrinth, 645 Pennsylvania Ave. SE

Join other CHV members and their friends for two hours of game-playing fun. The staff at Labyrinth will help us pick out new and familiar games. No serious games are played; we are there to have fun; no reservations required, just come.

- (1) Participants must be vaccinated;
- (2) proof of vaccination is required; (3) masks are required.

*Open to All*



September 9, 6:00–7:30 p.m.

## Virtual Event: Cinephiles

Participants should try to see as many of these streaming films as possible for discussion: *Ailey*, *Stillwater*, *Pig*, *Respect*, *The Green Knight*, and *Coda*.

*Members and Social Members.*

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# September Events List *continued from page 16*

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Friday, September 10, 9:00–11:00 a.m.  
Your Home

## Goodwill Pick-up

**Note: Signup deadline is noon, Wednesday, September 8**

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*

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Friday, September 10, 11:00 a.m.–12:00 noon.

## Virtual Event: LGBTQ Brain Health

We welcome anyone in the LGBTQ community impacted by dementia (caregivers, self, partner past or current, or anyone close to you). We plan to hold 6 weekly sessions on Fridays from 11am to 12pm. Learn, connect, and share resources. Join our interest meeting on Zoom on September 10, 2021.



To register, contact Samantha at [shenson@capitolhillvillage.org](mailto:shenson@capitolhillvillage.org) or call 202-543-1778 x106

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Monday, September 13, 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](mailto:vrahmansmith@capitolhillvillage.org) to discuss options.

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Tuesday, September 14, 11:00 a.m.–12 Noon

## Virtual Event: 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.)

*Members and volunteers.*

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Tuesday, September 14, 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 [ssoss@capitolhillvillage.org](mailto:ssoss@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.

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Tuesday, Sept. 14, 7:00–8:00 p.m.

## Virtual Event: Village Voices

**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 daredevil photographer; and Frances FitzGerald, a blueblood American intellectual. See story on page 6.



*Open to All*

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# September Events List *continued from page 17*

Wednesday, Sept. 15, 10:00 a.m.–12:15 p.m.

## Virtual Event: Healing Circles

See September 8 entry.

Thursday, September 16, 1:00–2:30 p.m.

Lockwood Apartments Conservatory, 1339 E St. SE

## Memoirs Affinity Group

See September 2 entry.

*Open to All*

Thursday, September 16, 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*

Friday, September 17, 11:00 a.m.–12:30 p.m.

## Virtual Event: Library from Home: Mango Languages

In our last Library from Home event for the summer, librarian Janna Tanner with walk through how to access and use [Mango Languages](#), a language learning app.



*Open to All*

Monday, September 20, 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 need to adjust for an extended COVID-19 season on-line: what changes if any should we make?

*Members and Volunteers.*

Monday, September 20, 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, September 21, 11:00 a.m.–1:00 p.m.

## Virtual Event: Purls of Wisdom

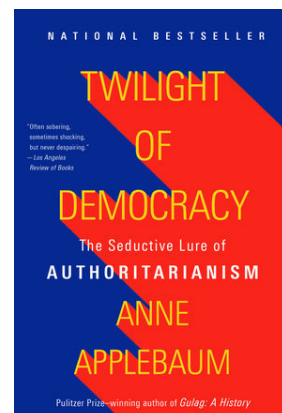
See September 9 entry.



Tuesday, September 21, 4:00–5:30 p.m.

## Virtual Event: Literary Club

This summer the Village Literary Club has demonstrated the range of its reading tastes: from a new book on reparations, to a 1970's novel about slavery, to the September book, Anne Applebaum's *The Twilight of Democracy; The Seductive Lure of Authoritarianism* (2020, 224 pp). In *Twilight*, Applebaum, a Pulitzer Prize winning historian and journalist who will be familiar to readers of the *Post* and the *Atlantic*, charts the decline of democracy in three countries: Poland, the UK, and the US (with some discussion of Hungary). Applebaum's book is a warning—her theme is



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## September Events List *continued from page 18*

how fragile democracy is and how its survival depends on the choices and decisions made by ordinary people. Ron Elving of NPR suggests that Applebaum's very readable book is "a better book to buy for useful information on what Trump's rise and rule really mean—here and abroad—for democracy in our time."

*Members and social members.*

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Wednesday, September 22, 9:00–11:00 a.m.

Capitol Hill Village, 1355 E St. SE

### Flu Vaccine Clinic

In partnership with Safeway, CHV will offer senior-dose flu vaccine. Registrants will be able to sign up for a specific time within the two-hour window. Capacity is limited.



*Members Only*

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Wednesday, Sept. 22, 10:00 a.m.–12:15 p.m.

### Virtual Event: Healing Circles

See September 8 entry.

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Thursday, Sept. 23, 2:00–4:00 p.m.

### Games and Puzzles

Labyrinth, 645 Pennsylvania Ave. SE

Join other CHV members and their friends for two hours of game-playing fun. The staff at Labyrinth will help us pick out new and familiar games. No serious games are played; we are there to have fun; no reservations required, just come.

(1) Participants must be vaccinated; (2) proof of vaccination is required; (3) masks are required.

*Open to All*

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Thursday, Sept. 23, 2:00 p.m.

### Virtual Event: Medical Alert Systems

There are so many companies and so many options. Landline or GPS? Fall detection? Necklace or wrist band? Who is called: a trained operator? your neighbor? an ambulance? What can an Apple watch do? Or is my cell phone enough? What do these things cost? And how fast can they get help to me in a real emergency? We have found someone who knows these systems but doesn't work for any of them. Dr. Richard Caro of Tech-enhanced Life will zoom

in from California and answer our questions. Sponsored by Foggy Bottom West End Village. [Find more info and register here.](#)

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Thursday, Sept. 23, 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

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Thursday, Friday, Saturday, Sept. 23–25

### Virtual Event: 2021 LGBTQ Symposium



On **Thursday**, join the kickoff event from 6:00–7:30 p.m.—an evening of fun and getting to know other attendees, speakers, and organizations involved in the Symposium. The kickoff will include fun activities, a raffle, and more!

On **Friday**, from 12 Noon–5:00 p.m. and on **Saturday** from 10:00 a.m.–2:00 p.m., take part in the Symposium, a free two-day virtual event sponsored by the DC Department of Aging and Community Living, Capitol Hill Village, and the DC Villages. This event is open to LGBTQ individuals and allies of all ages. You have the option of attending all or part of the symposium. Each day will include two health and wellness sessions, one panel, and a breakout session.

**The full schedule is at:** <https://capitolhillvillage.org/programs-advocacy/pride/lgbtq-symposium/>

**Register here for the Kickoff and Symposium:** <https://forms.gle/xuKTPBMnzSzv1fZ9>

Once you complete the registration form, you will be sent the official zoom links. If you have any questions, contact [ross@capitolhillvillage.org](mailto:ross@capitolhillvillage.org) or call 202-543-1778 x204.

*Open to All*

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# September/October Events List *continued from page 19*

Friday, Sept. 24, 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](http://thedccenter.org/aging) or [facebook.com/centeraging](https://www.facebook.com/centeraging).

*Open to All*

Tuesday, Sept. 28, 11:00 a.m.–12 Noon

## Virtual Event: 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)

*Members and Volunteers.*



Wednesday, Sept. 29, 10:00 a.m.–12:15 p.m.

## Virtual Event: Healing Circles

See September 8 entry.



Wednesday, Sept. 29, 2:00–3:30 p.m.

Lockwood Apartments Conservatory, 1339 E St. SE

## Member Orientation to CHV

Members looking to learn more about Capitol Hill Village will have an opportunity to meet the staff, learn about engagement opportunities, our Affinity Groups, and more!

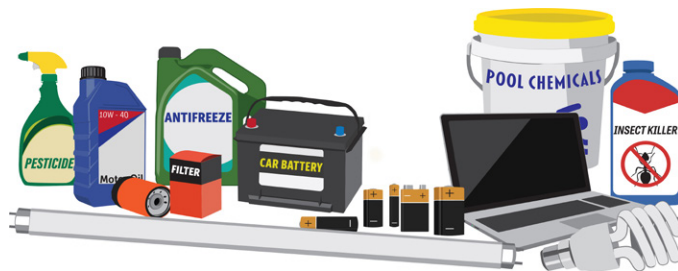
*Members and Social Members.*

Thursday, September 30, 1:30–3:00 p.m.

## Virtual Event: Antiracist Working Group

See Sept. 16 entry.

*Open to All*



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

Your Home

## Hazardous Waste & Personal Shredding Pick-up

**Note: Signup deadline is Thursday, September 30**

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. *Due to the increase in porch thefts, we recommend that you keep your papers in your house until the volunteer arrives and knocks at your door or calls. This is not a requirement, however.*

**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](mailto:info@capitolhillvillage.org).

*Members Only*

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# October Events List *continued from page 20*

Tuesday, Oct. 4, 7:00–8:00 p.m.

## Virtual Event: Village Voices



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.

*Open to All*

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Tuesday, Oct. 5, 11:00 a.m.–1:00 p.m.

## Virtual Event: Purls of Wisdom

See September 9 entry.



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Wednesday, Oct. 6, 10:00 a.m.–12:15 p.m.

## Virtual Event: Healing Circles

See September 8 entry.



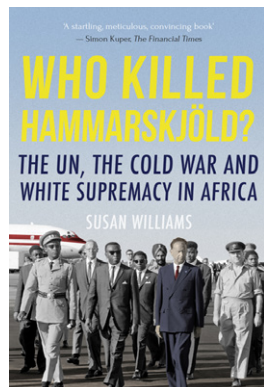
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Wednesday, Oct. 6, 6:00–7:30 p.m.

## Virtual Event: History & Biography

At the October meeting, we will discuss *Who Killed Dag Hammarskjöld?* by Susan Williams. Many of us remember his suspicious death in a plane crash, spurring the United Nations to open a lengthy investigation that is still not entirely closed. It's available as an e-book for \$7.15.

**Registration is required.**



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Thursday, Oct. 7, 9:00 a.m. (rain date: Oct. 8)

## Day-Trip to Solomons Island

Join the Travel Club for an outing to Solomons Island to visit the Annmarie Garden Sculpture Park and Calvert Marine Museum or take a short cruise on the Chesapeake Bay. See story on page 12.

*Open to All*



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Thursday, Oct. 7, 1:00–2:30 p.m.

Lockwood Apartments Conservatory, 1339 E St. SE

## Memoirs Affinity Group

See September 2 entry.

*Open to All*

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Thursday, Oct. 7, 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 [cross@capitolhillvillage.org](mailto:cross@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.

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Friday, Oct. 8, 9:00–11:00 a.m.

Your Home

## Goodwill Pick-up

**NOTE: Signup deadline is Noon, on Wednesday, Oct. 6**

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.*

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Monday, Oct. 11, 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,

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# October/Ongoing Events List *continued from page 21*

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](mailto:vrahmansmith@capitolhillvillage.org) to discuss options.

## 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. See the article on page 1 to learn how to join the Year-Round Walking Program and get a free water bottle holder.

*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](mailto:supportdesk@thedccenter.org) to get the Zoom link.

*Open to All*

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](mailto:pcromwell23@gmail.com)



*Members and volunteers. Registration required.*

Mondays, 2:00–3:00 p.m.

**\*No Session on September 6**

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.*

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*

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# Ongoing Events List *continued from page 22*

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*

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Tuesdays, 12 Noon–1:30 p.m.

## Virtual Event: Second Wind Chorus

**\*Resumes September 7**

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. We plan to sing this term, using a combination of online and in person rehearsals. Proof of vaccination is required as are masks during in person rehearsals. We will follow Covid-19 protocols which will enable us to continue to meet and rediscover the joy of music-making and performance .

For more information regarding our dates and location please visit our website at [www.secondwindchorusdc.com](http://www.secondwindchorusdc.com) or call Marsha Holliday at 202-544-2629

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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*

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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](mailto:justin@thedccenter.org).

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Saturdays, 8 a.m.–1:00 p.m.

## Fit and Wellness Senior Fitness

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



William Yates

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](mailto: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*

## 2021 LGBTQ Intergenerational Symposium

# Building Community

The Symposium is an annual two day virtual event bringing together generations of the LGBTQ community and allies to have fun, connect, and learn.

These two days will include panels, breakout discussions, and health and wellness sessions. This year we will explore topics such as community building, activism, allyship, ageism, and more!

**Register at:** [www.capitolhillvillage.org/programs-advocacy/pride/lgbtq-symposium/](http://www.capitolhillvillage.org/programs-advocacy/pride/lgbtq-symposium/)  
**or call 202-543-1778.** See page 19 for more info.

Our LGBTQ programs are funded by the DC Department of Aging and Community Living.

**Free and open to all.**

**Join us on Zoom:**  
Virtual kick off, Sept. 23 at 6pm;  
Day 1–Sept. 24, 12pm to 5pm; and  
Day 2–Sept. 25, 10am to 2pm.



Capitol Hill Village  
1355 E Street SE  
Washington, DC 20003