



VILLAGE NEWS



From left, Mike Grace, Enrique Gomez, Gene Butler, and Ann Grace prepare some of the 200,000 Soul Boxes for an exhibit on the National Mall Oct. 16-17. Soul Boxes is a national community art project calling attention to the victims of gun violence. See story on page 7 including how you can volunteer.

Don't be Caught Unprepared for a Medical Emergency

The recent experience of a Capitol Hill Village member, who is generally in good health, is a reminder that medical emergencies can occur at any time, that we should always be prepared, and that Capitol Hill Village is available to provide members with advice and assistance.

“On one of this summer’s high-heat days, I walked four blocks to the physical therapy office. I was exhausted when I arrived, and we had no sooner started when I began to feel TERRIBLE—they called EMS and then an ambulance, which took me to the hospital where I was for about 10 hours. The ambulance crew tested me to determine if I had suffered a stroke or heart attack. At the hospital, they tested me for



many things—x-ray of my lungs, cat scan, etc. The diagnosis was dehydration. At 1:00 a.m., I took a taxi home, which cost \$20 (including tip)—the therapist had lent me \$20, so I used that, but you can also use a credit card.

▶ continued on page 2

New President and Members for CHV Board

At its September meeting, the Capitol Hill Village Board welcomed two new members to three-year terms and elected officers for next year.



Rejoining the Board is **Angela Beckham**, a financial advisor at National Capital Financial Group and a Certified Financial Planner. Angela has been a

Capitol Hill resident since 1996, where she raised her three children. During her previous term on the CHV Board, she served as Treasurer. She and her husband John are active volunteers at St. Peter’s Church and she has served on the boards of several other local non-profits.

▶ continued on page 4

IN THIS ISSUE

Thanks to the Jeanne, Phil, and Meg Team, Our October Sponsor, p. 2
 From the Executive Director, p. 3
 From the Presidents, p. 4
 Why Age-Friendly DC Loves Villages, p. 5
 Village Voices: War Correspondents Overcome; More Voices Waiting to Be Heard, p. 6
 Bringing Soul to the National Mall; New CHV Antiracism Webpage, p. 7
 Passages, p. 8
 Theater Classes, p. 9
 Reiki Offered to CHV Members; Lunes, by Norm Metzger, p. 10
 Events are Virtual and In-Person, p. 11
 October/November Events, p. 11
 Ongoing Events, p. 18
 Help Us Get To 100!, p. 20 (back cover)

Don't be Caught Unprepared continued from page 1

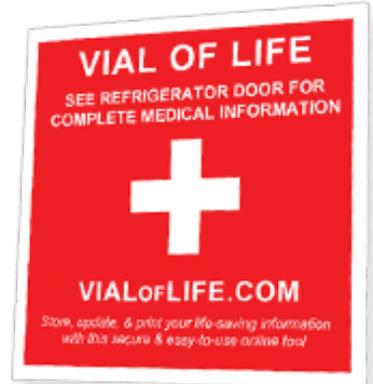
It was a harrowing experience—while waiting for the EMT, it crossed my mind that I might die, which is why I was so concerned about my cat alone in the house. I had not taken my phone with me, but the therapist called CHV to let them know that I was on my way to the hospital. It was wonderful to have CHV on the alert; the next day Samantha called me at home to see if I was okay and to assure me that they had learned about the cat from my physical therapist—if I had not come home, CHV would have come over to feed her.”

This experience reminds us of steps we can take to be ready for the unexpected:

- Keep your cell phone (and charger) with you all the time. If you end up in an emergency situation, you will be able to call Capitol Hill Village, neighbors, family, and others.
- It is a good idea for CHV to have a key to your house, and a list of your emergency contacts. (Use the Member Directory on Helpful Village.)
- Be sure you always take your wallet with you when you leave the house (even if you are just running an errand)

so that you will have money, identification, Medicare card, etc.

- Make sure there is always some food in your home so that in the event of an unexpected trip to the hospital, you will have food when you return home.
- The Vial of Life (also called the File of life) should be in a plastic bag on the refrigerator with the information suggested at: https://www.vialoflife.com/how_to_use_the_vial_of_life/. First responders should refer to it when they come to your home.



These are some initial steps you could take to plan for an emergency. Consult with Capitol Hill Village Care Services for more tips and suggestions specific to you.

JEANNE [REDACTED]
[REDACTED] PHIL [REDACTED]
[REDACTED] MEG

COMPASS

Many Thanks to Our October Sponsor.

As the pandemic continues we welcome partners to sponsor CHV for a month. Longtime supporters Jeanne Harrison, Phil Guire, and Meg Shapiro saw the need and immediately stepped up. Thank you!

Contact Phil Guire: (202) 255-8401

CAPITOL HILL VILLAGE

To reach us:

202-543-1778 (M–F, 9 a.m.–5 p.m.)

info@capitolhillvillage.org

<https://www.capitolhillvillage.org>

Capitol Hill Village
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Washington, DC 20003

Connect with CHV at:



To **unsubscribe**, please send an e-mail to unsubscribe@capitolhillvillage.org

To **become a member**, go to www.capitolhillvillage.org and click on “Join.” Dues can be paid online, or call the office at 202-543-1778.

To **support the Village**, go to www.capitolhillvillage.org and click on “Support/Donate.” Capitol Hill Village is a 501(c)3 charitable institution, and your gift is tax deductible. All donations are welcome!



CHV #55474

Capitol Hill Village Leaders

Judy Berman, *Executive Director*

Tama Duffy Day, *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 Rahmani-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

Serving Members in 2022



Judy Berman

Each month and season can have its own tempo, its own inflections. October used to feel like a groove, a flow that started once the school year evened out and found its rhythm. Now October signals the start of a new fiscal year, a date that looms with the anxiety of deadlines and closeouts and hard stops. Once the first of October has arrived, it's too late to look back or to fix anything. All you can do is look ahead.

So, look ahead I will. And I see a year flush with opportunity and possibility.

First, we will have support from the DC Department of Aging and Community Living to continue, for the third year, conducting Intergenerational LGBTQ programming. While for many of us, accepting those who experience gender and/or sexuality differently from ourselves is a non-issue, many of our LGBTQ peers are still fighting homophobia. Past experiences of discrimination and fear of being outed can make hiding oneself a habit, a practice that can be slow to change. And many of our senior-serving institutions—including many Villages—have not yet earned the trust of LGBTQ older adults so many remain isolated, unable to feel safe enough to be who they are. The work ahead for CHV and our collaborators at other DC Villages is to commit to policies and practices that help LGBTQ older adults feel safe and welcome. I love this work, and I'm grateful it's continuing.

I'm also excited about our Health Transportation Program. Like our other transportation programs funded by the U.S. Department of

Transportation, this takes us beyond our Capitol Hill boundaries. This one-time, 18-month grant was part of a COVID emergency allocation and was designed to eliminate transportation as a barrier to getting a COVID vaccine. More broadly, it enables us to provide transportation through ride shares or cabs to any older adult or adult with disabilities in DC who needs to get to a medical appointment or wellness activity. The program is designed so that all DC Villages can access it, and we partnered with Ward 6 Mutual Aid as well.

One of the benefits of this program to CHV is the insight it provides about gaps in health-related transportation in the District. We've learned that frequent users of health systems, like those who need dialysis several times a week, can run out of their Medicaid transportation allotment before the month is over, leaving them scrambling to reach this essential service. While Metro Access and other District-specific services can get people to appointments on time, they can leave people waiting hours for a ride home, turning a short doctor's appointment into a day-long affair. This information feeds into transportation advocacy, making us a more effective voice for improved transportation.

And speaking of advocacy, did you know that CHV is one of the most powerful community organizations on Capitol Hill? So says Larry Janezich, editor of Capitol Hill Corner, in his August 16 article about CHV. He's noticed that CHV's Advocacy Committee gets things done! They change the conversations they enter into and are dogged in their commitments. Next year, we're going to see new investments in the home healthcare workforce, investments that

▶ continued on page 4

Passing the Baton



Bruce Brennan

OK, a word before I go (I'm hard to shut up)... Of course, thanks are due all around: to Judy of great vision and unflagging energy, a staff always ready to help and go

the extra mile, to the members and volunteers so important to all we do, and to a very dedicated and talented Board — including the smart and dedicated new Board President Tama Duffy Day. I got to see Tama in action as she dealt with the build-out of our new office — and getting it through the regulatory maze at DCRA. Tama showed perseverance, dogged determination, attention to detail, unflappability in the face of new demands and changed situations, and commitment to the vision and goal. Tama also impressed the whole Board in other ways: listening carefully when facts and options were discussed, with a quiet but firm sense of what to do when decisions need to be made. And being willing to serve with a commitment to the Village. Maestro, a drum roll for Tama, please...



Tama Duffy Day

Hi, Tama here. Thank YOU, Bruce, for your leadership and joyful spirit. It is indeed an honor to have been elected as Board President and to continue in service to Capitol Hill Village. With a profession in the built environment, my career is focused on the impact of design on health. In the 80s, I was active in planning and designing spaces for Alzheimer's, adult day care, and behavioral health across the U.S. As my knowledge and career grew, I led large teams in designing significant replacement hospitals for clients like UCLA, the Mayo Clinic, Mass General, and Hopkins. I currently oversee the Health Sector at Gensler, a global design firm, with a focus on Senior Living, or "Silver" Living as I prefer it named.

I became a volunteer at the Village around 2008, when CHV operated out of the basement of Robert Sands' home on Seventh Street, just around the corner from our house. Both my husband, Michael, and I loved

our engagement with older adults in our neighborhood as we changed lightbulbs, drove members to doctor's appointments, delivered meals... every single person we met had such fantastic stories to share and it was through this volunteering I became passionate about being an advocate for older adults. Because I grew to know and love CHV due to volunteering, you will see my focus as President will be continuing robust volunteer engagements.

As a Board member, as Bruce mentioned, I took on the role of overseeing and designing CHV's move to E Street — from lease review and programming to permitting and punch lists. My team at Gensler delivered the construction documents, and throughout these past three years, I learned more and more about our organization by seeking to deliver a workplace that supported our vision and purpose. I look forward to meeting face-to-face or on the monthly virtual "coffee" chat, currently scheduled for October 27 at 9:00 a.m.

Serving Members in 2022 *continued from page 3*

are good for the workers AND the people they care for.

Perhaps most importantly, I'm looking forward in FY22 to getting each of you more engaged with the Village, whether through volunteering or asking for volunteer help (both are vital to who we are), designing or attending programs, or just sharing your thoughts and ideas, which helps us to be among



the most powerful and essential community organizations on Capitol Hill.

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 stating your name, email and phone number.

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

Why Age-Friendly DC Loves Villages

By Gail Kohn

Age-Friendly DC is a World Health Organization-inspired initiative to mobilize jurisdictions to make it easier to grow older. DC joined the WHO effort in 2013. From the Office of the Deputy Mayor for Health and Human Services, on behalf of the Mayor, I have coordinated the focus of DC government agencies and community organizations on making changes in DC.

Age-Friendly DC has been recognized worldwide for what has been accomplished in DC to transform DC for all as we age.

Check Out These Links to Our Notable Accomplishments:

- [Mobilizing the Block-by-Block Walk that led to DC's Department of Transportation focus on walkability and pedestrian safety](#)
- [Shining light on DC's Department of Health Care Finance to increase reimbursement for assisted living, which resulted in the opening of affordable residences with personal care assistance in Ward 8 and elsewhere](#)

- [Promoting training and hiring mature workers](#)
- [Increasing programming in multiple agencies for residents as the population ages](#)
- [Emphasizing emergency preparation focus on valuing the experience of our growing older population](#)
- [Advancing the importance of home modifications, notably through the DC Department of Aging and Community Living Safe at Home program and Village attention to home renovations before disabilities limit access](#)
- [Recognizing that community engagement leads to longevity and wellbeing](#)
- [Valuing intergenerational synergy, including staying on top of technological changes](#)
- [Shouting out the empowerment Villages bring to their neighborhoods](#)

As the founding Executive Director of Capitol Hill Village, I knew what you know: Villages bring neighbors together... and the network of Villages in DC have made a difference.



I am a member and a volunteer at Capitol Hill Village. I am also a contributor, including initiating the September CHV sponsorship by Age-Friendly DC. If you are reading this article, you are likely one or more: a CHV member, volunteer, contributor. We can congratulate one another, and spread the word that all ages can join us.

Capitol Hill Village is open to all. It was granted non-profit status without limits on what age had to be reached in order to qualify for membership. Within a month of its launch in 2007, Capitol Hill Village formed a fund to include members whose lower incomes made joining a challenge. From the start, CHV welcomed members who identified as LGBTQ.

CHV was the second Village to open in the United States. Look across the city and the nation now and see how many Villages there are. Capitol Hill Village is admired and has been replicated. THAT is Age-Friendly!

New President and Members for CHV Board *continued from page 1*



The newest Board member is **Bobbie Brinegar**. She has a Masters in Social Work from Barry University and recently returned to DC. She previously

served as Executive Director of OWL, The Older Women's League, a national nonpartisan nonprofit focused on improving the quality of life for mid-life and older women. She has also held executive positions with other bi-partisan, consensus-seeking

organizations focusing on voting issues in DC and in Florida.

The Board also elected officers who each serve a one-year term. Returning are Vice President **Michael Hash**, Treasurer **Maury Stern**, and Secretary **Ceci Albert**.

Tama Duffy Day was unanimously elected President, succeeding Bruce Brennan who declined a second term in light of his expected extended time away from the Hill. Tama is a long-time member and volunteer and has served several years on the Board. She recently led efforts in the design,

buildout (and permitting!) of the new CHV office. She is a principal and global leader of Gensler Senior Living Design, developing solutions for designing an age-inclusive world.

She is a member of Women in Healthcare and on the Mayor's Age-Friendly Task Force. Tama also advises the board of The CARITAS Project, the Healthcare Facilities Symposium, and Medical Construction & Design Magazine. She is one of the few design professionals inducted as a fellow into the American College of Healthcare Executives.

War Correspondents Overcome

It was not easy being—or even becoming—a female war correspondent during the Vietnam

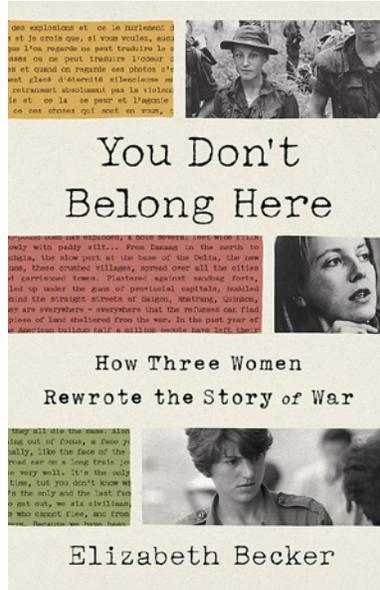


Elizabeth Becker

War, but three journalists profiled by author **Elizabeth Becker** overcame resistance from news organizations and fellow reporters. And, their presence changed the way war was covered.

In *You Don't Belong Here*, Becker profiles Australian Kate Webb; American Frances Fitzgerald; and French photographer Catherine Leroy. Becker, herself a distinguished journalist, covered the war in Cambodia during that time and knew all three women.

For all of them, getting a job covering the war was difficult—“researcher”



was generally the best that was offered. But, they benefitted from the refusal of President Johnson to declare it a war, so the rules against women covering combat were suspended, and once there, they took a different approach to covering the war. Leroy took

parachute lessons and jumped with the 173rd Airborne Division. Her male colleagues tried to get her thrown out of the country and at one point she lost her credentials. However, her photos—not the typical heroic pose—opened eyes to the real effect of war on the soldiers. Fitzgerald was not going to “write for the government,” and she looked at the war from the Vietnamese point of view, culminating in her own Pulitzer-prize winning book, *Fire in the Lake*. Webb was actually captured as a suspected spy (“she must be a spy; why would a woman do this?”).

The most common problem for the women, said Becker, was loneliness—there was no Band of Sisters.

Becker spoke at the September Village Voices program. Her talk is available on the Capitol Hill Village YouTube Channel. ([Click here to go to the video.](#))

More Voices Waiting to be Heard...

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

October 4: **Patsy Sims** has been following and reporting on the Ku



Klux Klan for over 40 years. She will reflect on the Klan and its impact on today's politics. Ms. Sims is author of *The Klan, Cleveland Benjamin's Dead, and Can Somebody Shout Amen!*. She co-authored the narration for *The Klan: A Legacy of Hate*, which was nominated for an Academy Award as the best Documentary Short in 1982.

As a journalist, Patsy worked for the *New Orleans States-Item*, *San Francisco Chronicle*, and *The Philadelphia Inquirer*. Her work has appeared in the *Texas Observer*, *Oxford American*, *The New York Times Book Review*, and most American newspapers. As an educator, she spent 13 years as the director of the MFA in creative nonfiction program at Goucher College, and she is editor of *Literary Nonfiction: Learning by Example*.

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 or at info@capitolhillvillage.org.

Bringing Soul to the National Mall

Capitol Hill Village members are known for their energy as volunteers. One initiative that has garnered support from members is the Soul Box Project, which will take place on the National Mall Oct. 16-17. More volunteers are needed.

The Soul Box Project, based in Portland, Oregon, is a national community art project, collecting hand-made origami Soul Boxes. Each box represents a person killed or injured by gunfire. To date, people around the country have sent almost 200,000 Soul Boxes to the project, representing three years of the U.S. gun-fire epidemic. By counting and honoring victims, offering healing participation to those seeking solace, and providing dramatic visual support for all, the initiative is working for a safer, more civil society. The Project hopes to create a cultural shift using the emotional power of art, much like the AIDS quilt was able to do.

The exhibit will be located between 7th and 14th Streets SW in front of the Smithsonian Castle. Visitors to the Mall exhibit will get a close view of more than 35,000 Soul Boxes personalized with names



and messages. The remaining Soul Boxes, representing victims whose names are not known, will be carried onto the site by volunteers in solemn processions at 10:00 a.m. on Saturday, Oct. 16 and 4:00 p.m. on Sunday, Oct. 17.

To help anytime between October 13 and 17, sign up at

<https://www.signupgenius.com/go/70A0A49A9A622A0F58-dc1>

To participate in a procession, sign up at: <https://www.signupgenius.com/go/70A0A49A9A622A0F58-dc>

More information about the project is at: <https://soulboxproject.org>.

CHV Creates Antiracism Webpage

The Capitol Hill Village Antiracism webpage is up and running. On this webpage, information is available about CHV's commitment to being an antiracist organization and the role of CHV leadership in working toward this goal. You can also learn about CHV's various antiracism programs, and how you can get involved.

The CHV Antiracism Webpage includes a resource guide with information about black-owned businesses, things you can do for

racial justice, racial justice related reading and video content, and more. For more information about CHV's antiracism programming, contact Samantha at 202-543-1778 x 106 or shenson@capitolhillvillage.org.

Check out the webpage at: <https://capitolhillvillage.org/antiracism/> (or by typing the link into your web browser) or go to www.capitolhillvillage.org, click "about" and then click "antiracism".

DC Gets another Area Code

Telephone customers living in Washington DC, will need to add their area code when they dial telephone numbers starting Oct. 9. That's because the DC Public Service Commission has approved the addition of a new 771 area code for the geographical area currently served by the 202 area code.

A notice sent to Verizon customers indicated the new area code is being added in order "to ensure a continuing supply of telephone numbers."

Passages

Robert Davis Ault passed away August 13 after a nine-year fight with Alzheimer's. A native of West Virginia,



Robert Davis Ault

Robert developed a love for golf early in life, and participated on the golf teams in high school and at West

Virginia University. Over a 32-year career, Robert served clients in areas of financial planning, personal income taxes, and retirement/estate planning. He began his career as a tax attorney at Price Waterhouse in Washington and later established his own law and tax consulting practice. Spanning three decades, Robert developed long lasting relationships and collaborations with many clients, including the Organization of American States, Pan American Health Organization, World Bank, and the Inter-American Development Bank. Possessing a kind heart, Robert listened attentively with an open mind, wasn't quick to pass judgment, and did not take life too seriously. His wry sense of humor and general *joie de vivre* was always turned on through an abiding gratitude mode.

His sense of optimism and acceptance was intact throughout the progression of his debilitating illness.

Robert married Vivian in 1989, and they lived on Capitol Hill for 31 years until his death. Together, they entertained with open arms. Vivian oversaw the cooking and Robert dutifully washed the dishes. Robert also loved dogs and together they enjoyed many years with two fun-loving Brittany Spaniels, first, Angler and later, Pêche.

Nearly a decade ago, a group of Villagers started a Mah Jong group. With the energy and enthusiasm she brought to everything, **Blanche Hirsch** jumped in. Members came and went over the years, but Blanche's zeal for the game never waned. She offered up her home and hospitality for us at least once a month. She spread a cloth on her huge German library table, placed trays of snacks within reach, had coffee and tea at the ready, and it was "Pung!" "Chow!" for two wonderful hours. When others hosted, Blanche and her trusty traveling oxygen tank (christened 'R2D2' by the group) rarely missed a game. When the Pandemic meant we couldn't gather in person, Blanche encouraged us all to see each other for



Blanche with one of her treasured brass rubbings. See the February 2018 CHV News for an article.

cocktails over Zoom. When we were all vaccinated and could be in the same room, we took up playing at the Hirsch home. As Blanche's health declined, the group set up a card table beside her bed so that she could continue to host her beloved game and enjoy having her circle of friends gathered around. Our last game together at Chez Hirsch was the week before her death.

As so often in life, it's only in retrospect that I truly appreciate how much Blanche's enthusiasm and dedication meant to our little group. Although the frailest member of our gathering, she was there through personal challenges including the loss of her husband of so many decades, Rudy. I know I speak for the members of the CHV Mah Jong Group when I say that Blanche's quirky smile, sharp wit, and unfailingly gracious heart helped make us such a wonderfully caring and warm group.

By Patrick Hamilton

Katya Hoppe was a frequent presence in the Capitol Hill Village Office, and



Katya (right) hand-dancing with Stanice Anderson in 2019.

it was hard to not be aware of her presence with her humor, smiles, and interest in people. A retired mental health

Remembering Linda Norton



Linda's funeral will be held on Saturday, October 16 at 11 am at Christ Church, 620 G Street SE with a reception and interment to follow. Masks will be required.

Those not attending in person may watch the service online by logging onto the Christ Church website (<https://washingtonparish.org/watch>).

▶ continued on page 9

Passages *continued from page 8*

nurse, Katya was interested in reducing social isolation, and she spoke on Hill Havurah Rabbi Hannah Spiro's podcast about her own struggles with social isolation and the work she was doing to help organize telephone trees and to reach out to Havurah and CHV members to check in on their well-being. Katya was one of the organizers of the popular CHV Hand Dancing sessions, and she delighted in organizing presentations by the dancers at CHV events. She was always right in the middle demonstrating her own moves and encouraging others to join in.

Margot Kelly passed away September 2. While gardening, she had been bitten by a mosquito infected with the West Nile Virus. Born in Germany, Margot had what she considered an idyllic childhood accompanying her parents

throughout central Europe where she was introduced to theatre, art, grand opera, and alpine skiing, all of which became life-long interests. In Berlin, she witnessed the rise of Hitler and the Nazis and experienced the deprivations of World War II, but after the Allies took over the city, she was hired as a translator for the U.S. Army Air Corps. In 1950, she got a job in the new West German Embassy in Washington and immediately took to the city.

She attracted the attention of realtor Millicent Chatel, which led to a successful career in real estate on



Margot Kelly

Capitol Hill. Margot established the Marine Barracks Business Alliance to support beautification and other projects, and in 1999, received a Capitol Hill Community Achievement Award.

There will be a Celebration of Life for Margot at Arena Stage, 1101 Sixth St. SW, on Wednesday, Oct. 27, at 5:30 p.m. In lieu of flowers, her family requests donations in her name to Capitol Hill Village and the Rehoboth Art League.

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



Happy
Grandparents
Day!

CHV Volunteers made a delightful array of cookies to help celebrate Grandparents Day 2021. Members were encouraged to come by the CHV Office to celebrate the occasion, and some received a delivery to their doorsteps. It was a beautiful day for a gathering, and we hope that in future years we can have more activities in honor of the day.

Virtual Classes for Theater Lovers Theater J

Explore how theater is made with award-winning artists and fellow theater lovers. Get *From Script to Stage* with Adam Immerwahr and Kevin Place. Learn *How Comedy Works* from Holly Twyford. Find out Naomi Jacobson's process for *Becoming Dr. Ruth*. And get the rare treat of being *Inside the Rehearsal Room* with José Carrasquillo.

Go to <https://theaterj.org/classes-for-theater-lovers/> or call (202)777-3210 for more information and registration. **Enter the code VILLAGES online for a 20% discount or mention it to the box office.** Hurry, classes are filling up, and registration ends soon!

Reiki Offered to CHV Members

Capitol Hill Village has an experienced Reiki Master among its members—Shirley Loo, who worked through the three levels of training to become a Reiki Master.

As a volunteer at the George Washington University Hospital, Shirley provided Reiki to hundreds of patients, family members, and hospital staff in a first-of-its-kind hospital-based Reiki program.

Reiki, which means “Universal Live Energy” in Japanese, is a non-invasive therapy that promotes the body’s own

healing ability and is based on the idea that all humans have energy fields, or life forces, that keep us alive. Physical, mental, and emotional issues may result if this energy is low or becomes blocked. The purpose of Reiki is to balance these energy fields and ensure energy is flowing as it should.

During a Reiki session, the client sits in a comfortable chair or lies on a table, fully clothed. The practitioner will place their hands lightly on or over specific areas of the client’s head, limbs, and torso. They will typically

keep their hands in these positions for several minutes. If there is a particular injury, such as a burn, the practitioner will hold their hands just above the wound.

Shirley is planning to offer Reiki sessions at the CHV office on Tuesdays starting in October (except October 5). Each session will last about 15 minutes. Sign up on the on-line CHV calendar. Those requesting an appointment should be fully vaccinated for COVID-19 and should wear a mask.

Lunes, by Norm Metzger

Scooters

Jump Bird
Matters Not
Walkers Look Behind



Hine

Pillars Leaning In
Tall Windows
Bracing Themselves



CHV Events are Both Virtual and In-Person

The CHV pandemic policy is at <https://capitolhillvillage.org/pandemic-policy-update-april-2021/>. 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>.

October Events List

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

Virtual Event: Antiracism Working Group

This group is the programmatic arm of CHV's antiracism 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

► continued on page 12

October Events *continued from page 11*

Friday, October 1, 11:00 a.m.–12 Noon ***New!**

Virtual Event: LGBTQ Brain Health Support Group

Learn, connect, share resources. We welcome anyone in the LGBTQ community impacted by dementia (caregivers, self, partner, pastor, or anyone close to you). We will hold weekly sessions on Fridays from September 10th through October 15.



To register, contact Samantha at shenson@capitolhillvillage.org or call 202-543-1778 x106.

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, check stubs, etc.) should be put in paper sacks or cardboard boxes. These will be shredded at the 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.

Members Only.

Monday, October 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. See story on page 6.

Open to All

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

Virtual Event: Purls of Wisdom

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



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

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

Virtual Event: Healing Circles

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. *This is the last session of the current series.*

This group is led by Marilyn Goldberg. For more information, contact Marilyn at goldberg@umbc.edu.

► continued on page 13

October Events *continued from page 12*

Wednesday, October 6, 3:00–4:00 p.m.

Virtual Event: Collaborate on Laughter: Improv with Washington 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.

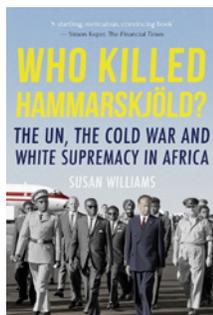
Washington Improv Theater's improv workshops are high-fun, low-stress classes designed to show you how improvisers create spontaneous, off-the-cuff theater. Our enthusiastic and friendly instructors work to make sure everyone is able to participate in a playful and trusting atmosphere. You don't need theater experience. You don't need to be a "funny person." Just come in 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.

Open to All

Wednesday, October 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.

Thursday, October 7, 9:00 a.m. (rain date: October 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. Lunch will occur in Annmarie's covered pavillion (\$22). After lunch, visit the Calvert Marine Museum or board the Wm. B. Tension, constructed in 1899, now the oldest Coast Guard licensed vessel on the Chesapeake Bay. Dr. Peter Goodwin, director of the Chesapeake Biological Laboratory, will brief us on the work of the CBL, located where the Patuxent River meets the Chesapeake Bay.



Entry fees: \$5 for the Garden, \$7 for the Museum, and \$7 for the cruise. Please bring cash. If you need assistance with the fees or need a ride, please contact the CHV Office.

Open to All

Friday, October 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.

Friday, October 8, 11:00 a.m.–12 Noon ***New!**



Virtual Event: LGBTQ Brain Health Support Group

See the October 1 listing.

► continued on page 14

October Events *continued from page 13*

Monday, October 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, 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, October 12, 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, October 13, 11:00 a.m.–12 Noon

Virtual Event: Basic Medicare and Medicare Advantage Plans

Hosted by Palisades Village and presented by MaryAnn Griffin, who has had a long career in senior-level positions in a variety of healthcare settings, including hospice, home health, acute care, and managing physician practices. Five years ago, she retired as the Division Director of Aging and Adult Services for the City of Alexandria. Recognizing the enormity and complexity of healthcare issues seniors face, she started her private practice, Griffin



Healthcare Solutions, to enable her to work one-on-one with clients who need help with Medicare, using their Long-Term Care insurance, and making healthcare decisions. MaryAnn will share her vast knowledge and experience with us over the next several months in a series of workshops, “Protecting Your Most Valuable Asset, Your Health.”

Register here: [Basic Medicare and What You Need to Know about the Medicare Advantage Plans](#)

Members and Volunteers

Wednesday, October 13, 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, October 13, 2:00 p.m.

Virtual Event: Falls Prevention Class

Foggy Bottom West End Village resumes its popular 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. [Find more info and register here.](#) (Click on Event calendar)

Thursday, October 14, 1:00–2:30 p.m.

Virtual Event: Memoirs Affinity Group

See the September 30 listing.

Open to All

Thursday, October 14, 1:30–3:00 p.m.

Virtual Event: Antiracism Working Group

See the September 30 listing.

Open to All

► continued on page 15

October Events *continued from page 14*

Thursday, October 14, 2:00–4:00 p.m.
Labyrinth, 645 Pennsylvania Ave. SE

Games and Puzzles

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

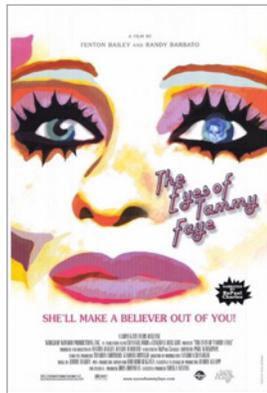
Thursday, October 14, 6:00–7:30 p.m.

Virtual Event: Cinephiles

Participants will discuss as many of the following films they are able to see: *Worth* (Netflix); *In the Same Breath* (HBO); *Language Lessons* (E Street Cinema); *The Card Counter* (E Street); *The Eyes of Tammy Faye* (E Street); *Dear Evan Hanson* (E Street).

Some of these are at other theatres and/or may go virtual.

Members and Social Members.



Friday, October 15, 11:00 a.m.–12 Noon ***New!**

Virtual Event: LGBTQ Brain Health Support Group

See the Oct. 1 listing. This is the last meeting of the pilot.

Saturday, Oct. 16, 9:00 a.m.

Urban Walkers

Check the CHV calendar for meeting place and walking route.

Open to All

Monday, October 18, 1:00–2:00 p.m.

Virtual Event: Wyze Guyz

We will discuss the essay, “A Professor Battles the Surveillance Machine” (*Washington Post*, Sept. 19: G1, G3), to be distributed to all members of the Wyze Guyz e-mail list and any other Village member who signs up.

Members and Volunteers

Monday, October 18, 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, October 19, 11:00 a.m.–1:00 p.m.

Virtual Event: Purls of Wisdom

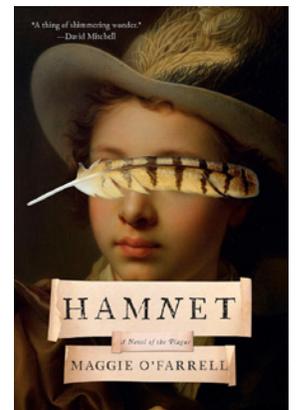
See the October 5 listing.



Tuesday, October 19, 4:00–5:30 p.m.

Virtual Event: Literary Club

In October, the Village Literary Club will read *Hamnet: A Novel of the Plague* by Irish writer Maggie O’Farrell (2020, 284 pp). Set in an England beset by the bubonic plague, *Hamnet* is a fictional exploration of the death of Shakespeare’s 11-year-old son, *Hamnet*. Centered on the child’s mother, the novel is about marriage, about grief and guilt, and about the possible connection between the child’s death and the creation of *Hamlet*, written four years later. Critics praise the depth of O’Farrell’s research, the “poetic cadence” of her prose, and the vividness of her descriptions of everyday life in a 16th Century English village. *Hamnet* was one of *The New York Times* «10 Best Books of 2020,» and it won the National Book Critics Award for Fiction.



Members and social members

► continued on page 16

October/November Events *continued from page 15*

Wednesday, Oct. 20, 3:00–4:00 p.m.

Virtual Event: Collaborate on Laughter: Improv with Washington Improv Theater

See the October 6 listing.

Thursday, October 21, 1:30–3:00 p.m.

Virtual Event: Antiracism Reading Group

The group will discuss *White Fragility*, by Robin DiAngelo.

Open to All

Friday, October 22, 12:00–2:00 p.m.

Virtual Event: DC Center for LGBTQ Community Lunch

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

Open to All

Tuesday, October 26, 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, October 27, 9:00–9:30 a.m.

Virtual Event: Coffee Chat with Tama and Judy

Join CHV Board President **Tama Duffy Day** and Executive Director **Judy Berman** for a monthly coffee chat. Guests are welcome to bring a specific question or issue, or just come to visit. We look forward to seeing you! Space is limited, register to attend.



Wednesday, October 27, 3:00–4:00 p.m.

Virtual Event: Collaborate on Laughter: Improv with Washington Improv Theater

See the October 6 listing.

Thursday, October 28, 1:00–2:30 p.m.

Virtual Event: Memoirs Affinity Group

See the September 30 listing.

Open to All

Thursday, October 28, 1:30–3:00 p.m.

Virtual Event: Antiracism Working Group

See the September 30 listing.

Open to All

Thursday, October 28, 2:00–4:00 p.m.

Games and Puzzles

Labyrinth, 645 Pennsylvania Ave. SE

See the October 14 listing.

Open to All

Thursday, October 28, 3:00–4:00 p.m. **Peer Leader Sought*

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

If you, or someone you know, is living with Parkinson's and may be interested in leading this group, please let the CHV Care Services staff know; no prior experience leading groups is required.

Open to All

Tuesday, November 2, 11:00 a.m.–1:00 p.m.

Virtual Event: Purls of Wisdom

See the October 5 listing.



Wednesday, Nov. 3, 3:00–4:00 p.m.

Virtual Event: Collaborate on Laughter: Improv with Washington Improv Theater

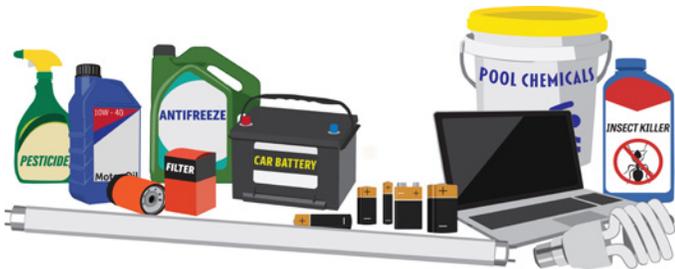
See the October 6 listing.

► continued on page 17

November Events *continued from page 16*

Saturday, November 6, Starting at 9:00 a.m.
Your Home

Hazardous Waste & Personal Shredding Pick-up



Note: Signup deadline is Thursday, November 4

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

Personal papers (medical records, financial statements, utility bills, old check stubs, etc.) should be put in paper sacks or cardboard boxes. These will be shredded at the 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.

Members Only

Monday, November 8, 2:00–3:00 p.m.

Virtual Event: Family Caregivers Meetup

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

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

Monday, November 8, 7:00–8:00 p.m.

Virtual Event: Village Voices



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. See story on page 6.

Open to All

Tuesday, November 9, 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, November 10, 11:00 a.m.–12 Noon

Virtual Event: Taking Charge of Your Healthcare Decisions in Advance

Who will decide if you cannot? *Hosted by Palisades Village and presented by MaryAnn Griffin*, who has had a long career in senior-level positions in a variety of healthcare

▶ continued on page 18

November Events *continued from page 17*

settings, including hospice, home health, acute care, and managing physician practices. Five years ago, she retired as the Division Director of Aging and Adult Services for the City of Alexandria. Recognizing the enormity and complexity of healthcare issues seniors face she started her private practice, Griffin Healthcare Solutions to enable her to work one-on-one with clients who need help with Medicare, using their Long-Term Care insurance, and making healthcare decisions.



Register here: [Taking Charge of your Healthcare Decisions in Advance - Who Will Decide if You Cannot?](#)

Wednesday, November 10, 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, November 10, 3:00–4:00 p.m.

Virtual Event: Collaborate on Laughter: Improv with Washington Improv Theater

See the October 6 listing.

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 LGBT Community—Coffee Hour

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

Mondays, 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, across North Carolina Ave. from 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

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

► continued on page 19

Ongoing Events *continued from page 18*

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

Qigong

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



Open to All

Tuesdays, 12 Noon–1:30 p.m.

Virtual Event: Second Wind Chorus

Second Wind is a community chorus that has enjoyed making music together for over a decade on Capitol Hill. Members have varied backgrounds in music and welcome anyone who loves to sing and wishes to join the chorus. We plan to sing in person this term, requiring proof of vaccination and following 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, visit our website at www.secondwindchorusdc.com or call Marsha Holliday at 202-544-2629.

Wednesdays, 12 Noon–1:00 p.m.

Virtual Event: Meditation Hour

Patrick Hamilton will guide simple exercises, that alone or in combination can help break the cycle of mental stress we experience and can be incorporated easily into your daily schedule. Patrick is a member of the Washington Buddhist Vihara and Bhavana Forest Monastery and Retreat Center in West Virginia.

Open to All

Fridays, 2:00–3:30 p.m.

Virtual Event: DC Center for LGBTQ Community—Tea Time

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

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 Noon **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



William Yates

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

Where to Find All the News from CHV:

Website: www.capitolhillvillage.org

Monthly CHV News: [CHV News Archive](#)

Corona Virus Hub: [CHV COVID-19 Hub](#)

CHV Connections: Emailed each Wednesday

Weekly News and Events (members only): Emailed each Sunday

Follow CHV on [Facebook](#) and [Instagram](#)

View CHV Videos on [YouTube](#)

Help Us Get To 100...

Photos, that is. We want to fill some empty walls at the CHV office with a colorful photo gallery of the faces of Capitol Hill Village.

Here are four ways you can help us reach 100 photos (or more!) by the end of October:

- Drop off a framed or unframed photo of you—from anytime in your life—at the CHV office. Label the back of it (a sticky note will do) so we know who's in the photo, which can include family members, fellow Villagers, famous people, whatever. If it's framed, any style frame suitable for hanging—from 5 × 7 to 11 × 14—will work. *Please note: your photos will not be returned.*
- Email a digital photo to Deborah Hanlon at deborah131244@

[yahoo.com](mailto:deborah131244@yahoo.com) with instructions, if needed; e.g., to crop out something or someone.

- Do you have an interesting group photo from a CHV event or activity? Drop that off at the CHV office, 1355 E St. SE, or email a digital print to Deborah Hanlon at deborah131244@yahoo.com. We might be able to use it.
- Do you have unused picture frames? We'd love to have them—any size. Just drop them off at the CHV office.

If you are unable to bring your frame donation or photo to the office, call CHV and request that a volunteer pick it up.

Questions? Call 202-543-1778 or email CHV at info@



capitolhillvillage.org with “photo gallery volunteers” on the subject line.

We hope to see many of your smiling faces on our wall!



Capitol Hill Village
1355 E Street SE
Washington, DC 20003