



2021 LGBTQ Intergenerational Symposium

Building Community

A virtual symposium that centers the experiences and voices of LGBTQ community members across ages.

Kickoff: Thursday, September 23, at 6pm

Day One: Friday, September 24, 12pm to 5pm

Day Two: Saturday, September 25, 10am to 2pm





2021 LGBTQ INTERGENERATIONAL SYMPOSIUM

Welcome!

Thank you for joining us for this year's LGBTQ Intergenerational Symposium! We are thrilled to provide two days full of virtual conversations, education, and fun. This year's Symposium theme is Building Community, a topic which has significance for all of us—especially as we continue to experience the COVID-19 pandemic.

Whether this is your first event or you're a seasoned regular—we are glad to have you here with us. Thank you for taking the time to have important conversations, educate yourself, and strengthen our community. Of course, the conversation does not have to stop once the Symposium does. Over the last year, we have hosted monthly programming and have been able to provide educational and social events focused on the LGBTQ community. We cannot wait to bring you even more exciting programs and opportunities to create intergenerational connections.

There are a number of folks we want to thank for helping make the 2021 Symposium happen. Thank you to the members of the Capitol Hill Village LGBT Leadership Team for your advisement. Thank you to the DC Department of Aging and Community Living, Seabury Resources for Aging, the DC Center, and the Mayor's Office for LGBTQA Affairs for sharing your time and resources with us.



About Capitol Hill Village

Capitol Hill Village was established in 2007 and is one of 74 Villages in the DC, Maryland, and Virginia area. Capitol Hill Village is a member-driven, volunteer-based local organization that engages neighbors to build a vibrant, inclusive and age friendly community that empowers everyone to thrive and live meaningful, purposeful lives.

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Community Organizations

The DC Center for the LGBT Community

The DC Center for the LGBT Community educates,

empowers, celebrates, and connects the lesbian, gay, bisexual, and transgender communities. To fulfill our mission, we focus on four core areas: health and wellness, arts & culture, social & peer support, and advocacy and community building. Learn more at <https://thedccenter.org/> or call 202-682-2245.

The DC Center for the LGBT Community is located at: 2000 14th Street NW, Suite 105, Washington, DC 20009



The Mayor's Office of LGBTQ Affairs

The mission of the Mayor's Office of LGBTQ Affairs is to address the important concerns of the District's lesbian, gay, bisexual, transgender, and questioning residents through empowering young LGBTQ community leaders, removing barriers for LGBTQ business owners, building a cohesive LGBTQ community across all eight wards, and providing resources for at-risk LGBTQ populations. Learn more at <https://communityaffairs.dc.gov/molgbtqa>.



DC Department of Aging and Community Living (DACL)

The mission of the DC Department of Aging and Community Living is to advocate, plan, implement, and monitor programs in health, education, and social services which promote longevity, independence, dignity, and choice for the city's older adults (ages 60 years or older), people living with disabilities (ages 18-59 years), and caregivers. Learn more at www.dacl.dc.gov.



Seabury Resources for Aging

Seabury Resources for Aging's mission is to provide personalized, affordable services and housing options to help older adults in the greater

Washington, DC area live with independence and dignity. Through transportation, housing, volunteer services, and more, Seabury Resources for Aging supports older adults and people with disabilities of all sexual and gender identities and expressions.

Seabury's Out and About program connects DC LGBTQ older adults through wellness programs, cultural events and conversations designed to address the concerns within the community. It is our mission to better understand the growing needs of LGBTQ older adults through listening, creating, and delivering programming with sensitivity, knowledge, and pride. Learn more at <https://www.seaburyresources.org/lgbtq-programs>.

Seabury Resources for Aging®



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Kickoff
Schedule:
Thursday,
September 23

- 5:45 - 6:00 pm **Login, Music, and Slide Show**
- 6:00 pm **Welcome!**
- 6:10 - 6:30 pm **Human Bingo and Gift Card Raffle**
- 6:30 - 7:30 pm **District Community Playback Performance**

District Community Playback

Playback Theatre is interactive improvisational theatre that retells shared stories through movement, dance and acting in the moment with spontaneity. It consists of 4 to 5 actors, a musician and a conductor/MC. The conductor/MC is the connector between the audience and the actors. He/she/they elicits stories from the audience and manages the flow between actors and audience members.

Learn more at <https://districtcommunityplayback.weebly.com/>.



Photo: DACL

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Day One
Schedule
Friday,
September 23

11:45 – 12:00 pm **Login, Music, and Slide Show**

12:00 – 12:15 pm **Welcome to Day One!**

12:15 – 12:45 pm **Health and Wellness Session 1: Setting Intentions and Checking In**

Take the time to check in with yourself through a guided meditation/breathwork session, lead by J Sheffield.

12:50 – 1:40 pm **Get Informed: Virtual Resource Session**

Hear from representatives from local organizations such as the DC Department of Aging and Community Living, Seabury Resources for Aging, the DC Center for the LGBT Community, and the Mayor's Office for LGBTQ Affairs! During this virtual session, attendees will be able to ask questions and get resources.

1:40 – 1:50 pm **Break**

1:50 – 2:50 pm **Panel: Building Community, Featuring Dr. Imani Woody, Jules Losee, and Leo M. Sanchez**

Community building has been essential for many LGBTQ individuals, this panel highlights the personal experiences and perspectives of LGBTQ community members of different ages. Focusing on the role of community, significance of intergenerational relationships, and actions we can take to build community.

2:50 – 3:20 pm **Break/Lunch**

3:25 – 4:40 pm **Breakout Sessions**

Group 1 – Allyship to the LGBTQ Community, led by Clare Madrigal. This session will focus on what it means to be a LGBTQ ally, actions participants can take in their own lives, and the role of allyship in building community.

Group 2 – Advocacy and Activism, led by George Kerr III. This session will focus on the role advocacy and activism plays in the lives of LGBTQ individuals, key issues, the power of advocacy and activism, and the role activism and advocacy play in building community.

Group 3 – Allyship to LGBTQ Caribbean and Caribbean Americans. Facilitated by the Founder and Executive Director of the Caribbean Equality Project, **Mohamed Q. Amin**, this session will focus on the experiences of LGBTQ Caribbean and Caribbean Americans; the impact and role of systemic forces on their lives; and what allyship looks like.

4:40 – 5:00 pm **Health and Wellness Session 2: Create A Moment For Yourself**
Reignbeaux will lead a breath and body scan that centers ourselves. We will create space for participants to engage with the present and themselves. Our goal is to create space that centers this moment. Reignbeaux will also share a quick and easy tea recipe to calm the mind/body.

5:00 pm **Wrap Up Day One**

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Day Two Schedule Saturday, September 25

9:45 - 10:00 am **Login, Music, and Slide Show**

10:00 - 10:10 am **Welcome to Day Two!**

10:15 - 10:45 am **Health and Wellness Session 3, with Peter DiMuro.**

Embrace the day both physically and mentally with Peter. This session will exercise our minds and bodies intentionally, focusing on preparing ourselves for a day full of significant conversations.

10:45 - 11:45 am **Panel: Coping Strategies with Social Isolation, featuring Samantha Henson and Len Bechtel**

Social isolation can affect individuals of all ages. This panel will highlight the professional experiences of Village staff who have worked with LGBTQ community members. Focusing on the role of community, resources, and other tools to manage social isolation.

11:45 - 12:15 pm **Break/Lunch**

12:15 - 1:30 pm **Breakout Sessions**

Group 1 – Pride and Purpose, led by Kai Walther. Understanding and embracing one's self identity can be a life long journey. This session will focus on why understanding one's self and passions is important; can be used as tools; and play a role in building community.

Group 2 – Ageism: Wellness Guide to Healthy Aging, led by Kirstan Fuller. This session will discuss how ageism influences essential aspects of our lives such as nutrition, housing, caregiving, and mental health. Focusing on why it is important to challenge ageist beliefs and how we can ensure ageism is helpful and healthy for the community.

Group 3 – Media Portrayal, led by Wes Morrison. The media has played a significant role in how LGBTQ individuals are perceived. This session will discuss LGBTQ representation in different forms of media, change over time, and the role the media plays in community building.

1:30 - 1:50 pm **Health and Wellness Session 4**

1:50 - 2:00 pm **Wrap Up of Day Two**



Photos: DACL

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Panelists and Session Leaders

J Sheffield, They/Them



J Sheffield is a white, queer, non-binary bodyworker offering consent-based, in-person massage therapy at Freed Bodyworks, and virtual sessions on breathwork, movement, and touch. J's practice has been influenced by their work addressing white supremacy and trans competency at work, at home, and in community, and by the need they witness for community care in grassroots organizing spaces and non-profits. Their bodywork practice offers care focused on anxiety, depression, trauma, and gender-affirming surgeries and physical changes.

Social Media

Youtube at Bodywork With J

Facebook at Bodywork with J

Instagram at bodywork_with_j

Contact J at: bodyworkwithj@gmail.com or check out <https://www.bodyworkwithj.com/>

Dr. Imani Woody, She/Her



Dr. Imani Woody is president and CEO of Mary's House for Older Adults. A not-for-profit organization with the vision and commitment to serve LGBTQ/SGL elders experiencing housing insecurity and isolation. She has spoken out locally and nationally about LGBTQ/SGL individuals, aging and the specific jeopardies that LGBTQ/SGL elders of color face as they age. Dr. Woody has been an advocate of women, people of color and LGBTQ people for more than 25 years. Dr. Woody has a PhD in Human Services specializing in Management of Nonprofit agencies, holds a Master of Human Services degree from Lincoln University, and is a graduate of Georgetown University's Paralegal Program.

Contact Dr. Woody at: drimani@maryshousedc.org or check out <https://www.maryshousedc.org/>

Jules Losee, They/Them



Jules Losee is an undergraduate student at American University pursuing a bachelor's degree in American Studies and Communications Studies. While living in Washington DC, they have interned with the United Planning Organization and worked with American University's Humanities Truck on a mobile museum exhibit about AIDS activism in the District. Outside of their studies, Jules devotes their time to hiking, painting, and community action.

Contact Jules at: 518-929-8846 or jules.losee@gmail.com

Leo M. Sanchez, He/Him



Leo M. Sanchez is a Board Member of the Mt. Pleasant Village since last year, and has been a resident of Mt. Pleasant since 1996. He has served as the Cluster Coordinator of the Bancroft Cluster for about two years.

Sanchez retired from Federal Service in 2016. Aside from the Yoga practice with Past Tense (neighborhood yoga studio) Sanchez is an avid swimmer. He also volunteers to help in the gardens of the Hillwood Estate Museum and Gardens. He initially volunteered there to collect required service hours to become a Certified Master Gardener (2016). That experience led him to later become a Garden Docent at the Estate. Sanchez is a Cancer survivor (Twice) of Lymphoma.

Mx. Clare Madrigal, She/Her/Any



Clare has been an Emergency Room nurse for 15 years, and serves as the LGBTQ+ Resource Nurse for two Johns Hopkins Medicine hospitals. In this role, Clare provides LGBTQ+ health education for staff, community outreach and advocacy for patients, as well as employees. Clare is also owner of REACH: Rainbow Education And Consulting for Health, LLC. Mx. Madrigal provides LGBTQ+ health training for organizations, private practices and

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businesses. Certified in Plant-Based Nutrition, Clare assists with diet and lifestyle changes.

Contact Clare at: Vegan4Life2014@gmail.com

George Kerr III, He/Him



I am committed to educating, training, advocating and collaborating for social justice through harm reduction. I have a long and committed history of effectively working with some of the District's most prominent health service providers and have motivated hundreds of individuals to advocate

for those who the stigma of HIV and substance abuse has silenced. I believe that TOGETHER, we can build a healthier community.

Contact George at: 202-978-0517 or George@GIIIAssociates.com

Mohamed Q. Amin, He/Him



Mohamed Q. Amin is an Indo-Caribbean, Queer, and Muslim immigrant rights activist, a native of Guyana, who currently resides in Richmond Hill, Queens NY. Amin is a survivor of anti-LGBTQ hate violence, a cultural producer, and the founder and executive director of the

Caribbean Equality Project, a non-profit organization that advocates for Caribbean LGBTQ+ voices in New York City. His transnational advocacy and community organizing are rooted in gender equity, racial justice, dismantling and decolonizing systems of oppression, healing, and ending anti-LGBTQ hate violence in the Caribbean diaspora.

Connect with Amin on Facebook, Twitter, and Instagram @MohamedQAmin.

Learn more about the Caribbean Equality Project at www.CaribbeanEqualityProject.org

Reignbeaux Cuahuitl, They/Elle



Reignbeaux is a Two-Spirit/Indigiqueer DC-based Farmer & founder of Sovereign EarthWorks. They operate a decentralized farming operation across DC that feeds QTBIPOC folx in the city for free. They are a certified Herbalist + EarthWorker who is committed to decolonizing/deconstructing systems of oppression.

Learn More About Sovereign EarthWorks At: <https://sovereignearthworks.org/>

Peter DiMuro, He/Him



Peter DiMuro is a choreographer, director, performer. He was Artistic Director of Liz Lerman Dance Exchange, touring internationally and working within the widest range of places - rural to urban - and within diverse communities of all kinds. His work within his own LGBTQ+

community began with his first dances made at the height of the AIDS crisis, and continues today with "Stones to Rainbows: Gay to Queer Lives" a multi-media installation premiering in the Boston area this fall. By day, he is the Executive Artistic Director of The Dance Complex in Cambridge, MA.

Contact Peter at: 202-905-4662 or peterdimuro@gmail.com. Learn More About Stones To Rainbows at: <https://www.stonestorainbows.com/>.

Samantha Henson, LICSW, She/Her



Samantha is a licensed social worker and previously worked with older adults in community and residential spaces, individuals with disabilities, survivors of domestic violence, and individuals in crisis. Samantha manages Capitol Hill Village's social services and volunteer programs by

supervising program staff and developing program plans and goals. Samantha also directly supports Capitol Hill Village's interns, organizational partners, programs, volunteers and members. In her spare time, Samantha enjoys traveling and spending time

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outdoors. Samantha has a BA in Psychology from SUNY New Paltz and an MSW concentrating in Older Adults and Families from Boston College.

Contact Samantha at: shenson@capitolhillvillage.org.

Leonard Bechtel, He/Him



Len Bechtel serves as the Executive Director of Waterfront Village which provides social opportunities and home/health support service to older adults in Southwest DC and the Navy Yard. Prior to taking the job with the Village in December 2019, he led financial management and

administrative functions in several Executive Department agencies as Chief Financial Officer, including bureaus at the Departments of Commerce and Transportation. He was a four term captain of and two-time Gay Games bronze medalist with the Washington Wetskins, the world's first predominantly gay and lesbian water polo team.

Contact Len at: LBechtel@dcwaterfrontvillage.org.

Kai Walther, He/They



Kai is a public history MA student at American University and Humanities Truck graduate fellow, passionate about the power of oral histories to build intergenerational relationships. They have completed one oral history project about HIV/AIDS activism and are currently working on another to

trace the role of cruising in DC gay life. Once complete, they plan to hold an event where the older narrators and DC's younger LGBT crowd can meet to learn from each other and compare experiences.

Contact Kai at: 319-830-9200 or Kwalther172@gmail.com.

Kirstan Fuller, She/Her



Kirstan Fuller is originally from New Jersey. She holds a bachelor's degree from the University of Maryland, College Park with a degree in Family Science and a Certification in LGBTQ Studies. She has lived in the DMV area for 5 years as an advocate and agent for change. She comes with 5

years of experience as a Program Coordinator. She currently works as the LGBTQ Program Coordinator for Seabury Resources for Aging with their Out and About Program. She coordinates the calendar of activities, events and meetings for the LGBTQ senior program for the program. She continues to take on the barrier of isolation and connecting resources for the LGBTQ older adult community. Kirstan is also the owner of a health and wellness company, Building a Bridge of Hope. Her organization is dedicated to providing services that alleviate blocks and restore your mind, body and soul's health. "Let the beauty of what you love, be what you do."
- Rumi

Contact Kirstan at: 908-568-2490 or Kirstan.fuller@gmail.com. Learn More About Building a Bride of Hope at: <https://www.buildingabridgeofhope.com/>

Wes Morrison, He/Him



Wes is retired from WRC TV local news as an assistant producer. Wes Morrison is a passionate advocate on issues involving the 50 plus community when it comes to housing, healthcare, and financial security. Especially when those issues involve the LGBTQ community to which he

belongs. It is a community all too often overlooked and thus underserved. Especially our transgender community. He works with DC Dept of Aging and Community Living, Age Friendly Cities and AARP. If LGBTQ is not specifically stated in programs, government, and laws we can be left out. Wes is interested in fashion design and acting in theatre.

Contact Wes at: wes686dc@gmail.com.