



# VILLAGE NEWS



**Walking and Viewing.** It may be a coincidence, but helpful nonetheless that the Capitol Hill Restoration Society's Art Walk occurs while Capitol Hill Village members are Getting Their Move On! While enjoying artworks from CHV members and other Capitol Hill neighbors, you can start accumulating steps with your Walker Tracker—all going toward a healthier lifestyle. There are lots of opportunities for moving—see the story below. And, on pages 6–7, read about the CHV members featured in Art Walk. Pictured above, counterclockwise are works by Nan Raphael, Martin Karcher, Karen Zens, and Carole Hirshmann.

## It's Time to Get Moving on a Wellness Journey

Get Your Move On! is back in a new and improved form. We're looking forward to the competition—running **September 9 to 23**—as well as to increasing our activity all year long.

**What's the same:** Get Your Move On! is an initiative that encourages physical activity for all, no matter your fitness level. Whether it's a walk down the hall or the street or a bike ride to Mount Vernon, Capitol Hill Village wants you to be as healthy

and active as possible. Check out the [Helpful Village on-line calendar](#) for information on CHV activities.

Adding regular physical movement can prevent diseases such as heart disease and diabetes as well as reduce your risk of falls. Even basic movement can improve your mental health and cognitive function. It can also help you increase your social engagement.

Which leads us to...

▶ continued on page 2

## New Collaborative Builds on Village Strengths

The 13 Villages operating in the District of Columbia have long worked together informally to support one another. Executive directors meet monthly to share ideas and tackle issues of common concern, and Village presidents meet regularly to learn from one another. From these efforts, it became clear that all Villages would benefit from a more structured collaboration process that took account of the time and staffing necessary to make collaboration effective.

This has led to the DC Villages Collaborative (DCVC), a new joint effort that respects what makes each Village unique while advancing our common goals and shared vision.

▶ continued on page 5

### IN THIS ISSUE

- Get Moving on a Wellness Journey, cont., p. 2
- From the Executive Director, p. 3
- From the Board: Susan Sarfati; From the Executive Director, cont., p. 4
- New Collaborative Builds on Village Strengths, cont.; Strategic Plan Spawns New Activities, p. 5
- Art Walk 2023 Features CHV Members, pp. 6–7
- COVID: Not an emergency but still a risk; Announcements & Passages, p. 8
- Village Voices Waiting to be Heard, p. 9
- LGBTQ Symposium Set for September 23; Interview with Ames Simmons, p. 10
- Meghan Wrinkle: 'Just Came for the Summer'—7 Years Ago, p. 11
- Singing Together Is Fun... And Good for You!, p. 12
- CHV Team Pursues Safe Sidewalks, p. 13
- Council Member to Address Repairs at Dialogues Program; Potluck Dinner Club, p. 14
- Community Foundation Honors Extraordinary Volunteers, p. 15
- Wellness Cafés Return in September; Meet Sesno and Dodd, p. 16
- September Events List, p. 17
- Ongoing Events, p. 23
- Save the Dates for GYMO and Genderson Fund Wine Reception, p. 26 (back cover)

# Get Moving on a Wellness Journey *continued from page 1*

**What's new:** This year, we are using the mobile app and online site Walker Tracker. The app is free to use! Get started by registering at <https://capitolhill.thrives.app> or by downloading the Walker Tracker mobile app and entering: <https://capitolhill.thrives.app>.

With the app, you can manually enter your exercise information or connect a device or app to automatically calculate the steps for you. Compatible apps include Fitbit, Google Fit, and Apple Health.

The two-week challenge is the **GYMO Lifelong Wellness Journey**. It's a virtual trip around the world learning healthy habits from communities where people live longer, healthier lives. You can advance on the journey by performing any activity and the app will convert it into steps. You can also earn badges by uploading a picture, creating a journal entry, or adding nutrition information.



This challenge begins with a **kickoff event on Saturday, September 9** from 10:00 a.m. to Noon at Eastern Market Metro Plaza. We will have a DJ, dance exhibits, drummers from Batala, a chair yoga session, a movement session led by a former Ms. Senior DC, and more! We'll have t-shirts designed by the fabulous Roxanne Walker for everyone who signs on for the journey. Plan to join the celebration of the start of the 2023 Get Your Move On! challenge.

We will celebrate our accomplishments on **October 1 at the Genderson Fund wine reception**. The event is at The Residences, 777 C St. SE,

from 2:00 to 4:00 p.m. Tickets, benefitting the Genderson Fund, are available for purchase at: <https://www.capitolhillvillage.org/genderson2023>. (You can support the Genderson Fund without committing to attend the Wine Reception by clicking [HERE](#))

And it doesn't end there. Last year, you told us that you wanted to continue your fitness activities after GYMO! was over, so this year we made that possible. Maybe you will enjoy the motivation that comes from tracking your activity, or maybe you will start a team with some friends and you can hold each other accountable to your shared goals. Whatever keeps you active, you will be able to participate all year long.

Don't miss this opportunity to celebrate our active bodies and minds. What's YOUR move?

## GYMO! Getting Started Guide

### 1. Register an Account

Get ready for the challenge by registering an account at <https://capitolhill.thrives.app/> -or-

Download the Walker Tracker mobile app (iOS or Android) and enter program URL <https://capitolhill.thrives.app>

### 2. Connect a Device or an App

Download the Walker Tracker mobile app to connect a device.

Click the Gear icon to add a device. You will also see the option to sync Apple Health, FitBit, Google Fit and many others. Your data will sync each time you login to Walker Tracker.

### 3. Make an Entry

Record activity and add a daily photo and journal entry.

WEB: Click the Add an Entry button

MOBILE: Click the Shoe icon on the bottom right of the home page

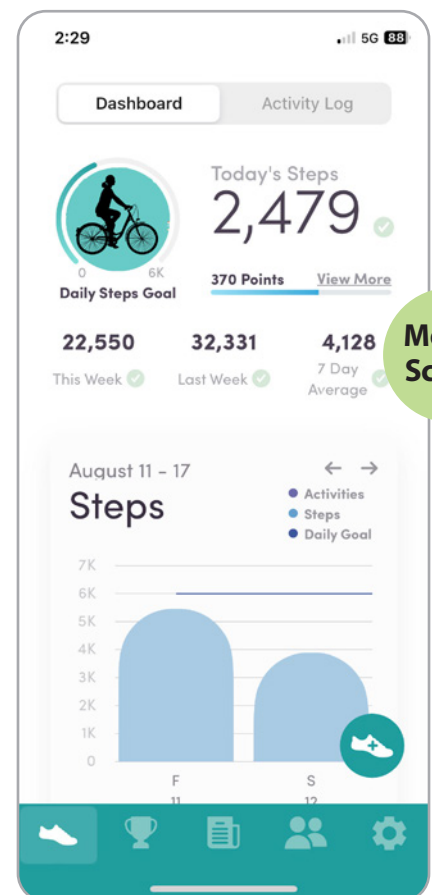
### 4. View the Challenge

WEB: View the challenge in the Challenges section on the website

MOBILE: Click the Trophy icon to view the Challenge.

Once you create an account in Walker Tracker you'll be automatically added to the challenge.

[Click here](#) to download a PDF of the GYMO! Getting Started Guide with more images. **Need More Support?** Visit [support.walkertracker.com](https://support.walkertracker.com) for more helpful articles or reach out to us at [support@walkertracker.com](mailto:support@walkertracker.com). We're here to help!



## CAPITOL HILL VILLAGE

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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*

Tama Duffy Day, *President of the Board*

Mary Bloodworth, *Director of Operations*

Vivian Grayton, *Help Desk Coordinator*

Liz Gregg, *Director of Care Services*

Pamela Johnson, *Peer Health Outreach Specialist*

Jenna Jones, *Administrative Coordinator*

Tomeka Lee, *Director of Membership and Outreach*

Arie Parker, *Member Services Coordinator*

Sophia Ross, *Digital Media and Grant Program Strategist*

Meghan Wrinkle, *Care Services and Program Specialist*

### Capitol Hill Village News Team

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## FROM THE EXECUTIVE DIRECTOR

# The Opposite of a Midlife Crisis



Judy Berman

My younger child left for college in August, leaving me with the proverbial empty nest. I'm trying not to take personally that he chose a university on the west coast and will chalk it up to the fact that he loves to fly, looks forward to spending more time with his uncle who lives a mere hour away from his new home, and found a great program at a public university that is the very definition of a bargain.

As I contemplate his move, I can't avoid considering the impact that it has on my life. To start, I take issue with the idea that my nest is empty. My nest is, in fact, filled to the brim with the stuff of our life. Too much stuff—which is something I know many of you are dealing with as you consider whether and how to downsize and rearrange your life for a smaller, ideally one-level living space. So no, it's not empty which is a problem unto itself—more on that at a later date.

But it is true that my nestlings have started to fly and that means they're away from the nest for longer and longer periods of time. And it means that I need to redefine my sense of purpose to some extent, something many of you have done as you've faced an empty (or emptier) nest, or retirement, or elderhood in general. It's not that parenting ends, but it shifts from daily concerns about homework and meals on the table, to longer-term goals and how to support another adult who is facing (necessary, predictable, and often beneficial) turbulence.

At moments of change, I tend to return to a few key messages that I picked up along the way, one of which is “say yes.” I've written about this before. To me, this means to accept all experiences with the same appreciation and curiosity, to not “cherry pick”

the experiences that feel good but to fully live and be present for the experiences that are difficult, painful, and uncomfortable as well. These are a source of richness and learning in themselves as well as a means to fully experience joy and other facets of a full life. So I'm saying “yes” to this moment of sadness and uncertainty, and “yes” to the fact that it's pointing me toward a new phase in my life, my elderhood. (Not all empty nesters get to have this particular confluence of experiences, but I was a late bloomer when it came to parenting!)

The other message is one that a student of Buddhism shared with me at another turning point in my life. “When the muddy water settles, the path will be clear.” In other words, be still. Let the clouds of sediment that you've kicked up by your activity settle back down to the river bottom. Then, with that new clarity, look and see what's around you, where you want your next step to be.

These messages feel particularly relevant to the approach of elderhood. This is not a “full steam ahead” moment; this is not a time to make big decisions or other massive changes, and it's certainly not a time to skate on the surface of experience. It is a moment to be still, to fully take in what's around me—in front and behind, pleasant and unpleasant—and allow clarity to emerge at a pace that can't be rushed or manipulated. It's a time to be watchful, mindful, and patient, and to allow a full, clear picture to develop (like a polaroid, remember those?).

For many people, aging is something that happens to their bodies while time is rushing along. But thanks to the time I've spent with the Village, I see it as a much richer and more complex process with much greater promise. I'm more aware of the many choices I get to make about what I want in my life as I age, as well as choices I will get to make about how to respond to things

► continued on page 4

# Susan Sarfati—Educator of Students and Executives

If you are like me, you cannot believe how life flies by just like a blink of an eye!

How can it be that I have been married for over a half-century?

How did it happen that our happy and successful two sons, daughter, and their spouses are on the AARP prospect list?



Susan Sarfati

Is it possible that our six grandchildren include one career building; two in college; one applying for college; a high schooler thrilled to get her first summer job; and another a “fashionista”

advising me on being stylish and the latest technology?

Although my husband Joel and I moved here in 1989, my career was all consuming and kept me traveling in the U.S. and globally. So, besides my immediate neighbors, I was not connected with the community.

I wanted to feel part of where I lived when I heard about Capitol Hill Village. A light bulb went off. The perfect way to get to know people in a similar stage of life was to join CHV, which we immediately did. It was a no brainer! I got involved by volunteering and participating in many activities. Now

I am a new Board member ready to serve this valuable organization and its members.

My professional career began as a special education teacher. After several years, I became involved in the women’s movement which changed my life. Betty Friedan remains one of my heroes, and her leadership and that of others encouraged me to explore other career options and expand my horizons.

I applied for a position at the U.S. Chamber of Commerce. Armed with a master’s degree in education, I was asked to take a typing and spelling test at the interview. After taking the “tests,” I walked out of the interview! Later, I received a phone call apologizing, and I accepted the position managing the Chamber’s education program for chambers of commerce and association professionals at six universities around the country.

I moved on to an amazing and fulfilling career in association management. My last two positions were CEO of the Greater Washington Society of Association Executives followed by the Founding CEO of the Center for Association Leadership and EVP at the American Society of Association Executives—the largest and most prestigious organization in the nonprofit sector with 45,000+ members in the U.S. and over 50 countries.

One of my proudest accomplishments was founding the Capitol Distinguished Speakers Series, which ran for 13 seasons, four times a year at the John F. Kennedy Center presenting world famous individuals of the highest accomplishment. Our first speaker was Margaret Thatcher and the last was Bono speaking on ending poverty.

The Series featured people who excelled in their fields of endeavor. Mostly the message from each speaker was that they were ordinary people who worked extraordinarily hard to make a positive difference in our world. Speakers ran the gamut including scientist Stephen Hawking, Archbishop Desmond Tutu, musical genius Andrew Lloyd Weber, President George H.W. Bush, a panel of First Ladies, Nobel Peace Prize recipients, prime ministers, and even sitting royalty, Queen Noor of Jordan.

When I left my full-time CEO position, I taught best practices to nonprofit professionals in the U.S. and globally—Bangladesh, India, South Africa, Jordan, Serbia to name just a few. At this stage in my life, I am still passionate about giving back. A Gratitude Circle I joined has helped me focus on the things in life I am grateful for, which is a lot including family, friends, and serving on the CHV board.

I aim to contribute to the best of my ability!

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## The Opposite of a Midlife Crisis *continued from page 3*

that are completely out of my control. (I’m reminded of the serenity prayer.) From this meditation, a couple of things emerge as pretty much non-negotiables: for the life I want, I need to stay active and stay connected.

In that spirit, I invite you to join me in two very special upcoming opportunities. Get Your Move On! is a call to move your body in whatever ways you can, to be physically active

and socially engaged, to say YES to movement, to dancing, to walking, to gardening, to playing—to all the many ways our bodies can be in motion. Join me and CHV on this special journey! See the article on Page 1.

I also invite you to the Genderson Fund Wine Reception on October 1. The Genderson Fund makes the benefits of CHV membership available to anyone in our neighborhood,

regardless of income, and honors the commitment that CHV has made to diversity. Both Get Your Move On! and the Wine Reception are celebrations of the Genderson Fund’s namesake, Jon Genderson, a former CHV board member whose passion and enthusiasm for wine and for biking we honor and appreciate with these two events.

I look forward to continuing this journey with you!

# New Collaborative Builds on Village Strengths *cont. from page 1*

DCVC builds on the informal partnerships the 13 DC Villages have established over the years and improves the way we work together to share programs and expertise, pursue grants, and advocate for older adults no matter where they live in the District. Similarly, the new DC Villages Collaborative strengthens our ability to support Capitol Hill Village members and expands Village resources for members and others across the city.

In June, all 13 DC Villages' boards of directors signed a memorandum of understanding, which included a formal framework to guide and oversee the Collaborative. This framework includes

the DC Villages Collaboration Council, a strategic oversight body composed of DC Villages' presidents (or their board designees), and the Leadership Group made up of Village executives. These bodies will implement the Collaborative's vision and goals.

For Capitol Hill Village members and volunteers, the Collaborative will add to what makes our Village a valuable resource by providing access to more programming and support and increasing connections with members across the District.

The Collaborative also provides a stronger foundation for CHV and the Village movement in Washington, helping to ensure that CHV remains here to support you and your neighbors for years to come. It means Village

leaders and staff can identify and take advantage of potential operational efficiencies, freeing up resources for more programming or services and helping us reach new and more diverse members in Village communities.

The Villages have worked together successfully over the years to secure grants, and this more formal structure will make us eligible for additional grants for programs that can benefit all 13 Villages.

Among the first orders of business for the Collaboration Council is to hire a director to lead and manage collaborative efforts citywide in line with the Collaborative's action plan. They will also finalize the group's organizational plan.

## DC Villages Collaborative

### Vision

Our common vision is of a city where all people can age safely with respect, self-determination, and dignity.

### Mission

Our mission is to enrich and enhance the lives of older adults, build supportive and engaged communities of neighbors throughout the city, and positively change the way people relate to aging.

### Goals

- Improve policies, funding, and programs for DC older adults
- Offer cross-Village programs and services to members of all participating Villages
- Help spread Villages and access to comparable services across DC
- Involve and serve a more diverse cross-section of DC's older adults
- Strengthen all DC Village Collaborative member villages

## Strategic Plan Spawns New Activities

*By Nancy Deck*

As the Capitol Hill Village Board undertook and completed our strategic plan, we promised that this would not be a document that just sits on a shelf. Since the affirming vote at the November 2022 Board meeting, the strategic plan has been the subject of two conversations with the CHV membership, the focus of several Board and Board committee meetings, and conversations among staff. The Board feels confident that the goals and objectives outlined in the plan are the best guides to take CHV into the future.

One of the most important questions that we asked ourselves throughout the process of developing the plan was how we would measure our progress and what constitutes success. To that end, we are working with our evaluation team at Sharp Insight to develop both metrics and tools to monitor and evaluate our effectiveness. Members will be key in evaluating our progress. If you review the plan on the website, you

will see that member satisfaction is an important metric.

What's next? You are already seeing some of the programming that was called for in the plan and that members affirmed was a high priority—programming that focuses on planning for the future (e.g., the recently completed solo aging series), on health and wellness (the Wellness Cafés are back!), social activities (three cheers for the potluck dinners!), and housing options (the NORC). Other issues are less visible but equally important; e.g., firming up the process for nominating new board members. Every program and initiative has been and will continue to be held up to the plan to address the question: does this effort fit in and how?

Once the tracking and evaluation tools are completed, the Board's Strategic Planning Committee will make recommendations for how best to collect the data that will be needed to assess progress. Updates will be provided in future newsletters.

# Art Walk 2023 Features CHV Members

By Karin Kinney

Local artists and artisans will open their homes, front yards, and mini-studios throughout the greater Capitol Hill neighborhood to showcase examples of their work on **Saturday, September 9 and Sunday, September 10, noon to 5 p.m.** Most artists will offer their work for sale, but the event is free.

Following the success of the Mother's Day Art Walk in 2021, held during the COVID pandemic, the Capitol Hill Restoration Society and Capitol Hill Arts League decided to sponsor another art walk, this time not restricted to outdoor venues.

Some 50 artists have signed up for the event. For a list of locations and art, go to [CHRS.org/art-walk-2023](https://CHRS.org/art-walk-2023). Among the artists are eight CHV members: Donna Breslin, Carole Hirschmann, Martin Karcher, Elizabeth Nelson, Nan Raphael, Carolyn Rondthaler, Sarah Rouse, and Karen Zens. A brief introduction and examples of their work give an impression of the variety and depth of the show to come.

## Elizabeth Nelson



*I consider myself an artisan rather than an artist, because I work in textiles, mostly knitting, and almost exclusively make functional items. I learned to knit from my grandmother when I was about 13 but focused on other types of needle craft until the late 1980s. I prefer working on small items because they are*

*portable, and I can have my knitting with me wherever I go. I get very antsy without it. I like to use a variety of colors and watch the patterns form. I "make it up" as I work, so I am often a bit surprised by the results. That's part of the fun.*

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## Carolyn Rondthaler



*I usually paint in watercolor, though I have used other mediums. My work includes a variety of subject matters, including landscapes, people, and still life. I also have some abstract works. I have been painting for many years, though I have been interested in art and creativity my whole life. My earliest memories are of playing with crayons and construction paper.*

*For the Art Walk, I will have framed and unframed paintings and cards for sale at my home, 629 Navy Place SE. (Navy Place was recently re-named from Ellen Wilson Place.) I am a current member of CHAL and show my work locally at CHAW, the Hill Center, and Frame of Mine.*

My website is [www.carolynrondthaler.com](http://www.carolynrondthaler.com). Art blog: [www.plumgallery.blogspot.com](http://www.plumgallery.blogspot.com)

## Karen Zens

*I started painting during my time in the Foreign Service. After retirement from that career, painting became my full-time occupation. I primarily work with mixed water media (watercolor, acrylic, ink, water soluble charcoal) on paper using various painting and printing processes.*



*I am inspired by the colors, shapes, and textures of places I have visited, and my works are generally abstracted landscapes and architecture. I also like to cut and fold my pieces into small booklets, cards, and paper sculptures. I am a member of CHAL, and I show my works at CHAL exhibits and other local venues.*

My Instagram account is: [Shamusspringer](https://www.instagram.com/Shamusspringer).

## Donna Breslin

*I like to create art in various mediums. After many years of doing costume design, I am now playing with graphic arts using oils, acrylics, watercolors, and pastels. I have taken classes at the Capitol Hill Arts Workshop, National Botanic Garden, and the Smithsonian. For the last year and a half, I attended free classes offered by a Washington, DC, organization called Iona Senior*



▶ continued on page 7

# Art Walk 2023 Features CHV Members continued from page 6

Services under the Around Town DC program. The classes are offered once a week in person and online. I like the Zoom classes and have enjoyed experimenting with acrylics, pastels, and watercolors, as well as drawing. My range of subjects is quite broad. The piece here is a 16x20-inch acrylic portrait of three puppets I made for a children's show many years ago. I also participated in the CHRS 2021 Mother's Day Art Walk and look forward to offering recent work for sale this year.

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## Martin Karcher

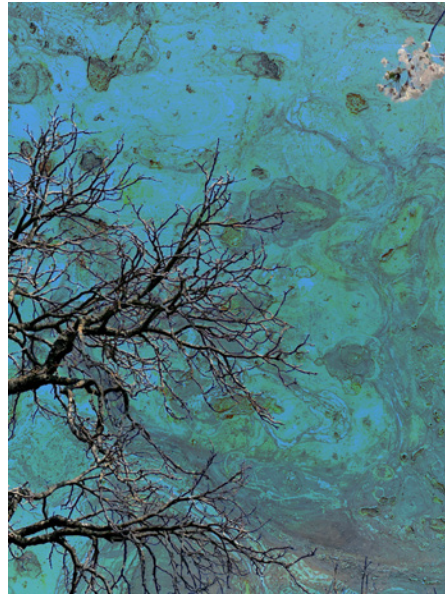
Ever since my introduction to pottery-making in 1974 by an Indian master potter in New Delhi, I have found tremendous satisfaction in making functional pieces for daily use and enjoyment. In addition to ensuring that my pieces serve their purpose, I want them to be distinctive and aesthetically pleasing. I find that the versatility of the medium provides unending scope for innovation and challenges in terms of shape, texture and surface decoration. Of late I have been building on a Japanese marbled-clay technique called Neriage, and developing its full potential to create unique pieces that can never be replicated.



**Website:** [Martinspottery.com](http://Martinspottery.com)

## Nan Raphael:

A professional musician by trade, I have dabbled in a variety of visual arts over the years to include polymer clay, string art, jewelry and finally photography and mixed media combining photography and ink.



I am fascinated by repurposing existing materials in new ways, so I use architect's templates or zentangle technique to create a design over or around a photograph printed on satin finish paper. My background photos range from clouds to icing on a carrot cake. When I start a new piece, all I know is where the starting point will be. The process is very meditative in whatever I'm working on evolves in the moment.

**My website is** [solopikolo.wix.com/website-1](http://solopikolo.wix.com/website-1)

## Sarah Rouse

Drawing and painting was encouraged in my family. I enjoyed it. I drew in a sketchbook while traveling in Europe after college—a better souvenir than photos. Vacationing in Montana with my husband, I painted watercolor sketches from the passenger seat, while he drove us all around his home state.



The landscapes and colors inspired me. Watercolor is fun to use while traveling—easy to pack and it dries quickly. Art classes have taught me better techniques; during COVID I took Zoom art classes. Watercolor is a beautiful medium and a challenge, too!

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## Carole Hirschmann

"I am one of two jewelry makers participating in the Art Walk. I have had a long time interest in crafts over the years, moving from macrame to stained glass, to pottery. Then 25 years ago I "discovered" polymer clay. It's a fantastic, flexible medium, which allows immense creativity in what you can make and how you make it. The prime tools are a pasta machine, a tissue blade,



and a toaster oven. After processing the clay, polymer, for example, can be blended, rolled, sliced, layered, painted, impressed, and inclusions added. With such endless possibilities, you can start with a specific design in mind or play with the clay and see where it takes you."

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# COVID: Not an emergency but still a risk

By Judy Berman,  
CHV Executive Director

I'm taking a risk as I write this because it might be outdated by the time it appears in print, but it's important stuff. I'm talking about COVID—the recent uptick in cases and the new vaccines scheduled to be available this fall.

If you're like me, you may have been thinking about whether, when, and where to mask again. You may have allowed your stock of masks to dwindle, and you may not have any rapid tests on hand. You may also be a little bit confused about whether it makes sense to get a first or additional dose of the current (bivalent) booster or wait for the new one to reach the pharmacies.

I can't answer all these questions for you. But I do have some guidance and suggestions.

Masking is optional, but if you're concerned enough about COVID to want to wear a mask, choose a high quality N95 or KN95 mask. Standard surgical masks are ineffective against current strains of COVID which are highly aerosolized.

The updated vaccine that will target the XBB strain of COVID will likely be available in mid- to late September. Early testing shows effectiveness against the newest strains currently

circulating, Eris (EG.5) and Fornax (FL 1.5.1) as well as BA.2.86. If you are planning to travel or expect to be in another high-risk situation before then or if you're at high risk because of an existing health condition, discuss with your doctor the value of getting a first or additional dose of the current bivalent vaccine now followed by the newest vaccine later in the fall. Medicare continues to cover vaccines without cost sharing, including having a provider come to your home if you need that. Please contact Capitol Hill Village if you need an at-home vaccine.

At-home rapid COVID tests are not covered by original Medicare, but diagnostic tests performed by a health care professional are, with some cost-sharing possible. Medicare Advantage and private health insurers have the option of covering over-the-counter (OTC) tests, so check with your insurer. Medicaid will be covering OTC tests at least through September 2024. DC Medicaid limits reimbursement to eight tests a month.

Pharmacies sell both rapid and PCR tests. Tests are sold in single and double packs so make sure you know what you're getting since the price won't always give it away. Prices range from about \$10 to \$24, depending on where you purchase them. If your test pack includes more than two tests

or also checks for the flu, the price will be higher. Urgent care clinics and pharmacies like Grubb's on East Capitol Street continue to offer PCR tests, including rapid PCR tests, which can give you results in 15 minutes. You may need an appointment. It's a good idea to keep a few tests on hand, and to check the expiration dates of any tests before you use them. Many test expiration dates have been extended. Check the status of yours here: <https://www.covid.gov/tests/faq>.

COVID is no longer considered an emergency but it's still a risk to all our health. Even if you have already had COVID, you need to be careful. Research has indicated that each subsequent COVID infection increases your risk of developing chronic health issues like diabetes, kidney disease, organ failure, and even mental health problems. Treatment with Paxlovid can reduce, but it won't eliminate, the risk of long COVID. Protect yourself and others by staying up to date on your vaccinations.

CHV has rapid tests available for members. Please call or stop by. CHV will hold a Flu and COVID vaccine clinic on October 6 from 10 a.m.–12 Noon at a location to be determined. Please watch the Helpful Village calendar and CHV weekly digests for further information.

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## Announcements & Passages

*Note: Out of respect for our members and their families, CHV only publicly announces life passage events if members or their families request it or explicitly give us permission. The decision belongs to those most personally and directly involved, not CHV or those working on behalf of the organization.*

Former CHV member **Janice Hedges** died in Massachusetts in August at the age of 104. Janice was a life-long activist. At the University of Wisconsin, she founded the University's first chapter of the League of Women Voters.



After graduation she worked in Washington as an economist for the U.S. Department of Agriculture, but soon left for Paris to accompany her husband, Irwin, who was assigned to help implement the Marshall Plan. After returning to Washington in 1960, Janice worked at the Women's Bureau of the U.S. Dept. of Labor and then at the Bureau of Labor Statistics where she authored many articles for the *Monthly Labor Review*. Her work on Flexitime

has been cited in numerous places, including the *Wall Street Journal*. Janice retired in 1982 and lived on East Capitol Street until 2019. In 2016, at the age of 98, she participated in the Women's March in Washington DC.

*"Announcements and 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](mailto:karenstuck@comcast.net).*



# Village 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.

## September 18. What's Up with the Airlines?

Were you stuck in an airline snafu this summer? Did you suffer delays, cancellations, mishandled or lost luggage? Let's talk.

Join Village Voices for a talk with **Dorothy Robyn** on the history of airline regulation and deregulation, airline consolidation and what that has meant for competition, and why we are seeing more close calls on airport runways. We will also learn about the air carriers' pricing strategies and the rationale for imposing fees for everything from early boarding to extra legroom—all to make us more savvy fliers in the future.

Dorothy Robyn is a public policy expert who writes and consults on transportation and energy policy. She has held senior posts in the Federal government, including as a staff member on President Clinton's National Economic Council, where she was responsible for aviation policy among other issues. As a consultant and pro bono advocate, she has worked to expand international competition in air services and "corporatize" the air traffic control system. Register [here](#).

## October 10. Cultural Engagement

Hill resident **Nancy E. Weiss**, General Counsel of the U.S. Institute of Museum and Library Services, will discuss the critical role the Federal government plays in advancing cultural engagement at both the domestic and international levels. She will discuss recent efforts to create an environment in which creativity can flourish, reflecting both her current work at IMLS and her background at the National Endowment for the Humanities and the Federal Council on the Arts and the Humanities. Register [here](#).

## November 13. Central Asia in the Spotlight

Surrounded by Russia, China, Iran, and Afghanistan, the countries of Central



Dorothy Robyn



Nancy E. Weiss



Richard Hoagland



Michael Tolaydo

Asia are in a volatile neighborhood. The "Stans" (Turkmenistan, Kazakhstan, Uzbekistan, Tajikistan, and Kirghizstan) were part of the Soviet Union, and all became independent states as the USSR broke apart. All were deeply affected by the US withdrawal from Afghanistan and the exodus of refugees in its wake.

**Richard Hoagland** spent his career working in or with the Stans: Ambassador to Kazakhstan and Tajikistan, Charge d'affaires in Turkmenistan, and Principal Deputy Assistant Secretary of State for South and Central Asian Affairs (October 2013 to August 2015). Today, he serves as chair of the Caspian Policy Center's Security and Politics Program. Join us for this Voices program when Hoagland will explain the near-term issues that these geographically important front-line states face. And, to lighten the evening, he may reprise his brief memoir on the importance of vodka in social settings! Register [here](#).

## December. All the World's a Stage

If you are a DC theater-goer, you have surely seen **Michael Tolaydo** on stage. He has worked in every state in the US, including stints on Broadway and at DC's Folger Shakespeare Theatre, Round House, Studio, and Theatre J. A Helen Hayes Award winner, he also toured the US and Canada with a one-man show "St. Mark's Gospel." In his spare time, he taught theatre for 29 years at St. Mary's College in Maryland, retiring in May 2016 as an emeritus professor.

While we may have a sense of what it means to be an actor, how do you teach someone to act? At this Voices program, Tolaydo will pull back the curtain on the techniques he used to teach acting. Join us for a holiday treat as we talk with one of DC's most successful actors.

*Village Voices programs are from 7:00–8:00 p.m. on Zoom. 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).*

## Thank you to CHV...

My daughters and I wish to thank the Capitol Hill Village community for the care and support we received during the illness and death of my husband, Mike Canning, on June 1. When we brought him home under hospice care, Liz Gregg, Director of Care Services, came to our home and spent several hours walking us through the dying process and preparing us for what was to come. She went beyond what we could have expected, even helping to move furniture and making Mike's favorite

cocktail, a Manhattan. She was with us when he came home, when he died, and when we started the grieving process. We will never forget her calm and knowledgeable support during this time.

We thank the entire staff of Capitol Hill Village and are so grateful that it was there for us during this difficult time. We also thank the many members and volunteers of the Village for their many thoughtful cards and emails.

—Judy Canning

# LGBTQ Symposium Set for September

Are you free on September 23? Consider joining us for the 2023 LGBTQ Intergenerational Symposium—a day of learning, connecting, and engaging with LGBT folks and allies. We will have a keynote speaker, a wellness session, a panel, and breakout sessions centered around the Symposium theme: Strengthening Generational Connections. This free virtual event takes place from 11:00 a.m. to 3:30 p.m. on Zoom. Register and learn more at: <https://capitolhillvillage.org/programs-advocacy/pride/lgbtq-symposium/>.

**Symposium Session Leader Ames Simmons** (he/him), who will lead one of the Symposium breakout sessions, answers your questions.

**Tell us about yourself; what's important to you?** I'm a 52-year-old queer, white, trans man who lives with a



gray tabby cat named Luna. I spent most of my life in Atlanta but lived in North Carolina for four years before moving to DC. I think

the South is a difficult place for LGBTQ people, but also special because of the resonance of the Civil Rights Movement. My political home is Law 4 Black Lives, and I consider myself accountable to Black and brown transgender people in any law and policy work that I do.

**Why did you want to be part of the 2023 LGBTQ Intergenerational Symposium?** I had already incorporated aging into my LGBTQ policy work before the pandemic, but COVID really laid bare how vulnerable our social networks are. Lots of LGBTQ people build families, but many do not, and I've realized it is critically important to be intentional about building relationships with folks who are younger than me.

There can be a symbiotic relationship in sharing knowledge and history with young people, and they can be an important part of older people's support and care teams. This Symposium is a great way to connect!

**How have intergenerational relationships been part of your life?**

For about 12 years, I shared a love of scrapbooking and archiving personal history with my mom, which is an intergenerational project in and of itself. I've also sought out advice and mentoring from folks with more experience than I have, like social justice pioneer Mandy Carter and a trans attorney Paula Kohut, both in North Carolina. As I enter my 50's, I feel a responsibility to share what I've learned with students and other younger people getting started with adult life.

**In your opinion, what are the biggest challenges to generational connection today?**

One challenge can be older people's lack of understanding of youth identities and values, especially in the area of gender identity. Sometimes this shows up as resistance to policy priorities articulated by youth movements. At a meeting with an LGBTQ youth group in North Carolina, an elder said, "It's so important to listen to youth because they are the voice of the future." One of the young adults in the room said, "We are also the voice of the present."

**Do you think the problems faced by the LGBT+ community will be resolved in the next 15 to 20 years?**

The damage done by the federal judiciary combined with the anti-trans fears that state legislatures are stoking might take us many decades to overcome. Growing up in Atlanta, I got to hear John Lewis speak many times, and I always admired his hope that civil rights may not be accomplished in our lifetime, but they will be accomplished in somebody's lifetime.

**How do you foresee your future as a LGBT+ person? What is most important to you?** I'm very concerned about the politics of dehumanization

that are taking hold in the country. I cannot spend very long thinking about the future without veering off into worrying about potentially being cut off from gender-affirming care. Our highest priority should be a future where people who are marginalized can express their full selves authentically and are supported in doing that, whether that's via free health care for all, challenging the impact of race and racism on health and healthcare,\* and most importantly the cultural, social, and political centering of the experiences of people who are closest to the problems we are trying to solve.

**Is there any advice you would want to share with your younger self?** In many ways, it feels like it's the other way around; the younger self, having lived in more affirming times, needs to give my older self strategies for now, a much less affirming time. Maybe a way to reframe is: I had the strength and inner resources to come out and to undergo a gender transition, and I can draw upon those same resources now to cope with fear and anxiety.

**Why should people attend your Symposium session?** You should attend my session to better understand significant dementia risks for trans and non-binary people and how people of all ages can plan to manage those risks. We will discuss advance healthcare directives in a user-friendly way—these are not just documents you complete at the end of life! You could have an accident at any time that keeps you from being able to make your own healthcare decisions. Those decisions can be especially important for any gender non-conforming person who wants to maintain their gender expression or gender fluidity. It's also important to name someone to help make sure your wishes are carried out. We will also talk about how younger people can intergenerationally help older LGBTQ people by assisting with healthcare decisions.

\*[Click here](#) to read an *AMA Journal* article: Abolitionist Reimaginings of Health.

# Meghan Wrinkle: ‘Just Came for the Summer’—7 Years Ago

This month we are hearing from Meghan Wrinkle, CHV Care Services Specialist.

## **Tell us about your work background and how you got started with CHV.**

Capitol Hill Village was my first “real” job after graduating from the University of Maryland Baltimore County in 2016. I started out thinking I would just be here for the summer but now I’m in my seventh year at CHV! As I got to know my fellow staff members and the members and volunteers at CHV, I fell in love with the community and couldn’t imagine a better place to start my professional journey. I have had several roles at CHV; the longest were my first full-time role as the Volunteer and Programs Coordinator and for the past three years I have worked as the Care Services Specialist.

**How long have you lived on Capitol Hill?** I moved to Capitol Hill in 2021 after living in Cheverly for most of my life. But Capitol Hill has always felt like a second home to me as both of my parents are property managers on the Hill. I grew up tagging along with my mom to work and met all kinds of interesting Capitol Hill residents along the way, some who I still know today!

**Why did you get interested in helping older adults?** When I joined CHV, I had very little experience working with older adults. During high school, I had spent time volunteering at a nursing home, so I had a limited view of what it would be like to grow older. The longer I worked at CHV the more I learned! As I got to know members, I’ve found that I love working with this population and seeing how this chapter in people’s lives can be so varied depending on how members’ goals change over time. It has been a great group to work with as I learn more about the social work field (I’m in my third and final year of my



master’s in social work program at the University of Maryland, Baltimore).

## **What were your original job duties and how have they changed?**

Originally, I was an intern so I would pitch in as needed depending on what the Executive Director and other staff needed. While my job duties changed several times, the main goal has always been the same: to engage with and build community with our members.

**What are your favorite parts of your job?** I love getting to know our members and hearing about how their past impacts who they are today. As a clinical case manager, I build emotional and social capacity with members who are going through different life changes. I enjoy the challenge of empowering members and helping them identify their goals rather than taking on the projects myself. This has been another important lesson I have learned at CHV and will continue to bring to new positions in the future.

**What’s one thing you look forward to accomplishing for CHV in 2023?** I will be starting an internship at a new organization as I continue my master’s program. I will still be working here

two days a week so I hope to still have a meaningful impact with members even though I will be spending fewer hours here. I hope to bring some of the new skills I learn in my classes and at the new internship to my work with CHV members.

## **What is a hobby of yours, something you like to do in your free time?**

I like caring for my inside and outside potted plants. I have a dog and a cat that I spoil way too much. Some members may be familiar with my cockapoo, Doc, who visits the office from time to time! I also enjoy doing yoga and have shifted to doing classes offered on YouTube since the pandemic. Otherwise, I prioritize time with family and friends as my work/school time takes up a lot of my schedule.

**Any other fun facts about you to share with readers?** In the past, I volunteered with Everybody Wins a reading mentoring program where volunteers are matched to students to share their love of reading. I hope to return to volunteering with kids after I graduate since I really enjoy that age group. Volunteering has always been something I try to prioritize since it is a great way to build community and gain a better perspective on what is important in life.

## **CHV Office Closures**

The CHV Office will be closed on the following dates:

- Labor Day: Monday, Sept. 4
- Yom Kippur, Monday, Sept. 25



# Singing Together Is Fun ... And Good for You!

By Ellen Coughlin

The singers of Second Wind, the chorus associated with Capitol Hill Village, will tell you that singing together just makes them feel good. Although rehearsals can be challenging at times, the hard work brings sweet moments when their voices blend to create beautiful music, so satisfying, even joyful.

A growing body of scientific research suggests that the Second Winders aren't imagining those good vibes. For the last 30 years or so, studies of all sorts have looked at the possible ways choral singing benefits physical health and mental well-being: how it can elevate mood, alleviate anxiety, improve memory, or enhance a person's ability to cope with illness.

It's not hard to see where these benefits come from. Singing in a choir gets you out and active and engaged in a cooperative group activity. It exercises your lungs and your heart. It requires you to think and memorize and pay attention. But what does the science say? Here's a very small sample of the research:

- **Choral singing may have a positive effect on your immune system.** In a study from the University of California, Irvine, scientists tested the saliva of the members of a professional chorus before and after rehearsals and a performance of Beethoven's *Missa Solemnis*. The results showed a significant increase in the levels of immunoglobulin A in the

singers, indicating improved immune functioning.

- **Group performance of music may increase your tolerance for pain.** In a study of a church choir in the United Kingdom, researchers evaluated the singers' pain threshold following services that involved a significant amount of musical performance. They found not only increased pain tolerance but also elevated mood in the singers after the services.
- **Singing together seems to help keep aging minds sharp.** In a study sponsored by Chorus America, a nonprofit advocacy group, investigators surveyed more than 5,700 choral singers as well as a comparative group of some 500 non-singers. They found that older choristers (age 65+) were less likely than older non-singers to report experiencing cognitive challenges such as difficulty doing calculations in their head or finding the right word.

To be sure, these findings don't prove that performing in a chorus boosts your mental or physical health—they show connections, not causes. And there is little research on whether choral singing is more beneficial than other group activities, such as participating in a team sport or acting in a play. But the evidence adds up to an interesting conclusion: singing with others can be good for you.

Why not check out Second Wind and see for yourself? The singers rehearse

**And if you're not inclined to sing?** Creative aging research suggests that a variety of creative activities can lead to similar outcomes. Gene Cohen's 2006 groundbreaking creativity and aging study found that participants in arts programming experienced a better overall degree of physical health, fewer doctor visits, less medication usage, fewer falls, and fewer other health problems than the comparison group. Other outcomes were better morale, increased activity, and less loneliness than the control group. In other words, the creative cultural interventions helped in reducing the risk factors that may increase the necessity for long-term care services. Need some help or inspiration? Contact us. Let CHV staff help you find a way to stretch your creative muscles.

Tuesday afternoons at Capitol Hill Arts Workshop. They begin with light exercises to warm up their muscles and lungs for the workout ahead, and some musical exercises to do the same for their vocal cords. Then comes the practice—learning the notes, the rhythm, the dynamics of each piece; listening for how each part—soprano or tenor, say—sounds with the others; figuring out when to breathe! There's plenty of effort and a lot of laughter, wrong notes (especially in the beginning) and lovely harmony. And the end-of-the-season concert when the music sounds good and the audience applauds makes it all worthwhile.

Occasionally, the chorus spreads the joy to other venues. In May a group of Second Wind and CHV members went to Capitol Towers to lead a sing-along with residents. To the accompaniment of guitar and ukulele, everyone joined in rousing renditions of "Dancing in the



▶ continued on page 13

# CHV Team Pursues Safe Sidewalks

By Dawn Nelson

After taking numerous tumbles on Capitol Hill sidewalks, typically while walking her two dogs, Nancy Broers finally went beyond bruised knees and sprained wrists and, several years ago, suffered a badly broken foot.



*“The various raised/broken bricks, holes, and dips in the sidewalks were behind my numerous falls. It was one of those dips that sent me literally flying, resulting in my broken foot.*

She turned it into a learning experience:

*“Still needing to walk my dogs and run errands; I determined that I needed to be proactive. I began to fluctuate my gaze between looking ahead and looking down. Balancing that with the need to look out for other dogs and people was surprisingly manageable. The result is that I haven’t taken one tumble in the*

*last 12 years or so. I’ve occasionally tripped, but no falls. We’re so fortunate to have these lovely sidewalks to navigate our beloved neighborhood, and with a minimum of effort, they can perhaps cease to be a source of various woes.”*

That’s exactly what Capitol Hill Village’s Sidewalk Safety Team was formed to do—help mitigate brick sidewalk problems. The team is currently composed of Scott Price, Dawn Nelson, Bill Crews, James Kennedy, Tomeka Lee, and Roberta Shapiro, but it will expand to include others soon.

So far, the Safety Team has set up a system for people to report brick problems to CHV. CHV reports these problems to DDOT and keeps track of the repairs, which can take up to 270 days. As of August 10, 118 reports had been received at [CHVpedestriansafety@gmail.com](mailto:CHVpedestriansafety@gmail.com). That email address has been posted on Capitol Hill listservs and posters in our parks. The team is also working with several ANC’s, Council Member Charles Allen’s office, and DDOT officials. Soon it will receive help from a George Washington University intern, whose specialty is data crunching and analysis.

A survey by ANC 6A Commissioner Roberta Shapiro found that out of 473 households responding, 305 reported a fall (sometimes multiple falls) in the last 2 years resulting in 263 injuries.



**You can help the CHV Sidewalk Safety Team** by taking a picture of dangerous brick(s) conditions, labeling it with the closest house address (number, street, quadrant), and sending it to [CHVpedestriansafety@gmail.com](mailto:CHVpedestriansafety@gmail.com). We are trying to help Councilmember Allen and others understand the pervasiveness and seriousness of this problem, and your reports play a vital role.

The DC government paid \$1.9 million in FY21-23 to settle claims city-wide for sidewalk injuries. The CHV Safety Team plans to provide information on how to file a claim with the city.

The Team hopes to have a lot of data and other information to present to the DC Council at the budget oversight hearings next February. More funding is needed to ensure that sidewalks are maintained to prevent falls.

Nancy is pleased with the CHV initiative. “Bringing sidewalk problems to the city’s attention is terrific and should significantly improve our neighborhood sidewalks. Until improvements are implemented, however, making a concerted effort to identify and avoid problem spots while walking can certainly mitigate trips and falls.”

## Singing Together Is Fun *continued from page 12*

Street,” “If I Had a Hammer,” “Under the Boardwalk,” and other favorites.

This fall Second Wind will perform under a new director, Alix Evans, a Washington-area soprano and conductor. In a departure from recent years, Alix has chosen four songs on a holiday theme for the group’s December 9 concert at CHAW: “Chanukah Candle Blessings,” the boisterous “All hail to the days that merit more praise,” the French carol “Bring a Torch, Jeannette, Isabella,” and Handel’s “Hallelujah” chorus.

Second Wind is a small choir—since the pandemic, only 15 or 16 voices strong—and would welcome new members of all vocal ranges and abilities. You don’t have to audition, and you don’t need to be able to read music, although that does help. Rehearsals this fall are Tuesdays from 12:30 to 2:00 p.m., beginning September 5. Masks are not currently required, but that could change if the level of COVID hospitalizations in DC goes up. Membership fees for Second Wind, which pay for its conductor,

accompanist, and music and typically cover 13 rehearsals and a concert, are calculated at about \$200 per season. But no one who is unable to pay and can demonstrate a need for assistance will be denied the joy and benefits of singing with the group.

Follow the science! Consider singing with Second Wind – your mind and body will be better for it. For more information, you can check out the website [secondwindchorusdc.com](http://secondwindchorusdc.com), or call Shirley Rosenfeld at (202) 630-2176.

# Council Member to Address Reparations at Dialogues Program

DC At-Large  
Councilmember  
**Kenyan**

**McDuffie**  
will speak at  
Capitol Hill  
Village's District  
Dialogues  
program on  
September 25 at

7:00 p.m. CHV is pleased that the Hill East Civic Association is partnering in announcing this event.

McDuffie has served on the DC Council for 11 years, 10 of those years representing Ward 5. His Council colleagues elected him Chairman Pro Tempore, a role where he acts as Council Chairman when the Chairman is absent. Councilmember McDuffie also chairs the Committee on Business and Economic Development.



McDuffie, according to *The Washington Post*, "... has long made racial equity a centerpiece of his policymaking, with previous successful legislative efforts to create a local "baby bonds" program for low-income infants and establish the city's Office of Racial Equity, including a partner office in the DC Council that examines proposed legislation through an equity lens.

Most recently he introduced and held hearings on "The Reparations Foundation Fund and Task Force Establishment Act of 2023." This is an important contemporary issue, and we hope you will join us to learn about reparations efforts more generally and Councilmember McDuffie's specific proposal. The text of the bill is at: B152 | District of Columbia 2023-2024.

The program will be on Zoom.  
Register on CHV Helpful Village at:

<https://capitolhill.helpfulvillage.com/events/10869> or by contacting the CHV Office at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org).

Information about Councilmember McDuffie is at: <https://dccouncil.gov/council/kenyan-mcduffie/>

Here are additional resources you might want to check out:

- Brookings Institute Report Summary (with link to full report): Why we need reparations for Black Americans: <https://www.brookings.edu/articles/why-we-need-reparations-for-black-americans/>
- National Public Radio: Cities may be debating reparations, but here's why most Americans oppose the idea: <https://www.npr.org/2023/03/27/1164869576/cities-reparations-white-black-slavery-oppose>

# Potluck Dinner Club Back on the Calendar

By Bernadette McMahan

Do you remember enjoying potluck dinners with other Capitol Hill Village members in the days before COVID shut down the world? More importantly—even if you never



participated before—would you like to join other members for such a dinner now? That opportunity is now available!

Bernadette McMahan and Kitz Cleary have agreed to coordinate a revived Potluck Dinner event so ably managed by Shirley Loo in the past. They will arrange for someone to host the dinner at a designated date and time. The



location will be at the host's home, and the host will specify how many participants can be accommodated.

The event will be included in the CHV calendar, and any CHV member will be able to sign up to attend. Each person

will be expected to contribute part of the meal.

Our first event is already scheduled! It will be **Thursday, September 14, at 6:30 p.m.** See the Helpful Village events calendar for details.

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# Community Foundation Honors Extraordinary Volunteers

By Karin Kinney

CHV members **Kenn Allen** and **Maureen Shea**, husband and wife, are recipients of this year's Capitol Hill Community Foundation Achievement Award. They were honored, along with Hill residents Bill Press and James Perry, in May at the award ceremony with a grand party at St. Mark's Episcopal Church. The Eastern High School Marching Band drum corps received the honorees and led them into the church.

Although their entire personal and professional lives revolved around work to help and make a difference in their community, Maureen said about the award, "We feel quite humbled."

Volunteering began for Kenn as a student at the University of Illinois, looking for a way to connect and finding his way into the Volunteer Illini Projects, the largest student-run community-service organization in the country. "It became my base," he said, "and as it turned out, the start of what my entire career has been about, developing and giving leadership to systems that encourage and enable people to volunteer."

He came to Washington in 1974 for a short-term staff job at the National Center for Voluntary Action, a non-profit organization that sought to make volunteering "an important force in American society." He didn't leave until he became executive director of the organization and it had merged into the new Points of Light organization.

During his long career Kenn continued to promote volunteerism and civic engagement. Since 1980, at the International Association for Voluntary Effort, his work has taken him to 35 countries.

At home Kenn's engagement focused on St. Mark's Episcopal Church. As senior warden, the elected lay leader of the parish, he led a three-year campaign to assess the need for renovation of the church, raise funds, and repair



and rebuild the structure, keeping in mind its relevance for years to come. As junior warden, he shepherded renovation of the long-neglected bell tower, built in 1894. "Next year will be the 10th anniversary of the completion of the project," he said.

He looks fondly on the resulting multi-use building that serves not only the parish but the entire Capitol Hill community. Moveable chairs instead of pews in the nave allow for greater function of the space. The nave is the largest indoor space for events on the Hill and, in addition to church functions, it hosts concerts, classes, dance parties, meetings, and assemblies for groups such as the recent National Vigil for All Victims of Gun Violence, headlined by President Joe Biden.

Maureen hails from upstate New York. For her, volunteering is something she does because she enjoys it.

"It gives me a sense of purpose, and I make wonderful new friends," she said. "I had a very good life and it's important to me to do what I can to share with others, whether it's helping neighbors or supporting victims of gun violence."

She is widely known for her hospitality, as much for her help in the church as in the neighborhood. With her welcoming attitude she organizes each summer's block party on A Street SE. She supports the Naturally Occurring Retirement Community (NORC) on her block, and

often brings people together for shared dinners and community.

In her job as director of government relations for the Episcopal Church, she has practiced community outreach, for example, as chair of Churches for Middle East Peace on Palestine/Israel peacemaking and on children's health care, which was acknowledged with an invitation by the Obama White House to the signing of the children's health care legislation.

Among her current concerns at St. Mark's are immediate help for refugees, for Afghan families settling here and for migrants, who are bussed to Washington from our southern borders. The migrants need food and clothing and a stay for the night before they can be moved on to families, friends, or other connections. And Maureen is constantly on her way to provide food and other necessary supplies to help make things bearable.

Are they both retired now? Yes, for Maureen, "but I'm listening very carefully to what Kenn has to say," she said. Kenn admits to some slight consulting work and tries to explain where his work ends and his volunteer efforts continue. He explains it with a laugh and a shrug. It all kind of runs together.

They are world travelers, having explored the far corners of the earth from the northernmost archipelago Svalbard, Norway, to southern-most Antarctica.

## Wellness Cafés Return in September

In September, Capitol Hill Village will restart a popular series that began before the pandemic: The Wellness Cafés. Each will feature a speaker on a health and wellness topic and a light lunch. They will take place at the Townhomes on Capitol Hill, 750 Sixth St. SE, from 11:00 a.m. to 1:00 p.m.

“Oh, My Aching Feet” will be the first program on Wednesday, September 13. Podiatrist **Ed Pozarny** from Arlington Podiatry Center will provide

an overview of foot health, ways to keep your feet healthy and when to seek a doctor, and why feet are crucial to healthy aging.

Signup in Helpful Village is important so we can plan for the lunch items: <https://capitolhill.helpfulvillage.com/events/10871>.

Next up will be “Grocery Guru #101 (and meals to go)” on Wednesday, November 15. If you wonder how to easily order groceries using Instacart,

Amazon Fresh, and Peapod without leaving your home or how to use three popular dining apps (DoorDash, Grubhub, and Uber Eats), this event will leave you with lots to chew on! The program will be presented by the Director of Community Relations for SmithLife Homecare.

Please sign up in Helpful Village: <https://capitolhill.helpfulvillage.com/events/10872> so we can plan for the lunch items.

## You Too Can Meet Sesno and Dodd

A few places remain for two Salon guests, offered in the CHV Auction.

**On Monday, Oct. 16, at 5:30 p.m.**, join Emmy Award-winning journalist **Frank Sesno** for lively conversation focusing on the topics of the day. Sesno was formerly Washington bureau chief, White House correspondent, anchor,



and talk show host at CNN, and he’s now helping shape the future of news and political communication as the Director

of Strategic Initiatives at The George Washington University School of Media and Public Affairs. He recently created Planet Forward, bringing together students and experts to examine sustainable innovation, including climate change, sustainable agriculture, and the future of fossil fuels.

Purchase tickets at: <https://capitolhill.helpfulvillage.com/events/10723>.

**On Monday, Oct. 16, from 6:30 to 8:00 p.m.**, former Senator **Chris Dodd** will discuss his experiences in the U.S. Senate and House of Representatives, his service as Chairman of the Board and Chief Executive Officer of the



Motion Picture Association of America, and as White House Special Advisor for the Americas since last November.

(This talk

was rescheduled from Sept. 26.)

Purchase tickets at: <https://capitolhill.helpfulvillage.com/events/10722>

*These items are part of the 2023 Capitol Hill Village auction; ticket purchases may be tax deductible—check with your tax professional.*

### 2023 JON GENDERSON MEMORIAL FUND

## Wine Reception

**RSVP by Sept. 22 for the Genderson Fund Wine Reception, Sunday, October 1, 2023  
2:00–4:00 p.m., \$150 Per Person**

Donations to the Genderson Fund subsidize membership dues for older adults on Capitol Hill who face financial hardship and provide resources for members who cannot afford something needed for health and safety. Call the office or go to [www.capitolhillvillage.org/genderson2023](http://www.capitolhillvillage.org/genderson2023)

to pay with a credit card. The event is at The Residences at Eastern Market, 777 C Street, SE, WDC 20003.

Or, support the Genderson Fund without committing to attend the Wine Reception by clicking [HERE](#). All donation levels are needed and appreciated.





# September Events List

Friday, September 1, 1:00–2:15 p.m.

## 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). To register, contact Capitol Hill Village at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) or call 202-543-1778.

*Open to all.*

Monday, September 4

## CHV Office Closed for Labor Day

Friday, September 8, 9:00–11:00 a.m.

Your Home

## Goodwill Pick-up

**NOTE: Signup deadline is 12:00 Noon, Wed., Sept. 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.*

Saturday, September 9, 10:00 a.m.

## GET YOUR MOVE ON! Kickoff

At the Eastern Market Metro Plaza, 7th and Penn Ave SE

Dancing, music, exhibits, chair yoga, and more in the kickoff of the two-week Wellness Journey. T-shirts for everyone who signs on for the journey.

See story on pages 1–2.

*Open to all.*



Monday, September 11, 10:00 a.m.

Bladensburg Waterfront Park, 4601 Annapolis Rd.

## Kayak to Kenilworth Aquatic Gardens



A CHV volunteer will provide kayak tips and instruction for beginners, and the park has an easy entrance-and-exit ramp launch. No skill or prior experience needed—just a sense of adventure!



The Anacostia River is an easy river and ideal for new kayakers. Kayak from Bladensburg Waterfront Park to the Kenilworth Aquatic Gardens marshes. You can reserve your own kayak or learn more at <https://outdoors.pgparks.com/1801/Rentals>. Pre-reservation ios not required; oars and life vests are provided with rentals. You can bring your own kayak.

This event will be canceled in the case of inclement weather.

*Open to all. Cost: \$20.*

Monday, September 11, 3:00–4:00 p.m.

## Virtual Event: Caregiving Support for Men

This will be a discussion group for men who are serving in a caregiving role for someone with an illness or disability, whether spouse, sibling, parent or other loved one.

Caregiving can be lonely and stressful. Even when we deeply love the person we're caring for, the role of caregiver can challenge us in myriad ways. With the physical, emotional, and practical demands, there's no question that caregivers need support to be able to take care of themselves while they care for another.

According to AARP, 40% of the family caregivers in this country are men, and men often have a different experience of caregiving than women. We would like to create a space for men to share their caregiving experiences and find support from other men.

This event will be hosted by **Geoff Lewis** and facilitated by **Tim Rogers**, who is certified in Somatic Integrity and has years of experience in group work, including as a volunteer for Dupont Circle Village.

*Open to all.*

► continued on page 18

# September Events *continued from page 17*

Tuesday, September 12, 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.

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.*

Wednesday, September 13, 11:00 a.m.–1:00 p.m.

Townhomes of Capitol Hill, 750 Sixth St. SE

## Wellness Café: Oh My Aching Feet

The Wellness Café returns from the pre-COVID era with the topic of foot care and common maladies. The speaker is Podiatrist **Ed Pozarny** from Arlington Podiatry Center.

A light lunch will be available. See story on page 16.

*Open to all.*



Wednesday, September 13, 12:00–2:00 p.m.

Capitol Hill Towers, 900 G St. NE

## Get Your Groove On

Join Capitol Hill Village members and volunteers for an afternoon of hand dancing, snacks and fun (bring your own lunch). Meet in the Community Room.

*Members and volunteers.*



Wednesday, September 13, 2:00–4:00 p.m.

Private Home

## 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.

*Members and volunteers.*

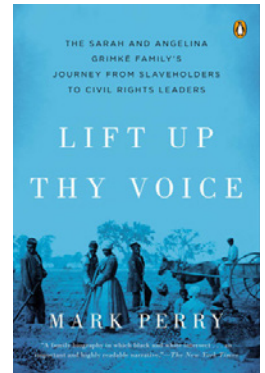
Wednesday, September 13, 4:00–5:00 p.m. **\*New Date**

## Virtual Event: History & Biography

We will discuss *Lift Up Thy Voice: The Sarah and Angelina Grimke Family's Journey from Slaveholders to Civil Rights Leaders* by Mark Perry (2001, 345 pages).

In the late 1820s, Sarah and Angelina Grimke traded their elite position as daughters of a prominent white slaveholding family in Charleston, South Carolina, for a life dedicated to abolitionism and advocacy for women's rights in the North. After the Civil War, discovering that their late brother had had children with one of his slaves, the Grimke sisters helped to educate their nephews and gave them the means to start a new life. The nephews, Archibald and Francis, went on to become well-known African American activists in the burgeoning civil rights movement and the founding of the NAACP. Spanning 150 eventful years, this is an inspiring tale of a remarkable family that transformed itself and America.

*Members and volunteers.*



Thursday, September 14, 10:30–11:30 a.m.

Capitol Hill Towers, 900 G St. NE

## Tech Training with Myles

A drop-in session that meets monthly at Capitol Hill Towers to answer questions about cell phones, tablets, and computers. A form of ID and facemask are required to enter the building.

*Members.*



Thursday, September 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.

*Open to all.*

▶ continued on page 19

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# September Events *continued from page 18*

Thursday, September 14, 5:30–7:00 p.m.  
The Lockwood, 1339 E St. SE

## Cinephiles

Here are the selections for viewing: *Golda, Shortcomings, Jules, Painkillers*: Episodes 1-2-3, and (Classic) *Chinatown* (Amazon).

*Members and volunteers.*

---

Thursday, September 14, 6:30 p.m.  
Private Home

## Potluck Club

Enjoy a dinner with other CHV members. Each guest should plan to bring an item of food or drink to contribute to the menu. See story on page 14.



*Members.*

---

Friday, September 15, 1:00–2:15 p.m.

## 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). To register, contact Capitol Hill Village at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) or call 202-543-1778.

*Open to all.*

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Saturday, September 16, 9:00 a.m. **\*Schedule Change**  
Your Home

## Hazardous Waste Pick-up

**Note: Signup deadline is Thursday, September 14**

***\*Going forward, hazardous waste pickups will not occur regularly on the first Saturday of the month due to changes in DPW scheduling at the transfer station. Check Helpful Village for the schedule.***

Hazardous materials and personal papers will be picked up from members' homes for delivery to DC'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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Monday, September 18, 1:00 p.m.  
Tunnickliff's, 222 Seventh St. SE

## Wyze Guyz

Join other men in an informal, Dutch-treat gathering at Eastern Market's favorite pub, Tunnickliff's, to get to know each other better and relax over tavern fare and good conversation.

*Members and volunteers.*

---

Monday, September 18, 6:30–8:00 p.m.

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

Capitol Hill Village and Iona Senior Services partner to offer a support group for spouses, partners, adult children, and others who are coping with the challenges of being a caregiver for a family member or friend with dementia or memory loss. Led by professionals from Iona.



▶ continued on page 20

# September Events *continued from page 19*

Contact Bill Amt at [bamt@iona.org](mailto:bamt@iona.org) for questions about the link to the virtual meeting.

Members and volunteers. Reservations required.

Monday, September 18, 7:00–8:00 p.m.

## Virtual Event: Village Voices



What's up with the airlines? **Dorothy Robyn**, public policy expert, will talk about airline regulation and deregulation, consolidation, and close calls on the runway. See story on p. 9.

*Open to all.*

Tuesday, September 19, 11:00 a.m.–1:00 p.m.

Private Home

## Purls of Wisdom

Join friends and neighbors for conversation, and work on your favorite yarn project. We meet in the home of Nancy Lee. All participants must be fully vaccinated. 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).



Tuesday, September 19, 5:00–6:30 p.m.

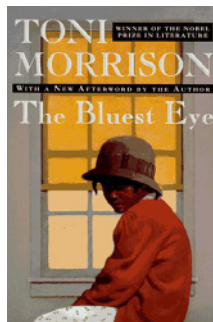
The Lockwood, 1339 E St. SE

## CHV Literary Club

**Note: Signup deadline is 5:00 p.m., Tuesday, September 19**

In September, the Village Literary Club will read Nobel Prize winner Toni Morrison's *The Bluest Eye* (226 pp, 1970). It is Morrison's first novel and is set in 1941, in Morrison's hometown of Lorraine, Ohio. The book tells the story of an African American girl from a poor and abusive family who wishes for blue eyes. It treats controversial topics, racism and incest, and is one of the most banned books in the U.S. The book should stimulate an interesting discussion as members of the Club take up the issue of why some books are banned.

*Members and social members*



Tuesday, September 19, 6:00–7:15 p.m.

## Virtual Event: LGBTQ Social Hour

LGBTQ folks of all ages are invited to Capitol Hill Village's monthly LGBTQ Social Hour! Participants will come together to connect, combat isolation, and foster relationships.



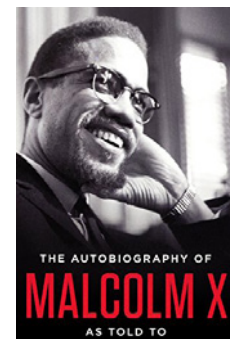
To get more information contact Sophia at [sgross@capitolhillvillage.org](mailto:sgross@capitolhillvillage.org) or call 202-543-1778 x204. Our LGBTQ programs are funded by the DC Department of Aging and Community Living and are open to any DC residents.

Thursday, September 21, 1:30–3:00 p.m.

## Virtual Event: Antiracism Reading Group:

We will discuss *The Autobiography of Malcolm X as told to Alex Haley* (2015, 466 pages). An established classic of modern America, *The Autobiography of Malcolm X* was hailed by the New York Times as "Extraordinary. A brilliant, painful, important book." Still extraordinary, still important, this electrifying story has transformed Malcolm X's life into his legacy. The strength of his words, and the power of his ideas continue to resonate more than a generation after they first appeared.

*Open to all.*



Saturday, September 23, 11:00 a.m.–3:30 p.m.

## Virtual Event: 2023 LGBTQ Intergenerational Symposium

A day of learning, connecting, and engaging with LGBT folks and allies, centered around the Symposium theme: Strengthening Generational Connections. Register and learn more at: <https://capitolhillvillage.org/programs-advocacy/pride/lgbtq-symposium/>.



*Free and open to all.*



▶ continued on page 21

# September Events *continued from page 20*

Monday, September 25

## Office closed for Yom Kippur

Monday, September 25, 3:00–4:00 p.m.

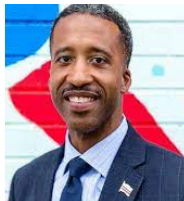
## Virtual Event: Caregiving Support for Men

See September 11 entry.  
*Open to all.*

Monday, September 25, 7:00 p.m.

## Virtual Event: District Dialogues: Conversations on Race and Justice in our City.

DC Council Member **Kenyon McDuffie** will talk about his proposed legislation on reparations. See story on page 14.



Tuesday, September 26, 5:00 p.m.

## CHV Theater Group

Discussion is at a private home



Our September performance is Mosaic Theater's "Monumental Travesties," September 7–October 1 at the Atlas Performing Arts Center, 1333 H St. NE. ([www.mosaictheater.org](http://www.mosaictheater.org))

Purchase tickets on your own, then join us for a discussion on September 26 at a member's home. For more information and to find a partner to see the show, check out the Theater Group's Village Talk

page on CHV's Helpful Village website.

Inspired by the Emancipation Memorial on Capitol Hill, this world premiere comedy asks who gets to remember what and why, and offers a provocative reflection on our city that is at once hilarious and insightful.

Wednesday, September 27, 12:00–2:00 p.m.

Capitol Hill Towers, 900 G St. NE, Community Room

## Get Your Groove On

See September 13 entry.  
*Members and volunteers.*



Thursday, September 28, 2:00–4:00 p.m.

Labyrinth, 645 Pennsylvania Ave. SE

## Games and Puzzles

See September 14 entry.  
*Open to all.*

Thursday, September 28, 3:00–4:00 p.m.

## Virtual Event: Parkinson's Support Group

See September 12 entry.  
*Open to all.*

Thursday, September 28, 5:00 p.m.

## Village Opera Society

Private Home

"Claudio Monteverdi's *Orfeo* and the Beginnings of Opera," presented by **Ken Slowik**, Artistic Director, Smithsonian Chamber Music Society.

A Capitol Hill resident, cellist, conductor, founding member of many chamber groups, and Curator of Musical Instruments at the Smithsonian, Slowik will join us to talk about early opera composer Monteverdi. There is no upcoming performance of a Monteverdi opera. Indeed, there may not have been a Monteverdi performance in Washington since Opera Lafayette's 2017 "Evening of Monteverdi." But after this evening, we will be prepared for the future.

Please bring nibbles or drink to share.

*Members.*



Friday, September 29, 1:00–2:15 p.m.

## Virtual Event: LGBTQ Brain Health Support Group

See Sept. 1 entry  
*Open to all.*

▶ continued on page 22

### Options for Registering for CHV Events

- Click [here](#) to access Helpful Village or go from the CHV website and register on-line.
- Call the CHV Office at 202-543-1778 or email [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) and request to be registered.

# September Events *continued from page 21*

Sunday, October 1, 2:00–4:00 p.m.

The Residences, 777 C St. SE

## Genderson Fund Wine Reception

Contributions to the Genderson Fund support membership in CHV for anyone in the neighborhood, regardless of income, and honors CHV's commitment to diversity.



The Fund celebrates Jon Genderson, a former CHV Board member known for his passion and enthusiasm for wine and for biking. We will also celebrate accomplishments during this month's GYMO! activities. Tickets, benefitting the Genderson Fund, are available for purchase at: <https://www.capitolhillvillage.org/genderson2023>. Support the Genderson Fund without committing to attend the Wine Reception by clicking [HERE](#). See stories on pages 2 and 16.

*Open to all.*

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

Private Home

## Purls of Wisdom

See September 19 entry. For more information, contact Nancy Lee at [nancylee8891@gmail.com](mailto:nancylee8891@gmail.com).

Friday, October 6, 10:00 a.m.–12 Noon

## Flu and COVID Vaccine Clinic

Sponsored by CHV. Check the Helpful Village calendar for location and for more information. See story on page 8.

October 10, 3:00–4:00 p.m.

## Virtual Event: Parkinson's Support Group

See September 12 entry.

*Open to all.*

Tuesday, October 10, 7:00–8:00 p.m.

## Virtual Event: Village Voices



Join Village Voices for a discussion with Hill resident **Nancy E. Weiss**, General Counsel of the U.S. Institute of Museum and Library Services, on the critical role the Federal government plays in advancing cultural engagement at both domestic and international levels. See page 9. Register [here](#).

*Open to all.*

Wednesday, October 11, 2:00–4:00 p.m.

Private Home

## 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.

*Members and volunteers.*

# Ongoing Events

Mondays, 9:30 a.m.

Meet at the plaza outside the Eastern Market North Hall

## Easy Strollers

The Easy Strollers will walk 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](mailto: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](mailto:pcromwell23@gmail.com)

*Members and volunteers. Registration required.*



► continued on page 23

# Ongoing Events *continued from page 22*

Mondays, 11:00 a.m.–12 Noon **\*Resumes September 11**  
Residences at Eastern Market, 777 C St. SE (first floor)

## Tai Chi

In a typical Monday there will be one half hour of exercises for those new to Tai Chi followed by one half hour of the 13 postures in the opening form of Tai Chi, and at the end a run through the final 26 postures for more experienced practitioners of Tai Chi.

*Open to all. Registration 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.*

Tuesdays and Thursdays, 10:00–11:00 a.m.  
St. Mark's Episcopal Church Garden, 301 A St. SE (in case of rain, meet in parish hall)



## 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, 12:30–2:00 p.m.  
Capitol Hill Arts Workshop, 545 Seventh St. SE

## 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. As long as the COVID threat level in DC remains low, masks are optional.

Second Wind will conclude its season of weekly rehearsals with a concert on December 9 at the Capitol Hill Arts Workshop. For more information about Second Wind Chorus and our upcoming term see us on the web: [secondwindchorusdc.com](http://secondwindchorusdc.com). See the story about the health benefits of singing on page 12.

Tuesdays, 12 Noon–2:00 p.m.  
Capitol Hill Village Office, 1355 E St. SE

## Reiki

Reiki, which means “Universal Life Energy” in Japanese, is non-invasive therapy that promotes the body's own healing ability with benefits including reduction of chronic and acute pain, reduction of stress and anxiety, and increased energy and mental clarity. CHV Member and Reiki Master **Shirley Loo** will perform 15-minute sessions during which the participant will be seated in a chair. Shirley was a longtime volunteer at George Washington Hospital where she provided Reiki to hundreds of patients, their family members, and hospital staff. Indicate the 15-minute time block you would like (see instructions you receive after registering). Must be fully vaccinated for COVID-19 and wear a mask.



*Members and volunteers.*

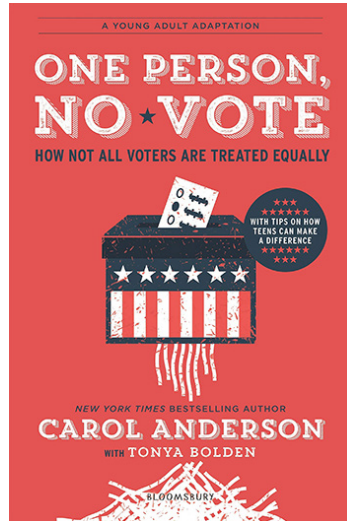
► continued on page 24

# Ongoing Events *continued from page 23*

Tuesdays, 2:00–3:00 p.m.

## Virtual Event: Antiracism Reading Pod

The next book for our Anti-Racism Book Group is *One Person, No Vote: How Voter Suppression is Destroying Our Democracy* by Carol Anderson. “In *One Person, No Vote*, Carol Anderson chronicles the rollbacks to African American participation in the vote since the 2013 Supreme Court decision that eviscerated the Voting Rights Act of 1965. Known as the *Shelby* ruling, this decision effectively allowed districts with a demonstrated history of racial discrimination to change voting requirements without approval from the Department of Justice. Focusing on the aftermath of *Shelby*, Anderson follows the astonishing story of government-dictated racial discrimination unfolding before our very eyes as more and more states adopt voter suppression laws.” — Amazon”



Contact the Village at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) to be added to the group or for information on starting your own group.

*Members and volunteers.*

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*

Wednesdays, 2:00–4:00 p.m.

Various Locations

## Mahjong

Mahjong is a game that originated in China. Similar to the Western card game Rummy, Mahjong is a game of skill, strategy and calculation and involves a certain degree of chance. Join a group of members and volunteers who meet to play together.



We meet weekly in alternating locations: first and third Wednesday at *Labyrinth Games and Puzzles*, 645 Pennsylvania Ave. SE; second Wednesday at *Tunnickliff's*, 222 Seventh St. SE; and fourth Wednesday at *Mr. Henry's*, 601 Pennsylvania Ave. SE. Contact CHV at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) to sign up.

Fridays, 11:30 a.m.–1:00 p.m. **\*No Meeting September 1**

The Residences, 777 C St. SE; 6th floor

## Women's Kitchen Conversations and Connection Group

This is an opportunity to meet with CHV members and volunteers to make connections and friendships. It is open to all women, and when you arrive at the Residences, let the concierge know you are with Capitol Hill Village and going to the 6th floor meeting with CHV member Jeety Kang.

Registration is encouraged, but please attend whenever it works with your schedule. A light snack is provided.

*Members and Volunteers.*

► continued on page 23



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# Ongoing Events *continued from page 24*

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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](mailto:justin@thedccenter.org).

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Saturdays, 10:00 a.m.–1:00 p.m.

Congressional Cemetery, 1801 E St. SE

## Death Doula Days

Congressional Cemetery's new Death Doula in residence, **Laura Lyster-Mehsh**, will be hosting Death Doula Days on Saturdays, welcoming the DC community to drop by and gather around the table for “death positive” conversations, guests, games, and workshops. Bring your curiosity, your questions, and a sense of humor as we talk openly about dying and death and how we can live our lives well even as we are aware life is finite.



*Open to all.*

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Monday-Saturday, 8 a.m.–1:00 p.m.

## Fit and Wellness Senior Fitness



YMCA DC hosts free one-hour fitness classes every day as part of its Fit and Well Seniors Program.

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. The form asks you to pick a class on the third page; 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.*

## CHV Events are Both Virtual and In-Person

CHV will resume regular in-person programming as long as we continue to take appropriate precautions and continue to consider the needs of those in the community whose risk of severe outcomes from COVID may be greater than our own.

For guidelines about in-person programs and information and guidance on using Zoom, see page 22 of the [May 2023 Village News](#).

- We will continue to ask that if you are experiencing symptoms of COVID—or anything else transmissible—or if you know you've been exposed—that you stay home.
- We are not getting rid of Zoom. We're looking the **right balance of in-person and virtual programming** to meet our community's needs. Affinity Group Leaders and others who plan programs will have to consider the needs and interests of potential attendees, and figure out how to contribute to the balance.
- For programs that take place in restaurants or other public venues, organizers will be encouraged to **avoid peak times** to the extent possible.
- Affinity Group Leaders who host activities in private homes will be encouraged to set **whatever conditions make them comfortable**. If they want guests to wear masks or do a rapid antigen test before attending, they are free to require that. CHV will make those supplies available to anyone who needs them, and will try to include on the calendar any attendance conditions that we are made aware of.

## Registering for CHV Events

- Click [here](#) to access Helpful Village or go from the CHV website and register on-line.
- If you need assistance accessing the calendar, contact the CHV Office at 202-543-1778 or [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org).
- Call the CHV Office at 202-543-1778 or email [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) and request to be registered.

# GET YOUR MOVE ON!

**Now**

**Signup at [CapitolHill.Thrives.app](https://www.capitolhillthrives.app)**

Set up your account with Walker Tracker, use it on its own or connect with Apple Health, FitBit, or another step-tracking device. Set a baseline for your activity level and personal goals.

**Sept. 9**

**GYMO! Kickoff Party.** Eastern Market Plaza, 10:00 a.m.–12 Noon

**Sept. 9–23**

**Official GYMO! Activity Period**

Walker Tracker will let you continue to track activities after Sept. 23.

**October 1**

**Genderson Fund Wine Reception.**

The event is at The Residences, 777 C St. SE, from 2:00 to 4:00 p.m. Tickets, benefitting the Genderson Fund, are available for purchase at: <https://www.capitolhillvillage.org/genderson2023>. (You can support the Genderson Fund without committing to attend the Wine Reception by clicking [HERE](#) )

There will also be a presentation of GYMO! awards at the Genderson Fund event.  
More details are on pages 1–2.



Capitol Hill Village  
1355 E Street SE  
Washington, DC 20003