



VILLAGE NEWS

MARCH 2021 TODAY < >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	1	2	3	4	5	6
	DC Center for LGBTQ Community Coffee Drop-In - 10:00 AM CHV Bridge Club - 1:00 PM Petanque - 2:00 PM Tai Chi - 2:00 PM Chair Yoga - 4:00 PM	Purls of Wisdom - 11:00 AM Qigong - 1:00 PM CHV Bridge Club - 2:00 PM	Meditation - 12:00 PM CHV Bridge Club - 1:00 PM	Home Care: How to know when - 1:00 PM Memoir affinity group - 1:00 PM Qigong - 1:00 PM Helpful Village Tech Check: Membership - 2:00 PM Chair Yoga - 4:00 PM Yappy Hour: Pet Friendly & Themed Social Hour - 6:00 PM	CHV Bridge Club - 2:00 PM	Hazardous Waste Pick-up - 9:00 AM
7	8	9	10	11	12	13
	DC Center for LGBTQ Community Coffee Drop-In - 10:00 AM CHV Bridge Club - 1:00 PM Family Caregivers Virtual Meet-up - 2:00 PM Petanque - 2:00 PM Tai Chi - 2:00 PM	Qigong - 1:00 PM CHV Bridge Club - 2:00 PM Helpful Village Tech Check: Volunteers - 2:00 PM Board Meeting - 4:00 PM	Meditation - 12:00 PM Virtual Poetry Readers - 2:00 PM	Qigong - 1:00 PM Helpful Village Tech Check: Membership - 2:00 PM Chair Yoga - 4:00 PM	Goodwill Pick-up - 9:00 AM CHV Bridge Club - 2:00 PM	

It's colorful and informative. This is the new look of the CHV calendar on Helpful Village. Many have probably already seen it, but if not check it out and read more on this page.

Sis Boom Bah! Rah Rah Rah! A Big Cheer for Helpful Village!

Capitol Hill Village members will soon (or may already have) receive invitations to sign into Helpful Village, a new data system that will, among other things, enhance connections among members and streamline the process for registering for CHV programs.

Helpful Village is designed for Villages, so members should find it user-friendly. Migration to Helpful Village has been a months-long project led by volunteers Pete Nash and Ceci Albert, working with data consultants Katie Garber, and Kristen Degan, and CHV staff and office volunteers.

How will Helpful Village work?

▶ Active CHV members will receive an invitation from Helpful Village to sign up with a button to “change my password.” Once the password is set, you will have an account and be able to access Helpful Village. If you don't want to wait

for an invitation, or if you already received a notice that required a sign-in, you can click on the “sign in” button in the upper right corner of the Calendar page and choose “forgot my password.” You will get an email inviting you to (re)set your password. Your username is your email address.

- ▶ Please note that you can reset your password anytime—don't worry if you forget it!
- ▶ If you need assistance in the sign-up process or don't have internet access, contact the CHV Office.
- ▶ All members and volunteers will have an account on Helpful Village. If you fall behind in dues or take a vacation from volunteering, your account doesn't go away, but you may be limited in what you can access online. If that occurs and you have questions, please call the office.

▶ continued on page 5

CHV Gala & Auction Goes Virtual, and There WILL be Fun

The annual Capitol Hill Village Gala has been a time for fun and fundraising, and while we clearly aren't ready yet to party and dance in-person, we can still have some fun and raise some funds.

Plans are being made for a **CHV AUCTION AND VIRTUAL GATHERING, April 15–22**, with a week of bidding on auction items, a social event, and a toast celebrating CHV volunteers (see page 6 for how to recognize *your* favorite volunteer). The week-long on-line auction will feature vacation homes, salon soirees on Zoom, restaurant coupons, art and decorative items, and more. A few

▶ continued on page 6

IN THIS ISSUE

Thanks to Our March Sponsor, Gary and Michael Real Estate Team; New Staff Member, p. 2
 From the Executive Director, p. 3
 From the President; Thanks to Our Year End Contributors, p. 4
 Helpful Village continued, p. 5
 CHV Gala & Auction continued, p. 6
 History & Biography Group Selects Books for 2021, Passages, p. 7
 Village Voices; p. 8
 Shamrocks for Board Members, p. 9
 An Invitation to Join CHV Antiracism Programs; CHV Purls of Wisdom, p. 10
 Member Profile: Carol Grodzins, p. 11
 LGBTQ Corner—Be True to Yourself, p. 12
 Don't Fall Victim to Dangers from Fire, p. 13
 Creating a National Model for Age-Friendly Neighborhoods, p. 14–15
 March Events List, p. 16
 Volunteers for LGBTQ programs sought, p. 23
 Save the Date for April Events, p. 24

Thank you
Gary and Michael Real Estate
Team for sponsoring CHV for
the month of March!

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MICHAEL
real estate team

GARYANDMICHAEL.COM



New Staff Member Joins CHV

We are thrilled to announce that longtime volunteer **Mary Bloodworth** has agreed to become Capitol Hill Village's Volunteer and Programs Coordinator. Many of you already know Mary. In addition to extensive professional experience with Seabury and Terrific, Inc.—two of the District's lead service agencies for older adults—Mary has a background in information technology, something she has often put to use as a CHV volunteer. She is a committed non-profit professional with more than 20 years of experience working for local organizations.

Mary has lived on Capitol Hill since 1995 (her parents moved here in 1987), and she lives here with her husband Chris and their dog Brio. She enjoys live music (and looks forward to seeing live shows again!)



Mary Bloodworth

and kayaking. We enthusiastically welcome Mary to this new role.

And as many of you know, **Jacquelyn Smith**, the previous Volunteer and Programs Coordinator left CHV in early February to accept a graduate assistantship at the University of Maryland where she is working



Jacquelyn Smith

toward a master's degree in Social Work and Public Policy. We miss her very much and wish her nothing but success.

Support CHV with a Monthly Sponsorship

CHV is seeking to partner with businesses or donors who will sponsor CHV for a month.

Contact Judy Berman for details:
jberman@capitolhillvillage.org

202-543-1778 (ext. 104)

CAPITOL HILL VILLAGE

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Connect with CHV at:



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

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

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



CHV #55474

Capitol Hill Village Leaders

Judy Berman, *Executive Director*

Bruce Brennan, *President of the Board*

Mary Bloodworth, *Volunteer and Programs Coordinator*

Angel Freeman, *Office Manager*

Pamela Johnson, *Membership Assistant and Peer Health Educator*

Tomeka Lee, *Director of Membership and Outreach*

Vernae Rahman-Smith, *Member Services Coordinator*

Sophia Ross, *Digital Media and Grant Program Strategist*

Samantha Schiffman, *Director of Volunteer and Care Services*

Meghan Wrinkle, *Care Services and Program Specialist*

Capitol Hill Village News Team

Editor: Karen Stuck

FROM THE EXECUTIVE DIRECTOR

Keeping on Learning



Judy Berman

she seems to enjoy the connection that conversation brings. But I think it may have most to do with the stories she tells, the contours of her multi-racial, multi-generational family saga and the soft-spoken tenacity with which she confronts, digests and narrates her personal experience with systemic racism. I'm riveted by not only what she learned in her research about a turn-of-the-twentieth-century lynching in her hometown, but what she's done with that knowledge.

Many of you listened to Karen with me at the February Village Voices program, and others have heard her speak before. Maybe you've read her book, *The Family Tree, A Lynching in Georgia, a Legacy of Secrets, and My Search for the Truth*. I was not surprised that a number of you responded to her Village Voices presentation by immediately signing up for the program on February 22, a discussion of Ibram Kendi's *How To Be an Antiracist*. Karen's presentation moved and inspired us; it left us wanting more. It showed us what it can mean to be brave, to learn about and face up to our own racism, to grow stronger by exploring our own vulnerabilities and frailties, and to make changes.

I know that a lot of us have succeeded in life by being what is sometimes called “Type A.” Type A individuals like to have everything certain and under control. We like agendas, and timelines, and being in charge. We don't like things that interfere with moving forward, whether it's a driver in front of us daydreaming while the light turns green, or a colleague who can't or won't

I could listen to CHV member Karen Branan talk for hours. Part of it is her lovely Georgia accent, which sounds to me like honey on buttered toast.

Part of it is Karen's welcoming nature;

make a decision, or a deeply entrenched way of thinking that presents through history like the whack-a-mole game—every effort to undo it causes the emergence of a new and more insidious version of the same.

Undoing systemic racism requires the determination, laser focus, and impatience of millions of Type A's. At the same time, as Karen's experience demonstrates, it also takes a softening, a willingness to let go of assumptions and expectations that we may not even realize we carry. If we do this right, as individuals, as organizations, as communities, undoing racism will change us. It will connect us to new people and ideas and experiences that will change us further. And the Type A in us wants to know in advance what that change will look like, but we can't know until it happens, until we allow it to happen.

A lot of my experience with CHV over this past year has involved torturing the part of myself that could be considered Type A. I've had to wrestle illusions of certainty out of very tiny bits of information; I've had to take some pretty big leaps (e.g., Helpful Village) without knowing exactly how soft or hard the landing would be. But I'm learning—as many of you probably already know—it's possible to have confidence without certainty, and to trust that small steps in the right direction will eventually get us where we want to be. I don't know exactly what CHV will look like when we've embraced antiracism on all of the levels on which it needs to be embraced. But I appreciate members like Karen Branan for having the courage to lead by example, and everyone in the Village who's individually investing in thinking, learning, and acting on antiracism and helping CHV as an organization do the same.

Driving the New Car



Bruce Brennan,
CHV Board President

I don't really like too much change. Generally, computers and technology make me a bit nervous, so a change to my computers and technology is never my

favorite thing. (Maybe that's why I still have an AOL email account!)

But it's been just my luck that each of the three boards I've been on in our community decided to change their computer systems during my term.

So you know my heart sank when Judy began to tell Phil Guire and me of the problems with the database and computer system she inherited. Seemed that the only people who could really use it well were the two rather expensive outside consultants needed to maintain the system—and even they were left scratching their heads far too often. And getting the kind of reports that Judy needed or the Board requested seemed to require everyone, including those expensive

consultants, twisting like pretzels to extract the data in any useful form.

Ultimately it seemed to me we'd gotten a fancy Rolls-Royce with more doo-dads and features than we needed or knew how to use. And, perhaps without realizing that this Rolls needed its own mechanic and chauffeur—all the time.

So we finally concurred with Judy that it was time to go looking for a new car. And, we found a nice Subaru Outback station wagon that the staff can drive themselves without needing a chauffeur and mechanic on the payroll. (Which means our costs to run the Village "car" should go down a lot.) It may not look as fancy, but it'll take us where we need to go without breaking the budget.

And to continue the automotive analogy, Judy reminds me that this new system has more "guardrails" too. Guardrails to ensure that every staff member stays on the road, with all entering data the same way in the same place, not the dozens of options the Rolls offered up. (e.g., data on member and volunteer lists, event signup, payments, and donations). It also offers much more

reliable membership tracking, and a dues renewal warning system for all members. The Rolls seemed not to worry too much about who had paid and who hadn't, leaving us too often scratching our heads about the actual membership counts and failing to send renewal requests out. The new system will be much more firm about both, which is a good thing overall, although some of us may be surprised to learn that, without a renewal reminder, we've let memberships lapse and suddenly cannot sign up for services or some types of events. Don't panic—just call the CHV Office, and staff can quickly get you renewed and signed up for programs.

AND, of course, member and volunteer users will see improvements in easier event signup and confirmations and a more user-friendly calendar. See more information on page 1.

And so I will set aside my anxieties and join all of you in signing up for the new system. A little pain to get something that will be much more useful. And ought to be less expensive too.

But I am keeping my AOL account!

Many thanks to our 2020 End of Year Contributors!

Capitol Hill Village is very grateful for every dollar that comes to us. Your gifts allow us to strengthen our support for our members and older adults throughout the District.

This year, due to uneven mail service, we had a number of checks sent to us that never arrived. We know this because those of you who contribute through donor-advised funds are notified by the financial institution when a check isn't cashed, and several of you reached out to us to

follow up. If you did not receive an acknowledgement for a gift, it's very possible we didn't receive it. Please contact us and let us know if this applies to you.

Also, if you contributed through a brokerage account (made a donation in the form of shares) and didn't receive an acknowledgement, it may be that we don't know who made the contribution. The notice to our brokerage account typically includes only a description of the gift and not

*Thanks
for your Support!*

the name of the giver. If you did not specifically communicate with us or with National Capital Financial Group about your donation, we don't know who to thank. Please know that CHV depends on and appreciates every gift, and we want to be able to say thanks.

A Big Cheer for Helpful Village! *continued from page 1*

- ▶ Once members have their account set up, they can edit their profile by, among other things, entering a picture, short biography, address, emergency contacts, etc. Note that the information in your account will help CHV support you (e.g., your physician, your pets, your date of birth, who has your extra house key). Demographic information helps CHV better tailor programs to meet member needs, secure grants, and tell the Village story to potential members and supporters. Although the Helpful Village platform is used by other Villages, the information entered by CHV members will only be available to Capitol Hill Village staff, and to a limited extent to select volunteers. Members have control over how much information they decide to enter.
- ▶ There are other important benefits for active members: you will be able to enter a service request anytime, view the vetted vendor list, renew membership, view a member directory, and find other members near you.
- ▶ There will be a “chat” feature, which affinity groups may decide to take advantage of. If you get an email saying that “you have unread notifications,” it means that someone posted a message

to a group of which you are a member; it could be an affinity group or “general,” which goes to everyone. You will need to sign in to read it.

How will the calendar work?

- ▶ Helpful Village does not replace the CHV website, but is accessible from it. When you select “Calendar and Activities” from the menu bar on the CHV website, it will take you seamlessly to the calendar powered by Helpful Village.
- ▶ You will immediately see a different look—both for the list of events and for the calendar format. You can “filter” or sort the color-coded calendar to more easily find the events you’re looking for.
- ▶ You will register for an event, and get an email confirming the reservation and a Zoom link for the event if it’s virtual.
- ▶ Once we are comfortable with the system, CHV can choose to designate events as “members only” or “volunteers only.” If a program is “members only,” the calendar will restrict signup accordingly. Note that very few programs are “members only.”
- ▶ For active members of CHV, the system will be able to generate a personal calendar showing the events you have registered for.
- ▶ If the event is scheduled to be on Zoom, you can join directly from the calendar. Whether you’ve registered in advance or not, you can click on “Join the online meeting now” and connect to the Zoom activity. (If you select that option before the session has begun or after the meeting has ended, you’ll be informed of such, but no harm is done.)

CHV is Here for You!

Capitol Hill Village won’t leave our members in the lurch when the new system is up and running.

Virtual Tech check-ins have been scheduled for 1:00 p.m. on March 4, 9, 11, 16, 18, 23, 25, 30 and April 6. Some are for members and some are for volunteers. Check the CHV website calendar for details.

And the office staff and volunteers will always be available to take questions: 202-543-1778 or info@capitolhillvillage.org

Help is Available

Helpful Village has developed a video that demonstrates some of the basic features of the platform that will be available to CHV members. View the video at: <https://support.helpfulvillage.com/hc/en-us/articles/360061964393-VIDEO-Demo-for-Members>.

You’ll notice in the video that some of the language is a bit different from what CHV uses. For example, they use “interest groups” rather than “affinity groups.”

The CHV website, office phone number, and email address will not change: 202-543-1778 or info@capitolhillvillage.org.

IMPORTANT: We are still experiencing problems with our messages going to spam, and we are trying to fix it. In the meantime, if you know how, you can add the following address to your “safe senders list”: village+capitolhill@helpfulvillage.com.



CHV Gala & Auction Goes On-Line continued from page 1

days before bidding starts, you will be able to browse the auction items and purchase tickets for the week's events.

As the date nears, more information will be available on the CHV website and in the *CHV News*, including the schedule of events, auction items, and how to purchase tickets. As in 2020, the auction and ticket sales will take place on-line.

In the meantime, there are some important things that CHV needs from you to assure the best event ever.

Lots of Things You Can Do to Help the CHV Virtual Auction and Get-Together Items Sought for Auction

We would love your donation of **high-quality art objects**, decorative items, art glass, pottery, silver, or first edition books or similar items. With all the downsizing and closet clean-out in these COVID times, we bet you've found some lovely things around the house you just don't need/use/want, but which are too lovely to toss. Without being too



Recognize Your Favorite Volunteer—by April 1

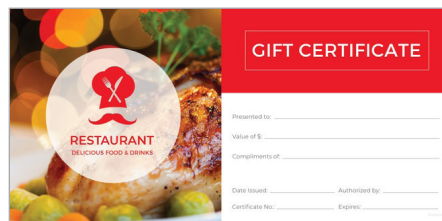
The volunteer recognition event will be part of the April 22 close-out, and we are looking for stories about volunteers who have made a difference in your life. Tell us about a CHV volunteer who you really appreciate and why. Put this into a short note (125 words or less) letting us know who, what, where and when a volunteer really touched your life, helping you or others you know.



Send submissions by April 1 to info@capitolhillvillage.org and put "Volunteer Nomination" in the subject line.

snobby about it—this is not intended as a substitute for that planned trip to Goodwill or the landfill. We're looking for things with a bit of a "wow" factor, but which you have decided you're ready to pass along.

Or, maybe you can donate some **special services or talents**: an hour of decorating, flower arranging, plumbing, or IT expertise? Proofreading or editing? Wingman for a non-aggressive new car buyer?



Donate gift certificates for Capitol Hill restaurants, a popular auction item, and this year, in support of our local restaurants, we will turn the tables and suggest that CHV members and friends purchase certificates and donate them to the CHV auction.

Vacation homes are also sought, so if you own a get-away—near or far—consider offering it in the auction.

There will be "**salon dinners**"—most will likely be virtual—and CHV wants to hear from you if you are interested in hosting (in-person or virtually—no cooking, just keep the conversation going!) or want to

recommend an interesting dinner guest or fun activity to incorporate.



The auction is also seeking **food and liquor items, experiences, etc.** that would allure visitors and bidders to the auction site. In the past, we've had such things as 12 bottles of Green Hat gin or a selection of fine wines.

If you have any of these items to offer for the auction, contact the CHV office at info@capitolhillvillage.org or 202-543-1778 or email Elizabeth Cabot Nash at elizabeth@cabotnash.com.

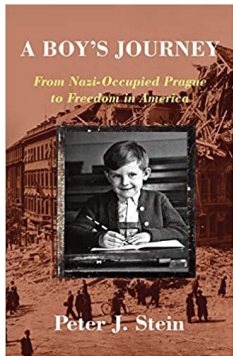
Sponsors are Sought

While there will not be tables to fill or a big dance floor, there will still be ample opportunity to publicize and promote the many loyal business supporters—both on the CHV website and at the champagne celebration. Past sponsors will be contacted, and interested parties can contact the CHV office if you would like to be a sponsor.

History & Biography Group Selects Books for 2021

The History and Biography Group has a full slate of books scheduled for discussion at meetings over the next year.

The next meeting will be **April 7** and the book will be *A Boy's*



Journey: From Nazi-occupied Prague to Freedom in America, authored by CHV Member Peter Stein. The memoir focuses on the first 15 years

of Peter's life—12 in Prague and the rest in the United States.

The child of a Catholic mother and a Jewish father who survived Theresienstadt, Peter recalls intimidating encounters with SS

officers, recollections of Hitler's portraits everywhere, food shortages, and the terror of Allied bombings. After the war, he heard firsthand accounts of survival from several cousins who survived Theresienstadt and Auschwitz, fought with units in the Czech army stationed in the USSR, and others who flew missions over Germany with Britain's Royal Air Force. Arrival in the United States in 1948 came with shocks of a different kind. Peter will lead the discussion and share photos and other memorabilia.

The remaining selections for the year will be:

June 2 *The Accidental President: Harry S. Truman and the Four Months That Changed the World*, by A.J. Baine.

August 4 *Caste: The Origins of Our Discontents*, by Isabel Wilkerson.

October 6 *Who Killed Dag Hammarskjöld? The UN, the Cold War, and White Supremacy in Africa*, by Susan Williams.

December 1 *Ghosts of Sheridan Circle*, by Alan McPherson.

February 2 *When Jesus Came, the Corn Mothers Went Away*, by Ramon A. Gutierrez.

April 6 *Midnight at the Pera Palace: The Birth of Modern Istanbul*, by Charles King.

June 1 *The Doctors Blackwell: How Two Pioneering Sisters Brought Medicine to Women and Women to Medicine*, by Janice P. Nimura.

The History and Biography group meets on the first Wednesday of every other month at 6:00 p.m. via Zoom.

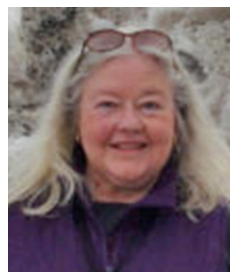
Passages



Mike Ambrose passed away Feb. 3. He lived on Capitol Hill for 55 years where he and his late wife, Sharon, raised four children. Mike

was proud of a long career in federal service and his hiking and trekking, which took him to every continent and included summiting Kilimanjaro. Mike's myriad volunteer works included both the Civil Rights and anti-Vietnam War movements, co-founding and working at the Capitol Hill Tax Clinic for over three decades, and service on many local boards. Capitol Hill Village benefitted from his inclusion on panel discussions about being a caretaker for one's spouse, a guest at two Salon dinners, and other Village volunteer activities, such as GenFest.

Mike was grateful to AA for 45 years of sobriety. He had a wonderful sense of community, and his quick wit and ready smile will be greatly missed by neighbors, friends, and family.



Linda Norton, whose art adorns the new CHV Office, died Jan. 26. She and her husband Randell Hunt lived on Capitol Hill for 45 years and

raised two sons. In 2010, she built her dream mountain house near Broadway, Virginia, where she would get away and paint. Linda was an accomplished artist with many of her works accepted in juried art shows and receiving awards. She was an active member of the Wednesday Studio, a group of skilled artists and friends who met at the

Capitol Hill Arts Workshop (CHAW). She loved the theater and appeared in several CHAW plays and also was the costume and set designer. Linda was a founder of the Theater Alliance in DC. She sang with a "girl group," the Jaynettes, performing "vintage music by vintage women." She served in leadership and support roles with the Capitol Hill Babysitting Co-op, Capitol Hill Cooperative Nursery School, Capitol Hill Cluster Schools, the Capitol Hill Classic race, CHAW, and Capitol Hill Village.

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

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.

March 8: Tamara Copeland.



What does it mean to be a “first”? Evolving racial dynamics in the United States.

What role does philanthropy play in addressing racial equity in the DC

region? Tamara Lucas Copeland thinks it can put racism on the table, helping to openly address the need to change thinking and culture in the matters of race. Ms. Copeland is former president of the Washington Regional Association of Grantmakers, where one of her major successes was partnering with the Enterprise Community Loan Fund on the “Our Region, Your Investment” program, which addressed the housing

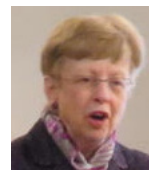
affordability crisis in the D.C. region. The program raised over \$12 million in two years, which it used to preserve 500 affordable homes. Upon retirement in 2019, she received the Chairman’s Impact Award from the Washington area Nonprofit Village.

But Tamara Copeland is hardly retired, serving on boards and advising nonprofits. Her essay, All I know about race and racism, I learned in _____. Hmmm... I never learned this., is a forthright statement of the distortions of American history as it was taught while she was growing up in Richmond, Virginia, in the 1950s and ‘60s.

In 2018, Copeland published a memoir, *Daughters of the Dream: Eight Girls from Richmond who grew up in the Civil Rights Era*. With “firsts” in her life and looking at other “firsts” for Black women such as Kamala Harris and Carla Hayden, she will be talking with Capitol Hill Village about what it means to be a “first” amid the evolving racial dynamics in the United States.



April 12: Michele Murdock. Protecting the Amazon and its people—the work and murder of Sister Dorothy Stang.



May: Constance Citro, former director of the Committee on National Statistics. What did we learn from the 2020 U.S. Census? A follow-up to

her December 2019, Voices program previewing the upcoming census.



June: Christian Ostermann. Markus Wolf, East Germany’s Stasi spymaster.

Until further notice, Voices programs will be conducted on Zoom from 7:00-8:00 p.m. Details for accessing the programs will be provided when people register for the event at capitolhillvillage.org or at info@capitolhillvillage.org.

Author’s Family History Reveals Surprises

At the February Voices program, **Karen Branan** recounted her journey back through family history that revealed surprising—if not shocking to her—family secrets about her ancestors from the deep South. While recording her 90-year-old grandmother’s oral history, she learned about a lynching that her great-grandfather, the sheriff, sanctioned and her grandfather oversaw in 1912. She also learned that she is related by blood to both slaves and slave-holders, and that one of the four victims of the lynching was a cousin.

“It was a big story. I wanted to do it, but had to ask ‘can I do that to



Karen Branan

my family.’ It took me a long time to decide to do it. I had to find a voice—I didn’t want it to be an angry voice or a guilty voice.” Branan

drew on her journalist background, and became the narrator of a wrenching story, one that brought her closer to new-found Black cousins and involvement in efforts at racial healing, such as through “Coming to the Table.”

Her book, *The Family Tree, A Lynching in Georgia, a Legacy of Secrets, and My Search for the Truth* (\$12 paperback, \$18 hard cover), is available by contacting Karen at karenbranan@gmail.com or visit her website at karenbranan.com.

A recording of this Voices program is posted on the [CHV YouTube Channel](#) and on the [CHV website](#).

Shamrocks for Board Members



By Bruce Brennan

[The CHV Board President continues his introduction of CHV Board members.

See also the February CHV News.]

Don't worry, I did not forget to tell you about the rest of our dedicated Capitol Hill Village Board members, beyond those mentioned in the February issue. Instead of Valentines, these folks get Shamrocks—and much thanks for all the good luck and great energy they bring to us. Now, ahem, about that rumored pot of gold... (Hint for careful readers: might include some trivia answers useful in the future.)

First, **Rachel Vladimer** continues our long history with National Capital Bank



employees on the Board. She has served a term as Treasurer, always has good luck getting some nice items for the CHV auction, and helps

keep us connected to the younger set! AND still has time for service with us despite a new promotion at the bank, a new house, and new baby!

Robyn Hinson-Jones also has her own historic ties to the Hill, but familial not commercial. We're



lucky she wanted to come to the Hill after a globe-trekking State Department career with assignments in Barbados, London,

Brussels, and Pretoria. She was the Principal Officer at the U.S. Consulate in Lagos, Nigeria. All a far cry from a first job at Gimbel's basement. As varied as her professional travels were, she also must enjoy variety in her own transportation. She's not only an avid member of CHV's Bicycle Group, she also is active with the local Dragon Boat Club. In just her first year on the Board, Robyn has proven herself invaluable, sharing insights and organizational know-how.

Rick Rutherford brings a wealth of insight and advice, freely shared, and from one who not only knows this community well after living here for over 40 years, but also has a depth of experience and wisdom on



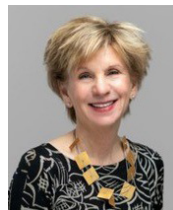
effective organizational management and on diversity issues that continue as topics today. He led and remains active in our strategic planning and facilitates the Board's internal conversations about racism, social justice and equity concerns. All a long way from being in the same musical line-up with an unknown John Denver.

Tama Duffy Day is owed a hundred lucky Shamrocks and the thanks of all who cross the threshold at our new office. Certainly for the architectural advice and expertise she brought to the buildout—but even



more for the dogged determination to repeatedly un snag the permits and Certificate of Occupancy for that new space from numerous Kafkaesque Scenarios. Her recognized architectural expertise in "health care design" reflects a background in many aspects of aging in our community that the Board welcomes.

Nancy Deck started telling me what to do back when she was chair of the Capitol Hill Day School Board and I was *their* auctioneer. I've always found it smart to listen to her—because she's so often right! Truth



is she is one of the most collegial and team-oriented of leaders and we're lucky leprechauns to get her vitality and team-building focus—and all that experience in marketing, strategy, and brand management. I'm sure she enchanted both guides

and other safari members on her pre-pandemic trip to Botswana! She has already jumped on board with our joint Staff/Board Diversity, Equity, and Inclusion Committee and our strategic planning efforts.

Admiral Mike Grace steers the Governance Committee so ably that we



never run aground: recruiting members for other Committees, identifying potential chairs and Board members, cajoling members to serve

as officers—all ensuring the ship has an able, versatile and well-rounded crew. (Well, there was that one actual spy who was Mike's co-worker—Felix Block.) And when the Covid storm hit, he set up our own foghorn system—with the Telephone Tree reach out by geographic sectors—offering timely reassurance to all and some important new connections to many. That's not just because of his 27 years in the Coast Guard and his legal training—he loves the Village and this community. It's why he is a member of our Wyze Guys, too. He IS our own pot of gold.

Well, seems "the first shall be last" and **Geoff Lewis** WAS the first in so



many things for CHV. As a founder, Board President, award winner, Board Member Emeritus (voting) and expert jitterbugger—his

service and contributions have lasted and lasted. He continues to remind us of the original vision and mission of the Village even as he urges us to take steps to improve, adjust, and expand as the organization too grows up. His contributions—financial, strategic, and always supportive of the mission—remind us of his long-standing commitment to and support for the Village

An Invitation to Join CHV Antiracism Programs

As the country moves toward a reckoning with its racism, Capitol Hill Village is recommitted to being a welcoming and inclusive community where race is recognized and talked about, where the interests of Black members and neighbors are visible in affinity groups and other programming, and where Black people occupy positions of authority on the Board and Staff. CHV wants to be part of the solution to the problem of racism in our country, our city, and our neighborhood, and to that end has organized several programs. Through them, you can join the conversation on how we can better serve antiracist goals individually and as a group.

To express interest in any of these programs or to join the CHV Antiracism Listserv, contact Meghan Wrinkle at mwrinkle@capitolhillvillage.org or 202-543-1778.

Antiracism Working Group

Meets every other Thursday 1:30–3:00 p.m.; next meeting is March 4.

This group is the programmatic arm of CHV's anti-racism work: for the collective Village (individuals, organization, and the community) to become known as an anti-racist organization, to define ways to take concrete actions against racism, and to

nurture partnerships between CHV and other local groups who are also seeking to become anti-racist. Attendees participate in both idea-sharing and development of programs. We work to support the Village's current programs on being anti-racist and create new programs where there are gaps. From the working group came the programs described below.

District Dialogues: Conversations on Race and Justice in Our City

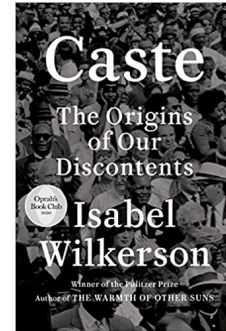
Meets on the 4th Monday of each month 7:00–8:00 p.m.

We recently launched a virtual speaker and community discussion series on engaging with people of varying experiences, backgrounds, and races across the District. Through this series, we hope to discuss and learn about pertinent topics, as well as partner with community organizations to make CHV programs safer, more inclusive, and more welcoming for a more diverse group of residents on Capitol Hill.

Antiracism Reading Group

Meets every other Thursday 12:00–1:30 p.m., alternating with the Antiracism Working Group.

The Reading Group is made up of CHV members and volunteers who seek to

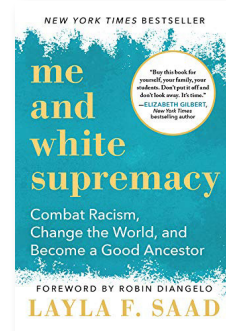


become more informed about race, racism, White fragility, social justice, and White supremacy. The group is currently reading *Caste* by Isabel Wilkerson. We will notify

the Village community when we begin a new book and welcome you to join.

Me and White Supremacy Pods

Meets weekly at a mutually agreeable time.



The Pods are small groups of about five CHV members, volunteers, and neighbors, who are working through the book *Me and White Supremacy* by Layla Saad.

This book is a 28-day guide targeted at White readers. It aims to aid readers in identifying the impact of White privilege and White supremacy in their lives. Groups are encouraged to work through the chapters together at a pace that works for them. Two pods are meeting currently. Contact Meghan Wrinkle if you would like assistance to start or join a new pod.

Antiracism Listserv

The antiracism listserv is an email exchange that provides invitations to antiracism programs within and outside the Village and the opportunity for ongoing dialogue, discussion, and action on issues related to social justice and race.

Purlers Support Day Center

The Purlers just keep knitting, and the Capitol Hill Village affinity group has decided to start donating some of their knitted items. First up was Shirley's Place Day Center on Pennsylvania Ave SE, where people experiencing homelessness can have a safe place to spend the day off the street. The Day Center is part of Everyone Home DC, which originated with the Capitol Hill Group Ministry. It is a non-profit serving vulnerable individuals and families on Capitol Hill and across DC. For the future, the Purlers will be seeking other entities to receive their donations.



Carol Grodzins: Doer, Innovator, Social Change Maker

By Sonia Conly

Carol Grodzins moved to Capitol Hill from Thailand in 2018 to be closer to family and especially to be part of her grandchildren's lives. Having heard of the Village Movement years earlier, and not knowing people her age in DC, Capitol Hill Village was her first local outreach. Readers may have noted Carol's name in the November 2020 *CHV News* as the contact for one of the Village's newest affinity groups, the Bike Riders. Carol is a doer with a life history of innovation for social change.

Carol started her career as an innovator while a Peace Corps primary school teacher at a tribal boarding school in Borneo. Without any teacher training, Carol recognized the importance of engaging children in their learning—how to teach science (observing that as rice rots it does not turn into maggots); and a kids' vegetable garden to address malnutrition where the kids become heroes taking food home to their families.

While teaching, Carol observed first-hand the terrible toll that tropical disease and the introduced disease of measles took on the Dayak tribal community, and she became interested in the challenge of creating healthy communities. Returning home, Carol abandoned her original intent to pursue Russian Studies, deciding instead to train as a nurse. She moved to Boston and enrolled in the Massachusetts General Hospital's School of Nursing, intending to return to Malaysia to help create healthy communities.

Life intervened in 1973 when she married Paul, a physicist at Harvard. Their son was born in 1976 just as the Women's Movement was coalescing. Women were questioning why pregnancy and birthing were treated



as medical conditions. In Boston, the birthing process was the domain of the obstetrician. So, with a group of nurses, Carol launched a nurse-owned non-profit, Lamaze Childbirth, Inc., leveraged the support of a few willing doctor champions, and, as part of a national movement transformed the way babies are born.

Where was Carol's next wave of change? In 1981, Carol came to see nuclear war as the number one public health threat. Joining with Physicians for Social Responsibility and the Nurses' Alliance, Carol became a founding member of the Lexington Committee for a Nuclear Weapons Freeze and later led the Massachusetts Nuclear Freeze Movement. The intention was to change the idea of whose role it is to make public policy. The new answer: citizens. The strategy was to elect a Congress and use the "power of the purse" to cut off new nuclear weapons design, testing, and production.

In 1989, wanting to bring together her interests in international development and healthy communities with a passion for policy, Carol joined the Harvard Institute for International Development's macroeconomics and food policy group. In the same year, she met Bill Drayton, the

founder of Ashoka, and recognized immediately that Ashoka's cultivation of entrepreneurial skills was essential to filling gaps left by conventional approaches to aid. Ashoka finds, invests in, and nurtures these entrepreneurs. In 2000 when her second child left for college, she joined Ashoka full time as VP for Global Fellowship.

Carol was introduced to the special challenges of aging when her mother could no longer live safely at home, but did not want an assisted living institution. So, at 94 she chose to move to Thailand with Carol's sister, and when Carol went there to help, she fell back in love with Asia and decided to retire in Chiang Mai.

After the death of her mother and the birth of grandchildren, Carol decided she wanted to be closer to her family, which took her to Capitol Hill where she lives near her son and grandchildren. Within CHV, Carol has found friends, inspiration, and fun. Carol's second son lives in San Diego perhaps providing an additional reason for winter and summer climate breaks. Carol continues her work with Ashoka as a volunteer helping to select Ashoka change agents.

The reader can check on new developments at www.ashoka.org. A current example is a joint effort by Ashoka and the Brookings Institution—Valuing Homes in Black Majority Neighborhoods, an initiative to foster a new generation of structural innovations to address systemic racism in the housing market. Up to \$1 million in prize money is available to local social entrepreneurs to design structural innovations to enable markets to reflect the full value of the people, public infrastructure, and wealth in these communities.

Michael Hash: Be True to Yourself

By Tomeka Lee

Over the last year, Capitol Hill Village has worked to become a more inclusive community partner. As we continue to educate ourselves, we look to the



knowledge and experience of our members. **Michael Hash** wears many hats, including CHV member, Board member, and volunteer. He shared his

experience as a resident of Capitol Hill and what it means to him to be a part of the LGBTQ community.

Q. What makes Capitol Hill home?

I moved to Capitol Hill in 1969, a little over 50 years ago; for two of those years I was away in the military. It is all about the community for me. When I first came to Washington, I didn't know anyone. I chose to live on the Hill because of the job I got working for the House of Representatives. I didn't own a car and Capitol Hill was a convenient location for me. I also loved the look of the neighborhood. I grew up where there were no row houses, much less houses that are 120 years old with brick sidewalks.

Q. Tell me about your relationship with Capitol Hill Village.

It started with Molly Singer—she was a neighbor, and my husband knew her much better than I did. I also met Gail Kohn who was very instrumental in the early years of the Village. I liked the concept and mission of the Village, which promotes aging in place. We didn't become members until the last 3–4 years.

In addition to being on the Board of Directors, I have also served as a volunteer, primarily with transportation, taking members to

appointments and helping with setup for the Gala.

Q. What does it mean to you to be LGBTQ?

It's who I am – that's the first thing. The second thing is feeling fully a part of this community. It wasn't always like that, but today there is a much broader and deeper acceptance of gays compared to years ago.

Q. Is there any advice you would give to future generations in the LGBTQ community, or that you wish you had heard?

It's often hard to figure out your true identity. I think the current and future generations of LGBTQ individuals are in such a different space than the one I grew up in. In my case it was a lot about finding ways to accept who I was and not pretend to be someone else. I imagine gay youth today often struggle with questions about their identity. Passing through teenage years is generally a difficult and challenging time.

Advice: I certainly don't know all the answers, but I do know becoming comfortable and honest about your authentic self is key. Once people come into early adulthood, they need to find a way to come to full acceptance of who they are and begin building a life based on integrity and authenticity. Without that intent, the rest of life is not likely to be happy and fulfilling. It's the same advice whether you're gay or not—figure out who you are and make the best of the talents and attributes you have.

Q. What are your thoughts on LGBTQ representation (progress throughout your life, what needs to happen)?

From my vantage point there has been incredible progress; I've seen phenomenal change over the years. I never envisioned living in the world we experience today. Not to say

we live in a euphoric age. It's hard for me to imagine all the change that has occurred in the last 50–60 years, especially in the last 10. For a very long time, I didn't publicly acknowledge being gay, as I was afraid of jeopardizing my job working for the government or perhaps even some friendships. Gay marriage was such a fundamental shift in societal views.

I don't think, however, that we've arrived where none of us have to worry about bigotry or anti-gay behavior. Those of us fortunate to live on Capitol Hill are mostly insulated from violence and slights based on sexual orientation. It's very different in other parts of the country. A lot of work remains to be done to educate people, to get people to accept that this is not a choice, but who you are. Getting acceptance is still a challenge for many.

Work to reduce bigotry and discrimination is still important, as people are still losing their jobs, particularly in the trans communities where less progress has been made. I think we still have a big agenda for further improvement for the lives of people who are gay, transgender.

A lot of it starts with living your life as authentically as possible. So much has been hidden for so long, getting people to witness and set examples to motivate people and give them confidence. One reason I'm doing this profile is that I want my life to have some positive effect so that others can find the self-confidence that leads to a fulfilling life.

Q. Are there any notable events that you lived through that influenced you or individuals who shaped your understanding of your sexual orientation and/or gender identity?

In terms of events, living through the AIDS epidemic was traumatic and deeply disturbing. It impacted so many. I lost friends and experienced

▶ continued on page 13

Don't Fall Victim to Injury or Death from Fire

People are spending a lot more time at home during the pandemic, so it's a good time to take stock of potential fire threats in your home. Older adults have a higher likelihood of injury or death from fire, but there are ways you can protect yourself.

While adults 65 and older make up 12 percent of U.S. population, they are the victims in 36 percent of fire deaths.



Cooking fires are the leading cause of burn injuries to older adults, and electrical fires are the second leading cause of fire deaths for older adults (the leading cause is from smoking).

In the kitchen, take steps to prevent cooking fires:

- Wear tight-fitting or short sleeves when cooking.
- Never leave stove-top cooking unattended.
- Don't put combustible materials near the stove (paper towels, dish towels, etc.).
- Never use the oven to heat your home.

Overloaded circuits can lead to electrical fires:

- Don't overload electrical circuits or outlets by plugging in too many items; one appliance per outlet, especially if it is a heat-generating appliance.
- Extension cords should only be used temporarily.
- Use surge protectors rather than extension cords; but make sure you know the difference between power cords (which are the same as extension cords) and surge protectors.
- Don't run cords across doorways or under objects or furniture.
- Use a licensed and bonded electrician to perform electrical work in the home.

Space heaters:

- Leave at least three feet between a portable space heater and combustible items.
- Never leave a space heater unattended; turn it off when you leave a room or go to sleep
- Consider home winterization steps if a space heater is needed all the time.

Alarms:

DC Law requires smoke alarms on every level of your home—outside

the sleeping area and inside each sleeping room. In addition, if there are gas appliances in the home, DC law requires carbon monoxide alarms on every level where someone is sleeping.

Fire survivor skills:

- Have a fire escape plan.
- In the event of fire, stay as low as possible while getting out of the house because smoke rises; most of the time, it isn't fire that kills, it's smoke.
- If you can't escape the home, shelter in a room with a door or window and call 911.
- Items to keep by your bedside: eyeglasses, whistle, phone.

Older adults can call the DC EMS at 202-727-1614 and request a visit to replace smoke alarms.

For more information on DC EMS services:

<https://fems.dc.gov>.

The fire safety program was hosted by the Cleveland and Woodley Park Village as part of the Wellness Wednesdays series. The video recording of the program is at: <https://www.cwpv.org/post/fire-safety-for-older-adults>

Michael Hash: Be True to Yourself *continued from page 12*

the horror of a disease for which there was no cure. In many ways, I think it strengthened the sense of community and empathy within the gay community.

I went to a very large march for gay equality in Washington 1992 or 1993, and there were hundreds of thousands of people. I was overwhelmed with the sense of community. We were all united for one purpose. That was a visible statement that people who participated

really felt that this march was an important milestone in their lives. Of course, the Supreme Court decision recognizing same-sex marriage was a watershed event, and something I never thought I would live to see.

Q. Is there anything the Village can do to support you or to become more welcoming to other LGBTQ individuals?

I do think that inclusiveness needs to be worked on. I know I'm a person of

gay privilege in the sense that I don't feel like an outsider in our community. The challenge is to develop empathy and awareness for people not in my circumstance. I'm sure there are people that I don't know in the community, that are Village members and part of the Capitol Hill community. One thing I may be able to contribute to the Village is reaching out to those in the gay community who feel isolated and may not feel completely welcome in the life of CHV.

Creating a National Model for Age-Friendly Neighborhoods

By Patricia Powers Thomson and Susan Sedgewick

Cities rarely have access to large tracts of underdeveloped land or to the unique opportunity they present to create something remarkable—to leverage the collective knowledge of experts, visionaries, and citizens to develop a world-class urban space. This is the opportunity Hill East offers the District.

As the city develops Hill East, the large tract abutting RFK Stadium and the Anacostia river, we hope it creates a multi-generational mixed-income neighborhood that is senior-friendly. When it comes to taking care of seniors, DC is in the middle of the pack. We rank 19th in the Milken Institute’s *Best Cities for Successful Aging*; 9th in AARP’s *Most Livable Places at 50+*; and 58th in WalletHub’s *Best Places for Retirees*. We’re doing okay, and thanks to the work of

organizations like Age-Friendly DC, we’re doing better than in the past. But okay isn’t good enough. Developing Hill East with the following three elements, will help make our city a national model for senior living.

World-Class Geriatrics Center

DC needs a world class geriatrics facility, and Hill East is an ideal location. As a branch of one of the city’s outstanding medical centers, a “Hill East Center for Geriatric Medicine” would provide world-class health and rehabilitation services to seniors, as well as training and research programs.

Senior-Friendly Housing Options

Hill East should have both market-rate and subsidized residences suitable for seniors. Suitability means incorporating universal design features (e.g., grab bars, wide hallways, roll-in showers), as well as one-level living options and grade level entries for townhomes.

For seniors who can no longer live independently and choose to move to an assisted living facility, we envision a state-of-the-art facility, coupled with several integrated “Green House homes.” When necessary, seniors can transition to one of these homes and receive skilled nursing care in home-like settings without leaving their families, friends, and neighbors. (See www.thegreenhouseproject.org) Finally, Hill East should include affordable housing for personal care aides, home health aides, and other low to moderate-wage staff working in the

community. These staff are essential. Enabling them to live near where they work (while concurrently working to improve pay and benefits), is a win for the staff, those they support, and the larger community.

Services to Facilitate “Aging at Home”

According to AARP, the vast majority of older adults want to stay in their homes and communities as they age. Not only is aging-in-place preferred by seniors, it is less expensive for families and for taxpayers. With the right incentives, Hill East can become a *provider-hub* for the following services, creating synergies and improving delivery across the city:

Homecare Services. Many seniors who are relatively healthy still need the help of personal care aides to assist with the activities of daily living. Others need the support of home health aides, as well as visiting nurses and visiting physicians. These services can be integrated with the Geriatrics Center or provided by independent agencies located in the community.

Homecare Training and Internship Program. There is a serious shortage of home health and personal care aides. Hill East would be a great place to locate a training and internship program to ensure a strong pipeline of qualified aides while also increasing employment opportunities for DC residents. This program could be run by the “Hill East Campus” of an existing educational institution serving not only seniors, but the entire community.

An Adult Day Health Center with Memory Care (ADHC). ADHCs provide a range of programs for seniors with physical and cognitive challenges. They also provide respite for family caregivers. ANCs 6A, 6B,

► continued on page 15

Hill East Center for Geriatric Medicine	
<input checked="" type="checkbox"/>	Health services for older adults
<input checked="" type="checkbox"/>	Geriatric training programs
<input checked="" type="checkbox"/>	Geriatric research programs
Age-Friendly Housing Options	
<input checked="" type="checkbox"/>	Market-rate and subsidized residential units suitable for older adults
<input checked="" type="checkbox"/>	Assisted living facility, coupled with integrated Green House homes
<input checked="" type="checkbox"/>	Affordable housing set-asides for homecare aides working in community
Services Hub to Facilitate “Aging at Home”	
<input checked="" type="checkbox"/>	Homecare services (e.g., personal care aides, home health aides)
<input checked="" type="checkbox"/>	Homecare training and internship program
<input checked="" type="checkbox"/>	Adult day health center (ADHC)
<input checked="" type="checkbox"/>	Hospice services
<input checked="" type="checkbox"/>	Quality-of-life services: senior-friendly recreational facilities, transportation, and life-long learning programs

A National Model for Age-Friendly Neighborhoods continued from page 14

and 6C have all advocated for an ADHC. Taking their support a step further, ANC 6B worked with Capitol Hill Village and Felice Development to secure \$225,000 to help plan, design, and fundraise for such a center.

► **Hospice Services.** According to the *Journal of the American Medical Association*, Medicare beneficiaries are less likely to die in hospitals, and more likely to die at home. As people near the end of their lives, in-home hospice services attend to their palliative, emotional, and spiritual needs.

► **Quality-of-Life Facilities.** Finally, we hope Hill East will include senior-friendly recreational facilities, transportation, and life-long learning programs, all of which are important for maintaining independence and health.

The need for the above will only grow as the population of older adults grows, and as concerns about future pandemics make previous models of senior care untenable. Making this vision a reality will require the collaboration of many stakeholders, and strong leadership on the part of the city. Indeed, development has already started, and a new “request for proposals” has been released. We hope the city will look favorably on proposals that incorporate the above ideas.

Hill East offers an unparalleled opportunity to create a world-class urban space that embraces older adults as part of a thriving, socially and economically diverse, intergenerational community. Let’s take full advantage of the unique opportunity we have been given to become a national model for senior living.

Patricia Powers Thomson and Susan Sedgewick are members of the Capitol Hill Village Board and its Advocacy Team.



FAST FACTS ON AGING IN DC

- Seniors are one of the fastest growing segments of the population.
- 34% of registered voters in DC are at least 50 years old (31% in Ward 6, 46% in Ward 7, and 36% in Ward 8).
- Nine of ten registered voters in DC, age 35 and over, believe it is important to remain at home as long as possible even if they need long-term care services (AARP).
- 86% of registered voters in DC, age 35 and over, support increasing funds for services that help people remain in their homes and communities as they age (AARP).
- Aging-in-place is preferred by seniors. It is also less expensive — for families and for taxpayers.
- COVID-19 has underscored the benefits of aging-at-home, or if that is not possible, in small home-like settings like “Green House” homes. According to a recent article in *Forbes*, 42% of all COVID-19 deaths have taken place in nursing homes. Per the *Journal of Post-Acute and Long-Term Care Medicine*, death rates in home and home-like settings were less than 1% compared to 11% in traditional nursing homes.

CHV Events are Both Virtual and In-Person

Villagers have been able to continue some affinity groups and other events through Zoom and, in some cases, in-person activities.

As part of the Phased Reopening of the Village, several groups are meeting outdoors. These meetings will comply with these CHV guidelines for outdoor in-person meetings, in order to protect members from transmission of COVID-19:

- ▶ Limited to 10 participants—**registration required**
- ▶ Masks required
- ▶ Distance of at least six feet between participants
- ▶ Please bring your own water and snacks
- ▶ **Do not participate if you have had any flu-like symptoms** or if, in the last 14 days, have tested positive for COVID-19 or been in contact with someone who has tested positive for COVID-19.
- ▶ **Pre-registration for these outdoor events is MANDATORY**, either online at www.capitolhillvillage.org or by contacting the CHV office at 202-543-1778 or info@capitolhillvillage.org. This is to protect participants' safety by ensuring that the attendance limits are maintained, and to have a record of those attending if contact tracing is needed.

If the event is listed as “Virtual,” you can access it through Zoom. Participants can attend either by phone (landline or cell phone) or through their computer or smart phone, where they will also have access to video.

- ▶ First step is to access the CHV website calendar.
- ▶ To register for a virtual event, members can either register on the website, as in the past, or they can call the CHV Office for assistance (202-543-1778).
- ▶ **After registration, you will receive a web link.** At the meeting time, click on the link or paste it in your browser; then click on “open Zoom meetings” and then “join with computer audio.”
- ▶ No computer or other internet device? No problem! You can also use your phone to call and listen in and participate in a Zoom meeting. Simply dial the number listed on the invitation and, when prompted, enter the meeting number. Voila! You're Zooming!
- ▶ If you need assistance accessing the calendar, contact the CHV Office at 202-543-1778 or info@capitolhillvillage.org.

If you have not participated in a Zoom meeting, it may be helpful to watch a tutorial video so you can become familiar with the screen and settings. Go to: <https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials>.

March Events List

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

Virtual Event: Purls of Wisdom



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

See their current projects on page 10. For more information, contact Nancy Lee at nancylee8891@gmail.com

Wednesday, March 3, 1:00 p.m.

Virtual Event: Wellness Wednesday—Gentle Yoga with Mayu

Hosted by Northwest Neighbors Village. This is part of a 12-session weekly series hosted by CHV and the other Villages in DC, and open to Village members citywide. The programs address physical and emotional wellness through a variety of topics including, fitness, health care, nutrition, and self-care.

Register at: <https://nwnv.helpfulvillage.com/events/1972-wellness-wednesdays:-gentle-yoga-with-mayu>

Thursday, March 4, 1:00 p.m.

Virtual Event: Memoirs Group **New Affinity Group*

This new CHV affinity group will explore the world of writing and publishing memoirs.



Our guest speaker will be author (and CHV member) **Louise Farmer Smith** talking about her essay, *On Betraying Family* (in stories and memoirs). Louise writes short stories, memoirs, and works of fiction and non-fiction, and she has received numerous awards for her work.

She was a college professor and high school teacher, a family therapist, and a Congressional aide in DC.

The granddaughter of Oklahoma pioneer dugout dwellers and chip gatherers, Louise was born in Washington and grew up in Oklahoma. Among her books are *One Hundred Tears of Marriage*, *Cadillac Oklahoma*, and *The Woman Without a Voice* in which she writes about Oklahoma's past as well as stories from the back rooms of Capitol Hill.

A copy of her essay will be sent to all registrants.

▶ continued on page 15

March Events List *continued from page 16*

Thursday, March 4, 1:00–2:00 p.m.

Virtual Event: Home Care—How to Know When it's Time

Conversation with members about home care in general: How to know when you are ready, what are the options, what does the continuum of care look like, and what does assisted living, skilled nursing, rehab, and hospice mean.

Members and Volunteers

Thursday, March 4, 1:30–3:00 p.m.

Virtual Event: Antiracism Working Group

This group is the programmatic arm of Capitol Hill Village's anti-racism efforts. Attendees participate in both idea-sharing and development of programs that support these efforts and create new programs where there are gaps. See story on page 10.

Open to All

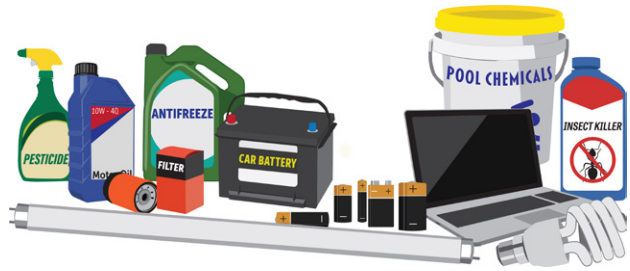
Thursday, March 4, 6:00–7:00 p.m.

Virtual Event: LGBTQ Yappy Hour



LGBTQ folks and their pets are invited to join Capitol Hill Village and Georgetown University's LGBTQ Resource Center for Yappy Hour—our pet-themed social hour! Participants will come together twice a month to connect with others, combat isolation, and foster relationships. To get more information or learn how to register, contact Sophia at ssross@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 resident.



Saturday, March 6, 9:00 a.m.

Your Home

Hazardous Waste & Personal Shredding Pick-up

Note: Signup deadline is Thursday, March 4

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

Personal papers (medical, financial, utility bill stubs, old check stubs, etc.) **should be put in paper sacks or cardboard boxes.** These will be shredded at the drop-off site and viewed by the CHV delivery team to ensure they are destroyed.

Chemicals and batteries (household cleaners, garden chemicals, alkaline batteries) should be in a sturdy plastic bag or a cardboard box—make sure the containers are sealed and not leaking.

E-waste (televisions, TV remotes, computers, monitors, modems, DVD players, cellphones, NiCad batteries, etc.) and other items not accepted in weekly home trash pickup. **Remove your hard drive from computers** you are disposing. **Wipe your address book and personal information from cellphones.**

No small appliances (hand mixers, blenders, etc.) which can go in the regular trash.

No large appliances (washers, dryers, refrigerators, etc.) Call DC 311 for bulk trash pick-up.

No paint Instructions on how to dispose of your old paint is at: <https://dpw.dc.gov/service/proper-disposal-leftover-paint>

No drugs Over-the-counter medicines can go in regular trash. Prescription drugs—call or drop off at Capitol Hill Village for proper disposal.

If you need assistance, call the CHV office at 202-543-1778 or e-mail info@capitolhillvillage.org.

Members Only

► continued on page 16

March Events List *continued from page 17*

Monday, March 8, 2:00–3:00 p.m.

Virtual Event: CHV Family Caregiver Meet-up

**Leader Sought*

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

Our peer led Family Caregiver Meetup is searching for a new peer leader. If you, or someone you know is a caregiver and may be interested in leading this group, please let us know! Peer leaders will receive support from the CHV Care Services staff; no prior experience leading groups required.

Monday, March 8, 7:00–8:00 p.m.

Virtual Event: Voices—What Does it Mean to be a “First”?

Tamara Copeland, board member of the Democracy Collaborative, speaks on evolving racial dynamics in the United States. See story on page 8.



Tuesday, March 9, 4:00–6:00 p.m.

Virtual Event: CHV Board Meeting

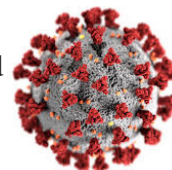
This will be a regular bi-monthly meeting of the CHV Board of Directors. All are welcome to attend and observe. Any members interested in getting involved with the Board of Directors may join one of the committees (Finance, Fundraising, Governance, Membership, Strategic Planning) and/or submit their name to the Board President ([Bruce Brennan](#)) or Chair of the Governance Committee ([Mike Grace](#)) for consideration as a nominee for the Board.

Calendar changes are on-going, so check the CHV website at capitolhillvillage.org.

Wednesday, March 10, 1:00 p.m.

Virtual Event: Wellness Wednesday— Fun Facts to Know and Tell About COVID-19

This program is hosted by Georgetown Village (GV). Information about COVID-19 (aka SARS-CoV-2), including vaccines, variant mutations, and transmission is still evolving as we learn more about the pandemic. Join us as GV Board and Health Care Committee members **Pam Godwin**, APRN, BC and **Resha Putzrath** share the latest medical and scientific information related to COVID-19 and answer your questions.



This Georgetown Village program is open to all village members and volunteers! To sign up please contact the GV Office at 202-999-8988 or email varnita@georgetown-village.org.

Wednesday, March 10, 2:00–4:00 p.m.

Virtual Event: Poetry Readers

Each attendee may (but is not required to) bring a poem to read and share with the group. Join us for a lively conversation about what we think the poem means and more exploration of the topics the poems touch on. This is a virtual meeting so please email a copy to jureedy@yahoo.com so it can be shared with other attendees.

Thursday, March 11, 12:00–1:30 p.m.

Virtual Event: Antiracism Reading Group

The Reading Group is made up of CHV members and volunteers who seek to become more informed about race, racism, White fragility, social justice, and White supremacy. The group is currently reading *Caste* by Isabel Wilkerson. We will notify the Village community when we begin a new book and welcome you to join. See story on page 10.

Members and Volunteers

Thursday, March 11, 6:00–7:30 p.m.

Virtual Event: Cinephiles

Participants should try to see as many of these streaming films as possible for discussion: *The United States vs Billie Holliday* (Hulu), *Nomadland* (Hulu), *The Dig* (Netflix), *Supernova* (Amazon), *Sylvia's Love* (Amazon), *White Tiger* (Netflix), *The Mauritanian* (Netflix).

Members and Social Members.

▶ continued on page 19

March Events List *continued from page 18*

Friday, March 12, 9:00–11:00 a.m.

Your Home

Goodwill Pick-up

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

Monday, March 15, 1:00–2:00 p.m. ***Date Change!**

Virtual Event: Wyze Guyz

Read the following article for discussion: [Jonathan Rauch](#), “The Constitution of Knowledge” National Affairs (Fall 2018). Click on the author’s name for a copy or write for one from Tom Zaniello at tmznll64@gmail.com

Monday, March 15, 6:30–8:00 p.m.

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

This support group is for spouses, partners, adult children, and others who are coping with the challenges of being a caregiver for an older family member or friend with dementia. Join us to share your experience and to get support and helpful information. The group is led by professionals from Iona.

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

Open to all. Reservations required.

Tuesday, March 16, 11:00 a.m.–1:00 p.m.

Virtual Event: Purls of Wisdom

See March 2 entry for details.



Tuesday, March 16, 4:00–5:30 p.m.

Virtual Event: CHV Literary Club

Note: Signup deadline is Noon, Monday, March 15

In March, the Village Literary Club will host “What Else Are You Reading?” At this annual March meeting, participants will talk about one or two books they have recently enjoyed— books NOT read for the Literary Club.

Members and Social Members.

Wednesday, March 17, 1:00 p.m.

Virtual Event: Wellness Wednesday— Understanding Telemedicine

This program is hosted by Capitol Hill Village.

Telemedicine visits exploded during the pandemic, and will likely continue to be an option for many. When is a televisit a good idea? What do providers miss when they don't see you in person? How can you prepare to make the most of a televisit?



Dr. Linnea Pepper, MD, Faculty Geriatrician with the MedStar House Calls Program, will be presenting.

Register online at <https://capitolhill.helpfulvillage.com/events/6776> or email info@capitolhillvillage.org.

Thursday, March 18, 1:30–3:00 p.m.

Virtual Event: Antiracism Working Group

See March 2 entry for details.

Open to All

Thursday, March 18, 6:00-7:00 p.m.

Virtual Event: LGBTQ Virtual Social Hour

LGBTQ folks of all ages and abilities are invited to CHV's LGBTQ social hour to connect with others, combat isolation, and foster relationships. Our LGBTQ programs are funded by the DC Department of Aging and Community Living and are open to any DC residents. To register or get more information, contact Sophia at 202-543-1778, Ext. 204, or ross@capitolhillvillage.org.



Open to All

► continued on page 20

March Events List *continued from page 19*

Saturday, March 20, 9:00 a.m.

Meet at Eighth St. and Pennsylvania Ave. SE (NE corner)

Urban Walkers

The walk will take us across the 11th Street Bridge, south on the Anacostia Park Trail to the South Capitol Street Bridge, and across to Yards Park.

Open to All

Monday, March 22, 7:00–8:00 p.m.

Virtual Event: District Dialogues— Conversations on Race and Justice in Our City



This is the first in the CHV speaker series and community discussions on engaging with people of varying experiences, backgrounds, and races across the district. Through this

series, we hope to discuss and learn about pertinent topics, as well as partner with community organizations and understand what could make CHV programs a more safe and welcoming space for the Capitol Hill community. See story on page 10.

Wednesday, March 24, 1:00 p.m.

Virtual Event: Wellness Wednesday—Chair Yoga

Hosted by East Rock Creek Village. This is part of a 12-session weekly series hosted by CHV and the other Villages in DC, and open to Village members citywide. The programs address physical and emotional wellness through a variety of topics including, fitness, health care, nutrition, and self-care.

Thursday, March 25, 10:00 a.m.

***Rescheduled from February**

Virtual Event: CHV Advocacy Corps Action Plan

The Capitol Hill Village Advocacy Corps is seeking input on its plan of action for 2021. The agenda includes reports on:



- Progress on engaging with a developer to include an Adult Day Health Center with Memory Care in a development near to Capitol Hill.
-

- Steps taken to bring policy makers attention to the critical shortage of Home Health Care Aides
- Progress in spreading the message of our Vision for Senior Services at the Hill East Development/Reservation 13. See related article on pages 14–15.

The Advocacy Corps welcomes new participants to serve on issue teams, which includes research and analysis, writing letters to city officials, and giving in-person testimony. The group's primary objective has been to promote affordable, community-based housing and support options for older adults living at home or in need of facility-based services. They advocate for older adults across the city, emphasizing those who are low- and middle-income and cannot afford or may not qualify for programs to offset the costs of services and supports.

Register for the meeting online or by contacting the CHV Office at 202-543-1778 or info@capitolhillvillage.org.

Thursday, March 25, 12:00–1:30 p.m.

Virtual Event: Antiracism Reading Group

See March 11 listing for details.

Members and volunteers.

Thursday, March 25, 3:00–4:00 p.m.

Virtual Event: Parkinson's Support Group

The Parkinson's Support group is for individuals with Parkinson's to share knowledge, challenges, and ideas and to provide encouragement to one another. Additionally, we are all encouraged to form and maintain a team of support and communication with friends and family

Open to All

Wednesday, March 31, 9:45–10:30 a.m.

Virtual Event: Coffee with Judy and Bruce

Join the CHV Executive Director and Board president for this monthly informal chat. Chairs for 12 Villagers (just enough for a full Zoom screen) with no particular agenda, just whatever's on the mind of whoever signs up. Sign up for your seat by emailing info@capitolhillvillage.org.



► continued on page 21

March Events List *continued from page 20*

Wednesday, March 31, 1:00 p.m.

Virtual Event: Wellness Wednesday— Mobility as We Age

Hosted by Cleveland & Woodley Park Village. This is part of a 12-session weekly series hosted by CHV and the other Villages in DC, and open to Village members citywide. The programs address physical and emotional wellness through a variety of topics including, fitness, health care, nutrition, and self-care. Access meeting at:



<https://us02web.zoom.us/j/83956493937?pwd=OWk1SHhvbWMrzhrSW5yQ0pkeE9yZz09>

Thursday, April 1, 1:30–3:00 p.m.

Virtual Event: Antiracism Working Group

See March 2 entry for details.

Open to All

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

Your Home

Hazardous Waste & Personal Shredding Pick-up

Note: Signup deadline is Thursday, April 1

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No large appliances (washers, dryers, refrigerators, etc.) Call DC 311 for bulk trash pick-up.

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No drugs Over-the-counter medicines can go in regular trash. Prescription drugs—call or drop off at Capitol Hill Village for proper disposal.

If you need assistance, call the CHV office at 202-543-1778 or e-mail info@capitolhillvillage.org.

Members Only

Tuesday, April 6, 11:00 a.m.–1:00 p.m.

Virtual Event: Purls of Wisdom

See March 2 entry for details.



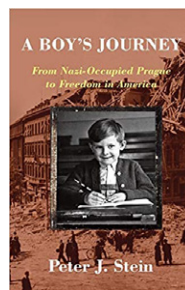
Wednesday, April 7, 1:00 p.m.

Wellness Wednesdays

Hosted by Mount Pleasant Village. This is part of a 12-session weekly series hosted by CHV and the other Villages in DC, and open to Village members citywide. The programs address physical and emotional wellness through a variety of topics including, fitness, health care, nutrition, and self-care.

Wednesday, April 7, 6:00–7:30 p.m.

Virtual Event: History & Biography



The History and Biography Group will discuss *A Boy's Journey: From Nazi-occupied Prague to Freedom in America*, by CHV's own Peter Stein. The memoir focuses on the first 15 years of Peter's life, 12 in Prague, then in the U.S. The child of a Catholic mother and a Jewish father who survived Theresienstadt, Peter recalls intimidating encounters with SS officers, recollections of Hitler's portraits everywhere, food shortages, and the terror of Allied bombings. After the war, he heard firsthand accounts of survival from several cousins who survived Theresienstadt and Auschwitz, had fought with units in the Czech army stationed in the USSR, and others who flew missions over Germany with the British air

► continued on page 22

March Events List *continued from page 21*

force. Arrival in the United States in 1948 came with shocks of a different kind. Peter will lead the discussion and share photos and other memorabilia in his possession.

Registration is required.

Ongoing Events

Mondays, 9:00 a.m.

U.S. National Arboretum, 24th & R Sts. NE

Easy Strollers **On Hiatus until April*

The Easy Strollers will walk (socially distanced) at the National Arboretum for about 45 minutes on paved paths. Enter the Arboretum at 24th and R Streets NE, off Bladensburg Rd. After passing through the gates, parking is in the lot directly ahead. Walk to the front of the adjoining Administrative Building, where we will meet.

If you plan to join the walk and need a ride, notify Vira Sisolak at Vira.Sisolak01@gmail.com and the Capitol Hill Village office at info@capitolhillvillage.org or 202-543-1778. We will cancel if there is rain or the temperature is below 50 degrees F.

Mondays, 1:30 p.m. **Changes to 3 p.m. on March 15*

Second and I Sts. SE (south of Garfield Park, south of freeway)

Petanque

Join a group of Capitol Hill game enthusiasts for a friendly game of Petanque, which is the French game of boules and similar to the Italian game of bocce. Paul Cromwell provides instruction for beginners. For more information, contact Paul at: pcromwell23@gmail.com

Members and volunteers.
Registration required.



Calendar changes are on-going, so check the CHV website at capitolhillvillage.org.

Mondays, 10:00 a.m.–12 Noon

Virtual Event: DC Center for LGBT Community—Coffee Hour

On Mondays, from 10:00 a.m. to 12 Noon, it's the Coffee Drop-in, hosting friendly conversations on current issues. Contact supportdesk@thedccenter.org to get the Zoom link.

Mondays & Wednesdays, 1:00–3:00 p.m.;
Tuesdays & Fridays, 2:00–4:00 p.m.

Virtual Event: CHV Bridge Club

The CHV Bridge Club meets virtually, playing bridge online. We welcome CHV members who understand bridge and who have an interest in Bridge Base online. Many new players started with mini-bridge and now play four days a week using the online software, Bridge Base, (bridgebase.com).



We continue to increase our knowledge of bidding and playing. We are learning and using American Standard bridge conventions. At times the group coordinates among themselves to bring in a professional instructor.

If you have questions or want to play, email Deborah Hanlon at deborah131244@yahoo.com.

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

Mondays, 2:00–3:00 p.m.

Turtle Park at Eastern Market, 7th and North Carolina Ave. SE (rain location: under the Eastern Market canopy)

Tai Chi

Tai Chi meets outdoors, weather permitting—at least 40 degrees. Practice the beautiful and healthy art of Tai Chi. Most classes devote one-half hour to exercise and review of the basic postures and the other half-hour to learning new postures. Both beginners and those experienced in Tai Chi can benefit from both half-hour sessions.

Open to all. Reservations required.

► continued on page 23

Ongoing Events List *continued from page 22*

Tuesdays, 10:00–11:00 a.m.

St. Mark's Episcopal Church Garden, 301 A St. SE

Qigong

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

Open to all. Reservations required.

Tuesdays, 12 Noon–1:30 p.m.

Virtual Event: Second Wind Chorus



Second Wind is a community chorus that has enjoyed making music together for over a decade on Capitol Hill. Members have varied backgrounds in music, and welcome anyone who loves to sing and wishes to join the chorus. Although we cannot sing in person at the present time, we continue to meet weekly and rediscover the joy of music-making and performance through a variety of musical enrichment sessions, including music theory, sight singing, vocal pedagogy, master classes, and a song recording project to create a virtual choral performance. Visit our website at www.secondwindchorusdc.com or call Marsha Holliday at 202-544-2629 for more information.

All the News from CHV:

- Website: www.capitolhillvillage.org
- Monthly CHV News: [CHV News Archive](#)
- Coronavirus Hub: [CHV COVID-19 Hub](#)
- CHV Connections: Emailed each Wednesday
- Weekly News and Events (members only): Emailed each Sunday
- Follow CHV on [Facebook](#) and [Instagram](#)

Looking to make a difference and give back to your community?

CHV is recruiting volunteers of all ages in the LGBTQ community and allies, to support our intergenerational LGBTQ programming.

Volunteers will assist our Village and the Greater DC community in increasing knowledge about the LGBTQ community, addressing issues of discrimination and its impact on older adults, and building bridges among LGBTQ youth and adults.

Bring your ideas for making DC the best place for LGBTQ individuals to live a long life.

To express interest, contact us at 202-543-1778 or info@capitolhillvillage.org



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

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

Mark Your Calendar for April LGBT Events

April 9 and April 23: Memory-related diseases and caregiving in the LGBTQ community

Capitol Hill Village is partnering with the **National Capitol Area Chapter of the Alzheimer's Association** in events on April 9 and April 23, addressing memory-related diseases and caregiving in the LGBTQ community. The first will be an open discussion, and the second date will feature a presentation based on feedback from the first event. LGBTQ individuals and friends are invited to attend; pre-registration is required. Visit

April, dates TBD: Poetry workshops and an open mic night

Also in April, a series of four poetry workshops and an open mic night are planned. These will be open to LGBTQ individuals over the age of 18 with any experience level with poetry. The workshops will provide

the opportunity for participants to learn about poetry, engage in activities for writing poetry, and workshop their work. On the open mic night, participants can share their poetry or any other work that inspires them. Dates and times will be announced.

If you need information or are interested in participating in these events, contact Sophia Ross at ross@capitolhillvillage.org or 202-543-1778 x204.



Capitol Hill Village
1355 E Street SE
Washington, DC 20003