



CAPITOL HILL VILLAGE



March 2008

In this Issue: Medical Emergencies/ From the Executive Director / February and March Events

Reaching us: info@capitolhillvillage.org; www.capitolhillvillage.org; 202.543.1778

The Capitol Hill Village News will be sent to you every month to catch you up on what's happening, alert you to who's who and ask your participation in other features. We are interested in your feedback, as we want you to find Capitol Hill Village News useful and worth reading. If you prefer not to receive Capitol Hill Village News, please send a message to: unsubscribe@capitolhillvillage.org.

MEMORABLE GIFTS FOR YOURSELF AND OTHERS

- **Capitol Hill Village Membership** – Give a year of fun and peace of mind to a friend or relative.
- **Capitol Hill Village Gift Certificates** – Buy one or many of the \$25 gift certificates, which can be used with our preferred vendors to pay for home repairs or personal services. (For members only.)
- **Contribute to Capitol Hill Village in memory or honor of loved ones** – Think of those who could not stay in their homes because they did not have a “village”.
- **Buy a home inspection** – For those you care about to plan ahead. \$200 for home safety and awareness of what will need repair when. (For members only.) Read about this in the January CHV News, e-mail info@capitolhillvillage.org or call 202.543.1778.

Add a daily news summary to your day. Forward it to those you love or request that CHV add your friend or relative to our distribution list. Written by CHV member Nancy Martin, you will appreciate knowing your source is a neighbor. E-mail info@capitolhillvillage.org or call 202.543.1778
Here is a special gift you can give you the world!

Is catalog overload a frustrating part of the daily mail delivery at your door?

If so, there is a free Internet service, run by The Ecology Center, that will help you discontinue those you don't want to receive – www.catalogchoice.org. The Catalog Choice site says that, to date, over 350,000 people have used it to opt out of over 4 million catalogs.

But, before you contact the site, have on hand at least one of the undesired catalogs, as you will need to indicate how your name appears on the mailing label, plus the customer number. The latter is either on the label or inside on the order form.

Once you have enrolled with the site, log on as more catalogs arrive and add to your reject list. The center site indicates it will contact the business with your request, but expect it to take at least six weeks for it to be effective. E-mail info@capitolhillvillage.org or call 202.543.1778 about these gifts.

FROM THE EXECUTIVE DIRECTOR

Every month Capitol Hill Village adds value to membership. As a result of members and friends on Capitol Hill, connections are increasing. Volunteers regularly share their time and expertise driving members to appointments, scheduled commitments and special events, sometimes at the last minute.

A member receiving volunteer at-home services was featured in Ann Geracimos' *Washington Times Family Times* article published February 3rd. Ask the CHV office to mail you a copy.

Other volunteers are helping with home maintenance, technology questions, medical advocacy and yard work. Maybe before winter turns to spring the snow removal volunteers will be tested again by members who requested assistance. Some of CHV's vetted preferred vendors provide discounts. Regular service from our preferred vendors has impressed members. Every week those who receive services are called and asked to comment on whether volunteers and preferred providers have met members' expectations.

Capitol Hill businesses are increasingly providing special treatment for Capitol Hill Village members. Those of you who did not attend the new and classic Greek food tasting in January missed a treat, but members can go to Zack's Taverna any time and receive a 10% discount on food and beverage orders.

Other Capitol Hill businesses offering members savings and special treatment include:

- Capitol Hill Arts Workshop – Special early sign-up to classes.
- The Corner Store - \$5.00 off suggested donations for all kinds of fun events.
- DC Access – If you decide to go wireless, you will receive a 10% discount.
- Home Care Assistance – Partner we recommend for personal services with activities of daily living.
- Medstar's Medical House Call Program – For Hill residents who have difficulty getting to their primary care provider, these geriatricians, geriatric nurse practitioners and social workers will arrange medical visits and follow-up in your home. Those in the 20003 zip code who are CHV members are now eligible along with others in 20002 within CHV's boundaries to join their waiting list.
- Monarch Title at Eastern Market - \$100 off a refinance or reverse mortgage that closes there.
- Small Business Data Solutions – 10% discount for computer assistance.
- Washington Consumers Checkbook – Free internet access to ratings on many service providers will-ing to come to the Hill. Membership in *Washington Consumers Checkbook* is included in the basic CHV fee; no additional costs.

So what is ahead that members will value?

Hill Businesses with a willingness to support Capitol Hill Village with discounts and special treatment will continue to grow.

Emergency Medical Services – Problems to solve: Preparedness and communication. Expect partner-ships with DC government, including the DC Emergency Medical Services. Capitol Hill Village is soon going to create a daily check-in call program, called Rise and Shine.

Home Modification - Problems to solve: How can members prepare to renovate their homes in compli-ance with CHRS precepts and zoning requirements? Experts will discuss the options, based on your home style and attributes.

Financing Staying at Home throughout Life - Problems to solve: Help members understand reverse mortgages. CHV has a presentation scheduled in March by the CHV member who conceived the con-cept of reverse mortgages. A presentation about long term care insurance is also in the works.

---Gail Kohn

Back to First Page

COPING WITH MEDICAL EMERGENCIES

By Diane Brockett

Capitol Hill Village members can take steps now to insure the District will help them appropriately in times of health emergencies, according to Dr. Michael Williams, Emergency Services Director for the D.C. Fire Department. “Information will help us help you, and help you help us,” Williams said, speaking to a recent gathering of CHV members and other neighborhood residents.

And, Williams continued, the District is in the midst of making changes so that residents can feel assured when they need emergency health services. “We are trying to take back what control we can of EMS (emergency service) systems, so those systems don’t adversely affect our customers who need treatment.”



A trauma surgeon at Washington Hospital Center, Williams was hired by the District in the aftermath of the death of N.Y. Times writer David Rosenbaum two years ago to remake the troubled emergency health system. Our goal, he said, is a system where D.C. residents and services focus on good health upfront, so the city isn’t overrun with the need for failing health services on the rear. A week after Williams spoke to Capitol Hill Village, the District released a report highlighting that one in five District residents don’t have a regular source of health care, and even those with health insurance depend routinely on emergency rooms.

Williams apologized for arriving late to the CHV meeting, explaining he had checked a “delta unconscious” emergency call at *The Washington Post* (calls are rated alpha to echo, least to more serious) that came in as he was headed to Capitol Hill. “The crew was on hand, doing the right thing, proper assessment, proper oxygen, so I headed here to see you,” he said amid audience smiles.

Williams asked his listeners to understand the emergency system, and then they’d be able to act appropriately when a health emergency arises. Call 911, and expect a call-taker to ask questions to determine what is wrong “so they can get the right resources to your house in as little time as possible... Please don’t take offense,” Williams said, noting that 911 is the community number for police and fire emergencies as well as health.

Second, don’t be surprised if a fire engine arrives. “A fire truck carries equipment and trained paramedic staff prepared to do all services that an ambulance can,” except “an ambulance takes you to the hospital.”

(The city receives an average of 400-plus emergency service calls a day, and ends up transporting by ambulance an average of 215 daily. Fire engines, when not at fires, usually arrive before ambulances since fire houses are in the neighborhood.)

Third, Williams continued, residents instantly can provide a paramedic with necessary personal health information by having a Vial of Life envelope waiting on their refrigerator door. (SEE Vial of Life below.)

One Capitol Hill Village member inquired about using home alarm systems that allow one to push a button for police, fire or medical assistance. “Hit that first, and then call the 911 number to provide more information,” Williams advised, explaining 90-seconds of talk may be saved; the automatic alarm contacts the dispatch center (skipping the initial 911-call). Then, your follow-up call to 911 will add details so the needed service arrives.

Williams also was asked about a new city information number – 311 – that residents have found confusing since it was introduced in revamping the 911-call center. “Call 911 whenever you have an emergency. Call 311 to reach the city government when you have a non-emergency.” Williams said. The 311-non-emergency line, initiated as a logical partner to 911, is the same as the traditional mayor’s call center, 202-727-1000.

Williams then turned to giving a larger view of the D.C. system, which he described as a “misused emergency system that is really teetering in capability.” The District receives 128,000 emergency service calls a year, one of the highest in the U.S. About 78,000 calls result in transports to hospitals. The remaining 40,000 involve indi-

[Back to First Page](#)

viduals who don't need the services they (or another caller) thought or who refuse to go to the hospital. And the use of fire trucks to respond to emergency health calls is not the problem, Williams said. "The city is not buying 27 more ambulances." Two channels of effort are underway, he continued. The first is to correct existing emergency service troubles, and the second to "create a new system that will identify a health problem in its early stages, and connect the person with the resources to take care of it in the long haul."

To break the cycle of residents using emergency rooms rather than visiting a regular doctor, the District plans to open health-screening stations, Williams says. "We are going to build or buy or borrow – we won't steal, but we will probably beg" – to put up the first stations, likely RV's placed on cinderblocks in the most needy areas. The facilities will be geared to identifying health problems in their early stages, set clinic appointments for those needing medical attention, and offer rides to appointments. There are 13 clinics in D.C. that do not require insurance.

And a recently released study, done for the District by nonprofit research Rand Corp., reported that many citizens who depend on emergency rooms do have health insurance. Less than 10 percent of D.C. residents are uninsured. Williams says the screening stations also will connect those with insurance with private doctors outside the clinics.

Efforts underway to address existing problems, Williams continued, include:

Fire department truck and ambulance staffers are learning to prepare electronic patient care reports on scene with laptop computers, providing a permanent report for each visit. The information will be available to emergency hospital personnel tied to this incident and to EMS staff who handle you on a later call.

Area hospitals are being certified for having particular service specialties, so an EMS patient who is having a heart attack, a stroke, or a brain injury is taken to a hospital ready to treat that injury (not just identify it). Williams says this change is not popular among some hospitals. Ambulance personnel do not leave a patient until hospital staff assumes responsibility. The average ambulance drop time per hospital visit is 38 minutes and can run hours. EMS is pressing hospitals to cut maximum time to 25 minutes.

Twenty nursing homes in the District make 7,700 calls for EMS service annually, a vast percentage of the calls seeking rides to non-emergency medical services. D.C. officials are exploring the issue, which may lead to the facilities being required to have a doctor on site.

VIAL OF LIFE

The Vial of Life is a packet of personal health information that can be essential when you are suffering a medical emergency. Placed in a plastic bag on the refrigerator door, the information easily is available to emergency staff arriving at your home.

The Vial of Life form seeks essential information, including current and past medical conditions, current medications, medical allergies, your primary care physician, health insurance coverage, and family emergency contacts. Dr. Williams handed out the form in plastic bags, along with decals to place on the bag and on your front door. However, a Capital Hill Village member who attended the session advises there is a more useful process than just using the form as provided.



Photos by Norman Metzger

Vial of Life also has a web site, Williams said; and Stanley Bach, a CHV member who attended Williams' talk, suggests that "members go to www.vialoflife.com, where they can fill out the form on their printers, print it out, and also store the completed form online. This will make it easy to revise the form whenever needed – for example, when medications change." Bach also recommends using the Internet site to order real decals, since the packet as provided included only colored-paper copies "that can't be affixed conveniently and permanently to our front doors or transoms." The site asks for donations, but makes no charges.

Capital Hill Village members who do not have personal computers can obtain Vial of Life packets at future CHV gatherings or by calling 202.543.1778.

Back to First Page

CALENDAR

FEBRUARY and MARCH

Sign up on-line at info@capitolhillvillage.org, or call 202.543.1778. If you need transportation, let us know.

WEDNESDAYS AND SATURDAYS of every month at 10:00 AM Sister Circle

D.C.'s Southeast Library Branch, 403 7th Street, SE

The Sister Circle is seeking new members who knit, crochet, embroider, quilt, or engage in other handcrafts. The Circle gathers Wednesdays and Saturdays in the newly refurbished library to work on individual projects, chat and share refreshments. A librarian/skilled needlework coach is a Circle regular. No registration needed.

[FOR MEMBERS AND INTERESTED PERSONS]
Call 202.543.1778, if you desire transportation.

SATURDAY, FEBRUARY 16, AT 8:00 PM “Sally Martin in Concert: Parisian Valentine”

The Corner Store at 900 South Carolina Ave., SE

Join us for an evening of gorgeous music, featuring Sally Martin and the songs of Edith Piaf, Jacques Brel, Eric Satie, Cole Porter, and others. Sally's new CD, *Another Time, Another Place*, has been nominated for a WAMMIES award in the category of Best Jazz Recording. Sally has also been nominated in the category of Best Cabaret/Musical Theater Artist.

[OPEN TO ALL, BUT CHV MEMBERS MAY TAKE \$5 OFF THE SUGGESTED DONATION OF \$20]
Call 544.5807 for reservations due to limited seating.

THURSDAY, FEBRUARY 21, AT 7:30 PM “Paperwork to Simplify Communication in the Health Care World”

Marty's at 527 8th Street, SE

Join Dr. Deborah Edge and Gail Kohn at Marty's upstairs, on Barracks Row. Come and have dinner first, then we will discuss the importance of both collecting and maintaining up-to-date information on your health so the cast of characters who need to know about you are informed when necessary.

[FOR MEMBERS ONLY]
Email info@capitolhillvillage.org, or call 202.543.1778. *Reserve early as space is limited.*

SATURDAY, MARCH 1, AT 8:00 PM

“Margaret Sanger and the Soldier”

The Corner Store at 900 South Carolina Ave., SE

There will be a staged reading of this play by Jim Magner under the direction of Jessica Lefkow.

[OPEN TO ALL, BUT CHV MEMBERS MAY TAKE \$5 OFF THE SUGGESTED DONATION OF \$10]
Call 544.5807 for reservations, as seating is limited.

[Back to First Page](#)

TUESDAY, MARCH 4, AT 11:00 AM

“Capitol Hill History—Sharing with the Next Generation”

The Black Box Theater at Capitol Hill Arts Workshop, 7th & G Streets, SE

Bruce McCaig, photographer and historian will tell CHV members about an upcoming series of classes to be offered in the near future by CHAW on the history of Capitol Hill using archives and photographic records. These classes will include how to research records about your own house and adding records using photographic tools. The series is partially funded by a grant from the Humanities Council; CHV is hoping to pair veteran members of the community with younger members.

[FOR MEMBERS ONLY]

Email info@capitolhillvillage.org, or call 202.543.1778.

SATURDAY, MARCH 8, NOON TO 4:00 PM

One Day Gallery Event: Handcrafted Pinata Show

The Corner Store at 900 South Carolina Ave., SE

[OPEN TO ALL]

SUNDAY, MARCH 9, AT 2:30 PM

“The Pirates of Penzance”

The Atlas Theatre, 1333 H Street, NE

CHV members are invited to see a production of this Gilbert & Sullivan favorite at the discounted rate of \$32.40 per ticket. Members must **reserve** their places at the CHV office by 5:00 PM on Thursday, February 28. They must **pick up and pay for** their tickets by 2:15 PM at the Atlas box office on Sunday, March 9.

[FOR MEMBERS ONLY]

Email info@capitolhillvillage.org, or call 202.543.1778.

MONDAY, MARCH 10, AT 6:00 PM

“Community Dinner Groups”

The home of Mike and Ann Grace, 1345 F Street, NE (202-399-3321)

Come for a “pot luck” dinner followed by a discussion on how to start a neighborhood dinner group. The concept is modeled on “CHOMPS,” a society that has been meeting on the first Saturday of every month for the last few years at the Corner Store to enjoy home-cooked food and camaraderie. Be sure to attend if you find the idea appealing.

[FOR MEMBERS ONLY]

Email info@capitolhillvillage.org, or call 202.543.1778.

THURSDAY, MARCH 13, AT 7:00 PM

“Update and Discussion about Capitol Hill Village”

Frances Taylor Community Center, 6th & I Streets, SE (Townhomes of Capitol Hill)

[Back to First Page](#)

Bring your friends for a presentation about what Capitol Hill Village has achieved since becoming operational in October 2007, and what it has in store for the next month or two. It's a great opportunity to learn about CHV and its purposes.

[FOR MEMBERS AND THEIR FRIENDS, RESIDENTS OF ELLEN WILSON TOWN HOMES, AND FOR ALL WHO ARE INTERESTED]

Email info@capitolhillvillage.org, or call 202.543.1778.

**FRIDAY, MARCH 14 AND SATURDAY, MARCH 15, AT 7:30 PM;
SUNDAY, MARCH 16 AT 3:00 PM**
"The Song of Hilde"

The Corner Store at 900 South Carolina Ave., SE

This modern heroic epic was written by Roland Lloyd Parry, and is performed by Christopher Tully, and directed by Sarah Forbey.

[OPEN TO ALL, BUT CHV MEMBERS MAY TAKE \$5 OFF THE SUGGESTED DONATION OF \$10]
Call 544.5807 for reservations, as seating is limited.

THURSDAY, MARCH 20, AT 8:00 PM
"Dance to the music of the Daryl Davis Trio"

The Corner Store at 900 South Carolina Ave., SE

Come at 7:30 for a half-hour of swing and jitterbug with Terry Nicholetti, followed by dancing with the band from 8:00 to 10:00 PM

[OPEN TO ALL, BUT CHV MEMBERS MAY TAKE \$5 OFF THE SUGGESTED DONATION OF \$25]
Call 544.5807 for reservations, as seating is limited.

THURSDAY, MARCH 27, AT 12:30 PM
"Capitol Hill Village Authors Book-of-the-Month Discussion Series"

[*SECOND CHANCE*--This event had to be rescheduled from January]

Bring your brown bag lunch to this new, monthly collaborative event at the D.C.

Southeast Library, one of Capitol Hill Village's partners. This month's book is *An Infinity of Little Hours*, by Nancy Klein Maguire (a CHV member and Folger Shakespeare Library Scholar-in-Residence since 1985). This book is non-fiction that reads like a novel, a cultural history, a coming-of-age story and a mystery. Capitol Hill Village member, Judy Canning, read the book and observed, "this work offers a compelling look into a little-known world of cloistered monks that I found to be utterly fascinating."

The library branch has no copies available (all are out to Capitol Hill Village members). However CHV members can purchase the paperback version at Trover Books and Gifts (221 Pennsylvania Avenue, SE--202.548.8011), for \$11.16 (20% off the retail paperback price). Or you can borrow a copy from Capitol Hill Village.

This chronicle describes the difficult five-year spiritual journey of five young men who, in 1960, entered the gates of the most rigorous and ascetic monastic order in the Western world--the Carthusians--a society unchanged since its foundation in 1084. *An Infinity of Little Hours* provides an intimate look inside this little-known world. And the final chapter recounts a reunion of the five men forty years later to reveal which of them succeed and how the others incorporate their monastic experience as they rejoin the world outside.

[OPEN TO ALL]

E-mail info@capitolhillvillage.org, or call 202.543.1778.

[Back to First Page](#)

THURSDAY, MARCH 27, AT 7:00 PM
“The Reverse Mortgage—Could It Work For You?”

The Old Siam Restaurant, 406 8th Street, SE

Judy May, a CHV member and policy analyst at the Department of Housing and Urban Affairs, will discuss the topic of the reverse mortgage, a type of loan increasingly used by some senior homeowners to gain the use of the equity in their home. Ms. May was appointed by President Reagan to implement the government-insured reverse mortgage program. It works in the reverse fashion of a traditional mortgage: rather than making monthly payments to pay down the loan on their house, the homeowner receives monthly payments based on the equity in the home and other factors. The balance of the loan is paid off when the homeowner moves or passes away. Her presentation will focus on how a reverse mortgage works and who could benefit; there will be examples, articles and other handouts, as well as sources of more information. **If you wish to enjoy a cash buffet for dinner before the program, plan to arrive at 6:00 pm.** The restaurant has set aside a space for us for the entire evening, and people who don't eat are still welcome. The space will accommodate up to 40 people.

[FOR MEMBERS ONLY]

Email info@capitolhillvillage.org, or call 202.543.1778 for reservations.

SATURDAY, MARCH 29, AT 7:00 PM
“Capitol Hill Chorale Concert”

Lutheran Church of the Reformation, 200 block of East Capitol Streets, NE, across from the Folger Library.

The Capitol Hill Chorale is pleased to offer discount tickets of \$15 to CHV members to attend its concert of major choral and symphonic works. The tickets are for general admission seats (not reserved seating). The Chorale will be joined by the Capital City Symphony in a program of works including the Alexander Nevsky Cantata by Prokofiev, the Liebeslieder Waltzes by Brahms, and the Viola Concerto by Handel.

[FOR MEMBERS ONLY]

Email info@capitolhillvillage.org, or call 202.543.1778, by noon on Friday, March 28, to **reserve** discount tickets.

Pay for the discount tickets at the door of the Church prior to the concert; there will be a list of CHV member reservations.

— Events Calendar Prepared by Roger Haley

Capitol Hill Village INTEREST GROUPS

- **SINGALONG** – This is our most popular interest group. Another event will be scheduled soon.
- **MEDICAL ADVOCACY** – DO NOT MISS the second in a series of events to prepare for medical emergencies featuring a discussion of the importance of conveying accurate, up-to-date information to medical professionals with CHV board member Dr. Deborah Edge and executive director Gail Kohn. Join us on February 21st at 7:30 PM at Marty's. Come earlier for a buffet meal. (See the Events Calendar for more details)
- **GENEALOGY** – Many missed the DAR Library tour and would like to go another time. How about you?
- **BOARD GAMES** – Please call 202.543.1778 or e-mail info@capitolhillvillage.org if you want to play Poker, Pinocle or Bridge.
- **WALKING GROUP** – Please call 202.543.1778 or e-mail info@capitolhillvillage.org if you want to be part of a weekly spring pick up group with an assortment of leaders who will focus on historic buildings/houses, flora and fauna, or personal observations. Partial or continuous wheelchair use encouraged. Do you want to lead one or more walks? We will start with two in April.

[Back to First Page](#)