

# CAPITOL HILL VILLAGE

SEPTEMBER 2010

# NEWS

## Changes to the Capitol Hill Village Website

**W**ith the support of a grant from The Cafritz Foundation and talented volunteers, the Village has developed a new website. If you are reading this article in the Capitol Hill Village News and Calendar online, you are at the new website right now!

If you look to your right on this new home page you will see the link to Featured Events.

If you look above on the home page, you will see the wonderful photo by Gayle Krughoff of Capitol Hill homes. At the top of the photo, you will see the following links:

- ▶ Who We Are
- ▶ Services
- ▶ Join
- ▶ Volunteer
- ▶ Support
- ▶ Start a Village



- ▶ Links
- ▶ Contact

**In a month or two** (do NOT try this now), when the October Capitol Hill Village News and Calendar are published, members and

volunteers will be able to sign in at LOGON, located at the top of the home page. This new option then will be activated.

▶ continued on page 5

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## Upcoming Events and Programs

Friday, August 27 • 11:30 am  
Southeast Library, 403 7th Street, SE

### Balance Class

Join other members in this monthly balance class, which will help you recognize that strength and agility are the best defenses against falls. Practice skills that will keep you on your feet. The class is taught by a physical therapist volunteering from Physiotherapy Associates. (See related story on page 12.)

Please RSVP with CHV office by calling 202.543.1778 or e-mailing [info@CapitolHillVillage.org](mailto:info@CapitolHillVillage.org).

Open to the Public

▶ September Events continued on page 14

## September 2010 Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2 Getting to Know More about Computers & Internet with Sidwell Friends, 1:15 pm, see page 14	3 Reserve a spot for Sept. 7 dinner at Toscana by calling the CHV office by 3 pm	4
5	6 Labor Day Holiday	7 Theater planning, 11 am, see page 14  Dinner at Toscana Café, 6:30 pm, see page 14	8 Call the office by noon to arrange Sept. 10 pickup of Book Donation, see page 14	9	10 Book Pick-up, Starting at 9 am from your house, see page 14	11
12	13	14 Contact the office by noon to arrange ride to Sept. 15 Arboretum tour, see page 15	15 Call the office by noon to arrange Sept. 17 pickup of Hazardous Waste, see page 15  Tour Fern Valley at the Arboretum, 3 pm, see page 15	16	17 Hazardous Waste/Paper Shredding Pick-up, Starting at 9 am from your house, see page 15	18
19	20	21 Literary Club, <i>The Glass Room</i> , 6:00 pm, see page 15  Call the office by 3pm to reserve a spot at the Sept. 23 book talk, see page 15	22	23 <i>Fanny Wright</i> talk and light potluck dinner, 7 pm, see page 15	24 Balance class, 11:30 am, see page 15	25 Claire Kincannon's art opening, 6-8 pm, see page 16
26	27 Start planning and preparing your desserts for the October 2 Harvest Fest! See page 16	28	29	30	1	2 CHV Harvest Fest, 2-5 pm, see page 16

For more information about any event, or to reserve a space at an event, call the CHV office at 202.543.1778 during regular office hours (9 am to 5 pm) or e-mail [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org)

**Capitol Hill Village News** is 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.

**To reach us:**

Phone: 202.543.1778

E-mail:  
[info@capitolhillvillage.org](mailto:info@capitolhillvillage.org)

Internet:  
[www.capitolhillvillage.org](http://www.capitolhillvillage.org)

Mail: PO Box 15126,  
Washington, DC 20003

**To unsubscribe**, please send a message to [unsubscribe@capitolhillvillage.org](mailto:unsubscribe@capitolhillvillage.org)

**For membership information**, please go to [www.capitolhillvillage.org](http://www.capitolhillvillage.org) and click on "Become a Member"

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**Capitol Hill Village Leaders**

Mary Procter, President of the Board

Gail Kohn, Executive Director

Katie McDonough, Community & Social Services Director

**Capitol Hill Village News Team**

Editor: Diane Brockett

Activities Coordinator:  
Judy Canning

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Web Site: Neal Mann

## From the Executive Director...

**A**t the end of September, Capitol Hill Village will conclude its third year since its launch...and, like the federal and DC governments, the end of its 2010 fiscal year.

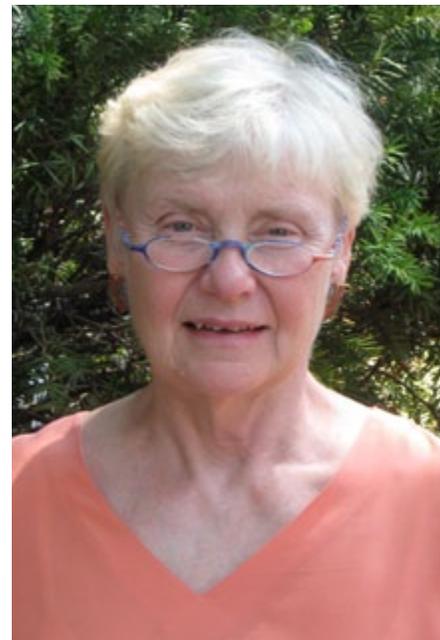
As a way of tracking its progress, Capitol Hill Village looks ahead and looks back. In December, you will be able to read the 2010 Annual Report. Here, I want to give you a glimpse of the year ahead.

### What is planned in 2010 for Capitol Hill Village?

The Capitol Hill Village Board of Directors approved a long-range plan, "Looking Ahead to 2011," at its June meeting. The 2010-12 organizational business plan provides the vision and priorities. The Capitol Hill Village board understands the importance of corporate direction.

### Continue Helping Members Stay Where They Are — Safely, Affordably and Comfortably

- ▶ Offer opportunities members identify to have fun and learn together.
- ▶ Keep encouraging members to ask for any service (**transportation** across town to friends, medical appointments or to the airport;



**technology assistance** with any misunderstood or broken machine; **gardening**, including weed pulling, watering and design; **at-home visits** to organize anything, pay bills, do taxes, make meals, play games, just visit; **home maintenance** to fix or repair anything; **solve any problem**, including what appliance to buy, how to get rid of stuff).

- ▶ Contact members to connect those with interests in common (e.g., attend an opera, travel to a garden show or take a trip, listen to music, make meals together).

▶ *continued on page 4*

## Members: Convince a Friend to Join Capitol Hill Village and Celebrate!

*We invite you to join our fall campaign for new members.*

Thanks to donations from Village members, we are offering **\$35 gift certificates** to dine out. If the friend(s) you recommend join before January 1, 2011, both you and any new member(s) each will receive a certificate. Contact Capitol Hill Village for details.

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# Executive Director *continued from page 3*

## Progress Toward Financial Sustainability

Capitol Hill Village must *remain* in business to accomplish its purpose. Many members have long life expectancies. Counting on Capitol Hill Village for assistance throughout life means that Capitol Hill Village must thrive well into the future.

- ▶ **Membership must grow.** Some Hill residents say they are fine now and do not want to think of themselves as growing old. Like a health insurance company, CHV urges prospective members who still are active and able to invest in their future.
- ▶ **Contributions beyond dues are essential.** See the article by CHV Assistant Secretary Frank Allen about ways to give. Dues are not expected to cover expenses, now or in the future. In particular, Capitol Hill Village needs funds for general operations, for new low-income applicants, and to cover the costs of current low-income

members whose memberships expire in 2011.

## Participate in Making Capitol Hill an Even Better Place to Live

- ▶ Make our walkable, bikeable community even more so.
- ▶ With trusted partners, develop and manage under one roof:
  - ▶ day care for developmentally disabled children integrated with able ones;
  - ▶ day care for the very frail (think good social club but with personal care and medical services);
  - ▶ shared residences with personal care for cognitively impaired;
  - ▶ housing for the very frail, who are tired of coping with multilevel homes; and
  - ▶ urgent care.
- ▶ Tackle public policy issues (universally accepted powers of attorney, educating members about the new health care law, constructively criticizing city services, and others).

## Continue to urge members to “Be Prepared” for the future

- ▶ Complete durable powers of attorney for financial and medical decision-making that can be used when the member is incapacitated.
- ▶ Write or update your will.
- ▶ Organize, preferably online, vital information for emergencies.
- ▶ Develop and/or reinforce habits to stay well.
- ▶ Get rid of stuff (give furniture, hazardous waste and paper to shred to Capitol Hill Village).
- ▶ Understand how much it could cost for long-term care and how to pay for it.
- ▶ Renovate with universal accessibility in mind.

## Improve the Capitol Hill Village Administrative Infrastructure

- ▶ Activate our new interactive website and continue testing (with members and interested persons involved).
- ▶ Seek accreditation to test ourselves compared to national benchmark standards for home and community services (which Capitol Hill Village members helped to develop).

## Help other villages

The seeds of what will happen in 2011 are well underway. You can help with your ideas, money and time. We welcome new volunteers. We want your support and encouragement—even if you live elsewhere.

—Gail Kohn

## Renew Your Membership—and \$Save

We encourage you to renew for two to three years to lock in the current membership fees (\$530 for individuals and \$800 for households of two or more).

Our costs increase over time as we pay more for such budget items as insurance and give quality pay increases to our wonderful staff. It is our objective to keep the membership fees as reasonable as possible and, to that end, we will not be raising them in 2011. But, we are assessing the need to raise them in fiscal year 2012.

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# Capitol Hill Village Website *continued from page 1*

In a few weeks, the new [capitolhillvillage.org](http://capitolhillvillage.org) will offer members an easy way to request services and sign up for events online. Volunteers will find opportunities to enjoy helping members.

Never fear. Capitol Hill Village also will continue to take telephone and email requests for services and registration for events. Volunteers will continue to hear from Capitol Hill Village by telephone, e-mail, and text messages.

For those who are challenged using the new website and want to learn how to use its new functions, three alternatives are available:

- ▶ Anyone who is interested can call 202.543.1778 and ask questions.
- ▶ Members can arrange to have a tech savvy volunteer visit your home and help.
- ▶ Members can come to a [tutorial at the SE DC Library on Thursday, September 2.](#)

The Cafritz Foundation provided a \$20,000 grant to Capitol Hill Village to reinvent its website. Former board president Norman Metzger and now current vice-president Louis Kincannon have led the Capitol Hill Village “Technological Infrastructure Committee” (so called “TIC”) through a two- year-long process to identify user-friendly

communication techniques and interactive web-based approaches for the new website. “Board member Neal Mann especially is commended for volunteering his programming skills to make this happen,” said Kincannon.

Please accept our invitation to read anew about Capitol Hill Village at its website these coming days and weeks. In the coming weeks, members and volunteers will be provided with temporary user names and passwords to try out the new web-based method of signing up for services and events. Comments from every user, as we make the journey to our new web-based world, will be appreciated greatly.

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## THIS SUMMER'S SPECIAL NOTE:

# Watch Out for Ticks in Capitol Hill Gardens

*By Margaret Missiaen*

Ticks have been a part of my life since I was a child. Growing up on a small farm, I occasionally picked up a tick from our dog. As an adult, I've known to check for ticks after hikes in the woods. My real lessons came from the instructor of my grass identification class. His guidelines were to wear long pants and long-sleeved shirts, tuck your pants in your socks and spray ankles with insect repellent. These measures worked when we walked through fields with waist-high grass. I always assumed that ticks were not a city problem.

Recently, however, I learned that there are deer ticks in urban areas where there are no deer--mice and dogs can carry the ticks. And, more to the point, there are deer ticks infected with Lyme disease in Capitol Hill gardens.

These ticks are the size of a pin-head, very easy to overlook. Also, they feed for a day or two on your skin and then drop off. By the time the bite is visible, the tick no longer is attached. Very important — the longer the tick is attached, the more likely a person is to develop Lyme disease, which can cause long-term health problems if not diagnosed and treated early.

Not every tick bite will result in a case of the disease; only a small percentage of ticks are infected. Lyme disease is widespread in New England and the Mid-Atlantic where ticks are most active in the summer. Incidents of the disease in DC have risen rapidly during the last 10 years, but there is no way to know if the ticks were picked up in the District.

The identifying characteristic of Lyme disease is the bull's eye



pattern around the bite—a small red bump which usually appears 1-3 weeks after the bite, a rash-free ring and, then, more red rash. In my case, the bull's eye was visible, but that is not true in every case. I was lucky that I was diagnosed within 10 days and treated with a 3-week course of antibiotics. Flu-like symptoms persisted for only a few days. I've known to check myself for ticks after hikes; now I also will check after working in overgrown city gardens.

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# Capitol Hill Village Creates an Endowment

By Frank Allen

**A**t its March 2010 meeting, the CHV Board of Directors established the “Capitol Hill Village, Inc. Endowment Trust.” This shows the confidence of the Board that CHV will continue to provide the services it now provides on a nonprofit basis for the indefinite future.

The document itself is lengthy, setting out the duties of the trustees — the individuals who agree to manage the assets given to the trust and invest them to achieve a return — and providing that income from investments are to be returned to the Village. But, basically, a trust is an arrangement whereby an individual, or individuals, hold property for the benefit of someone or some entity other than themselves. In the case of the CHV Endowment Trust,

the document provides that the trust is “irrevocable,” that is, it is intended to last as long as CHV lasts. So, donors can be confident that the trust will not be ended abruptly or raided for short-term objectives.

The endowment document provides for five individuals who will agree to become trustees and manage money and other property of the endowment. Five individuals have agreed to take on trustee duties without compensation, and held their first meeting in July.

As the word “endowment” implies, the trust will be funded by gifts. It initially was funded by a gift of \$10,000 and then another for \$500 — both from the group that created Capitol Hill Village. This is a small, but generous, start for a long-term project.

In July 2010, the Board adopted a policy of paying to the endowment trust any bequests to the Village and any gifts given in memorial to a member who has passed on. Since that time, a bequest of \$79,500 by our late member, Elizabeth Stein, has been turned over to the endowment trustees for investment. See another story on page 7 about Elizabeth’s bequest.

The endowment board will oversee the investment funds on a continuing basis, and only investment income will be turned over to the Village. While investment income will be relatively small in the short run, the expectation is that the endowment will grow over time and provide a useful supplement to the expense of Village operations.

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## Opportunities For Giving

By Frank Allen

**A**s most members know by now, member fees fund CHV operations only partially. Some in the community gave at the inception of the Village to get started, and some make annual gifts in amounts that they can afford. There are various ways that gifts can be given by those who want to support the work of CHV. Most are tax deductible.

► **Give to the Rogers Fund.** The Rogers Fund, named in honor of the late Stephen C. Rogers, who helped found the village, was established to help pay the membership fees of lower-income members. Fees of regular

members do not subsidize our Membership Plus members. Either grants or the Rogers Fund provide those subsidies. Grants, of course, may be reduced or not renewed as governments or other grantors consider their annual budgets. So, the Rogers Fund will continue to be an important feature of CHV service to lower-income members.

► **Remember Capitol Hill Village when preparing your will or living trust.**

Any bequest to a church or other charity is fully deductible from the value of decedents’ estates for estate tax purposes. In addition, those who have no children, surviving spouses, or other close relatives will provide a civic service by leaving money or other

property to Capitol Hill Village. Those gifts will go to the CHV endowment and become part of the “gift that keeps on giving” because they will help provide income for the future of CHV.

► **Set up a Charitable Remainder Trust or a Charitable Lead Trust.**

The United States tax code has a number of provisions that allow people effectively to provide for their own income for their life, and because the remainder will go to a charity (like Capitol Hill Village) when they die, the tax benefits can be enjoyed during life. If you are comfortably situated, talk to your tax-planning attorney or investment advisor

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# Capitol Hill Village Endowment Trust Trustees

The five trustees who will oversee the new Capitol Hill Village Endowment Trust present a wide picture of professional and personal interests. No surprise, the one constant is they all are Capitol Hill residents.

The trustees — named by the Capitol Hill Village board of directors — are Nicholas Alberti, Todd Cymrot, Frank Guzzetta, Larry Molumby, and Trudy Peterson. William H. Phillips, previously a Village board member, is becoming investment adviser and will manage the trust's funds.

"The endowment will provide structure and impetus to solidify the financial support needed to assure the permanence of the Village in our lives and in

the Capitol Hill community," observed Molumby, a founding CHV board member and its initial treasurer. "Our experience has shown that CHV will not be able to survive on member's dues alone," and the village has been "actively dependent on additional contributions and grants."

Molumby, in 1993, retired as Deputy Director of the DC Public Library, where his duties included preparing and overseeing the city library system's budget. Subsequently, he became executive director of the Spring Creek Foundation, and also, for 17 years, has regularly served on the Capitol Hill Group Ministry's annual tax clinic.

Frank Guzzetta notes that "it is a very positive sign that we already

have the beginnings of an endowment. Many organizations don't focus on an endowment until the organization is much more mature."

And "there are many ways to think about their important contribution as you do your estate planning," Guzzetta continues. "Among the many options is leaving a portion of your 401K to the endowment...a real tax advantage...as you move dollars to this great organization."

Guzzetta, who has lived with partner, Paul, on Capitol Hill for 38 years, started as a Peace Corps worker, eventually was president of Hecht Co, and then Marshall Fields in Chicago. Currently, he is president of Ralph Lauren Home

► *continued on page 12*

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## Elizabeth Stein Gift Carries a Special Significance

Capitol Hill Village member Elizabeth Stein, who passed away in July 2009, included a gift in her estate to CHV that will be of special significance for many years.

Elizabeth Stein left \$79,500 to Capitol Hill Village, substantial funds for the recently created Village Endowment Trust.

The generous gift was one of nine Elizabeth made to local organizations she felt were important to the lives of DC residents. "That was Mom's goal in choosing the groups to leave financial gifts," says her daughter, Dia.

"Mom loved living on Capitol Hill as her community, and she felt Capitol Hill Village was a wonderful extension of that community," Dia said.

Elizabeth lived two-doors away from CHV Board Secretary Frank Allen, so she registered as a member when the village was launched. And she easily started requesting services, many of which were fulfilled by CHV volunteers — and her circle of friends kept widening.

The CHV Endowment Trust, legally formed this summer, aims to create income that will ensure that Capitol Hill Village is able to operate healthily for Capitol Hill residents in perpetuity. The Village's annual dues, while crucial in helping to meet costs, do not fully cover needs now nor allow for other envisioned services and programs to be pursued.

Elizabeth Stein, a Capitol Hill resident since 1976, had a



wide-ranging career with the US Department of Education, including the education of American Indians, No Drugs, and Early Childhood Education.

She loved painting, and spent time studying in France, Italy, and Maine. She was known for her work at the Torpedo Factory in Arlington, as well as the Corner Store on Capitol Hill.

## SUMMER

July and August on Capitol Hill offered many out-door activities. The following photos capture three — the Barrack's Row 4th of July Parade, rooting at a Nationals baseball game, and experiencing four types of local peaches, plus mystery peach drinks at an afternoon gathering of members.



### Capitol Hill Fourth of July Parade



Above: Julie Maggioncalda readies young participants.



### July 6 Nationals Game



Above, left to right: Doris Celarier with son Eric, Margaret Missiaen, Ann and Michael Grace, and in front of them, Julie Maggioncalda



## Capitol Hill Peach Tasting

Above: Four secret types of local peaches were on hand for attendees to taste and vote their favorite. Gathered around the table were Ed Missiaen, Claire Kincannon, Helen Orleans (dark pink hat), Larry Molumby, and Judy Canning.

Below: Mike Neuman and Janice Hedges



Top: Jim Hardin.

Middle: Patricia Molumby and Judy Canning

Above: Katie McDonough, Kristen Hedges, and Margaret Missiaen.

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# Three New Members Join CHV Board

By Mike Canning

Summer brings renewal every year to the Village Board, and this year's "class" comprises Enrique Gomez, John Von Kannon, and Terrence Thompson. Each will bring new expertise and varied experience to the organization as it heads into its fourth year.

The threesome, all of whom live on Capitol Hill, will replace Board members Bill Phillips, Edith Lanum, and William Niskanen and Kathryn Washburn (the latter two compromising one seat).



**Enrique Gomez** retired last April from the US Department of Agriculture's Food and Nutrition Service as its Associate Administrator for Management, Technology and Finance. Earlier, he served as the Department's Chief Information Officer. He began his career in federal service in 1977 as a technical advisor at the Census Bureau, providing assistance to developing countries around the world. Enrique and his partner Gene have resided on the Hill since 1988. He is active in his local ANC (6A), serving on its Economic Development and Zoning Committee.

Enrique has been on the Hill long enough to know he wants to stay;

he also wants "to participate, help and contribute to the community" and "get more involved with Hill activities" now that he is retired. His friend, Louis Kincannon, a CHV Board member, piqued his interest in the Village and recruited him to serve. "My background is in IT (information technology)," he notes, "and I hope I can contribute in this area." He already has agreed to serve on the Village's Technological Infrastructure Committee.

**John Von Kannon** is Vice President and Treasurer for Development Administration at The Heritage Foundation, having earlier headed its Development Department. Von Kannon was a graduate of Indiana University and publisher and contributing editor for *The American Spectator* before joining Heritage in 1980. During 1988 to 1991, Von Kannon left Heritage to become vice president of Pacific Legal Foundation in Sacramento.

John also serves as a trustee of FREE, the Foundation for Research on the Economics of the Environment located in Bozeman, Montana. He and his wife, Cindy, live on Capitol Hill with their two children.



**Terrence Wesley Thompson**, with a 20-year career in lobbying and congressional affairs, currently is Director of Congressional Affairs for the US Chamber of Commerce. A graduate of the University of Wisconsin, he came to Washington in 1995, where he joined the office of Cong. Floyd H. Flake (NY) and moved to Capitol Hill. Before joining the Chamber, Thompson formed his own lobby shop, then worked on homeland security and defense issues for the Jefferson Consulting Group. During 2003 to 2005, he created "Once Is Enough," a nonprofit advocating policies to reduce the rate of recidivism among non-violent offenders with children.

Terrence came to know of the Village through his friend Jon Genderson, also a member of the CHV Board. He particularly is taken with the Village concept and "aging in place" and sees it as national issue "which is important to be pursued." He feels that his "own background in politics and policy areas might be useful for the Village," both locally and as part of a national movement.

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# CHV Chinese Interns Speak on Health Care

By Leo Orleans

Some months ago, I stopped being astonished by the variety of events and activities organized by CHV. So, when I saw an announcement that our summer interns from China—Wing Sum Wong and Edmond Chen—would talk about their country’s health system and that our own Katie McDonough would discuss the health bill recently passed by Congress, I was interested but no longer surprised. Here, I will give you a rundown of the very pleasant and informative two hours that focused on health care for children, adults, and the elderly.

Katie opened the meeting by introducing our young speakers. Both are graduate students attending universities in Hong Kong—Wing a native of the city and Ed from Guizhou province—and both are getting degrees in economy-related majors.

Ed presented a broad national overview of the health care system in China and how it covers (and often doesn’t) children, adults and the elderly. He did a good job on a difficult topic. The country’s advances in medical care have been impressive, but as in the case of their economy, it varies

regionally and leaves a wide gap between the urban and rural (haves and have-nots) populations.

Covering the same topics, Wing discussed the health care services in Hong Kong, drawing her information primarily from the knowledge she gained growing up in this city and the experiences of her family and friends. As one might expect, the health system in this modern city is on par with medical services in cities of all advanced countries. It is ironic, however, that whereas a limited proportion of the population in (communist) China is covered by government-sponsored health plans, the city of Hong Kong apparently covers the overwhelming proportion of health expenses of its population.

Because of time limitations, Katie did not discuss the thousand-page health bill passed by our Congress but selected topics that would be of special interest to her audience: topics relating to dependent children, adults under 65 years of age who don’t qualify for Medicare, and adults over 65 and the disabled. Katie’s discussion included the: expansion of the Children’s Health Insurance Program; new health care exchanges; expansion of Medicaid and new consumer



protections incorporated into the bill. It was an excellent rundown of a segment of the bill that has been much discussed in the media but remains somewhat of a mystery to most of us. Her presentation helped. And, most impressively, she spoke for some 20 minutes with just a few notes on her lap.

As you might expect, there were lots of questions and a discussion that helped fill some gaps and left us with something to mull over.

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## Opportunities for Giving *continued from page 6*

to see if these arrangements are good for you.

► **Become an annual giver for general operations.** To this point, the Village has been helped by annual gifts from members and others who want to provide some extra “insurance” that the Village will be there when they will need help the most. Since

these gifts are over and above membership fees, the extra amount is tax deductible.

► **Give \$35 to purchase a restaurant gift certificate.** The Board of Directors has decided to offer gift certificates at Hill restaurants to members who recruit a new member before January 1, 2011; a gift certificate also goes to the new

member. If you think the Village has been good for you, or will be good for you, tell your friends and neighbors. In the meantime, help the Village expand by giving a tax-deductible \$35 to use in buying the gift certificates for the recruiters and new members. Thinking about funding your own gift certificate? Better talk to your tax adviser about that.

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# Oops, Almost Tripped and Fell

By Robert Kreinheder

**A**s we get older, many of us begin to realize that keeping our balance sometimes is rather iffy. Even if we try to eliminate home hazards and try to keep our wits about us on the sidewalk and elsewhere, we encounter unexpected situations. That's when we need to react quickly to re-establish our stability; otherwise, we are apt to stumble and fall, and falls can be serious, indeed, for seniors.

Fortunately for Village members, Sarah Amesbury from Physiotherapy Associates on

Capitol Hill is leading a monthly series of enjoyable balance classes to help us better condition our bodies to handle balance-threatening events. Amesbury is introducing us to exercises that, overtime, can help us become more stable.

The class is the fourth Friday of each month, 11:30 am, at the SE Library at 7th and D Streets.

While these exercises sometimes require us to move unwilling portions of our bodies, they are relatively simple and can be modified to individual capabilities. Many can be performed while

seated. Under Sarah's attentive guidance, we are encouraged to do as much as we can as well as we can. At each session, Sarah provides us with diagrams and directions for the month's exercises that we can refer to at home.

Of course, the day after a session, some of us likely are to be a bit sore. But we know that with future efforts, we can hope to see gradual improvement in our balance capability.

The classes are continuing monthly, so plan to attend the next two, August 27 and September 24.

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## Endowment Trustees *continued from page 7*

Furnishings Division. In DC, he has been involved in several arts projects.

"It is my hope that a growing endowment can help transform the Village into an institution that will be here for my family and our friends in years to come," observes Todd Cymrot, the youngest among the trustees. "One of the facets of life on Capitol Hill is its demographic diversity, with just about all ages living on our street."

Todd, who grew up in New York, married the daughter of longtime Capitol Hill neighborhood activists Nicky and Steven Cymrot, and he now is running Riverby Books and "our family's real estate businesses." His other activities have been raising education grants for the Capitol Hill Community Foundation and as co-chair of the School Libraries Project — collecting \$2.4 million for renovating 8 public school libraries on the Hill.

"The Village promises to provide services to members, and members make decisions about their lives based on our promises," notes Trudy H. Peterson, a fourth trustee. "An endowment allows the Village to keep its promises by helping smooth out the ups and downs of daily cash flow."

Peterson is a certified archivist, and has a long professional history with the US National Archives. She also served as acting Archivist of the United States (93-05); a commissioner with the US-Russia Joint Commission on MIAs/POWs; archivist for the United Nations High Commissioner for Refugees, and executive director of the Open Society Archives.

Nicholas Alberti recently retired from the federal government as a mathematical statistician, has lived on Capitol Hill with his wife, Elizabeth Nelson, since 1985. He serves on the Advisory Neighborhood Commission

(ANC) 6A, and has been its treasurer since 2003.

"Diversity, especially economic diversity" is an important aspect of Capitol Hill, and one that the new endowment can impact, Alberti said. "I want all of us to be able to stay together as we age." As a trust board member, "I will encourage the broader community to consider the Trust as part of their annual giving and also will investigate how it can be incorporated into estate planning.

"We also should reach out to businesses with strong ties to the Capitol Hill Village population to encourage them to see such support as an investment," Alberti added.

Bill Phillips has served as a Capitol Hill Village board member since its creation. Professionally, he heads William H. Phillips & Co., which manages accounts for individuals, trusts, estates and charitable organizations.

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## RANDOM MUSINGS

# Geezerology

By Leo Orleans

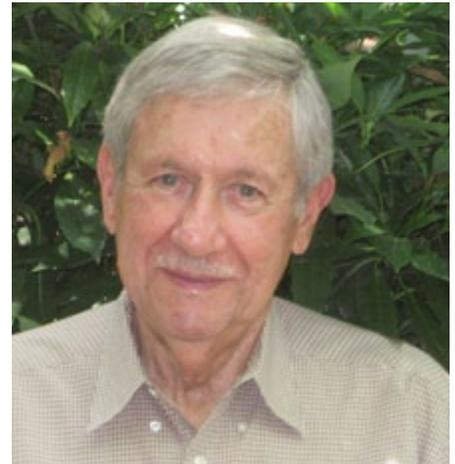
You might think it a bit weird, but I have a suggestion for President Obama that will be supported by a significant majority of our voters. Since George Bush's name always (for better or worse) will be associated with the "No Child Left Behind" policy, I think that Barack Obama would profit greatly by introducing a "No Geezer Left Behind" policy into our educational system.

As you know, the information explosion that we have experienced in the past couple of decades also has included a proliferation of information on dying or, more acceptably, passing away, meeting your maker, giving up the ghost, etc. I hear that there already are "early" classes or get-togethers to discuss financial, legal, and a variety of other practical issues associated with the unavoidable. Most of the participants at these gatherings, however, are well-healed middle-aged seniors who play golf, maybe bridge, attend college reunions, and in general are occupied fully with social

activities and perhaps job residuals. They got there by planning ahead and they still do. There are other groups that attract a more diverse clientele of seniors who are prodded by internal or external (family) forces to "ease" the dying process which is twinkling on the horizon. Overall, however, I would guess that over ninety percent of the population is unfairly denied the option to partake of the heads up pre-dying information.

Consequently, all of us who majored in geezerology should start a movement urging Obama to assign the responsibility of correcting this inequity to the U.S. Department of Education. Since it already oversees our public schools, which assure parents that no child will be left behind during the starting stages of life, it is natural for it to also incorporate the No Geezer Left Behind program into the system.

Of course, I don't mean for this training to start in primary schools, although some mention of unaccountable disappearances would not be out of line. Like, for



example, what happened to Mary's little lamb; or, how did Jill feel after Jack fell down, broke his crown, never to show up again; or what would be the chances of a pussy surviving a fall into a well if not for the fortuitous appearance of Johnny Stout. At the high school level, however, some introductory discussions could be quite useful. Perhaps weekly sex education classes could allocate just 10-15 minutes for a laid-back discussion of graceful dying. More serious classes would, of course, be conducted after normal school hours.

In any case, we don't have to get involved in these details. It is up to the educators and medical personnel to work out the curriculum and all the other details. I would simply point out that we definitely have the need to provide a more level playing field for dying; our public schools are able to provide the necessary facilities; we have the specialists to properly cover all the pertinent topics; and we have the Department of Education to administer this kit and caboodle. All we need is the will.

Obviously, participation in this program would be voluntary and no one will be forced to partake in this free service. From both political and humanitarian perspective, it would be a correct step for Obama to take.

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## Watch out for Ticks *continued from page 5*

There are additional precautions that I will take from now on. One, I will not sit on the ground while pruning shrubs, and two, I will take a shower, wash my clothes and check myself for ticks when I go inside. The garden where I was working had many old azaleas and the ground was covered with southern magnolia leaves, setting up good tick habitat. As soon as I returned home, I found a tick attached to my leg, but I overlooked the one on my chest.

This information is not meant to keep gardeners inside, but to encourage them to watch for the ticks and see a physician if a rash appears around an insect bite. Remember that most ticks are not infected and quick removal will reduce the chance of infection. To remove a tick, use tweezers to grasp it near its head. Do not squeeze or crush the tick, but pull carefully and steadily. Dispose of the tick and apply antiseptic to the bite area.

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## Upcoming Events and Programs *continued from page 1*

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Thursday, Sept. 2 • 1:15-3:00 pm  
Southeast Library, 7th and D Streets SE

### Getting to Know More about Computers & Internet with Sidwell Friends

Do you know how to play Wii or how to connect your laptop to WIFI? Want to use your computer to watch "TV" programs? Or would you like an easy introduction to Capitol Hill Village's new website, featuring the newsletter plus new material?

Sidwell Friends School students — in their program, "Getting to Know You" — will be on hand to teach CHV members about social networking sites such as MySpace, Facebook & Twitter; using WIFI and Wii; and help you answer other frustrating questions about your computer. Plus, if you have a watch or other electronic device that needs programming, bring it along. Bring laptops and electronic items with you. Computers will be reserved and available for those who do not have them.

*CHV members only.* Please call CHV at 202.546.1778 so we'll have sufficient space available.

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Tuesday, September 7 • 11:00 am  
Private home

### Theater Planning

Meet with fellow CHV members and theater buffs to plan outings for the 2010-11 season. We will talk about which plays we would like to see together, as well as how to get the best group rates and how to inform people about last-minute opportunities.

Call the office to sign up and find out the address.

*Members only*

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Tuesday, September 7 • 6:30 p.m.  
601 2nd Street NE

### Dinner at Toscana Café

(Seating is limited to 24 members, and reservations required by 3 pm Friday, Sept. 3)

By popular demand, we will return to Toscana Café for dinner, the day after Labor Day! Again, we have arranged for a three-course, fixed-price meal that includes choices between two appetizers, two

entrees, and two desserts. The \$22 fixed-price offered to our group includes taxes and gratuities. Beverages (including coffee) are additional and charged on an individual basis. CASH ONLY.

**You must call the CHV office (543-1778) by 3 p.m. on September 3.** Note: the dining room is on the 2nd floor, up a steep flight of steps; however, if weather permits, we may be seated on the outdoor patio.

*Members only.*

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Friday, September 10 • 9:00 am  
Your home

### Library Friends Used Books Pickup

Friends of SE Library will be picking up (boxed or bagged) donations of used books, records, music and movie CDs and DVDs from Capitol Hill Village member's front porches. The items will be used in the monthly, used-book sale at the library on Saturday, September 11, 10 am to 3 pm. CHV members who want to receive a tax-related contribution thank you, include a list of donated items, plus your name and address.

For pickup, contact CHV by Wednesday, Sept. 8 at 202.543.1778 or [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org).

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Wednesday, September 15 • 3:00 pm

### Fern Valley at the Arboretum

The Friends of the National Arboretum is inviting us for a tour of the newly renovated Fern Valley, done in recognition of its 50th birthday. Fern Valley is a shady woodland with native plants and lots of wildlife. New wetlands and plants have been added to the garden and trails have been redone to make them handicapped accessible.

A native plant expert will be our guide, and FONA will serve iced tea in the garden.

Call 202.543.1778 or e-mail [info@capitalhillvillage.org](mailto:info@capitalhillvillage.org) by Tuesday, September 14, to request a pickup or volunteer to drive other members.

Please RSVP to all events, and let the Village Office know if you need a ride, by calling 202.543.1778, during regular office hours or by e-mailing [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org)

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## Upcoming Events and Programs *continued from page 14*

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Friday, September 17 • 9:00 am  
Your Home

### DC Hazardous Waste Materials Pickup

This is the periodic pickup day for hazardous materials and personal papers at CHV member's homes that will be delivered to the District's safe disposal site. Personal papers (medical records or financial files) will be shredded at the drop-off site, viewed by the CHV delivery team to ensure they are destroyed.

Hazardous wastes for pickup include paint, house cleaners, batteries, old medicines, televisions, video equipment, and others not accepted in weekly home trash pickup. For the list of accepted wastes, check the DC hazardous Wastes website: <http://dpw.dc.gov/DC/DPW/Services+on+your+block/recycling/household+hazardous+waste+-+E-cycling+-+document+shredding>

Call 202.543.1778 or e-mail [info@capitalhillvillage.org](mailto:info@capitalhillvillage.org) by **noon, Wednesday, September 15**, to request a pickup or volunteer to assist with the drive.

*Members only.*

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Tuesday, September 21 • 6:00 pm  
Private home

### Literary Club

Simon Mawer's novel, *The Glass Room*, takes as its setting an actual architectural wonder in Prague (the Villa Tugendhat designed by Ludwig Mies van der Rohe), converts it into the Landauer House, and then uses it as a backdrop for a twisty plot through six decades of turbulent European history.

This "glass house" becomes a window on the hopes and fears of its various inhabitants and, through them, the conflicts that ripped Europe apart in the 20th Century. Mawer, an Englishman now living in Italy, rotates several different casts through the Landauer House, using the glass space to examine people entirely unlike the original Jewish owners. It's an evocative setting for a new novel that almost won this year's Booker Prize in England.

Call the office to sign up and find out the address.

*Members and volunteers*

Please RSVP to all events, and let the Village Office know if you need a ride, by calling 202.543.1778, during regular office hours or by e-mailing [info@capitalhillvillage.org](mailto:info@capitalhillvillage.org)

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Wednesday, September 23 • 7:00 pm  
Private home

### Fanny Wright: Rebel in America

CHV member and author Celia Morris invites members to her home to hear about the adventure of writing her first book, which took nine years from beginning to end, when Harvard published it in 1984. Fanny Wright was the first woman in the US to take a public stand against slavery and the first to speak in public before what was then called a "promiscuous audience"—of men and women together. John Stuart Mill called her one of the most important women of her day, but she was perceived to be so radical that to be called a "Fanny Wrightist" in the 1830s roughly was equivalent to being called a "commie" in the 1950s. Writing the book was a life-changing experience for Morris, and she has some galvanizing and funny stories to tell.

A light potluck dinner will be served to up to 20 people. Call 202.543.1778 by **3:00 pm, Tuesday, September 21**, to reserve a spot and to volunteer to bring a dish.

*Members and their guests*

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Friday, September 24 • 11:30 am  
Southeast Library, 7th and D Streets SE

### Balance Class

Join other members in this monthly balance class, which will help you recognize that strength and agility are the best defenses against falls. Practice skills that will keep you on your feet. The class is taught by a physical therapist volunteering from Physiotherapy Associates.

(See related story on page 12)

Please RSVP with CHV office.

*Members only*

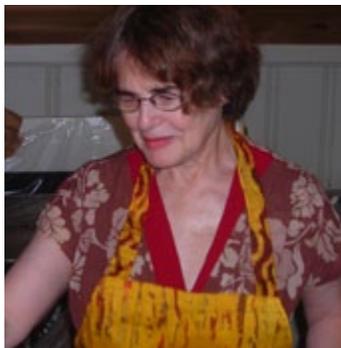
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## Upcoming Events and Programs *continued from page 15*

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Friday, September 24 • 6:00-8:00 pm  
H Street Playhouse, 1365 H Street NE

### You're invited!



...to the opening reception of CHV member Claire Kincannon's solo art exhibit, "Eyes Still on the News," at the H Street Playhouse. You also are invited to attend the preview performance of "You're a Good Man Charlie

Brown" which follows Claire's reception, for the discounted price of \$10 a ticket. Both shows will run through Sunday, October 17th.

If you wish additional information on "Charlie Brown," contact the producing director: [anne\\_kohn@hotmail.com](mailto:anne_kohn@hotmail.com) or call/e-mail Claire Kincannon at 202-543-5220 / [dancingink@aol.com](mailto:dancingink@aol.com)

*Open to all*

## Continuing CHV Events

**NOTE:** Stammtisch is taking a break until further notice. If there is demand, it will be revived.

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Tuesdays and Thursdays • 10:00 am  
Capitol Hill Presbyterian Church, 4th Street and Independence Ave SE

### Class Offering: Chi-Gong

The gentle but powerful Chinese movement exercise known as chi-gong [pronounced chee gong] is offered for Capitol Hill Village members by Joni Bell. Joni, herself a CHV member, has practiced this discipline for the past ten years. Her strength and balance have improved remarkably, and she credits the activity with helping her as a 30-year patient with multiple sclerosis. The twice-weekly classes are free and last 30-40 minutes.

*Open to members only*

Saturday, Oct. 2 • 2:00-5:00 pm  
Townhomes of Capitol Hill, 750 6th Street SE

## Enjoy Fall's Arrival – Harvest Fest!

Preparing delectably stuffed pine cones for neighborhood birds might make Capitol Hill Village's fall celebration memorable for your grandchildren or favorite neighbor's child — or yourself.

And that will be just one of the happy activities at Capitol Hill Village's third anniversary Harvest Fest. The date is Saturday, October 2; time is 2-5 pm. The location is the same as last fall, Townhomes of Capitol Hill, 750 6th Street SE.

Official business for the afternoon will be the awarding of the Geoff Lewis Volunteer of the Year (extra-large ribbon) Award. Also, enthusiasm will be needed for clapping for the first, the second and the third best desserts provided by CHV member/cooks.

This fall's dessert contest is wide-open in terms of entries: any and all desserts or sweets, although good-health argues for then to use fall fruit of some type. Bakers are asked to bring two (of the same dessert) so the judges can work fairly, and plenty is left for the Harvest-goers to sample.

So plan to keep the first Saturday of October open on your calendar, and join us for Capitol Hill Village's Third Birthday. You'll be assured of carrying home a filled bag of fall apples.

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Don't forget to sign up for the festival's cooking contest. Whether it be your family favorite, or a new dessert or sweet recipe you want to explore, please sign up by calling CHV at 202.543.1778 or [info@capitolhillvillage.com](mailto:info@capitolhillvillage.com).

Please remember: the Village will be giving members a cookbook of the Harvest recipes, so you also will be receiving a request to e-mail your recipe to the compiler.