

AUGUST 2009

CAPITOL HILL VILLAGE NEWS

The 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:

info@capitolhillvillage.org;
www.capitolhillvillage.org;
202.543.1778.

To unsubscribe, please send a message to unsubscribe@capitolhillvillage.org.

Please RSVP to all events, and also let the Village Office know if you need a ride, by calling 202.543.1778, or by emailing info@capitolhillvillage.org

Upcoming Events and Programs

Please join us for...

Wednesday, July 29 • 7:30 pm
Townhomes of Capitol Hill, 750 6th Street SE

Long-term Care

The many issues on long-term care — including an in-depth understanding of the pros and cons of long-term care insurance; realities of paying for the care from your own finances and Medicare; getting the right services 20 years from now; and the best insurance to help you stay at home — will be front and center in this session.



Anne Tumlinson, Vice President of Avalere Health where she centers on post-acute and long-term care issues, will be speaking on the many issues involved in approaching long-term care. She authored a report on "The Challenge of Private, Long-term Care," recently released by Kaiser Insurance.



William J. Scanlon, a consultant on health policy issues and member of two federal panels on Medicare, will follow Tumlinson with his comments.

E-mail info@capitolhillvillage.org or call 202.543.1778 to tell us you will be attending.

[Open to all]

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Upcoming Events and Programs *continued*

Thursday, August 6 • 5:15 pm

St. Mark's Church

3rd and A Streets SE (entrance on A Street)

Try Pilates!

Pilates is an exercise that builds core strength, flexibility, balance and posture. Developed by Joseph Pilates over 90 years ago, the mat program has grown popular recently for its results: pilates works the body as well as the mind. "Physical fitness is the first requisite for happiness," Pilates said.

CHV members are invited to attend either of two free introductory sessions on pilates (see Aug. 17 below for alternative). Even after one class, you will feel a difference. If there is interest, the instructor will teach a CHV class in the fall. *[Open to members and their friends]*

Friday, August 7 • Beginning at 9:00 am

Your Home

Hazardous Waste and Documents to be Shredded Pick-Ups

This is the periodic pick-up day for hazardous materials and personal papers at CHV members' homes that need to be delivered to the District's safe disposal site.

The personal papers (such as no-longer needed medical records or financial files) will be shredded at the drop-off site, viewed by the CHV delivery team to insure they are destroyed.

The hazardous waste materials for pickup include paint, house cleaners, batteries, old medicines, televisions, video equipment, and other hazardous materials not accepted in weekly home trash pickups. For information on accepted wastes, see DC Hazardous Wastes.

E-mail info@capitolhillvillage.org or call 202.543.1778 to request a pickup or volunteer to assist with the drive.

[Members Only]



Fridays, August 7, 14, 21, and 28
11:00 am – 1:00 pm

(Followed by lunch)

SE Public Library, 7th and D Streets SE

Play Chess, Build Smarts

Chess player Paul Malvey is leading chess lessons and games in August for his fellow Capitol Hill Village members, both newcomers and experienced players. Following each two-hour session, the group will lunch together at a nearby restaurant.

Malvey, an experienced teacher of the game, says that, in addition to being a pleasurable way to spend time, chess improves players' mental abilities — problem solving, critical thinking, pattern recognition, planning ahead, spatial awareness, focus and concentration. "Chess is to the mind what physical exercise is to the body," offers one regular of the Online Chess League.

Call CHV at 202.543.1778 or register on-line at info@capitolhillvillage.org so we'll have enough chessboards on hand. *[Open to all]*

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Upcoming Events and Programs *continued*

Tuesday, August 11 • 6:00-7:30 pm

Literary Club

We will be reading John Updike's last book, *My Father's Tears and Other Stories*, published after his death this year. We will meet at Norm Metzger's house. Call the office to say if you are going and to find out the address. Never attended the Literary Club? Read the book and join us for a spirited discussion. There usually is wine and laughter involved.

[Members and volunteers]

Thursday, August 13 • 1:30 pm

National Museum of Women in the Arts
1250 New York Avenue NW

Mary McFadden: Goddesses

"Mary McFadden's creative vision is shaped by her devotion to historical world cultures. Her view of ancient societies is deeply romantic, but she cannily transforms historical motifs and patterns into clothing and jewelry designs that are wholly original." The exhibit "presents examples of haute-couture clothing and jewelry of the artist's creation alongside historical textiles and jewels from her private collection."

A group from the Village is touring the collection, and then will stop by Café Mozart

for coffee and dessert. Contact the office to sign up at 202.543.1778 or info@capitolhillvillage.org (and remember to request a ride if you need one). Metro: At Metro Center, take 13th Street exit, walk 2 blocks north to New York Avenue.

[Members and their guests]

Friday, August 14 • 11:00 am – 1:00 pm

(Followed by lunch)

SE Public Library, 7th and D Streets SE

Play Chess, Build Smarts

See Aug. 7 above

Saturday, August 15 • 6:00 pm

Potluck Dinner

Meet old friends and make new ones at the home of Lois and Ivan Kauffman, who will prepare a chicken and rice dish. Please call the office to say what you will bring (hors d'oeuvre, vegetable, salad, dessert, bread, or wine) and to find out the address. If you have never attended a CHV potluck dinner, now is the time! Good conversation in a relaxed setting. See you there!

[Members only]

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Please join us for one event or several!

Please RSVP to all events, and also let the Village Office know if you need a ride, by calling 202.543.1778, or by emailing info@capitolhillvillage.org

Upcoming Events and Programs *continued*

Monday, August 17 • 10:30 am
St. Mark's Church

Try Pilates!

See Aug. 6 above

Wednesday, August 19 • 2:00 pm
National Gallery of Art

The Art of Power: Armor and Royal Portraits from Imperial Spain

CHV member and National Gallery volunteer Shirley Rosenfeld has arranged for an educator-conducted tour of this new armor exhibition that virtually comes to life, horses and all. There are portraits by Velasquez and Rubens (to name just a few) of the nobles wearing the armor and splendid tapestries of the period. For more information go to www.nga.gov and click on Exhibitions. We will meet in the West

The full newsletter will be published in September.

Have an idea for a story you'd like to read? Let us know at 202.543.1778, or by emailing info@capitolhillvillage.org

Building rotunda. Please remember to sign up at 202.543.1778 or info@capitolhillvillage.org (and request a ride if you need one).

[Members and their guests]

Friday, August 21 & 28

11:00 am – 1:00 pm

(Followed by lunch)

SE Public Library, 7th and D Streets SE

Play Chess, Build Smarts

See Aug. 7 above

Coming in September

Pottery at Eastern Market

Susan Jacobs, longtime potter and teacher at Eastern Market Pottery and CHV volunteer, is inviting you to learn the art of making wheel-thrown, functional stoneware in a class this fall. The introductory, 6-week class begins in September, with a minimum/maximum class of four to eight students. It will meet for three-hours weekly on Monday, Tuesday, or Thursday afternoons. Included in the \$195 fee is use of the studio every Saturday, 1-5 pm. The new pottery studio in the basement of Eastern Market is entered through a staircase at the corner of 7th and C Streets SE.

Please contact CHV at 202.543.1778 or info@capitolhillvillage.com if you are interested in participating and indicate which day(s) you could attend.

[Open to all]

