



The Key to Your Community

Capitol Hill Village (CHV) is a community group that supports aging on Capitol Hill. We serve seniors to keep them socially engaged, continually learning, safe and connected. We support families with aging members through education, resources and referrals. This is achieved through the work of a few staff and hundreds of volunteers who design and implement events, and serve members through activities like driving, friendly visits and household tasks.

Volunteer at Capitol Hill Village –

Meet your neighbors, find new adventures and spread your wings

Capitol Hill Village has a breadth of volunteer needs including:

- Drivers – take folks to doctors, shopping, errands
- Friendly Visitors – find a new pal and check in every week or so, play games, talk about the news, share stories.
- Household chores: change a light bulb, assemble a bookcase, hand pictures, move furniture.
- Shopping and errands: pick up dry cleaning or a prescription, go for groceries.
- Pet care: walk the dog or feed the cat for someone who's ill or away from home.
- IT helpers – connect wireless, explain email, hook up blue tooth, etc.
- Gardening and yard care – help neighbors keep their yards tidy, plant fresh seasonal flowers.
- Educational or social programs – are you an expert in something that you can share? Or do you like creating memorable events? Plan an event with us – holiday party, knitting, Japanese tea service, package wrapping . . . *We love to learn!*
- Your ideas– *do you have a goal for volunteering that we can help you achieve? If so, share with us and we will make it happen together!*

My volunteer activity is that I am a driver for seniors. I like running errands and taking people to appointments. It makes me feel like I live in a small town helping neighbors. My mother worked and my grandma used to take me to dance class after school, so now I feel like I am paying her back.



- There are more seniors in DC than there are school-aged children
- By 2020 seniors will be the largest and (predicted) fastest growing sector in the city
- 15% of seniors live in poverty
- Budgets of DC Office on Aging have decreased as this population grows.

If not us, then who is going to serve seniors?

Call or email us to learn more: (202) 543 1778; info@capitolhillvillage.org